

emmetthines@earthlink.net

From: emmetthines@earthlink.net
Sent: Tuesday, November 25, 2008 2:23 PM
Subject: USMS Video Library Update

.....from under a pile on the desk of Emmett Hines.....

Hey USMS Swimmer...

This message is going out to everyone that has rented a video from the USMS Video Library over the past 4 years.

The USMS Video Library has been moved to the USMS Executive Director's Office in Charlotte, NC, and is being administered by Ashley Gangloff.

At this time USMSVL is renting out DVD's only at \$10/title - no deposit necessary.

Renters have 3 weeks to watch and return the title. Call or email Ashley if you are interested in renting.

Ashley Gangloff

United States Masters Swimming

(704) 333-7944

agangloff@usms.org

There will soon be more complete info posted at:

<http://www.usms.org/coach/videos.php>

Emmett Hines

USMS Video Librarian (Ret.)

H2OustonSwims.org

713-748-7946

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My business manager would shoot me if I didn't take this opportunity to plug my new book, *Fitness Swimming, 2nd Edition* – Overhauled with the latest concepts, that will teach you the right way to swim and then train you to be able to do it faster and longer. This book will put highly effective swimming to work in your lane!! See [www.h2oustonswims.org/fitSwim2.html](http://www.h2oustonswims.org/fitSwim2.html) for more info and to order! *(In Houston? Save the shipping charge by contacting me directly and arrange to pick it up at an H2O practice!)*

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People who count on their actions to affect their feelings are, as a general rule, far happier than those who let their feelings determine their actions. – Dennis Prager

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Swimming – it keeps yer navel clean. – Henry Mecredy

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Try not to confuse what you do with what you do to survive. -- Jackson Browne