



# The Georgia Masters Newsletter

## Swimming in Georgia

### January 2018

***Happy New Year!!!***



Here's to a great 2018 in the water! Lots of swimming news to start the year off with.

### ***Britta O'Leary Is Our New LMSC Chair***



Our current Chair, **Ian King**, is relocating to California due to a job promotion. We are sorry to lose Ian and wish him well on the West Coast. To fill his vacated

position, the Board of Directors has unanimously elected **Britta O'Leary** to be Interim Chair. She will serve out Ian's term which goes until the 2019 elections. Thanks so much to Britta for stepping up! Britta is our featured swimmer interview this month. Here are some comments from both Ian and Britta.

#### **Message from Ian King**

Hello fellow Georgia Masters Swimmers! It is with a heavy heart to let you all know that I am stepping down as the LMSC Chair. My employer, Kaiser Permanente, has offered (and I have accepted) an amazing opportunity with their national headquarters in the San Francisco Bay Area. Unfortunately, it also requires a move to the Bay area as part of the job. Please know that it has been an absolute honor and privilege (albeit a very short honor and privilege) to serve as our LMSC Chair. There is no doubt that our paths will cross in the future as I will continue to be active with USMS

on the West coast. Just remember, "Keep on Swimming!"

#### **Message from Britta O'Leary**

With Ian's departure, I am taking over as interim LMSC chair until the next official election in 2019. Lisa Watson and Ian leave big shoes to fill in this position and I am honored to have the opportunity to further guide our LMSC in the direction that the two of them started.

Having said that, we love input, feedback and crazy ideas. And if you have any or all of them, please know that I, and all other board members are always there for you with an open ear and mind.

In Ian's words, Keep on swimming! And see you soon at one of our many beautiful pools!

### **Don't Miss These Events**

#### ***W Gwinnett Park SCY Developmental Meet February 18***

We start off 2018 Georgia competition with our annual West Gwinnett Park SCY (Short Course Yards) Developmental Meet, to be held on Sunday morning, February 18. West Gwinnett is a great aquatic facility, located in Norcross off of Peachtree Industrial Blvd. Directions are included in the meet info. This meet is intended as a good warm up event for the upcoming regional St Patrick's Day SCY Invitational at Dynamo (on

March 17 & 18). This is a wonderful opportunity to get SCY practice times.

Developmental meets are intentionally low key and great for practice times and for new Masters swimmers or those returning after a long hiatus. Even 25 yard events are offered! Handheld watches are used for timing. Warmups start at 9:00am with a meet start time of 9:30am. The meet should be finished by noon, so you still have the rest of your Sunday free for other things.

Meet hosts are the **Georgia Killer Whales**.

**Volunteers Needed** - We need volunteers to help with timing. If you do not intend to compete and have a few hours free on that morning, please contact meet director **Lisa Watson** at [lisa.watson@ung.edu](mailto:lisa.watson@ung.edu).

The meet info and entry are included in this newsletter and can also be easily accessed on our website at [www.georgiamasters.org](http://www.georgiamasters.org). For questions, contact Lisa.

### ***Auburn SCY Meet February 10-11***



We usually have a strong Georgia turnout for the annual Auburn Masters SCY meet to be held on February 10-11. Online entries are encouraged.

The online entry deadline is **February 4**. For those submitting paper entries, entries must be postmarked by **February 2**. Entries not submitted by those deadlines will be considered deck entries and assessed a \$20 late fee.

Relays can also be submitted online this year, using Club Assistant. That service will open before the meet on **February 7**, as well as being open during the meet. Meet entry and info can be found on the Dixie Zone website at [www.dixiezone.org](http://www.dixiezone.org). For questions, contact meet director **Connor Bailey** at [cbailey@ag.auburn.edu](mailto:cbailey@ag.auburn.edu). For GAJA

swimmers interested in swimming relays, contact **John Zeigler** at [jvzeigler@bellsouth.net](mailto:jvzeigler@bellsouth.net) or call 770/972-7981.

### ***USMS Winter Fitness Challenge February 15-28***



The inaugural USMS Winter Fitness Challenge will be a 30 minute swim, to be swum anytime between February 15-28. This USMS

event is a fundraiser for the Swimming Saves Lives foundation and is intended particularly for fitness swimmers who may not compete in meets.

Coaches are urged to include the 30 minute swim as part of your workout during the designated time period of February 15-28. There's more information at <http://www.usms.org/content/wfc>. Entry fees are \$10 if submitted by January 31, and \$12 through February 28, when the event closes (swimmers should enter **before** they do the swim).

The USMS Fitness Challenge Series will also include two other events, also to be swum in the last two weeks of the designated month:

- Summer Challenge 2K - July 15-31
- Fall Challenge 1 mile - November 15-30

As an extra incentive, we are including these Fitness Challenge events in the 2018 Grand Prix. Swimmers will receive five points for each Fitness event they participate in.

### ***St Patrick's Day SCY Invitational March 17 & 18***



The annual St Patrick's Day SCY Invitational regional meet is scheduled for March 17 and 18 at the Dynamo Swim Center. The entry form should be available soon, and details will be

publicized in our February newsletter. Mark your calendars now for this event.

This meet is hosted by **Dynamo Masters**. For questions, contact **Ed Saltzman** at [swimsalt@bellsouth.net](mailto:swimsalt@bellsouth.net).

The 2017 Georgia Grand Prix awards will be given out at the meet on Saturday by Grand Prix director **Pat Eddy**.

***Pan Am Masters Championships  
July 28 -August 4***



You may recall that neither the Dixie Zone or USMS National LC Championships will be held this year to focus on the upcoming Pan Am Masters LC Championships which

will be held in Orlando. Since Orlando is not too far away from Georgia, we are hoping to have a big Georgia contingent at this event.

Our Coaches Chair **Donna Hooe** will be organizing relays for the GAJA state club. If you swim under GAJA, contact Donna at [rdhooe1@juno.com](mailto:rdhooe1@juno.com). Include what days you are available, preferred strokes and seed times.

Information on the Pan Am Championships is on the USMS website. Go to 'National Events' and you'll see it under '2018' right under the info for Spring Nationals. Or visit, <http://www.2018panammasters.com/>.

The Pan Am Championships will also be a part of this year's Georgia Grand Prix. Similar to the USMS Fitness Challenge Series, swimmers will receive 5 points for participation in this event.

***Georgia 2018 Grand Prix Events***

<b>February 15-18</b>	USMS Winter Fitness Challenge: 30-minute swim
<b>March 17&amp; 18</b>	St Pat SCY @ Dynamo
<b>June 2 tentative</b>	Athens Bulldog LC
<b>July TBD</b>	Georgia Games Open Water-Lake Allatoona
<b>July 15-31</b>	USMS Summer Fitness Challenge: 2k
<b>July 28-Aug 4</b>	Pan Am Championships-LCM Orlando
<b>September TBD</b>	Southside Seals SCY Pentathlon
<b>November 15-30</b>	USMS Fall Fitness Challenge: 1 mile
<b>December TBD</b>	St Nicholas SCM Invitational

***Meet Recaps***

***St Nick Recap -- December 3***

We had a good turnout of about 150 swimmers at the annual St Nicholas SCM Invitational held at Georgia Tech on Sunday, December 3. Thanks to co meet directors **Sean Fitzgerald** and **Guillermo Vargas** and the **Atlanta Rainbow Trout** for making this meet possible. This meet was attended by participants throughout the Dixie Zone and beyond.



High point winners: Carrie Hughes, Malena Hankins, Cathy Jones and Elaine Krugman



Georgia clubs represented included the following:

- Atlanta Rainbow Trout (ART)
- ASL Silverking Tri Masters (ASL)
- Atlanta Water Jocks (AWJ)
- Andrew & Walter Young Y Masters (AWYY)
- John P Thorpe Y Masters (BARM)
- Athens Bulldog Swim Club (DAWG)
- Dynamo Masters (DYNA)
- Georgia Killer Whales (GMKW)
- Golden Tigers Aquatic Club (GTAC)
- Nautical Milers (NAUT)
- Northwest Y Grayfins (YGF)
- Marietta Stingrays (RAYS)
- Swim Atlanta Masters (SAMS)
- Southside Seals (SSS)
- Windy Hill Aquatics (WHA).

**Individual High Point Winners**

- |             |                           |
|-------------|---------------------------|
| Women 18-24 | Maddie Sibia/SAMS         |
| Men 18-24   | James R Grooms/ART        |
| Women 25-29 | Lauren Minchew/YGF        |
| Men 25-29   | Trace U Sauter/NEMS       |
| Women 30-34 | Britta O’Leary/AWJ        |
| Men 30-34   | Todd F Weyandt/GMKW       |
| Women 35-39 | Melissa Massey/SAMS       |
| Men 35-39   | Douglas R Carrington/AWYY |
| Women 40-44 | Malena Hankins/GMKW       |
| Men 40-44   | Matthew J Mills/SAMS      |
| Women 45-49 | Cathy Jones/GMKW          |
| Men 45-49   | David Dunson/NCMS         |
| Women 50-54 | Michelle Watkins/YGF      |
| Men 50-54   | Richard C Smith/Auburn    |
| Women 55-59 | Elaine Krugman/GMKW       |
| Men 55-59   | David Eng/AWJ             |
| Women 60-64 | Ginger Penn/GMKW          |
| Men 60-64   | Pat Eddy/SAMS             |
| Women 65-69 | Ellen Briggs/UC45         |
| Men 65-69   | Joe Hutto/DYNA            |
| Women 70-74 | Margo Schneider/GMKW      |
| Men 70-74   | John V Zeigler/ GMKW      |
| Men 75-79   | David W Miller/ GMKW      |
| Men 80-84   | Earl Ferguson/ GMKW       |
| Men 85-89   | Albert Woods/ GMKW        |



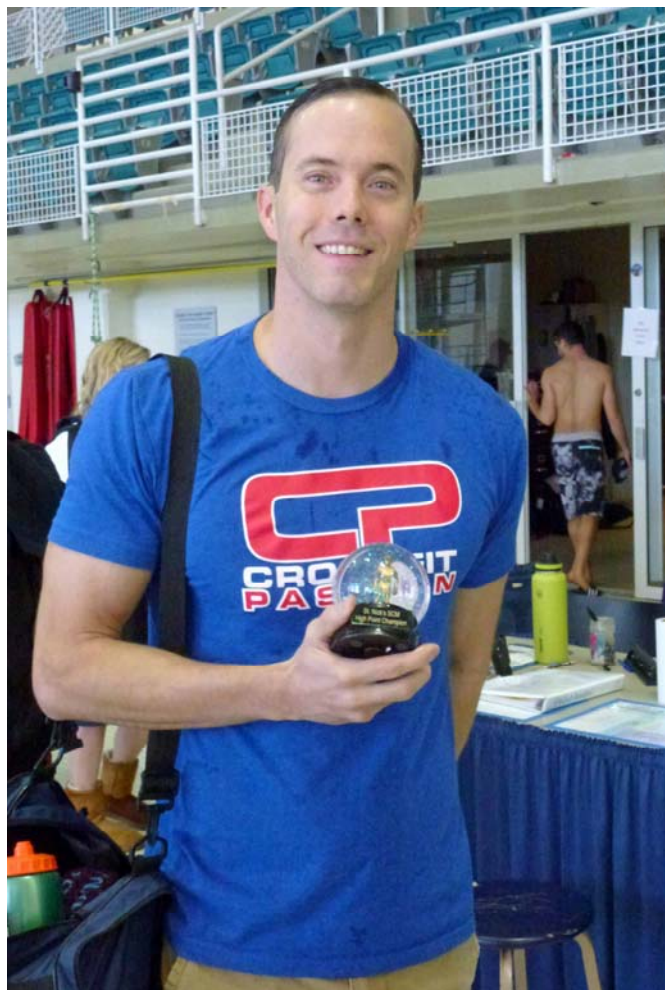
Relay team: Dan Beatty, Elaine Krugman, Cathy Jones, and Mike Stille



Reindeer Relay swimmers



High point winner, Jamel Grooms



High point winner, Matt Mills

***Georgia 2017 Grand Prix Results***



A big thank you to **Pat Eddy** for taking over as director for the Georgia Grand Prix Series. Pat has compiled the results from our 2017 Series which included the following events: St Pat SCY Invitational, Athens Bulldog LC Invitational, Georgia Games Open Water, Southside Seals SCY

Pentathlon, and St Nicholas SCM Invitational. Awards for the Grand Prix will be distributed at the upcoming St Pat meet on Saturday, March 17.

**Grand Prix Winners**

<b>Women</b>		<b>Men</b>
18-24	Anna Beem	Nicholas Wolwark
25-29	Stephanie Lemmons	Matt Jones
30-34	Britta O’Leary	None
35-39	Nicole Taylor	Douglas Carrington
40-44	Malena Hankins	Dan McCarthy
45-49	Donna Guest	Eric Fors
50-54	M. Countryman	Mark Rogers
55-59	Muriel Cochran	David Eng
60-64	Ginger Penn	Pat Eddy
65-69	Rebecca Hamilton	Joe Hutto
70-74	Sue Ottosen	John Zeigler
75-79	Judith Hasse	Craig Ray
80-84	None	Earl Ferguson

***2017 Go The Distance Results***



We had 69 Georgia swimmers participating in the 2017 **Go The Distance** postal event, compiling a whopping 19,326.31 total miles. Historically we given awards to our top three Georgia finishers for each year. This year, the LMSC Board of Directors voted to make it more gender specific and recognize the top three male finishers and also the top three female finishers. Congratulations to the following:

		<b>Male</b>
1.	Chris Greene	1,753.51
2.	Pat Eddy	1,318.54
3.	John Zeigler	559.53
		<b>Female</b>
1.	Pam McClure	1,033.88
2.	Melissa Massey	1,004.87
3.	Marianne Countryman	706.98

These awards will be given out on Saturday, March 17 at the St Pat meet.

**List of all 2017 Participants by Club****ART (Atlanta Rainbow Trout)**

Sara Edwards 105.79

**AWJ (Atlanta Water Jocks)**

Heidi Natkin 399.49

Britta O'Leary 216.0

**AWYY (Andrew & Walter Young YMCA)**

Douglas Carrington 88.18

**CONC (Concourse Masters)**

Andrew Perry 26.14

**CPAC (Chastain Park Athletic Club)**

Christopher Lee 52.43

Nathaniel Pieper 100.49

**GAJA (Georgia)**

Stephen Addcox 124.74

Jennifer Almand 87.30

James Breen 296.53

Mickey Buono 370.83

Linda Burkhead 166.39

Anna Catanese 533.31

Gayla Chambers 497.05

Rob Copeland 345.96

M. Countryman 706.98

Carol Cunningham 145.66

Craig Current 272.98

Brett Davis 152.90

Karen Doty 225.61

Bill Dudley 89.99

Pat Eddy 1,363.99

Greg Fordham 200.06

Patrick Frost 6.08

Sam Grandinetti 500.40

Chris Greene 1,753.51

Chris Hartley 178.44

Donna Hooe 144.04

Robin Hoy 89.74

Joe Hutto 282.23

Cathy Jones 312.37

Ian King 158.64

Andy Klenzak 370.53

Elaine Krugman 244.29

Stephanie Lemmons 478.06

Bill Lotz 425.00

Condit Lotz 320.45

Nick Markey 260.98

Melissa Massey 1,004.87

Pam McClure 1,033.88

Cindi McCullough 85.09

Douglas Michalke 111.44

Sue Ottosen 2.27

Thomas Sealey 217.97

Mike Slotnick 290.69

Mike Stille 150.34

Mindy Sullivan 149.73

Beth Sutton 115.48

Ann Sykes 326.71

Nicole Taylor 73.52

Lisa Watson 460.03

Brian Yetter 207.49

John Zeigler 559.58

**HURR (Columbus Aquatic Center Hurricanes)**

Melinda DeCoote 2.87

**LINS (Marietta Marlins)**

Malena Hankins 615.08

**LTMS (Lifetime Masters Swimming)**

Kurt Siegenthaler 17.75

**RAY (Stingrays Masters)**

Claire Bacon 117.37

Celine Cabana 174.53

Stacy Fox 298.04

**UC45 (Unattached- Georgia)**

Jeff Cook 225.24

Elizabeth Giesecking 28.69

Sarah Kelly 42.36

Eric Lund 95.94

Rupesh Patel 37.94

Robert Stanfield 18.18

Renate Walter 35.61

**WHA (Windy Hill Aquatics)**

Wendy Kelly 174.22

**YGF (Northwest Y Grayfins)**

Mark Rogers 353.84



Make **2018 Go The Distance** one of your New Year's Resolutions! It's a great incentive for working out and accumulating mileage. Easy to sign up and it's free! Just go to 'My USMS' on the USMS website and register for your FLOG (fitness log). Then you just enter your yardage as you choose, either daily or monthly or whatever you'd like. Fun to compare how you've done with other swimmers across the country too.

**Other News**

***USMS Registration***

If you have not yet renewed your USMS membership, please do so immediately. Your 2017 registration has now expired. You can register online on the USMS website at [www.usms.org](http://www.usms.org) or send a paper registration to our LMSC registrar **Andy Rettig**. Those forms can be accessed on our Georgia website ([www.georgiamasters.org](http://www.georgiamasters.org)) under the 'Documents' section on the left column. For questions, contact Andy at [arettig@gmail.com](mailto:arettig@gmail.com).

***Happy New Year Coaches -Time for a New Year of Georgia Swimming***

By Donna Hooe

I hope you are having a great holiday season. I know many groups have done their New Years swims to either finish or begin the new year.

It is time to start planning our activities for the upcoming 2018 swim season. This year we have a series of three fitness swims that are fun and easy to do. This is a great way to get your fitness swimmers involved. [http://www.usms.org/content/fitness\\_series](http://www.usms.org/content/fitness_series).

The first event is a 30 minute swim and it can be done in your own pool. The date for this event is any time between February 15 and February 28. Here is the link to the information on this first Swim in the series <http://www.usms.org/content/wfc>. Please share this with your swimmers and encourage them to take part in these challenges.

This summer we have a great opportunity to take part in another more competitive event with the PanAm Games in Orlando. For our LMSC this is a really close meet and should generate a lot of interest.

Start encouraging your team members to sign up early as this event will fill up fast. Here is the link for the meet information <http://www.2018panammasters.com/> and a quick link to registration [https://www.clubassistant.com/club/form/select\\_sports.cfm?c=2164](https://www.clubassistant.com/club/form/select_sports.cfm?c=2164).

***USMS ALTA Instructor Certification -- January 20***



The USMS Adult Learn-to-Swim Instructor Certification Program curriculum is based on teaching methods practiced by the leading authorities of ALTS programs nationwide. The most innovative and effective training methods are taught to ensure that certified instructors have the tools necessary to teach an adult to swim, at a minimum, one length of a 25-yard pool and become safer in the water.

The course is being held on January 20 at the McCleskey East Cobb Family YMCA, 1055 E. Piedmont Rd. Registration is \$250. If you're interested in becoming an adult swim instructor, visit:

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=76455>.

### ***Swimmer Profile – Britta O’Leary***

By Elaine Krugman



If you have been to area swim meets over the past six years, you probably recognize Britta O’Leary. She’s the gal always seeded in the final heat of every race she enters, and she often beats most of the guys she competes against. Britta is *that* fast.

Growing up Tübingen, Germany, it was a foregone conclusion that Britta would become a great athlete—at least if her genes had any say in the matter. Her mother was an Olympic rower, and her father an Olympic basketball player.

When she was born, Britta’s parents were often asked which sport Britta would compete in: rowing, basketball, or...? “My parents always said, ‘Our girl is going to play the violin.’ They were just joking, but without me even knowing [what her parents had told their friends], when I was seven, I went to my parents and asked them if I could play the violin! I played until I moved to Miami in 2006,” Britta said.

It was obvious Britta had musical talent, but what about athletic ability? When she was thirteen, this young talent was on a state team for trampoline and also swam three times a week with the swim club she had been a member of since the age of 4. Britta was asked by her trampoline coach to move to another city to further develop her training, but Britta declined and quit trampoline altogether to focus just on swimming. As a result, she became an excellent swimmer, and qualified for Olympic Trials, in 2000.

In 2001, this Olympic hopeful transferred to Heidelberg to the Olympic training center as a resident athlete. She graduated in 2004, and then attended the University of Heidelberg, majoring in English and Physical Education, to become a teacher. It wasn’t what Britta really wanted, though, because her desire was to study sports administration; however, that degree wasn’t available at the university.

In addition to settling on her majors, Britta struggled to keep up with her studies while also training. Her coach only cared about her performance in the pool, though, so it was a difficult time in her life. Knowing swimming wouldn’t be her long-term future, Britta knew her studies were more important, so she needed make a change.

Attending a university in the USA was what Britta felt she needed to accomplish her goal of earning a degree in sports administration; however, she needed a full scholarship to make that dream come true. After doing her research, this motivated student athlete contacted several university swim



coaches with an e-mailed introduction about her swimming background. She ended up with full scholarship offers from the University of Miami, Florida International University, and San Diego State University (my alma mater!), among others.

Although she had never even set foot on campus, adventurous Britta accepted the University of Miami's full scholarship offer, packed her bags, and moved to Florida in 2006.

Besides earning her Bachelor's in Sports Administration, Britta went on to earn her Master's Degree as well, taking advantage of a post-graduate scholarship.

Back when Britta was still an undergraduate, she met her husband, Michael, who was a graduate student. After graduating with his MBA, he landed a job with AT&T, and, in 2010, was offered a transfer to Atlanta where they currently live.

After moving to Atlanta, Britta returned to the pool to coach swimming, while looking for a job in sports administration. She started as a volunteer assistant coach for the varsity swim team at Emory University, and for income, Britta started coaching Emory's Masters Swimming team and taught swimming lessons at Dunwoody's Jewish Community Center.

After one year of coaching and teaching, Britta landed a great job with an international sports property consulting company, so she gave up her volunteer position. In her "dream job," as Britta described it, she got to work on Olympic and World Expo bids, as well as worked with various international sports federations.

While working full-time, Britta continued coaching Masters Swimming and teaching swimming on the side. After a while, though, Britta had the desire to jump in with her swimmers, rather than just coach them. Being back in the water gave her the itch to compete again, so she swam more and more often, and ultimately gave up coaching.

In 2014, Britta got pregnant with her first daughter, Emma, and decided it was time to give up the rigors of travel required by her sports consulting job for a local marketing position at the JCC. In 2016, Britta had another daughter, Mia.

"Since having kids, I usually swim twice a week in the mornings at Dynamo with Maria Thrash. I have a goal now to also go on Saturday mornings, and train three times a week," Britta said of her current training schedule, adding that she swims between 3,500 and 5,000 yards per session, with an emphasis on stroke work. "I definitely train quality over quantity. If I train only two or three times a week, I can really go and train [hard] every single practice. College swimming was such a great experience, because you race every weekend. I've always said racing is the best training for me, and before I had kids you saw me at every single swim meet, and that's what I really need. I need to race, because I'm not a practice person. I hate practice!" Britta laughed.

After a two-year hiatus from competition, due to having ankle surgery, it was at 2011 Summer Nationals in Auburn, when Britta experienced her first Masters national competition. "I did great in Auburn, and I thought, 'You know what? I can still do this!'" It gave me more motivation to train even more. I really had no goals in mind, except just to have fun," Britta said about her return to competition.

That motivation has stayed with her, because Britta has had an awesome Masters career to date, and she is still only in the young, 30-34 age group. (She has many age groups ahead to conquer!) As an example of her success, Britta won silver in the 200m Breaststroke, at the FINA World Masters Championship, in Budapest, last summer. That is an amazing accomplishment; however, it wasn't good enough for Britta, and she is motivated to do better. "I had only raced 200 Breaststroke once in the two years leading up to Worlds, and you need experience in how to pace that race. I didn't have that experience. I learned my lesson! I touched the wall, and I knew I could have gone faster. That

was upsetting, because the girl that won was only a second faster than me,” Britta explained.

Looking ahead, Britta has goals set for the next couple of years. In addition to preparing to compete at 2018 Spring National Championships in Indianapolis, she is registered for the 2018 UANA Pan-American Masters Championship meet in Orlando, in August. “My ultimate goal is the World Championships in Gwangju (South Korea) in 2019, Britta said.

Detailing her goals further, Britta continued, “I would really like to be an All-American in my age group. I made it again this year, after missing out last year. It really bothered me. My goal is to also win one gold medal at Short Course Nationals and one gold medal at Pan-Ams.”

For those who hope to have a chance at following in Britta’s footsteps—or, at least succeeding at their race time goals, she offers this advice: “I always tell people, if you can only commit two hours every week [to swimming], don’t go just once a week and swim for two hours. Break it up in one-hour sessions and go twice for an hour, or even go three times for 40 minutes each; because, it’s really about being in the water more often. Swimming is about doing it. My other advice is to try to avoid garbage yardage. I’d rather you come in for an hour and do your best swimming with good technique, and do the set right, for a shorter amount of time.”

Masters Swimming hasn’t just been about executing a quality swim workout or achieving her swimming goals, however. The fringe benefit of all her time spent in the pool and on deck at swim meets has been the positive interaction she has had with other swimmers. As Britta explained, “I love Masters Swimming because of all the friendships I have made. It’s amazing the people I have gotten to know. It’s the swimming world! As long as I have swimming in my life, I will never be alone.”

It is that passion for swimming and Georgia Masters that inspired Britta to get more involved with the organization. “I got involved with the Georgia Masters board about two years ago by asking Lisa (Watson) if I could listen in on (board of directors) conference calls to learn what was going on. Swimming has been such a big part of my life, and I think I have my parents a little bit as an example. They have been involved in the board and federation side of their sport as well, so I have seen how much of a difference you can make by getting involved, other than on the competition side. You can get involved and really make a difference in what a program looks like, and what is being offered to members. Getting involved with the board really has been dear to my heart-- to have a feeling that I do more than just pay my dues every year and compete. Hopefully, I can really make a difference in people’s lives swimming-wise.” Britta explained.

It is that enthusiasm that got her nominated and voted in unanimously as Georgia’s Interim LMSC Chair, until elections are up again in September 2019. Add to that her two degrees in Sports Administration and her work experience background, Britta is extremely well-qualified to lead Georgia Masters successfully into the future, in this writer’s opinion!

“If people are comfortable in giving me a shot at this or not will determine if [becoming the Georgia LMSC Chair] is going to happen. It will be a challenge for me, because I have not been involved for a very long time, but I love challenges. When I was approached with the idea of being Interim Chair, I thought, “I ought to get involved. I want to do more. I was definitely put on the spot (when asked to become Interim Chair), but if I don’t take advantage of it, and get out of my comfort zone, and do it, I might never get that chance again.”

I, for one, appreciate Britta O’Leary stepping up to serve Georgia Masters as our LMSC Chair. Thank you!

## **Upcoming Events**

<b>January 2018</b>			
<b>Jan 1</b>	USMS National Postal Hour Swim Championships – through February 28	<b>20-21</b>	SCY - Charlotte, NC
<b>February 2018</b>			
<b>Feb 18</b>	LMSC Conference Call	<b>9-11</b>	Dixie Zone SCY Championships – Clearwater, FL
<b>10-11</b>	SCY – Auburn, AL	<b>15-28</b>	USMS Fitness Challenge – 30 minute swim
<b>18*</b>	W Gwinnett Park SCY Developmental Meet (entry enclosed)		
<b>March 2018</b>			
<b>4</b>	Greensboro, NC - SCY	<b>10</b>	SCY - Sewanee, TN
<b>17-18*</b>	St. Pat's SCY Invitational - Dynamo	<b>24-25</b>	SCY – St Petersburg, FL
<b>25*</b>	Georgia LMSC Midyear Dinner Meeting		
<b>April 2018</b>			
<b>TBA</b>	ART Spring Splash (	<b>19-22</b>	YMCA Nationals – Ft Lauderdale
<b>May 2018</b>			
	LMSC Conference Call	<b>10-13</b>	USMS Spring SC Nationals - Indianapolis
<b>June 2018</b>			
	LMSC Conference Call	<b>2*</b>	Athens Bulldog LC at UGA
<b>July 2018</b>			
	LMSC Conference Call		Georgia Games Open Water
<b>18-4</b>	Pan Am Masters Championships – Orlando FL		
<b>August 2018</b>			
	LMSC Conference Call	<b>5</b>	Pan Am Masters Championships-Open Water

Information on these and other Dixie Zone events can be found on the Dixie Zone website at [www.dixiezone.org/Meets.htm](http://www.dixiezone.org/Meets.htm).

\*Dates in red are Georgia LMSC events.

## **Who Y'All Can Call**

<b>Name</b>	<b>Title</b>	<b>Phone</b>	<b>Email</b>
Rob Copeland	Long Distance	(678) 817-1602	<a href="mailto:rob_copland@comcast.net">rob_copland@comcast.net</a>
Pat Eddy	Member at Large	(614) 670-1108	<a href="mailto:pateddy52@aol.com">pateddy52@aol.com</a>
Donna Hooe	Coaches Chair	(912) 884-6456	<a href="mailto:rdhooe1@juno.com">rdhooe1@juno.com</a>
Bob Kohmescher	Newsletter Editor	(770) 722-2192	<a href="mailto:bobk340@comcast.net">bobk340@comcast.net</a>
Elaine Krugman	Contributing Editor	(678) 603-1543	<a href="mailto:ekrugman@aol.com">ekrugman@aol.com</a>
Bill Lotz	Member At Large	(404) 261-1906	<a href="mailto:blotz@mindspring.com">blotz@mindspring.com</a>
David Morrill	Safety	(770) 862-2533	<a href="mailto:latycar@latycar.org">latycar@latycar.org</a>
Britta O'Leary	<b>LMSC Acting Chair</b>	(636) 295-3222	<a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>
Andy Rettig	LMSC Registrar	(678) 417-6411	<a href="mailto:arettig@gmail.com">arettig@gmail.com</a>
Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	<a href="mailto:swimsalt@bellsouth.net">swimsalt@bellsouth.net</a>
Jeff Tacca	Member At Large	(404) 256-0733	<a href="mailto:jtacca@comcast.net">jtacca@comcast.net</a>
Lisa Watson	Vice-Chair	(770) 497-1901 (678)717-3646	<a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>
Karol Welling	Secretary	(770) 631-9195	<a href="mailto:krw83@mindspring.com">krw83@mindspring.com</a>
John Zeigler	Fitness	(770) 972-7981	<a href="mailto:jvzeigler@bellsouth.net">jvzeigler@bellsouth.net</a>



**Swim Websites**

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

**Georgia Teams & Clubs**

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

Northwest YMCA Grayfins	YGF	Muriel Cochran	<a href="mailto:murielcochran@gmail.com">murielcochran@gmail.com</a>
Richmond Hill Swim Club	RHSC	Anne Cutchin	<a href="mailto:rhscswimcoach@gmail.com">rhscswimcoach@gmail.com</a>
Stingrays Masters Swimming	RAY	Ian Goss	<a href="mailto:rayscoach@gmail.com">rayscoach@gmail.com</a>
Summit Family YMCA	SY	Mike Steele	<a href="mailto:mikes@ymcaatlanta.org">mikes@ymcaatlanta.org</a>
Tidal Wave Masters Swimming	TWMS	Andrew Baer	<a href="mailto:swimbaer@comcast.net">swimbaer@comcast.net</a>
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	<a href="mailto:keith.berryhill@windyhillclub.com">keith.berryhill@windyhillclub.com</a>
<i>Georgia Superteam (GAJA)</i>			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	<a href="mailto:aslcoachgreely@gmail.com">aslcoachgreely@gmail.com</a>
Athens Bulldog Swim Club	DAWG	Craig Page	<a href="mailto:craigwpage@gmail.com">craigwpage@gmail.com</a>
Dynamo Swim Masters	DYNA	Coach Maria Thrash	<a href="mailto:mariat0202@aol.com">mariat0202@aol.com</a>
Fyns	FYNS	Raquel Terroba	<a href="mailto:Fyns.coach@gmail.com">Fyns.coach@gmail.com</a>
Georgia Masters Killer Whales	GMKW	Lisa Watson	<a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>
Golden Isles Swimming	GIST	Betty Veater	<a href="mailto:betty@stmarkstowers.com">betty@stmarkstowers.com</a>
Lake & Mountain Hilltoppers	LMH	Bill Pave	<a href="mailto:wpave@windstream.net">wpave@windstream.net</a>
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	<a href="mailto:rdhope1@juno.com">rdhope1@juno.com</a>
Southside Seals	SSS	Rob Copeland	<a href="mailto:rob_copeland@comcast.net">rob_copeland@comcast.net</a>
Stingrays Masters	RAYS	Ian Goss	<a href="mailto:rayscoach@gmail.com">rayscoach@gmail.com</a>
Swim Atlanta Masters	SAMS	Scott Davis	<a href="mailto:scot@swimatlanta.com">scot@swimatlanta.com</a>
Swim Macon Masters	SMM	Tana Selby	<a href="mailto:tanatanas@bellsouth.net">tanatanas@bellsouth.net</a>
Warner Robins Aquanauts	WRAM	Daniel Murray	<a href="mailto:coach@wraswim.com">coach@wraswim.com</a>



# Georgia Masters Swimming

## West Gwinnett Park Short Course Yards Developmental Meet

Sunday, February 18, 2018

Sanction No. **458-S001R**

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 18, 2018. 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 16); \$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 #: (770) 497-1901/(678) 717-3646

[lisa.watson@ung.edu](mailto: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	70
Event #: 6	1:45
100 yard breast	
(leave room for timers)	

**Seeding:** Entries received by February 18 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 18, 2018

## 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	



**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