

## Southeastern LMSC Newsletter

Back again, with the summer issue of the SE LMSC Newsletter, just in time for the summer Olympics, a time when many people remember (or develop) a love of swimming, and look for a group to join. For last minute preparations to welcome these new swimmers, please see the last page.

The big news for the spring and summer is that the SE LMSC Board has been hard at work updating the bylaws. In early June, you should have received an e-mail with the updated version. If you didn't receive the e-mail, don't worry, there is still time. We want your input by September 1<sup>st</sup>. Copies of the current bylaws,

and the proposed revision, are available [here](#). All suggestions, comments and questions welcome!

### Upcoming Meets and Events

#### Pool meets:

#### SCM:

September 24: 3<sup>rd</sup> Annual Sewanee Masters Invitational. Sewanee, TN. [Information and entry](#). *Entry deadline: Friday, September 23.*

November 19-20: Dixie Zone SCM Championships. Nashville, TN.

#### Open Water:

August 28: Splashville Open Water Swim, Nashville, TN. [www.splashvilleswim.com](http://www.splashvilleswim.com).

October 8: Swim the Suck, Chattanooga, TN. <http://www.swimthesuck.org/>

#### Other Dixie Zone Meets & Events:

<http://dixiezone.org/Meets.htm>

#### Other USMS Meets & Events:

[http://www.usms.org/comp/event\\_search.php?utm\\_campaign=top\\_nav&utm\\_medium=events\\_and\\_results](http://www.usms.org/comp/event_search.php?utm_campaign=top_nav&utm_medium=events_and_results)

### News from USMS...

The annual USMS Convention is being held September 21-25 in Atlanta, GA. Information about the Convention is available [here](#). We will summarize the big topics and highlights in the fall newsletter.

New USMS Officials Certification! In an effort to have more people certified to help officiate meets, the USMS is instituting an online certification program. Please consider this (we need more officials!) and see [here](#) for more information.

We have also uploaded the budget to the website ([here](#)) with a short explanation. Our goal is work on new programs that benefit both competitive and non-competitive swimmers, so if you have ideas or suggestions, please let us know. We are also working on reaching out to our members via informal group gatherings to hear what you would like from the LMSC.

We are still soliciting ideas for an LMSC logo. If you are artistically inclined (or even if you aren't), we welcome your input.

When available, regular features of the newsletter will include upcoming meets and open water events, updates from USMS, and a section dedicated to answering your questions and addressing concerns. We welcome all submissions. We would also like a coach's corner, so for anyone who has a favorite set, drill, or even a question for a coach, please submit.

### Team in Review

#### Ensworth Aquatics Masters

Welcome to Ensworth Aquatics Masters (ENSW)! Ensworth Aquatics Masters is a new team in our Southeastern LMSC as of October 2015. Our team's beginnings actually date back to 2014 and the opening of the Ensworth Natatorium, a new pool facility on the Devon Farms campus of The Ensworth School, in Nashville, Tennessee.

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### Team in Review

#### Lake Providence Masters

The Lake Providence Masters (LPM) Swimming Club of the Del Webb community in Mount Juliet, TN currently has 29 members and is one of over 1,500 USMS Clubs across the nation totaling nearly 60,000 members. What makes the LPM Swimming Club so unique is that, unlike the rest of USMS, its members are all over 50 years of age. In fact, the average age of the LPM swimmers is 66. The youngest swimmer is 52 and the oldest is 85. They swim for enjoyment of the sport and to stay fit, but a few of the swimmers like to compete and they did just that at the Tennessee Senior Olympic Swim Meet in Brentwood on the 28<sup>th</sup> and 29<sup>th</sup> of June.

Four of the swimmers competed at the State Sr. Olympic Swim Meet and they came back with a total of 14 medals. The swimmers were Rob Broderick, Peter Fechheimer, Mary Jane Mullins, and Bruce Sherman.

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## Ensworth in Review cont.



For a year or so, a group of 10-15 masters' swimmers (under the team acronym, META) would informally gather to swim with a coach-written practice. Starting this past October, however, a more formal team entity was born, with coach-led workouts offered 10 different times throughout the week and the rise of organized team socials, casual post-practice coffees and dinners, encouraged swim meet participation, and weekly newsletters replete with news, photos and member trivia. The diversity of swimmers on our team has progressed, as well, and it is obvious looking at the various ages, abilities, and goals amongst our members; we thrive on creating a positive and fun environment that can also help each individual attain his/her goals. Our team numbers have steadily increased over the past 8 months and continue to do so, and we are proud to say that ENSW now boasts **69** U.S. Masters Swimming-registered swimmers!



Ensworth Aquatics Masters is lucky to have its home at a fabulous facility containing a state-of-the-art 50 meter pool, a lovely tile deck area, and windows along one entire side of the building that allow swimmers to feel almost like they are swimming outside. We would love to have you come check out our amazing pool! We always welcome out-of-town visitors for FREE, so come join us for a practice the next time you are in Tennessee! ☺ We also hope to host a U.S. Masters Swimming meet sometime soon, so hopefully many of you will join us for that. Until then, you can find out more information and follow us on Facebook ("Ensworth Aquatics Masters"), Twitter (@ENSWAquatics) and on our website, <http://www.ensworth.com/Page/Programs/Aquatics/Masters-Swimming>.

### Newsletter Submissions & Comments

Please submit items for the next newsletter by Tuesday, November 1, 2016. E-mail submissions to [SEWebmaster@usms.org](mailto:SEWebmaster@usms.org)

Submissions should be relevant to the entire LMSC.

This newsletter will evolve depending upon submissions, feedback, and editors. Please feel free to help in the evolution process with comments to: [SEWebmaster@usms.org](mailto:SEWebmaster@usms.org)

If you have any questions, or if you plan to stop in for a visit, please contact Coach Chris McPherson at [nashvillemacs@mac.com](mailto:nashvillemacs@mac.com). We hope to see you soon!

Submitted by Chris McPherson

## Lake Providence in Review (continued)

Every swimmer medaled in at least one event for eight Golds, four Silvers, and two Bronze. One of the swimmers was a real stand-out at the meet: Mary Jane Mullins swam six events (in her 85 year age category) and won the Gold medal in each setting the TN State record in all six events!

The LPM Swimming Club received its original USMS registration in January of 2013 and has been conducting twice weekly practices ever since with residents Rob Broderick and Sumner Foster providing the coaching. Both Rob and Sumner are certified USMS swimming coaches with several years of experience. They volunteer their time as a service to the community.

Submitted by Rod Broderick



Coach Rob Broderick with SIX TIME Gold Medalist Mary Jane (MJ) Mullins

## Last Minute Preparations for the Olympics!

**Coaches:** A special tool to accompany the increased interest that frequently arrives with the Olympics! Historically, during the Olympics, there's been increased traffic on the [usms.org](http://usms.org) website, and increased inquiries from the general public about joining our organization. To capitalize on that interest, we will begin offering the "year plus" membership plan one month earlier this year, **in August instead of in September.**

**Teams and workout groups:** the "Places to Swim" pool information needs updating on the USMS web site: Please check the USMS web site, "[Places to Swim](http://usms.org)" to update your pool information. If everything is correct, please select "Modify this Listing" and delete a period and re-add it to one of the input lines, and click on "Submit Change Request" so the date of the last update resets. The LMSC Registrar will also be sending an e-mail so we can get the updates completed before the Olympics begin – we want folks to know how to find us, and who to contact! If you are not sure how to do the update, please contact your SE LMSC Registrar, [Chris Powers](mailto:Chris Powers), for details.

**Is someone in your club or workout group getting notified that a new member is joining?** If the answer is "no", don't you want to know when a new swimmer is coming, so that you can greet them by name? It would speak well of your organization and be less embarrassing and awkward if newcomers were expected! Please send the name and e-mail address of the person who is responsible for greeting your new swimmers, or keeping track of your club membership, to the SE LMSC registrar, [Chris Powers](mailto:Chris Powers).



Left to right, Peter Fechheimer, Coach Rob Broderick, LPM Club President Rosie Weissmueller, Mary Jane (MJ) Mullins, and Bruce Sherman