



The Georgia Masters Newsletter

Swimming in Georgia

December 2008

Don't Miss These Events!

USA Meet at Georgia Tech – December 4-7

Volunteers are still needed! You'll get a chance to meet a lot of Olympic swimmers as well! Contact **Ed Saltzman** (es7204@att.com) if you're interested in volunteering.

The 2009 Check Off Challenge!

It's time to make some waves in the pool. The new swimming season is approaching quickly so it's time to think about your fitness goals for 2009. Challenge yourself to swim all the pool events whether in practice or in meets including that dreaded 200 butterfly! This is a great way to stay focused in practice and to join in the camaraderie at the local swim meets. See attached entry for this exciting year long event!

Recaps of Last Month's Meets

South Carolina Short Course Meters Championships

(as reported by Donna Hooe)

Georgia was well represented at the South Carolina Short Course Meters Championship in Columbia, SC. Swimmers included: **Meghan Giffin** and **Wendy Weber** (Greater Augusta Swimming) **Mark Schremmer** (Unattached), **Heidi Natkin**, **Lorenzo Benucci**, **Andy Dyer**, and **Steve Mortimer** (Atlanta Water Jocks), and **Skippy Mattson**, **Donna Hooe**, **Jack**

Mitchell, **Irwin Stolz**, **David Miller**, **John Zeigler**, **Jeff Palm**, **George Gfroerer**, and **Walter Lean** (Georgia Masters). I hope I didn't miss anyone!

This meet was probably one of the largest Masters meets I have ever attended outside of Nationals. A new Gamecocks Masters team and their youthful speed made for a very competitive meet. Warmup on Saturday almost reminded me of a USA meet warmup. Thank goodness I got my warmup with my 1500 in the morning.

It was nice to watch Rob Butcher in action and to take time to get to know Deb and Cav Cavanaugh as well as spending time with my friends from Beaufort, Columbia, and Bluffton.



Just 18 months to SC Nationals!

We all had a great time and great times were swum by all. Winning high point awards (huge engraved glass mugs) for their age groups were **Heidi Natkin**, **Donna Hooe**, **David Miller**, **Irwin Stolz** and **Jack Mitchell**. In the Out of State Team standings the Georgia Masters took 1st and the Atlanta Water Jocks came in 3rd. The team trophies were of good size too! Thanks to John and Andy for accepting the team awards.

Some fun rivalries were renewed, John put two good men's relays together for Georgia Masters and Lorenzo's joke on me was a

good one. After an already long Saturday with only the 400 IM left to go, Lorenzo comes up to me and tells me 4 people scratched and I am seated right next to him. I started to really worry but then I realized, if he was right that would mean John Zeigler would be in that heat too so I would have company. Good one Lorenzo!

Collins Hill SCY Recap – November 9

Approximately 30 swimmers and supporters were present at the Collins Hill 'Veteran's Day' SCY Developmental meet on November 9. Nice to see several new swimmers to Masters competition! Thanks in particular to **John Zeigler** for making arrangements for the meet and to **Bill Pave** who gave his time (including driving round trip from the North Georgia mountains) to officiate. Thanks also to the numerous "fans" who served as timers during the meet!

Other News

2009 USMS Registration

Don't forget that it is now time to renew your USMS Registration. The 2008 registration will expire December 31. Each club representative has been sent both a team registration form and an individual form to distribute among its members. We will include a generic form in our next newsletter, as well as posting it on our Georgia LMSC website (www.georgiamasters.org). For questions about how to register, contact our LMSC Registrar **Bill Lotz** (blotz@mindspring.com; 404/261-1906). Remember that you can now register online at www.clubassistant.com/club/usms.cfm.

Nothing Like the Open Water – article from USMS

Open water events provide freedom, fun and a challenge to all kinds of Masters swimmers. Why join a local Masters program and why join USMS? U.S. Masters Swimming offers events around the country that are perfect for fitness swimmers, triathletes and competitive swimmers alike.

What is an open water event? An open water event is any swimming event that takes place in a lake, a river, an ocean, a quarry or any other body of water other than a pool. “A pool doesn’t compare to the open water,” according to Mark Gill of Swim Kentucky Masters. “Open water is free of the restrictions of lane lines and walls, pace clocks and scoreboards. There is a certain



enjoyment that is found in open water events that is different from pool events.”

The concept of open water swimming can seem daunting, so how does someone get started? “If you are at the beach and decide to swim out to the first buoy and back, you have just completed an open water swim,” says Mark. Open water events are often coupled with iconic distances, locations and landmarks: a swim around Manhattan, the English Channel or around Key West.

Many open water swimmers set completion goals rather than goals measured in time standards, much like running a marathon. “People understand when I tell them that I completed the Alcatraz swim,” says Mark, who completed the swim last year. “They know what that distance is, they can visualize the conditions; they do not care how fast I swam it.”

As open water challenges continue to grow in popularity, Mark hopes to see more open water clinics and educational material to help bridge the gap between pool swimming and open water swimming. “Most open water swimmers train primarily in the pool,” says Mark. He believes that any swimmer has the capability to swim in an open water event. “Swimmers must learn to be comfortable in the open water. We are all used to the black lines at the bottom of the pool and the pace clock on the wall, but if we can help teach swimmers to be comfortable in the open water, open water events will see a tremendous amount of growth.

Open water is a perfect fit for fitness swimmers. It provides a specific, recognizable goal, and to some is considered less intimidating than a pool event.”

Open water events can host thousands of athletes at one time. As a successful open water event coordinator, Mark says, “I can run one event for a thousand athletes and be finished and socializing in two hours. Open water events are fun because everyone starts together and everyone sticks around after the event to enjoy the location and their fellow swimmers.” Open water events allow many participants to swim together, creating a challenging but fun atmosphere.

U.S. Masters Swimming hosts five open water championships and sanctions countless events every year. For more information regarding U.S. Masters Swimming open water championships visit <http://www.usms.org/comp/ldcalendar.php>.

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 **December 28**.

Upcoming Events

December 2008			
4-7	USA Meet @ Georgia Tech - Ed Saltzman @ es7204@att.com	11*	GA LMSC Monthly Conference Call - Lisa Watson @ lwatson@gsc.edu
January 2009			
1-31	USMS Hour Swim Postal Championship	24-25	Charlotte SCY
February 2009			
8*	Marist SCY Developmental Meet	20-22	Ft. Lauderdale, FL
14-15	Auburn, AL		
March 2009			
6-8	Dixie Zone SCY Championships, Pompano Beach, FL	27-29	St Petersburg, FL SCY
14-15*	St Patrick's Day SCY Invitational @ Dynamo		

April 2009			
16-19	Y National SCY – Ft Lauderdale, FL	24-26*	Gary Eaton Memorial SCY Invitational @ Marist
18-19	Raleigh, NC – SCY		
May 2009			
7-10	USMS SC Nationals – Fresno, CA		
June 2009			
6*	Classic City LC Invitational @ UGA	19-21	Dixie Zone LC Championships – Ft Lauderdale, FL
12-14	Dixie Zone Open Water Championship – Ft Myers, FL	27-28	Greenville, SC – LC
13-14	Sarasota, FL – LC27-28		
July 2009			
TBA	St Petersburg, FL LC	TBA	Georgia Games Open Water
August 2009			
6-10	USMS LC Nationals – Indianapolis, IN	30*	Mt Park SCY Development Meet
September 2009			
16-20	USMS Convention – Chicago, IL	26*	Georgia LMSC Annual Meeting
26*	Peachtree City SCY Pentathlon		
October 2009			
TBD	Bermuda Open Water		
November 2009			
31-1	Dixie Zone SCM Championships – Columbia, SC	8*	Collins Hill SCY Developmental Meet
December 2009			
TBA	Collins Hill SCY Developmental Meet		

Dixie Zone Website – For information about meets in the Dixie zone, visit: <http://www.dixiezone.org/Meets.htm>

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
Donna Hooe, Coaches Chair	(912) 884-6456	rdhooe1@juno.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 Teams & Clubs

Team/Club	Abbr	Team Rep	Phone
Americus Blue Tide	ABY	Tim Demott	(229) 924-3863
Atlanta Rainbow Trout	ART	Sean Fitzgerald	(404) 496-4422
Atlanta Water Jocks	AWJ	Lorenzo Benucci	(404) 353-2952
Greater Augusta Swimming	GAS	Jeffrey Rout	(864) 333-2939
Marlins Masters	LINS	Yit Aun Lim	(770) 516-3668
Oxford College Swim Club	OXSC	Anthony Gonzales	(770) 784-4675
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
Brunswick Y Barracudas Masters	BYRB	Ken Doss	(912) 265-4100x102
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
Hurricane Masters Swim Team	HURR	Brian Jennings	(706) 561-2547
Savannah Masters	SAVM	Walt Weed	(912) 656-5562
Southside Seals	SSS	Karol Welling	(770) 631-9195
Swim Atlanta Masters-Hamilton Mill	SAMS	Kim Hurst	(678) 442-7946
Swim Atlanta Masters-Johns Creek	SAMS	Chad Shirley	(779) 232-7227
Swim Atlanta Masters Roswell	SAMS	Siomn Nickerson	(770) 992-7946
Swim Atlanta Masters Sugarloaf	SAMS	Scot Davis	(678) 442-7946
Swim Masters Macon	SMM	Tana Selby	(478) 474-2193
Zaban Sharks	ZS	Ashley Kornblut	(678) 812-3861

The 2009 Check Off Challenge!

Sanctioned by Florida Gold Coast Masters LMSC for USMS, Inc. # 509-001

It's time to make some waves in the pool. The new swimming season is approaching quickly so it's time to think about your fitness goals for 2009. Challenge yourself to swim all the pool events whether in practice or in meets including that dreaded 200 butterfly! This is a great way to stay focused in practice and to join in the camaraderie at the local swim meets.

PLEASE PRINT CLEARLY:

NAME _____ SEX ____ AGE 1/1/09 ____ BIRTH DATE ____/____/____
ADDRESS _____ CITY _____ STATE ____ ZIP _____
PHONE (____) _____ - _____ EMAIL _____
TEAM OR CLUB _____ USMS# _____

T-shirt Qty: ____ S ____ M ____ L ____ XL @ \$20 ea. = \$ _____ TOTAL = \$ _____

Liability Release Waiver: I, the undersigned participant, intending to be legally bound, 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: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

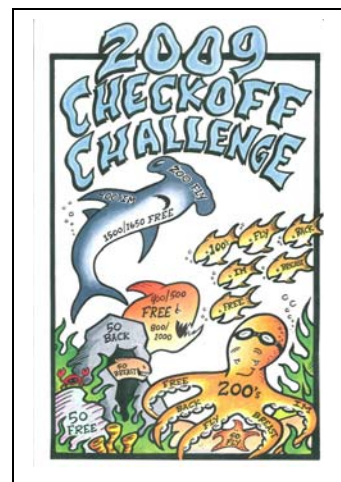
Please visit www.usms.org/fitness for additional entry forms, and feel free to distribute copies.

Mail this form and your check payable to "Hammerhead Aquatics" to: Larry Caldwell – Attn: "Check off Challenge" 3230 NE 15th Avenue, No. 1, Oakland Park, FL 33334.

Questions? Call Larry at (954) 682-7220 or email larrycaldwell01@msn.com

COACHES: Sign up your entire team and use the event as a team challenge. Spread out the events over a period of time during practice sessions, progressively building up to the tougher events. The entire team can work together, completing all of the events. The event is open to registered Masters swimmers. Enter by filling out the entry form above.

Entries that are received by the 15th of each month, shirts will be mailed at the end of that month. T-shirts are custom-designed by California cartoonist, Chris Aubin.



2009 CHECK OFF CHALLENGE

EVENT TRACKING FORM

Check off the events as you complete them throughout the year!

Event	Date Complete	Time	Location	Comments
50 Freestyle				
100 Freestyle				
200 Freestyle				
400/500 Freestyle				
800/1000 Freestyle				
1500/1650 Freestyle				
50 Backstroke				
100 Backstroke				
200 Backstroke				
50 Breaststroke				
100 Breaststroke				
200 Breaststroke				
50 Butterfly				
100 Butterfly				
200 Butterfly				
100 IM				
200 IM				
400 IM				