

Southeastern LMSC Newsletter



Photo Credit: John Fox

Upcoming Meets and Events

Pool meets:

October 23rd: EMS Oktober Splash. Fairhope, AL. For more [information](#).

February 12th – 13th: Auburn Masters SCY Invitational, Auburn, AL.

Open Water:

September 12: Swim Hobbs Island (1, 2, or 5 miles). Huntsville, AL. For more [information](#).

September 26th: Bridges to Bluffs (10K). Knoxville, TN. For more [information](#).

October 9th: Swim the Suck (10K) Chattanooga, TN. For more [information](#).

Other Southeast Zone Meets & Events:

<http://www.southeastzone.org/meets.html>

Other USMS Meets & Events:

http://www.usms.org/comp/event_search.php?utm_campaign=top_nav&utm_medium=events_and_results

SELMSC NEWS!

In June, the Nominations Committee, chaired by Frank Odell of Cullman (AL) and joined by Charlie Eick of Fairhope (AL), Chris Powers of Montgomery (AL), and Madison Gump of Kingsport (TN), produced a slate of nominations for election of new LMSC officers. Over a six-day period (June 25-30), the election was held electronically using Qualtrix software that allowed a single vote for each individual.

Conner Bailey of Auburn (AL) was elected Chair and Jim Johnson of Ensworth Masters (TN) was elected as Vice Chair. Three other officers were re-elected, including Pia Vanheyste of Dothan (AL) as Membership Coordinator, Claire Letendre of Pensacola (FL) as Secretary, and Helen Naylor of Vanderbilt Swim Masters (TN) as Treasurer. These officers assumed their positions or began a new 2-year term on July 5th and collectively form the Executive Committee of our LMSC.

The key group in terms of making decisions within the LMSC, however, is the Board of Directors, made up of the Executive Committee plus appointed Chairs of various committees. These Committee Chairs are appointed by the LMSC Chair with the advice and consent of the Executive Committee.

As with our LMSC officers, our Committee Chairs include some new faces and some people continuing to serve. New faces include John Fox of Huntsville (AL), who is our new Competition Committee Chair responsible for sanctioning and recognizing pool, open water, and other events (e.g., clinics), and Karah Nazor of Chattanooga (TN) as Open Water Chair. Cheryl Corvo of Fairhope (AL) returns as Fitness Chair as does Rich Schumacher of Knoxville (TN) as Top Ten, Frank Odell of Cullman (AL) as Officials Chair, and Barbara Calhoun of Nashville (TN) as Communications/Editor/Webmaster. The Board meets quarterly by conference call or Zoom.

The new officers extended a big THANK YOU to our out-going LMSC President, Michelle Smith of Fairhope (AL), who ran for, and was elected to, the position of Vice-President, but stepped up to the plate and did a great job when the Presidency became vacant in the middle of her term – she kept the Board and the LMSC moving forward even as we dealt with COVID.

The US Masters Swimming Annual Meeting, to be held in late September, will be virtual again this year.

WORKOUT

For those of you who would really like to do a workout, but are short on imagination, please remember that Wito Vanheyste has graciously provided us with numerous [workout ideas](#). Note that they are presented in pairs so if you want to workout with a friend who is slightly faster/slower, you'll be able to swim together. Here is one that focuses on breaststroke and backstroke, and some speed (from page 1 of the 2900-3500 SCY set).

Warm-Up: 900 SKP (300 Swim-300 Kick-300 Pull)

8x75 on 1:30

#1-4: 50 Back / 25 Breast

#5-8: 25 Back / 50 Breast

100 Pull

16 x 25 on :45 alternating 2 backstroke; 2 breaststroke

Backstroke: hard pushoff. Surface at first white mark with 3 fast strokes

Breaststroke: 2 underwater pullouts

16 x 25 on :45 WITH FINS alternating 2 backstroke; 2 breaststroke

Backstroke: Work the underwater kick. Surface at second white mark.

Breaststroke: Pull with flutter kick (no underwater pullout). Try for maximum # of strokes.

100 Pull

2 x 100 broken on 4:00 (5 seconds after each 25

#1: backstroke

#2: breaststroke

Cooldown: 300 choice

Total: 3000 yards

Warm-Up: 600 SKP (200 Swim-200 Kick-200 Pull)

8x50 on 1:30

#1-4: 25 Back / 25 Breast

#5-8: 25 Breast / 25 Back

50 Pull

16 x 25 on :45 alternating 2 backstroke; 2 breaststroke

Backstroke: hard pushoff. Surface at first white mark with 3 fast strokes

Breaststroke: 2 underwater pullouts

16 x 25 on :45 WITH FINS alternating 2 backstroke; 2 breaststroke

Backstroke: Work the underwater kick. Surface at second white mark.

Breaststroke: Pull with flutter kick (no underwater pullout). Try for maximum # of strokes.

50 Pull

2 x 75 broken on 4:00 (5 seconds after each 25

#1: backstroke

#2: breaststroke

Cooldown: 150 choice

Total: 2200 yards

AUBURN MASTERS SCY INVITATIONAL FEBRUARY 12-13, 2022

For 23 years, between 1998 and 2020, Auburn Masters hosted a SCY Invitational at the Aquatics Center of Auburn University, one of the nation's fastest pools. The pool has hosted three NCAA Division I Swimming and Diving National Championships, two U.S. Opens, plus SEC championships (most recently in 2020).

Over the years the Auburn Masters meet attracted upwards of 200 swimmers, with many coming back year after year. We were unable to hold our meet in 2021 due to COVID, but are planning on hosting the 24th SCY Invitational the weekend of February 12-13, 2022. We will open registration in early December once we are certain the Delta variant has passed, no other variants have emerged, and we can safely host a meet.

Our meet starts off Saturday morning with the 1650; first splash is tentatively scheduled for the reasonably civilized hour of 10:45 a.m. The main session will start off at 1:15 p.m. and normally wraps up before 5:00 p.m. Sunday starts off at 9:30 a.m. with the 500, with the second event of the day starting about an hour later. This means those not doing the 500 can sleep in a little and warm up while the 500 is taking place. (The meet director is not a morning person and designed the meet for others who like to greet the day gradually.)

Sunday swimming usually wraps up before 2:00 p.m. with the award of individual high point trophies and team trophies for large, medium, and small teams. The host team is not a contender for team trophies, but visitors should know that our coaches here at Auburn have a training plan to have our swimmers in peak form for this February meet. So come ready to race!

Conner Bailey
Meet Director

Meet Your Board:

Conner Bailey (Chair): Conner is honored to have been elected to serve as LMSC Chair. For many years he has served as Sanctions Chair for our LMSC, which has provided him the opportunity to interact with teams from Kingsport, TN to Pensacola, FL. During the past 33 years, he has swum in SCY, SCM, LC, and OW Masters events all over our LMSC and has been meet director for the Auburn Masters SCY Invitational since its inception in 1998. He values equally all USMS swimmers whether they compete or swim simply for the joy of swimming for fitness with others.

Jim Johnson (Vice Chair): Jim is excited to serve as Vice Chair assisting the Chair and learning about the governance of USMS. He has been swimming competitively since age 5 as a summer league swimmer, walk-on college swimmer, post grad swimmer at Nashville Aquatic Center and Bolles while in med school and residency, and Masters swimmer since age 25 (29 years as a masters swimmer)! He coached Olympians at Bolles and Stanford and has served as a team doctor for the USA Swimming National Team since 2001, including being a USA Swimming Olympic Team Physician in 2004. Jim loves swimming and hopes to see a quick return to competition in 2021-22! He swims at Ensworth (in Nashville) and is passionate about training hard and maintaining training speed and volume even in his 50's! He is honored to serve!

Claire Letendre (Secretary): Claire has been swimming since she was very young. Her parents met through USMS and her first time in the water was at a Master's swim meet at the ripe old age of four weeks. She swam competitively for the Parkway Swim Club in St. Louis, and then for Eastern Michigan University. Her college events were the mile, 200 Fly and 400 IM. As a Master's swimmer, she has retired the 200 fly and 400 IM.

Claire started volunteering at the age of 16 as the Ozark LSC athlete representative. She spent two years on the Adaptive Swimming Committee and then, from 2007 to 2017, was an athlete representative to the United States Swimming Rules and Regulations Committee. She received the USA Swimming Athlete Distinguished Service Award in 2019.

Immediately following her college career, Claire started Master's swimming and has swum on teams in the Michigan, Georgia, New England, Illinois, Virginia and now, Southeastern LMSCs. She has been on the USMS Rules Committee since 2015 and is currently the vice chair. When not volunteering, Claire is a pediatric audiologist in Pensacola, Florida!

Claire joined the Southeastern LMSC Board as Interim Secretary in January, when there was a vacancy, and is delighted to have the opportunity to serve a full term.

Pia Vanheyste (Membership Coordinator): Pia was born and raised in Belgium. The story goes that as soon as she could walk, no puddle was left untouched, whether she was dressed up or not. At the age of two, she visited a real pool with her family. Her oldest brother, age 11, decided to put her on his shoulders and go off the diving board. The instructions were to just keep her hands above her head with her arms straight. Her mother nearly ... Pia thought it was super fun! And so her swim career began.

Fast forward a few years ... Pia started coaching in 2009 (USAS certified) and also assisted with the setup of a dryland program for her son's team. When her son went to college (AU) he encouraged Pia to get back in the water and she did. Pia discovered USMS in 2015, explored meets, and became a USMS coach. Pia and her husband recently moved from Albuquerque NM to Dothan AL, and she occasionally practices with the Auburn Masters. Through swimming, Pia has had the opportunity to meet many interesting people, including several LMSC Board Members. Pia became the Interim Membership Coordinator in January when the position became vacant, and is happy to be serving a full term.

Helen Naylor (Treasurer): Helen has been a USMS member and coach for more than 25 years. She has served in various roles with the LMSC, including as Chair. Most recently, she was Treasurer, and is happy to be continuing in that role. She has experience managing budgets and forecasts for several nonprofit organizations, including her department at Vanderbilt Medical Center. She is a level 4 coach, and a USA & USMS open water and pool official.

Committee Chairs:

Coaches Chair: TBD

Competition Chair: John Fox, HSA Masters, Huntsville, Alabama

Officials Chair: Frank Odell, About Time Masters Swimming, Cullman, Alabama.

Fitness Chair: Cheryl Corvo, Eastern Shore Masters Swimmers, Fairhope, Alabama.

Top 10 Chair: Rick Schumacher, McCallie School Masters, Chattanooga, Tennessee.

Communications Chair: Barbara Calhoun, Vanderbilt Swim Masters, Nashville, Tennessee.

Open Water Chair: Karah Nazar, Chattanooga Open Water Swimmers, Chattanooga, Tennessee.

Please contact the [Southeastern LMSC Chair](#) if you are interested in serving on a committee.

The LMSC Board meets quarterly: January, April, July, and October.

The LMSC Newsletter will be published quarterly (or so): February, May, August, and November. Please submit pictures or articles of interest to sewebmaster@usms.org by the beginning of the month of publication.

For the 2020-2021 Season, as of mid-August, we have [899 members and 35 clubs!](#)