

Southern Masters Swimming



We don't get old, we just age up

LANE LINES

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Gulf Coast Multi-Sport's Upset Win at Championship Meet by Doug Holmes

It only happens in fairy tales that a team of rookie swimmers soundly defeats perennial SMS champions like Elmwood Sharks and Crawfish Aquatics Masters. Yet, this is exactly what happened the first weekend of December at the SMS short-course meters championship meet held at UNO. Gulf Coast Multi-Sport clobbered second place Elmwood by 236 points and third place Crawfish Aquatics by 523 points. Even Mia Erickson-Stevens, Gulf Coast Multi-Sport's coach, did not dream that her team could accomplish this feat in their first year as a masters swim team. In fact, eleven of the fourteen team members were

competing in their first masters swim meet ever! How did this team accomplish this upset victory? They entered all the free style events but drew straws to decide who would have to swim the 50 fly in the medley relays. Even with this unconventional system, Gulf Coast Multi-Sport was undefeated in eight relays. Several of these swimmers participated in events on both Saturday and Sunday for a total of seventy individual events (thirty-two firsts and twenty-five seconds) and eight relays, scoring 747



points. Much of the credit goes to their coach, Mia Stevens, who garnered seven blue ribbons herself and accepted the first place trophy for her team.

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Swimming Across Lake Pontchartrain by Doug Holmes

Have you ever wondered if anyone has swum across Lake Pontchartrain? Have you wanted to try it yourself? Yes, it has been done, but maybe you can do it faster! Matt Mosely completed a 24.8 mile solo swim across the lake on June 13, 2014 in 14 hours and 55 minutes.

He swam at night to avoid bright sunlight and the view of the Causeway Bridge during the long swim. Matt started his swim on the south shore of Lake Pontchartrain, ate or drank every 25 minutes, and finished at the Mandeville seawall where a crowd of friends

welcomed his accomplishment. Fortunately, the water was a good temperature at about 72 degrees, winds from the south, and small waves.

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Gulf Coast Multi-Sport's Upset Win at Championship Meet *cont. from page 1*

In just a few years, Coach Mia has built a team that trains at Cross Gates in Slidell and enjoys traveling together to open water events, triathlons, and now masters swim meets. Her team has competed in the Bridge Swim in Pensacola, the FKCC Swim Around Key West and last May, they had thirty team members swim in the OSPREY Open Water Swim in Ocean Springs, MS. Also last summer, Mia traveled to Nashville to obtain training for her USMS coaching certification (SMS will pay the registration fee to SMS coaches who qualify). She returned from the training inspired and accepted the position of Distance Swimming and Open Water chair on the SMS board. She has given her team

stroke training, start and turn instructions, and the confidence to compete in their first master swim meet which in turn gave them a winning experience they will never forget.

The championship meet set a recent attendance record of sixty-one swimmers was hosted by the SMS Board of Directors, officiated by Chris Frederic, SMS Chair, directed by John and Janice Roth, catered by Ellen Hall, Vice Chair, greeted by board members Vicki Buccino, Doug Kopp and Doug Holmes with pool measurements by Rob Cambias. The meet attracted several triathletes from the Greater New Orleans Triathlete team, swimmers from Austin, TX,

Hattiesburg, MS, and Bruce Rollins, chair of the South Texas Zone. We all appreciated the great turnout and the chicken pasta dinner (most other meets do not have such a fine lunch at such a reasonable cost of \$35 for two day meet). We missed the USMS master swimmers and SMS coaches who were unable to come enjoy and support masters swimming. We hope that for next meet you will catch the spirit of Mia and the Gulf Coast Multi-Sport team who showed all masters swim clubs what can happen when your coach gets certified and enthused about promoting SMS programs. You will get to go to meets and have fun.

Gulf Coast Multi-Sport team members :

Front row from left to right: Mia Erickson Stevens, Cindy Holland, Donna Slocum.

Second row: Kristen Stanley-Wallace, Melissa Lorange, Stephanie Cayula (Anderson), Sharon Dooley.

Third Row : Scott Stevens, Eddie Gonzalez, Pat Arnold.

Fourth Row: Tim Pillsbury, Naomi Long, and Nick Cenci.



Swimming Across Lake Pontchartrain *continued from page 1.*

Matt's swim was documented in the film "Dancing in the Water" by award-winning documentarian Wayne Ewing. The film is excellent and enjoyable because legendary jazz musician and composer David Amram and bluesman Papa Mali created original music on the boat during the swim. Two drones were used to film the swim, the support crew, and the musicians. The film also educates viewers on Saving Our Lake, the history and twenty five years of projects by the Lake Pontchartrain Basin Foundation, which has worked to restore and preserve the water quality, coast, and habitats of the entire Pontchartrain Basin. The film shows views from an airboat of rebuilding the

wetlands lost by hurricanes and of the Mississippi River levees that send the sediment into the Gulf of Mexico.

Although currently living in Boulder, CO, Matt has strong ties to Louisiana. He was born in New Orleans, graduated from Louisiana Tech, and returns to New Orleans, like so many others from around the country, to help in the recovery from Hurricane Katrina. An accomplished open water swimmer, Matt has swum the descent of the Colorado River through Canyonlands in 47.5 hours. He claims his Lake Pontchartrain swim was the first solo crossing of the lake using English Channel/World Open Water Swimming Rules. Pat Owens, then

a Mandeville resident and son of Barbara Owens, who still holds many SMS records, swam across Lake Pontchartrain along the Causeway Bridge in the 1990s and probably followed those rules which prevents contact with the boat and no use of swimming aids. I swam across Lake Pontchartrain in 1990 BUT I swam from shore to shore at the Old Highway 11 Bridge which was only 5.5 miles. I did it with five other swimmers including a sports-writer for the Times Picayune. I claim to be the oldest swimmer to swim the lake. If I did it so can you!

Meet Mia Erickson-Stevens, New Open Water/Distance Chair

SMS welcomes Mia Erickson Stevens as our new Long Distance and Open Water Chair. She has been coaching and teaching swimming for 32 years. Currently, Mia coaches masters at Cross Gates Family Fitness and the Gulf Coast Multi-Sport team. She is a certified USMS Level 1 & 2 coach, USAT Level 1 coach, ASCA Level 1, 2 and Masters Coach and an American Red Cross Water Safety Instructor and lifeguard.

She started her competitive swimming background in Virginia at the local YMCA and swam for Radford University. Mia started competing in triathlons in 1986 when she was living in Florida. She prefers to swim open water events and has competed in the Alcatraz open water swim, FKCC Swim Around Key West (as a team), Pensacola Bridge Swim and the OSPREY swim. Mia qualified for the USAT Olympic Distance Na-

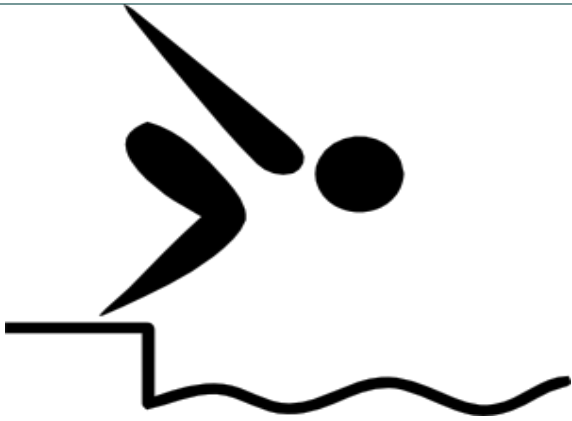
tional Championship the last 6 years in a row.

She has a two undergraduate degrees in Recreation and Biology and two master's degrees in Education and Business. In her spare time, Mia has developed a non-profit organization called the Gulf Coast Explorers. She teaches area youth about marine organisms and the marine/estuarine environment by taking them into the field to perform hands on science.



GO THE DISTANCE 2016! Set a distance goal and track your progress throughout the year. Track distance in your online Fitness Log (FLOG). When you achieve certain milestones, you'll be recognized on the USMS website and have the opportunity to purchase GTD awards that note the milestones you achieved.
<http://www.usms.org/fitness/content/gothedistance>

1 HOUR POSTAL SWIM (January) - Swim as far as possible in one hour in any pool you choose that is 25 yards or longer. Event results are sent in electronically so you can compare yourself to other swimmers doing the same event.
https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=6958



Southern Masters Swimming Officers

Chris Frederic, *Chair & Meet Officials*

Ellen Hall, *Vice Chair*

Rob Cambias, *Treasurer*

Doug Holmes, *Secretary & Lane Lines Co-editor*

Doug Kopp, *Registrar*

Pat Arnold, *Sanctions*

Vicki Buccino, *Top Ten*

Nan Fontenot, *Coaches Chair & Web Master*

Barbara Aguirre, *MS Board Member at Large*

Mia Erickson Stevens, *Distance/Open Water Chair*

CALENDAR

Jan. 23, 2016 YMCA Hub Fin Masters Winter Swim Meet. Petal, MS.

Feb. 13—14, 2016. Auburn Masters SCY. Auburn, AL.

Mar. 12—13, 2016. SMS SCY Championship. Crawfish Aquatics. Baton Rouge, LA.

June 18, 2016. FKCC Swim Around Key West.

July 29—31, 2016. South Central Zone LC Championships. TX A& M University. College Station, TX.

TRAVELING?

Did You Know You Can Work Out With Another Team Away From Home?

As a member of United States Masters Swimming, you get the benefit of working out with other masters while visiting other cities. To find a place to swim, visit this website:

<http://www.usms.org/placswim/>

When you're traveling and plan to swim with a local team, remember to take your current USMS card with you. USMS insurance coverage requires that all swimmers in a USMS-sanctioned workout be members, and the club may need to verify your membership. Also, workout times at many pools and clubs may vary from what is posted, so it's important to contact the coach or club contact to confirm workout times.

