

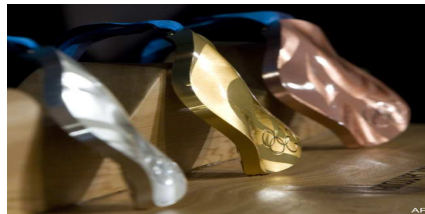


America's Complete Athlete



## Winter Olympic Games

The Vancouver Winter Olympic Games are now underway. We wish our winter colleagues and athletes the very best in the days ahead. We will be thrilled for every American athlete and their performance on their respective fields of play. We are extremely proud of each of them. Please cheer on Team USA as they strive to climb the podium to receive a medal for their efforts.



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## San Antonio

The January competition in San Antonio was a great time to re-engage the San Antonio community. The fencing competition was held at Alamo Fencing and included the local club and many others who came to fence with the pentathletes. The swimming was held at Blossom Athletic Center and the combined event and riding was held at the Russell Training Center. Apart from the uncharacteristically cold Texas weather, the competition went well. We wish to send a very special thanks to Monica Rowland for her hard work in putting the competition together and to Col Russell for his generous donation of his facility.



*Don't measure  
yourself by what  
you have  
accomplished, but  
by what you should  
have accomplished  
with your ability.*

**John Wooden**

## Valentine's Day Open

West Coast Pentathlon hosted junior and youth qualifiers 1 & 2 in Palm Springs, CA. A special thanks to the Mike and Pat Duffy and Connie Ballard for organizing these competitions.

For the Valentines Day Open, Connie reported, "Although we had a small turnout, it was a very competitive event. Since we had to do the scoring by hand, we were fortunate to have Jan Olesinski on hand for consultations.

The camaraderie and support among the athletes, the parents, and the volunteers was amazing. Everyone pulled together and everyone helped. It's this kind of collegial event that helps keep the sport alive.

## Youth-Junior Training/Competition

The next Youth-Junior competition will be held in Colorado Springs on April 3<sup>rd</sup>. There will be a training camp held on April 1-2 for those who wish to attend. The registration form and information is on our website.

Jan Olesinski will be the coach for this camp and competition.

## Alumni Section on the Website

We have created an alumni section on the website. To date we only have Olympians listed. We are working on the Pan American roster and US National Champions. If you have any rosters or information that you could provide to us, we would appreciate your assistance.

# 2010 UIPM New Swimsuit Regulations

## NEW SWIM SUIT RULE

The rule regarding swim suits were changed on 1 January 2010. These new rules significantly change the types of swimsuits which may be worn in competition and will be enforced during the World Cup Series in 2010.

In July, 2009, FINA, the international governing body for the sport of swimming, adopted new rules effective 1 January, 2010, which specify the design and construction of swimsuits which may be used in competition.

The UIPM has followed the rule changes by FINA and at the UIPM Congress in 2009 subsequently approved the motion from the Technical Committee to conform to those of FINA.

The latest FINA and UIPM Approved list for competitions can be downloaded from: [www.fina.org](http://www.fina.org). If the swimsuit is not on the approved list it must conform to the regulations below. If the swimsuit is not on the approved list but conforms to the regulations below, the final decision will be made by the Swimming Referee.

The new swimsuit requirements are very specific and technical in nature, but the most obvious restrictions/rules are as follows:

1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee;
2. Material used for swimsuits can be only textile fabric and;
3. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer.

*The definition of "textile" is: "materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding and must not be made of any rubberized type of material such as polyurethane or neoprene"*

The swimsuits issued by Speedo in 2008 will no longer be allowable under the new rules and care should be taken when purchasing a suit to ensure it does meet the new requirements.



## 2010 Non-Pellet Shooting Pistol

### The “LASER” Transition

Whether we like it or not the UIPM is set on transitioning to the use of a “non-pellet shooting pistol” AKA “the Laser system.” Section B.5.21 of the UIPM Rule book now allows for the use of the LASER Pistol, and although testing is still underway in regards to compatible pistol conversion systems, targeting systems, and rules to govern both, it appears that the UIPM is intent on moving forward in this process.

A Technical Committee from the UIPM met in Budapest from 10-13 January to discuss the new pistol system, along with other things.

Reaction from the Pentathlon community seems fairly mixed.

While some people are accepting the change in stride others feel the change is unnecessary.

Some feel this change was created to appease anti-gun lobbyist. Yet the UIPM maintains that the reasoning was environmentally derived.

While we may never know the true reason behind the switch, we must accept the change and move on.

Here at USAP we will do our best to keep you abreast of any new and late breaking information we receive.



“The decision to introduce non-air pistol shooting was the second big step for the sport following the decision in 2008 to change to the combined run/shoot format. This is a significant development in terms of lowering the environmental impact of the sport.”

Klaus Schormann  
UIPM President



## Excerpt from USA Today Article

By Robert Lipsyte



“This quirky Olympic sport is about passion and hard work, not freakish size, violence, or inevitably, money. What’s not to like?”

### ...Another 'historical daydream'

Then there is my favorite summer Olympics sport, the modern pentathlon, in which competitors run, fence, swim, shoot and jump horses over barriers. First held at the 1912 Olympics, [the event imitated the experience of a 19th century cavalry officer](#) fighting his way through enemy lines to deliver a critical message. Another historical daydream coupled with a lot of hard practice.

I can imagine the complaints, across the board. No money in these sports. Not enough violence. Too much like reading — you have to supply your own imagination. All true.

But from Feb. 13 through Feb. 26, I'm watching as much biathlon as I can, cheering those amazingly dedicated and fit athletes, and in my daydreams concentrating on getting my heartbeat down for that one rifle shot that will save my village.

Excerpt from: **Biathlon: All that's right in sports**

USA Today, Wednesday, February 17, 2010  
Page 11A, 'The Forum'

## Recent Competition Results

The complete results can be found on our website under the results tab. We are searching for previous results to create an archive of past competitions.

## Committees

A special thanks to all of those who have already volunteered to serve on one of our committees. We are still in need of additional committee members – particularly to serve on the fundraising committee.

As of the last board meeting, we now have board members who will “champion” the committees. The board champions will help with the election of a chair for each committee and make sure meetings are regularly scheduled.

The current committees are: Club Development, Fundraising, High Performance, Nominating and Recruiting.

We have created plans and goals for the club development, fundraising and recruiting committees.

Please contact Brad Camp if you are interested in serving on one of the committees.

## Membership

We are experiencing growing pains with our online membership program. It has been adapted for several NGBs from its origin in the sport of squash. While we designed our template, there were many terms that are not used in Pentathlon in many of the sub programs. We thank you for bringing them to our attention and we have the programmers making the necessary changes.

Membership in USA Pentathlon is required to compete in USAP sanctioned events in the United States as well as international competitions. As part of your USAP membership, you are covered by our insurance program while you are competing.

Additionally, we are able to pass along special offers from our sponsors: 24 hr fitness, United and Hilton.

*You know, Willie*

*Wonka said it best:*

*we are the makers*

*of dreams, the*

*dreamers of*

*dreams.*

***Herb Brooks***



## Online Event Registration

We will soon launch the online event registration module. It will work in synchronization with the online membership. This program will allow you to register for any event that USA Pentathlon sanctions.

Another benefit of this program will be rankings. You will be able to track rankings throughout the year and drill down on specific athletes to see their results.

We are pleased to offer this module and hope that you will find it useful.

## Calendar of Upcoming Events

<b>March</b>		
Mar 4-7	World Cup 1	Playa Del Carmen, MEX
Mar. 6	Biathle World Tour 1	Dubai, UAE
Mar 18-21	World Cup 2	Cairo, Egypt
Mar. 27	Youth A International Competition	Bathe, GBR
Mar 31-Apr 3	Youth-Junior Training Camp/Qualifying Competition	Colorado Springs, CO
<b>April</b>		
Apr. 4	Biathle World Tour 2	Bloemfontein, RSA
Apr 8-11	World Cup 3	Medway, GBR
Apr 23-26	DV1 Fencing	Virginia Beach, VA
Apr. 25	Biathle World Tour 3	Alexandria, VA
Apr 29-May 1	Youth-Junior Training Camp/Qualifying Competition	Cleveland, OH