

JUNE 1995



WETNEAUTES

The International Gay and Lesbian Aquatics Wet Newsletter

Summary

An old Québec saying goes:

<<En avril, ne te découvre pas d'un fil.

En mai, fais ce qu'il te plaît.>>.

which basically translates into:

"In April, keep all your clothes on.

In May, do whatever you feel like!"

Of course the old folks who first said this didn't want us to catch a cold at a time when everybody wants to get to the streets and do everything they can just to feel the first rays of a warmer sun on their overprotected skin after the interminable Canadian winter! Imagine getting rid of these winter coats and wool shirts and finally feeling a bit of natural warmth when you are a swimmer! We, Montréal swimmers, have been very busy in April and May writing, laying out, printing and mailing out the IGLA 95 Championships registration book. As a result, this late spring edition of Wet Neautes comes to you later than scheduled (early May) but with a lot more articles, most of them submitted by teams and IGLA Board and Committee members. A high quality newsletter awaits you this time again and its content seems to be improving every time. Thanks to all contributors and congratulations on your submissions.

In this issue, you will find:

- The Secretary's Waves
- A partial schedule of swim meets
- IGLA teams meet invitations and follow-ups
- A tentative section on teams' workout schedules
- IGLA water polo Committee chairperson Mark Wussler's resignation letter
- Three IGLA open position advertisements
- IGLA 95 Championships Registration Forms
- An IGLA 96 Championships Site Selection Update
- An IGLA Internet directory and access procedures
- A sports dentistry report by Pacific Co-Chair Jon Bauer

OUT TO SWIM

Dear Jacques,

Firstly I hope you get this in time for the next edition of Wet Neautes, I have waited until after our A.G.M. on the 11th of March so I can include the names of our new committee. David Dexter (Chair), Michelle Weltman (Vice-Chair), Phil Griffiths (Treasurer), Helmut Kostreba (Secretary), and David Forrest (Head Coach).

At the A.G.M. an issue was raised that we feel all the members of the IGLA committee should be aware of. It was raised as the motion :

"That Out To Swim S.C. will not participate in or promote competitive events in any country which normally imposes entry restrictions on non-nationals dependent on HIV status".

The motion did fall but only because we realise that at the moment it would exclude us from nearly all IGLA Championships. A lot of our members are concerned that the club is forced to encourage members to enter an event that we can't all attend because of the host nation's policy. The United States policy we all know but you may not know that there are also countries in Europe that non E.C. Nationals can not enter if they are HIV +.

As one member said, 'can IGLA really be promoting aquatic sports amongst lesbians and gay men if it holds its Championships in countries that exclude a large number of our community'. Its a point to consider. We are still talking about the issue and hope you will to so that both IGLA and its members can reach a sensible conclusion.

Yours,

Ben Gifford

G O S O D R D E T A Y R E V E R Y W A V E S !

IN THIS MAILING, you will find:

- 1 - One fantastic copy of the Spring '95 Issue of Wet Neautes !
- 2 - A great IGLA 1995 Directory !
- 3 - An amazing IGLA 95 Championships Registration Form !

1) Wet Neautes Is your IGLA Newsletter !

Most of you already know that much. Some of you also know that Wet Neautes is published quaterly, or at least tries to be! But we have to assume that you might know a little more about it than your teammates since you, and only you, get a free copy of Wet Neautes, as IGLA reps for your team. Now, your knowing a little more about our newsletter brings us a step further: you might also know more about IGLA! What are you going to do about this? You are in a sensitive position, the position of people who could share their knowledge of IGLA with others (say: team mates?) or keep it to themselves. People who could raise up IGLA issues at their team's board meetings, or just don't. People who could print parts of Wet Neautes in their team's newsletter or not. People who could circulate it among their team members or hide it in a drawer.

Dear IGLA reps, you are in a critical position. Both IGLA and your team rely on you to keep both informed on what is going on. Here is your first task. Go to the editor of your team's newsletter and give her or him IGLA's address: 4064, avenue Laval, Montréal (Québec), Canada, H2W 2J3. Tell her or him that IGLA needs to be on her or his mailing list and to get a copy a every single issue of your team's newsletter, whatever size, frequency, circulation or presentation your newsletter may have. (Thank you Chicago, Washington and Arizona). Also tell her or him that newsletters or any other mailing forwarded to a Montréal swimmer or to the Montréal swim team does not reach me or IGLA, unless I happen to bump into someone who happens to remember they have received something they didn't know what to do with and could concern IGLA ... 1 or 2 months ago!

Here is your next mission. Go to the meet coordinator or to your team captain and ask her or him to give you a listing of all the competitions, gay or straight, swimming, water polo or diving, your team will attend or consider attending in 1995, that is from now on until new Year's Eve 1995. Good. Now forward this information to Wet Neautes as soon as possible (to IGLA's address or fax number: (514) 524-5332, you can also send it over the Internet to IGLA's Paul Boisvert: r25654@er.uqam.ca).

Very well done. Stay tuned for further IGLA instructions. By the way, the IGLA hotline is open 24 hours a day for your questions, information on the 1995 Championships or if you want to leave a message: (514) 844-3700.

2) The 1995 Directory is Incomplete !

Some new teams joined IGLA this year while most former teams renewed their membership to IGLA and some didn't, with no intention of leaving IGLA, they just didn't make payments were due by March 15th, 1995. The result is a directory that will have to be updated when IGLA treasurer Mark Spratt gets around to processing late dues. I can not hold up production of the 1995 Directory any longer but since I will have to produce a second version later on this year, please verify the data concerning your own club both in this Directory and in the Internet directory included in Wet Neautes. I repeat that it is sometimes useful to know that Ms. X is her team's Captain and that Mr. Y is his team's Meet coordinator. Feel free to give as much information as you want on your team's reps, I will deal with editing according to the space available. Note that the team reps in the Directory are not necessarily those entitled to vote at the General Meeting. I will explain this in the next issue.

3) Registration forms for IGLA 95 must be in by August 15th !

In the centerfold of this issue are registration forms for the 1995 edition of the IGLA Championships, to be held in Montréal October 6,7 and 8 (Columbus Day week-end in the U.S.A. and Canadian Thanksgiving week-end). Everybody on your team interested in the Championships should have received their own copy of the registration booklet throughtout one IGLA representative per IGLA team by now. Please photocopy these forms to anyone who tells you that they haven't received a copy yet. This is not only part of your duties as IGLA reps for your team but it is both a matter of outreach and of fairness since participation may have to be restricted because of time constraints. IGLA 95 organized their mailing so that everybody would receive the registration forms at the same time and they will process entries on a first-come-first-served basis until they reach their maximum capacity (500 swimmers, 10 water polo teams, 70 divers, and synchronized swimmers up to 1 hour of figures and 2 hours of routines).

Enjoy!

Jacques Leroux
IGLA Secretary

OPEN POSITIONS AT IGLA

The Top Ten and Records Committee Chairpersonship and the Atlantic Region Co-Chairpersonship positions will very soon be filled by the IGLA board. A conference call meeting of the Board is scheduled for June 19, 1995. Candidates have already shown interest in both these positions that have been advertised for a few months. However, the Water Polo Committee Chairpersonship position is being advertised now for the first time and should not be filled by the IGLA Board during the June 19 Conference call. Reminder: these three positions will go to formal elections at the IGLA Annual General Meeting in Montréal at the October IGLA 1995 Championships.

The **Top Ten and Records Committee Chairpersonship** tasks include:

- getting results from all meets sanctioned by IGLA teams (including official Gay Games IV official results);
- keeping track of all meets sanctioned by IGLA teams;
- being responsible for the IGLA performance history;
- hooking up with the IGLA Secretary for these matters;
- recording the IGLA results and records;
- publishing the IGLA results and records.

The candidate must be statistic and PC literate (text files and data files in D-base format).

A detailed outline of the IGLA Records and Top Times Recognition Policy is available upon request.

The **Atlantic Region Co-Chairpersonship** position involves:

- linking with IGLA teams and individual members in the Atlantic Region (both European and American sections);
- networking and reaching out to potential members;
- reporting to the IGLA Board at Board meetings, to the IGLA Annual General Meeting at IGLA annual Championships and at Gay Games, and to IGLA members using the newsletter and/or other means of communication;
- representing IGLA in the Atlantic Region;
- publicizing and advocacing IGLA's policies and statements of principles throughout the Region;
- etc.

The **Water Polo Committee Chairpersonship** position includes:

- linking with IGLA water polo teams;
- reporting to the IGLA Board at the Board request, to the IGLA Annual General Meeting at IGLA annual Championships and at Gay Games, and to IGLA members using the newsletter and/or other means of communication;
- keeping track of all water polo tournaments involving IGLA water polo teams
- recording and publishing IGLA water polo results and records from all meets sanctioned by IGLA teams (including official Gay Games IV official results);
- developping IGLA's water polo rules and by-laws;
- representing IGLA water polo;
- networking and reaching out to potential water polo team members;
- publicizing and advocating IGLA's water polo policies;
- etc.

For more information and to submit a candidacy, please contact Jacques Leroux, IGLA Secretary at (514) 844-3700; fax: (514) 524-5332; e-mail: ds@ganymede.com; mailing address: 4064, avenue Laval, Montréal (Québec), Canada, H2W 2J3.

IGLA '96: A Celebration of life?

The IGLA 1995 General Meeting asked the IGLA Board to select the site for the 1996 IGLA Championships by April 1, 1995 after reviewing the proposals received. The IGLA Board will make its decision at its June 19, 1995 conference call meeting, but as of April 1st, 1995, the only bid received by the IGLA Secretary was from Washington. The Washington proposition, called *IGLA '96, A Celebration of Life!*, would basically replace the ACDC (*Annual District of Columbia Classic*), Washington DCAC's famous annual Swim and Water Polo Invitational, with a larger IGLA swimming, water polo and diving Championships on the weekend normally reserved for the ACDC Meet (U.S. Columbus Day and Canadian Thanksgiving weekend, October 12-13, 1996).

Complete details of the Washington bid will be published after the IGLA Board site selection approval for the 1996 Championships. More information now available with David Banks, DC Wetskins' Team Captain and Jack Markey, Captain of the District of Columbia Aquatic Club.

The Queens Birthday Swim Meet

Ann Arbor Queer Aquatics invites you to experience the "Royal Treatment" during The Queen's Birthday Swim Meet the 19th, 20th, and 21st of May, 1995. Schedule of events... Friday, May 19, 7 PM - 11 PM ... Registration and welcoming reception at Common Language, the lesbian-owned LGB bookstore in Ann Arbor. Afterward - restaurants, bars, cinemas and the Nectarine, a gay dance bar, all within walking distance of Common Language. Saturday, May 20 Morning... breakfast with your host or on your own. 1 PM... Warm-up and Registration at Dexter Community Pool. 2 PM - 6:30PM... Swim events. 6:30 PM ... Pink Flamingo Relay (brings out the queen in all of us). 7:30 PM ... 9:30 PM Royal Buffet Dinner. 9:30 PM ... An evening of Royal fun and games. Sunday, May 21, 9 AM ... Warm-up at Canham Natatorium, U Mich. 10 AM - 4 PM ... Swim Events. 7 PM ... Awards Banquet at The Lord Fox, a lesbian-owned upscale restaurant in Ann Arbor. Registration packets have been sent to IGLA teams in Berkeley, Buffalo, Boston, Chicago, Denver, Minneapolis, Montréal, New York, Ottawa, Philadelphia, Portland, San Diego, Toronto, Washington DC and West Hollywood, and to about 500 other individual swimmers and interested queers. If you are interested in coming and do not receive a packet within the next two weeks, contact by snail mail, Internet, or telephone...Rob Koplan, 942 Dewey #1, Ann Arbor, MI, 48104, USA; Eric Van De Vort at TwoPianos@aol.com; Charley Sullivan at 313.665.8063; Stuart Marvin at 810.547.0010; Lynden Kelly at 313.930.9261 or 313.663.0036.

(Although this meet is well over you may still want to contact these people for a follow-up on this year's meet or to be on next year's mailing list.)

Mark Wussler
2954 Renault Place
San Diego, CA 92122

March 30, 1995

Dear Jacques,

It is with regret that I submit my resignation as Water Polo Committee Chair.

Last November I suffered a serious leg injury and was unable to work for several months. Though I am back at work now, my rehabilitation is going very slowly and I will be unable to play water polo throughout 1995.

My time for helping with the numerous IGLA duties that Water Polo Chair requires would be very limited. I feel it would be best to ask another interested party to take over those responsibilities in time to assist with preparations for IGLA '95 in Montreal. Having been with IGLA since its inception, I regret not being able to finish the job for which I was selected. I look forward to assisting IGLA again in the future and will miss IGLA '95 greatly.

Sincerely,
Mark Wussler

CHICAGO SMELTS

From STEVE.YOUNG@x400gw.ameritech.com Thu Mar 30 19:13:43 1995 Subject: Smelts Triathlon Weekend 5

Greetings from Chicago!

Smelts are getting ready for the Smelts Triathlon Weekend 5 and we'd really appreciate your help. Please post the following announcement and include it in your team newsletter. Remember, individual Swimmers, Bikers and Runners are set-up into relays so you don't have to be a full Triathlete to participate. We're also compiling a master list of fax numbers to broadcast our press release to the international GLB press. Please send us fax numbers for the major GLB papers in your area. We'd be happy to share this master list with anyone who requests a copy when it is completed (late April). Thank you in advance for giving us a hand and helping to expose members of your team and others to a great event. Meeting new people, camaraderie, participation, accomplishment, pride, and FUN, FUN, FUN is what the Smelts Triathlon Weekend 5 is all about!!!

Regards and splashes,

Roslynn and Steve

SMELTS TRIATHLON WEEKEND 5

August 25 - 27

Chicago

Join the Chicago Smelts and over 250 other individual swimmers, bikers, runners and full triathletes for the largest organized gathering of gay & lesbian triathlon participants in the world! This fun-filled weekend of pride, participation and camaraderie includes great social events, group workouts, hosted housing and pride body markings for the big event - The Chicago Triathlon! Individual triathletes will compete on the Olympic Distance Course (1.5 K swim, 40 K bike, 10 K run) or on the Sprint Distance Course (.75 K swim, 25 K bike, 5 K run) - a great course for first time triathletes. The Smelts Triathlon Weekend 5 Relay Committee will hook up individual swimmers, bikers and runners into relays of equal ability from casual to competitive (relay teams will use the Olympic Distance Course). Mark your calendars now, keep your eyes peeled for entry forms (coming soon) and get ready to have a blast in Chicago with the Smelts Triathlon Weekend 5! To be added to our mailing list contact:

Roslynn and Steve on the Smelts Hotline at 312-409-4974 or steve.young@400gw.ameritech.com

* Swim * Bike * Run * Pride * Camaraderie * Fun *

(Please feel free to forward this announcement.)

AQUATIC MEET (AND FRIENDLY EVENTS) CALENDAR

June 17, 1995

BOSTON TO PROVINCETOWN RIDE
Boston, Massachusetts, USA

June 17-18, 1995

GISAH SPORTS UNITE FESTIVAL
multisport
The Hague, Holland

June 25, 1995

CANADIAN OPEN WATER CHAMPIONSHIPS
1 km, 2 km, 5 km, 25 km
Montréal, Québec, Canada

July 1, 1995

Canada Day weekend
Toronto Pride Day weekend

PROUD T.O. SWIM
Downtown Swim Club Swim Meet
Toronto, Ontario, Canada

July 1 and 2, 1995

U.S. 4th of July weekend

FOURTH OF JULY WATER POLO TOURNAMENT
Pacific Northwest Gay and Lesbian Sports Festival
King County Aquatic Center (site of IGLA 1992)
Seattle, Washington, USA

July 23, 1995

DCAC/DGRP LONG COURSE INVITATIONAL
East Potomac Park Pool
Washington, DC, USA

August 24-27, 1995

USMS LONG COURSE CHAMPIONSHIPS
Gresham, Oregon, USA

August 25-27, 1995

SMELTS TRIATHLON WEEK-END
Swimming, biking, running
Chicago, Illinois, USA

September 1-4, 1995

U.S. and Canada Labour Day weekend

TEAM PORTLAND SPORTSFEST
Portland, Oregon, USA

October 6-7-8, 1995

U.S. Columbus Day weekend
Canadian Thanksgiving weekend

IGLA 95 Championships
Swimming, water-polo, diving, synchro
1976 Olympic Stadium
Montréal, Québec, Canada

IGLA's member Swim Clubs

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International Gay and Lesbian Aquatics (IGLA)
c/o Jacques Leroux
4064 Laval Ave. Montreal, Canada H2W 2J3
tel.: (514) 844-3700 or (514) 844-IGLA
FAX: (514) 524-5332
Internet: r25654@er.uqam.ca (Paul Boisvert)

Here is an updated IGLA mailing list on the Internet

Canada (À Contre-Courant)
Boisvert Paul
<r25654@er.uqam.ca>
IGLA coordinator on Internet Montréal,

Amsterdam, Netherlands
(new club)
Maurice Landry
<land@ahk.nl>

Ann Arbor, MI
(A2QUA - Ann Arbor Queer Aquatics)
Eric Van De Vort
<TwoPianos@aol.com>

Chicago, IL
(Chicago Smelts)
Steve Young
<STEVE.YOUNG@x400gw.ameritech.com>

Denver, Co
(Colorado White Water Aquatics)
Dave Anderson
<76163.244@compuserve.com>

Montréal, Québec
(A Contre-Courant)
P. Boisvert, J. Leroux
<r25654@er.uqam.ca>

New York, NY
(New York Aquatics Club)
Edward A. Hudson
<hudsoea@nyny.network.com>

Ottawa, Ontario
(Rideau Speedeaus)
??

Seattle, WA
(Orca Swim Club)
Bruce Betz
<Betzco@aol.com>

Sydney, Australia
(Wett Ones)
Marcus Tate
<mtate@ozemail.com.au>

Washington, D.C.
(DCAC - District of Columbia Aquatic Club)
Michael Kilgore
<kilgorem@usnet.us.net>
& Barry Haddan

West Hollywood, CA
(WH2O West Hollywood Aquatics)
Steven Willie
<fwillie@netcom.com>

IGLA95, Montréal
(À Contre-Courant)
David Scott
<ds@ganymede.com>

Gaygames'98,
Amsterdam
Joed Elich
<elich@gaygames.nl>

WWW igla page reference
Lindsay Patten
<lindsay@cybervision.com>

Paul Boisvert. PhD
Exercise Physiologist
for IGLA
Physical Education Department
r25654@er.uqam.ca
Universite du Quebec a Montreal
boisverp@ere.umontreal.ca
Université de Montréal

TO SWIM OR NOT TO SWIM?

This year offers several events in Europe for the enthusiastic: Paris and Frankfurt in the spring and The Hague in the summer. For Out To Swim in London it all promised to be a lot easier (and cheaper), than the annual pilgrimage to North America though this has turned out to be only a first impression.

We were just about to send off our registration fees when we discovered that both Paris or Frankfurt were going to be 'fun' meets. If you are registered as a competitive swimmer you are not allowed to take part in a meet that is not run under FINA or equivalent rules, i.e. a 'fun' meet. The reason that no rules are being used is that, because of homophobia, some clubs in Germany and Italy have not been permitted to affiliate to their national associations. What this means for the rest of us is that if we want to swim in a fun event to support a developing Lesbian and Gay community we risk being banned for life.

To swim or not to swim?

If at the next Gay Games the situation is the same what should Amsterdam do? Should they sanction the swimming and welcome the North Americans but eliminate a large number of Europeans and Asians? Its a tough one that we need to start dealing with now before it's too late. I suggest that you read the declared purpose of IGLA in the brochure and try to resolve the conflict of aims this issue raises. In the mean time Out To Swim wants to encourage all members of IGLA to lobby their national bodies to put pressure on FINA to stop this kind of discrimination, before it's too late.

Ben Gifford, Out To Swim, London.

CHICAGO SMELTS WORKOUT SCHEDULE

SWIMMING:

| | |
|-----------|--------------------|
| MONDAY | 7:00 - 8:30 pm |
| TUESDAY | 6:00 - 7:00 pm |
| WEDNESDAY | 7:00 - 8:30 pm |
| THURSDAY | 6:00 - 7:00 pm |
| SATURDAY | 9:30 am - 11:00 am |

WATER POLO:

WEDNESDAY 8:30 - 9:30 pm

Gill Park, 825 W. Sheridan, Chicago
Feel free to just show up or call Steve at 312-281-4692
(STEVE.YOUNG@x400gw.ameritech.com)

The Smelts, Chicago's mostly Gay and Lesbian Swim Club, welcome you!

IGLA SANCTIONS COMMITTEE

Phili Hayman and Jessica Seaton are the co-chairs of the IGLA Sanctions Committee.

They have sent out three mailings to the other committee members so far, and have established a timetable for getting their guidelines ready. The sanctions committee plans to present their preliminary results to the IGLA Board by July 1995. They will then send a mailing to all the IGLA reps in September 1995, so that a vote may be taken on the guidelines at the October 1995 IGLA General Meeting. For more information, please contact Jessica Seaton at jseaton@aol.com or consult the IGLA 1995 directory for telephone and address.

Federation of Gay Games and Amsterdam Gay Games Newsletters

Both the Federation of Gay Games and the Amsterdam 1998 Gay Games Organizing Committee started magazine-format Newsletters to keep us informed on all the goings-on at FoGG and in Amsterdam.

The *Federation Forum* will be published quarterly by Lee Sharmat, 400 West 43rd Street, Ap. 14H, New York, NY, 10036, USA.

You can subscribe to *Friendship*, "the International Quarterly Newsmagazine of the 1998 Amsterdam Gay Games", for U.S. \$39.20. This amount includes all issues until the Amsterdam Gay Games. *Friendship's* address is: The 1998 Amsterdam Gay & Lesbian Games Foundation, P.O. Box 2837, 100 CV Amsterdam, Holland. Make your checks payable to *Stitching G/L Games Amsterdam 1998*.

OUT TO SWIM

Out to Swim is a swimming club for gay men, lesbians and friends of the gay community. The club holds coached training sessions on Tuesday night at the London University Student Union (U.L.U), pool from 7:00 - 8:00, Wednesday night at Kentish Town pool from 8:00 - 9:00 and Saturday at U.L.U. 5:00 - 6:30. The sessions are free to visiting members of IGLA registered teams and we look forward to seeing you. The first Tuesday of each month the women swimmers meet after the session at the Drill Hall for a drink.

For details phone Fraser on (0181) 677 9775, or Brooke on (0181) 964 4404.

Re: Sports Dentistry- "Healthy mind, healthy body, health-teeth."

"Sports dentistry" is the prevention and treatment of dental athletic injuries and related oral diseases. "Preventive dentistry" is prevention of all dental diseases through thorough exams, early intervention, and daily home care. The two concepts become one for the athlete.

Prevention comes first. The last thing you want before you warm up for your competition is a toothache. You have trained too long and hard, and you have spent too much money in travel only to miss your events because of dental pain.

Pre-meet, thorough exams are a necessity to detect dental disease and possible injuries. This exam includes a health and dental history review, a head and neck exam including the temporomandibular jaw joint, an oral cancer exam, a tooth and filling exam and a periodontal (gum) exam. Necessary x-rays are taken at this time.

Swimmers, water polo players, and divers may be predisposed to hypersensitivity from erosion due to exposure to chlorine. Fluoride gels and gel trays might be needed in addition to frequent water flushing during your work-outs. Chlorine can also harm plastic fillings and bonding usually found on front teeth and cheek surfaces of back teeth. Protective mouth guards are recommended for water polo players. The "stock guards" and "boil and bite" type guards have severe limitations and are not recommended. Custom made mouth guards are the safest, cover all teeth, and feel comfortable. These are made by your dentist, often for a nominal fee.

If you grind or brux your teeth a bite guard can be made before you really get stressed thinking about your competition. Small decay can be spotted on x-rays and treated quickly and inexpensively with minimal to no discomfort. Any gum disease can be detected and treated and you can develop that flossing habit curing your halitosis before the season's social events. Impacted wisdom teeth can be removed prior to the onset of pericoronitis which is an extremely painful inflammation of the gum around wisdom teeth. Teeth that might be getting too thin, abraded, or eroded can be restored. Often the esthetics of your smile can be enhanced by these treatments. A great elective, esthetic procedure would be tooth whitening with the latest whitening gels. (Of course, the safest gels are those available at your dentist's office and the cost of these can range from \$99.00 to \$ 700.00.)

No matter how cautious you are, dental injuries are a reality. The obvious accidents are associated with falls on the pool deck, hitting the bottom of the pool or fellow swimmers, or the rough play of water polo. If you have an accident your soft tissue (i.e. lips, cheeks, etc.) should be examined for lacerations, abrasions, contusions, and hematoma. Many of these resolve spontaneously, and some require firm pressure, lavage, antibiotic ointment, dressings, and even sutures. A tetanus shot is could be needed if yours is not current.

The teeth must also be evaluated if you suffer an oral injury. A disturbed bite would indicate jaw fracture or muscle and/or temporomandibular jaw joint problems. Sensitive teeth could be chipped or fractured or have a nerve exposed. Teeth could also be intruded, luxated, or dislocated. Orthodontics and/or root canal treatment would be required to correct such injuries. A mobile tooth could be fractured in the root requiring extraction of the tooth and replacement with a fixed bridge or an implant. An avulsed tooth is a common injury with water polo players. Such a tooth could be preserved for 1-2 hours by storing it in a saline solution, milk, or the "save-a tooth" preserving system (this is a good system for pool-side first aid kits).

The most serious oral injuries would involve jaw fractures. The cheek might be depressed with an upper jaw fracture, the teeth would not position correctly or the jaw might be very mobile. Xrays would be needed to confirm a fracture. The airway must be managed with many lower jaw fractures. A fracture would need to be reduced and fixed. This is usually done by an oral surgeon.

Any injury involving an open wound or an oral exam must be treated by gloved doctors and assistants. Those of you who are carriers of any infectious virus (especially hepatitis and HIV) should inform any health care provider of your condition. This is for your protection as well as theirs. If your doctor accidentally exposes himself/herself with your infected blood, immediate preventative treatment would be necessary for your doctor's well-being.

**Jon Bauer, D.D.S.
IGLA Pacific Co-Chair**

West Hollywood Aquatics

PHIL HAYMAN HONORED AS SOUTHERN PACIFIC MASTERS ASSOCIATION'S COACH OF THE YEAR

West Hollywood Aquatics' own Phil Hayman was voted Coach of the Year by Southern Pacific Masters Association (SPMA), a regional masters swimming association representing over 55 masters swim teams. As SPMA Coach of the Year, Phil will be nominated for United States Masters Swimming 1995 Coach of the Year. Among other things, nominees were evaluated on letters of support submitted on their behalf; accomplishments over the past year; contributions to SPMA and United States Masters Swimming; and long term contributions to masters swimming.

Phil's many accomplishments in the water, on the deck and behind the scenes were praised in the numerous letters submitted on his behalf.

"As our head coach at GAY GAMES IV in 1994, Phil led two individual swimmers and four WH₂₀ relays to world record status, two relays to National records and nearly all 100 swimmers to their personal best masters times."

"Phillip was the driving force behind West Hollywood Aquatics implementing [an all relay] swim meet for Southern Pacific Masters Association (SPMA). He wanted our meet to be unique, and decided that relays encouraged participation and were fun. In 1993, along with Tom Wilson, he was Meet Director for West Hollywood's first meet for SPMA: the Rafael Montijo Relay Meet. He was Meet Director once again in 1994, where most of the shortcomings from the year before were corrected. This was partly due to Phillip's abilities to assess a situation and arrive at a workable solution."

"Phil's not one of those annoyingly hyper-chipper morning people, but he is enthusiastic, organized and fun. . . . He's patient, helpful with stroke technique and makes you work the stuff (kick sets, drills) you want to loaf. Phil makes it fun. Phil makes it possible."

Phil is currently lobbying WH₂₀ to submit a bid to host a SPMA Regional meet, campaigning the Federation of Gay Games to ensure that the 1988 Gay Games in Amsterdam remains a sanctioned Masters swim meet, and refining workouts to bring WH₂₀ to a peak at Regionals, Nationals and IGLA Championships this year."

The foregoing is just a sampling of Phil's many accomplishments for WH₂₀, Gay Games, IGLA and masters swimming. In addition his contributions to the sport, Phil retains his sense of humor and fun—he has been a driving force in WH₂₀'s Pink Flamingo relays over the years. For all of the above reasons, WH₂₀ thanks Phil Hayman for his enduring efforts and congratulates him for becoming SPMA Coach of the Year for 1995.

WEST HOLLYWOOD AQUATICS HOSTED THIRD ANNUAL RELAY MEET

West Hollywood Aquatics (WH₂₀) hosted its third annual Rafael Montijo Relay Meet on February 4, 1995 at Belmont Plaza Olympic Pool in Long Beach. The relay meet is named in honor of Rafael Montijo, who, together with a handful of other swimmers, founded WH₂₀ in 1982 following the very first Gay Games competition (then called the Gay Olympics). In March, 1993, Rafael died of AIDS at the age of 43. WH₂₀ hosts this annual meet in the memory of Rafael's warm friendly spirit and his love of swimming.

The Rafael Montijo meet is a Southern Pacific Masters Association event created and hosted and WH₂₀. Each year this well-run relay meet has become more popular, and this year over 150 men and women participated in the meet. WH₂₀ invites all to participate in this meet next February.

WEST HOLLYWOOD AQUATICS—P.O.
Box 691651—West Hollywood, CA 90069

DOWNTOWN SWIM CLUB

TORONTO

proud TO swim

SATURDAY JULY 1, 1995

COME JOIN US FOR OUR ANNUAL SWIM MEET

FOR ADDITIONAL INFORMATION PLEASE CONTACT

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Canada

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MEET REPORTS

Internet IGLA ON INTERNET

Wet Neautes is looking for meet reporters all over the World! We need as many reporters as there are meets to cover them thoroughly. Tasks involve going to meets and writing a brief report in *Wet Neautes* just the way West Hollywood did in this issue. No qualifications are required, but no travel expenses will be reimbursed and no salary will be paid. So there.

Thank you for helping out!

Paris aquatique hosted a second invitational swim meet on March 11 and 12, 1995 with participants from Europe, Canada and the US. The event was a complete success this year whereas last time the Paris team couldn't find a pool to hold their swim meet. The issue of a sanctioned meet versus a fun meet had to be raised again since the London Out to Swim's were threatened to be penalized by their Federation if they took part in an unsanctioned meet. IGLA's and the Federation of Gay Games statements on meet sanctioning are still being debated before final decisions are made. Think it over!

Different Strokes Boston hosted their First Annual Swimming Invitational on Saturday, April 22, 1995 "in the name of Mom" at the M.I.T.'s Alumni Pool in Cambridge, Massachusetts. Events included short course races (25 yards) and the famous Pink Flamingo Relay. More than 100 swimmers registered from the US and Canada. Full results and stats available from Ed Hudner, your IGLA rep in Boston (consult your IGLA 1995 directory).

Ann Arbor Queer Aquatics also hosted their first ever Swimming competition, "The Queen's Birthday Swim Meet" on Victoria Day week-end, May 20 and 21, 1995 at the Canham Natatorium and the University of Michigan. More than 100 attendees from the US and Canada swam, played, partied and enjoyed this royal event. Full report on results and participation available over the Internet (r25654@er.uqam.ca) or with Rob Kaplan or Charley Sullivan in Ann Arbor (see IGLA 1995 directory).

Hi there, This year, we are trying to improve the communication between IGLA member swim clubs by setting a network of information exchange through the Internet. It can be an announcement for your competition, news from your club, discussion between members, a request for information, photographs, communication between IGLA representatives, etc. This is just the beginning of the "IGLA net" and we hope that every IGLA member club will have its representative on our mailing list by the end of the year. By now, I have Internet representatives from Montreal, Ottawa, Paris, Chicago, Australia, Amsterdam and Seattle. Others will join soon. Please, contact me by E-Mail and let me know who is the representative of your club.

Paul, r25654@er.uqam.ca Montréal

IGLA on the WEBS (WWW)

It is possible to get information (texts and images) about IGLA, IGLA members, Gay Games, Swim meet, LGB-sports events or LGB-sports mailing lists messages on the World Wide Webs (WWW), one of the services offered on the Internet. Here is the last changes to get information about IGLA and lgb-sports on the World Wide Webs (WWW). For obtaining the general page about lgb-sports and Swimming and LGB-Sports Competition events, including *IGLA 95*, and information about Montréal, enter the following general URL:

[HTTP://www.kwic.net/lgb-sports/index.html](http://www.kwic.net/lgb-sports/index.html)

If this does not work, try the IP address by replacing www.kwic.net for 204.138.186.193

From there, follow the path for IGLA:

LGB sports organizations → Umbrella Organizations → IGLA

This last page can also be reached directly by entering the URL:

[HTTP://www.kwic.net/lgb-sports/umbrella/igla.html](http://www.kwic.net/lgb-sports/umbrella/igla.html)

You can also follow the next path from LGB sports organizations

→ Swim Clubs → IGLA or List of IGLA member clubs or

Speedeaus Ottawa Swim Club. This last page contain images

about the competition held in February. This page can also be

reached DIRECTLY by entering the URL:

[HTTP://www.kwic.net/lgb-sports/teams/RideauSpeedeausSwim/team.html](http://www.kwic.net/lgb-sports/teams/RideauSpeedeausSwim/team.html)

Explore the WEB site one step at a time, so that you will understand what I mean. If you have information about your swim meet, send it to me by E-mail so that I can post it on the WEB and to the other IGLA members. You can also post info about your swim meet directly to the manager of the WEB site:

Lindsay Patten, phone: (519) 745-8367; CyberVision Technologies, email: lindsay@cybervision.kwnet.on.ca

Take care! À bientôt.

Paul Boisvert, IGLA, Montréal: r25654@er.uqam.ca