

## USMS Nationals results

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The BUMS represented Niagara very well finishing 6th out of 180 in the local club division. We had two National Champions: Jessica Koltz in the woman's 18-24 1650 free and Steve Michaels in the men's 35-39 1000 free. We had numerous Masters PR's and several life time bests when HS or College is taken into account. With our 20 swimmers we also swam 16 relays which really brings everyone together. We had rented two houses a few miles from the pool so there was much "Apres Swim" celebration in the evenings especially in the hot tub. There were also two swimmers there from Niagara who swam well.

One of the things we discussed as a team is that more of our members should swim at our District meets and also at end of the season meets like Zones or Nationals. Going to meet gives you a check on your training and keeps you sharp. I frequently ask swimmers if they are going to meets and get the answer "I can't set any PR's anymore so why bother". Of course older swimmers can't swim as fast as they once did years ago. That's why Masters has age groups. On the BUMS we have coined a new phrase: RPR's. This means recent personal records. We look at a four year rolling time frame. No need to wait to age up. The goal is to set an RPR anytime you swim at a meet. So on your meet entry use your previous RPR as your entry time. That way you and anyone else can see your goals and if you are close or hitting them. Hopefully this will give you some additional motivation to swim at meets I know it does for us. A good place to start is our LCM Meet at Ithaca College on 7/13. See you there!

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