

Note From Team President Cathy Gainor

Welcome to the fall session of masters swimming. And welcome back to indoor swimming and short pools — and better showers!

With the start of this session and Clay Britt's retirement, the Montgomery Ancient Mariners team has taken over the contract to run the county masters swimming program at KSAC, MLK and Olney. Germantown Masters is running the program at the Germantown indoor pool.

Many, many thanks to Clay for his decades of running the team, through thick and thin, extended pool closures, Covid, pool changes, and a myriad of other issues. We will miss him — though we do hope he will swim with us occasionally!

Hopefully, you won't even notice the changes as we're trying for a seamless transition. The coaching staff is pretty much the same, with the addition of Sandy Kweder, who returned to us from Amsterdam this summer, as a substitute coach. The head coach is Tom Denes, with Dave Harmon and me on the team coaching committee.

The main change from a practical standpoint is that the team will get half of your registration dollars, which we will use to pay the coaches, purchase tools for the team (new whiteboards?), buy swim caps and perhaps other merchandise, hold parties, etc.

One change of note — we have returned to 8:30-10 p.m. practices on Tuesdays and Thursdays at KSAC. Many of us (me included) complained last year about the shortage of space caused by other programming, especially on Tuesdays, so the county agreed to let us return to our former hours.

Later this fall, Germantown Masters will be hosting their annual Solstice swim meet. I want to get this on everybody's radar now, because it will be held on Saturday, Nov. 12, about a month earlier than in the past. We are hoping a lot of Ancient Mariners will swim and support this meet, as Germantown always supports our meet, the Albatross Open, in the spring. The pool is relatively nearby, and the meet is a last chance for swimmers to clock some fast times this year.

Last, a reminder about practice times this session:

Sunday - 8 a.m. - 10 a.m. (KSAC)
Monday - 8:30 p.m. - 10 p.m. (MLK)
Tuesday - 8:30 p.m. - 10 p.m. (KSAC and Olney)
Wednesday - 8:30 p.m. - 10 p.m. (MLK)
Thursday - 8:30 p.m. - 10 p.m. (KSAC and Olney)
Friday - 7:45 p.m. - 9 p.m. (KSAC)
Saturday - 7:30 a.m. - 9 a.m. (Olney)

Remember, your enrollment allows you to swim at any pool, and you can make up missed practices at any pool.

See you in the pool!

Upcoming Events



9th Annual Solstice SCM Meet

Saturday, November 12 - Germantown, MD

[Sign up Now](#) - Registration closes Tuesday, November 8

2022-2023 Carol Chidester Memorial Swim Series

More Information and Registration on Maryland LMSC website

Saturday, October 15 - Ellicott City, MD

Sunday, November 5 - Easton, MD

Sunday, December 10 - Severna Park MD

Saturday, January 15, 2023- Annapolis, MD

Saturday, February 11, 2023 -Severna Park, MD

Saturday, March 19, 2023 - Annapolis, MD

2022 Swim.com USMS Fall Fitness Challenge

October 1 - 31

Complete a 1-mile swim

Register on USMS website



Practice Schedule

Fall/Winter 2022-2023

Kennedy Shriver and Sargent Shriver Aquatic Center (KSAC)

Tuesday and Thursday: 8:30 to 10 pm

Friday: 7:45 to 9 pm

Sunday: 8 to 10 am

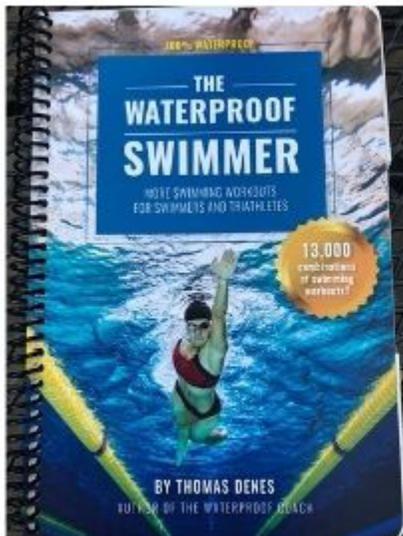
Martin Luther King Swim Center (MLK)

Monday and Wednesday: 8:30 to 10 pm

Olney Swim Center (OSC)

Tuesday and Thursday: 8:30 to 10 pm

Saturday: 7:30 to 9 am



Can't attend an Ancient Mariners practice during the week? Looking for workouts when swimming on your own? Coach Tom Denes has written The Waterproof Swimmer, which includes over 40 pages of workouts that that you can mix and match.

To order a book, talk to Tom at practice or email him at waterproofcoach@gmail.com.

Dave Harmon - The Rest of the Story (edited by Tom Denes)



Former Ancient Mariners Team President Dave Harmon with his Randolph-Macon College swim team. (He is standing second from the left in the back row next to his coach, Helmut Warner).

I “interviewed” recently retired Montgomery Ancient Mariner President, Dave Harmon. Dave led the Ancient Mariners for eight years including through most of the COVID crisis. He left the team in great shape when he handed the leadership to Cathy Gainor this past fall.

I met Dave in 1991 at a masters swimming meet in Catonsville. We discovered that we had a connection through our common work history with the Corps of Engineers. Dave was a sprint specialist and hasn’t slowed down vey much.

I e-mailed Dave some questions and this is what he shared:

How did you get into competitive swimming?

Like a lot of kids in the DC area, I got my start swimming in summer leagues. I think I was about 9 years old when I started, and I swam with the Greater Annandale Recreation Center which was then in the Northern Virginia Swim League. My coach was Ed Solotar. For one year in high school, I also swam under him at the Starlit Aquatics team located in Fairfax, Virginia.

In college, I joined the swim team at Randolph-Macon College when I learned that I could meet my one semester gym requirement by swimming for the team. We were a small team (10 members) from a small (less than a thousand students) all-men’s school. Still, we competed against big schools like Old Dominion University and Catholic University. One year, we went 9-2 and swam against Duke University losing to them by only a few points.

I was one of the ‘utility men’. We had a few fast swimmers on the team, but we still needed a few second and third places to win a meet. Our coach was great at matching us up against members of the opposing team so we could get those places. Since I was proficient in all four strokes, the coach entered me in a variety of events to get points.

There was a hiatus of about 17 years between the time I graduated from college and when I took up

masters swimming. Surprisingly, I found that my times as a masters swimmer were not that much different than my times in college. After almost 35 years of swimming masters though, I can no longer say that.

What is the race you are most proud of?

That is a hard question to answer after 35 years. I recall many races that I should have been proud of when I swam them, but only later have come to appreciate. I do have a couple of memorable races though.

The first was the infamous Great Chesapeake Swim of 1990 (?). Almost 900 people showed up for the race. The race had a late start, and the great bulk of swimmers were caught in the current in the main channel when the tide turned. I remember swimming in the same place for close to a half an hour only to be picked up by one of the rescue boats. Only about 35 people finished the race that day.

The other memorable race was swimming the 400 IM at one of the Albatross Open meets. Swimming that event was sort of a right of passage for the members of the “stroke” lane that I was in, so I signed up to swim it as did my lane mate Brian Oliver. Either we put in similar seed times or the entries chair at the time wanted to see a close race, but we ended up swimming next to each other. It was brutal. I would manage to eke out a lead on one length and Brian would pass me on the next length. That went on for all 400 meters. At the end, I could barely climb out of the pool. As I lay like a beached whale on the deck, I remember someone asking, ‘Are you OK?’ like they were ready to call 911.

What is the most memorable swimming trip you’ve been on?

Going to the World Masters Championships in Munich, Germany. I think that was the first time I swam in a full-length suit (now banned). All my times dropped by seconds. It was an amazing event with over 3,000 swimmers from all over the world.

What made it very memorable was the “shaving event”. I went to the meet with Tom Denes. I was to bring the electrical shaver and Tom was supposed to bring the electrical converters you needed for American electrical devices in Europe. Well, I showed up with the shaver, but Tom didn’t bring the converters. After a fruitless night of searching downtown Munich for the converters and trying to communicate in my pidgin German, we came up empty. So, we attempted to plug the shaver directly into the hotel outlet. After nearly eating up a good portion of my skin I reverted to shaving with a hand razor. Fortunately, the bleeding stopped by the time I had to swim my first race.

What do you do when you are not swimming?

I am now retired from the government after nearly 40 years working for the U.S. Army Corps of Engineers and the Office of Management and Budget, so now I can pursue interests I had put on the “back burner” for many of the years. Over the years, my wife Carol and I have gone to many Irish ceili dances and we both have a love of Irish traditional music and dance. I decided after I retired that I would learn ‘sean nos’ dancing. ‘Sean nos’ in Irish means ‘old style’ and this is the kind of individual dance that is performed in small settings like pubs and parties – mostly in western Ireland. It is not like the more strenuous staged dancing you see in ‘River Dance’. Over the years I have gotten recently proficient at it and I enjoy it very much. For the past couple of years, I have had to take my lessons via Zoom calls.

Is there anything else you’d like to share about yourself?

I don’t think it will be a surprise for me to say that swimming has been a very important part of my life and I have enjoyed all the time spent with teammates at workouts, meets, socials, and other things. I hope that I will be able to continue to do it for a long time.

Kate Fisken Wins 2022 Ancient Mariners Service Award



Kate Fisken was honored with this year's Ancient Mariner Service Award at the team picnic. She served as the team treasurer from 2018 through earlier this year. In this position, she created a new classification system for our accounts, which makes keeping track of income and expenses much easier. She was also instrumental in resurrecting our old PayPal account, making it easier for members to pay their club membership dues now that USMS no longer collects those dues for us. Finally, she helped create a new payment processing account that was required by ClubAssistant this year for Albatross Open registrations.

And now as Kate leaves this position and the team takes over the county masters program, we are looking for another team member to help even more with our payments and accounting systems.

Thanks Kate for everything you have done for the team!



Susan Blum and her husband Dick are off on a year-long travel adventure.
[Follow along on their trip blog.](#)

Ancient Mariners Swimmers Compete at 2022 USMS Summer Nationals



(Pictured Left to Right: Julie Goldberg, Cathy Gainor, Jeanne Crouse, Tom Denes, Marci Goldberg)

Six Ancient Mariners swimmers made the trip down I-95 to Richmond, Virginia to compete at the 2022 United States Masters Swimming Summer Nationals meet in August.

They joined over 1,000 swimmers from around the country for the competition held at the SwimRVA facility. They swam in the same competition pool that was used for the 2008 US Olympic Trials in Omaha, Nebraska.

ANCM swimmers scored a total of 55 points over the five-day meet.

Jeff Roddin led the team with 37 points scored. In the men's 50-54 age group, he was the national champion in the 200-meter backstroke, placed second in the 50 backstroke and 100 butterfly and was third in the 200 individual medley.

Marci Goldberg contributed 11 points to the team score. Competing in the women's 35-39 age group, she placed fifth in the 200-meter butterfly, sixth in the 400 individual medley and 12th in the 200 individual medley.

Jeanne Crouse scored 3 points for the team competing in the women's 65-69 age group. She swam to an eighth place finish in the 50-meter butterfly. She also placed 16th in her age group in the 50 and 400 freestyle events.

Cathy Gainor contributed 2 points to the team score. In the women's 55-59 age group, she placed ninth in the 200-meter freestyle and swam to 11th place finishes in the 200 individual medley and 400 freestyle events.

Julie Goldberg also scored 2 points towards the team score. Competing in the women's 35-39 age group, she placed ninth in the 400-meter freestyle, 11th in the 200 freestyle and 13th in the 200 individual medley.

Tom Denes competed in five events during the meet. Competing in the highly-competitive men's 65-69 age group, his highest finish was 11th place in the 400-meter freestyle. He also placed 13th in the 200 backstroke, 14th in the 50 backstroke, 16th in the 200 freestyle and 19th in the 50 freestyle.



(Top Photo - Standing from left to right: Holly Donnelly, Peter Johnson, Dave Siskind, Steve Schrier, Kate Sixt, Steve Volkers, Tom Denes; Bottom Left Photo: Cathy Gainor)

Congrats to all Ancient Mariners swimmers who took part in the 2022 Maryland Swim for Life event! They braved 70 degree water (or 68 degrees according to the duck thermometer), 50 degree air temperature and many jellyfish stings during the race.



(Pictured Clockwise from Top Left: Jeff Loman, Neal Gillen, Kate Fisker and Jeff Loman, Debbie Yochelson)

Congratulations to all Ancient Mariners swimmers who competed at the 2022 Maryland Senior Olympics meet in September at Germantown Indoor Swim Center.