

Southeastern LMSC Newsletter

Annual Meeting: February 1, 2020 (at the Auburn Meet – see below)



2019 ESMS OktoberSplash

Upcoming Meets and Events

Pool meets:

February 1-2: Auburn Masters SCY Invitational.

Auburn, AL. [Information and entry](#).

February 1-2: Kyle Parker Invitational. Madison, AL.
[Information and entry](#).

March 7th: 6th Annual Sewanee Masters Invitational.
Sewanee, TN. [Information and entry](#).

Open Water:

May 31st: 14th Annual Chattanooga Rat Race (5K).
Chattanooga, TN. [Registration](#) opens January 20th.

September 13th: Bridges to Bluffs (10K). Knoxville,
TN. [Registration](#) opens March 1st @ 12:00 EST.

September 20th: Swim Hobbs Island (1, 2, or 5 miles).
Near Huntsville, AL. [Registration](#) opens April 15th.

October 10th: Swim the Suck (10K) Chattanooga, TN.
[Registration](#): Saturday, February 1st @ 12:00 EST.

Other Dixie Zone Meets & Events:

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

Other SE LMSC Events:

February 1: Annual Meeting. Auburn, AL.

Other USMS Meets & Events:

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

Welcome to the Winter edition of the 2020 SE LMSC newsletter. We would like to thank the old board that departed in June, for all their hard work, and welcome the new(ish) board (that has been at work since June).

It has been awhile since our last newsletter and is time to announce that the annual meeting will be held at the Auburn Meet, the first weekend in February (the meeting will be Saturday, February 1st). See below for more information. Also, there are a few certifications and clinics coming up including [ALTS classes](#) and [Coach Certifications](#) in Louisville and Charlotte, February 15-16 and February 22-23, respectively. Southeastern LMSC's policy is to reimburse registration costs for one person per club for the ALTS class, coaching certification, coaches' clinic, or continuing education (CEUs).

The other big news is that, as part of their hard work, the new(ish) board has established new subvention guidelines. By definition, a subvention is a form of assistance or a grant of money. The SE LMSC would like to encourage teams to hold pool and open water meets. Therefore, the SE LMSC offers an incentive in the form of financial assistance to help offset the costs of the meet, and pay the national sanction fee. Although the [new policy](#) went into effect January 1, 2020, teams with established meets will be compensated \$200 for their first pool meet in 2020.

It's been a successful year for the SE LMSC. Bridges to Bluffs, which doubled as this year's Open Water Marathon Distance National Championship, was a great success, selling out. Swim the Suck, another Open Water swim, added 25 slots this year and, once again, sold out. Hobbs Island will be dual-sanctioned next year, by both USMS and USA Swimming, with 1, 2, and 5 mile events. So, save the date (September 20, 2020). As of 2018, the Directors of the three longest open water events that take place on the Tennessee River, created the "Triple Crown of Tennessee". Have you achieved a [Triple Crown award?](#)



Navigating Train Bridge #1 and the Henley Street Bridge at Bridges to Bluffs, 2019.



In addition to the Open Water swims, there have been several pool events. In August there was the Muffins & Mimosa Masters Swim Meet followed by the ESMS OktoberSplash in October. The OktoberSplash is a growing event, with more than 50 swimmers this year.

Clarke Yarbrough (pictured at left) achieved a Top 10 in the Age Group time for his 50 free and received a high point award. November brought out the swimming turkeys with the NAC Masters Sprinting Turkey



Classic and the Dotty Whitcomb Memorial Turkey Dip. The Pensacola Pirates (at right) had a great time at the Turkey Dip.

One of the largest pool meets each year is the Auburn Masters SCY Invitational, typically held in February. This year it will be combined with other activities including the Annual Meeting and an Official's Clinic. Plan to join in a weekend of fun.

2020 Auburn Masters SCY Invitational, February 1-2, 2020.

This will be the 22nd year Auburn Masters has hosted a SCY meet, typically drawing 200 or so swimmers from around the South and beyond. The pool is fast and has been freshly repainted in preparation for hosting the SEC Swimming and Diving Championships in mid-February. That is why the meet this year is a little earlier than usual – the first weekend in February instead of around Valentine's Day. Online entry deadline is January 26th at 11:59 p.m. Central Standard time. For online entry and meet information, please go [here](#).

An Official's Clinic will be offered at the Auburn meet by Frank Odell (Chair, Officials Committee, Southeastern LMSC). The clinic will be for swimmers and friends/family of swimmers who are interested in serving as stroke & turn judges at Masters meets. The one-hour clinic will take place on Sunday starting at 9:30 a.m. Note: this is scheduled to coincide with

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the 500 free on Sunday morning so swimmers not in that event can participate. Information on being a USMS official can be found at [here](#). Contact Frank at fodell1950@gmail.com for further information.

The annual meeting of Southeastern LMSC will be held Saturday afternoon, February 1st, 15 minutes after conclusion of the Saturday afternoon session. We will meet in the classroom just off the pool deck. All members of Southeastern LMSC are invited to attend. Pizza and some kind of non-alcoholic beverages will be available. (We considered renting one of the skyboxes in the football stadium so we could serve beer but the cost was prohibitive.) This is a good chance to meet newly elected LMSC officers and learn what plans they have to serve the Masters swimming community.

The agenda will be:

- Reading, correction, and adoption of minutes from the last meeting
- Reports of officers
- Reports of committees
- Unfinished business
- New business
- Resolution and Orders
- Adjournment

Adding to the fun this year are 58 new USMS members who have joined our LMSC. We hope that all of you, including our new members, will actively participate in the Southeastern LMSC activities, and attend the annual meeting. An introduction to those new members, and our Board, follows.

Happy New Year from your Registrar (Sara Wolf)!

I hope everyone had a productive 2019, and looks forward to 2020 in terms of building fitness, meeting yardage goals, and maybe even entering a meet or two more than you did last year. Welcome back to all of our returning members! I'd also like to welcome our 58 newest USMS members to the LMSC (as of December 31, 2019). I know also that members choose to renew or join throughout the year. But, if you're able to renew your membership from last year for this year, we encourage you to do so earlier in the year rather than later. Having a current and updated membership roster permits your board to make budgeting and programming decisions much more accurately. Please encourage your friends who might not yet be registered to register for 2020 as well. Stronger membership numbers also increase the number of voting delegates that your LMSC is permitted to take to National Convention each year. Our "New to USMS" members represent 17 clubs plus our unattached swimmers. If you see a new face in the water, be sure to welcome them to your lane, club, and USMS.

Team	#	Team	#
Auburn Masters Swimming - AMS	4	Lake Providence Masters - LPM	1
Central Alabama Masters Swimming - CAMS	1	Lifetime Swim Southeast - LTSE	6
Cookeville Masters Swim Club - CKMSC	3	Memphis Masters Swimming - 901	2
Ensworth Aquatic Masters - ENSW	5	Murfreesboro Swim Team - MIST	1
Excel Aquatic masters - EXCL	1	Nashville Aquatic Club Masters - NASH	7
Gulf Coast Pirates - GCPS	3	Okaloosa's Liquid Dragons - OLD1	1
Huntsville Swim Association - HUNT	1	Tennessee Aquatic Masters Swimming - TNAQ	6
Health and Wellness 4 Life Aquatics - HW4LA	1	YMCA Chattanooga Masters Swim Club - YCHA	1
Kingsport Aquatic Center - KAC	1	Unattached - UC15	13

LMSC Chair. Chris Powers, Central Alabama Masters Swimmers, Montgomery, Alabama

Chris has been the LMSC Registrar, off and on, for 20 plus years. Through that position, he has been a member of the LMSC Executive Board and participated in the growth of the SE LMSC. He is currently on the National Registration committee where

they are working to revamp the definition of what it is to be a Registrar. He is also the newly retired Programmer Analyst for the State of Alabama.

Chris swam AAU for a couple years in high school, but stopped during college. He found his way back around 1990, and improved his foundation at Auburn, learning from all the great coaches and swimmers, both Olympians, and non-Olympians. Around 1996, he started a new club with some friends. He has been coaching in Montgomery for more than 15 years and respects all those who may, or may not, be stars, but are out there every day, trying their best.

Vice Chair. Michelle Smith, Eastern Shore Masters Swimmers, Fairhope, Alabama.

Michelle Smith is married, a mother of two grown boys, and very active in her church, civic and athletic community. She has a B.A. from Louisiana State University with 25+ years sales and employment recruiting experience. Formerly an NCAA swimmer, and AAU swimmer/coach, since the age of 40 Michelle has accomplished the following: Top Age Group triathlete, USAT National Qualifier, Ironman finisher, USA Triathlon Certified Coach, US Masters swimmer & National Qualifier, USMS Certified Coach.

Owner of TeamWorks Multisport Training, Michelle has coached swimmers and multisport athletes since 2008 and volunteers with numerous groups including ESMS Swim Coach/Board, USA Triathlon Club President-Tortugaman Tri Hearts, and City of Fairhope Recreation Board. Other memberships include Impact 100 of Baldwin County and L-Club LSU Alumni.

Secretary. Laura Ladd, Ensworth Aquatics Masters, Nashville, Tennessee

Laura Ladd is a lifelong swimmer, beginning as an 8 & under in Chattanooga with the GCAC (Greater Chattanooga Aquatic Club) and continuing through high school. She briefly dabbled in college swimming at The University of the South at Sewanee, then found her way back to swimming again in her early 40s as a master's swimmer.

She is in Nashville where she has swum with the Nashville Aquatic Club (NAC) and Ensworth Aquatics Masters, her current club. She is involved with USMS and our LMSC, writing our newsletter (2017-2019) and regularly competing at meets around the country. She is a six-time qualifier for USMS Nationals, achieving national Top Ten/All-American honors (2015-2016). She's attended USMS Convention to observe and learn, and is a two-time chair of Ensworth's Swim Across America (SAA) fundraiser for the American Cancer Society.

Registration Chair. Sara Wolf, Auburn Master Swimmers, Auburn, Alabama.

Sara started "working pools" in high school as a lifeguard, and never really left them. She was a diver in college where she says she could "swim 5 feet 95 times in a row". As an adult, she reentered the water as a swimmer. She began in a swim for fitness program, then progressed to master's swimming followed by triathlons. She is now am embarking on a marathon swimming venture.

Sara works at Auburn University in the Department of Educational Foundations, Leadership & Technology.

Treasurer. Helen Naylor, Vanderbilt Swim Masters, Nashville, Tennessee

Helen Naylor has been a USMS member and coach for over 25 years. She served as LMSC chair, becoming very familiar with all the roles, including that of Treasurer. She has done budgets and forecasts for several nonprofit organizations, including her department at Vanderbilt University Medical Center. She is a level 4 coach, and a member of the national open water committee.