

# Southern Masters Swimming



*We don't get old, we just age up*

## NOV 2015 Lane Lines

### SCM CHAMPIONSHIPS at UNO Arena Dec 5 & 6

Plan to attend the last Master's swim meet of 2015 at the University of New Orleans Lakefront Arena Saturday Dec. 5 with warm-ups at 10 AM to attract swimmers driving to New Orleans that morning. This is a popular two day meet that includes most of the Top Ten Events (including the 1500 m) and is well attended by SMS members who have trained all fall. Janice and John Roth along with the SMS Board of Directors have always put on a well run meet with a good lunch and plenty of deserts organized by Ellen Hall. Stay around for the relays which are run at the end of the individual events on both days and are always a lot of fun. Everyone is invited to be on a relay and often is a way to get into the record books. Fewer SCM meets are held throughout the USA by USMS so records are more attainable. There is no USMS national championship for SCM, but SCM has always been one of the three Championship Masters meets offered by SMS for La. and Ms.

This is a good meet for triathletes and distance swimmers since the 1500 and 400 freestyle events are both included. The price is right at just \$35 for both days or \$20 for one-day entry fee. There are no less expensive master Championship meets for one or two days anywhere that we are aware of. That is because SMS contributes about 50% of the cost of this meet. So reward yourself for all those hard workouts and join us for the fun and go for a personal best or just enjoy the low key exciting competition. See you there. See the list of events and invitation on the last two pages of Lane Lines, but go to [southernmastersswimming.com](http://southernmastersswimming.com) or [USMS.org](http://USMS.org) to make copies to mail in. Entry form must be received by John Roth by Dec.1 so don't wait until the last. Be sure to include a copy of your USMS card and a check to SMS.

### DID YOU KNOW?

SMS conducts 3 Championship Meets and 3-5 one-day master events/ year  
SMS pays SMS deck coach \$5/competitor brought to Championship Meets  
SMS pays National USMS Championship event fees to SMS competitors  
SMS pays for a SMS competitors dinner after USMS National Championships  
SMS pays about 50% of SMS SCM meet and 50% of SMS Swim Clinic costs  
SMS receives only \$11 of each swimmer's \$50 USMS membership fee  
SMS will pay \$180 Reg fees for certification class to qualifying SMS coaches  
SMS keeps SMS event records and submits USMS and Dixie Zone Top Tens  
SMS keeps members informed on website, *Lane Lines*, registrar's e-mails  
SMS has about 800 members and 18 teams and its time to join USMS now

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**SMS Officers**  
**Chris Frederic,**  
Chair  
**Ellen Hall,**  
Vice Chair  
**Rob Cambais,**  
Treas.  
**Doug Holmes,**  
Sec.  
**Doug Kopp,**  
Registrar  
**Pat Arnold,**  
Sanctions  
**Vicki Buccino,**  
Top Ten  
**Chris Frederic,**  
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**Nan Fontenot,**  
Coaches Chair  
& Web Master  
**Barbara**  
**Aguirre,** MS  
Board Mem-  
ber at Large  
**Mia Erickson**  
Distance &  
Open Water  
Chair  
**Doug Holmes/**  
**Ann Hill** Lane  
Lines coEditors

## SMS/Dixie Zone/USMS Calendar.

9/15-11/15 USMS 3000/6000 YD Postal National Championships

**Dec 5-6 SCM: SMS Championships, UNO Arena, NOLA**

**Dec 13-14 SCM: Dixie Zone Championships, Atlanta, Ga.**

Feb 2016 One Hour SCY National Postal Swim

**Sun. Mar 2016 G. N.O. Senior Olympics 50+ USMS Recognized, UNO Arena**

Feb 13-14 2016/ SCY: Auburn Master's Invitational, Auburn, Ala.

**March 12-13 2016 SCY: SMS Championships, Baton Rouge, La**

Apr 28-May1/ SCY: USMS Spring Championships, Greensboro, NC

May 15-Aug 15 2016/ LCM/ 5K/10K Postal National Championships

May ?? 2016 Osprey Open Water Swim in G.O.M. in Ocean Springs, Ms

Poss. May ??/ 5K: Pensacola Fl. Bridge Open Water (also 1 mi., 10K & 25K)

**June ?? 2016/ SMS LCM Championships in Thibodaux, La.**

Jul 21-24 2016/SCM/ USA Masters Games Swim Meet, Greensboro, NC

**Aug Sat. ? 2016 Swim Clinic Crawfish Aquatics pool Baton Rouge, La.**

**Sept ? 2016 Louisiana Senior Olympic Games Swim 50+ USMS recognized, UNO Arena**

**Sept ?? 2016 /SCY: Pelican Athletic Club Masters Meet, Mandeville, La**

**Oct. Sun ? /SCY: October Splash, Fairhope, Ala**

**Dec 4-5 2016/SMS SCM Championship, UNO Arena, NOLA**

### *SMS To Pay Qualified Coaches' Certification Costs*

The SMS Board of Directors voted on October 20, 2015 to cover the costs in the form of a scholarship for SMS on deck master swim coaches who would like to improve their master coaching skills by attending classes run by qualified USMS coaches in some twenty cities in 2016. Board member Chris Frederic reports that classes are a great help, well run, and give participants ideas on how USMS can assist them. SMS will cover the cost of the \$180 registration of Level 1 & 2 Certification Classes (or \$100 for just 1 or 2) for SMS master swim coaches who have had recent USMS on deck experience, and are willing to promote SMS/USMS events. Coaches can submit a request by stating their experiences and team/personal goals to SMS Coaches Chair who will approve those who qualify and notify the treasurer to send them a check. The first recipient of an SMS scholarship was Mia Erickson who attended classes in Nashville last summer and has indicated her interest by becoming an SMS Board Member and the Long Distance/Open Water Chair. She coaches the Crossgate Masters in Slidell and took 30 of her team to the Osprey O.W. Swim last May. She is excited about promoting the opportunities for Long Distance Pool swims like the National Postal Swims that can be swum in your workout pool (3000/6000 yd, 5K/10K & 1 Hour swims) and the USMS Open Water Swims in the Dixie Zone or the many USMS National Championships. Perhaps the Osprey O.W. Swim at Ocean Springs Ms., the Pensacola Bay Bridge swim or an open water swim associated with a USA Triathlon event would attract SMS swimmers.

## USMS Executive Director Rob Butcher Steps Down and Will Be Replaced

Executive Director Rob Butcher shared with the Board of Directors, National Office staff, and USMS Convention that he will be stepping down December 31, 2015. On January 1, 2016, Rob will become the President and CEO of Swim Across America. The SAA mission is to raise money for cancer research, prevention, and treatment through swimming-related events. Rob was hired in 2008, as an executive director who could transform USMS from a primarily volunteer-operated governing body to a professionally managed organization.

Since 2008, Rob has guided the development of our National Office with a steady vision. Milestone accomplishments include rebranding USMS with an inclusive identity, the development of *SWIMMER* magazine and [usms.org](http://usms.org) into the trusted resources for Masters swimmers, partnerships with Fortune 500 brands *Marriott* and *Nationwide*, development of the USMS Masters Coach Certification Program so Masters coaches can provide a better swimming experience for our members, establishment of the Swimming Saves Lives Foundation to provide learn-to-swim opportunities for adults, and presently the offices in Sarasota are moving. A new Executive Chairperson is expected to be appointed by end of 2015.

## Meet SMS New *Lane Lines* Editor/Board Member



Beginning in January 2016, Ann Hill, who swims at Crawfish Aquatics in Baton Rouge, will serve as the new editor of *Lane Lines*. Ann has enjoyed swimming for over 40 years and supports the mission of Masters Swimming to promote health, wellness, fitness and competition for adults through swimming. Growing up in Alexandria, LA, Ann began swimming competitively in the “six and under” age group and continued through high school. In the 1990s, Ann joined Crawfish Masters and began competing in masters meets, the Pensacola Bay Swim and also completed the swim around Key West. She also participated in local triathlons. Upon enrolling in law school at LSU in 2002, Ann couldn’t practice with Crawfish Masters but continued to swim on her own. While she is not sure she will achieve her previous competitive level, Ann is thankful to Masters Swimming for providing her with an organized program and teammates to work out with. When not swimming, reading, camping, or doing other fun things for the past ten years, Ann has practiced regulatory law for the Louisiana Department of Environmental Quality and the Louisiana Public Service Commission. (Ed. Note: In 1998 she set and still holds four SMS SCY free-style records in the 25-30 age group, four SCM records, and five LCM records. Between 1997– 99 she was in the Top Ten in 30 individual events and on 12 relays.)

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# SMS SWIM CLINIC SATURDAY AUGUST, 2016

Mark your calendars! Make your plans! The SMS Board of Directors is pleased to announce that Southern Masters will again sponsor a full day swim clinic at Crawfish Aquatics on a Saturday in August, 2016. Chair Chris Frederic plans on getting another nationally recognized USMS Masters Coach to conduct the one-day clinic. It will be held again at the Crawfish Aquatic pool from about 9 AM to 4 PM and will offer instruction in all four strokes, pace work and starts & turns. **Cost will be only \$25 for SMS members**, \$60 for non-members, with a \$25 rebate for SMS members traveling more than 100 miles.

## SMS Pays New Sanction Fees

The increase in USMS liability insurance premiums as a result of a motor boat colliding with an open water swimmer will be shared more equitably by increasing non-National Championship sanction fees for pool events (\$50) as well as for open water events (\$100). The USMS House of Delegates on October 3, 2015 approved the preceding increases plus \$5 sanction fee per entrant for both pool National championships and all non-National Open Water sanctioned events.

However, the SMS Board, on its October 20 Conference call, voted to pay the \$50 or \$100 fee rather than passing the charge onto the SMS club/team hosting the one-day or Championship meet. SMS swimmers participating in National Championships can have the event fee and \$5 sanction fee reimbursed by the SMS treasurer. Sanction fees will not apply to USMS recognized events such as Senior Olympics. If SMS decides to host an open water event, we can apply to USMS for rebate assistance as we did for our May 2013 Open Water Event in Zachary, La.

## Ryan Lochte's Impact on IM and Medley Rules

By Chris Frederic, Officials Chair

If you saw the FINA World Championships this summer, you may have heard the controversy surrounding Ryan Lochte's on-the-back under-waters during freestyle. Ryan knows his under-waters are more powerful on his back, so he stays on his back off the walls during freestyle races. There was a lot of discussion about whether this was legal in the Individual Medley. Ryan was not disqualified at the World Championships, but FINA did come out with a new interpretation in August. The interpretation states, for medley races (individual or relays):

“According to SW 9.1 each of the strokes must cover one quarter (1/4) of the distance. Being on the back when leaving the wall for the freestyle portion of the medley is covering more than one quarter of the distance in the style of backstroke and is, therefore, a disqualification. Backstroke swimming is only defined as being on the back”

This new interpretation became effective for Masters Swimming on September 10, 2015. Officials will now look to confirm that a swimmer is moving forward on their backs before disqualifying the swimmer. For most swimmers, this will not change how we swim. However, any swimmer who might use backstroke for relief, as during an asthma attack, may want to practice a modified side stroke for those times when extra breathing is required. If you have any questions about this new interpretation, check with your coach.

# 2015 Swim Clinic A Success

by Chris Frederic, SMS Chairman

On August 24, 41 SMS swimmers and coaches attended the 2015 SMS Swim Clinic, hosted at Crawfish Aquatics in Baton Rouge. The clinic, hosted by the SMS Board of Directors, showcased the talents of The Woodlands Masters Swimming coaches Tom & Carolyn Boak and Ross & Laura Koch Davis. All four of these coaches are USMS Certified Coaches, National and World Record holders and multi-year All-Americans. Tom is a past USMS President. Carolyn is in the Masters Swimming Hall of Fame. Ross and Laura started their own age group team in Houston, called Stream Line Swimming.

Although the water was cold – power to the pool was shut off the day before, and the heater did not come back on. –we still learned new drills and techniques. We spent at least 45 minutes on each stroke. One coach gave instructions while another coach demonstrated the drills we did. They worked together very well, and made it fun to figure out how we are doing most of the strokes wrong! (Okay, not too wrong, but little things can make a huge difference.)

The clinic on August 22 started with a talk about training, managing the clock, swimming and improving, etc. Then we moved into the water for freestyle and backstroke before lunch, followed by butterfly and breaststroke after lunch. The coaches took turns giving instructions, and they demonstrated each drill for us before we did them. I personally learned a whole lot, and had a breakthrough on my breaststroke. I can't wait to compete again to see how much it will improve my times.

Survey results indicated 95% of the respondents rated the clinic as good or excellent, with most calling it excellent. All respondents said they will use some or most of the information they got from the coaches, and that the coaches knew what they were talking about.

We also offered a video clinic the following weekend, taught by Coach Thomas Clavier of Crawfish Lafayette. Coach Thomas ran a very good video clinic, complete with drills and before & after video of our swims. Everyone saw a big difference after working on the drills he gave us.

Here are some of the survey responses:

- I loved that each coach took turns talking on different topics and that each skill was demonstrated in water as well.
- The enthusiasm of the instructors and the tons of new drills and tips for each stroke
- I loved learning new drills and participating as an athlete (since I'm normally on deck coaching.)
- Instructors were great. Very knowledgeable. Appreciated the lecture with Q&A at the start
- Lots of great info delivered in a relaxed way/ lots of actual time in the water/ great coaches
- Excellent. I hope it will be offered annually .
- I feel empowered . The coaches were very positive but also unafraid to tell us what we needed to hear about our stroke imperfections. I liked having coaches of different ages, too.
- I highly recommend it to all levels of swimmers.

# Southern Masters SCM Swimming Championships Dec 5 & 6, 2015

Sanctioned

USM Sanction # 245-S003

Hosted By: Southern Masters Swimming

Meet Referee: Chris Frederic

Meet Director: Janice Roth

Entry Chairman: John E. Roth, Jr.

Location: University of New Orleans Lakefront Arena Swim Center 6801 Franklin Avenue New Orleans, La. 70148

Date & Times: Saturday, Dec 5 Warm-ups = 10:00 AM; Events = 11:00 AM. Sunday, Dec 6 Warm-ups = 9:00 AM; Events = 10:00 AM.

Facilities: Indoor 8 lane 50-meter pool with non-turbulent racing lane ropes. All races conducted on a 25 meter course. Warm-up lanes will be available during the meet each day. Showers and lockers will be available.

Timing: Colorado automatic timing system with touch pads will be the primary system. Secondary system will be manual electronic with 1 button and 1 digital watch per lane, with a second watch on first place in each heat.

Rules: Current United States Masters Swimming technical rules and code of regulations will govern this meet.

Conduct of Meet: All events will be timed finals. Except for the 1500 and 400 freestyle, all events will be seeded slowest to fastest.

The 1500 and 400 freestyle events will be deck seeded. Check-in will close 20 minutes prior to the start of these events. Depending on the number of entries, these events may be seeded before the meet.

The 400 free will swim fastest to slowest, alternating women and men's heats.

The 1500 free will swim fastest to slowest, with women and men seeded together by entry time in each heat.

The 1500 free will start 15 minutes after the conclusion of Saturday's relays.

All events will be scored and list men and women separately by USMS rules.

Entries are due on Tuesday, December 1st, so as to seed the meet and print heat sheets.

All entries (by mail or email) received after 12-1-15 will be taken at the discretion of the Entry Chairman and seeded in open lanes only. Late entries must pay an additional late fee of \$5.00.

There will be no changing of events after entry deadline. All participating swimmers will receive a copy of the meet heat sheet.

Pool Measurement: - "The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement."

Results: Swimmers will also receive a copy of meet results via E-mail. Results will be mailed upon request. All requests for hard copies can be made either by checking the block on the meet entry form or turning in a request to receive a "hard" copy of the meet results with your name, mailing address, and zip code.

Eligibility: All participants must be registered with United States Masters Swimming. Minimum age is 18 years based on age as of December 31, 2015. Include a copy of your current USMS registration card. If your entry is close to the deadline, and you have not registered 2016 with USMS, you can do a On-line USMS registration at the following web site: <http://www.usms.org/reg/> Email a copy.

Liability Release: Each entered swimmer must sign the liability release form at the end of this invitation.

Send this along with your filled out entry form.

Limit of Events: Each entered swimmer may swim 5 events plus relays per day.

Hospitality: Water and snacks will be provided. Lunch will be provided at the pool after the events on Saturday.

Entry Fees: Cost for full participation is \$35.00. To swim only the 1500, there will be a \$10 fee. To swim only one day, there will be a \$20 fee. A \$5.00 late fee will be charged for all entries received after December 1, 2015. All entry fee checks made payable to: Southern Masters Swimming"

Entries are due by Tuesday, December 1, 2015. Entries must be mailed or delivered to:

Meet Entry – Southern Masters Short Course Meter Championships  
104 Yellowstone Street  
Kenner, Louisiana 70065  
E-mail to [Jerothjr@cox.net](mailto:Jerothjr@cox.net) "

Use the enclosed entry form only! Seed times must be best recent short course meter times only! You can send your entry in by E-mail to "[jerothjr@cox.net](mailto:jerothjr@cox.net)," but you must send the signed paper work along with your entry check.

Scoring: Points will be awarded as follows: Individuals 9□7□6□5□4□3□2□1; Relays 18-14-12-10-8-6-4-2.

Age Groups: Individual: 18-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74, etc.  
Relays: 76-99,100-119,120-159,160-199,200-239,240-279,280-319,320-359,360-399, etc.

Awards: Ribbons will be awarded for first through eighth places in each age group in individual event.

Parking: Parking is available at the UNO arena and is free.

## Meet Entry Form

University of New Orleans Arena Sanction # 245-Sxxx

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age (As of 12-31-2015) \_\_\_\_\_ Sex \_\_\_\_\_  
 Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
 E-Mail \_\_\_\_\_ Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ USMS # \_\_\_\_\_  
 Team Name \_\_\_\_\_ Abbreviation \_\_\_\_\_

Please circle desired event numbers for all individual entries. Limit is 5 individual events per day. List best recent short course meter times in the space provided, use a "NT" if you have no time for an event. Relays are automatic for teams with a sufficient number of swimmers entered. **Relays will be entered on the day that they are scheduled to be swum. Entries are due on the Monday before the meet, so as to seed meet and print heat sheets. All late entries (after Monday) will be taken at the discretion of the Entry Chairman and seeded in open lanes only.**

<i>Saturday, December 5th –11 a.m.</i>	<i>Sunday, December 6th – 10 a.m.</i>
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<i>W</i>	<i>M</i>	<i>Event</i>	<i>Seed Time</i>		<i>W</i>	<i>M</i>	<i>Event</i>	<i>Seed Time</i>
<i>1</i>	<i>2</i>	<i>400 IM</i>			<i>23</i>	<i>24</i>	<i>400 Free– Fastest to Slowest</i>	
<i>3</i>	<i>4</i>	<i>50 Fly</i>			<i>25</i>	<i>26</i>	<i>100 IM</i>	
<i>5</i>	<i>6</i>	<i>100 Breast</i>			<i>27</i>	<i>28</i>	<i>50 Back</i>	
<i>7</i>	<i>8</i>	<i>200 Free</i>			<i>29</i>	<i>30</i>	<i>100 Free</i>	
<i>9</i>	<i>10</i>	<i>50 Breast</i>			<i>31</i>	<i>32</i>	<i>200 Breast</i>	
<i>11</i>	<i>12</i>	<i>100 Back</i>			<i>33</i>	<i>34</i>	<i>200 Back</i>	
<i>13</i>	<i>14</i>	<i>50 Free</i>			<i>35</i>	<i>36</i>	<i>100 Fly</i>	
<i>15</i>	<i>16</i>	<i>200 Fly</i>			<i>37</i>	<i>38</i>	<i>200 IM</i>	
<i>17</i>	<i>18</i>	<i>200 Free Relay</i>	<i>xxxxxxxxxx</i>		<i>39</i>	<i>40</i>	<i>200 Med Relay</i>	<i>xxxxxxxxxx</i>
<i>19</i>		<i>200 Mixed Med Relay</i>	<i>xxxxxxxxxx</i>		<i>41</i>		<i>200 Mixed Free Relay</i>	<i>xxxxxxxxxx</i>
<i>21</i>		<i>1500 Mixed Freestyle*</i>						

\* 1500 Mixed Freestyle - (seeded together, fastest to slowest)

Signature \_\_\_\_\_ DATE \_\_\_\_\_

Fees: Full Meet \$35.00 \_\_\_\_\_ One day \$20.00 \_\_\_\_\_ 1500 free only \$10.00 \_\_\_\_\_ Late fee (after Monday 12-1-14) \$5.00 \_\_\_\_\_

Mail hard copy of results to above address \_\_\_\_\_ E-mail results only \_\_\_\_\_ Check number \_\_\_\_\_

**Proof of USMS membership, a copy of your current registration card, copy of your application form, or filled out application form with check must accompany this entry form. Entry deadline is Monday December 1, 2014. You must sign the liability release and enclose check payable to 'Southern Masters Swimming.'with your entry. For entry confirmation, enclose a stamped self-addressed post card. All entrants who list a correct E-mail address will receive confirmation when their entries are received. Mail or E-mail entries to:**

*Meet Entry Chairman- Southern Masters Short Course Meter Championships*