

Southern Masters Swimming

We don't get old, we just age up



Southern Masters Swimming SCY Championships

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SMS Officers

Chris Frederic, Chairperson

Ellen Hall, Vice Chairperson

Rob Cambais, Treas.

Doug Holmes, Sec.

Doug Kopp, Registrar

Pat Arnold, Sanctions

Tim Root, Open Wtr

Vicki Buccino, Top Ten

Chris Frederic, Meet Officials

Nan Fontenot, Coaches Chair & Web Master

Doug Holmes, Newsletter Editor

The Crawfish Aquatics hosted a well-attended (50), efficiently run Southern Masters Swimming SCY Championships on March 1-3, 2013. The regional SMS team won first, the Shock Wave Club from Tupelo, Mississippi, coming in second and Elmwood third.. Coach Barbara Aguirre's Shock Wave team drove eleven hours round trip from Tupelo to bring six swimmers of whom five were swimming for the first time in a USMS swim meet. Tupelo is building an Aquatic Complex with a fifty meter pool like the UNO Arena and the Crawfish Aquatic pools.

Each participant received a royal blue towel monogrammed with "Southern Masters Swimming." Between events on Saturday, Nan Fontenot presented fourteen SMS swimmers who swam Top Ten times in the USMS in 2012 with a unique crawfish tray. After Saturday's competitive record setting relays, everyone enjoyed jambalaya, salad, and bread pudding prepared by Terry James and Tim Thigpin. SMS held their Annual Meeting which was open to all members. Ten teams/work out groups participated in the meet. SMS is deeply indebted to Nan Fontenot, Aquatics coach and meet director, Jeff Maynor, entry director, Tim Root who helped with the automatic timing, the starter, the stroke judge, all those who timed, Ellen Hall for conducting the SMS Annual Meeting, Stephanie Santini for the Sunday devotional, and Michelle Perret for hosting the bonfire.

SMS FIRST OPEN WATER SWIM

Calling all triathletes, pool, and distance swimmers to enter now for the **Saturday May 4** Tri-Lakes Open Water Swimming Carnival in Zachary, La. near Baton Rouge. A \$120 value for \$30 to swim 1K or 3K (\$40 for both) in a safe, clean, calm lake. USMS hosts 150 annual events, join the fun at our first event. Invitations, awards, directions online or print out at Southernmastersswimming.com

Southern Masters TOP TEN Swimmers for 2012

Nine women and five men from Southern Masters Swimming placed in the Top Ten forty six times in 2012. Their times were in the top ten times in all the USMS sanctioned meets held in the USA in 2012. USMS recognizes each swimmer with a Top Ten patch. At the SCY Championship meet, Nan Fontenot, SMS Coach's Chair, presented all 14 winners with a red crawfish tray containing the swimmer's name, Top Ten 2012, and a crawfish design inside.

Christine Frederic, age 48, was the Outstanding SMS Female Swimmer Award with 22 Top Ten points (Kendra Wilson, age 31, had 26 points but won last year and was ineligible). **Steve Fischer**, age 50, won the Outstanding SMS Male Swimmer Award with five points for sixth place and a time of 19:16.22 in the 1500 meter free. Doug Holmes, age 76, had 80 points but was ineligible because he won the award last year.

This is the 25th year SMS has honored Top Ten and presented awards to the Outstanding Female and Male swimmers. Four former winners are still swimming in SMS Championships: **Fay Lachney, three Outstanding Female Awards**, Chris Frederic, two awards, Vicki Buccino, two awards, and Pat Smith, two awards, but Pat's mother Yvonne Frischhertz was awarded four Outstanding Female Swimmer Awards from 1987 to 1996. No male has won the Outstanding Male award more than two times, but seven have won twice including Doug Holmes and Jeff Maynor. The other five Outstanding Male Award winners have all done well over the years in USMS National swim meets. They are Dick Bower, Scott Rabalais, Steve Heck, Clarke Mitchell, and Myron Lockly. There are presently no SMS awards for open water or distance swimming, but Doug Holmes did receive a Special Recognition Crawfish tray at the SCY Championships as a USMS All-American for coming in first in the 2012 USMS 10K National Postal Championships, with third place finishes in the 5K, 3000 yd, and 6000 yd National Postal Championships.

Swim Meet Calendar for 2013

April 27	Lafayette, La	3rd Annual Stephen Billeaud Memorial Swim Meet
May 4	Zachary, La	SMS Tri Lakes Open Water Swimming Carnival
May 9-12	Indianapolis, In	2013 USMS Spring SCY National Championships
June 22-3	Crawfish Aquatics B.R.	SMS Long Course Meter Championships
Aug 7-11	Mission Viejo, Ca	2013 USMS Summer LCM National Championship
Aug 24	Crawfish Aquatics B.R.	SMS Swim Clinic

**Invitation/entry forms/information at
southernmastersswimming.com**

SMS 2013 Annual Meeting was held on Saturday March 2 at the SCY Championships which was open to all fourteen clubs and eight workout groups to express their views, make motions, learn about upcoming meets, events, Top Ten, clinics, finances, USMS, and help elect SMS officers and delegates to convention. More detail on the 2013 Annual Meeting and all the past SMS Annual and Board meetings is available at southernmastersswimming.com. For access, go to "Administration" (almost inconspicuous at the top of the Home Page) to open Board and Annual Meeting Minutes, By-laws, and access to SMS officers by email. Dates, budgets, and evaluations of SMS Championship meets, open water events and clinics are discussed at these meetings which are open to any SMS member. Officers for 2013 are same as last year and are listed in the right column of [Lane Lines](#). SMS had \$24,573 in the checking account on 1/1/13, and the Proposed 2013 budget is:

SMS 2013 Income		SMS 2013 Expenses	
700 members X \$13	9100	SCY meet 2013	\$1160 (actual exp.)
3 meets X 40 X30	3600	5/4 Open Water event	3800+
Open Water \$30 X 30	900	LCM meet 2013	1900
Swim Clinic \$25X 50	1250	SCM meet 2013	2800
	_____	SMS Swim clinic	2500
2013 Income	\$14850	meet/entry/timer director	0--in event cost
		starter/judge/life guard	0--in event cost
		two conv. delegates	2400
		coach/Nat meet incentive	1000
		club assistant & Ad exp.	1000

\$16560 less \$14850=	\$1710 possible over-expenditures	2013 Expenditures	\$16560

Lagniappe for Mississippi Masters

Southern Masters Swimming shows its love for Mississippians with some lagniappe by offering free admission to a SMS one-time only sponsored swim clinic. It will feature Susan Ingraham, USMS master's 2008 Coach of the Year. When: Saturday August 24 from 9:30 to 4 PM. Where: The Clinic will be held at the Crawfish Aquatics pool in Baton Rouge. Directions and entry form will be available on Southernmastersswimming.com. The cost is just \$25 (\$60 for non-USMS/SMS members) which is a great bargain for swim stroke and technique instruction by one of the best certified coaches in masters swimming. All who plan to come will have to register and pay initially, so the clinic director Chris Frederic will be able to make lunch arrangements. The LAGIAPPE or free clinic is for SMS members required to drive from Mississippi or more than 100 miles who can have their \$25.00 entry fee returned at the conclusion of the clinic. Also available is an underwater video on Friday August 23th by Thomas Clavier.



Crawfish Pentathlon in Lafayette Louisiana

Come swim the 50, 100, or 200 distance pentathlon in the **3rd Annual Stephen Biilleaud Memorial Swim Meet** on Saturday April 27. As you can see from the adjacent picture that Coach Tom Clavier and the Crawfish Aquatics of Lafayette put on a great one day meet. Awards for each age group, male and female, in each course., plus a prize for the closest predicted cumulative time. If you do not swim all strokes you can swim up to five individual events.

Way Over-The-Hill Gang

Four Southern Master Swimmers with an average age of 72 have been setting relay records since they went to USMS Summer National Championships at Auburn in 2011. Today's age 72 is equal to age 30 in the seventeenth century, but even thirty year old swimmers back then couldn't beat this relay team. They **set two SMS records** in the 280-320 combined age relay for the 200M mixed free relay (3:02.72) and 200M mixed medley relay (3:24.93). They are Pat Arnold, age 73, in back stroke, Bill Jennings ,74, in breast stroke, Doug Holmes , 76, in butterfly, and Vicki Buccino ,65, in free in all the medley relays. These placed second and fourth in the Dixie Zone Top Ten.

At the 2013 SMS Championships for SCY in March they got together to set **three more SMS records** in the 200 yard medley relay (3:16.52), the 400 yard free relay (6:46.47), and the 800 yard free relay (14:44.29). You can do the same thing at one of the SMS Championships by bringing three other master swimmers from your club or workout group to swim relays. First, check the SMS relay records for which distance and course you might want to compete at [southern mastersswimming.com](http://southernmastersswimming.com) to see which relay record to go after.