



The Georgia Masters Newsletter

Swimming in Georgia

March 2008

Don't Miss These Events!

Gary Eaton Memorial Meet – April 25-27

Info and entry form for the 2nd annual Gary Eaton Memorial SCY Invitational are included in this newsletter. This event is sponsored by the **Georgia Killer Whales** and will be held at the Marist School off of Ashford Dunwoody Rd (site of our February 10 Developmental Meet). Meet director is Killer Whale coach **Tim Storsteen**. This is a regional meet, so we hope to see swimmers from throughout the Dixie Zone attend this meet. This is also one of the events included in the Georgia Grand Prix Series for 2008.

Note that more relays are offered this year– 400 yd relays have been added along with the standard 200yd relays. Friday events are the 1000 and 400 IM, with the remaining events on Saturday and Sunday.

Please follow the guidelines listed below when entering the meet:

1. Be sure to **include a copy of your 2008 USMS card** with your entry! This is **required**.
2. Since this is a Georgia meet, swimmers should enter their local club as their team, instead of the Super Team (for those that swim under the GAJA umbrella).
3. Relays are deck seeded, and do not need to be entered before the meet.
4. For distance swimmers, note that the 1000 and 500 are deck seeded, fast to slow. All other events are slow to fast.
5. Entry deadline is **April 19**

The info and entry will also be posted on the Dixie Zone website, as well as www.atlantaswimming.com. For further questions, contact **Tim** at tstorsteen@hotmail.com, month's LMSC newsletter. For questions, contact meet director **Tim Storsteen** at tstorsteen@hotmail.com.

Other News of Interest

2007 Grand Prix Results

Awards were presented at the St. Patrick's Day Invitational on Saturday March 15. The 2007 Georgia Grand Prix series was dominated by Georgia's older swimmers. This year we crown our oldest Champion ever. 80 year old **Jack Mitchell** is our first Octogenarian winner of the Grand Prix Series.

Our youngest winner in 2007 was **Jennifer Morris-Scott** at 36 years old. Nobody between the ages of 18 and 34 qualified for the Grand Prix by competing in at least of the three events.

David Eng won the 45-49 age group and was the only Georgia Masters Swimmer to compete in all five events. **David Eisner** won the 55-59 age group despite aging up to the 60-64 age group during the year. **John Zeigler** won the 60-64 age group in all three meets he entered to win. Other male winners include **Jeffrey Tacca**, **Richard Bailey** and **Lorenzo Benucci**, our youngest male winner.

On the ladies side, **Beth McGee** won all three events she entered to win the Grand Prix in the 45-49 age group, beating out Donna Hooe by one point, our closest finish of the year. **Candace Lang** also won all three of the meets she entered to win the 55-59 age group. **Patricia Constantino** competed in all four pool events and finished with the most Grand Prix points of all the women and won the 50-54 age group. Our final female victor was **Caryl Barrett** in the 40-44 age group.

6 More Months!
September 24-28

2008 National USMS Conference
Atlanta

April Fools Swim – April 5

Only fools may apply – this is for real, but it's open water. If you are fool enough to swim open water in April, send **Rob Copeland** an e-mail describing your overwhelming desire to leave the comfort of a pool for open water. His e-mail address is: rob_copeland@comcast.net.

Lake Peachtree Open Water Swim *May 17*

Give the water a month to warm up and what a difference it makes. Be sure to sign up for the first official open water swim of the season. Distance - 1 mile. Contact **Rob Copeland** for details.

The 2007 Grand Prix events were the St. Patrick's Day Invitational, the Gary Eaton Memorial Swim Meet, the Athens Long Course Meet, the Georgia Games Open Water Swim, and the SouthSide Seals Pentathlon.

2008 Grand Prix

Two events down in our 2008 Grand Prix series – Hour Swim and St Pat meet. The following are our remaining events:

Apr 25-27	Gary Eaton Memorial SCY @ Marist
Jul/Aug TBA	Dynamo LC
July TBA	Georgia Games Open Water
Dec TBA	St Nicholas SCM @ Georgia Tech

USMS Convention 2008 – September 24-28

Only 6 months until we host the USMS Convention here in downtown Atlanta at the Hyatt Regency. We will **need volunteers** to staff the hospitality suite Wednesday through Saturday. Shifts will be from early morning to mid afternoon and early evening until late (1 or 2 a.m.)

Karol Welling is our Convention Coordinator. Please contact her if you have a flexible schedule and can volunteer- Karol can be contacted at krw83@mindspring.com.

Upcoming Events

April 2008

- 12 Hilton Head SCY
- 15-24 XII FINA LC World Championships Perth, Western Australia LC; contact info@2008masters.org

May 2008

- 1-4 USMS SC Nationals- Austin, TX (entry at www.usms.org)
- 17* Open Water Swim - Lake Peachtree 1 mile swim. Contact Rob Copeland for details - : rob_copeland@comcast.net
- 15-18 Y Nationals- Ft Lauderdale, FL contact: Mel Goldstein Goldstein@sbcglobal.net

June 2008

- 7* Classic City LC @ UGA
- 18-22 IGLA Meet – Washington DC
- 21 USMS 10k Open Water Championships – Clemson, SC
- 28-29 Dixie Zone LC Championships- Greenville, SC

July 2008

- 5 or 12 Beaufort, SC OW
- 12* Georgia Games Open Water - Contact Rob Copeland for details rob_copeland@comcast.net

August 2008

- 14-17 USMS LC Nationals- Mt Hood, OR
- 24* Mountain Park SCY Developmental Meet

September 2008

- 20* Peachtree City SCY Pentathlon
- 24-28 * USMS Convention- Atlanta

October 2008

No events scheduled

November 2008

- 1-2 Columbia, SC -- SCM
- 9* Collins Hill 'Veteran's Day' SCY Developmental Meet

December 2008

- TBA* St Nicholas SCM Invitational @ Georgia Tech

* Georgia LMSC meet.

Dixie Zone Website

For information about these and other meets in the Dixie zone, visit: <http://www.dixiezone.org/Meets.htm>

Deadline for Next Newsletter

If you'd like to add something to our next newsletter, please send it to Bob Kohmescher at bobk340@comcast.net by **April 25**.

Looking for previous newsletters?

Visit our website at www.georgiamasters.org

Who Y'All Can Call

Lisa Watson, LMSC Chair	(770) 497-1901 or (678) 717-3646	lwatson@gsc.edu
Sean Fitzgerald, Vice-Chair	(404) 496-4422	Seanfit@gmail.com
Bob Kohmescher, Newsletter Editor	(770) 587-2192	bobk340@comcast.net
Ed Saltzman, Treasurer, Communications, Records, Sanctions for Swim Meets	(770) 442-9075	es7204@att.com
Bill Lotz, LMSC Registrar	(404) 261-1906	blotz@mindspring.com
Pat Frank, Coaches Chair	(404) 272-1312	ticoachpat@yahoo.com
Karol Welling, Secretary	(770) 631-9195	krw83@mindspring.com
Jeff Tacca, Member at Large	(404) 256-0733	jtacca@comcast.net
John Zeigler, Fitness	(770) 972-7981	jvzeigler@bellsouth.net
Rob Copeland, Safety & Long Distance	(678) 817-1602	rob_copland@comcast.net

Swim Websites

Georgia Masters Swimming	www.georgiamasters.org
Atlanta Rainbow Trout	http://www.atlantarainbowtrout.com/
Aiken-Augusta Swim League	http://www.swimasl.org/masters.htm
Atlanta Water Jocks	www.atlantawaterjocks.com
Augusta Masters Riptides	www.augustariptides.com
Dynamo Masters	http://www.dynamomasters.com/index.html
Dixie Zone	http://www.dixiezone.org
Greater Augusta Swimming	www.gasswim.com
Savannah Masters	http://www.savannahmasters.org/
SwimAtlantaMasters	http://www.swimatlantamasters.com/

Georgia Teams & Clubs

Team/Club	Abbr	Team Rep	Phone
Americus Blue Tide	ABY	Tim Demott	(229) 924-3863
Atlanta Rainbow Trout	ART	Sean Fitzgerald	(404) 876-3736
Atlanta Water Jocks	AWJ	Lorenzo Benucci	(404) 441-3352
Greater Augusta Swimming	GAS	Jeffrey Rout	(864) 333-2939
Marlins Masters	LINS	Yit Aun Lim	(770) 516-3668
Stingrays Masters	RAY	Keith Berryhill	(770) 427-6717

Georgia Superteam (GAJA)

Team/Club	Abbr	Team Rep	Phone
GEORGIA	GAJA	Lisa Watson	(770) 497-1901
Aiken-Augusta Swim League	ASLM	Adam Byers	(706) 495-8468
Americus Blue Tide	ABT	Tim De Mott	(229) 924-3863
Augusta Masters Rip Tides	AMRT	Jenny Baldowski	(706) 556-1476
Classic City Masters	CCM	Raymond Woller	(706) 549-0515
Dynamo Swim Club Masters	DYNA	Maria Thrash	(770) 457-7946x20
Georgia Masters Killer Whales	GMKW	Lisa Watson	(770) 497-1901
Habersham Masters Swim Team	HMST	Katie Ralston	(706) 754-3650
Savannah Masters	SAVM	Walt Weed	(912) 656-5562
Southside Seals	SSS	Karol Welling	(770) 631-9195
Swim Atlanta Masters (Duluth)	SAMS	Kim Hurst	(678) 442-7946
Swim Atlanta Masters (Roswell)	SAMS	Kim Hurst	(678) 442-7946
Zaban Sharks	ZS	Ashley Kornblut	(678) 812-3861

New York Times – February 26, 2008**The Claim: Stretching Can Prevent Soreness and Injury**

By Anahad O'Connor

Stretching — long promoted as a way to prevent injury, to reduce soreness and to speed post-exercise recovery — may not fulfill its promise. Over the years, scientists have found that stretching before or after a workout has little effect on either risk of injury or what is commonly known as delayed onset of muscle soreness, the discomfort that comes a day or more after challenging physical activity.

Numerous studies have reached this conclusion. One of the most recent and extensive reports was published in October in The Cochrane Database of Systematic Reviews. The report reviewed 10 randomized studies, which over all looked at the impact of stretching before and after exercise, in repeated sessions and in intervals ranging from 40 seconds to 10 minutes. The authors concluded that stretching had little or no effect on post-exercise soreness.

Another systematic review, by the Centers for Disease Control and Prevention, was published in the journal *Medicine and Science in Sports and Exercise* in 2004. It looked at multiple studies and found that stretching “was not significantly associated with a reduction in total injuries,” but also concluded that more research was needed.

For now, many experts say that what may work is a quick warm-up, like low-impact aerobics or walking. It also helps to ease into an activity by starting off slow and then increasing speed, intensity or weight (for lifting).

THE BOTTOM LINE

Research suggests that stretching does not affect soreness or risk of injury during exercise.

 For more on this topic, visit – http://swimming.about.com/od/stretching/a/stretch_before.htm

Gary Eaton Memorial Swim Meet - April 25th - 27th 2008

Dates & Schedule	Friday April 25, 2008 Warm up 5:00 – 6:45pm; Start 7:00pm Saturday April 26, 2008 Warm up 7:00 – 8:45am; Start 9:00am Sunday April 29, 2008 Warm up 7:00 – 8:45am; Start 9:00am
Sponsors	Georgia Killer Whales
Sanction	Held Under the Sanction/Approval of USMS, Inc. & Georgia LMSC Sanction Number Pending
Location & Directions	The Marist School Natatorium
Facilities	8 lane, 25 yard indoor pool, state of the art electronic timing system. Attached warm up and warm down pool.
Entries Deadline:	Entries must be received by April 19, 2008 to allow for computer seeding. Each swimmer is limited to five events per day. Relays will be deck entered. LATE ENTRIES will be allowed for events that have open lanes. NO EXTRA HEATS WILL BE ADDED. Late entries and entries without valid USMS numbers will be returned. Complete the <u>entry form</u> . Sign the RELEASE WAIVER. Make and keep a copy. Mail entry and payment to: Tim Storsteen 1965 Kenwood Pl. Smyrna, GA 30082
USMS Registration	2008 USMS registration is required. You must submit a copy of your current USMS card with your entry. Age of competitors on April 25, 2008 will determine age group. Must be at least 18 by April 25, 2008. Contact Bill Lotz at blotz@mindspring.com or 404-261-1906 to obtain your USMS card or to register.
Fees	Submit all fees (except relays which can be paid at the meet) with your entry. Sorry NO REFUNDS. · \$15.00 general surcharge for electronic timing, pool certification, and heat sheet· \$3.00 per individual event· \$8.00 per relay entry MAKE CHECKS PAYABLE TO: MARIST SWIM TEAM. Seeding The 1000yd and 500yd events will be deck seeded by time, going FAST to SLOW. All other events will be seeded SLOW to FAST.
Rules	Current 2008 USMS rules will apply.
Lodging	Hilton Garden Inn, Perimeter Center. Special Rates of \$79.00 nightly. Reservations for the Event will be made by individual attendees directly with Hilton reservations at 1-800-HILTONS or 404-459-0500. Please ask for the Gary Eaton Memorial Swim Meet when making reservations. Book directly on Hiltons website http://www.hilton.com/en/gi/groups/personalized/atlphgi_gem/index.jhtml Reservations must be received on or before 04/11/2008 to guarantee this rate!
Meet Director	Tim Storsteen – (404)-307-1464 or tstorsteen@hotmail.com 1965 Kenwood Pl. Smyrna Ga. 30082
Meet Information Online	All meet information will be available for download and electronic entries at www.atlantaswimming.com

Gary Eaton Memorial Swim Meet

April 25th, 26th, 27th 2008

Sponsored by:

Georgia Killer Whales

Official Entry Form – Sanction Pending

Last Name: _____	First Name: _____	Sex: ___	Age as of 4/25/08: ___	DOB: _____
Address: _____				
City: _____		State: ___	Zip: _____	Phone #: _____
Email: _____		Team: _____		Abbreviation: _____
USMS Number: _____				

Enter your best short course yards time or NT (no time) for each event you plan to enter. *A maximum of 5 individual events per day.* Relays will be deck entered.

Friday April 25, 2008

- 1. Women 400IM _____
- 2. Men 400IM _____
- 3. Women 1000 Freestyle _____
- 4. Men 1000 Freestyle _____

Saturday April 26, 2008

- 5. Women 100 Butterfly _____
- 6. Men 100 Butterfly _____
- 7. Women 50 Breaststroke _____
- 8. Men 50 Breaststroke _____
- 9. Women 200 IM _____
- 10. Men 200 IM _____
- 11. Women 100 Freestyle _____
- 12. Men 100 Freestyle _____
- 13. Women 200 Butterfly _____
- 14. Men 200 Butterfly _____
- 15. Women 50 Backstroke _____
- 16. Men 50 Backstroke _____
- 17. Women 200 Breaststroke _____
- 18. Men 200 Breaststroke _____
- 19. Women 50 Butterfly _____
- 20. Men 50 Butterfly _____
- 21. Women 200 Medley Relay _____
- 22. Men 200 Medley Relay _____
- 23. Women 400 Freestyle Relay _____
- 24. Men 400 Freestyle Relay _____

Sunday April 27, 2008

- 25. Women 500 Freestyle _____
- 26. Men 500 Freestyle _____
- 27. Women 100 IM _____
- 28. Men 100 IM _____
- 29. Women 200 Freestyle _____
- 30. Men 200 Freestyle _____
- 31. Women 100 Backstroke _____
- 32. Men 100 Backstroke _____
- 33. Women 50 Freestyle _____
- 34. Men 50 Freestyle _____
- 35. Women 100 Breaststroke _____
- 36. Men 100 Breaststroke _____
- 37. Women 200 Backstroke _____
- 38. Men 200 Backstroke _____
- 39. Women 400 Medley Relay _____
- 40. Men 400 Medley Relay _____
- 41. Women 200 Freestyle Relay _____
- 42. Men 200 Freestyle Relay _____

All meet information will be available on-line at www.atlantaswimming.com

Meet Surcharge..... \$15.00
 Number of events: _____ x \$3.00... \$ _____
 Total enclosed..... \$ _____

Make checks payable to: Marist Swim Team
Mail to: 1965 Kenwood Pl. Smyrna, Ga. 30082

I the undersigned participant, intending to be legally bound do hereby certify that I am physically fit and have not been otherwise informed by a physician, I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including permanent disability or death and agree to assume all those risks. As a condition of my participation in the Masters Swimming Program or any activity inherent thereto, I hereby waive any all claims for loss or damages caused by negligence, active or passive, of the following : Unites States Masters Swimming, Inc., the Local Masters Swimming Committees, the Clubs, host facilities, meet sponsors, meet committees, War Eagle Aquatics LLC, Marist school, or any individuals officiating at the meet or supervising such activities. In addition, I agree to abide by and be governed by the rules of USMS.

_____ (Signature)) _____ (Date)