

Southern Masters Swimming

We don't get old, we just age up



Lane Lines

June 2012

Local One Day Southern Master Swim Meets



One day Southern Masters Swim Meets are getting more popular and a great way to promote swimming in your club or area. The most recent single day masters swim meet was held at Crawfish Aquatics 25 yard outdoor pool in Lafayette on Saturday April 28, 2012. It was their Second Annual Stephen Billeaud Memorial Pentathlon. The Crawfish Aquatics sponsored this challenging meet for years in Baton Rouge until last year when it moved to Lafayette under swim coach Tom Clavier to honor the memory of Stephen Billeaud, an outstanding local swimmer who died prematurely. Master

swimmers had to swim all four strokes at 200, 100, or 50 yard distances plus the IM at double the distance. Two swimmers competed in the Ironman distance (total of 1200 yards), three in the 600 yard middle distance (including Alexis and Audrey Billeaud), and six swimmers in the 300 yard sprint distance. Several other swimmers swam individual events, since you did not have to swim the pentathlon to participate in the meet. Nine swimmers also swam the 500 yard free, featuring a great race between two men in the 55-59 year old age group. Both swam excellent times (Scott Snyder 6:23.82 and

Greg Ellison 6:34.73).

The next one day event is the National Postal 5K and 10K at the Crawfish Aquatic pool in Baton Rouge on Saturday July 14, 2012. The 5K or 10K must be swum in a 50m pool, and swimmers cannot swim both at the same time. There is no charge for this event, but a swimmer must provide a timer/ lap counter as well as enter the event(s) online. Contact Tim Root timthy.s.root.82@gmail.com with questions if you definitely plan to compete.

Other local one day meets included Mandeville's Pelican Club first Annual Meet-

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SMS Officers

Chris Frederic, Chair
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Doug Holmes, Sec.
Pat Arnold, Sanctions
Tim Root, Open Wtr
Vicki Buccino, Top Ten
Ellen Hall, Vice Chair
Chris Frederic, Meet Officials
Nan Fontenot, Coaches Chair & Web Master
Doug Holmes, newsletter Editor

which featured all strokes at 50 and 100 yard distances, plus the 1000 yard free event. Charlie Hoolihan, former SMS chairman, always puts on fun low key meets, and plans to have the Second Annual PAC Masters Meet on Saturday September 29, 2012. Charlie was on hand for the May 6, 2012 Crawfishman Triathlon that he founded in 1983. Several SMS swimmers competed in the 23.2 mile event north of Covington, La.

Another first one day meet was held in Fairhope Alabama last October, and will hopefully conduct their second annual meet in 2012. Franco's Athletic Club will sponsor its first Turkey Meet, a developmental swim meet on November 9 (mile) and 10, 2012, with 50 and 100 yard events, a tune-up for the SCM Championships and a good meet for first time master swimming competitors who all receive medals for participating. Hopefully your team or workout group will want to sponsor a master's meet. Get in touch with Chris Frederic.

Dixie Zone SCY Championships

The Dixie Zone SCY Championship, hosted by Crawfish Aquatics and Southern Masters Swimming, was enjoyed by seventy-four swimmers who competed for Dixie Zone Top Ten honors. SMS provided great Southern hospitality and good (swim) times in Baton Rouge on March 16, 17 & 18, 2012. The regional SMS team took first place (see team picture), Mandeville FINMs second (see team picture), and the Texas Woodlands third place. Woodland's Coach Tom Boak, meet director for the LCM Championships in Omaha Nebraska in July and a past USMS president, has often bought his team to SMS meets.

Jeff Maynor with the help of the Crawfish Aquatics club members and three officials conducted an excellent meet. Six swimmers set fourteen new SMS records being Doug Holmes with four, Kendra Wilson and Reena Kilgore-Greer with three each, and Dale Williams, Vicki Buccino, Chris Frederic and Steve Fischer with one record each. Also an 18+ Medley Relay record was set by Rebecca King, Kendra Wilson, Kate Palmerton & Tess Seatman.



Nan Fontenot, SMS chair, presented 13 men and 9 women in SMS with their Top Ten USMS awards in between swimming events. The Outstanding Female SMS Swimmer was Fay Lachney with seven USMS Top Ten places in 2011 and the Outstanding Male SMS Swimmer was Doug Holmes with 24 USMS 2011 Top Ten finishes, including three All-American or first place times.

All meet participants received a Dixie Zone sweatshirt. Following jambalaya and bread pudding for lunch on Saturday, Shelly Ripple Johnson, seven-time NCAA champion and former Stanford standout, talked on the importance of warm up and cool downs at swim meets. During the SMS annual meeting, JoPaul Steiner, age 96, received a plaque recognizing him as the founder of Louisiana Master's swimming, and Nan Fontenot, was awarded a plaque for her four years as SMS chair by Chris Frederic, the new SMS chair. In 2012, SMS expects to exceed its record membership of 607 in 2011 partly because of SMS's new emphasis on Open Water and Distance swimming events. SMS will hold its first Open Water Swims of 1500m and 3000m in New Rhoads/False River on October 20, 2012, and has begun to keep SMS records in the five Postal distance events.

The Southern Master Swimmers had a successful year winning the Dixie Zone Championship in Baton Rouge following their fifth place finish at the 2011 LCM Championships in Auburn.



Francos Fin Masters, Second Place in Dixie Zone Championships

Southern Master Swimmers 5th in Nation in LCM

Our Southern Master Swimmers (SMS team) finished in fifth place in the Summer National Masters Championships at Auburn University in August of 2011. This is the highest place any team from SMS has ever finished in a USMS Championship Swim Meet. The amazing thing is they did it with just thirteen team members, but they were well balanced. It is the relays that help teams win meets. The four women placed in six relays including four mixed relays which was the same number of relays the men placed in. These eight relays accounted for 94 points, or more points on average (11.8) than a first place points in an individual event (11). Relays score twice the amount of a first in an individual event (22 vs 11 points). The four oldest team members (Pat Arnold, Vicki Bucinno, Bill Jennings and Doug Holmes) put together two good mixed relays in the 280-319 age group coming in second and third and setting two SMS relay records.

In addition to scoring well in the relays, these 13 SMS swimmers finished in the top ten in 58 events, scoring 433 points. Three of the women (Pat Arnold 72, Chris Frederic 47, and Rebecca King 31) had first place finishes. There were six seconds, eleven thirds, ten fourths, nine fifths, etc from the rest of the team being Doug Holmes 75, Bill Jennings 72, Vicki Bucinno 65, Many Cecile 57, Brett Matherne 47, Rob Cambias 43, Craig Doherty 39, Thomas Small 34, Craig Matherne 28, and Karl Lehmann 26. Part of the success of the team's good showing was due to our coordinator, cheer leader, and coach, Chris Frederic, who organized the group and selected the relays. A competitive LCM Championship Meet, held at UNO in June before the National LCM Meet helped prepare the swimmers. The 5th place banner can be seen displayed at our SMS Championship meets and hopefully will be joined someday by a first place banner.

SMS encourages swimmers to compete in the two annual USMS National Championships by paying for SMS swimmer registrations and honoring those on the team who competed at a SMS team dinner. SMS will continue to encourage Southern Master Swimmers to attend National Meets, especially those near Louisiana and Mississippi like the 2011 Auburn and the 2006 Woodlands meets.

Three of our best women Southern Master Swimmers at Auburn attended the National SCY Championships in Greensboro, N.C. in April 2012. Since the meet was further away and held during the spring not as many Southern Master Swimmers could go to Greensboro. But Chris Frederic, Pat Arnold, and Vicki Buccino held up the high standards of Southern Masters Swimmers and swam some excellent times and placed well individually.

It is time to enter Southern Masters Swimming LCM Championships to be held August 18 & 19 at UNO. See the invitation on Southernmastersswimming.com Website and keep practicing.