



Georgia Masters Newsletter

Swimming in Georgia

June 2019

Chair's Corner – June



What a fantastic short course season it was this year! We finished it out with a bang at the annual ART Spring Splash. Thank you to everyone that came out to participate and cheer. Most of you are now training long course, I call

that the real swimming, or started open water again in the lakes all around Georgia.

What I love about Masters swimming is how an activity brings so many people together. No matter if it is at a meet, like USMS Nationals in Mesa, or your Saturday group at the lake. My best friendships in town are from masters swimming. And if you know of anyone, age 18 and older, who just "needs" a new group of crazy friends, invite them to join a Masters practice somewhere around the state during "Try Masters Swimming Week" from June 1-10. It's a great way to have people get their feet wet and maybe find some new friends along the way. Check out usms.org for all the details.

I look forward to seeing many new faces on all pool decks around Georgia.

Happy summer and happy swimming everyone!
Britta

Don't Miss These Events

Lots of swimming opportunities for the last weekend in June (June 29 & 30), with the Georgia Games Open Water on June 29 and the annual Athens Bulldogs LC meet on June 30.

Georgia Games Open Water – June 29

The Georgia Games Open Water swim will be held on Saturday morning, June 29 at Lake Acworth. This open water event offers three separate open water races- and swimmers can either choose one or do multiple events.

- 5k- begins at 8:00am
- 3k- begins at 9:30am
- 1k- begins at 11:00am

Entry deadline is **June 14**. You can register on the Georgia Games website, which is www.georgiagames.org.

Woller Invitational/Georgia State LC Championships – June 30

The annual Ray Woller Bulldog LC Invitational will be held this year on Sunday afternoon, June 30 at the fantastic UGA natatorium in Athens. This meet will also be included as part of our 2019 Georgia Grand Prix series. This meet is sponsored by the **Athens Bulldogs** (ABSC).

Warmups are from 12:00 - 12:50pm, with a meet start of 1:00pm. All heats of individual events will be mixed heats based on time, with genders combined.

Swimmers can either enter online or with paper entries. Entry deadlines are:

- Online - June 27 at 11:59 pm
- Mailed entries - **received** by June 25 (must include copy of USMS registration)
- Deck entries will be accepted on the day of the meet until 12:30pm, only in available heats.

Info pages and entry form are included in this newsletter: they can also be easily accessed on our Georgia Masters website at www.georgiagames.org.

Since this is a Georgia meet, swimmers who are registered under the State team banner (GAJA) should enter their workout group as their club rather than GAJA.

Meet director is **Craig Page**. For questions, contact Craig at craigwpage@gmail.com.

New Developmental Meet This Summer!

We have added a new SCY developmental meet to our schedule - **Rockdale County Developmental Meet** on Sunday morning, August 25.

The Rockdale County Aquatic Center is an 8 lane, 25 yard indoor facility in Conyers. This meet will serve as a warm-up for the upcoming **Southside Seals SCY Pentathlon** on September 7. The Rockdale meet will be a good opportunity to get in those SCY practice times!

Warmups begin 9:00am and the meet starts at 9:30am. The meet should be finished by noon.

Thanks so much to **Tom McPike** for arranging this meet. We will have more specific info, along with

the info and entry form, available in the next newsletter. Mark your calendar for **August 25**.

Meet Recaps

USMS Spring Nationals Mesa, AZ April 25-28

Close to 2,000 swimmers attended the 2019 USMS Spring National Championships. Georgia was represented by the Atlanta Water Jocks (5 swimmers), Windy Hill Athletic Club (4 swimmers), GAJA (7 swimmers, including Ed Saltzman, who did a fantastic job officiating and making this meet happen), and unattached Dan Snyder.

The almost 100 degree heat and hot desert air was definitely a change from the humid and hot Atlanta weather, and made racing more challenging than usual.

Despite the conditions, Georgia swimmers collected a fantastic number of medals, that were awarded to 1st through 10th place for each age group.

Our swimmers brought home a combined 5 gold medals, 7 silver medals, 8 bronze medals, and 32 additional medals for 4th-10th place finished. WOW! Congratulations everyone!

Shout out to our new short course National Champions:

- Tara Buzelli (50-54) 100 fly
- Britta O'Leary (30-34) 50 breast, 200 breast, 100 IM
- Maddie Sibia (18-24) 1000 free

Spring Splash Recap – May 5

By Elaine Krugman

Swimmers representing 25 clubs from all over the Southeast celebrated Cinco de Mayo at Georgia Tech by competing in Atlanta Rainbow Trout’s Spring Splash. There were 95 swimmers in all, including several taking advantage of their last opportunity to make the USMS Top Ten Rankings before Short Course Yards season ends on May 31.



Lauren Minchew, Mark Rogers, Murial Lancaster, Rocio Lancaster, Dodi Thomas

Meet Director **Shayne Lastinger** had this to say about his first time running this meet: “On behalf of the Atlanta Rainbow Trout, we would like to thank everyone who participated in the Spring Splash Swim Meet on May 5th. A special thanks to everyone who volunteered to be back up timers. This was our first meet with a new President, and we hope that everyone had a great time. We look forward to hosting our annual St. Nick’s meet on Sunday, December 8th.”

Thanks to Shayne, all of the volunteers, and the officiating crew headed by **Ed Saltzman**, the meet ran smoothly and finished earlier than expected.

Congratulation to the following individual high points winners:

- Aniela Cheratvian (W18-24)
- Tyler Spencer (M18-24)

- Lauren Minchew (W25-29)
- Matt Jones (M25-29)
- Sharon Taylor (W30-34)
- Justin Morrison (M30-34)
- Patricia Campbell (W35-39)
- Nicholas Dietrich (M35-39)
- Kelly Godleski (W40-44)
- Wes Ostell (M40-44)
- Cathy Jones (W45-49)
- Jason James (M45-49)
- Pia Vanheyste (W50-54)
- Randy Marchman (M50-54)
- Lisa Updike (W55-59)
- Randy Russell (M55-59)
- Penny Noyes (W60-64)
- Pat Eddy (M60-64)
- Bitsy Aldrich (W65-69)
- Joe Hutto (M65-69)
- Dodi Thomas (W70-74)
- John Zeigler (M70-74)
- Sue Ottosen (W75-59)
- Russ Callen (M75-59)
- Herb Chuyen (M80-84)
- Rocio Lancaster (W85-89)



Linda Shaffer and Rebecca Hamilton



Pam McClure and Elaine Krugman

Tel Aviv Games

By David Faulkner

The first Tel Aviv Games were in 2017 and these were the second. It is a multisport competition for gay and lesbian athletes similar to the Gay Games but not as big. I traveled with ART swimmer Henry Griesbach who is 63 and I am 61. The swimming competition took place at Limmudit Swim Center close to Tel Aviv University. It is a 5-lane 25 meter pool. I won a gold medal in the 50 fly and a silver in the 50 breast. Henry won two gold medals, 200 breast and 100 IM, He also won a silver medal in the 100 breast & a bronze medal in the 50 free.

The competition took place on March 28-29. There was a delicious dinner for competitors at the GBLT Center located in a restored Bauhaus building in Golda Meir Park on King George street in city center Tel Aviv.

Henry and I did three guided walking tours. Once was in the city of Jaffa located on the Mediterranean Sea, South of Tel Aviv. A guided graffiti tour in Tel Aviv with explanations of the graffiti and artists who have become well known due to their artistry. We also did a guided gay and lesbian tour that explained the history of gay and

lesbian acceptance and the politics of diversity in Tel Aviv.

We were in Tel Aviv for six nights and then in Istanbul for 2 nights, returning to Atlanta on Tuesday, April 2nd. It was a great trip and the Tel Aviv swimming competition was a blast!

We flew to Tel Aviv on Turkish Airlines in and out of Boston. I highly recommend them if you are headed that way in the near future. Their staff in the airports and on board were super friendly, comfortable seating, excellent meal service and very competitive pricing to Tel Aviv. We did change planes in Istanbul on the way and no charge for a stopover in Istanbul on the way home since they want tourists to visit Turkey.

Other News

2019 Georgia Grand Prix

Here's the 2019 Grand Prix Series events:

- Feb 15-18 USMS Winter Fitness Challenge:
- Mar 16-17 St Patrick's Day SCY Invitational
- May 5 ART Spring Splash SCY
- June 30 Bulldog LC Invitational
- Jun 29 Georgia Games Open Water
- Jul 15-31 USMS Summer Fitness Challenge
- Sep 7 Southside Seals SCY Pentathlon
- Nov 15-30 USMS Fall Fitness Challenge
- Dec 8 St Nicholas SCM Invitational

Swimmer Profile – Chris Greene

By Elaine Krugman



If you participate in the Go the Distance (GTD) challenge each year like I do, you keep track of your daily swim yardage online in a Fitness Log (FLOG). As USMS describes the program, “GTD is a self-directed event intended to encourage Masters swimmers to regularly exercise and track their progress. There’s no time limit for the distance milestones, except that they must be achieved in the calendar year. Speed doesn’t count—just the effort to attain whatever goal you set for yourself.”

The most I have ever swum in a year was 454.28 miles in 2012, when I was 50. Chris Greene, on the other hand, swam 1,795.06 miles in 2018, and we are the same age! He didn’t just accomplish that goal in 2018; he also swam more than the highest GTD milestone of 1,500 miles each of the past five years. Since he started participating in the program, he has placed 3rd in the country and 1st in Georgia each year.

In order to put in that kind of annual mileage, you have to be dedicated, and Chris has been a dedicated swimmer since joining a YMCA age group team at the age of five. When he was fifteen, Chris was given the opportunity to attend Mercersburg Academy, an internationally known

prep school for swimming and academics. While attending the school, he was a member of relay teams that set a National Prep Relay record and two National Championships.

During the summer of 1979, before Chris’s senior year, he trained with a Ft. Lauderdale team to prepare him for his final high school season.

“My senior year at Mercersburg, I eventually narrowed my college choices to UC Santa Barbara and West Point, I clearly knew what I wanted. I chose West Point, but I found out pretty quickly that I wasn’t ready to grow up yet,” Chris said, adding that he discovered that the best place for him was swimming at Penn State, specializing in fly and the 400 IM.

Soon after graduating from Penn State, Chris joined USMS and started a Masters team at a Boston area YMCA. He also helped coach the youth swim team.

The last few years Chris has gotten away from pool racing and, as he described it, “...kind of fell into marathon swimming. I did open water swimming— the 10K’s and the 5K’s— and then I did a swim called the Rat Race in Chattanooga. A high school teammate of mine coaches and does that race. He told me about Swim the Suck (a 10-mile open-water swim in the Tennessee River Gorge), and that’s how it happened.” Chris had always enjoyed open-water swimming and had participated in the Clemson open-water swim for several years. When he competed in the Swim the Suck, in October of 2015, there were marathon swimming meet directors from all over the world promoting their events. Chris entered a drawing to participate in the S.C.A.R. event and learned his name was chosen for the four-day lake race in Arizona.

The race took place in four different lakes (Saguaro, Canyon, Apache, and Roosevelt) and totaled 41.5 miles, including a 10K night swim. On

the third day, a 17-mile swim, the headwinds were so strong that the kayak escorts couldn't keep up with the swimmers. The conditions were so turbulent that Chris was one of only nine finishers. "That was the hardest thing I have ever done, but I had so much fun." The avid swimmer enjoyed the experience so much that he returned two years later to compete again. Although his name wasn't chosen in the drawing, fellow Georgia Masters swimmer (and previous Swimmer Profile subject) Pat Eddy's name was drawn. As it turned out, Pat was unable to participate, so he spoke with the meet director and had his entry transferred to Chris.

"As soon as I finished my first S.C.A.R., I read about a race that Darren Miller was putting on in Pittsburgh. (Darren Miller was the first swimmer to complete the Oceans 7, a series of seven long-distance open-water swims that is considered marathon swimming's most difficult challenge.)" Chris explained that each swimmer had to be approved by Darren to participate in the race he was organizing. Three Rivers Marathon Swim, as it came to be known, is a 30K swim that raises money and gives 100% of the swim's profits to a local charity, the Forever Fund. Chris swam the race in 2015 and completed the course in 8:35:50.

In addition to those open-water events, Chris has swum in a race across Lake Tahoe, which straddles the state line between California and Nevada, one at Lake George, New York, and a race around Mercer Island, in Seattle.

Although Chris is considering other marathon swims to do in the future, including Swim Across the Sound, in Long Island, New York, he doesn't have his sights set on conquering the English Channel. As he explained, "I would love to do the English Channel, but the problem is the cost. I have a daughter that just started college. You can get over there and you have a window of three days and you might not even swim [due to unsafe conditions]."

One marathon swim Chris will definitely do late this summer is at Seneca Lake, 55 years after his sister water skied the 38-mile-long lake. She recently passed from pancreatic cancer, and Chris will be swimming in her honor.

Curious about how this marathon swimmer prepares for the rigors of a race, I asked Chris about his training. "A lot of marathon swimming is in fairly cold water, and I have worked on acclimating myself to that. Now, I really like swimming in cold water." Instead of training in heated indoor pools in the winter, this polar bear prefers swimming in open-water or unheated outdoor pools, seeking them out when he travels for his work. If he able to, Chris swims every day and will only take a day off if travel prevents him from finding somewhere to swim. Even then, this dedicated athlete will work out on an elliptical machine rather than do nothing. He also supplements his swims with elliptical workouts twice per week.



On a typical weekday, Chris will swim 6-7,000 yards depending on how much time he has available. It's not all just freestyle swimming, though; Chris sometimes likes to swim butterfly as part of his workouts. Every year, he also swims his

age in 50-yard fly repeats on a one-minute interval. Whew!

Chris's training regimen has prepared him well to compete in marathon swimming events; however, I wondered how he approached it mentally. "I'm used to swimming for hours. That's why I sometimes just go ahead and swim for five or six hours, so that it's not out of the ordinary [for me]. It helps mentally getting ready for [a marathon swim]."

What does this endurance swimmer think about when he competes? "If it's a group swim, one of the things I think about is I kind of negative split those races. When I did that 36-mile race, 30 people swam it, and I passed 15 people in the second half-- one person with just 100 yards to go." This fierce competitor also thinks about what percentage of the race he has completed and when his next feeding will be. "Sometimes, when it's nice and sunny, I just think about how lucky I am to be able to do it," Chris said.

The gratitude this appreciative swimmer feels has deepened since a health scare he experienced after the Three Rivers Marathon Swim. "Two weeks after the Pittsburgh swim, I was traveling, and I started feeling my legs hurt. I thought maybe it was the flu, but I never get the flu. I was sore, and I was feeling kind of out of it, and I didn't know what was going on." After returning home, Chris went to the doctor and had blood work done. Ultimately, he was diagnosed with Weil's disease, a severe version of leptospirosis, which is a serious bacterial infection that he probably contracted from contaminated water. The infection affected his liver, caused severe flu-like symptoms, and a horrible rash. The infection was so serious that it landed Chris in the hospital for twelve days. He lost twenty-five pounds and was very weak. "I literally went from a 30-mile swim to not being able to walk— in two weeks." Chris lamented.

Fortunately, the determined swimmer recovered in time to achieve his goal of competing in the Swim the Suck open-water race, just six weeks after his illness. Out of 87 total swimmers, Chris placed 20th.

Besides participating in an occasional pool meet, this enthusiastic open-water swimmer hasn't looked back on his days of pool swimming and doesn't have much interest in returning to pool competition. "One of the reasons I got in this and got away from pool swimming is that pool races are the same. Pool swimming is the same length, and all I'm doing is getting slower every year. Open-water swimming is more like golfing where there are no two golf courses the same, and you're not really competing against what you did when you were young. In fact, it's something I have never done before. It's different every time."

Another aspect of marathon swimming that Chris enjoys the most is the camaraderie between the swimmers.

The former pool swimmer still enjoys training in a pool, however, if that is his only option. "One of the things I like the most [about Masters] is that it gets my adrenaline going, because when I travel and join another Masters group, I'm very competitive. The most fun one I did was with Stanford Masters. I also got to swim in Michael Phelps's pool up in Baltimore," Chris said.

For swimmers interested in trying open-water racing, Chris recommends entering the Rat Race, in Chattanooga (<https://chattanoogaswimfest.org/>). "It's a real fun one, it's low-key, you don't even need a kayaker with you, it's about 4-1/2 miles down-river, and they have a little lunch afterwards. It's a good one to see what it feels like, because I like point-to-point open-water swimming a lot better than swimming in circles around buoys. That was the first point-to-point race that I did, and that's when I finally realized why I liked [open-water swimming] so much."

Another suggestion Chris made was to check out the discussion forum on the Marathon Swimmers Federation website:

<https://forum.marathonswimmers.org/>

Finally, as a swimmer who has dabbled in some open-water racing at the Georgia Games Open Water Meet and thoroughly enjoyed competing in (relatively short!) 3K and 1K races, I was curious what motivated Chris to train and swim marathons. As he explained, "It's relaxing and fun; and, you kind of get away from everything. You don't have your cell phone with you; you can kind of just get lost in your thoughts and daydream. It also makes me feel really good when I'm finished. I just like it!"



A Little Humor

#17
Swimmer: She's 3 seconds faster.
Non swimmer: Oh so you guys are close?
swimmersonly.tumblr.com

#45
when it's time for your worst stroke in practice, and you just awkwardly move towards the back of the lane.
swimmerprobs.tumblr.com

#194
when you say breast on a daily basis without realizing it doesn't only mean breaststroke.
swimmerprobs.tumblr.com

Upcoming Events

June 2019			
15-16	Dixie Zone LCM Championship– Greenville, SC	22	Georgia Games Open/Masters SCY meet- Cherokee Aquatic Center (not sanctioned) www.georgiagames.org
22	LCM – Nashville, TN	23	Georgia LMSC Conference Call- 7 PM contact lisa.watson@ung.edu if you'd like to participate
29	Georgia Games Open Water – Lake Acworth – 1k, 3k, 5k – www.georgiagames.org	30	Athens Bulldogs LC Invitational at UGA – entry enclosed
July 2019			
13-14	LC meet – St. Petersburg, FL		
August 2019			
	LMSC Conference Call at 7pm	7-11	USMS LC Summer Nationals- Mission Viejo, CA entry deadline July 8 www.usms.org
25	Rockdale County SCY Developmental Meet- Conyers		
September 2019			
7	Southside Seals SCY Pentathlon	7	LMSC Annual Meeting
11-15	USMS Convention – St. Louis	22	USMS 10k Open Water Championships – Knoxville
28	Swim Across America Open Water – Lake Lanier – www.swimacrossamerica.org		
October 2019			
6	Greensboro, NC	11-13	Dixie Zone SCM Championships/Rowdy Gaines Classic- Orlando, FL
12	Open Water 10 mile Swim the Suck- Chattanooga, TN	27	Collins Hill SCM Developmental Meet (tentative date)

Information on these and other Dixie Zone events can be found on the Dixie Zone website at www.dixiezone.org/Meets.htm.

*Dates in red are Georgia LMSC events.

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

Savannah Masters	http://www.tlb975.wix.com/mastersswimming
Stingrays Masters Swimming	http://www.stingraysswimming.com
Swim Gainesville	www.swimgainesville.com
Swim Macon Masters	www.swimmacon.com
Tidal Wave Masters Swimming	tidalwaveswimming.com
Tidal Wave Masters Swimming	tidalwaveswimming.com
Windy Hill Athletic Club Masters	http://www.midtown.com/windyhill
Georgia Masters Swimming	www.georgiamasters.org
USMS Dixie Zone	www.dixiezone.org/links.htm
USMS	www.USMS.org

GEORGIA CLUBS

NAME	ABBR	CONTACT	EMAIL
Atlanta Rainbow Trout	ART	Sean Fitzgerald	seanfit@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	lbenucci@gmail.com
Andrew & Walter Young YMCA Masters	AWYY	lilonga Thandiwe	linz.t@mindspring.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	sbalkcum@ymcacolumbusga.com
Cumming Aquatic Center	CMMS	Susan Alston	cac2@cityofcumming.net
Concourse Athletic Club	CONC	Nancy Overheim	noverheim@wellbridge.com
Chastain Park Athletic Club	CPAC	Jim King	jimkingusa@gmail.com
Cumming Waves Swim Team	CWGA	Teresa Coan	swimcummingwaves@gmail.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	daqswim@bellsouth.net
Decatur Family YMCA	DFY	Beth Costello	bethc@ymcaatlanta.org
Georgia Masters	GAJA	Lisa L Watson	lisa.watson@ung.edu
Gwinnett County Masters Club	GMAC	Destry Dispain	destry.dispain@gwinnettcounty.com
Great White Shark Aquatics	GWSA	Phil Donihe	coachphil17@yahoo.com
Columbus Aquatic Club	HURM	Kathy Gramling	cachurricanes@gmail.com
Kennesaw State University Masters	KSUM		
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	joylohr@yahoo.com
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net
Wade Walker sharks	WWYS	Avel Lai Leung	Avel-laileung@comcast.net
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com
Northwest YMCA Grayfins	YGF	Muriel Cochran	murielcochran@gmail.com

GEORGIA SUPERTEAM (GAJA)			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	aslcoachgreely@gmail.com
Athens Bulldog Swim Club	ABSC	Craig Page	craigwpage@gmail.com
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	lisa.watson@gsc.edu
Life Time Swim Alpharetta	ALPL	Ryan Moss	COCNAquaticsManager@lt.life
Life Time Swim Atlanta	ATLL	Katie Payne	GAATAquaticsManager@lt.life
Life Time Swim Johns Creek	JCL	Merrie Copeland	GAJCAquaticsManager@lt.life
Life Time Swim Sugarloaf	SUGL	William Breland	GASLAquaticsManager@lt.life
Life Time Swim Woodstock	WSKL	Jonathan Sims	GAMBAquaticsManager@lt.life
Savannah Masters	SAVM	Donna Hooe	rdhooe1@juno.com
Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
Swim Atlanta Masters	SAMS	Scot Davis	sdavisswim1980@yahoo.com
Swim Macon Masters	SMM	Tana Selby	tanatanas@bellsouth.net
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net

Who Y'All Can Call

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

Elaine's Tip of the Month

Last month, I wrote about the importance of doing a warm-up of dynamic stretches to prepare your body for a swim workout. Dynamic stretches use movement to stretch muscles, relying on momentum to engage the muscles, rather than holding a stretch at a standstill. I added that I had adapted my routine from exercises I learned in the many hours of physical therapy I endured following non-sports-related surgeries.

In addition to swimming with proper stroke technique, I can't emphasize enough how important it is to develop and maintain flexibility and strength to help avoid sustaining injuries, both in and out of the pool.

Previously, I demonstrated my favorite shoulder stretch. This month, I focus on the hips, an especially important area for breaststrikers and for all of us who do block starts.

Note: I do not hold any professional certifications, and neither I or Georgia Masters are responsible for any injuries you may incur doing these exercises. Consult your doctor, and do these exercises at your own risk.)

Hip Stretches

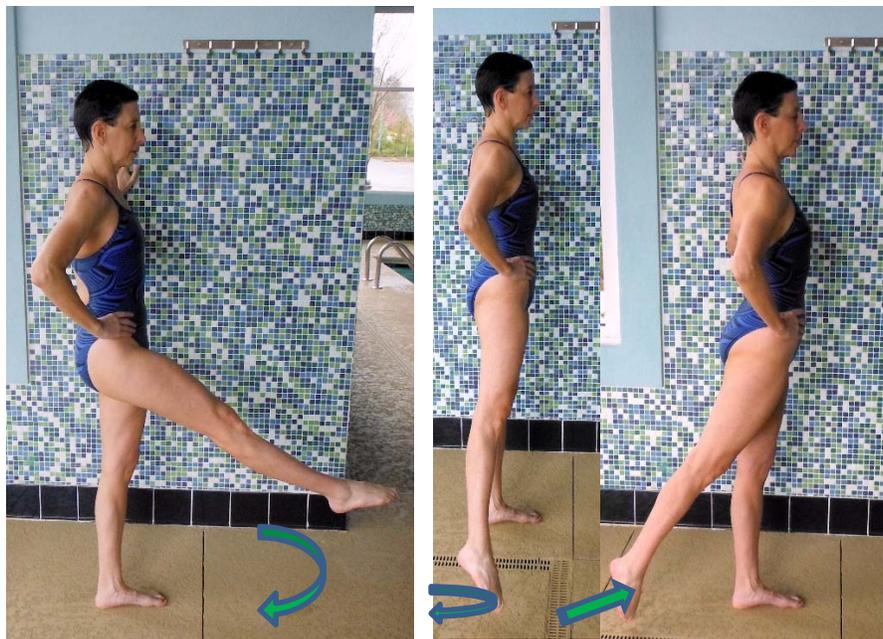
Stretch 1: Pendulum

This exercise warms up your hip flexors and other core muscles. Adding your arms to the movement warms up your shoulders, too! Do these by either supporting yourself against a wall or holding on to a railing with your left hand. As you swing your right arm forward, simultaneously swing your right leg back. Start slow and easy with a short range of movement. As your muscles loosen up, increase the range only as comfortable as you can go. Do not force the stretch, and do not hold it. Let momentum carry your arm and leg easily forward and back for ten repetitions or more. Switch sides and repeat the steps.



Stretch 2: Leg Circles

This is another good exercise to warm up the hip flexors and core as well as your leg muscles.



Step 3: Flamingo

I love doing this exercise to prepare for swimming breaststroke, because it loosens up the thigh adductor muscles that are used in the final phase of the breaststroke kick.



ENTRY FORM
2019 WOLLER ABSC / GEORGIA MASTERS LONG-COURSE MEET
2019 GEORGIA LONG COURSE METERS STATE CHAMPIONSHIP
GABRIELSEN NATATORIUM AT THE UNIVERSITY OF GEORGIA
June 30, 2019

USMS SANCTION: **459-L001**

Date and Time: June 30, 2019: Warm-ups in the competition pool will be available from 12:00noon-12:50pm. The diving well will be available for warm-up from 12:00noon until 30 minutes after the end of the meet or 6:00pm. The meet begins at 1:00pm.

Location: Gabrielsen Natatorium, University of Georgia, 330 River Road, Athens, GA 30602, 706-542-5060

Meet Director: Craig Page craigwpage@gmail.com 706-461-8288

Facility: The Gabrielsen Natatorium is a state-of-the-art indoor facility with three pools, which was dedicated in 1996. The natatorium has three separate pools: a 50-meter competition pool with two movable bulkheads, ranging in depth from 8 ft to 9ft; a diving pool; and an instructional and recreational pool. All lanes feature nonturbulent lane lines and starting blocks. One 50 meter 8-lane course will be used for this competition. At least 4 lanes for continuous warm-down will be available in the diving well. 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. Total seating is 2,000.

Eligibility: Participants must be registered Masters swimmers and at least 18 years of age as of June 30, 2019. Swimmers turning 18 after the meet entry deadline and by June 30, 2019 must enter the meet by the meet entry deadline and register for USMS either before or June 30. If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local Masters Swimming Committee. If there are questions about affiliation, the swimmer will be entered with the affiliation "UC45."

Age Groups: Age for the meet is determined as of December 31, 2019, except for 18-year-olds, who must be 18 by June 30, 2019. Age groups for individual events: 18–24, 25–29, 30–34, 35–39 ... (five-year increments as high as necessary). Relay events are based on the cumulative ages of all the swimmers on the relay: 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+.

Seeding: One course will be used for all the events. All swimmers will be seeded in mixed heats for each event, slowest to fastest by entry time, regardless of age or gender.

Meet Roster: A meet roster, including name, age, gender, and club, will be available at the meet and emailed to all participants who provided an email address prior to the meet.

Warm-up Procedure: Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes will be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pool only. Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.13.3). Pull buoys, kickboards, fins, hand paddles, and snorkels are not allowed in the competition or warm-up pools.

Scratches: Any swimmer failing to report to the proper lane in the correct heat of an event will be scratched from that event and will not be permitted to swim that event at another time.

Entry Forms: Read all instructions and fill out the form completely. Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected (except for 18-year-olds who turn 18 after the meet entry deadline, but before the first day of the meet, who must enter the meet by the meet entry deadline, but may register for USMS either before or on June 30). A swimmer whose club affiliation differs from what is listed on his or her USMS registration card must send either a new USMS registration card or a letter from the local registrar with the new club affiliation and effective date. Online registration is available here: https://www.clubassistant.com/club/meet_information.cfm?c=2404&smid=12345

Fees: Fees are \$45 per individual for a maximum number of five (5) individual events per swimmer. Fees must accompany the entry form and must be paid in U.S. dollars by check or money order. Do not mail cash. The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in U.S. dollars will be required before the entrant is allowed to swim. No refunds will be given for events not swum. Relay-only swimmers must submit an entry form with payment by the entry deadline. All fees should be made payable to "Craig Page".

Entry Deadline / Mail Entry / Deck Entries: Online entry will remain open until Thursday, June 27th at 11:59PM with no late fee. There is no late fee for online entry. Completed mailed entries (Entry form, signed waiver, copy of USMS card, and fee) must be received by June 25, 2019 to be seeded appropriately at the meet. Mailed entries received after June 25, 2019 and before June 30, 2019 will be processed as a deck entry. Deck entries will be accepted the day of the meet during until 12:30pm. Deck entries will only be permitted in open lanes.

No telephone entries will be accepted. Mail paper entries early. Do not send certified or overnight mail requiring a signature. Photocopy completed entry forms and personal checks for your records and verification.

Mail paper entries to: Craig Page, 310 Rumson Road, Athens, GA 30605

Number of Events: Competitors may enter up to five individual events and three relays.

Relay Information: Relays will be entered on the day of the meet by the deadline time announced. Relay-only swimmers (i.e., not entered in an individual event) must have entered the meet and paid the fee by the meet entry deadline or as a deck entry. Each competitor is allowed to swim a maximum of three relays. Relay entries will be submitted to the meet director. Each of the four members of any relay team must be registered with the same Masters club.

Scoring/Awards: Individual Events: 9-7-6-5-4-3-2-1. Relays: 18-14-12-10-8-6-4-2.

Team scoring will be tabulated by workout group for Georgia teams and by club for all out of state teams.

Ribbons will be available for pickup for first through third places in each age group with result labels. Unclaimed awards will not be mailed.

ENTRY FORM
 2019 WOLLER ABSC / GEORGIA MASTERS LONG-COURSE MEET
 2019 GEORGIA LONG COURSE METERS STATE CHAMPIONSHIP
 GABRIELSEN NATATORIUM AT THE UNIVERSITY OF GEORGIA

June 30, 2019

USMS SANCTION: **459-L001**

NAME _____ SEX _____
 AGE on 12/31/19 _____ BIRTH DATE _____
 ADDRESS _____ CITY _____
 STATE _____ ZIP _____ PHONE _____
 USMS# _____ (Include a copy of your card) EMAIL _____
 TEAM NAME _____ TEAM ABBREVIATION _____
 (UC## = Unattached: GAJA: Use local chapter or club name)

Enter your events and seedtimes on this form.

Sunday, June 30, 2019 Warm ups: 12:00PM Meet: 1:00PM

	EVENT	SEED TIME		EVENT	SEED TIME
1	400 m Freestyle	_____	10	200 m Indiv. Medley	_____
2	200 m Butterfly	_____	11	100 m Breaststroke	_____
3	400 m Free Relay	XXXXXXXXXX	12	50 m Backstroke	_____
4	100 m Backstroke	_____	13	100 m Butterfly	_____
5	50 m Freestyle	_____	14	200 m Free Relay	XXXXXXXXXX
6	200 m Breaststroke	_____	15	200 m Freestyle	_____
7	200 m Medley Relay	XXXXXXXXXX	16	50 m Breaststroke	_____
8	50 m Butterfly	_____	17	200 m Backstroke	_____
9	100 m Freestyle	_____	18	400 m Medley Relay	XXXXXXXXXX

Swimming Fees: \$45.00 for up to 5 individual events
 (Relays will be deck entered at the meet)
 Mail a copy of your USMS card with this entry form

Entry Deadline: June 25, 2019 for mailed entries.
 Online entry will remain open until Thursday, June 27th at 11:59PM with no late fee.
 Online entry available at:
https://www.clubassistant.com/club/meet_information.cfm?c=2404&smid=12345

Meet Director: Craig Page (craigwpage@gmail.com)

Make checks payable to: Craig Page

Mail to: Craig Page, 310 Rumson Road, Athens, GA 30605

**ALL MASTERS SWIMMERS MUST SIGNED THE ATTACHED PARTICIPANT WAIVER
 AND RELEASE OF LIABILITY FORM ON THE NEXT PAGE**

**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	