



The Georgia Masters Newsletter

Swimming in Georgia

February 2018

Chair's Corner



As I was sitting at my desk last week, and life kept me away from working out, I thought about what swimming meant to me and why I am dragging myself

out of bed way before the crack of dawn.

Swimming is my zen zone. Away from the everyday demands, the work, the family, the kids. It is where I get to breathe freely, clear my mind and focus on my strokes, the water feeling, and let everything else be. When I didn't have that for one week, it affected me. I was stressed, I wasn't balanced, and I wasn't happy. I am back in the water and while the part where I clear my head is a work in progress, I feel more and more like myself again. "Fish die without water!" is what I keep telling people that try to keep me out of the beautiful wet element.

Add to all of this the thrill and excitement of setting, and (hopefully) reaching goals, and you get me to set an alarm for 4:30am!

What makes you suit up and jump into the pool? Check out our exciting upcoming or currently ongoing events in this newsletter. There is something for everyone to set and reach goals. Be it your first 30-minute swim without stopping, your first time entering a swim meet, or new opportunities to meet people.

Don't Miss These Events

St Patrick's Day SCY Invitational March 17 -18



Get ready for the annual St Pat SCY regional meet to be held at the Dynamo Swim Center on March 17-18. Meet info and entry forms are included in this newsletter and also accessible on the Georgia Masters website at www.georgiamasters.org. This meet is hosted by **Dynamo Masters** and is also the first event of the 2018 Georgia Grand Prix Series. Entry deadline is March 9 for both paper and online entries. Entries received after that will be treated as deck entries. Please note the following guidelines when entering the meet:

- For paper entries, you must include **a copy of your USMS card** with your entry. This is a USMS requirement. USMS number must be listed on online entries.
- Swimmers can enter up to four individual events a day.
- When entering the meet, you list your particular workout group as your club., Workouts groups within the GAJA state club would enter that group rather than GAJA, e.g., Southside Seals would enter SSS instead of GAJA.
- Relays will be deck entered. Check the meet information for relay deadlines.
- For distance swimmers, the 1000 free is limited to the first 30 swimmers. If you want to be sure to swim four events, list an alternate fifth event in case you do not make the cut for the 1000.

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For questions, contact meet director **Sam Wilson** at Sam@Dynamoswimclub.com. Awards for the 2017 Georgia Grand Prix will be given out on Saturday, March 17 before the start of the second session (which begins no earlier than 10:30 AM). Also, the 2017 Go the Distance awards will be given out at this time as well.

Georgia LMSC Midyear Dinner Meeting – March 25

Our annual Midyear Dinner Meeting will be held on Sunday, March 25 at 5:30 PM at the **On The Border** restaurant in Buckhead. This is an opportunity to enjoy dinner and socialize while we conduct some LMSC business. This meeting is not restricted to Board members. All Georgia LMSC members are welcome. If you would like to attend, please contact LMSC Chair **Britta O’Leary** at brittaoleary@gmail.com. We’ll send out an reminder closer to the date with directions to the restaurant.

Pan Am Masters Championships July 28 -August 4



The upcoming Pan Am Masters LC Championships are to be held in nearby Orlando, Florida from July 28-August 4. For open water enthusiasts, there will also be 1.5k

and 5k open water events there on August 5 as well! Remember, there are no Dixie Zone or USMS LC Championships this year to encourage participation at the Pan Ams. We hope to have a big Georgia delegation attending.

For GAJA swimmers who plan to attend, please contact Coaches Chair **Donna Hooe** at rdhooe1@juno.com to let her know your relay availability.

Information on the Pan Am Championships can be found at the Dixie Zone or USMS website.

A Note from Coach Donna

In preparation for the PanAm Games, we will be placing orders for both silicone swim caps with our logo and t-shirts. The t-shirts will be of light weight polyester and will be \$15 for each shirt.

If you want caps with your last name on them there is a minimum order of two. The link for the cap orders is <http://store.swimshop1.com/georgia-masters-swimming-silicone-cap-wname-p3440.aspx>. You can also order just a single silicone cap without your name as well. Swim cap orders need to be made before **May 27**.

T-shirts orders will be thru me. If you are interested in ordering t-shirts you may send me your order \$15 each and don't forget to include your size. Send your payment and size to:

Donna Hooe
693 Pate Rogers Rd.
Fleming, GA 31309

T-shirts will be distributed at the meet since we will have the names on the back. For questions email me at rdhooe1@juno.com.

Georgia 2018 Grand Prix Events

February 15-18	USMS Winter Fitness Challenge: 30-minute swim
March 17& 18	St Pat SCY @ Dynamo
April 15	ART Spring Splash
July TBD	Georgia Games Open Water-Lake Allatoona
July 15-31	USMS Summer Fitness Challenge: 2k
July 28-Aug 4	Pan Am Championships-LCM Orlando
September TBD	Southside Seals SCY Pentathlon
November 15-30	USMS Fall Fitness Challenge: 1 mile
December TBD	St Nicholas SCM Invitational

Swimmers participating in the Pan Am Championships will receive points for competing, but not for performance. For questions about the Grand Prix, contact **Pat Eddy** at pateddy52@aol.com

Meet Recaps

Auburn Recap – February 10-11

A typical strong turnout of 189 swimmers throughout the Dixie Zone were present at the annual Auburn SCY meet. Among those were Georgia swimmers representing the Georgia Masters Super Team (GAJA), Atlanta Rainbow Trout (ART), Atlanta Water Jocks (AWJ), Northwest W Grayfins (YGF), John P Thayer YMCA Masters (BARM), and Windy Hill Athletic Club Masters (WHA). Congratulations to GAJA for finishing first in the overall team standings with 1,157 points. Following were YGF-7th place with 301 points; WHA-10th with 192 points; BARM-12th place with 175 points; AWJ-15th place with 126 points; ART- 19th place with 91 points. There were 35 clubs at the meet.

Congratulations to our Georgia swimmers who won Individual High Point awards for their age group:

Todd Weyandt/GAJA (M30-34)

Jonathan Dunn/GAJA (M35-39)

Cathy Jones/GAJA (W45-49)

Dodi Thomas/YGF (W70-74)

Sally Newell/GAJA (W80-84)

Hal Stolz/GAJA (M80-84)

West Gwinnett Park SCY Recap -- February 18

There was a good turnout at the West Gwinnett Park SCY Developmental meet with 31 swimmers participating from Georgia and Tennessee. The meet was held on Sunday, February 18, hosted by the **Georgia Killer Whales**. Georgia clubs represented included: Athens Bulldog Swim Club (ABSC), Atlanta Water Jocks (AWJ), Dynamo Masters (DYNA), Georgia Killer Whales (GMKW), FYNS (FYNS), Northwest Y Grayfins (YGF), and Spartan Masters Swim Club (SPAR).

Thanks to **Andy Rettig** and **Harry Heath** for officiating the meet. Also, thanks to our volunteer timers: **James Goforth**, **Leslie Landey**, **Juan Franquiz**, and especially to Juan's two children, **Karina** and **Juan** who timed throughout the entire meet and did a fantastic job! Special thanks to **Leslie** who also helped to seed the meet.

Nice to see a lot of new swimmers at this meet- hope to see y'all at future meets as well!

Other News

Safety at Swim Meets



We've listed some tips to keep everyone safe when competing at a meet. While you're focused on improving best times, start times, lane assignments, keep these tips in mind.

- **Feet First Only** – When warming up, enter feet first – no diving. There have been injuries caused by diving into the warm-up lane, e.g., dislocated jaws.
- **No Equipment** – You are not permitted to use paddles, fins, etc. when warming up at a meet. The use of these can result in injuries.
- **Say Something If You See Something Not Safe** – If you see a swimmer doing something unsafe, gently inform them of the breach of safety. If that doesn't work, inform the lifeguard or the Meet Director.

Swimmer Profile –Mike Gaw

By Elaine Krugman

If there is one thing I can say without a doubt about Georgia Masters Swimming is that we have an abundance of really nice, unassuming members that are full of amazing surprises! Take Mike Gaw, for example. I have competed at meets with him for nearly six years now, and I had no idea he had

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completed an Ironman triathlon! He's actually done nine, but more on that later.



Actually, that wasn't even the most amazing thing I learned about Mike when I interviewed him for this article. Did you know he is also an organ donor? As his story unfolded, all I could say was, "Wow!"

It was 2008 when Mike's mother went into kidney failure. When it became apparent that her condition was irreversible, Mike told his mom he would love to donate one of his kidneys to her. "She turned me down. She said she did not want her health challenges to have a negative impact on my life. I told her, 'Not having my mom alive will have a profoundly negative impact on my life!'," Mike said.

After a year of going through dialysis and suffering a poor quality of life, Mike's mom ultimately got comfortable with the idea of a transplant and receiving Mike's kidney. She had done a lot of research and realized that donating a kidney would be safe for her son, and it wouldn't have the negative impact she first thought.

After going through a full day of extensive testing at UCLA in California, doctors determined Mike was a good match for his mom. He was approved for the transplant in November of 2009 and was faced with some tough decisions.



Mike with his parents in 2004 before the Los Angeles Marathon

As Mike explained, "At that time, I was one Ironman away from completing my 'Ironman Continent Quest,' which was competing in an Ironman triathlon on all six continents where they are held. I was signed up for Ironman South Africa, scheduled for April 2010, and my mom knew that. She was grateful that I wanted to give her a kidney, but she didn't want to prevent me from realizing this dream that I had worked so long and hard to achieve and was so close to completing. I told her they host that race every year, so it was not a big deal to wait. But, she was also afraid donating a kidney would make it harder for me to race an Ironman. I reminded her that it was more important for her to get the transplant, because I didn't want her to be on dialysis any longer than she had to be. She raised the issue with the transplant team, and they said there would be no adverse impacts by delaying the transplant until after Ironman South Africa."

Ultimately, however, the transplant was moved up two months to March 2010 due to insurance-related issues. "I ended up having to postpone Ironman South Africa for a year, which was best anyway because my mom got her transplant sooner and my parents got to resume a normal life more quickly," Mike said about their decision.

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The transplant was a great success, and Mike was able to return to training – a good thing, considering what was scheduled later that year. As Mike recalled, “In the days following surgery, my college roommate (a multiple qualifier for the Boston marathon) called me to check in on how my mom and I were doing. In one of those conversations, he apparently asked my permission to allow him to sign me up for the Athens Marathon in Greece, seven months after surgery on what would mark the 2,500th anniversary of Pheidippides’ legendary run. He was doing it with a bunch of friends and wanted me to join. Still being heavily drugged post-surgery and highly impressionable, I was happy to agree, but have no memory of the conversation. In the end, I did the race and had my best marathon time on a very hard course. After a flat initial 10K, there was a 14-mile climb up and over the mountains from Marathon to Athens, before an excruciatingly steep, downhill final 10K that concluded with a half lap around the track in the ancient Olympic stadium. It’s no wonder Pheidippides died after that run!! It was a hot and hard day, but one of the coolest experiences of my life! I was happy JT took advantage of my foggy state and talked me into a race that sold out just days after he signed us up!”

Completing a marathon is quite an accomplishment in itself, but doing so with only one kidney? Impressive! A marathon run is only the last leg of an Ironman triathlon, though, and Mike still needed to compete in Ironman South Africa – with one kidney – to complete his six-continent quest. Despite a serious dehydration set-back during training, he was able to compete in the South Africa Ironman in April 2011. Hot conditions during the race caused another bout with serious dehydration, however, so Mike thought it best to walk the final twenty miles of the marathon. “It was worthwhile, because I finished my ‘Ironman Continent Quest’ and stayed healthy in the process. And, because I finished as late as I did, the women’s race winner, and one of the greatest Ironman athletes to ever live, Chrissy Wellington

(who ran the fastest marathon of the day – faster than any man!), was on hand to put my finisher’s medal around my neck. That was special not only because of who she is, but also because I had a HUGE crush on her. (Neither of us was married at the time!)” Mike said of his last Ironman – completed with only one kidney! Amazing!

On a more serious note, finishing the Ironman, even though it was his slowest by more than two hours, meant completing his seven-year Ironman Continent Quest. “Being able to achieve that goal that I had set in 2004 and being able to do it on one kidney – safely – meant a lot,” this incredible athlete said modestly.

After trying to wrap my mind around the enormity of Mike’s accomplishments, I wondered just how he got involved in competing in triathlons in the first place. As he explained, “I grew up in Southern California where swimming was very much a part of my life... Just exercising for fitness was getting a bit boring. I needed something to motivate me, so I looked into triathlons and Masters swimming as a way of meeting people and getting re-engaged in competition to help motivate me to elevate my training and push myself more. As I got into it, I started to develop more ambitious goals and used that as motivation.”

“I got roped into doing my first Ironman in 2004 (in Zurich, Switzerland) by a bunch of friends I had come to know through triathlons. Peer pressure is a powerful thing! I had honestly thought I would never do one. I remember watching ABC’s coverage of Ironman Hawaii as a kid growing up thinking that those people were crazy for wanting to do it, and I couldn’t believe they were actually doing it! The distances were mind-boggling to me, and they still are, to be perfectly honest. But, I gulped the Kool-Aid. I took my training very seriously, and I had an absolutely amazing experience. I couldn’t believe I had done it, and I was so proud of the accomplishment, because it’s a crazy long distance. It’s 140.6 miles. It starts with

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a swim of 2.4 miles, then goes on to a 112-mile bike, then a full marathon. Any one of those is daunting enough, but to string three extreme events back-to-back-to-back is truly crazy! I loved it! I loved the process of training, I loved the race, and the whole lifestyle that it brought me. I knew I would do it again, and I have always loved to travel. The fact that I did my first overseas in Switzerland was really special, and I thought I would love to do one somewhere else in the world,” Mike explained.

This globe-trotting triathlete ended up doing a total of nine Ironman triathlons on all six continents where they are held, two of which were witnessed by his parents. They flew all the way to Switzerland for their son’s first Ironman in 2004, and also joined extended family in cheering him on in Coeur d’Alene, Idaho, where he competed in his second Ironman with several of his friends in 2005. The other Ironmans he completed were: Florida (2005), Brazil (2006), Canada (2006), Austria (2007), Australia (2008), Malaysia (2009), and South Africa (2011). The Malaysia Ironman was completed under the most difficult conditions. According to Mike, “That was the hottest race I did. With humidity factored in, it was 120 degrees (water was in the upper 80s), but I had one of my best races there.”



Training for those Ironman races required a lot of time of this dedicated athlete. Mike swam with the Masters group at Dynamo (coached by Maria Thrash) on Mondays, Wednesdays, and Fridays; rode his bike on a trainer on Tuesdays, ran on Thursdays, did a long bike ride with a transition run on Saturdays, and did a long run on Sundays, while working weight training in a couple days each week. He would take only one day

off each month! “It was essentially a full-time job on top of a full-time job (as a real estate attorney),” Mike said of his packed schedule during the years of his quest, adding, “I would never do it again [laughing]. But I’m glad I did it!” As for me, it exhausts me just thinking about it!

Over the past couple of years, Mike’s training schedule has been a lot more low-key, swimming three times a week, about 3,000 yards per session. However, he plans on returning to his first love of swimming by ramping up his schedule and returning to Masters workouts at Dynamo. “I miss it a lot. I miss the coaching; Maria Thrash is incredible, her workouts are challenging and fun, and the people are amazing as well, and I want to return to that. That is all part of my goals for 2018,” Mike said.

Although triathlons are a memory for Mike, he is very much focused on his swimming, and he still does some running and weightlifting. Over the past six years, he has competed in a grueling lifeguard endurance event in Huntington Beach, California and plans on competing in it again this year.

In addition, he will be traveling to Utah for a competition. “This year I am particularly focused on competing in all of the swimming events at the Transplant Games of America, which are in Salt Lake City in August. That will be very special and unique,” Mike said, adding that he will be competing in the Living Donor Division. “I think it’s great that they have opened [the Games] up to organ donors, because it promotes greater awareness of the benefits of organ donation in a way that spotlights a key demographic that desperately needs expanding and dispels myths that organ donation is detrimental to the lives of living donors. It’s also a great way to meet people, share inspiring stories and to celebrate life.”

You will also see Mike at the St. Pat’s meet and other local competitions throughout the year. “I read the newsletter every month, cover to cover. I

enjoy the articles, learning about others and their achievements, and looking ahead to the various meets, seeing how many of those I can make. I enjoy getting to know and hanging out with other swimmers and their families, and I love competing and pushing myself, seeing what I can do. That inevitably leads me to create newer, more ambitious goals. I look forward to ramping that up this year,” Mike said.

In addition to competition, Mike looks forward to continuing his volunteer work as a swim coach and triathlon coach with the Leukemia & Lymphoma Society’s Team in Training Program, where he coaches all levels of triathletes in all triathlon distances.

Between his full-time work as Lead Global Counsel for Real Estate at Ernst & Young, volunteer coaching, training, competing, enjoying time with his wife, Gina, this ambitious swimmer has a lot on his plate!

As Mike explained about his busy schedule and past achievements, “I believe the greatest limiter is the negative self-talk – whether from others or ourselves – that we let ourselves believe. **It’s a lot easier to think you can’t do something than to believe that you can do it.** But, if you tell yourself you can do it, if you make the time and the commitment, and find the resources you need to help you get there, you can achieve anything. That’s how I did those Ironmans and long-distance swims like the Waikiki Roughwater Swim, dozens of 5K swims and the St. Croix 5-miler. The confidence that you gain and the pride that you realize in your accomplishments are far reaching and apply in all aspects of your life, which is one of the reasons why I love swimming so much.”

Injuries and Obstacles: Making The Best Of Both As A Solo Swimmer

By Elaine Krugman

This is the fourth in a series dedicated to the solo swimmer.

Just when you have gotten into a great groove with your swimming, you get injured in a bicycle accident or it’s time to embark on that ocean cruise you booked last year. Your routine is disrupted—again. Don’t let injuries or obstacles derail your swimming. Make the best of both!

Making the Best of Your Injury

The advantage of being a solo swimmer when you have an injury is that you don’t have to worry about not being able to do the coach’s dictated workout or keeping up with lane mates. Instead, you get to call the shots. Following are tips and ideas to keep you in the pool.

First, before you swim another lap with that injury, visit a doctor for an accurate diagnosis, and follow your doctor’s orders. Your doctor may allow you to swim with waterproof bandages covering open wounds, but make sure to ask about this and any other work-around ideas you may have for your injury. [Editor’s note: physical therapist, **Skippy Mattson**, has some experience with this.]

For many types of injuries, such as those involving muscles and joints, a visit to a physical therapist for an evaluation may be recommended by your doctor. If not, ask if it would be appropriate for you. After a physical exam of the injury, a physical therapist can show you strengthening exercises that will not only get you healed and back in the pool again, but could prevent further injury. Make sure to follow your prescribed exercise program to the letter! Then, even after you are fully recovered, keep doing the exercises as part of a regular dryland routine to help avoid reinjury.

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If you are not sure whether it would be safe for your particular injury to do some of the proposed adaptive swimming ideas outlined below, do a Google or YouTube search and show a video clip of it to your doctor or physical therapist for approval. For example, after my stitches were removed following a hip labral tear repair and hip flexor release, my doctor didn't want me to do any kicking for two months. I showed him a video clip of swimming with a pull buoy, and he approved it for easy freestyle and sculling drills, but no pushing off the walls. I was also given the strict order, "Let pain be your guide!" My swimming was severely restricted; however, I was back in the pool two months earlier and was able to keep my healthy shoulders strong while my hip healed.

Four Limbs, Four Strokes, Unlimited Possibilities!

Aren't you glad you're a swimmer rather than a runner? As a runner, you won't get too far with a lower limb injury; however, (most of) us swimmers have four limbs, four (competitive) swimming stroke options, and unlimited possible combinations.

A pull buoy became my best friend following hip surgery, and it can become yours, too, if you have a lower limb injury. For proper usage, search "pull buoy swimming drills" on YouTube. Just keep in mind that eliminating your kick in swimming will put increased reliance and stress on your shoulders; so, leave the paddles at home, use proper stroke technique, and reduce yardage throughout your recovery to avoid other injuries. The same applies with any injury and any adaptive swimming you do to compensate. Again, let pain be your guide, and don't overdo it! You won't know how much your body can withstand of your new routine, so stay flexible with your workout plan, yardage, and duration.

For an upper limb injury, this will be the time to focus on incorporating kick sets with lap walking in the shallow end of the pool mixed in. Using a kickboard puts stress on the shoulders, so opt instead for a front-mounted snorkel and kicking with your arms relaxed by your side (or out in front if your injury allows). If you are like me and dislike snorkels, roll to one side to breathe or take a quick breath in front. (Note: A snorkel is your best option for neck injuries.)



Kicking options include flutter or dolphin kicking face down, on your side facing to the left, facing to the right, or on your back. Breaststroke can be kicked face-down or on your back with your arms either above your head or by your side. To avoid overdoing it, try mixing them up in various combinations for each set. An example would be kicking a 100 IM on the first and third repeat, and flutter kick face down, to the left, to the right, and on your back on the second and fourth repeats, resting for a set interval in between each 100. Mixing in one-minute egg beater kicking in the deep end or water walking (forward and side steps) in the shallow end can give your legs much-needed variety as they get fatigued.

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You may also be able to swim some one arm drills, depending on your injury. Show the following video, “Swimming – Freestyle – Single Arm Variations” to your doctor or physical therapist to see if this would work for you:

<https://www.youtube.com/watch?v=YmCUK3QUUDg>.

Another option is to combine the upper half of one stroke with the lower half of another. When my hip flexor gets fatigued, I like to swim breaststroke pull with an easy dolphin “kick” – more like keeping my legs together and letting them flow behind me, keeping my hips loose.

Again, if you have any question about whether these ideas would work for you, bookmark videos of swimming drills on your phone ahead of your doctor or physical therapy appointment, and run the videos by them for approval.

In addition, if you are reading this prior to sustaining an injury, go ahead and get somebody to shoot some video of your swim strokes. Not only could you use the videos for stroke technique analysis, but they might come in handy someday if you need to show them to your doctor or therapist for clearance to swim with your injury!

Overcoming Obstacles

Rather than an injury, perhaps you have been faced with an obstacle that is conspiring to keep you out of the pool. Maintaining consistency is important for fitness, well-being, and staying race-ready (if you are a competitive swimmer). If your regular pool has been closed for maintenance or you are going to be traveling, a terrific resource for locating an alternate pool is Swimmers Guide (www.swimmersguide.com). According to their website, “Swimmers Guide contains the only international, descriptive directory of publicly-accessible, full-size, year-round swimming pools you will ever need...” I used this site to successfully locate pools throughout the northeast United States, so I could swim throughout a seven-week road trip I did with my husband.

What if you have access to a pool during your travels, but it’s tiny like this riverboat pool?



If the pool is too small for stretch cords, you can still get a great workout by kicking face down with your hands up against the side. For breaststroke, push off with your hands, allow yourself to float backwards, and then do a kick back to the wall. Repeat several times before switching to flutter kick again.

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I worked on strengthening my hips by pushing off underwater and streamlining to the other side, and then quickly turning around underwater and pushing off again. Going back and forth underwater not only worked my legs, but it worked my lungs as well! Mixing in vertical streamlined jumps off the bottom added variety.



For an arm workout, I stood facing the side with my feet on the bottom and toes up against the side. Leaning back slightly, I did fast repetitive breaststroke pulls, going as quickly as I could for one minute. This is a great way for improving turnover speed and aerobic endurance. Doing all of these drills in fast succession, I was out of breath as if I had done a sprint workout!

Where there's a will, there's a way, and these tips and ideas can help! The swimming routine you have developed is too important to let injuries and obstacles keep you from the fitness, well-being, and endorphin rush that swimming provides. Next time an injury or obstacle conspires against you, get creative and make the best of it!

Upcoming Events

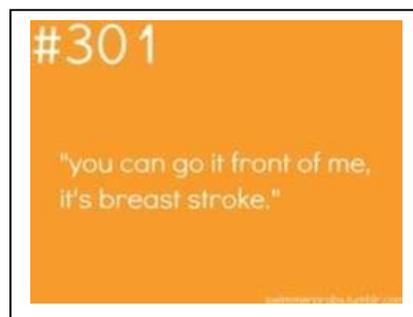
March 2018			
4	Greensboro, NC - SCY	10	SCY - Sewanee, TN
17-18*	St. Pat's SCY Invitational - Dynamo	24-25	SCY – St Petersburg, FL
25*	Georgia LMSC Midyear Dinner Meeting		
April 2018			
15*	ART Spring Splash at Georgia Tech	19-22	YMCA Nationals – Ft Lauderdale
May 2018			
	LMSC Conference Call	10-13	USMS Spring SC Nationals - Indianapolis
June 2018			
	LMSC Conference Call	TBA*	Athens Bulldog LC at UGA
July 2018			
	LMSC Conference Call		Georgia Games Open Water
18-4	Pan Am Masters Championships – Orlando FL		
August 2018			
	LMSC Conference Call	5	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.

*Dates in red are Georgia LMSC events.

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Swim Websites	
ASL Silverking TRI-Masters	Swimasl.com
Athens Bulldog Swim Club	http://www.athensbulldogs.com
Atlanta Rainbow Trout	https://www.atlantarainbowtrout.com
Atlanta Water Jocks	http://www.atlantawaterjocks.com
Chastain Park Athletic Club	www.ChastainParkAthleticClub.org
Columbus Aquatic Club	http://www.swimhurricanes.com
Concourse Athletic Club	wellbridge.com/concourse-athletic-club/sandy-springs
Cumming Waves Swim Team	www.cummingwaves.net
Decatur Family YMCA	ddy.ymcaatlanta.org
DeKalb Aquatics Masters	http://daqswim.com
Douglas County Stingreys	douglascountystingrays.org
Dynamo Swim Club Masters	http://dynamoswimclub.com
Fyns	http://www.fynsmasters.com
Great White Shark Aquatics	www.gwsaswim.com
John P. Thayer YMCA Masters Swim	Columbusymca.com
Savannah Masters	http://www.tlb975.wix.com/mastersswimming
Stingrays Masters Swimming	http://www.stingraysswimming.com
Swim Macon Masters	www.swimmacon.com
Tidal Wave Masters Swimming	tidalwaveswimming.com
Tidal Wave Masters Swimming	tidalwaveswimming.com
Windy Hill Athletic Club Masters	http://www.midtown.com/windyhill
Georgia Masters Swimming	www.georgiamasters.org
USMS Dixie Zone	www.dixiezone.org/links.htm
USMS	www.USMS.org



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Georgia Clubs			
NAME	ABBR	CONTACT	EMAIL
Atlanta Rainbow Trout	ART	Sean Fitzgerald	seanfit@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	lbenucci@gmail.com
Andrew & Walter Young YMCA Masters	AWYY	lilonga Thandiwe	linz.t@mindspring.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	sbalkcum@ymcacolumbusga.com
Cumming Aquatic Center	CMMS	Susan Alston	cac2@cityofcumming.net
Concourse Athletic Club	CONC	Nancy Overheim	noverheim@wellbridge.com
Chastain Park Athletic Club	CPAC	Jim King	jimkingusa@gmail.com
Cumming Waves Swim Team	CWGA	Teresa Coan	swimcummingwaves@gmail.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	daqswim@bellsouth.net
Decatur Family YMCA	DFY	Beth Costello	bethc@ymcaatlanta.org
Georgia Masters	GAJA	Lisa L Watson	lisa.watson@ung.edu
Gwinnett County Masters Club	GMAC	Destry Dispain	destry.dispain@gwinnettcounty.com
Great White Shark Aquatics	GWSA	Phil Donihe	coachphil17@yahoo.com
Columbus Aquatic Club	HURM	Kathy Gramling	cachurricanes@gmail.com
Marietta Marlins	LINS	Larry Baskin	larry@larrybaskin.com
Life Time Swim Georgia	LTMS	Alicia Kockler	ryanbell@msn.com
Stingrays Masters Swimming	RAY	Ian Goss	rayscoach@gmail.com
Spartans Aquatic Masters Club	SAMC	Kris Kester	kris@kris-fit.com
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com
Northwest YMCA Grayfins	YGF	Muriel Cochran	murielcochran@gmail.com
Georgia Superteam (GAJA)			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	aslcoachgreely@gmail.com
Athens Bulldog Swim Club	ABSC	Craig Page	craigwpage@gmail.com
Douglas County Stingrays	DCS	Jarrod Hunte	douglascountystingrays@gmail.com
Dynamo Swim Club Masters	DYNA	Mike Cotter	mikedynamo@earthlink.net
Fyns	FYNS	Raquel Terroba	fyns.coach@gmail.com
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@gsc.edu
Life Time Swim Alpharetta	ALPL	Ryan Moss	COCNAquaticsManager@lt.life
Life Time Swim Atlanta	ATLL	Katie Payne	GAATAquaticsManager@lt.life
Life Time Swim Johns Creek	JCL	Merrie Copeland	GAJCAquaticsManager@lt.life
Life Time Swim Sugarloaf	SUGL	William Breland	GASLAquaticsManager@lt.life

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Life Time Swim Woodstock	WSKL	Jonathan Sims	GAMBAquaticsManager@lt.life
Savannah Masters	SAVM	Donna Hooe	rdhooe1@juno.com
Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
Swim Atlanta Masters	SAMS	Scot Davis	sdavisswim1980@yahoo.com
Swim Macon Masters	SMM	Tana Selby	tanatanas@bellsouth.net
Tidal Wave Masters Swimming	TWM	Andrew Baer	swimbaer@comcast.net

Who Y'All Can Call

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copeland@comcast.net
Pat Eddy	Member at Large	(614) 670-1108	pateddy52@aol.com
Donna Hooe	Coaches Chair	(912) 884-6456	rdhooe1@juno.com
Bob Kohmescher	Newsletter Editor	(770) 722-2192	bobk340@comcast.net
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	LMSC Acting Chair	(636) 295-3222	brittaoleary@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	Vice-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



St. Patrick's Day Invitational

March 17-18, 2018

Raymond Arthur Bussard Aquatic Center
3119 Shallowford Rd NE, Atlanta, GA 30341

SANCTION

Sanctioned by Georgia LMSC for USMS: **458-S003**

FACILITY

The Dynamo Swim Center at 3119 Shallowford Road, Atlanta, GA, 30341. The pool is an indoor 10-lane, 25-yard pool, seven feet deep throughout. ***The pool has been certified and times will count for USMS records and Top Ten submission.*** There will be anywhere from 5 to 23 lanes available for warm-up/warm-down.

(Swimmers are reminded that USMS safety rules dictate a feet first entry in the warm-up/warm-down lanes except where designated.) Non-turbulent lane lines and automatic timing will be used. Athletes will have use of the shower and restroom facilities. There is ample onsite parking.

The Dekalb County Fire Marshall dictates that folding chairs will not be allowed on the pool deck.

RULES & ELIGIBILITY

Current USMS rules apply.

The event is open to USMS registered swimmers at least 18-years-of-age as of March 27th 2018.

A copy of your 2018 USMS card must accompany your entry in order for it to be processed.

ENTRY DEADLINE

Entries must be received by Friday **March 9, 2018**. Entries received after this date will be handled as **deck entries**.

Online Entry: https://www.clubassistant.com/club/meet_information.cfm?c=2396&smid=9928

Online entries close – Friday, March 9, 2018 11:59PM ET

ENTRIES

A swimmer may enter a maximum of four (4) individual events per day, exclusive of relays. Use the attached entry form. Relays will be deck seeded using forms available at the meet. All relay swimmers must be registered and entered in the meet. Deck entries will be accepted during Session I warm-ups on Saturday until 10:45am, with a \$10.00 late fee. (Late entries will be seeded into empty lanes when available. New heats will not be created to accommodate late entries.)

The clerk of course will close at 12:00pm.

1000 FREESTYLE SWIMMERS

The 1000 free is limited to the first 30 entries. You may designate a “5th” event for Saturday should the 1000 be full. Make sure your 5th event is well marked or we will drop the last event listed for Saturday if needed.

CLERK OF COURSE

The meet will be managed by the Clerk of Course. Questions concerning entries and results will be handled by the Clerk during the meet.

FEES

One day: \$40.00 **Two days:** \$60.00

Deck entry add \$10.00 late fee.

There will be **no charge** for relay events.

There will be NO REFUNDS.

SEEDING

Women's events will precede men's. Heats will be slow to fast:

The 1000 free, 500 free and 400 IM will be swum slow to fast. The meet director/clerk of course reserves the right to combine men's and women's heats to swim these events as MIXED.

MEET SCHEDULE

Saturday: Session I:

Pool opens for warm-ups at 9:00 a.m.

1000 Freestyle starts at 9:45 a.m..

Saturday: Session II:

Relay entries for events 3/4/21 are due by **10:15a.m.**

Warm-up for at least 30 minutes at the conclusion of the 1000 freestyle. Meet will not begin before 10:30a.m.

Sunday:

Relay entries for events 25/26/41 are due by **10:00 a.m.** Warm-ups at 9am Competition begins at 10:00am

Concessions: Will NOT be offered at the meet

DIRECTIONS to POOL

Interstate 85 to exit #93 (Shallowford Road). Go north on Shallowford 1.3 miles; the Dynamo Swim Center is on the right side of the road.

MEET DIRECTOR

Sam Wilson- Sam@Dynamoswimclub.com

Notes: Masters swimming is a strenuous activity and each participant is advised to consult a physician before participating in such a program. Due to stipulations in the Dynamo Swim Center's insurance policy, you must be registered with USMS to participate in the meet. **NO CHILDREN or NON-REGISTERED GUESTS** will be allowed in the pools during the weekend.

Dynamo Masters Swim Team - St. Patrick's Day Invitational

March 17-18, 2018 Atlanta, GA

Name _____ Sex _____ Age _____ Birth date _____

Address _____ City _____ State _____ Zip _____

Telephone _____ E-mail _____

USMS# _____ Team* _____ Team Abbreviation* _____

Your entry will not be processed without a copy of your 2018 USMS Registration Card.

*** For in-state meets GAJA Super Team swimmers should use their Chapter Designation as their team, rather than GAJA.**

Saturday

Women (circle)	Seed time	Event	Men (circle)
1	_____	1000 Free	2
3	_____	200 Freestyle Relay	4
5	_____	200 Butterfly	6
7	_____	50 Freestyle	8
9	_____	200 Breaststroke	10
11	_____	100 Backstroke	12
13	_____	200 Freestyle	14
15	_____	50 Butterfly	16
17	_____	50 Breaststroke	18
19	_____	400 IM	20
21	_____	200 Free Relay Mixed	

SUNDAY

Women (circle)	Seed time	Event	Men (circle)
23	_____	500 Free	24
25	_____	200 Medley Relay	26
27	_____	200 IM	28
29	_____	50 Backstroke	30
31	_____	100 Freestyle	32
33	_____	100 Breaststroke	34
35	_____	100 Butterfly	36
37	_____	200 Backstroke	38
39	_____	100 IM	40
41	_____	200 Medley Relay Mixed	

Maximum of four individual events per day. The 1000 freestyle is open to the first 30 entrants.

Saturday: Warm-ups: 9am, competition: 9:45 a.m. There will be a 30 minute warm-up at the conclusion of the 1000. Afternoon session starts no earlier than 10:30am

Sunday: Warm-ups: 9:00 a.m., competition: 10:00 a.m.

Fees

One Day \$40.00

Two Days \$60.00

Deck Entry \$10.00 late fee added

No Refunds

Total Cost : _____

Make checks payable to: Dynamo Parents' Club

c/o St Patrick's Day Master's Meet

3119 Shallowford Rd

Atlanta Ga 30341

****Entries without a copy of your 2018 USMS registration and signature will not be processed**

Must sign USMS Liability Release on Back of Entry

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	