



# Georgia Masters Newsletter

## Swimming in Georgia

### November 2019

#### Chair's Corner –November



Hello everyone, well, summer is over, and hello fa.... wait, winter! I love Georgia weather. Sometimes. But even after 9 years in the state I'm still trying to figure out the seasons. I hope everyone is enjoying the colder

temperatures outside and the changing leaves. That's one of my favorite times of the year when I head up to the mountains or to Sweetwater Creek State Park to do some hiking and enjoy the beautiful colors (Don't tell my coach but I do sometimes skip swim practice for that). I also hear some of our friends are still lake swimming! Wow! Our annual St Nicks meet at Georgia Tech is approaching quickly. I hope to see many of you there, putting some fast times in the pool and getting on those Top 10 lists for SCM.  
Britta

#### Don't Miss These Events

#### USMS Clinics – November 16&17

The USMS National Office has set up several clinics in Kennesaw during the weekend of November 16-17:

- November 16 (8:00am – 3:00pm) USMS Coaches Certification- Levels 1 & 2
- November 16&17 USMS Clinic for Coaches (must be a certified Masters coach)

- November 17 (8:00am – 12:00pm) USMS Stroke Clinic
- November 17 (8:00am – 3:30pm) ALTS Instructor Certification

For questions, contact Marianne Groenings at the USMS National Office.

#### St Nicholas SCM -- November 17

Not much longer until the annual St Nicholas SCM Invitational, to be held at the Herb McAuley Natatorium at Georgia Tech on Sunday, November 17. This meet is hosted by the **Atlanta Rainbow Trout**. Swimmers can enter online or by paper entry. The meet info and entry are included in this newsletter and can also be easily accessed online on our Georgia Masters website at [www.georgiamasters.org](http://www.georgiamasters.org). Paper entries must be **received by November 13**. Entries received after that date will be assessed a \$10 late fee. Online entries can be made until November 14 at 11:59pm. Some reminders when entering the meet:

- Be sure to include a copy of your USMS card when entering- that is required in order to be able to compete. Either a 2019 or 2020 registration will be valid.
- Since this is a Georgia meet, swimmers under a large club banner such as GAJA will enter the name of their workout group rather than the larger club, e.g., Dynamo Masters swimmers would enter DYNA instead of GAJA).
- 800 free is limited to the first 30 entries: distance swimmers should get their entries in soon!

Warmups are at 9:00am, with a meet start of 10:00am. Lots of relays offered at this meet (200s, 400s, and 800 free) - take advantage of this rare opportunity!

This meet is the final event of the 2019 Georgia Grand Prix Series. Come enjoy competing in the venue for the 1996 Olympics! For questions, contact meet director **Shayne Lastinger** at [shayne.lastinger@comcast.net](mailto:shayne.lastinger@comcast.net) .

***USMS Fall Fitness Challenge:  
1 Mile Swim***

The final event of the 2019 USMS Fitness Challenge Series comes up later this month with the 1-mile swim to be performed sometime between November 15-30. We encourage our coaches to incorporate this into one of your workout sessions. This a great way to get in a good mile swim and do a good deed. Entry fee goes to support the Swimming Saves Lives Foundation.

The mile swim can be done in any fashion. Only thing required is that it be completed. This is the perfect challenge for fitness-oriented swimmers! Swimmers can register online on the USMS website at [www.usms.org](http://www.usms.org) – just click on ‘Fitness’ at the top of the page, then ‘Fitness Events.’ Help yourself work off that Thanksgiving dinner!

***New LC Meet in Georgia***

Thanks to Coach **Pat Thoreson** and his **Nautical Milers** for stepping up and hosting a new Georgia LC meet at the Mountain View Aquatic Center in Marietta. Date is definite for Sunday, June 7, so set your calendars now! This meet will be included as part of the 2020 Georgia Grand Prix Series

***Pan American Games***

The Pan American Games will be held in Medellin, Columbia. The Games will start on June 18.

**Meet Recaps**

***Collins Hill SCM Recap  
October 27***

A nice turnout of 25 swimmers and numerous supporters attended the annual Collins Hill SCM Developmental Meet on Sunday morning, October 27. Participating teams included: Andrew & Walter Young YMCA (AWYY), Atlanta Water Jocks (AWJ), host team Georgia Killer Whales (GMKW), Nautical Milers (NAUT), Nighthawks Masters (NHMS), and Southside Seals (SSS). Many thanks to our volunteer timers: **Fred Cook, Lesley Landey, Pat Reeve, And Yvonna Wondaferew**. Also a big thank you to **David Morrill** for serving as meet referee.

***State Games of America***



Mens 240 age 200 Free LCM gold medals winners: Left to right GAJA's David Miller, Phil Barton, Pat Eddy and Bob Cutrone at Liberty University in August.

***Rowdy Gaines Masters Classic – October 11-12***

There were five Georgia masters swimmers at the Rowdy Gaines/ Dixie Zone meet in Orlando -- **John Ziegler, Rebecca Hamilton, Robert Tavormina, Judith Haase and Vesna Stojanovska**. Also competing in the meet were five Nautical Miler swimmers: **Gina Grant, Kayla Bartolucci, Daniel Wondaferew, Nick Wolwark, and Sean Concepcion**.

Vesna broke three state records. She missed the 200 fly record by just .3! Watch her break that record at the St. Nick’s meet. Here’s her times from the Rowdy Gaines meet:

- 9:39.75 in the 800 SCM Freestyle
- 4:40.44 in the 400 SCM Freestyle
- 2:14.82 in the 200 SCM Freestyle



The Georgia GAJA team won 3rd place plaque as a regional team at the Rowdy Gaines Dixie Zone meet.

**Other News**

***2020 USMS Registration***

The enrollment period for the 2020 USMS registration began November 1. Swimmers should be notified by the National Office to renew their USMS membership. No fee increases this year, so our fee in Georgia will remain at \$55. Note that individual swimmers cannot register until their club or workout group has registered. Coaches should be sure to register your group for 2020 as soon as possible.

For questions about registration, contact our Georgia Membership Coordinator **Andy Rettig** at [arettig@gmail.com](mailto:arettig@gmail.com). Swimmers can register online at the USMS website or by paper entry (contact Andy for help with that).

**2019 Georgia Grand Prix**

- Feb 15-18 USMS Winter Fitness Challenge:
- Mar 16-17 St Patrick’s Day SCY Invitational
- May 5 ART Spring Splash SCY
- 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
- Nov 17 St Nicholas SCM Invitational

**Swimmer Profile –Lauren Minchew**

By Elaine Krugman



As a breaststroker who loves swimming butterfly and backstroke, my inconsistent freestyle frustrates me the most. When I see beautiful-looking

freestyle technique, I’m captivated and in awe. Lauren Minchew has that stroke.

Lauren and I didn’t meet until we shared a bench at the Spring Splash meet at Georgia Tech, last April. I had never watched her swim at past meets, but when I saw her race, I stopped dead in my tracks and watched. To me, it was poetry in motion. As it turns out, Lauren puts a priority on her stroke technique. “I was never amazing at swimming, but I have always worked on form. I really enjoy learning the technical parts of swimming and trying to be the most streamline in the water and make it look flawless. I still don’t understand how I don’t get very fast in the water even though it’s pretty and the form is nice. I’m still working on that,” she explained in our interview.

One of the drills she credits for her pretty stroke focuses on keeping her head still and in the proper position in the water. This video explains the drill that is done by placing—and trying to keep—a hand paddle on your head as you swim:

<https://www.youtube.com/watch?v=hKlaIwNDeaQ>

Lauren is no stranger to the pool having started summer swimming when she was a small child and year-around training when she was 13. At Brenau University, in Gainesville, Lauren swam for two years before leaving the team and university due to not being able to afford continuing her education. “I was a national swimmer in the mile and 400 IM,” she said about her swim team experience.

Following college, Lauren taught swim lessons and coached at Chattahoochee Gold (in Woodstock) for four years; however, she had quit swimming herself. In addition to having a packed schedule, her son was born. In all it was seven years that Lauren didn’t swim, so she got out of good physical condition.

It wasn’t until six months after taking her next job at the Northwest YMCA that Lauren got back into the pool for herself rather than just teaching and coaching others. “I really missed it... I was really

depressed without it, and when I got back into [swimming], it was like, oh my God, I remember doing this, and it was so amazing! I can't stop doing it!" It was tough coming back, though, especially because of the changes she experienced in her body following childbirth that affected her strokes. "I had to completely change the way I swam breaststroke. I was like, 'What is this?' I was a lot more buoyant; it was very difficult."

Three years ago, Lauren joined U.S. Masters Swimming and just recently aged up to the 30-34 age group where there isn't a lot of women to compete against at Georgia meets. "I want there to be more competition in my age group, because I really don't have much of competition right now," she said, adding that Stephanie Lemmons (Swimmer Profile, November, 2017) is her only competition at most of the meets.

Being in the 30-34 age group isn't so bad though, considering who her competition would be if she were five years older: Britta O'Leary, Georgia LMSC Chair. "I'm so excited that we're exactly five years apart, because we're never in the same age group!" she said about the 2018 USMS top-ranked speedster in seven events and #2-ranked 200 breastroker and 200 IM'er in the World.

Lauren is also an IM'er with her favorite event being the 400 IM. She also enjoys distance freestyle, but not backstroke, even though she is good at it. "I always feel like I'm flailing around like an idiot trying to make it through the water... My mom took a video at Georgia Tech [Spring Splash meet], and I actually thought I looked like a pretty decent backstroker."

That Georgia Tech meet turned out to be a successful one for Lauren, because her faster race times brought her closer to achieving her goals. "At Georgia Tech, I dropped a lot of time in everything, so that was nice; but, I want to be better than I was in college. In college, I did a lot of physical therapy, because I was very broken. I

had shoulder issues, back issues, one of my ankles was messed up; and, now, I don't have any of that pain anymore, so I'm trying to do better than I was then. But, my body is so different. I was thin, and I have a lot more fat on me, because I haven't trained in so long. To try to get back to that, I'm actually pretty close on most of my events, but I want to go to Nationals next year... I want to go and do good, so that's one of my goals, to train really hard and see what I can do. I want to blow my own mind, because I always like being in my comfort bubble. So, I feel like if I train hard and can blow my own mind, it would be like, wow, I can be good at this."

That "comfort bubble" Lauren describes is her biggest personal challenge. Although some people have a fear of failure, Lauren is one who fears success. As she explained, "I'm scared to show myself that I can be amazing at something. When I was 14, my coach said, 'Lauren, if you actually tried and got out of your comfort bubble, you could be swimming a :55 in your 100 free.' I laughed in his face. I was like, there's no way in hell I would be able to do that! He was right; I probably could, but I was still in that comfort bubble. At my last meet in college, I swam 100 freestyle, and I finally broke 1:00. I was like, this is pathetic."

To achieve her goal of beating her college race times, Lauren trains six days per week. Her daily sessions consist of a combination of two of either swimming, running, or body-weight exercises. She says she "hates" running; however, it helps her with her breathing, kicking, and getting strong pushes off the walls in the pool. "A lot of people think [being a good swimmer] has to do with only swimming. Last year, I swam all the time. I'm doing better now with not doing as much in the water. I'm a more well-rounded athlete, like I can run, I can do body-weight training, and I only get to swim three times a week," as she describes her current training routine.

Of the three types of training she does, swimming is her favorite. "...it's what makes me feel a whole lot better about myself. It's very stress-relieving... I've always been kind of a loner, so I like the quietness of swimming, and that it's my own individual thing. I've never been like, let me play a team sport. I don't like the spotlight on me like that."

In recent months, though, Lauren had some challenges that affected her enjoyment of swimming. As she explained, "This past year was really hard, because Muriel [Lancaster, coach of the Northwest YMCA Grey Fins] left. I was the assistant coach, and I felt like I was obligated to step into coaching, which was really hard for me, because although I really like coaching, I would rather be swimming. I wasn't able to swim with everybody. While I was watching everybody from the pool deck, I was just miserable. When I would get into the pool to practice, I was by myself. I wasn't able to practice with the people I had been practicing with for over a year." In addition, at the same time Muriel moved, Lauren separated from her husband and changed employment to a full-time job, so she could support herself and her two children.

Overall, though, Lauren's return to swimming has been a positive experience, especially since joining USMS. "The whole thing about Masters swimming that I like the most is everyone is so accepting, and it doesn't even matter if it's your biggest competition. It's like one big family. Everyone is cheering for everyone, and it doesn't matter what team you're on, what age group, who you are." Lauren also likes that the Athletes Without Limits special needs team participates in Georgia Masters meets. "I love that; it's awesome!" In addition, she likes that the swimmers at the meets are at many different levels, from beginning on up. Meeting new people, though, is something important for Lauren, because she finds that difficult outside of the swim community. "It's a very comfort-zone place for me [at the swim meets]. It always feels

like home, and I can just walk up and talk to anybody. I've made some of my closest friends that I have now at Masters swim practice."

### *Swimming Humor*

723.

Accepting the fact that you will probably smell like chlorine for the rest of your life.

[swimmer-girlproblems.tumblr.com](http://swimmer-girlproblems.tumblr.com)

#339

when you have to wiggle into a wet, cold swim suit for morning practice cause you left it crumpled in your bag the night before.

[swimmerprobs.tumblr.com](http://swimmerprobs.tumblr.com)

**Upcoming Events**

November 2019			
9-10	SCM - Sarasota, FL	<b>17</b>	St. Nicholas SCM Invitational – Georgia Tech
15-30	USMS Fall Fitness Challenge – 1 mile swim; to to <a href="http://www.usms.org">www.usms.org</a> to register	23	NAC Sprinting Turkey Classic – Nashville, TN
December 2019			
<b>8*</b>	LMSC Conference call at 7pm; call Britta if you'd like to participate	7	SC – Walton Beach, FL
14-15	SCM – Coral Springs, FL		
January 2020			
1-31	USMS National Postal Hour Swim Championships		
February 2020			
1-2	SCY – Auburn, AL	7-8	SCY – Charlotte, NC
7-9	SCY – N Myrtle Beach, SC	<b>23*</b>	W Gwinnett Park SCY Developmental Meet
March 2020			
<b>7</b>	SCY Sewanee, TN	21-22	Dixie Zone SCY Championships – Cary, NC
<b>28-29*</b>	St Patrick's Day SCY Invitational at Dynamo		
April 2020			
<b>TBA</b>	ART Spring Splash at Georgia Tech	23-26	USMS Spring SCY Nationals – San Antonio, TX
May 2020			
7-10	YMCA SCY Nationals – Orlando, FL		
June 2020			
<b>7*</b>	Nautical Milers LC Invitational at Mountain View Aquatic Center – <b>A new meet!</b>		

Information on these and other Dixie Zone events can be found on the Dixie Zone website at [www.dixiezone.org/Meets.htm](http://www.dixiezone.org/Meets.htm).

\*Dates in red are Georgia LMSC events.

**Swim Websites**

ASL Silverking TRI-Masters	Swimasl.com
Athens Bulldog Swim Club	<a href="http://www.athensbulldogs.com">http://www.athensbulldogs.com</a>
Atlanta Rainbow Trout	<a href="https://www.atlantarainbowtrout.com">https://www.atlantarainbowtrout.com</a>
Atlanta Water Jocks	<a href="http://www.atlantawaterjocks.com">http://www.atlantawaterjocks.com</a>
Chastain Park Athletic Club	<a href="http://www.ChastainParkAthleticClub.org">www.ChastainParkAthleticClub.org</a>
Columbus Aquatic Club	<a href="http://www.swimhurricanes.com">http://www.swimhurricanes.com</a>
Concourse Athletic Club	<a href="http://wellbridge.com/concourse-athletic-club/sandy-springs">wellbridge.com/concourse-athletic-club/sandy-springs</a>
Cumming Waves Swim Team	<a href="http://www.cummingwaves.net">www.cummingwaves.net</a>
Decatur Family YMCA	<a href="http://ddy.ymcaatlanta.org">ddy.ymcaatlanta.org</a>
DeKalb Aquatics Masters	<a href="http://daqswim.com">http://daqswim.com</a>
Douglas County 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	<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>

**GEORGIA CLUBS**

NAME	ABBR	CONTACT	EMAIL
Atlanta Rainbow Trout	ART	Sean Fitzgerald	<a href="mailto:seanfit@gmail.com">seanfit@gmail.com</a>
Atlanta Water Jocks	AWJ	Lorenzo Benucci	<a href="mailto:lbenucci@gmail.com">lbenucci@gmail.com</a>
Andrew & Walter Young YMCA Masters	AWYY	lilonga Thandiwe	<a href="mailto:linz.t@mindspring.com">linz.t@mindspring.com</a>
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	<a href="mailto:sbalkcum@ymcacolumbusga.com">sbalkcum@ymcacolumbusga.com</a>
Cumming Aquatic Center	CMMS	Susan Alston	<a href="mailto:cac2@cityofcumming.net">cac2@cityofcumming.net</a>
Concourse Athletic Club	CONC	Nancy Overheim	<a href="mailto:noverheim@wellbridge.com">noverheim@wellbridge.com</a>
Chastain Park Athletic Club	CPAC	Jim King	<a href="mailto:jimkingusa@gmail.com">jimkingusa@gmail.com</a>
Cumming Waves Swim Team	CWGA	Teresa Coan	<a href="mailto:swimcummingwaves@gmail.com">swimcummingwaves@gmail.com</a>
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	<a href="mailto:daqswim@bellsouth.net">daqswim@bellsouth.net</a>
Decatur Family YMCA	DFY	Beth Costello	<a href="mailto:bethc@ymcaatlanta.org">bethc@ymcaatlanta.org</a>
Eagle Watch Eagles Masters	EWE	Brett Daniels	<a href="mailto:tricoachbrett2005@yahoo.com">tricoachbrett2005@yahoo.com</a>
Georgia Masters	GAJA	Lisa L Watson	<a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>
Global Adaptive Aquatics	GAA	Helmut Levy	<a href="mailto:swim@globaladaptiveaquatics.org">swim@globaladaptiveaquatics.org</a>
Gwinnett County Masters Club	GMAC	Destry Dispain	<a href="mailto:destry.dispain@gwinnettcounty.com">destry.dispain@gwinnettcounty.com</a>
Great White Shark Aquatics	GWSA	Phil Donihe	<a href="mailto:coachphil17@yahoo.com">coachphil17@yahoo.com</a>
Columbus Aquatic Club	HURM	Kathy Gramling	<a href="mailto:cachurricanes@gmail.com">cachurricanes@gmail.com</a>
Kennesaw State University Masters	KSUM		
Life Time Swim Georgia	LTMS	Alicia Kockler	<a href="mailto:ryanbell@msn.com">ryanbell@msn.com</a>
Marietta Marlins	LINS	Larry Baskin	<a href="mailto:larry@larrybaskin.com">larry@larrybaskin.com</a>
Nautical Milers Special Needs Team	NAUT	Patrick Thoreson	<a href="mailto:patrick_thoreson@yahoo.com">patrick_thoreson@yahoo.com</a>
Southern Eagle Aquatics	SEGA	Beau Caldwell	<a href="mailto:swimsega@gmail.com">swimsega@gmail.com</a>



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	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 Beyond the Boundaries	SBB	Mandi Bell	<a href="mailto:mandi@swimbeyond.com">mandi@swimbeyond.com</a>
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	Coaches Chairge	(614) 670-1108	<a href="mailto:pateddy52@aol.com">pateddy52@aol.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:ekkrugman@gmail.com">ekkrugman@gmail.com</a>
Stephanie Lemmons	Social Media		<a href="mailto:snlemmons@gmail.com">snlemmons@gmail.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 Chair</b>	(636) 295-3222	<a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>
Andy Rettig	Membership Coordinator	(678) 417-6411	<a href="mailto:arettig@gmail.com">arettig@gmail.com</a>
Mark Rogers	Member At Large		<a href="mailto:mlrogers_98@yahoo.com">mlrogers_98@yahoo.com</a>
Leann Rossi	Member At Large		<a href="mailto:swimfastatlanta@gmail.com">swimfastatlanta@gmail.com</a>
Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	<a href="mailto:swimsalt@bellsouth.net">swimsalt@bellsouth.net</a>
Maddie Sibia	Members At Large		<a href="mailto:maddie.a.sibia@gmail.com">maddie.a.sibia@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>

**Elaine’s Tip of the Month**

In the last several issues of the Georgia Masters Newsletter, I demonstrated a variety of dynamic stretches to do before you swim. Following a swim workout is the time to do static stretching, where you stretch until you feel a pull (but not pain!), and then hold it. (When I have had physical therapy, thirty seconds was the recommended time to hold each stretch.)

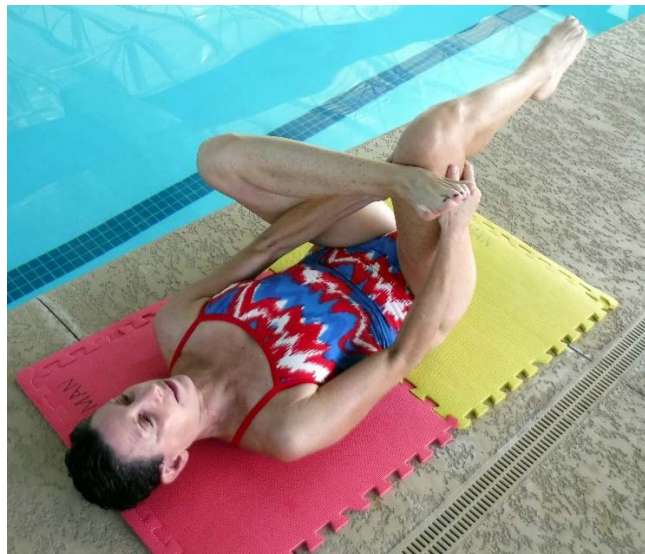
In the next several issues, I will demonstrate several static stretches that have really helped me gain flexibility and avoid post-workout muscle soreness.

(Please 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.)

**Glutes & Hip Stretch (with a twist)**

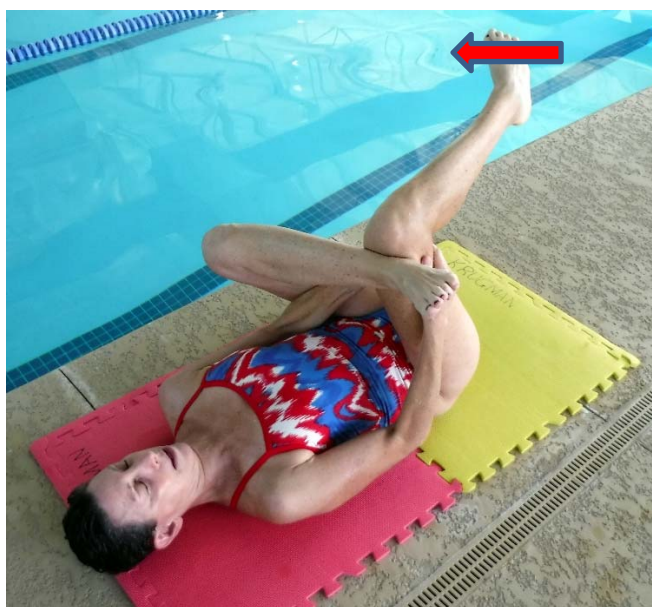
The gluteal muscles (glutes) are a group of three muscles which make up the buttocks: the gluteus maximus, gluteus medius, and gluteus minimus. This stretch I learned in physical therapy for the purpose of gaining flexibility in my hips. As an extra bonus, it also stretches the lower back and leg muscles. I add an extra twist to the stretch, though.

Start by laying on your back with your knees bent, and then crossing your left ankle over your right leg, just above the knee, as shown below. Next, as you lift your right leg towards your chest, grab the back of your right thigh just above the knee. (Your left hand will reach under your left calf. Gently and slowly pull your right thigh towards your chest, keeping your left ankle resting on your right thigh, as shown. When you feel a pull in your left glutes, stop at the point where the pull feels good, but not painful. If you feel pain, back off the stretch a bit until it’s a comfortable pull again. To get a better stretch of your left adductor muscle (inner thigh), simultaneously push forward with your left elbow, so that your left thigh pushes away from your chest. Hold the stretch for 30 seconds. Release, and then repeat before switching sides for two, 30-second stretches.



Here's the extra twist I put on this stretch: In addition to pushing my elbow forward on my thigh to get that extra adductor stretch, I also put my resting foot to work. Rather than allowing my right foot to rest during the stretch, I point my toes, and then do ankle circles. Sure, ankle circles are a form of dynamic stretching; however, I also do them while doing this static stretch to work on ankle flexibility for the breaststroke kick. Do 15 clockwise circles, and then reverse and do 15 counter-clockwise circles. By the time you are finished, your thirty seconds are up!







*Rainbow Trout St. Nick's Invitational  
GA Tech Campus Recreation Center (CRC)  
November 17<sup>th</sup>, 2019*

**Hosted by:** Atlanta Rainbow Trout  
**Meet Director:** Shayne Lastinger

**USMS Sanction #:** 459-S008  
**Date:** November 17, 2019

**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 November 17, 2019. Your age on December 31, 2019 determines your age at the meet. 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:** \$60 covers facility and meet costs.

**Seeding:** All events except for the 800 Free will be seeded in advance and slowest to fastest. The 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.

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 15th (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.

**The 400 Medley Relay and the 400 Free Relay will be run at the same time in one heat.** A swimmer can only swim in one or the other – but not both. You may enter a Men's, a Women's or a Mixed relay.

**Entry deadline:** Paper entries must be received by Wednesday, November 13th. 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=12440](https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=12440) until November 14th at 11:59PM. No late fee with online registration!



Rainbow Trout St. Nick's Invitational  
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 November 17<sup>th</sup>, 2019

**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. **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	400 Medley Relay 400 Free Relay		24	800 Free Relay	

**Payment Info:**

**Meet Entry Fee:**  
 \$60.00

Make Checks Payable to: **Atlanta Rainbow Trout**

**Mail to:** Atlanta Rainbow Trout, 541 10<sup>th</sup> Street NW, #341, Atlanta, GA 30318

**Paper Entry must be received by Wednesday, November 13<sup>th</sup>.**

Online entry: [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=2176&smid=12440](https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=12440)

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