



# Georgia Masters Newsletter

## Swimming in Georgia

### August 2018

#### ***Chair's Corner – Summer Is Almost Over! Yay or Nay***



Summer is over! What does that mean other than school starts again, and there is finally some routine back in my house? For me, it means long course season is over! It's the saddest part of the year. Remember how I told you

about being so excited to start training long course again? I wish we would train long course year-round. If you know of a pool somewhere in North Atlanta that offers that, let me know!

So back we are, training and racing short course. I am getting ready to race at the SouthSide Seals Pentathlon Meet in early September. If you haven't signed up yet, please do so soon. It's a fun meet and a great start to short course season. It's also a great meet for any newcomers.

I also want to extend an invitation to everyone to attend our LMSC Annual Meeting, directly following the Pentathlon Meet. We will talk about LMSC happenings, recaps, and future plans. Please join if you can. It will give you a different insight into what Georgia Masters is and does, as well as show our volunteers your appreciation for their time and effort it takes to run this organization. See you all soon!

Britta O'Leary

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

#### ***Southside Seals SCY Pentathlon September 8***

The annual Southside Seals SCY Pentathlon is coming up on Saturday, Sept 8-to be held at the Steve Lundquist Aquatic Center in Jonesboro. The meet info and entry are included in this newsletter, and also accessible on the Georgia Masters website ([www.georgiamasters.org](http://www.georgiamasters.org)).

This meet is hosted by the **Southside Seals**. Warmups are held from 11:30am until 12:10pm, with a meet start scheduled for 12:15pm. Swimmers can choose among three categories for the pentathlon:

- Sprint - 50s of each stroke + 100 IM
- Middle Distance - 100s of each stroke + 200 IM
- Ironman - 200s of each stroke + 400 IM

If you don't want to swim the pentathlon, that's fine too - just pick any five individual events that you choose. Pentathlon awards will be given in each age group for all three pentathlon categories.

Thanks to **Rob Copeland** and **Mike Slotnick** for making all of the arrangements for this meet. Rob is also serving as meet director- for questions about the meet, contact Rob at [rob\\_copeland@comcast.net](mailto:rob_copeland@comcast.net).

This meet is included in the 2018 Georgia Grand Prix Series.

***Georgia LMSC Annual Meeting  
September 8***

We will hold the Georgia LMSC Annual Meeting at the end of the Southside Seals Pentathlon (approximately 3:00pm). It will be held in a room adjacent to the pool.

This will be an afternoon social with food & beverages provided (thanks to Rob & Mike!) while we conduct our yearly business, headed by Chair **Britta O’Leary**. Among the agenda items will be a new Strategic Plan designed to get more involvement from throughout our LMSC. Come eat and drink and be merry, as well as giving your valued input to our organization! For Pentathlon entrants, there is no charge for the food and drink- a nominal \$5 fee for any attendees who did not sign up for the Pentathlon.

***USMS Convention  
September 26-30***

The annual USMS Convention will be held this year in Jacksonville, Florida. Representing Georgia at the convention will be **Rob Copeland** (Past USMS President), **Ed Saltzman** (Dixie Zone Chair), and Georgia delegates **Lisa Watson**, **David Morrill**, and **Donna Hooe**. Look for a recap of the convention in the next newsletter!

***Swim Across America - Clinics***

In preparation for the September 22 Swim Across America (SAA) Open Water Swim event at Lake Lanier, there are two open water swim clinics open to the public. Registration, dates and cost are below. Both clinics take place at Lake Lanier and all proceeds support SAA-Atlanta.

**Sunday, August 26 - 10:30am to 12:00pm**  
SAA Open Water Clinic  
Lake Lanier Islands, 7000 Lanier Islands Parkway  
Cost: \$50  
[REGISTER](#)

**Sunday, September 9 - 10:30am - 12:00pm**  
SAA Open Water Clinic  
Lake Lanier Islands, 7000 Lanier Islands Parkway  
Cost: \$50  
[REGISTER](#)

***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>April 15</b>	ART Spring Splash
<b>June 10</b>	Athens Bulldog LC Invitational
<b>July 21</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 8</b>	Southside Seals SCY Pentathlon
<b>November 15-30</b>	USMS Fall Fitness Challenge: 1 mile
<b>December 2</b>	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](mailto:pateddy52@aol.com)

***Meet Recaps***

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

This year’s swimming portion of the UANA Pan American Masters Championships was held July 28-August 4 at the YMCA Aquatic Center in Orlando. Georgia was represented by the following swimmers: **Marianne Countryman, Judith**

Haase, Rebecca Hamilton, Donna Hooe, Ginny Kittles, Pam McClure, David Miller, Sue Ottosen, Ginger Penn, Joe Reid, Marylou Stephens, Hal Stolz, Irwin Stolz, Penelope Walleshauser, Todd Weyandt, Francine Williamson, Leonard Woody, and John Zeigler. Representing their club teams were **Britta O’Leary** (AWJ), **Malena Hankins** (AWJ), **Andy Dyer** (AWJ), **Eran Lotan** (AWJ), **Elizabeth Giesecking** (GMAC), **Ken Koontz** (LTMS). And competing unattached for Georgia were **Patricia Campbell**, **Brett Cimborra**, **Juan Sanchez**, **Dan Snyder**, and **Miguel Toral**.

Overall, six gold medals were awarded to our swimmers: **Joe Reid** -100 back; **Francine Williamson** - 50 free and 100 free; and **Britta O’Leary** - 100 breast, 200 breast and 100 free. Additionally, Georgia swimmers fished 11 silver medals, and eight bronze medals out of the YMCA waters, while an additional 52 medals were awarded for places 4-10<sup>th</sup>.

The hot air and water temperatures at the pool did not stop swimmers from showing their best performances on their way to breaking a total of 18 individual and two relay Georgia records! A big thanks to Donna Hooe for her time and efforts in organizing the GAJA relays.

While the “pool swimmers” headed home, the Open Water swimmers gather in Daytona Beach for a quick 1.5km and 5km race. On the 1.5km course, **Benjamin Hendrickson** (unattached) won his age group by a smoking 10 minutes!

On the 5km course, **Marianne Countryman** won the fight for first place in her age group, while **Malena Hankins** placed second in her respective age group.

Congratulations to all swimmers! What an amazing week of competition in Orlando!

***Georgia Games Open Water Recap -- July 21***

Despite early morning thunderstorms, the weather cleared up in time for the annual Georgia Games Open Water events held at Lake Acworth. Over 100 swimmers including age group swimmers and Masters participated in this event. There were three separate swims: 1k, 3k, & 5k. We had some swimmers who even did more than one of the swims!

Event winners (for ages 18 and over) for each category were:

- 1k -Tyler Spencer & Erin Horne
- 3k - Tyler Burbridge & Felicia Bianchi
- 5k - Tyler Spencer & Anna Newman

Following are the winners for each age group in the 3 swims:

**1K**

- M18-24 Tyler Spencer
- W18-24 Erin Horne
- M25-29 Nick Paciti
- W25-29 Lauren Minchew
- M35-39 Matt Druin
- W35-39 Allison Ware
- W40-44 Courtney Hoffman
- M45-49 Gary Whitehead
- W45-49 Gigi Gill
- M50-54 Mark Rogers
- W50-54 Gayla Chalmers
- M55-59 Tom Potter
- W55-59 Felicia Bianchi
- M60-64 Pat Eddy
- M65-69 Thomas McPike
- W65-69 Kathy Masperson
- W70-74 Sue Ottosen
- M75-79 Tony Reade
- W75-79 Judith Haase
- W80-84 Sally Newell

**3K**

- M18-24 Tyler Severtson
- W18-24 Kimmy Barrows

- M25-29 Peter An
- W25-29 Nicole Bresser
- M30-34 Phil Donihe
- W30-34 Amee Gibson
- M35-39 Nicole Taylor
- M40-44 Wendell Tucker
- W40-44 Joy Brennan
- M45-49 Christopher Singer
- W45-49 Lynne Finn
- M50-54 Mark Rogers
- W50-54 Bethany Gonzales
- M55-59 Dave Crowwery
- W55-59 Felicia Bianchi
- M60-64 Mike Zoellner
- W65-69 Kathy Masterson
- M70-74 Van Barker
- M75-79 Jack Hardin

**5k**

- M18-24 Tyler Spencer
- W18-24 Anna Newman
- W25-29 Lauren Minchew
- W30-34 Jodi Sinclair
- M35-39 Jonathan Hamilton
- W35-39 Allison Ware
- M40-44 Joe Wilson
- W40-44 Kimberly Leman
- M45-49 Eric Ledbetter
- W45-49 Gigi Gill
- M50-54 Andrew Klenzak
- W50-54 Gayla Chalmers
- W55-59 Hillary Cohen
- M60-64 Pat Eddy
- M65-59 Gary Kessler
- W65-69 Dodi Thomas
- M70-74 John Zeigler

For complete results, go to the ‘Meet Results’ section on the Georgia Masters website. Thanks to **Rob Copeland** for all his hard work in this event!

**Other News**

**Swimmer Profile – Muriel Cochran**

By Elaine Krugman

*Editor’s note: Following my interview with Muriel and writing this profile, Muriel left the YMCA. In an e-mail, she said, “I quit the YMCA to assist my parents and son (in LaGrange, Georgia). Muriel has relocated to LaGrange and hopes to start a Masters team there once she gets settled. She added, “I do plan to continue swimming and hope the Grayfins [team] continues to grow.”*

*Muriel, best wishes to you and your family!*



Muriel Cochran is a competitive swimmer I hadn’t crossed paths with at meets until I aged up to her 55-59 age group last year. It wasn’t until she started coaching the newly-formed Northwest YMCA Grayfins Swim Team, that I noticed Muriel and her new teammates together on deck. Even when I aged up, we were racing different events, so we never even had a behind-the-blocks chat before a race. I took notice, however, when I looked at the race results at more recent meets.

I also took notice when my buddy, **Mark Rogers**, left the Killer Whales to train and compete with Muriel's swim team. What was the draw?

Although Muriel is a new Masters coach and earned her Masters coaching credentials (along with Mark Rogers) in September 2016, she has done a great job growing her YMCA Masters program, in Kennesaw. The passion and commitment she brings to the pool each practice has inspired 23 swimmers to join USMS this year.

The Grayfins, which offers free workouts and coaching for Northwest YMCA members, evolved from adult swim lessons she was teaching at the "Y." Management told her they wanted to start a Masters group and asked if she would be their coach. "I realized I love coaching swimming. I was teaching beginners how to swim. The neatest accomplishment is to watch someone who cannot swim a 25 [yards] to swimming a sprint and swimming open water," Muriel said about her decision to take on the project. She had been teaching swimming at the "Y" for fifteen years and coached triathlon from 2010 – 2013. Feeling a bit burned out with triathlon coaching, this was a new challenge that she felt inspired to take on. "It was a new start. I had never coached [pool] swimming. Coaching for open water is completely different from coaching for swimming. I always wanted to be an assistant coach. I had to figure all of this out—how to do it," the new Masters coach added about her challenge.

Having been a coached Masters swimmer herself, on and off since first joining Masters in Chattanooga, in 1988, Muriel at least had experience from a swimmer's perspective. Her mom, USMS member **Rocio Lancaster**, was (and still is) an avid swimmer who inspired her to swim, so Muriel swam most of her life. (Editor's note: read about her mother - <https://m.lagrangenews.com/2017/07/09/lagrange-swimmer-brings-home-the-medals/>). Muriel began as a summer league swimmer as a child, and then

swam year-around with USA Swimming at the age of 13. She had to quit when the family moved, but she returned to swimming in the 1980's, competing in relay triathlons.

About her return to competitive swimming, Muriel said that she decided to return "...for the love of it. For me, I had to have a goal. I just can't go swim and do hard workouts unless I have a something to go for. Granted, meets drive me nuts; they tear up my stomach, and I get real nervous; but, I'm learning not to be that competitive anymore— that I don't have to win. It's just for the fun of it."

Although Muriel swims for the love and fun of it (and encourages her Grayfin swimmers to do the same), she does set a good example for her team by training hard herself, when she is able to get to the pool. Since she coaches her team from the deck, her workouts take place elsewhere. "I started swimming with **Ryan Bried** and Ace Aquatic Club, because the coach needs a coach. For a while I was really disciplined, and I could make myself swim 4,000 to 5,000 yards, four or five times a week. Now I can't. I have way too many reasons of why I can't," Muriel said. Ideally, she is able to get in 3,400 – 4,500-yard workouts, four days per week with the Ace Masters team. In addition, she lifts weights twice a week.

When it comes time for competition, Muriel coaches her team while also competing at meets herself. Asked about her favorite events, she said, "I like open water, because I can just set a pace and go; and, there is no wall to interrupt it. But, then again, I love swimming the different strokes. As far as distance, everything hurts, so I have no favorite one. I have no favorite event per se, but I always enter the 100 IM. It depends on what I feel like."

Asked what advice she has for those who would like to improve their race times at meets, Muriel replied, "What you practice is what you're going to

race. If you practice correctly, you will race correctly.”

She emphasizes this to her team at practices and gives them plenty of tools to help them achieve their goals. “Every week, I send out an email for my team on upcoming events, drills we will work on for that week. I have strokes of the month where we are just focusing on drills of that stroke, so they can improve...”

Muriel uses the app, [www.commitswimming.com](http://www.commitswimming.com) to send out her workouts, so her swimmers can keep track and add notes. In addition, she sends out YouTube links to stroke technique videos she recommends by Go Swim, Phlex Swim, Swim Science, The Race Club, and Swimming Skills NT. She doesn't recommend, however, that her swimmers necessarily emulate the swimmers in those videos. “Everybody's different. Your body is different from their body. I don't really want anybody to swim a certain style. I want them to swim the 1000 [freestyle] correct for their body, because sometimes you have to adjust to be able to swim. To be able to swim this long, you cannot be doing straight arm recovery like some of those Olympic 50's sprinters. You can't do that for any length of time without some type of injury happening. You have to adjust to what works for you... To prevent injuries, do a lot of drills, slow down, and really focus on what you're doing,” she explained.

What about those Georgia Masters members that don't compete but may be thinking of giving it a try? “I would say the best thing is to just go and experience a meet. Don't swim in it; just go see what it's like, because their biggest fear is what they will look like in a bathing suit. When they realize that there's all sorts of sizes and skill levels, it's like, ‘Oh, ok, I can do this.’ Muriel replied, adding “For my team, I gave them a taste of it. We hosted an unsanctioned meet. I encouraged all members to swim in it. When the meet was over, they realized what a Masters' meet was like,

hopefully they're thinking about it [for the future]... I think if you can get into an unsanctioned, hosted meet, you'll realize it's a lot more fun than what you think it is.”

Muriel is thrilled when her swimmers decide to compete. “[The experience since becoming a coach] has been the most rewarding one ever... When you just see people improve... it's a good thing. And then, when you see them go and compete in a race, it's awesome! Every time I have had a swimmer who has decided to cross that line, and dive into racing at a Masters meet; that is a memorable and happy moment for me.”

Equally as thrilling for Coach Muriel, though, is seeing an adult break through their fear of the water, make the decision to learn how to swim, and then succeed. As she explained about one of her swimmers, “**Tina Carwile**, when I first met her, she was one of the first participants (in a day-time adult swim class). She confessed to me that when she was little, girls had held her underwater; so, she had been terrified of the water ever since. Two weeks ago, she swam 2,000 yards! She has overcome that fear of the deep end, and she is starting to learn the butterfly. Every lady that's in that (beginning) level just inspires me. They overcame a fear of the water, they walked out on the deck with their suit, and decided to blow bubbles.”

Summing up how Muriel feels about teaching swimming, coaching the Grayfins, and being involved with Masters, she says, “I think it's just the friendship and camaraderie. It's being with other people and enjoying what they're doing and what you're doing. It's very, very rewarding, and that's what I look forward to.”

“I'm with people that support each other, and they help each other. They have fun at practice. That's another thing I like about it. I don't like doing always the same stuff. I think that's the way of the world; it's variety, and they enjoy it. Anybody that

has come to this team has not been a mean person, or someone I wished had not joined... “It’s not about me; it’s about this team and showing people that swimming is a good sport to be in and it’s good for them. It’s a good environment.”

When Muriel looks at future hopes for her team, she wants them to experience more of what that “good environment” is all about. “My favorite (Masters) memory is doing the [Ft. Lauderdale] Nationals with that team out of Chattanooga. That was the most inspirational thing watching those 90-year-olds-- I think the oldest one at that time was 98—swimming. This is the epitome of swimming; you can do it all the time... “Once my son is out of high school, I will be going to Nationals [again]. My dream is to take enough swimmers to Masters Spring Nationals and do a relay.”

***Elaine’s Tip of the Month***

The first time I used my center-mount swimmer’s snorkel, my forehead started to hurt from the hard mount after just a few laps. My (free!) hack resolved the problem.

Take a piece of thin packing foam, fold it to fit across your forehead, and tuck it under your swim cap where the mount would normally sit across your head. Problem solved!



***Thinking of a Summer Job in 2019?***



On July 3, the Washington Post published an article entitled, “Why your pool’s lifeguard is more likely to be a senior citizen.” --

[https://wapo.st/2u3XRsf?tid=ss\\_mail&utm\\_term=.7427e465d8d6](https://wapo.st/2u3XRsf?tid=ss_mail&utm_term=.7427e465d8d6)

Even if you’re not up to lifeguarding at your stage in life, you’ll find this article not only very interesting, but very inspiring.

***Swimming Health - HABs***

Watch out for harmful algae blooms (HABs). With our hot weather, algae and cyanobacteria are more likely to overgrow in rivers, lakes and oceans. HABs can produce poisons that are dangerous to people, animals, and the environment. CDC has a website with helpful information and materials about HABs - <https://www.cdc.gov/habs/materials/index.html>



## Upcoming Events

August 2018			
<b>*25</b>	Georgia Aquatic Hall of Fame Dinner – Induction of Francine Williamson	<b>*26</b>	Swim Across America Open Water Clinic – Lake Lanier – 10:30am - Noon
September 2018			
<b>*8</b>	Southside Seals SCY Pentathlon entry included in newsletter contact <a href="mailto:rob_copeland@comcast.net">rob_copeland@comcast.net</a>	<b>*8</b>	Georgia Masters Annual Meeting - 3pm contact <a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>
<b>*9</b>	Swim Across American Open Water Clinic – Lake Lanier – 10:30am - Noon	<b>*22</b>	Swim Across American Open Water – Lake Lanier – <a href="http://www.swimacrossamerica.org">www.swimacrossamerica.org</a>
<b>26-30</b>	USMS Convention – Jacksonville, FL		
October 2018			
	LMSC Conference Call	<b>12-14</b>	Rowdy Gaines SCM Masters Classic – Orlando, FL
<b>*28</b>	Collins Hill SCM Developmental Meet – tentative date		
November 2018			
	LMSC Conference Call	<b>3-4</b>	SCM – Sarasota, FL
<b>9-11</b>	Columbia, SC SCM	<b>17</b>	NAC Masters Sprinting Turkey Class – Nashville, TN
December 2018			
	LMSC Conference Call	<b>*2</b>	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](http://www.dixiezone.org/Meets.htm).

\*Dates in red are Georgia LMSC events.

Swim Websites	
ASL Silverking TRI-Masters	Swimasl.com
Athens Bulldog Swim Club	<a href="http://www.athensbulldogs.com">http://www.athensbulldogs.com</a>
Atlanta Rainbow Trout	<a href="https://www.atlantarainbowtrout.com">https://www.atlantarainbowtrout.com</a>
Atlanta Water Jocks	<a href="http://www.atlantawaterjocks.com">http://www.atlantawaterjocks.com</a>
Chastain Park Athletic Club	<a href="http://www.ChastainParkAthleticClub.org">www.ChastainParkAthleticClub.org</a>
Columbus Aquatic Club	<a href="http://www.swimhurricanes.com">http://www.swimhurricanes.com</a>
Concourse Athletic Club	<a href="http://wellbridge.com/concourse-athletic-club/sandy-springs">wellbridge.com/concourse-athletic-club/sandy-springs</a>
Cumming Waves Swim Team	<a href="http://www.cummingwaves.net">www.cummingwaves.net</a>
Decatur Family YMCA	<a href="http://ddy.ymcaatlanta.org">ddy.ymcaatlanta.org</a>
DeKalb Aquatics Masters	<a href="http://daqswim.com">http://daqswim.com</a>
Douglas County Stingrays	<a href="http://douglascountystingrays.org">douglascountystingrays.org</a>
Dynamo Swim Club Masters	<a href="http://dynamoswimclub.com">http://dynamoswimclub.com</a>
Fyns	<a href="http://www.fynsmasters.com">http://www.fynsmasters.com</a>
Great White Shark Aquatics	<a href="http://www.gwsaswim.com">www.gwsaswim.com</a>
John P. Thayer YMCA Masters Swim	<a href="http://Columbusymca.com">Columbusymca.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">http://www.stingraysswimming.com</a>
Swim Macon Masters	<a href="http://www.swimmacon.com">www.swimmacon.com</a>
Tidal Wave Masters Swimming	<a href="http://tidalwaveswimming.com">tidalwaveswimming.com</a>

Tidal Wave Masters Swimming	<a href="http://tidalwaveswimming.com">tidalwaveswimming.com</a>
Windy Hill Athletic Club Masters	<a href="http://www.midtown.com/windyhill">http://www.midtown.com/windyhill</a>
Georgia Masters Swimming	<a href="http://www.georgiamasters.org">www.georgiamasters.org</a>
USMS Dixie Zone	<a href="http://www.dixiezone.org/links.htm">www.dixiezone.org/links.htm</a>
USMS	<a href="http://www.USMS.org">www.USMS.org</a>

<b>GEORGIA CLUBS</b>			
<b>NAME</b>	<b>ABBR</b>	<b>CONTACT</b>	<b>EMAIL</b>
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
<b>GEORGIA SUPERTeam (GAJA)</b>			
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***

<b>Name</b>	<b>Title</b>	<b>Phone</b>	<b>Email</b>
Rob Copeland	Long Distance	(678) 817-1602	<a href="mailto:rob_copeland@comcast.net">rob_copeland@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>
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# 2018 Georgia Masters SouthSide Pentathlon Swim Meet

Saturday, September 8, 2018

Warm-ups 11:30 am Meet Starts 12:15 pm

Sanctioned by GA-LMSC for USMS, Inc.: Sanction # **458-S006**

Hosted by SouthSide Seals Swim Team and Smart Swimming

Meet Director – Rob Copeland

Meet Referee – TBD



- Facilities:** Steve Lundquist Aquatic Center 9045 Tara Boulevard , Jonesboro, GA 30236  
Indoor ten lane – 25 yard (1-2 lanes will be kept open at all times for warm-up/warm-down). Automatic electronic timing and scoreboard will be used. Deck space for 200+ swimmers, and spectators.
- The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.**
- Directions:** From Atlanta – Take I-75 South to Exit 235 (US 19/41 Tara Blvd). Follow Tara Blvd south past turnoff to US 54 (Fayetteville Rd and Quick Trip). Turn right at Justice Center Rd, just past Talmadge Pools (about 5.4 miles from I-75). The Harold Banke Justice Center is on the SW corner of Justice Center Rd and Tara Blvd. Follow the Aquatic Center signs then turn right into Aquatic Center parking area.
- Eligibility:** Open to all 2018 registered United States Masters Swimming (USMS) members 18 years or older as of September 8, 2018.
- Rules:** 2018 USMS rules apply.
- Entries:** Maximum of five individual events, plus two relays. You may enter any events you choose. However, to be eligible for one of the 3 pentathlons, you must enter as follows:  
Sprint Pentathlon – 50 Fly, 50 Back, 50 Breast, 50 Free, plus 100 IM  
Middle Distance Pentathlon – 100 Fly, 100 Back, 100 Breast, 100 Free, plus 200 IM  
Iron Man Pentathlon – 200 Fly, 200 Back, 200 Breast, 200 Free, plus 400 IM
- Deadline:** On-line entries close 11:59PM September 5<sup>th</sup>. Paper entries must be received by September 5<sup>th</sup>. Mail your entry form, copy of your 2018 USMS card, and check for \$35.00 payable to Karol Welling to:  
**Deck Entries** will be accepted up until the start of the meet, at a fee of \$40.00. Deck entrants will be seeded into open lanes of existing heats.
- Information:** Contact Rob Copeland – Phone: (404) 667-7902 E-Mail: [rob\\_copeland@comcast.net](mailto:rob_copeland@comcast.net)
- Seeding:** All events are pre-seeded and timed finals. Heats are seeded and swum from slowest to fastest, with men and women seeded together.
- Awards:** Awards for 1st through 3rd places by age group and men and women for individual events. Men and Women Pentathlon winners (lowest cumulative time for the 5 events) in each age group and for each Pentathlon distance (Sprint, Middle Distance & Iron Man) receive trophies!
- Fees:** \$35.00 - Individual event fees must accompany entries and are non-refundable. Make checks payable to Karol Welling. Deck entrant fees are \$40.00.
- Warm-Up:** The pool will be available for warm-up from 11:30 to 12:10 pm. Warm-up/warm-down lane(s) will be available during the entire meet. Diving permitted ONLY in designated 1-way sprint lanes.
- Relays:** Relay swimmers must be entered in at least one individual event. Relays will be deck entered. Relay entry forms will be provided and must be submitted 45 minutes before the relay event.
- Social:** A social gathering and the Georgia LMSC Annual Meeting will follow the meet. The social is free to all meet entrants and \$5.00 for each non-entrant. Last year, everyone had a great time, so don't miss out. Details will be available at the meet.

**Rob Copeland**  
**100 Grouse Point**  
**Fayetteville, GA 30215**

**On-line Entry:** [https://www.clubassistant.com/club/meet\\_information.cfm?c=2278&smid=10866](https://www.clubassistant.com/club/meet_information.cfm?c=2278&smid=10866)

**2018 Georgia Masters – SouthSide Pentathlon Swim Meet**  
*September 8, 2018*

First Name \_\_\_\_\_ Last \_\_\_\_\_  
 Gender \_\_\_\_\_  
 Date of Birth \_\_\_\_\_  
 USMS # \_\_\_\_\_  
 Club/Chapter \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 Telephone \_\_\_\_\_  
 E-Mail \_\_\_\_\_

**Georgia Masters’  
 membership will be  
 verified against our  
 registration files. All  
 other Masters please  
 attached a copy of your  
 2018 USMS Registration  
 Card HERE.**

**REMEMBER:**

- \_\_\_ Complete information above and attach USMS card (at right)
- or enter on-line at [https://www.clubassistant.com/club/meet\\_information.cfm?c=2278&smid=10866](https://www.clubassistant.com/club/meet_information.cfm?c=2278&smid=10866)
- \_\_\_ Sign and Date the Liability release (next page)
- \_\_\_ Include a check for \$35.00, payable to Karol Welling
- \_\_\_ Plus \$5.00 for each additional social attendee
- \_\_\_ Mail to Rob Copeland; 100 Grouse Point; Fayetteville, GA 30215

Event #	Distance	Stroke	Group	Seed Time (or NT)
1	200	Free	RELAY (Men/Women)	Deck Entered
2	400	IM	Iron Man	____:____.____
3	500	Free	Non-Pentathlon	____:____.____
4	100	Fly	Middle Distance	____:____.____
5	50	Back	Sprint	____:____.____
6	200	Free	Iron Man	____:____.____
7	200	IM	Middle Distance	____:____.____
8	50	Fly	Sprint	____:____.____
9	200	Breast	Iron Man	____:____.____
10	100	Free	Middle Distance	____:____.____
11	100	IM	Sprint	____:____.____
12	200	Free	RELAY Mixed	Deck Entered
13	200	Medley	RELAY (Men/Women)	Deck Entered
14	200	Back	Iron Man	____:____.____
15	100	Breast	Middle Distance	____:____.____
16	50	Free	Sprint	____:____.____
17	200	Fly	Iron Man	____:____.____
18	100	Back	Middle Distance	____:____.____
19	50	Breast	Sprint	____:____.____
20	200	Medley	RELAY Mixed	Deck Entered

- Circle the Event # and enter your yards seed time or NT for no time.
- Limit of five individual events.
- All Relays will be deck entered.
- Warm-up at 11:30 AM
- Meet starts at 12:15 PM
- Social and Georgia LMSC Annual Meeting immediately following the meet

**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/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed