



Georgia Masters Newsletter

Swimming in Georgia

May 2018

Chair's Corner – Long vs Short Course



My workout group just recently started swimming long course. I LOVE long course. Usually. This year though the transition has been so much harder for me. I think it's mental.

I am swimming short course nationals again this year. It's only my second time since 2012 that I feel I trained enough to compete with the fastest of the fastest (00:59 in the 100 breaststroke anyone?! I wonder if my competition is really going to live up to entry times).

I've been struggling with my long course workouts the past month. I am looking forward to getting to nationals and leaving short course behind me for good this season. Then, I can finally put my head on that beautiful long course again, and focus training on the summer.

What is your favorite course to train and compete in? Maybe it's even open water (which will be an entire other Chair's Corner. Can't wait to share my thoughts on that).

Until then, keep swimming, no matter if it's short course, long course, or any course.

Britta O'Leary

Don't Miss These Events

Bulldog LC Invitational – June 10



The annual Bulldog LC Invitational at UGA is set for Sunday, June 10 (due to work being done in the pool area in late May, it was not possible to have the meet on the first Saturday in June as we usually do). The meet info and entry should be out very soon. We'll send it out in an electronic bulletin as soon as we receive it.

As with all Georgia meets, please note the following when entering the meet:

- Verification of USMS registration is required for all meets.
- If you are sending in your entry, be sure to enclose a copy of your USMS card.
- GAJA Superteam members will enter for their individual club rather than GAJA., e.g., a Dynamo swimmer would register as DYNA (not GAJA).

- Heats for this meet are run by time only. Men and women are combined in heats according to time.
- Relays are deck seeded-do NOT list a relay as one of your individual events!

This meet is part of the 2018 Georgia Grand Prix. For questions, contact meet director **Craig Page** at craigwpage@gmail.com

Swim Across America Clinics



Swim Across America is offering two pool stroke clinics and two open water clinics this summer in preparation for the upcoming Swim Across America Open Water event on September 22 at Lake Lanier. All proceeds go to support the Aflac Cancer Blood & Disorders Center and the Children's Healthcare of Atlanta. Below are the dates for these clinics:

- June 24 - Pool stroke clinic - 10:30-12 Noon @ Georgia Tech - \$35
- August 26 - Open Water clinic -10:30-12 Noon @ Lake Lanier - \$50
- September 9 - Open Water clinic - 10:30-12 Noon @ Lake Lanier - \$50

You can sign up on the Swim Across America website at www.swimacrossamerica.org

For questions, contact nancytao@swimacrossamerica.org

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 in Daytona Beach. 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
June 10	Athens Bulldog LC Invitational
July 21	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 2	St Nicholas SCM Invitational

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

Meet Recaps

ART Spring Splash Recap – April 15

Strong turnout as usual for the annual Atlanta Rainbow Trout SCY Spring Splash, held at Georgia Tech on Sunday, April 15, with swimmers participating from all over Georgia and surrounding states in the Dixie Zone. Results can be accessed on our Georgia Masters website at www.georgiamasters.org. Click on ‘Meet Results’ at the top right of the home page.



Northwest YMCA Grayfins - First Row: Lauren Minchew, Muriel Cochran, and Dodi Thomas; second row: Mark Rogers and Donna Guest; third row: Sam Wodetzki, Wes Ostell and Wendell Tucker

Georgia teams represented at the meet included: Athens Bulldog Swim Club (ABSC), host Atlanta Rainbow Trout (ART), Atlanta Water Jocks (AWJ), Andrew & Walter Young YMCA (AWYY), Concourse Masters (CONC), Dynamo Masters (DYNA), Georgia Killer Whales (GMKW), Great White Shark Aquatics (GWSA), Marietta Stingrays (RAYS), Swim Atlanta Masters (SAMS), Swim Macon Masters (SMM), Southside Seals (SSS), Tidal Wave Masters (TWMS), Windy Hill Aquatics (WHA), and Northwest Y Grayfins (YGF).

Congratulations to the following High Point winners:

- 18-24**
Phoebe Edalatopour/ART
JR Douglas/ Athletes Without Limits
- 25-29**
Lauren Minchew/YGF
Jamel Grooms/ART
- 30-34**
Dan Snyder/UC45
- 35-39**
Marcela Chavez/GMKW
Daniel Lotano/Palm Beach Masters
- 40-44**
Malena Hankins/AWJ
Matthew Mills/SAMS

45-49

Cathy Jones/GMKW
Mike Gaw/GMKW

50-54

Marianne Countryman/GMKW
Mark Rogers/YGF

55-59

Muriel Cochran/YGF
Elaine Krugman/GMKW
Andy Dyer/AWJ

60-64

Ginger Penn/GMKW
Rob Copeland/SSS

65-69

Rebecca Hamilton/GMKW
Joe Reid/GMKW

70-74

Dodi Thomas/YGF
Dave Preuninger/Greenville Masters

75-79

Judith Haase/GMKW
Craig Ray/GMKW

80-84

Earl Ferguson/GMKW

Thanks to **Sean Fitzgerald, Shayne Lastinger**, and all of the Trout volunteers who helped to put this meet on. We are deeply grateful to the Atlanta Rainbow Trout for giving our Georgia LMSC two successful regional meets each year!



Spring Splash High Points Winners

Alabama Senior Olympics

Four swimmers from Georgia Masters competed at the Alabama Senior Olympics, a qualifying meet for the 2019 National Senior Games that will be held in Albuquerque next June. Lesley had to leave before the group photo was shot, and Bob hadn't yet received all of his gold medals. Here's the medal count:

- Bob Cutrone- 4 Golds
- Lesley Landey- 4 Golds
- Stacy Fox- 5 Golds, 1 Silver
- Elaine Krugman- 6 Golds



Elaine Krugman, Bob Cutrone, Stacy Fox



Muriel Cochran & Elaine Krugman – Tied High Point Winners – 55-59



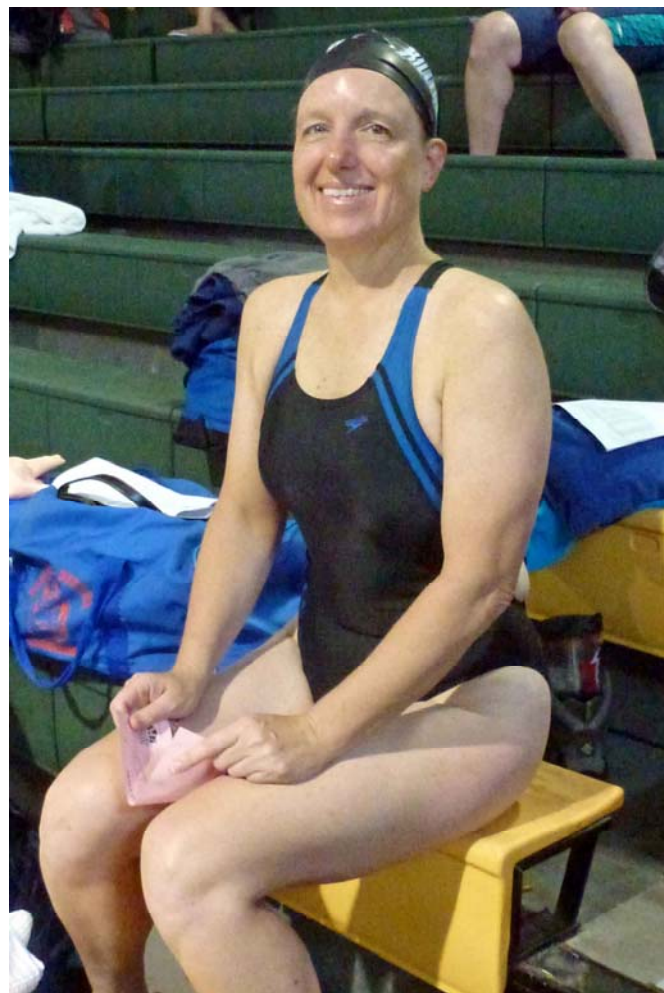
Leslie Landey

Other News

Swimmer Profile – Cathy Jones

By Elaine Krugman

If I could choose to emulate (and, believe me, I have tried) the stroke of one of my Killer Whale teammates, it would be Cathy Jones’s butterfly—and, she is a backstroker! See her swim butterfly, though, and you would have to agree she has a beautiful stroke, even when she races the fly leg of a 400 meter medley relay, right after competing in the 200 Meter Backstroke. I will never forget when **Malena Hankins** led off in backstroke, I swam the breaststroke leg, and then I watched Cathy nail the fly leg of that relay in 2013 at the UGA long course meet, before **Ashley Grindlay** brought it home. We ended up ranking 4th in the country, thanks in part to Cathy being willing to jump into the toughest leg of the relay following her 200 race.



That’s Cathy in a nutshell; always willing to swim relays when needed, even when it follows a tough individual event—which seems to happen at every meet! As a result, she has made the USMS Top Ten in relays 17 times, in addition to her six individual Top Ten swims.

Although Cathy is a 21-year veteran of the Georgia Masters Killer Whales, she is still a relative youngster in the 45-49 age group. Unlike many of us who leave the sport for several years before returning to the pool (it was 31 years for me), this avid swimmer had only left the pool for five years after graduating from Pomona College, in California, and leaving her collegiate swim days behind.

It was events surrounding the 1996 Summer Olympics in Atlanta that first inspired Cathy to return to the pool. “I volunteered at a test event for the Olympics in 1995, and I volunteered at the Pan-Pacifcics. There was a Masters meet right around then, but I didn’t even know about Masters. I remember meeting **Lisa** (Watson) and finding out about it...”

Cathy’s return to swimming was easy for her. “I didn’t really have difficulties coming back [to swimming], because I was still young,” she explained, adding, “I swam for a while, but then I took time off to have a kid. It’s hard to come back after you have a kid; you have to find the time.” Another much more serious challenge kept Cathy from the pool. As she explained, “Not many people know this, but when my son was 2 years old, I had breast cancer. I stopped swimming for a year or two. I know a lot of people go through that, but to come back afterwards, the advice I have is to just keep doing it. I had been at Nationals in Savannah in 2004, and I found [a lump] a week later, but I kept telling myself, ‘It can’t be anything, because I was just at Nationals. I’m a Nationals swimmer, and I got second place at Nationals. This can’t be anything. It didn’t go along with being a good competitive swimmer and having cancer at the same time. In my head, it didn’t make sense.’”

Thanks to being a high-level competitor in top swimming condition, Cathy was able to heal faster after her successful breast cancer surgery. “My oncologist tells me she uses me as an example to all her other patients. I like that!”

Returning to swimming following her bout with cancer was difficult, however, because she had lost a lot of time in the pool from not being able to train during her treatments and recovery from surgery. “It was tough to build back up. I had stopped at such a high level, and then had all that time off where I couldn’t do much of anything. After my surgery, I lost some range of motion, and it took a while to get it back,” she said, adding that it was

two to three years before she was able to swim at her top level again. “Five years later, I had reconstructive surgery, and it was really hard coming back after that, because I lost range of motion, and it was much more noticeable. I felt like a crab swimming, because I couldn’t move my arm,” she explained. Swimming was good therapy for Cathy, though, because she felt like she was back to being a “...normal person. I wanted to be normal again.”

When I asked my teammate why she first joined Masters, and then returned after having her son and again after recovering from breast cancer, she replied, “I missed [swimming]. I missed the competition, and I missed the camaraderie.” Cathy had competed in swimming from the age of nine all the way through college, so it was a lifestyle she had known and enjoyed almost her entire life.

What she didn’t remember about her earliest swimming days, though, was competing against a now-famous childhood teammate back in California. “My mom remembers **Janet Evans** beating me in the 50 free by over half a lap.” Yes, *that* Janet Evans!

Although Cathy didn’t have Olympic dreams like Janet when she first returned to swimming and joined Masters, she had hoped to be able to swim the same times she swam in college. Reality set in, however, when it occurred to her that swimming six days per week (like she had in college) wasn’t going to happen. Instead, Cathy is only able to work in three days per week as a Masters swimmer, averaging 3,500 yards per workout. On Saturdays, she trains with the Killer Whales, and then on her own twice per week. In addition, this elementary school teacher works in an occasional run or walk, a stationary bike ride, playing tennis, or a weekly “boot camp” workout.

Over the years, Cathy’s race goals have also met with a dose of reality, just like it has for all of us as we age up and then out of competition age groups.

“When I [returned to swimming], I was younger than most Masters swimmers, so when I would go to meets, I would be winning, because everybody was older than me. You’re winning, and you look like you’re doing really well, but then you look at your times, and you’re slower. You have to change your mindset. You can’t look at your times, because you’re going to be getting slower.”

Still, this competitive swimmer does have a goal in mind. “I would like to try to do better than I did last year and slow the slide, I guess!”

I asked Cathy what advice she had for other swimmers who want to achieve their goals. “You have to keep doing it. Keep going, and if you keep doing it, you’re going to get better. Look for little milestones,” she advised.

What is it about Masters that has kept Cathy “doing it” for over twenty years? “I enjoy the people. Everybody is so nice everywhere we go. Even up in Cleveland (where she attended a swim meet while on vacation), I didn’t know anybody there, but everybody was so friendly. Swimmers are so nice! In [the sport of] running, you have the super good serious runners, and then the regular people; and, they don’t really mix. But, in swimming, everybody likes everybody. They’re friendly to each other and give each other advice. At the Auburn meet, I was sitting with a team from Montgomery, and their coach was giving me tips on the 200 Breaststroke. I had never met him before!”

Looking back over her twenty years in Georgia Masters, there are some favorite memories about the people who make Masters so enjoyable for her. As she remembered, “We used to have the [Southside Pentathlon Swim Meet] in Peachtree City. After the meet, we would go to Karol (Welling)’s house and have lunch there. We did that for years, and it was always one of my favorite things. I would bring my son (who is now 15) and sit him on the [pool] deck in his stroller and leave

him there while I swam my races. Everybody was so nice, and it was always so much fun.”

Since then, her son and husband, have supported her through her swimming and post-cancer journey, something she is most grateful about. “I appreciate my family for supporting me. They’ll come to swim meets. My husband will come to Auburn, or they’ll both come to Auburn, and they’ll sit there for two days just to watch me swim, so that’s been very helpful.”

Keep on swimming Cathy, especially butterfly! It has been an honor to be your relay teammate with you on several occasions, and something I look forward to doing more of in the future!

Elaine’s Tip of the Month

Are you tired of looking tired after a swim workout? Reduce (or eliminate!) raccoon eyes by spreading a thin layer of Vaseline around your eye sockets before putting your goggles on. Not only will the Vaseline help protect your delicate under-eye skin, reduce dark circles, and eliminate redness; but, it will also hold your goggles on more securely, especially when diving off the blocks.

You Know You’re a Swimmer When...

- You have rings around your eyes unrelated to the amount of sleep you got.
- You critique the way people swim on TV or movies, because their technique is terrible.
- There is nothing worse than a warm pool.
- You know you’re a swimmer when your conversations take place in 15 second intervals.
- You find yourself doing random shoulder stretches in your office.
- You can swim longer distances than you could ever run.

Upcoming Events

June 2018			
*3	LMSC Conference Call at 7pm; contact Britta at brittaoleary@gmail.com if you'd like to join the call	2	Dixie Zone Open Water Championships – Chattanooga, TN
*10	Athens Bulldog LC at UGA; contact craigwpage@gmail.com	16-17	Greenville, SC - LC
July 2018			
	LMSC Conference Call	*21	Georgia Games Open Water
7-8	St. Petersburg, FL - LC	15-30	USMS Summer Fitness Challenge – 2k swim
28-4	Pan Am Masters Championships – Orlando FL; entry deadline: June 30		
August 2018			
	LMSC Conference Call	1-4	Pan Am Championships, Orlando, FL - LC
5	Pan Am Masters Championships-Open Water	18-19	Clearwater, FL – LCM
September 2018			
	LMSC Conference Call	*8	Southside Seals SCY Pentathlon-tentative date
*8	Georgia Masters Annual Meeting-tentative date	*22	Swim Across American Open Water – Lake Lanier
26-30	USMS Convention – Jacksonville, FL		
October 2018			
	LMSC Conference Call	12-14	Rowdy Gaines SCM Masters Classic – Orlando, FL
*28	Collins Hill SCM Developmental Meet – tentative date		
November 2018			
	LMSC Conference Call		
December 2018			
	LMSC Conference Call	*2	St Nicholas SCM Invitational @ Georgia Tech

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.

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

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 Stingreys	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
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	TWMS	Andrew Baer	swimbaer@comcast.net

Who Y'All Can Call

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copland@comcast.net
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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