



The Georgia Masters Newsletter

Swimming in Georgia

April 2008

Don't Miss These Events!

April 25-27	Gary Eaton SCY
June 7	Classic City LC
July ?	Georgia Games Open Water
Dec ?	St Nich SCM @ Ga Tech

Other News of Interest

Gary Eaton Memorial Meet – April 25-27

A final reminder that the 2nd annual Gary Eaton Memorial SCY meet will be April 25-27 at the Marist pool. Entry form was included in the last newsletter and is also on the Dixie Zone website at www.dixiezone.org/Meets.htm.

The deadline for entries is April 19, but late entries will be accepted in there is available space in heats. Contact meet director **Tim Storsteen** at tstorsteen@hotmail.com. This is a Georgia Grand Prix event!

Classic City LC Invitational – June 7

The annual Classic City LC Invitational at UGA is on Saturday, June 7. For your convenience, the info and entry form are included in this newsletter. Warmups are at 9 and the meet begins at 10 a.m. Please take advantage of the opportunity to compete in this wonderful facility!

For questions, contact meet director **Ray Woller** at rwoller@uga.edu.

Grand Prix Event Change

Since it appears that Dynamo will not be hosting a LC meet this summer, the UGA meet will become our LC Grand Prix event. Our remaining Grand Prix events are:

**5 More Months!
September 24-28**

**2008 National
USMS Conference
Atlanta**

Lake Peachtree Open Water – May 17

This is a 1 mile course- enjoy the first open water event of the summer season! Contact Rob Copeland for further info at rob_copeland@comcast.net.

**Recaps of
Last Month's Meets**

St Pat SCY Recap

About 135 swimmers competed in the annual St Patrick's Day SCY Invitational, held at Dynamo on March 15&16. A huge thanks to **Ed Saltzman** for organizing and running the meet, and to all the Dynamo volunteers.

USMS Convention – September 24-28

Five months left until the USMS Convention in Atlanta at the downtown Hyatt Regency. Our convention coordinator is **Karol Welling**. Her e-mail address is – krw83@mindspring.com. Please contact her to volunteer for a shift at the Convention – our LMSC is expected to staff the hospitality suite during this time.

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.). Even if you can only do part of a shift, that would be a big help. Consider this a good opportunity to mingle with swimmers from all over the country and enjoy some food and drink! Sunday will be a clean up day in the hospitality room, so just an early shift that day.

Need for Organ Donors

My name is Ken, and April 14th marks the 2nd anniversary of my receiving a kidney transplant from my dad. Since the surgery, I've been doing very well, and so to celebrate and to help raise awareness about organ donation, I've decided to compete this summer at the US Transplant Games, an Olympic style competition for people like me who have received transplants (<http://www.kidney.org/news/tgames/index.cfm>).

In July, I'll be traveling to Pittsburgh to participate in the Games as a part of Team Georgia. This will be my first time attending and competing at the Transplant Games, and I couldn't be more excited!

I decided to compete in swimming, despite a complete lack of experience with the sport. To prepare myself, I joined Georgia Masters Swimmers, and I've been hard at work since January, training and getting myself into shape with the help of the Atlanta Rainbow Trout.

April marks the halfway point in my training for the Transplant Games in Pittsburgh, and I've got just three months of training left before I compete. My main goal is to compete in the 100m individual medley.

As part of my training, I've been working on building up my endurance and improving my form in each stroke (or learning the stroke in the case of butterfly). It has been hard starting pretty much from scratch with regards to competitive swimming (and exercise in general), but so far, the practice seems to be paying off!

In addition to the medley event, I plan to swim a freestyle event and either a backstroke or a breaststroke event, and I'll also be competing in the 1500m race walk.

One of the many reasons I am participating is to increase awareness among the general public (including you!) of the critical need for more organ donors.

I was fortunate enough to receive a living donor kidney from my dad, but in Georgia alone, there are more than 1,950 people waiting for a transplant and someone to give the gift of life.

For more information, you can go to www.organdonor.gov. No matter what you decide for yourself, talk to your family members and loved ones about organ donation so that they know your wishes and you know theirs.

Please click on the link below to learn more and to sponsor me and my teammates in this exciting event:

<http://my.campagne-online.com/personalPage.aspx?SID=90943>.

Please help me to share my story by telling other people about the Transplant Games and directing them to my website. If you have any questions at all about transplants, organ donation, or the Games, you can contact me at ken.sutha@gmail.com.

Thanks for your help, and I'll see you around the pool.

Upcoming Events

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 (entry enclosed)
- 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 Open Water
- 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 @ Ga Tech

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 **May 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

CLASSIC CITY / GEORGIA MASTERS LONG-COURSE MEET
GABRIELSEN NATATORIUM AT THE UNIVERSITY OF GEORGIA
JUNE 7, 2008
Sanction# 458-L01

Warmups at 9am – Meet starts at 10am

NATATORIUM: The Gabrielsen Natatorium at the University of Georgia, was completed in 1996 and was the site of the 1997 SEC Swimming Championships, the 1999, the 2002 Women's NCAA National Championships and 2006 Women's NCAA National Championships. The pool is an 8-lane 50 meter pool, equipped with automatic timing and an 8-lane digital read-out board. The pool will be certified prior to the meet so that times will count for USMS records and Top Ten submission. Several lanes in a 25 yard diving well will be available for warmups and warmdowns during the meet.

LOCATION: The Gabrielsen Natatorium is in the Ramsey Student Activities Center located on the East Campus of the university. Directions are available on the next page. There is free parking on Weekends in the East Campus Parking Deck as well in the adjoining surface "pay" lot,

SANCTION & ELIGIBILITY: This meet is sanctioned by the Georgia Masters LMSC for USMS, Inc. sanction number 458-L01. Entrants must be registered with USMS. **Be sure to enclose a copy of your 2008 USMS card with entry form.**

AGE GROUPS: Age of competitors on **December 31, 2008** will determine age group. Age groups are: 18-24, 25-29, 30-34, . . . , 80-84, 85-89, 90+. For Relays: Age group is determined by the sum of the ages of the swimmers: 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+.

RELAYS will be deck entered while the meet is in progress. All relays can be swum with 4 Women, 4 Men, or Mixed (2 women and 2 men). Only swimmers entered in the meet, and belonging to the same local Georgia or USMS-registered Club can participate in relays.

AWARDS: First-, second- and third-place ribbons will be awarded for all events.

SEEDING: Heats will be formed by submitted seed times, regardless of age or sex; they will progress from "No Time," to slow, to fast, to deck entries (some deck entries may be seeded in earlier heats having open lanes.)

CLUBS: GAJA Masters please list your Chapter or local team name.

DEADLINE: To be seeded in the meet, entries must be received by June 2.

FEES: Fees must accompany entry forms.

A flat charge of \$35 covers up to 5 individual events and the timing and pool surcharges.

The deck entry fee for up to 5 individual events submitted at the meet (before 9:45) is \$40.00.

A maximum of 5 individual events can be entered.

Relays can only be deck-entered at \$5 per relay.

Make checks payable to Dave Eisner and mail checks and entries to

Dave Eisner
P O Box 2384
Dacula, GA 30019

MEET DIRECTORS: Raymond Woller & Dave Eisner

Directions to the Gabrielsen Natatorium in the Ramsey Student Activities Center

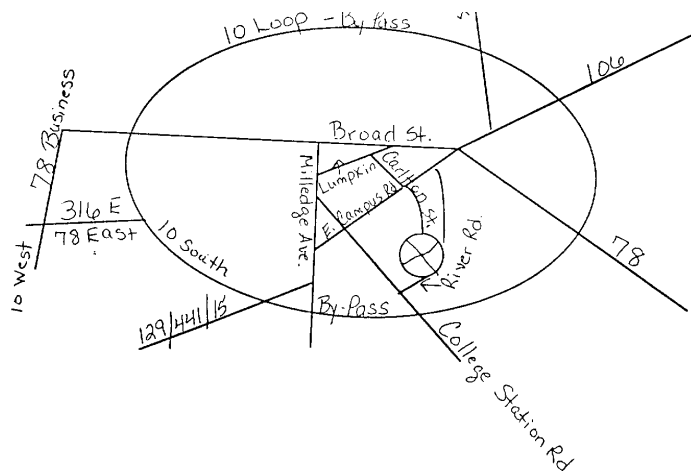
The natatorium is the first building on your left after you turn onto River Road. It's behind the parking lot and the parking deck. Below are the directions to River Road from various directions

From the West (Atlanta): Take 85 North to exit 106 for 316 East to Athens. Travel 30+ miles to Athens; do not take the first Athens exit off 316 for Athens and Monroe. Instead, proceed 3.5 miles to the Loop 10 South exit for the University of Georgia. Take exit 7 off the Loop at College Station Road. Turn left onto College Station Road. At the second light, turn right onto River Road. The Ramsey Student Activities Center will be the first building on your left.

From the North (South Carolina): Take 85 South to the Commerce exit and turn left onto 441 South to Athens. Travel 20+ miles to Athens. Stay on 441 South and take exit 7 at College Station Road. Turn right onto College Station Road. Take the first right onto River Road. The Ramsey Student Activities Center will be the first building on your left.

From the East: Take 78 West to Athens. Take exit 7 at College Station Road. Turn right onto College Station Road. Take the first right onto River Road. Follow signs to Performing Arts Center. The Ramsey Student Activities Center will be the first building on your left.

From the South: Take 441 North to Athens. Take exit 7 at College Station Road. Turn left onto College Station Road. Take the first right onto River Road. The Ramsey Student Activities Center will be the first building on your left.



\$99 Special Rate for Swimmers
Marriott Courtyard
166 N Finley St
Athens, Ga 30601
706-369-7000
Use Code GMSP / Ga Masters

Reservations made by May 16 are guaranteed, thereafter rate depends on availability.

For list of other hotels in Athens go to www.visitathensga.com/stay_and_do/where_to_stay

ENTRY FORM
 CLASSIC CITY / GEORGIA MASTERS LONG-COURSE MEET
 GABRIELSEN NATATORIUM AT THE UNIVERSITY OF GEORGIA
 JUNE 7, 2008
 USMS SANCTION: 458-L01

NAME _____ SEX _____
 AGE on 12/31/2008 _____ BIRTH DATE _____
 ADDRESS _____ CITY _____
 STATE _____ ZIP _____ USMS# _____ (Include a copy of your card)
 PHONE _____ E-Mail _____
 TEAM ABBREVIATION _____ (UN = unattached; GAJA use local chapter or club name)
 TEAM NAME _____

SATURDAY JUNE 7, 2008 Warmups: 9 A.M. Meet 10 A.M.

Enter your events and seedtimes on this form.

	EVENT	SEED TIME		EVENT	SEED TIME
1.	400 m. Freestyle	_____	10.	200 m. Individ. Medley	_____
2.	200 m. Butterfly	_____	11.	100 m. Breaststroke	_____
3.	400 m. Free Relay	XXXXXXXXXX	12.	50 m. Backstroke	_____
4.	100 m. Backstroke	_____	13.	100 m. Butterfly	_____
5.	50 m. Freestyle	_____	14.	200 m. Free Relay	XXXXXXXXXX
6.	200 m. Breaststroke	_____	15.	200 m. Freestyle	_____
7.	200 m. Medley Relay	XXXXXXXXXX	16.	50 m. Breaststroke	_____
8.	50 m. Butterfly	_____	17.	200 m. Backstroke	_____
9.	100 m. Freestyle	_____	18.	400 m. Medley Relay	XXXXXXXXXX

Swimming Fees: \$35 for up to 5 individual events (this covers pool and timing surcharge.
 (Relays will be deck entered at the meet @ \$5 per relay.)

Mail a copy of your USMS card with this entry form.

Entry Deadline: June 2, 2008

Meet Directors: Raymond Woller & Dave Eisner

Make checks payable to: Dave Eisner

Mail to: Dave Eisner, P O Box 23844, Dacula, GA 30019

Release by Participant from Liability:

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 possible permanent disability or death and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE 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, 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 _____