



The Georgia Masters Newsletter

Swimming in Georgia

December 2016

Don't Miss These Events

Short Course Yards 2017

Happy Holidays to everyone! As we look ahead to the next year, take note of our SCY season planned for the spring:

- | | |
|-----------|---|
| Feb 26 | West Gwinnett SCY Developmental
Host team: GMKW |
| Mar 25-26 | St Patrick's Day SCY Invitational
@ Dynamo Host team: DYNA |
| Apr 23 | Trout SCY Spring Splash @ Ga
Tech Host team: ART |

The West Gwinnett Developmental meet has been moved up so that it can be used as a good practice meet for St Pat and the Spring Splash. And yes, we are glad to report that St Pat is back this year! Mark these dates on your calendar!

2017 Grand Prix Series

The following events have been chosen for the 2017 Georgia Grand Prix Series:

- | | |
|-----------|--------------------------|
| Mar 25-26 | St Patrick's Day SCY |
| Jun 3* | Bulldog LC @ UGA |
| Jul ? | Georgia Games Open Water |
| Sep 9* | SSS Pentathlon |
- * tentative date

The results for the 2016 Georgia Grand Prix will be tabulated and announced at the St Pat meet on Saturday, March 25. Thanks to **Sean Fitzgerald** for organizing this popular series!

USMS Hour Swim Postal Championships

Good news for our distance swimmers and triathletes who enjoy a long swim. The annual Hour Swim postal championships, usually held for the month of January, will now run for 2 months, January 1 – Feb 28. For our various clubs and workout groups, this would be a great opportunity for some inter-squad competition among teammates. We encourage our groups to reserve one or more practices in January and February for doing the Hour Swim.

This event is a good motivator for anyone who wants to get a good hour workout in. The Hour Swim does not have to be swam straight through; it could be done in any type of interval sets, e.g., swim sets of 500s, 200s, 100s, or whatever you choose. Forms can be easily accessed from the USMS website. Start the year off with a good Hour Swim!

Meet Recaps

St Nicholas SCM Invitational – November 20

Thanks to meet director **Sean Fitzgerald** and the **Atlanta Rainbow Trout** volunteers for putting such a great St Nick meet, held on Sunday, November 20. We had a good turnout of about 130 swimmers throughout the Dixie Zone. Among those were swimmers representing the following Georgia clubs and workout groups: Athens Bulldog Swim Club (ABSC), host team Atlanta Rainbow Trout (ART), Atlanta Water Jocks

(AWJ), Andrew & Walter Young Y (AWYY) , Concourse Masters (CM), DeKalb Aquatic Masters (DAQM), Dynamo Masters (DYNA), Georgia Killer Whales (GMKW), Gold Tigers Aquatic Club (GTAC), Lifetime Fitness Masters (LTMS), Nautical Milers (NAUT), Marietta Stingrays (RAYS), Swim Atlanta Masters (SAMS), Swim Macon Masters (SMM), Southside Seals (SSS), and Y Gray Fins (YGF).

A special presentation was held right before the Reindeer Relays to present **Patrick Thoreson**, coach of the Nautical Milers with the Kerry O'Brien Coaching Award. This national award was announced at the recent USMS Convention, honoring Patrick for his many years of coaching, mentoring and supporting the Nautical Milers. Pat was unable to be at the convention to accept his award (he was swimming at a meet, of course!). So, we presented it to him at St Nick, in the presence of his swimmers. Congrats, Patrick, on this well-deserved award!

Meet Results – Team Scores

Combined Team Scores

1 Swim Atlanta Masters	3,320
2 Georgia Masters Killer Whales	2,297
3 Atlanta Rainbow Trout	1,059
4 Nautical Milers Special Needs	762
5 Uc45	575

Women - Team Scores

1 Swim Atlanta Masters	1,632
2 Georgia Masters Killer Whales	731
3 Atlanta Rainbow Trout	316
4 Uc45	277
5 Atlanta Water Jocks	237

Men - Team Scores

1 Georgia Masters Killer Whales	1,486
2 Swim Atlanta Masters	1,350
3 Atlanta Rainbow Trout	743
4 Nautical Milers Special Needs	706
5 Uc45	298

High Point Awards Women

- 18-24 Kelin Michael
- 25-29 Jennifer Orlando
- 30-34 Britta O'Leary
- 35-39 Melissa Massey
- 40-44 Carrie Hughes
- 45-49 Bonnie Kolesar
- 50-54 Melissa White
- 55-59 Karol Welling
- 60-64 Ginger Penn
- 65-69 Leslie Landey
- 70-74 Sue Ottosen
- 75-79 Judith Haase

High Point Awards Men

- 18-24 Young Jeong and Andrew Catanese
- 25-29 Mark Weber
- 30-34 Craig Page
- 35-39 Nei-Kuan Chia
- 40-44 Dan McCarthy
- 45-49 Jeffry Peargin
- 50-54 Sean Fitzgerald
- 55-59 Mark Nedza
- 60-64 Pat Eddy



65-69 Joe Reid
70-74 Peter Westafer
75-79 George Ickes
80-84 Hal Stolz



Raindeer Relays

***Columbia SCM Recap –
December 3&4***

With just a handful of swimmers, Georgia swimmers representing GAJA and AWJ (Atlanta Water Jocks) took 2nd and 3rd place for out of state teams at the Columbia, SC SCM meet. We had five swimmers from GAJA and one representing AWJ. **John Zeigler** and **June Calloway Baima** took home high point awards for their respective age groups.

Other News

2017 USMS Registration

If you have not yet renewed your USMS registration for next year, please do it as soon as possible. Your 2016 membership expires on December 31. The easiest way to renew is to do it online. You should be receiving emails from the National Office or just go to the USMS website at

www.usms.org.

If there are any clubs who have not yet renewed, be sure to do that quickly, as your swimmers cannot register for your club individually until the club has been registered. For questions regarding registration, contact our new Georgia Registrar, **Andy Rettig** at arettig@gmail.com.

New Swimmer!

Congratulations to **Jeffrey Tacca** and his wife Shelly on the birth of their daughter, Juliana Marie, on November 30. The Tacca family now has a built-in relay with Jeffrey, Shelly, son Adam, and now daughter Juliana!

Swimmer Profile – David Miller
By Elaine Krugman



For somebody who had a terrible fear of the water as a child, David Miller has turned out to be one heck of a swimmer as an adult! During his ten

years as a U.S. Masters swimmer, he has accumulated an amazing amount of swimming awards: 54 individual, and 45 relay USMS Top Ten's; four relay All-American Honors; three USMS pool relay records; and, to top it all off, two FINA World Records.

How did David progress from being a fearful kid to a FINA World Record holder? "When I was eleven years old, I was afraid to put my head under the water. I finally did, and by a miracle, I didn't drown. The next year, I was on a little community pool swim team," David explained, adding that he got serious about swimming while in high school. He then earned a scholarship to the University of Cincinnati and swam for a team that placed in the top five in the country for three years in a row.

David recalled, "After my senior year in Cincinnati, I didn't swim for 45 years. I started Masters at 65 (in 2005). I saw an ad in an Atlanta newspaper for the Senior Olympics in Atlanta. **Herb Chuvén** was running those meets back then. I thought I would try it, and so I got in the pool a couple of times and thought, I don't know; I'll see what happens. I didn't expect much of anything, but I ended up getting first place in the 200y Freestyle, and I got three 2nd places, and a third; so, I thought, this isn't too bad. I went to the (Southside Seals) Pentathlon meet that summer, and I kept going from there."

In early 2006, the new USMS member swam in a couple of local swim meets before deciding to go to the 2006 Short Course National Championships, in Coral Springs, Florida. David was curious to see how he would measure up to his competition, and he was pleased with his results: third place in the 100y backstroke, and three fifth places in freestyle events. This motivated him to work harder and improve from there.

"I definitely had a goal at my first Nationals; I wanted to win some medals. My next goal was to get a first place medal, and I achieved that in Indianapolis (at the Long Course National Championships), in 2009." David won his first

gold medal in the 400m Freestyle Relay with **Hal Stolz, George Gfroerer, and John Zeigler**. "In my second National Senior Games I went to (in 2011), I ended up with three silver medals, and I wanted to win an individual gold medal; so, I accomplished that in Indianapolis last year. I won six gold medals there," David said with pride. The medals kept coming for this driven swimmer when he participated in the Pan Am Games in Sarasota, Florida, in 2013. At that meet, David won two relay gold medals. One of the relays was swum with **Clarke "Mitch" Mitchell, Hal Stolz,** and Hal's brother, **Irwin**. Then, he swam in the 200m Mixed Free Relay with **Clarke Mitchell, Leslie Landey, and Diann Uustal** that set a USMS National Record.

The records for David just kept on coming. "At the Georgia Tech meet (in January, 2014), we set a World Record in the 200m (Short Course) Medley Relay." **Clarke Mitchell** led off with backstroke, **Albert Woods** swam breaststroke, **Hal Stolz** followed with butterfly, and David anchored the relay with freestyle. They broke the American record by twelve seconds, and the World Record by two seconds.

Later that year, in Greenville, South Carolina, David swam the breaststroke leg of a 400m Medley Relay that broke the World Record. Then, in the same meet, he anchored a 400m Freestyle Relay with the same swimmers (**Clarke Mitchell, Irwin Stolz, and Hal Stolz**) for another World Record!

In 2015, the success continued when our champion Killer Whale won six gold medals at the National Senior Games, in Minneapolis.

That is a lot of success for a swimmer who took forty-five years off from the pool after college! How did he get so fast to win all those medals? According to David, "I don't fool around when I'm at practice. I'm there to work, and I work pretty hard. I don't go very often; I average 2 ½ times per week, and I limit myself to 2,000 yards; but, they're intense yards. I set goals for my workout

times, and I time everything that I do. I try to swim 80-90% of my race times on my workouts, and I do mostly intervals.”

In a typical workout (it varies each time, so this is just an example), David starts off with a warm-up swimming 500 yards of freestyle in about 8:15-8:20 (his race time is typically around 7:30). He will then swim 200 yards of freestyle pulling with a pull buoy, kick 100 yards of flutter kick fairly fast, and kick two 50’s as fast as he can go.

Next, David may continue with swimming a few fast 200’s with a couple of minutes’ rest in between, or six 100’s at 1:20-1:25 with a rest period of ninety seconds in between each one. (His race time is usually about 1:10.) He will then continue with his other racing stroke, breaststroke, by swimming a 200 as well as two 100’s. Finally, he will swim several 25y sprints each of freestyle, breaststroke, backstroke, and butterfly. “I’m a believer in swimming hard in a workout; not just getting in yards. It’s about the quality of those yards. It’s important to keep a level of intensity.” David explained about his training sessions in the pool.

David’s workouts keep him motivated and prepare him well for competing at swim meets. “I enjoy staying in shape. If I had to look forward to just the workouts, I would probably get bored with it, and start slacking off; but, the races keep me sharp. My favorite events to race are 100 and 200 free, 100 and 200 breast, and 100 IM. I would like to get to the point where I can do more 200 IM’s. I can do 400 and 800 free, but I don’t like to do distance [events] that much. I can do it, but I just don’t like to.”

At meets, this speedy sprinter especially enjoys competing in relays—not only because of the gold medals and World Records, but also the great memories. There was a particular relay that made David laugh as he retold the story. “One thing that was kind of funny was at the Auburn Nationals in 2011. We won the 200m Medley Relay (280-319 age group). We were totally disorganized. I was

trying to find **(Bill) Dudley**, but I couldn’t find him; and, **(John) Zeigler** was being interviewed by some news reporter. Finally, Dudley realized where he was supposed to be, and as he was running down there, he ripped his bathing suit. The backstroker **(Marion Dunlap)** came up, and Zeigler dove in just in time for the breaststroke. Dudley just got there with his torn suit to swim the butterfly. That was funny! When I finally found him and got him to where he was supposed to be, it was his turn to take off; and, I had to run back down to the other end for the freestyle! How we ever got that race off is a miracle!”

“Another good memory for me is when **Herb Chuen, Bill Dudley, Ray Huebschmann**, and I all got together and drove down to New Orleans to swim in a meet. We decided we were going to do a taste of New Orleans, and eat all kinds of good food, which we certainly did! The four of us swam two relays and our individual events. We got enough points that we came in second place for the entire meet with just the four of us!”

“That’s what makes Masters fun. I love the relays. Not only are they fun to swim, but you get to know people.”

Advancing to the 75-79 age group hasn’t dampened this inspired senior swimmer. “One goal when I was in the 70-74 age group was that I did not want my times to slow down; I wanted to at least maintain them. I was pretty much able to make that goal. Now that I’m 76, I can’t do that anymore; I’m slowing down; so, my goal is to slow down as slowly as possible. **Ray Woller** (of Classic City Masters) told me to expect to slow down 1% per year; so, I took it as a challenge. That’s my goal; to be way less than 1% slower if I am going to slow down at all. Age being what it is and the body wearing out; I guess you can’t avoid it; but, I would like to make that process as slow as possible. I am so impressed with the **Stolz Brothers** and **Clarke Mitchell**; and, I am amazed with **John Taylor** and **Anne Dunivin** who are swimming in their 90’s. One of my goals is to swim as long as I can, hopefully until I’m 100 years old. I think

swimming can lengthen your life span, so I would like to be 100! I want to be able to swim a race when I'm 100 years old like Anne Dunivin."

"I really feel grateful that I can do this. I used to do a lot of sports when I was a kid in high school, but I was just average at everything—or, below average, like in baseball. When I got into swimming, I realized, hey, I can do this; so, I'm just grateful that it's a sport I can do well in and also a sport I can keep good health in."

It's not just swimming that keeps David motivated and inspired. He is especially attached to his Killer Whale teammates and Georgia Masters. He even stayed loyal to the team after moving to his current home in Hilton Head Island. As he explained, "I like the competition that Masters provides, and I really like the people. I've gotten to be great friends with a lot of them. I enjoy the camaraderie at the meets. I swam a couple of meets in South Carolina and only met one or two people; and, I felt kind of lonely. That's why I've stayed with Georgia Masters [after moving to Hilton Head]; because, I know and like a lot of the [members]. It's because of all the relationships I have with everybody back in Georgia—to be able to be with them in their meets, and when they come into South Carolina for meets, too. I want to maintain those relationships. That's the main reason; I just wanted to stay on the Georgia team."

Thanks for your loyalty, David. We're glad to have you as our teammate!

**News for Non-Competitive
and Solo
Fitness Swimmers**

Six Suggestions for the Solo Swimmer

By Elaine Krugman

Are you a solo swimmer? If so, welcome to my world! For many of us, swimming solo rather than with a workout group or team isn't a preference; it's dictated by circumstances. In my case, the nearest U.S. Masters Swimming (USMS) team, *Southside Seals*, is located quite a distance away, so the Sun City Peachtree community pool, just one mile away from my house, is the more convenient option.

Although swimming solo may have its disadvantages, I have discovered ways during my six years as a lone Masters swimmer to overcome them and make the most of my swimming experience. Hopefully, the following suggestions will do the same for you.

1. No coach? No problem! Learn to coach yourself with video.

The most frustrating thing for me training solo was not having a coach on deck to evaluate my strokes on a regular basis, so I bought a waterproof camera and enlisted the help of my husband to periodically shoot video of all four strokes. Having to kneel down on the deck to record underwater views was a knee and back buster, so I rigged up a camera mount on a PVC pipe.



Now, my husband can stand up straight to shoot underwater video. He simply twists the pipe to pan the camera as I swim by, or he holds it still at the end of the pool for front views.

To shoot video myself, I use reusable rubber-coated twist ties (available at Home Depot) to attach the PVC pipe to the pool ladder or railing. Next, I upload the videos to my computer, and compare them to instructional videos from “Go Swim” and “Total Immersion” that I find on YouTube.

Alternatively, the U.S. Masters Swimming Discussion Forums (www.usms.org) are a great place to have your stroke video evaluated by other Masters swimmers. Just upload your video to YouTube, and post the link on the Forums. (You don’t have to be a member to sign up for a free account.) Every time I have done so, other “Forumites” have responded with great advice. Often these online “coaches” have been actual swim coaches or world-class Masters swimmers!

2. Are you lost as to how to design your own workout plans? Check out the Internet!

The USMS website is THE place to find a variety of excellent workouts to suit your needs. Sign up for that free account, and check out “Workouts” in the “General” section of the Forums. Swimming workouts are posted on a daily basis by top-level Masters swimmers that are geared for sprinters, long-distance swimmers, triathletes, stroke specialists, and more. There are even swim workouts specifically written for expectant mothers and those with limited mobility! There are plenty of other options for swim workout ideas, too. Google “swim workouts,” and there will be numerous options for ideas.

I copy and pasted my favorite workouts into Word Documents, custom-formatted them in larger font for easy reading through goggles, and printed them out. They are kept in a three-ring binder in plastic sleeves, and I place a selected one in a jumbo Ziploc bag to keep it dry at the pool. I also record my results (such as my practice “race” times) on a plastic SCUBA slate using a pencil. After recording the information online in my USMS Fitness log, I use toothpaste and water to scrub it clean.

3. Be a sociable solo swimmer.

Many swimmers love the solitude of swimming solo, and escape to the pool to alleviate stress. If you’re an extrovert like me, though, I enjoy being around people; so, I make an effort to be sociable when I’m at the pool.

Regardless of your personality type, there are advantages to getting to know others where you swim. Over the years my friendliness towards others at the pool has come back around in ways I had never expected. I get asked about upcoming competitions, receive a lot of encouragement, and get congratulated when I return to the pool following a meet. There are several people who even offer to move (or just automatically do it) if they are using my favorite lane when I arrive for my workout. (The other narrow swim lane has two ladders that are not built into the wall—painful for my fingers if the butterfly recovery isn’t timed perfectly.)

Striking up conversations with others at the pool has led to some wonderful friendships, too. We already had one thing in common when we met; we loved to swim!

Editor’s Note: I swim in the same pool as Elaine and I can vouch for everything she’s written. Everybody that uses our pool knows Elaine!

4. Become a “Forumite” on the USMS Discussion Forums.

Joining USMS, and being active on the Discussion Forums has also led to cherished friendships over the years. One “Forumite” (a FINA World Record breaststroker) who had viewed my posted stroke videos and responded with advice did something for me I will never forget. At my first USMS Short Course Nationals (2010 in Atlanta), just two months after joining USMS, he surprised me by watching me race, and then meeting me at my lane to provide stroke feedback. Hearing what I did well and how I could improve helped me going

into my next race. This “Forumite” has been my valued online coach ever since, and I am one of his biggest fans!

At 2011 USMS Summer Nationals, in Auburn the following year, my husband and I got to know the guys from another team sitting next to us in the bleachers. When it came time for my 200 Meter Breaststroke race, I heard a booming, “*Go, Elaine!*” echo from the bleachers as I stepped up onto the starting block. That jolt of inspiration propelled me to swim a personal best time! Besides learning a lot from the other Forum contributors, many of them have become *real* friends—unlike the so-called “friends” many people make on Facebook (that they may never meet face-to-face). When I compete at swim meets—especially USMS National Championships—I get to see and spend time with my Forum friends. One of them even traveled across the country to visit me in Georgia, and participate with me at the 2012 UGA meet. It was a blast!

Overall, the swimming community is a friendly, open, and supportive one. Become a part of it, and you will be happy you did!

5. Volunteer.

Are you a non-competitive fitness/recreation swimmer? You will be welcomed with open arms if you go to a local swim meet, and volunteer to time races, count laps during distance events, or assist the meet director! It’s a great way to meet other swimmers, and become a part of your local swim community, even if you never swim a race. When I was unable to compete following hip surgery, I timed races at the 2015 St. Nick’s meet. I had so much fun cheering my teammates on and socializing with the others.

Are you considering becoming a competitive swimmer, but a lack of self-confidence in your abilities is stopping you? Do you feel intimidated by the thought of competition? Volunteering at a local Masters or Senior Games meet is a great

opportunity to see what it’s really like. Watch the other swimmers, and see how you compare. At the recent Southside Pentathlon swim meet, there were swimmers of all levels; from a three-time 1980’s Olympian to a swimmer who appeared to struggle with completing the race. Nobody paid particular attention to either one; we were all there to race against the clock and achieve our personal goals. As always, the atmosphere was fun, friendly, and supportive.

6. Share your skills.

Related to the last suggestion, sharing your skills with other swimmers will bring joy in unpredictable ways. When I complimented a new resident at my community on her freestyle stroke, she lamented the fact she hadn’t been coached since her age-group swimming days; so, she wasn’t sure how her stroke looked. I offered to shoot topside and underwater video of her stroke, so we met up the following day for a video session, and I recorded her stroke from several angles. I then uploaded the videos to YouTube and sent her the links. She was so appreciative that she treated me to lunch! We had a great time, and a new friendship was formed.

I also write those monthly “Swimmer Profile” columns you see in this newsletter and contribute photos I shoot at swim meets. In addition, I periodically submit meet recap or other articles like this one. I enjoy the writing process, and interviewing profile subjects has been a great way to get to know other area swimmers. Friendships I’ve formed have deepened, and the compliments on my writing have been gratifying!

Think about your skills and how they could benefit other swimmers at your pool or your local swim club. It will be a rewarding experience! Putting these six suggestions into action is sure to make your solo swimming experience more enjoyable. Give them a try and see for yourself!

Upcoming Events

January 2017			
Jan-Feb	USMS Hour Swim Postal Championship	12*	Georgia LMSC Conference Call at 7:15; contact Lisa Watson at lisa.watson@ung.edu
21-22	Charlotte, NC - SCY		
February 2017			
	Georgia LMSC Conference Call at 7:15; contact Lisa Watson at lisa.watson@ung.edu	11-12	Auburn, Al – SCY
26*	West Gwinnett Park SCY Developmental Meet (entry attached)		
March 2017			
	Georgia LMSC Conference Call at 7:15; contact Lisa Watson at lisa.watson@ung.edu	4	Sewanee, TN SCY
25-26*	St. Patrick’s Day SCY Invitational at Dynamo		
April 2017			
2*	Georgia LMSC Mid-Year Meeting-5:30pm at On the Border in Buckhead	1-2	St Petersburg, FL SCY
23*	Atlanta Rainbow Trout SCY Spring Splash @ Georgia Tech	27-30	USMS Spring SC Nationals – Riverside, CA

Information on these and other Dixie Zone events can be found on the Dixie Zone website at www.dixiezone.org/Meets.htm.
 *Dates in red are Georgia LMSC events.

Who Y’All Can Call

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copland@comcast.net
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Sean Fitzgerald	Vice-Chair	(404) 496-4422	seanfit@gmail.com
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Elaine Krugman	Contributing Editor	(678) 603-1543	ekrugman@aol.com
Bill Lotz	Member At Large	(404) 261-1906	blotz@mindspring.com
David Morrill	Safety	(770) 862-2533	latycar@latycar.org
Britta O’Leary	Member At Large	(636) 295-3222	b.boesing@gmail.com
Andy Rettig	LMSC Registrar	(678) 417-6411	arettig@gmail.com
Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	swimsalt@bellsouth.net
Jeff Tacca	Member At Large	(404) 256-0733	jtacca@comcast.net
Lisa Watson	LMSC Chair	(770) 497-1901 (678)717-3646	lisa.watson@ung.edu
Karol Welling	Secretary	(770) 631-9195	krw83@mindspring.com
John Zeigler	Fitness	(770) 972-7981	jvzeigler@bellsouth.net

Swim Websites

Name	Website
Athens Bulldog Swim Club	http://www.athensbulldogs.com
Atlanta Rainbow Trout	www.atlantarainbowtrout.com/
Atlanta Water Jocks	www.atlantawaterjocks.com
Chastain Park Athletic Club	www.ChastainParkAthleticClub.org
Concourse Athletic Club Masters	https://www.wellbridge.com/concourse-athletic-club/sandy-springs
DeKalb Aquatics Masters	http://daqswim.com
Dixie Zone	www.dixiezone.org
Dynamo Masters	www.dynamomasters.com/index.html
Frances Meadows Aquatic Center	http://www.gainesville.org
Fyns	http://www.fynsmasters.com
Georgia Masters Swimming	www.georgiamasters.org
Golden Isles Swimming	www.goldenislesswimteam.org
John P. Thayer YMCA Masters Swim	www.Columbusymca.com
Nautical Milers Special Needs Swim Team	http://www.facebook.com/NauticalMilersSwimTeam
Northwest Georgia Aquatics	www.teamunify.com/ganga
Richmond Hill Swim Club	http://richmondhillswimclub.com
Savannah Masters	http://www.tlb975.wix.com/mastersswimming
Stingrays Masters Swimming	www.stingraysswimming.com
Swim Atlanta Masters	www.swimatlantamasters.com/
Swim Macon Masters	www.swimmacon.com
Tiftarea Tidal Wave	www.tiftareatidalwave.com
Warner Robins Aquanauts	http://wraswim.com
Windy Hill Athletic Club Masters	http://www.midtown.com/windyhill

Georgia Teams & Clubs

Georgia Clubs			
Name	Abbr	Contact	Email
Andrew & Walter Young YMCA	AWYY	Iilonga Thandiwe	linz.t@mindspring.com
Atlanta Rainbow Trout	ART	Sean Fitzgerald	seanfit@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	lbenucci@gmail.com
Brad Akins YMCA Barracudas	BAYB	Meredith Carroll	meredith@gapiedmontymca.org
Chastain Park Athletic Club	CPAC	Jim King	jimkingusa@gmail.com
Concourse Athletic Club Masters	CM	Nancy Overheim	cacmasteratl@gmail.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	daqswim@bellsouth.net
Frances Meadows Aquatic Cnter	FMAC	Meghan Modisette	mmodisette@gainesville.org
Georgia Masters	GAJA	Lisa L Watson	Lisa.Watson@ung.edu
Golden Tiger Aquatic Club	GTAC	Nate Rhoads	nrhoads@brenau.edu
Gwinnett County Masters Club	GMAC	Destry Dispain	Destry.Dispain@gwinnettcounty.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	sbalkcum@ymcacolumbusga.com
Life Time Swim Georgia	LTMS	Ryan Bell	ryanbell@msn.com

Nautical Milers Special Needs Swim Team	NAUT	Patrick Thoreson	patrick_thoreson@yahoo.com
Northwest Georgia Aquatics	NWGA	Karney McNear	nwgaquatics@gmail.com
Northwest YMCA Grayfins	YGF	Muriel Cochran	murielcochran@gmail.com
Richmond Hill Swim Club	RHSC	Anne Cutchin	rhscswimcoach@gmail.com
Stingrays Masters Swimming	RAY	Ian Goss	rayscoach@gmail.com
Summit Family YMCA	SY	Mike Steele	mikes@ymcaatlanta.org
Tiftarea Tidal Wave	TTW	Dustin Bengston	tiftareatidalwave@gmail.com
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com
<i>Georgia Superteam (GAJA)</i>			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	aslcoachgreely@gmail.com
Athens Bulldog Swim Club	DAWG	Craig Page	craigwpage@gmail.com
Dynamo Swim Masters	DYNA	Coach Maria Thrash	mariat0202@aol.com
Fyns	FYNS	Raquel Terroba	Fyns.coach@gmail.com
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@ung.edu
Golden Isles Swimming	GIST	Betty Veater	betty@stmarkstowers.com
Lake & Mountain Hilltoppers	LMH	Bill Pave	wpave@windstream.net
Life Time Swim Alpharetta	ALPL	Ryan Moss	
Life Time Swim Johns Creek	JCL	Merrie Copeland	
Life Time Swim Woodstock	WSKL	Elizabeth Gibson	
Life Time Swim Atlanta	ATLL	Lauren Lamb	
Life Time Swim Sugarloaf	SUGL	Jonathan Sims	
Savannah Masters	SAVM	Donna Hooe	rdhope1@juno.com
Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
Swim Atlanta Masters	SAMS	Scott Davis	scot@swimatlanta.com
Swim Macon Masters	SMM	Tana Selby	tanatanas@bellsouth.net
Warner Robins Aquanauts	WRAM	Daniel Murray	coach@wraswim.com



Anne Dunivin's 100th Birthday Party!



Georgia Masters Swimming

West Gwinnett Park Short Course Yards Developmental Meet

Sunday, February 26, 2017

Sanction No. 457-S001

Held Under the Sanction/Approval of USMS, Inc. & Georgia LMSC

Time: Sunday--Warm ups at 9:00 a.m. Meet begins at 9:30 a.m.

Location: West Gwinnett Park is an 8 lane 25 yard pool, and is located at the intersection of Peachtree Industrial Blvd and South Berkeley Lake Rd. From I-285, take the Peachtree Industrial Blvd exit going NORTH (away from Atlanta). Go 7.5 miles to S. Berkeley Lake Rd. The West Gwinnett pool is on the RIGHT corner. OR: from I-85, take Pleasant Hill exit going WEST (past Gwinnett Mall). Turn left on Peachtree Industrial Blvd. The 4th stoplight will be S Berkeley Lake Rd.

This is a Category I Meet. Times will not count for Top Ten or Records.

The pool will be on your LEFT. Here's the address:

West Gwinnett Park Aquatic Center
4488 Peachtree Industrial Blvd
Norcross, Ga 30071
(678) 407-8801

Eligibility: The meet is open to all persons 18 years and older as of February 26, 2017. USMS REGISTRATION IS REQUIRED. If you are not registered, your application can be accepted at the meet. Be sure to include a copy of your USMS card with your entry.

Events: Swimmers may enter up to five events.

Awards: Ribbons will be awarded for 1st, 2nd, and 3rd places.

Timing: Hand-held stop watches will be used. Note: This is a Category I developmental meet – times will not count for Top Ten or Records.

Fees: \$18.00 for up to 5 events; \$2.00 surcharge for deck and late entries (received after February 24); \$1.00 surcharge for entries without 3 x 5 index cards. Make checks payable to GEORGIA MASTERS.

Mail to:

Lisa Watson

804 Howell Court

Duluth, Georgia 30096 Phone #: **Home** - (770) 497-1901/**Work** - (678) 717-3646

lisa.watson@ung.edu

Entries: Indicate events desired on the entry form--circle event # and provide seed time; use NT for No Time. Please fill out a 3 x 5 index card for each event entered. Include name, age, sex, event number/name, and seed time. EXAMPLE:

Bob Kohmescher	67
Event #: 6	1:39
100 yard breast	
(leave room for timers)	

Seeding: Entries received by February 24, 2017 will be seeded. Women's heats will precede men's heats. Sexes may be combined for some heats. NTs will be placed in slower heats, except for the 500 free, which is fast to slow.



Georgia Masters Swimming

West Gwinnett Park Short Course Yards Developmental Meet

Sunday, February 26, 2017

ENTRY FORM

Name	Sex	Age	DOB
Address		Cell/home phone	
City		State	Zip
USMS		Team	
E-mail			

SEED TIME	EVENT	SEED TIME	EVENT
	1. 500 yrd Free/400 Individual Medley.		9. 200 yrd Individual Medley
	2. 50 yrd Breastsroke		10. 50 yrd Butterfly
	3. 100 yrd Backstroke		11. 100 yrd Freestyle
	4. 200 yrd Butterfly		12. 200 yrd Breastroke
	5. 50 yrd Freestyle		13. 50 yrd Backstroke
	6. 100 yrd Breastroke		14. 100 Butterfly
	7. 200 yrd Backstroke		15. 100 yrd Individual Medley
	8. 25 yrd Choice		16. 200 yrd Freestyle
	MEDLEY RELAYS		FREESTYLE RELAYS

Circle event number and indicate seed time if known

Fees (Make checks payable to Georgia Masters)

ALL EVENTS	\$18.00
SURCHARGE – Late and Deck Entries \$2.00	
SURCHARGE- Did not use 3x5 cards \$2.00	
TOTAL AMOUNT ENCLOSED	

You must sign the waiver on the next page!



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. (“USMS”) allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities (“Event” or “Events”); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the “Agreement”);

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers (“Risks”). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the “Released Parties”), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys’ fees) of any kind or nature (“Liability”) which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed