



The Georgia Masters Newsletter

Swimming in Georgia

August 2008

Don't Miss These Events!

Mt Park Meet – August 24

Our 3rd annual Mountain Park SCY Developmental Meet will be held on Sunday, August 24. Info and entry forms are included in this newsletter.

Warm-ups are at 9 a.m. and the meet should start @ 9:30 a.m. The meet should be over by noon, so there will be plenty of time left for your afternoon activities. The Mt Park facility is an indoor natatorium located in the Stone Mountain area (see directions in the info page).

Developmental meets are intended as a great practice opportunity to get times for bigger meets. These meets are usually smaller (20-30 people on average) and very low key-so no pressure! We even offer 25 yard events – great for someone starting out in Masters or coming back after a long absence. Use this as a warmup for the Peachtree City Pentathlon in September!

This meet is hosted by the **Georgia Killer Whales**. Thanks to **John Zeigler** for arranging for our use of the pool. For questions, contact meet director **Lisa Watson** (lwatson@gsc.edu or 770/497-1901).

USMS Convention – September 24-28

Two months to go now until the USMS Convention in Atlanta (downtown Hyatt Regency). As announced in previous newsletters, Karol Welling is our LMSC Convention Coordinator. As the host LMSC, we are expected to provide volunteers and supplies for the Hospitality Suite. Please contact Karol if you can volunteer some of your time to

help at the convention. The hospitality suite will operate from Wednesday afternoon through Saturday night, and we'll need volunteers for morning/early afternoon shifts and night shifts (for you night owls!). We also are responsible for providing food for the Hospitality Suite (costs to be reimbursed), so if you can help with that, please let Karol know as well. Karol's email contact is: Krw83@mindspring.com.

Sunday morning will be a clean up session- so we could also use some volunteers for this as well.

Next Month!!!
September 24-28

2008 National
USMS Conference
Atlanta

We need volunteers!

Atlanta SCY National Bid

As announced in last month's newsletter, our Georgia LMSC is bidding to host the 2010 USMS SCY Nationals at the Georgia Tech Olympic pool in Atlanta. If we win the bid, the meet will be held during the last week of May 2010. The bidding process will take place at this year's USMS Convention, also held in Atlanta (see previous section). We need help with our presentation – if you:

- ◆ have an artistic ability
- ◆ are a graphic artist
- ◆ like to design logos
- ◆ are talented in the area of Multi-Media presentations-

Please contact our meet director, **Ed Saltzman** as soon as possible at es7204@att.com.

USMS LC Nationals – August 14-17

Good luck to our Georgia swimmers competing at LC Nationals next month at Mt Hood.

There is a record turnout of 1130 swimmers entered in this meet.

Peachtree City Pentathlon – September 20

The annual Peachtree City SCY Pentathlon, hosted by the **Southside Seals**, will take place on Saturday, September 20. Info and entry form will be in next month's newsletter. For questions, contact meet director **Rob Copeland** at rob_copeland@comcast.net.

Georgia LMSC Annual Meeting – September 20

Also on this date, we'll have our Georgia LMSC Annual Meeting – held during the luncheon social immediately following the Peachtree City Pentathlon at the nearby home of **Karol Welling**. More details to come in the next newsletter as well!

Recaps of Last Month's Meets

The Transplant Games - Ken Sutha's Report

I'm back from Pittsburgh now and have had a few days to recover, and I am happy to report that I had a great time at my first Transplant Games! It was such an amazing experience to meet so many other people with transplants, as well as living donors and donor family members. I'll never forget the feeling of waiting to walk into the

opening ceremonies and being surrounded by over 1,300 other transplant recipients, with heart, liver, lungs, bone marrow, and kidney transplants, each with their own amazing and inspirational story to tell. The Transplant Games are the single largest gathering of transplant recipients in the world, a good proportion of whom have had their transplants for over 20 years (and many even 30 years). My only regret from the trip is that I didn't have time to meet everyone.

I met my goals and competed successfully in all the events I entered, and to top things off, I even won medals in each of them with a bronze in both the 100yd IM and 100yd backstroke, a silver in the 1500m racewalk, and a gold in the 50yd breaststroke.

Considering I just started training for competitive swimming in January, I was just happy to finish, so winning medals was icing on the cake! As for my actual times, I'll just say that they were all personal bests, and we can leave it at that ;-).

I'm already looking forward to attending the next US Games in 2010 in Madison, Wisconsin (or maybe even the World Games next year in Australia?)!

Thanks again to all of you for all of the kind words of support. I know I couldn't have done this without your help. I'd also like to thank the Thai Physicians Association of America, the Thai American Physicians Foundation, US Masters Swimming and the Georgia LMSC, the Atlanta Rainbow Trout, and Emory University Woodruff Health Science Center for all helping me to spread the word about organ donation and the Transplant Games through their websites, emails, and press releases.

Our work, however, is not over. I know I'm preaching to the choir, but close to 100,000 people in the US are waiting for a life saving transplant, and 18 of them will die every day. You can continue to support me by telling others about my story, the Games, and the need for organ donation. Everyone has the power to

make a decision **today** that could potentially save or benefit the lives of up to 50 people through organ and tissue donation. Seeing so many people at the Games whose lives have been touched by organ donation, both on the donor and recipient sides, was a real inspiration to me, and I hope that hearing about my experience inspires you as well.



Ken Sutha at the Transplant Games

Thank you for supporting me through all of this, and expect to hear from me about the Games in 2010!

For swimming results from the Games, visit the website at: <http://www.kidney.org/news/tgames/usgames/results.cfm>

Upcoming Events

August 2008

- 14-17 USMS LC Nationals- Mt Hood, OR Entry in USMS SWIMMER and USMS website - www.usms.org
- 24* Mountain Park SCY Developmental Meet – Info and entry enclosed

September 2008

- 20* Peachtree City SCY Pentathlon
- 20* Georgia LMSC Annual Meeting
- 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 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 at bobk340@comcast.net by **August 22**.

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



Georgia Masters Swimming
Mountain Park Short Course Yards Developmental Meet
Sunday, August 24, 2008
Sanction No. 458-S04
Held Under the Sanction/Approval of USMS, Inc. & Georgia LMSC

- Time:** Sunday--Warm ups at 9:00 a.m. Meet begins at 9:30 a.m.
- Location:** The Mountain Park Pool is in Gwinnett County, just past Stone Mountain. From 285, take Stone Mountain Freeway EAST (Hwy 78-going toward Stone Mt). Pass the main entrance to Stone Mountain Park. Take the next exit, which is West Park Place- you'll move right to a 1/4 mile long exit for W Park Place. Turn LEFT at the traffic light. Go under overpass to next traffic light. Turn LEFT again onto Rockbridge Rd. Continue straight through next traffic light at Five Forks Trickum Rd. Mountain Park Pool is on LEFT, past Kroger store, woods, and curve in road. Facility #: 770/564-4650
- Eligibility:** The meet is open to all persons 18 years and older as of August 24, 2008. **USMS registration is required.** If you are not registered, your application can be accepted at the meet. Be sure to include a copy of your USMS card with your entry.
- Events:** Swimmers may enter up to five events.
- Awards:** Ribbons will be awarded for 1st, 2nd, and 3rd places. **Note: Times will not count for Top Ten or records.**
- Timing:** Hand-held stop watches will be used.
- Fees:** \$15.00 for up to 5 events; \$2.00 surcharge for deck and late entries (received after Aug 22); \$1.00 surcharge for entries without 3 x 5 index cards. Make checks payable to GEORGIA MASTERS. Mail to:
- Lisa Watson
804 Howell Court
Duluth, Georgia 30096 Phone #: (770) 497-1901/ (678) 717-3646
e-mail: lwatson@gsc.edu
- Entries:** Indicate events desired on the entry form--circle event # and provide seed time; use NT for No Time. Please fill out a 3 x 5 index card for each event entered. Include name, age, sex, event number/name, and seed time. EXAMPLE:

Jeff Lange	52 M
Event #: 6	1:20
100 yard breast	
(please leave room for timers)	

- Seeding:** Entries received by August 22 will be seeded. Women's heats will precede men's heats. Sexes may be combined for some heats. NTs will be placed in slower heats, except for the 500 free, which is fast to slow.



Georgia Masters Swimming
Mountain Park SCY Developmental Meet
Sunday, August 24, 2008

ENTRY FORM

Name: _____ Sex: ____ Age: ____ DOB: _____
 Address: _____ Home Phone: _____
 City: _____ State: _____ Zip: _____
 USMS #: _____ Team: _____
 E-mail _____

SEED TIME	EVENT	SEED TIME	EVENT
_____	1. 500 free/400 Ind. Medley	_____	9. 200 IM
_____	2. 50 Yard Breaststroke	_____	10. 50 Yard Butterfly
_____	3. 100 Yard Backstroke	_____	11. 100 Yard Freestyle
_____	4. 200 Yard Butterfly	_____	12. 200 Yard Breaststroke
_____	5. 50 Yard Freestyle	_____	13. 50 Yard Backstroke
_____	6. 100 Yard Breaststroke	_____	14. 100 Yard Butterfly
_____	7. 200 Yard Backstroke	_____	15. 100 Yard Ind Medley
_____	8. 25 Yard Choice	_____	16. 200 Yard Freestyle
	MEDLEY RELAYS		FREESTYLE RELAYS

Circle event number desired and indicate seed time if known.

FEES: Make checks payable to GEORGIA MASTERS

ALL EVENTS: \$15.00

SURCHARGE: Late and Deck Entries \$2.00 _____

SURCHARGE: No 3 x 5 Index cards \$1.00 _____

TOTAL AMOUNT ENCLOSED: _____

RELEASE FROM LIABILITY:

"I the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been informed otherwise 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: United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in masters swimming. In addition, I hereby agree to abide and be governed by the rules and regulations of USMS."

Signature: _____ **Date:** _____