



# Georgia Masters Newsletter

## Swimming in Georgia

### January 2019

#### Chair's Corner – Happy New Year!!!



I hope everyone started their new year in a great way. I finished 2018 with Dynamo's New Year 10k swim. We started at 3:30am! I am so glad this only happens once every 12 months. With the New

Year usually comes new or revised goals. I sat down yesterday to flush out personal and professional goals. At the end, I noticed that I had not one swimming goal on my list. I quickly changed that and decided to finally take this year to learn the back to breast flip turn. Any coaches out there that want to teach an old dog a new trick? Contact me!

2019 has so much to look forward to, make sure you make the most out of it in and out of the pool. Your LMSC is here to make sure to keep improving your master swimming experience. Please let us know if you have any questions or comments. We always love to hear from you!

Britta O'Leary

#### Top Ten New Years

##### Resolutions from January 2000

- ☺ 3,000 yds/workout, 5 days a week!
- ☺ Add running, weights, etc. to my weekly routine.

- ☺ Lose 30 (or fill in the blank) pounds.
- ☺ Break that time in the 200 back I set in 1971.
- ☺ Complete a workout without modifying the coach's instructions.
- ☺ Keep my hands on my side of the lane line at all times.
- ☺ Do the entire open water series this season.
- ☺ Swim breast stroke in at least one meet.
- ☺ More distance per stroke!
- ☺ Complete the Georgia Grand Prix - whatever it is!

**Editor's note:** I found this set of resolutions in the Y2K newsletter (we got through that scare without a hitch).

I'd like to hear from you if you did a special swim for New Year's. I've already heard of one swim that no one will be able to duplicate. I think this swim surpassed Britta's 3:30am swim! Pat Eddy swam 62x200's!!!

#### Don't Miss These Events

Make a splash into the SCY season with these upcoming Georgia meets:

- February 24 – W. Gwinnett SCY Developmental meet
- March 16-17 – St. Pat's SCY Invitational at Dynamo
- April TBD – ART Spring Splash at Georgia Tech

### W Gwinnett Park SCY February 24

The annual West Gwinnett Park SCY Developmental Meet is our first Georgia 10 lane SCY facility in Norcross. Directions are included on the meet info page.

Warmups are at 9:00am with the meet start scheduled for 9:30am. The meet should be finished by noon. As a developmental meet, this provides a great opportunity to get in some practice SCY times for future meets (such as the St Pat meet in March). This meet is also a wonderful platform for those swimmers new to Masters or returning after a long absence to try competition in a low key low stress environment. We even have 25 yard events, for those who like their races really short! Handheld watches are used for timing.

This meet is sponsored by the **Georgia Killer Whales**. Meet info and entry are included in this newsletter and can also be easily accessed on the Georgia Masters website at [www.georgiamasters.org](http://www.georgiamasters.org). For questions, contact meet director **Lisa Watson** at [lisa.watson@ung.edu](mailto:lisa.watson@ung.edu).

### USMS Winter Fitness Challenge: 30 Minute Swim



This is the 2<sup>nd</sup> year of the popular USMS Fitness Challenge Series. This event is open to everyone, but especially geared to those who consider themselves strictly fitness swimmers. The only challenge is simply to complete the event, which in this case is a 30 minute swim done in any manner (can do any stroke). The entry fee goes to help the Swimming Saves Lives Foundation.

The Winter Fitness Challenge can be completed any time between Feb 15 -28, but swimmers can enter the event even before that and up until Feb 28. Just go to the USMS website at [www.usms.org](http://www.usms.org) and click 'Fitness' to find out how to enter the event. Let's see how many Georgia swimmers we can get to enter this event!

### ST Pat SCY – March 16&17



The annual St Patrick's Day SCY Invitational will take place at Dynamo Swim Center on March 16&17.

Meet info can be accessed on the Georgia Masters website at [www.georgiamasters.org](http://www.georgiamasters.org) and is also included in this newsletter.

Swimmers can enter by online or paper entry- just go to the Georgia Masters website to enter online (click on 'Meet Schedule', scroll down to March, and click on 'Online Entry')- online entry deadline is March 14 at 11:59 PM. Paper entries are due by March 6- entries received later than that will be treated as deck entries.

Meet Schedule is as follows:

- Saturday, March 16 - Session I: 1000yd free; warmups 9:00am, meets starts at 9:45am
- Session 2 -- 30 min w/u following completion of 1000yd free (will not start before 10:30am)
- Sunday, March 17 -- warmups at 9:00am; meet starts at 10:00am.

Entry fee is \$40 for 1 day, \$60 for both days. This meet is sponsored by the **Dynamo Masters**. Meet Directors are **Sam Wilson** and **Maria Thrash**. If you have questions, contact either Sam at [Sam@Dynamoswimclub.com](mailto:Sam@Dynamoswimclub.com) or Maria at 404-374-3575.

This meet will be part of the 2019 Georgia Grand Prix.

## Meet Recaps

### *St. Nicks Recap*

On December 2, over 100 swimmers came together at Georgia Tech's McAuley Aquatic Center for the annual St. Nicholas Invitation. A big thank you to the Atlanta Rainbow Trout for hosting this short course meters meet every year.

This year saw a change in the event lineup where the reindeer relay was replaced by an 800 free relay, providing teams the opportunity to swim this rarely offered event to put in some great times for Georgia, Zone and National rankings.



The Olympic waters at Georgia Tech once again proved to be fast! An amazing 34 records were broken in total! Twenty on the women's side and 14 on the men's side. Congratulations to **Britta O'Leary** (W30-34), **Marianne Countryman** (W50-54), **Ann Colloton** (W50-54), **Dan Beatty** (M50-54), **Michael Soderlund** (M55-59), **Jennifer Almand** (W60-64), **Ginger Penn** (W60-64), **Ellen Brigga** (W65-69), **Ted Hammond** (M65-69), **Jay Scovill** (M65-69), **Dodi Thomas** (W70-74), **Joe Reid** (M70-74), **Sally Newell**

(W80-84), and the two 160+ women's relays from AWJ for adding their names in the record books!



The fight for individual high point trophies was on all day as swimmers were earning points in every race. Congratulations to all swimmers. It was so fun to see everyone leaving their best in the pool.

### *South Carolina SCM Championships*

The Columbia, South Carolina SCM Championships were November 9-11, 2018. Georgia Masters won 2<sup>nd</sup> in the out of state results. Swimmers from SC, NC, TN, FL, Maryland, Colorado, and Minnesota joined Georgia Masters, totaling 19 teams, 3 unattached swimmers, swimming 1028 races. **Irwin Stolz**, **Sally Newell**, **Rebecca Hamilton**, and **Sue Ottosen** won individual high point trophies for their age groups. **Andy Dyer**, Atlanta Water Jocks, **Amy Bartholomew-Koepp** of Cummings, Georgia, swimming for Sun City Hilton Head Masters, **Roger Beardsmore**, GAJA until 2015, now Palmetto Masters, and **Laurel Davis**, age 23, unattached with Georgia, joined **John Zeigler**, **Hal Stolz**, and **Judith Haase**, swimming over the three days.



**Go the Distance 2018 Results**



Our Georgia LMSC had 70 swimmers participate in the USMS Go The

Distance Fitness event for 2018, for a total of 17,109 miles. Congratulations to all swimmers and special kudos to the following top males and females

**Male**

Chris Greene	1,795.06 miles
Pat Eddy	1,184.29 miles
John Zeigler	874.47 miles

**Females**

Melissa Massey	759.44 miles
Marianne Countryman	571.27 miles
Stephanie Lemmons	542.69 miles

Awards for these top swimmers will be given out at the upcoming St Patrick's Day meet at Dynamo on Saturday, March 16.

Following is the list of each of our Georgia participants in this event:

**AWJ (Atlanta Water Jocks)**

James Breen	315.20 miles
MA Countryman	571.27 2 <sup>nd</sup>
Malena Hankins	487.14
Heidi Natkin	376.02
Britta O'Leary	248.35

**CONC (Concourse)**

Andrew Perry	92.45
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**DAQM (DeKalb Aquatic Masters)**

Peter Wechsler	76.32
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**GAJA (Georgia)**

Stephen Addcox	454.57
Claire Bacon	161.62
Linda Burkhead	73.22
Andrew Catanese	12.33
Anna Catanese	447.59
Gayla Chalmers	394.77
Herb Chuven	67.95
Rob Copeland	160.00

Carol Cunningham	162.45
Craig Current	234.66
Karen Doty	147.62
Bill Dudley	67.20
Pat Eddy	1,184.29 2 <sup>nd</sup>
Christopher Gay	7.77
Elizabeth Giesecking	186.99
Chris Greene	1,795.06 1 <sup>st</sup>
Ashley Grindley	7.98
Marilyn Hall	165.78
Chris Hartley	50.26
Robin Hoy	86.32
Joe Hutto	365.05
Barbara Ingold	200.40
Cathy Jones	329.78
Sarah Kelly	6.07
Jackie Kendinger	1.42
Andy Klenzak	334.81
Russell Kozlosky	120.17
Elaine Krugman	316.28
Stephanie Lemmons	542.69 3 <sup>rd</sup>
Bill Lotz	420.45
Condit Lotz	299.94
Melissa Massey	759.44 1 <sup>st</sup>
Pam McClure	363.25
Doug Michalke	66.93
Ramon Plowden	478.98
Joseph Sebestyen	.85
Mike Slotnick	74.49
Mike Stille	135.32
Beth Sutton	134.05
Ruth Van Buskirk	60.00
Lisa Watson	420.18
Brian Yetter	54.90
John Zeigler	874.47 3 <sup>rd</sup>
<b>HURM (Columbus Aquatic Club)</b>	
Melinda Gilbert	11.88
Amy Harkness	106.90
<b>UC45 (Unattached- Georgia)</b>	
Celine Cabana	182.13
Stacy Fox	326.05
Natalie Oskvarek	8.30
Rupesh Patel	27.80
Nathaniel Pieper	100.23
Thomas Rentschler	104.61

WCY6

Donna Guest	140.47
Muriel Lancaster	274.38
Lauren Minchew	153.96
Mark Rogers	344.57
<b>WHA (Windy Hill Aquatic Club)</b>	
Wendy Collins	169.43
<b>YGF (Northwest Y Grayfins)</b>	
Amee Gibson	222.24

Now that we are starting 2019, let’s see how many Georgia swimmers we can get in Go the Distance for this year! So easy to enter- just to the USMS website at [www.usms.org](http://www.usms.org) and click ‘Fitness Events’, then ‘Go the Distance’. You’ll find it to be a great incentive for getting more mileage in your workouts!

Other News

USMS 2019 Registration



If you have not yet renewed your USMS registration, be sure to do so as soon as possible- your 2018 registration has now expired. You can either register online on the USMS website or use a paper entry, which can be accessed from our Georgia Masters website. Just click on ‘Teams’ on the left hand side and it will pull up your particular club’s registration form. There is also a generic form that can be accessed under the ‘Documents’ section, also on the left side of the website.

For questions, please contact our temporary LMSC Registrar **Bill Lotz** (taking over for **Andy Rettig** who has had a work change that has taken up all his free time). Bill can be contacted at [blotz@mindspring.com](mailto:blotz@mindspring.com) or 404/261-1901. Thanks

to Bill for stepping in. He certainly knows his registration stuff, having served previously as our LMSC Registrar for 33 years!

Swimmer Profile – Margo Schneider

By Elaine Krugman



Although Margo Schneider has swum for fitness and recreation all of her life, the only competitive pool swimming experience she had before joining Masters was during high school, when she swam on a YMCA team in Chicago. She brought plenty of competitive open water swimming experience with her to Masters, though. In 1983, at the age of 35, Margo started competing in triathlons and had quite a successful career before retiring as a professional triathlete in 2004. Throughout her twenty-one years in the sport, she competed in

over 100 triathlons, including four ironman's and seven world championships. At age 40, Margo became a Qualified Elite Master triathlete and won prize money competing in Olympic-length triathlons (which consist of a one-mile swim, 25-mile bike race, and 10-kilometer run). The highlight of this triathlete's career was breaking her age group record in the 1987 Ironman Canada.

After retiring as a triathlete, Margo returned to swimming just for fitness until 2010, when the competitive spirit inspired her to join U.S. Masters Swimming at the age of 62. At her first Masters swim meet, which was a developmental meet, she entered the backstroke events and discovered she had a natural talent for the stroke. That became Margo's preferred competitive stroke, and she has swum her way into the Top 10 rankings in her age group. Just this past year, she ranked 3<sup>rd</sup> in the country in the 50 and 100 short course meter backstroke as well as in the 100 long course backstroke, in the 70-74 age group. (Margo also ranked 4<sup>th</sup> in the 200 backstroke and placed in the Top Ten in 50 and 100-meter freestyle.) In all, since 2010, this sprinter has achieved 24 individual and 12 relay Top Ten rankings.

None of those Top Ten achievements can match Margo's favorite memory of competing at the 2011 Summer Nationals, though. "It was my first Nationals at Auburn, Alabama. It was really kind of exciting for me. I took first place in the 100 meter backstroke." And, that is what Margo enjoys most about Masters Swimming. "[I am] just trying to do my best and break some records for myself. That's all I try to do. I want to swim for something."

Although Margo's best event is the 100 backstroke, she is looking to mix it up a bit in 2019. "Right now, at the age of 70, I am really working on all my strokes and trying to improve them the best I can. Then, next year, what I am going to do is concentrate on one event (the 100 backstroke) and swim all of the different events I

have never swum before for fun. It's just that I have to have some fun now."

"I will be swimming for the rest of my life, because I had so many bike accidents in (triathlon) training, and one almost cost my life. I've lost a lot of friends from bike accidents, so now what I do is swim four times a week; and, on days I don't swim, I train on my Wind Trainer or Total Gym. I'm trying to keep all of my tendons and joints together!" she laughed.

Fortunately, Margo hasn't had any injuries due to swimming; however, she wasn't so fortunate in those bike accidents as a triathlete. She described one extremely scary one in particular: "I was doing a century ride in Florida, and I was riding with the pack (of riders), and the pack split. A woman drove her car in front of us, and I hit that car straight on. They said I was dead, so they airlifted me to the hospital. I just broke a wrist."

These days, Margo stays off the roads and opts to ride on the Wind Trainer, instead—much safer on those tendons and joints!

To round out her dryland training, Margo takes her two dogs on a morning hike near her Tiger, Georgia home before heading to the pool.

For her swim workout, Margo trains on her own and is self-coached, because there are no Masters teams in the Tiger area. In a typical one-hour session, she puts in about 2500 yards, all quality of mostly backstroke and freestyle. "I feel if I am going to do this the rest of my life, an hour is enough [swimming per session]," she said.

The downside of not having a coached workout, however, is not having somebody to watch your technique from up on deck. In particular, Margo said, "It's really difficult to know how well you're doing in your starts. Whether it's the backstroke or freestyle start; I would really like to have somebody coach me on that."

One self-coaching technique Margo uses to her benefit, though, is watching videos of the world's best swimmers. "I look at these Olympic swimmers and try to get a visual picture. I'm trying to get back to concentrating on my stroke and trying to better myself in [all of] my swim strokes" she explained.

When asked what advice she would give other solo swimmers, Margo replied, "I feel there are some swimmers that really need help on their swimming. They need to go back to their swimming lessons. They are swimming for swimming's sake, but they could really improve in the water. They should really start improving their strokes; not just being able to swim. That's what I believe. I think all swimmers should really be trying to improve themselves."

Margo puts in the hard work on improving her stroke technique with particular goals in mind. "I'm trying to beat my backstroke record. I have to make life a little bit more interesting in the pool," she said.

Although breaking her own backstroke records is Margo's primary swimming goal, she is also in the process of transitioning from sprint freestyle to the distance freestyle events. "I have always been a sprinter, but I am trying to change into more of a distance swimmer. I want to do different events that are longer."

For the time being, Margo is sticking to local competitions in pursuit of her goals. "I am always concentrating on my backstroke and setting my own records; so, I want to do quality meets such as Dynamo (St. Pat's meet); and, for long course, UGA or the one in Greenville, South Carolina are the best. My dogs are aging out, so I won't have them in a year or two, and I will be able to travel more; but, right now, I can't do anything really far just yet."

In the meantime, Margo is just happy staying safe off the roads and healthy in the pool. "I'm just blessed that I've got my health, and I just want to keep up my fitness... All in all, swimming helps me. Swimming is the best thing for me, and it's the best sport you could possibly be in. There are no injuries from swimming, and that's why I want to swim the rest of my life."

### ***Elaine's Tip of the Month***

Choosing a quality workout suit can be confusing for both women and men, considering the variety of brands and fabrics on the market. (I won't even get into the assortment of styles available!)

Over the eight years I have been a Masters swimmer, I have experimented with different suit brands and fabrics to test durability. I have kept track of my suit mileage online in my USMS Fitness Log, and I am hoping my results and tips will make your suit selection an easier process.

More important than which suit you select is how you care for it after each swim session. Always rinse it out thoroughly in cold water without detergent, squeeze the excess water out gently (or roll in a towel), and then hang it or lay flat on a drying rack. Never wash your suit in a washing machine or throw it in a dryer, if you want your suit to last!

In my (very unscientific experiment), I found overall that the longest-lasting fabric is a combination of polyester and PBT with no Lycra (Spandex). Speedo Endurance + suits are typically made with an equal percentage of each, whereas Tyr Durafast suits are 53% polyester and 47% PBT. Both companies claim the fabric lasts about twenty times longer than Lycra. Speedo says their fabric is highly resistant to fading, stretching, and degradation; Tyr touts their fabric as 100% chlorine and sun-resistant.



In addition to testing a variety of suits by Speedo and Tyr, I have tested several by Sporti, available at one of USMS's sponsors, [www.SwimOutlet.com](http://www.SwimOutlet.com).

Although the mileage was very close, the overall winner to date is the Speedo Endurance + coming in at 297 miles. (I tried to make it last past 300 miles; however, the seam in the rear blew out while I was bending over on deck at a cruise ship pool. Note to self: Do NOT bring an aging suit on vacation!)

Coming in second place was Tyr Durafast at 285 miles. Although the seams lasted longer, the elastic in the straps gave out. In the case of both suits, the fabric lasted longer than the stitching or elastic.

My Sporti suits of similar fabric have typically lasted about 225 miles—not as long; however, they are less expensive. (Sporti women's suits also run small.)

None of my nylon/Lycra suits have lasted nearly as long, giving out in less than 200 miles. The fabric is softer and shinier, however.

For the best prices, selection, and customer service. I have found Swim Outlet to be the best option. I check the site periodically for sales, and then purchase my suits in multiples to qualify for free shipping. Once you find a suit brand, style, and size you are happy with, I recommend doing the same, perhaps selecting different colors or prints for variety.

Happy shopping!

### **Swim Suit Disasters**



If you're on a tight budget and only need one-time use, a plastic bag will work (note: it's NOT recyclable)



Suggestion: next time, wear a wet suit.



Never wear an old suit to a meet!



## **Upcoming Events**

<b>January 2019</b>			
	USMS Hour Swim Postal Championship – January 1 through February 28	<b>19-20</b>	SCY – Charlotte, NC
<b>February 2019</b>			
	LMSC Conference Call	<b>15-28</b>	USMS Winter Fitness Challenge: 30 minute swim
<b>16-17</b>	Dixie Zone SCY Championships Auburn, AL	<b>*24</b>	W Gwinnett Park SCY Developmental Meet
<b>March 2019</b>			
	LMSC Conference Call	<b>9</b>	SCY – Suwanee, TN
<b>16-17</b>	St Patrick’s Day SCY Invitational at Dynamo Swim Center	<b>23-24</b>	SCY – St Petersburg, FL
<b>April 2019</b>			
	LMSC Conference Call	<b>TBD</b>	ART SCY Spring Splash @ Georgia Tech
<b>11-14</b>	YMCA SCY Nationals – Orlando, FL	<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 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 Gainesville	<a href="http://www.swimgainesville.com">www.swimgainesville.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
Swim Gainesville	SG	Joy Kelleher	<a href="mailto:joylohr@yahoo.com">joylohr@yahoo.com</a>
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net
Wade Walker sharks	WWYS	Avel Lai Leung	<a href="mailto:Avel-laileung@comcast.net">Avel-laileung@comcast.net</a>
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
Augusta Recreation and Parks Blue Tides	ARP	Barbara Ingold	arpbluetides@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	<a href="mailto:lisa.watson@gsc.edu">lisa.watson@gsc.edu</a>
Life Time Swim Alpharetta	ALPL	Ryan Moss	<a href="mailto:COCNAquaticsManager@lt.life">COCNAquaticsManager@lt.life</a>
Life Time Swim Atlanta	ATLL	Katie Payne	<a href="mailto:GAATAquaticsManager@lt.life">GAATAquaticsManager@lt.life</a>
Life Time Swim Johns Creek	JCL	Merrie Copeland	<a href="mailto:GAJCAquaticsManager@lt.life">GAJCAquaticsManager@lt.life</a>
Life Time Swim Sugarloaf	SUGL	William Breland	<a href="mailto:GASLAquaticsManager@lt.life">GASLAquaticsManager@lt.life</a>
Life Time Swim Woodstock	WSKL	Jonathan Sims	<a href="mailto:GAMBAquaticsManager@lt.life">GAMBAquaticsManager@lt.life</a>
Savannah Masters	SAVM	Donna Hooe	<a href="mailto:rdhooe1@juno.com">rdhooe1@juno.com</a>
Southside Seals	SSS	Rob Copeland	<a href="mailto:rob_copeland@comcast.net">rob_copeland@comcast.net</a>
Stingrays Masters	RAYS	Ian Goss	<a href="mailto:rayscoach@gmail.com">rayscoach@gmail.com</a>
Swim Atlanta Masters	SAMS	Scot Davis	<a href="mailto:sdavisswim1980@yahoo.com">sdavisswim1980@yahoo.com</a>
Swim Macon Masters	SMM	Tana Selby	<a href="mailto:tanatanas@bellsouth.net">tanatanas@bellsouth.net</a>
Tidal Wave Masters Swimming	TWMS	Andrew Baer	<a href="mailto:swimbaer@comcast.net">swimbaer@comcast.net</a>

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

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

***One Last Laugh!!!***

<https://www.facebook.com/homealone55/videos/2218220831779533/?t=4>





# Georgia Masters Swimming

## West Gwinnett Park Short Course Yards Developmental Meet

Sunday, February 24, 2019

Sanction No. **459-S002R**

Held Under the Sanction/Approval of USMS, Inc. & Georgia LMSC

**Time:** Sunday--Warm ups at 9:00 a.m. Meet begins at 9:30 a.m.

**Location:** West Gwinnett Park is an 8 lane 25 yard pool, and is located at the intersection of Peachtree Industrial Blvd and South Berkeley Lake Rd. From I-285, take the Peachtree Industrial Blvd exit going NORTH (away from Atlanta). Go 7.5 miles to S. Berkeley Lake Rd. The West Gwinnett pool is on the RIGHT corner. OR: from I-85, take Pleasant Hill exit going WEST (past Gwinnett Mall). Turn left on Peachtree Industrial Blvd. The 4th stoplight will be S Berkeley Lake Rd.

**This is a Category I Meet. Times will not count for Top Ten or Records.**

The pool will be on your LEFT. Here's the address:

West Gwinnett Park Aquatic Center  
4488 Peachtree Industrial Blvd  
Norcross, Ga 30071  
(678) 407-8801

**Eligibility:** The meet is open to all persons 18 years and older as of February 24, 2019. USMS REGISTRATION IS REQUIRED. If you are not registered, your application can be accepted at the meet. Be sure to include a copy of your USMS card with your entry.

**Events:** Swimmers may enter up to five events.

**Awards:** Ribbons will be awarded for 1st, 2nd, and 3rd places.

**Timing:** Hand-held stop watches will be used. Note: This is a Category I developmental meet – times will not count for Top Ten or Records.

**Fees:** \$18.00 for up to 5 events; \$2.00 surcharge for deck and late entries (received after February 22); \$1.00 surcharge for entries without 3 x 5 index cards. Make checks payable to GEORGIA MASTERS.

Mail to:

Lisa Watson

804 Howell Court

Duluth, Georgia 30096 Phone #: (770) 497-1901

[lisa.watson@ung.edu](mailto:lisa.watson@ung.edu)

**Entries:** Indicate events desired on the entry form--circle event # and provide seed time; use NT for No Time. Please fill out a 3 x 5 index card for each event entered. Include name, age, sex, event number/name, and seed time. EXAMPLE:

Bob Kohmescher	72
Event #: 6	1:48
100 yard breast	
(leave room for timers)	

**Seeding:** Entries received by February 22 will be seeded. Women's heats will precede men's heats. Sexes may be combined for some heats. NTs will be placed in slower heats, except for the 500 free, which is fast to slow.



# Georgia Masters Swimming

West Gwinnett Park Short Course Yards Developmental Meet

Sunday, February 24, 2019

## ENTRY FORM

Name	Sex	Age	DOB
Address		Cell/home phone	
City		State	Zip
USMS		Team	
E-mail			

SEED TIME	EVENT	SEED TIME	EVENT
	1. 500 yrd Free/400 Individual Medley.		9. 200 yrd Individual Medley
	2. 50 yrd Breastsroke		10. 50 yrd Butterfly
	3. 100 yrd Backstroke		11. 100 yrd Freestyle
	4. 200 yrd Butterfly		12. 200 yrd Breastroke
	5. 50 yrd Freestyle		13. 50 yrd Backstroke
	6. 100 yrd Breastroke		14. 100 Butterfly
	7. 200 yrd Backstroke		15. 100 yrd Individual Medley
	8. 25 yrd Choice		16. 200 yrd Freestyle
	MEDLEY RELAYS		FREESTYLE RELAYS

Circle event number and indicate seed time if known

**Fees** (Make checks payable to Georgia Masters)

ALL EVENTS	\$18.00
SURCHARGE – Late and Deck Entries \$2.00	
SURCHARGE- Did not use 3x5 cards \$2.00	
TOTAL AMOUNT ENCLOSED	



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. (“USMS”) allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities (“Event” or “Events”); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the “Agreement”);

- 1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
- 2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers (“Risks”). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
- 3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
- 4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the “Released Parties”), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys’ fees) of any kind or nature (“Liability”) which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
- 5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M    F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed





# St. Patrick's Day Invitational

March 16-17, 2019

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

## SANCTION

Sanctioned by Georgia LMSC for USMS: **459-S003**

## FACILITY

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

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

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

## RULES & ELIGIBILITY

Current USMS rules apply.

The event is open to USMS registered swimmers at least 18-years-of-age as of March 25<sup>th</sup> 2017.

**A copy of your 2019 USMS card must accompany your entry in order for it to be processed.**

## ENTRY DEADLINE

Paper entries must be received by Wed March 6<sup>th</sup>, 2019.

Entries received after this date will be handled as **deck entries**.

**Online entries close Thursday, March 14, 2019 - 11:59PM**

**Online Entries:** [https://www.clubassistant.com/club/meet\\_information.cfm?c=2396&smid=11219](https://www.clubassistant.com/club/meet_information.cfm?c=2396&smid=11219)

## ENTRIES

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

Events will be seeded as "Mixed Gender", by seed time.

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

## 1000 FREESTYLE SWIMMERS

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

## CLERK OF COURSE

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

## **FEES**

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

Deck entry add \$10.00 late fee.

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

**There will be NO REFUNDS.**

## **SEEDING**

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

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

## **MEET SCHEDULE**

### **Saturday: Session I:**

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

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

### **Saturday: Session II:**

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

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

### **Sunday:**

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

**Concessions:** Will NOT be offered at the meet

## **DIRECTIONS to POOL**

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

## **MEET DIRECTOR**

Sam Wilson- Sam@Dynamoswimclub.com

Maria Thrash - 404 374-3578

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

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

March 16-17, Atlanta, GA

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Birth date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

USMS# \_\_\_\_\_ Team\* \_\_\_\_\_ Team Abbreviation\* \_\_\_\_\_

**Your entry will not be processed without a copy of your 2019 USMS Registration Card.**

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

## Saturday

(circle)	Seed time	Event
1	_____	1000 Free
2	_____	200 Freestyle Relay-Women
3	_____	200 Freestyle Relay- Men
4	_____	200 Butterfly
5	_____	50 Freestyle
6	_____	200 Breaststroke
7	_____	100 Backstroke
8	_____	200 Freestyle
9	_____	50 Butterfly
10	_____	50 Breaststroke
11	_____	400 IM
12	_____	200 Free Relay-Mixed

## SUNDAY

(circle)	Seed time	Event
13	_____	500 Free
14	_____	200 Medley Relay-Women
15	_____	200 Medley Relay-Men
16	_____	200 IM
17	_____	50 Backstroke
18	_____	100 Freestyle
19	_____	100 Breaststroke
20	_____	100 Butterfly
21	_____	200 Backstroke
22	_____	100 IM
23	_____	200 Medley Relay-Mixed

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

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

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

### Fees

**One Day \$40.00**  
**Two Days \$60.00**  
**Deck Entry \$10.00 late fee added**

**No Refunds**

**Total Cost : \_\_\_\_\_**

**Make checks payable to: Dynamo Parents' Club**

**c/o Maria Thrash (cell) 404 374-3578**

**3119 Shallowford Rd**

**Atlanta Ga 30341**

**\*\*Entries without a copy of your 2019 USMS registration and signature will not be processed**

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



## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. (“USMS”) allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities (“Event” or “Events”); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the “Agreement”);

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
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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.
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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	