



C.O.W.S.

Cowtown Swimmers

All the "Moos" That's Print to Fit

VOLUME 1

ISSUE 1

APRIL FOOLS, 2000

a APRIL FOOLS !

Enjoy our "April Fools" udder nonsense.

a CHARIOT RACES INTERSQUAD

For our COWS intersquad, we will be dividing into Holsteins and Herefords squads and harnessing the swimmers to special water chariots for "Ben-Hur" races. Each chariot holds a coach and even has a Big Gulp cupholder. Lane ropes will be removed and the swimmers will tow the coaches around the pool perimeter. The coaches say they won't use their cattle prods or spurs, but -- there are no rules in the arena!

a BRING YOUR PET DAY

COWS is planning a "Bring Your Pet to Practice" Day as a fun activity. The date is still to be determined, pending approval by the Cowtown Health Department and the Cowtown ISD. Planned activities are Pet and Owner relays, adapted Water Polo, and other fun games. Bow-wow!

a WRINKLED WONDERS

A new Senior Age Group Standards ("SAGS") meet is being added for Masters. This elite prelim-finals meet with time standards for each Masters age group is comparable to the TAGS meet for the kids.

a POOL UPGRADES PLANNED

The proceeds from our Swim-A-Thon will go towards equipment upgrades to the WGAC facility. Specifically, these items will be purchased:

- * Stereo and underwater speakers for use during workouts, including an underwater disco ball.
- * Motorized kick-boards
- * Water slides and a wave-maker. Surf's up !
- * Heated spa for the board members
- * Massage tables

Also, two Sports Massage Therapists will attend all practices to give rubdowns to our coaches.

a SWIMRESEARCH AT COWS

COWS will join Texas Cowtown University to develop a sensor "net" to be worn while swimming to quantify "feel" for the water by both expert and novice swimmers. After measurements are taken and

analyzed, "ideal" settings can be determined. The net is then worn in "feedback" mode and the swimmer gets stroke correction information from tiny electrodes on the net. The information is via harmless electrical shocks and a flashing red light visible to coaches on deck. Subjects must be current on their USA registrations for insurance and sign a waiver.

Stats will be collected both in "perfect stroke" mode and at race speed. Swimmer's times will be charted before and after training with the net to compare against a control group who did not wear the net.

This project puts COWS at the head of the herd in swim science!

a OLDSTROKES, NEW NAMES

USA Swimming has renamed the breaststroke events "Cheststroke". Freestyle will now called "Crawlstroke" in the context of medleys (IM and relays).

a NEW TEAM SWIMWEAR AND UNIFORMS

COWS will be adopting a new black-and-white cow-print team suit. A small waterproof cowbell is attached to the front of the swimsuit ! Coaches will wear boots, wrangler jeans, and cowboy hats on deck. No more red or purple windshorts or ancient khakis! Yeeee-hah! Cow-print gear and cowbells are available for parents at the COWS Swim Trading Post.

a TRUE OR FALSE ?

1. Swimmers go faster when swimming west than other directions due to the direction of the earth's rotation.
2. The four major food groups are chocolate, colas, chips, and cheeseburgers.
3. The main reason for training at altitude is for darker suntans.
4. The marathon was named after a brand of paper towels, an early sponsor of the Olympics. There are about 26.2 miles of paper in a case of their product.
5. James Bond's car (a modified Lotus) once lost an underwater race with Matt Biondi, who used a monofin.
6. A swim meet in Baton Rouge, Louisiana was once postponed due to 'gators in the pool. The host team was fined because the gators weren't registered with USA Swimming.
7. Coaches must pass a voice loudness (yell) test before they can achieve their ASCA Level Two certification.
8. 1972 was the last Olympics where swimmers were required to wear wool suits with skirts (women) and long legs (men).
9. "Anaerobic" is Latin for "disrobed" or "without robes", and means training without any clothing.
10. The "guppy" kick is used with old-style "cheststroke".