

YMCA National Championship 2003

Sarasota Fla. April 24-27

The following swimmers from the Delaware Valley area participated in the YMCA National Championship: A special congratulation to Dave Harrison for setting three YMCA National records for the 500, 1000 and the 1650 Freestyle.

Dot Munger 51	Rob Murphy 35	Ed Burns 38	Warren Fisher 47	Dave Harrison 65
200 FS 3 rd 2.13.39	50 FS 5 th 25.12	50 BR 5 th 31.32	50 FS 9 th 24.56	50 FS 6 th 28.50
50 BR 3 rd 35.24	100 FS 8 th 57.09	100 BR 5 th 1.13.11	100 FS 14 th 54.66	100 FS 2 nd 1.00.47
100 BR 3 rd 1.17.19	50 BK 4 th 30.67	200 BR 8 th 2.47.95	50 BK 2 nd 28.15	200 FS 2 nd 2.08.92
200 BR 3 rd 2.48.04	100 BK 8 th 1.10.00	50 FL 11 th 28.52	100 BK 3 rd 1.02.22	500 FS 1 st 5.53.52*
		100 IM 11 th 1.04.97	50 BR 9 th 32.78	1000 FS 1 st 12.10.54*
				1650 FS 1 st 20.18.65*

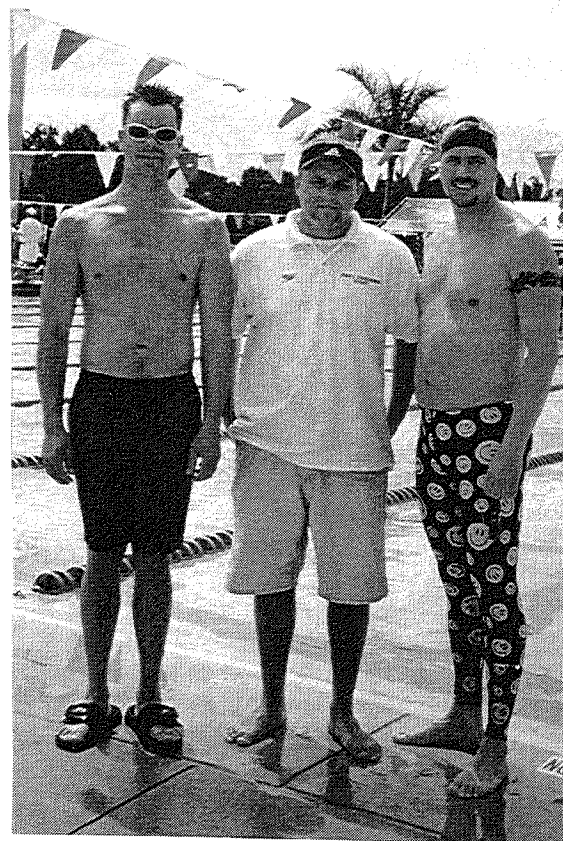
* = YMCA National Record

Comment from **Erik Nelson** - Director of Competitive Swimming - Ridley YMCA.

Ed Burns started to compete Masters Swimming last year under an unattached Masters team and in the fall recruited Rob Murphy to join him on meets and training. They approached the YMCA asked for time and with that created the Ridley Area YMCA Masters program (RAYS). They have since ventured to a couple USMS/YMCA Meets and after competing in those meets they became very interested in attending YMCA Masters in Sarasota, Florida. So they worked with the swim team coach and the YMCA staff to fill out the correct information for the forms and planned the trip. This trip was a great experience for both men and really got their competitive juices flowing again as they competed in a major meet miles away from home. The RAYS were 32 out of 45 small teams at YMCA Masters with just the 2 men competing and they hope to recruit more for next season and really improve on their place. Ed and Rob really enjoyed themselves and the ability to meet many new people and see how dedicated others are to their sport. It was truly an eye opening experience and one that they will never forget. They have now set their sites on the USMS Long Course Meet at Rutgers University at the end of the summer. It looks like they even have recruited 2 of the RAYS swim coaches to join them and it looks as if now they might have that relay they have been looking for. It is one thing to compete individually but both men really want to compete as a team and share this experience with others. I was glad to help Ed and Rob reach for their goals and enjoy working with them. Now this summer they will train with some of the RAYS swimmers as we continue to grow a masters swimming program at the Ridley Area YMCA.

Hopefully this is not the last time you hear of our masters program.

Erik Nelson - Director of Competitive Swimming - Ridley Area YMCA



Rob Murphy, Erik Nelson, Ed Burns

Coaching: Masters and Age Group

by Harry DeLong

An interesting contrast...I recently had the somewhat questionable pleasure of experiencing the distinction between Masters swimming coaching and Age Group coaching. I believe somewhere in this is a lesson for us all. The issue is one of anger and spite. The anger was from a parent of an age group swimmer, who frankly doesn't want to be swimming and practicing, and parents that insist on him being there. The swimmer behavior is no surprise, he isn't interested so he makes no effort, doesn't try and usually is in trouble because he is bored. Is there any surprise he doesn't show improvement over time? The parents blame the coach. I think its obvious where the problem lies. This is not one of my age group swimmers, but I've observed the interaction of the coach and the swimmer and frankly my effort and patience would have dried up long ago and this coach keeps trying.

The spite comes from the father who is the club president and who has decided to use his position as a "bully pulpit". His behavior has not been good. Surprised?!!

The club head coach is now in the mess and hopefully this issue will be resolved before we, as an Age group club, lose a very good coach. My point is the Masters swimmers I've known come to practice because they want to be there. No one makes them. They are there with purpose and passion.

I've coached high school swimming, age group swimming, and Masters. When asked which group I enjoy working with the most, I've always said, the Masters group. It takes situations like what I've described above to remind me of why the Masters group gives me that pleasure.

(From the LMSC News letter for Virginia - 8/02)