



# Georgia Masters Newsletter

## Swimming in Georgia

### November 2018

#### Chair's Corner – While You Swim



Happy November! Wow, October just rushed by me it seems. I think the only real memory I have about this month is that for the first time, I felt really old. I know everyone reading this is laughing now. But just try to remember the first time you looked in the mirror and you felt old. It might have been around the age I am now. Well, here is the positive side about getting older: I am aging up this long course season. Whoop Whoop! What an amazing thing about getting older. When you're at the bottom of your age group again. Isn't it amazing that swimming gives us an outlet to turn all these memories into positive things? It took me a few days but then I decided getting older is something beautiful. And because of swimming, I cherish it even more. Yes, that knee and shoulder might be hurting more now, and I sure am more tired after each practice than I used to be, but at the end, it is all so worth it. Just keep in mind, "the older we get, the faster we were". And with that, keep on swimming Georgia swimming family!

Britta O'Leary

#### Don't Miss These Events

#### *St. Nicholas SCM Invitational December 2*

It's getting time to prepare for the Reindeer Relays! The annual St Nick SCM meet will be held on Sunday, December 2 at the Herb McAuley Aquatic Center at Georgia Tech. The meet is sponsored by the **Atlanta Rainbow Trout**. The meet info and entry are included in this newsletter.

Swimmers can enter by paper entries or online-entry deadline for both is **November 24** (at 11:59 pm for online entries).

Warmups are at 9:00am with a meet start of 10:00am. The 400m and 800m free will be deck seeded and require positive check-in. Note that both of these events are limited to the first 30 swimmers who enter (so distance swimmers, get your entries in soon!). Other guidelines for entering:

- If doing a paper entry, be sure to enclose a **copy of your USMS card** (this is required).
- Since this is a Georgia meet, GAJA swimmers should enter their workout group as their team, e.g., Dynamo swimmers would enter DYNA rather than GAJA.
- All relays are deck seeded. Deadline for relay entries are listed in the meet information.

This meet is the final event of the 2018 Georgia Grand Prix Series. For questions, contact the Meet Director, **Shayne Lastinger** at [shayne.lastinger@comcast.net](mailto:shayne.lastinger@comcast.net)

**USMS Fall Fitness Challenge –  
November 15-30**



The final event of the inaugural USMS Fall Fitness Challenge Series is the 1-mile swim. You can do this anytime between November 15-30. As with the previous events, this

can be done in any format, using any stroke. Coaches are encouraged to arrange one or more practice sessions during this time frame to allow swimmers to complete the 1-mile swim. It can also be done as a relay!

Entry is required before the event. To enter, go to the USMS website ([www.usms.org](http://www.usms.org)): click ‘Events’ at the top of the page, then click ‘Fitness Events’, then click Smarty Pants Vitamins USMS Fitness Series on the left, and you can access the entry. All proceeds are used as a fundraiser for the Swimming Saves Lives Foundation. Let’s have a good Georgia turnout for this event! Remember that these Fitness Series events are also included as part of the 2018 Georgia Grand Prix Series.

**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. Nicks SCM Invitational

Swimmers who participated in the Pan Am Championships received 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**

**Collins Hill SCM Developmental Meet – October 28**



We had a nice turnout of 34 swimmers with numerous friends and family supporters in attendance for the annual Collins Hill SCM Developmental Meet.

This included a combination of veteran swimmers as well as many who were attending their first Masters meet; swimmers ranged in age from 21 to 82.

The meet was hosted by the **Georgia Killer Whales**. Georgia teams represented included: Andrew & Walter Young YMCA (AWYY), hosts Georgia Killer Whales (GMKW), Marietta Stingrays (RAYS), Hilton Head Masters (SCHH), and Spartan Aquatic Masters Club (SAMC). Meet results are posted on the Georgia Masters website.

Thanks to the many volunteers who helped to put on the meet.

- Officials - **Ed Saltzman, Harry Heath**
- Timers - **Marcela Chavez, Ken Kootz, Kat-I Morblue, David Morrill**

Hope many of these swimmers will also be at the St Nick meet on Dec 2!!

### The Rowdy Gaines Masters Classic

By John Zeigler



Georgia Masters placed 13th overall out of 53 teams at the Rowdy Gaines Masters Classic 10 SCM meet in Orlando on October 12-14.

Hurricane Michael did not affect the meet or travel that weekend. Georgia was represented by **Andy Dyer**, 60, Atlanta Water Jocks; **Ken Koontz**, 52, Life Time Swim-45; **Phil Donihe**, 35, Great White Sharks-45; and **Rebecca Hamilton**, 66, and **John Zeigler**, 73, of Georgia Masters.

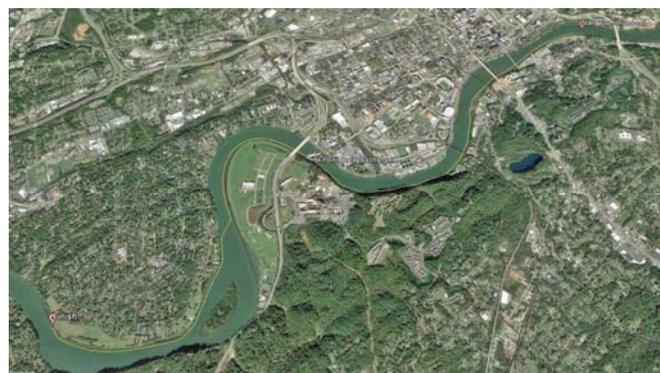
Rebecca Hamilton earned 206 points to win the 65-69 Female high point trophy placing 16th in team standings for women. John Zeigler won the 70-74 Men's high point trophy with 243 points for 16th place in the overall Men's division, Georgia was 13th in combined team standings out of 53 teams that included North Carolina, Southern Pacific, Alaska, Maryland, Los Angeles, Las Vegas, Woodlands of Texas, Stanford, New Jersey, and Virginia among others attracted to this short course meet.

### Marathon Swims

By Joe Hutto

Georgia Masters swimmers participated in two marathon swims. The [Bridges to Bluff](#) marathon was held on September 30 in Knoxville. They swam 6.2 miles down the Tennessee River. They

started by jumping off the Star of Knoxville Riverboat and into the Tennessee River and swam under five historic bridges, past Neyland stadium, the Knoxville skyline, then finish up by going by beautiful river bluffs and river banks lined with Antebellum homes. What a great swim!



Bridges to Bluff Swim

Swimmers from Georgia (<https://runscore.runsignup.com/Race/Results/66849/#resultSetId-131856>) included: **Valerie Teany** (2<sup>nd</sup> in her division), **Dwight Davis**, **Jason Butcher**, **Joe Hutto**, and **Diana Stillwagon**,



On October 12, the 9<sup>th</sup> Annual [Swim the Suck](#) was held. This 10.25 miler was sponsored by the Chattanooga Open Water Swimmers (yes, their abbreviation is COWS). They swam through the Tennessee River Gorge and finished at the Tennessee River Gardens.

Swimmers from Georgia included: (<http://www.itsyourrace.com/results.aspx?id=6476>) **Valerie Teany**, **Pat Eddy**, **Joe Fulton**, **Jeff Cashman**, **Stephen Feren**, **Teresa Carson**, **Heidi Potratz**, **Joe Hutto**, **Gayla Chalmers**, and **Sara Edwards**.

**Pat Eddy** (3:43- finished 4th in a field of 105 from over 30 states. **Valerie Teany** was 3rd @ 3:33 hours

**ERRATUM – Pentathlon Results**

Muriel Cochran swam the Sprint Pentathlon, not the middle distance. She was also surprised that she had won the Kerry O’Brien award. If you see her, remind her that she won that award. USMS initiated that award in 2008 with the goal of recognizing USMS coaches who are building membership in communities throughout the country. Please extend our congrats to her!

***Swim for Alligator Lighthouse***



In September **Swim Atlanta Sugarloaf Masters** sent two 4-person relay teams to the 8-mile Swim for Alligator Lighthouse in Islamorada, FL. This was our second time doing it. We competed in 2016 and last year we were planning on going until the hurricane hit. Our coed teams placed first and second in their division out of 28 teams! A total of about 300 people participated in this event, some as individuals and some as relays. The water is warm and beautiful but there are a few sections with jellyfish!

**Other News**

***Social Media***

By Maddie Sibilja



*Tweet! Ping! Bloop! Ding!* A New York Post study in 2017 found that Americans check their phones on average every 12 minutes, or 80 times a day, and receive 63.5 notifications per day on average. In a world of technology where users are becoming increasingly dependent on social media for news, updates, and community, we want to be a part of the conversation!

At the end of August, our Georgia LMSC embarked upon its social media journey, joining [Facebook](#), Instagram (@GeorgiaLMSC), and Twitter (@GeorgiaLMSC). Why is this a step we wanted to take? For starters, it aligns with two of our three strategic goals for the upcoming year:

retain existing members and acquire new membership.



Prior to these pages/accounts being created, there was no public platform to broadcast announcements, promote events, or celebrate accomplishments of our members at the drop of a hat. Social media allows us to do these things at regular intervals without cluttering anyone's email inbox, and it allows us to reach people outside of our current membership (which the [GAJA Facebook group](#) does not allow). Not only that, but celebrating accomplishments of our members and publicizing things that are important to them helps create a sense of community and support, which is exactly what we're aiming for!

In terms of acquiring new members, and especially in broadening our younger demographic, which is also a national goal for USMS, using social media is a no-brainer. This younger demographic is the most adept group when it comes to social media and technology, so showing them that we can cater to their lifestyle and integrate into their routine is important.

Going forward, the plan is to continue posting content relevant to our members' interests and to come up with new ways to utilize these public platforms. To do that, we need YOUR help! Let us know what you'd like to see posted on social media by [clicking here](#). Also be sure to check out

the [Georgia Masters group on Facebook](#) (look for Maddie's most recent post) for a Thanksgiving-related challenge in which you can say "thanks" to someone you're glad to have in your masters swimming community!

**(Editor's note:** Thanks Maddie for all that you do! We're very grateful for your contribution to Georgia Swimming.)

### ***USMS 2019 Registration***

You should be receiving a notification from USMS about renewing your membership for 2019. Clubs and workout groups need to be registered first before individual members can register, so club reps should be sure to have their clubs (or workout groups) registered quickly. You can find the forms at the [Georgia Masters website](#) by clicking 'Documents' on the left side. Clubs can also be registered online on the USMS website.

For individual registrations, you can register online (also on the USMS website) or send in a paper registration to our LMSC Registrar, **Andy Rettig**. Individual registrations can be found on our website. Members of clubs, workout groups can click 'Teams' on the left to find their specific registration, or click the generic or Unattached registration forms under the 'Documents' section.

The 2019 fee is \$55. This registration will be valid through December 31, 2019. Remember that your 2018 registration will expire this December 31, so go ahead and renew to be ready for the 2019 events!

For questions, contact Andy at [arettig@gmail.com](mailto:arettig@gmail.com)

**Swimmer Profile – Mark Rogers**

By Elaine Krugman



Matching yellow “Livestrong” bracelets. That was what caught my attention when Mark Rogers and I were warming up in neighboring lanes at the Marist Swim Meet, in 2011. “I like your bracelet!” I said to Mark, as I lifted up my arm to show him my identical wrist band. We have been buddies ever since, cheering each other on at the many swim meets we have competed at together over the past seven years.

Our swimming backgrounds prior to joining Masters were something else we had in common. Neither of us had swum competitively before joining our high school swim team, and we both

left the sport for many years before returning to the pool (It was 27 years for Mark and 31 for me).

A running injury was what led Mark back to swimming. “In my 40’s I tore and ruptured my Achilles tendon and had reconstructive surgery. I said that I was never running ever again. (In 2009), I ran into (Grayfins coach) **Muriel Cochran** at the Northwest YMCA, and she started my journey. I was walking into the Y and I saw her leading a swim class, and I thought I should do that. The next Saturday, I introduced myself and started my journey with her.” Mark explained.

It wasn’t long after his return, though, that Mark learned about U.S. Masters Swimming and joined. “I had never heard of Masters Swimming in my life. I was in class with Muriel, and a guy who I ended up training with swam at Georgia Southern when he was in college. He recommended I go to this meet—the St. Nick’s meet— in 2009. I had no idea what I was doing; I had no clue. I did the 1000 first, and I needed a counter. I asked this guy if he would count laps for me, and then he introduced me to **Walter Leen**. That’s when Walter recruited me.”

“When I was at that first meet at Georgia Tech, I won high points in my age group, not knowing what this was. I was really surprised that I was competitive at my age! I’ll be 53 this year. I’m not very fast, and sometimes it surprises me that I am able to do what I do.”

It took a while, though, before Mark got used to being a competitive swimmer again and diving off the blocks for his races like he used to do in high school. “When I got on the block the first couple of years, I would always say the same thing: ‘Dear God, don’t let me (mess) up!’ It took me a long time to get comfortable in competition. Now, my goal is to do the best that I can, and if it’s a meet that has awards or ribbons, I want to win,” Mark said, adding that he has another goal: “My hope is

to be 80 years old and still going off the blocks. I want to do this until I'm a shriveled up old man!"

That's a realistic goal, especially if Mark is able to continue managing a health issue that has become an obstacle on occasion – asthma. As he explained, "At the Y where I swim with Muriel, the air quality is not the best, and there are times I struggle. When I go to Auburn or wherever, I will leave the pool deck and go outside to get fresh air, because the chlorine gas will irritate my lungs. I have to manage what I do. Every once in a while, I'll forget, and my body will send me a signal. I have my inhaler with me on the deck, and I have to have it with me when I race. There were two meets where I was doing an event, and I had to stop. What happened was just so bad that I couldn't overcome it. Two years ago, I was doing the 400 IM at the Auburn meet, and I had an asthma attack during the butterfly portion of the event. I struggled to breathe. I finished – I wasn't very fast – and Muriel had to give me my inhaler. That was awful! I turned to do the last 25 of fly and all of a sudden, I died. I had a panic attack, and it freaked me out. Now, before a big meet, I go to my pulmonologist and make sure my lungs are ok," Mark explained about his condition.

Asthma doesn't keep this enthusiastic competitor out of the pool, though, and he has a solid training schedule to prepare for the long events he prefers racing at meets. In a typical week, Mark trains 3,000 – 4,500 yards per session during early morning workouts at a couple of different pools. "Being a school teacher, I can't leave the building and go train during the day. So, during the school year, I train on Tuesdays, Thursdays, and Fridays, 5:45-6:45, and then on Saturday and Sunday mornings. When school is not in session, I go six days a week." Two of those weekly sessions are coached by **Ryan Bried** at Ace Aquatic Club where Muriel also trains. In Summer, during long course season, he swims at Mountain View and is coached by **Pat Eddy**.

Mark has nothing but great things to say about all three of the coaches he trains with throughout the year, especially Muriel who he also took a Level 1 and Level 2 Masters coaching class with, in 2016. As he explained, "I had never really been coached in this sport; I had no idea what to expect. Muriel by far has been the biggest influence in my coaching life. She literally has saved my life. She has helped me as a swimmer, she has helped me at meets; it has led to competition and meeting great people. She introduced me to a world that I never knew existed, and I love competing; it's a blast! I really enjoy it. Ryan Bried, himself a very accomplished swimmer, has given me tips and has helped me to become a better swimmer."

About Pat Eddy, Mark said, "The great thing about Pat is that when he talks to you, and he's giving you advice and encouraging, he's always just focusing on you and the things you are doing. He's so great in that way. Even when he's telling you what you can do better, he's doing it in such a positive and encouraging way."

Muriel, Ryan, and Pat have also helped Mark to become a better swim coach at the high school where he teaches. "I have taken what they have shown and taught me, and I apply it to my high school swimmers. I write up the workouts for the team, and I always try and think about what Muriel, Pat, or Ryan, have said. I try to give lessons on what they have taught me," Mark said, adding that when he is assigned drills at workouts that work well for him, he's enthusiastic about sharing them with his high school swimmers.

"I love being a high school coach. I love my kids. This is my fourth sport that I have coached in all of the 25 years I've been a teacher and a coach, but swimming is the one I really like, and the sport I do competitively. It is very enjoyable. There's this one young lady. When she started three years ago, she had almost no confidence. She was really a timid kid. She's now a junior, and I teach her in

class. She has come a long way and has gained confidence. It's cool to see a kid grow up."

In addition to Mark's love of coaching high school swimming, his nine years in Masters as a competitive swimmer has been a wonderful experience for him. Describing what he likes most about it, Mark said, "When it comes to the swim meets themselves, it's the people you meet. I've been pleasantly surprised that a lot of people are really nice to each other, so I really enjoy that. I enjoy the competition part. I love swimming and competing, but it's the social aspect of getting to know people. We all get along really well."

In addition to the people, Mark likes winning those medals. "I should give a shout-out to Walter (Leen). He helped me figure out [what events to swim to win medals]. I got two Top Ten medals at (2011 Summer Nationals at Auburn), because Walter recommended what I should do to get a medal."

As it turned out, it was at that meet that Mark looks back on as his favorite Masters memory. "What was really neat was that my father was there, and he used to drive me at 5:30 AM to swim practice in Chicago to the high school I attended (New Trier East), in the dead of winter. And, upon getting an extra medal, I got to give that medal to my father. It was really cool. He kind of teared up a little bit," Mark shared.

The other favorite memory of that meet was the surprise Mark got from his family. "I got up on the blocks to do an event, I looked up, and my wife and kids were holding cards, 'Go Mark!' and 'Yay, Dad!' Mark laughed, and then added in a more serious tone, "My wife, Cindy, is the center of my life, and she has done a lot for me; more than just swimming and letting me do what I do. She means everything to me."

## *Elaine's Tip of the Month*

When you purchase your next pair of "anti-fog" goggles, don't get your hopes up about that "anti-fog" feature. It won't last. Trust me. No matter how well you care for your goggles, the anti-fog coating will be very short-lived.

There are anti-fog sprays and towelettes on the market; however, a small bottle can cost anywhere from \$4.00 on up to over \$10.00. Towelettes will run you about \$1.00 each.

Save yourself some money by using an empty (and clean) travel-size hairspray bottle filled with your own anti-fog spray. The recipe: 1 oz. of water, 1 oz. of rubbing alcohol (which you can also use for homemade ear drop solution\*), and a drop or two of Johnson's Baby Shampoo. (Several swimmers I know swear by Johnson's brand and say knock-offs don't work as well.)

The rubbing alcohol and baby shampoo combined will cost less than one of the more expensive brands of anti-fog spray, and it will much longer!

Before you swim, spray inside each goggle lens and spread the spray around with your finger to make sure the entire lens is coated. Next, give it a very quick rinse under the sink using just enough water to get the excess spray out. Let the goggles dry while you do your warm-up exercises on deck.

Alternatively, you can do these steps the night before your workout, so your goggles will be ready to use when you arrive to the pool.

To make your goggles last longer, always rinse them in fresh water following each workout, and wipe dry with a soft towel (or let air dry). To keep the lenses from getting scratched, store them in a goggle case.

\*Half white vinegar and half rubbing alcohol

## **Upcoming Events**

<b>November 2018</b>			
	LMSC Conference Call	<b>9-11</b>	Columbia, SC SCM
<b>10</b>	SCM – Pensacola, FL	<b>15-30</b>	USMS Fall Fitness Challenge – 1 mile swim
<b>17</b>	NAC Masters Sprinting Turkey Class – Nashville, TN		
<b>December 2018</b>			
	LMSC Conference Call	<b>1-2</b>	Dixie Zone SCM Championships – Coral Springs, FL
<b>*2</b>	St Nicholas SCM Invitational @ Georgia Tech (entry enclosed) – contact Shayne Lastinger at <a href="mailto:shayne.lastinger@comcast.net">shayne.lastinger@comcast.net</a>		
<b>January 2019</b>			
	LMSC Conference Call		USMS Hour Swim Postal Championship – January 1 through February 28
<b>19-20</b>	SCY – Charlotte, NC		
<b>February 2019</b>			
	LMSC Conference Call		Dixie Zone SCY Championships Auburn, AL
<b>*24</b>	W Gwinnett Park SCY Developmental Meet (tentative date)		
<b>March 2019</b>			
	LMSC Conference Call	<b>8-10</b>	SCY – Jupiter, FL
<b>16-17</b>	St Patrick’s Day SCY Invitational at Dynamo Swim Center		
<b>April 2019</b>			
	LMSC Conference Call	<b>11-14</b>	YMCA SCY Nationals – Orlando, FL
<b>13-14</b>	SCY – Cary, NC	<b>25-28</b>	USMS Spring SC Nationals – Mesa, AZ
<b>May 2019</b>			
	LMSC Conference Call		

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.

<b>Swim Websites</b>	
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 Stingreys	<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	Columbusymca.com
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_copland@comcast.net">rob_copland@comcast.net</a>
Pat Eddy	Member at Large	(614) 670-1108	<a href="mailto:pateddy52@aol.com">pateddy52@aol.com</a>
Donna Hooe	Coaches Chair	(912) 884-6456	<a href="mailto:rdhooe1@juno.com">rdhooe1@juno.com</a>
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David Morrill	Safety	(770) 862-2533	<a href="mailto:latycar@latycar.org">latycar@latycar.org</a>
Britta O'Leary	<b>LMSC Acting Chair</b>	(636) 295-3222	<a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>
Andy Rettig	LMSC Registrar	(678) 417-6411	<a href="mailto:arettig@gmail.com">arettig@gmail.com</a>
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Karol Welling	Secretary	(770) 631-9195	<a href="mailto:krw83@mindspring.com">krw83@mindspring.com</a>
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St. Nick's SCM Invitational  
GA Tech Campus Recreation Center (CRC)  
December 2, 2018

Hosted by: Atlanta Rainbow Trout

USMS

Sanction #: 458-S011

Meet Director: Shayne Lastinger

Date: December 2, 2018

**Time:** Sunday Warm-ups start at 9AM; Meet starts at 10AM.

**Facility:** Georgia Tech Campus Recreation Center (CRC). 10 Lanes, Short-Course Meters 10 Lanes for warm-up/warm-down continuously running through the meet. <http://www.crc.gatech.edu/aquatics/>

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, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

A separate warm up pool will be available throughout the meet.

**Address:** 750 Ferst Dr NW, Atlanta, GA 30318. Parking Available in lot across Ferst Drive from the Campus Recreation Center (CRC) or behind the CRC on Tech Parkway/Please pick up a parking pass inside the facility.

**Eligibility:** The meet is open to all persons 18 years and older as of December 2, 2018. **Your age group for competition shall be determined by your age as of December 31, 2018.** USMS REGISTRATION IS REQUIRED. If you are not registered, your application can be accepted at the meet. **Please include a copy of your USMS card with your registration.**

**Events:** Swimmers may enter up to 5 individual events per day and 3 relays.

**Awards:** Ribbons will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places. Individual High point winners will receive an award.

**Timing:** Touchpads/electronic timing with hand/stopwatch backup. Times will count toward USMS Records and Top Ten.

**Scoring:** Top eight finishers will score as follows: 20, 17, 16, 15, 14, 13, 12, 11 for Individual events and 40, 34, 32, 30, 28, 26, 24, 22 for relays.

**Fees:** \$40 covers facility and meet costs.

**Seeding:** All events except for the 400 Free and 800 Free will be seeded in advance and slowest to fastest. The 400 & 800 Free will be seeded slowest to fastest and only after positive check-in has expired. Men and Women will be seeded together based on time. **The 400 and 800 Free will be limited to the first 30 entries.**

Relays will be deck-seeded and relay heat/lane assignments posted at the meet. Psych sheets will be posted at [www.georgiamasters.org](http://www.georgiamasters.org) around November 27th (depending on the number of late entries being processed).

**Relays:** Entries for the 200 free relay will be due at 9:30 AM. All other relay entries will be due at noon and will be announced at the meet.

**Entry deadline:** Paper entries must be received by Saturday, November 24th. Mailed entries received after that date will be assessed a \$10 late fee. No new heats will be created to accommodate late entries.

ENTER ONLINE at [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=2176&smid=10924](https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=10924) until November 24th at 11:59PM. No late fee with online registration!



St. Nick's SCM Invitational  
 GA Tech Campus Recreation Center (CRC)  
 December 2, 2018

**Include a copy of your USMS Card!**

Last Name:		First Name:		Middle Initial:
Date of birth:	USMS#:	Team/Club Affiliation (NOT GAJA):		
Gender:	Email address:			

Circle the event number and provide your best Short-Course Meter (25M) time for each event you plan to enter. No deck entries will be accepted for Individual events. Maximum of 5 individual events per day. **400 & 800 Free limited to the first 30 entries.**

Warm ups 9 AM; Meet Starts 10AM					
#	EVENT	Time (00:00:00)	#	EVENT	Time (00:00:00)
1	800 Free		13	100 Back	
2	400 IM		14	50 Fly	
3	Women 200 Free Relay		15	200 Free	
4	Men 200 Free Relay		16	100 Breast	
5	Mixed 200 Free Relay		17	200 Fly	
6	50 Breast		18	50 Free	
7	100 Free		19	200 Back	
8	100 Fly		20	100 IM	
9	50 Back		21	Women 200 Medley Relay	
10	200 Breaststroke		22	Men 200 Medley Relay	
11	200 IM		23	Mixed 200 Medley Relay	
12	Exhibition Reindeer Relay		24	400 Free	

**Payment Info:**  
**Meet Entry Fee:**  
 \$40.00

Make Checks Payable to: **Atlanta Rainbow Trout**  
**Mail to:** Sean McGaha, 531 Wimbledon Rd NE, Atlanta, GA 30324

**Paper Entry must be received by Saturday, November 24<sup>th</sup>.**

Online entry: [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=2176&smid=10924](https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=10924)

Questions? Email [Shayne.lastinger@comcast.net](mailto:Shayne.lastinger@comcast.net)

**Must sign USMS Liability Release on Back of Entry**



### 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