



# Georgia Masters Newsletter

## Swimming in Georgia

### February 2020

#### Chair's Corner – February



Hello everyone, the year is in full swing and the first meets for 2020 are in the books. Georgia had a great showing at the annual Auburn Masters Invite in early February. You can find a recap in this newsletter.

I am excited to be

swimming "closer to home" with our upcoming meets in Georgia. We have three amazing racing opportunities between now and Short Course Nationals in and around Atlanta. I look forward to seeing all of you either at West Gwinnett Park, Dynamo or Georgia Tech. Registration is open for all three meets! Don't delay to sign up.

Happy swimming!

#### Don't Miss These Events

#### West Gwinnett Park SCY February 23

A last reminder about the upcoming West Gwinnett Park SCY Developmental Meet on Sunday morning, February 23. For new swimmers, this is a great way to 'get your feet wet' in Masters competition in a low key environment. For those preparing for upcoming meets such as St Pat or the Spring Splash, use this meet to get some practice times!

Meet info and entry included with this newsletter.

Warmups are at 9:00am and the meet starts at 9:30am. The meet should be over around noon. You'll still have the afternoon free for other activities.

For questions, contact meet director **Lisa Watson** at [lisa.watson@ung.edu](mailto:lisa.watson@ung.edu) or call 770/497-1901 (please, no calls after 8:00pm).

**Volunteers Needed** We need volunteers to help time. If you're not competing but have a few hours free on Sunday morning to help out, please contact Lisa.

The other events in the Fitness Challenge Series are the 2k swim (July 15-31) and the 1-mile swim (November 15-30). All of these events are part of the 2020 Grand Prix.

#### St Patrick's Day SCY March 28-29



The annual St Patrick's Day SCY Invitational at Dynamo Swim Center will take place on March 28-29, hosted by **Dynamo Masters**. Swimmers can enter by online or paper entries. Meet info and entry are included in this newsletter and on the Georgia Masters website.

A few guidelines below to follow when entering the meet:

- Since this is a Georgia meet, swimmers under a Super Club such as GAJA will enter as their

Workout Group rather than GAJA, e.g., Dynamo swimmers would enter as DYNA instead of GAJA.

- If submitting a paper entry, be sure to include a **copy of your USMS card** which is required. Online entries will automatically have their USMS card verified.
- Four individual events allowed per day
- 1000 free is limited to the first 30 swimmers; distance swimmers, get your entry in ASAP to book your spot!
- Entry deadlines are: RECEIVED by March 18 for paper entries, and March 24 at 11:59pm for online entries.
- Swimmers can enter for one or two days. Fee is \$40 for one day and \$60 for two days.
- Saturday’s events will have two sessions: Session 1 for the 1000yd freestyle beginning at 9:45am and Session 2, which will start no earlier than 10:30am. There will be an additional 30 minute warmup at the conclusion of the 1000.
- Sunday’s events begin at 10:00am with a 9:00am warmup.



Awards for the **2019 Go the Distance** and **2019 Georgia Grand Prix** will be presented on Saturday at the beginning of Session 2.

This meet is included as part of the 2020 Georgia Grand Prix. For questions, contact meet director **Jesse Lewis** at [meetdirector@dynamoswimcenter.com](mailto:meetdirector@dynamoswimcenter.com)

### ***USMS Winter Fitness Challenge: 30-Minute Swim***

The first event of the USMS 2020 Fitness Challenge Series takes place now! It is the 30-minute swim. It can be swum anytime between February 15 and February 29. These events are open to everyone, but particularly geared to the fitness swimmer as a good goal to achieve without the stress of meet competition. All you have to do is complete it, and it can be done in any fashion (doesn’t have to be continuous, can be any combination of strokes).

Coaches, please encourage your swimmers to participate by arranging a 30-minute swim during a swim practice session-make it part of the workout! You can register for this event now and anytime up until Feb 29. To register, go to the USMS website ([www.usms.org](http://www.usms.org)) and click on ‘Fitness Events.’ Registration fees go to the Swimming Saves Lives foundation, so you can get your swim in and contribute to a worthy cause at the same time.

### ***2020 Grand Prix***

The Grand Prix is a year-long competition which runs January 1 thru December 31. The competition is open to all registered Georgia Masters swimmers. This competition includes seven designated swimming meets and three fitness challenges.

To qualify for the Grand Prix, each swimmer must be a registered swimmer with Georgia Masters during the event and must compete in a minimum of three of the designated meets. We’ve listed the events in the table below. This table will be included with each newsletter and may change, e.g., delete or add meets.

Each swimmer will receive between five to ten points from each meet in which they compete. The high point winner in each age group receives ten points toward the Grand Prix, second place

receives nine points and so forth. If there are more than six Georgia Masters swimmers in an age group, they will also receive five points.

Participants in the three USMS fitness challenges will receive five points for each fitness challenge.

At the end of the year, the swimmer with the most accumulated points will be crowned The Grand Prix Champion for the Year.

The events to be included in the 2020 Georgia Grand Prix are as follows:

Feb 15-19	USMS Winter Fitness Challenge
Mar 28-29	St Patrick’s Day SCY @ Dynamo
Apr 19	ART Spring Splash @ Georgia Tech
Jun 7	Nautical Milers LC @ Mountain View
Jul 25	GA Games Open Water @ Lake Acworth
Jul 15-31	USMS Summer Fitness Challenge: 2k swim
Sep -TBD	Southside Seals SCY Pentathlon
Nov 15-30	USMS Fall Fitness Challenge – 1-mile swim
TBD	St. Nicholas SCM Invitational @ GA Tech

**USMS Spring Nationals  
April 23-26**

This year’s Spring (SCY) Nationals marks the 50<sup>th</sup> anniversary of US Masters and will take place on April 23-26 in San Antonio, Texas. To enter, go to the USMS website at [www.usms.org](http://www.usms.org) . Entry deadline is March 23 at 11:59pm.

**Georgia LMSC Midyear Meeting  
April 5**

Our annual Georgia LMSC Midyear meeting is coming up on Sunday, April 5. Mark your

calendars. We’ll provide details next month. We use our midyear meeting as an opportunity to get together in person and share a good meal while we discuss current LMSC business. Any Georgia member is welcome to attend (this is not restricted to Board members). We welcome your input! We’ll meet for dinner at 5:00pm. The location will be announced in our next newsletter. For questions, contact Chair Britta O’Leary at [brittaoleary@gmail.com](mailto:brittaoleary@gmail.com) .

**Meet Recaps**

**2019 Grand Prix Results**

Congratulations to our 2019 Grand Prix Champions!

Age	Women	Men
18-24	None	Amos Chan
25-29	Stephanie Lemmons	George McDonald
30-34	Lauren Minchew	Adam Paul
35-39	Patricia Lewis	None
50-54	Elizabeth Giesecking	Mark Rogers
55-59	Muriel Lancaster	Lawrence Golusinski
60-64	Barbara Ingold	Pat Eddy
65-69	Rebecca Hamilton	Joe Hutto
70-74	None	John Zeigler
75-79	Judith Haase	None
80-84	Sally Newell	Graig Ray

**Auburn Masters Recap**

The annual Auburn Masters Swim Meet saw almost 200 swimmers in action over the course of three days. The team at Auburn, did, as usual, a fantastic job, running a smooth and efficient meet. Georgia was well represented with many fast swims.

A huge congratulations to everyone on their fast swims, and especially the following high point winners from Georgia:  
Todd Weyandt (M30-34)

Cathy Jones (W45-49)  
Rob Copeland (M60-64)  
Sue Ottosen (W75-79)  
Matt Jones (M25-29)

While we are incredibly proud of our own swimmers, there is no denial that the highlight of the meet were the seven USMS records set by swimmers from our neighboring LMSCs.

GAJA won the big team trophy, while the Atlanta Water Jocks won 3rd place in the middle team category.

Auburn Masters was a great team player, taking themselves out of the running for team trophies :) Here are the full results  
<http://www.ag.auburn.edu/~bailelc/2020auburnresults.pdf>

Congratulations to all participants!

### ***GTD 2019 Results-Reporting Error***

Sorry, there was an error in reporting the Go The Distance results in last month's newsletter. The third place in the Women's Division should have been **Pam McClure** with 598 miles **Julie Lewis** was an impressive 4<sup>th</sup> place finish with 546 miles).

## **Other News**

### ***2020 USMS Registration Is Now Due!***

We are already over 700 swimmers registered for the year! If you have not yet renewed, please do so ASAP. You'll then be able to participate in events and remain on our electronic mailing list. You can enter online by going to the USMS website.

You can find paper registration forms on our Georgia website. Just click on 'Documents,' and

mail in to our Georgia Membership Coordinator **Andy Rettig**. For any questions regarding USMS registrations, contact Andy at [arettig@gmail.com](mailto:arettig@gmail.com).

### ***Fitness Advice***

By John Zeigler

With the start of a new year of swimming, year around aerobic swimming is among the best forms of exercise. Total use of most of the muscles from swimming lowers high blood pressure, improves sleep, and keeps the body active for a longer lifetime.

At my 50th high school reunion, I was asked if I had a recent face lift. I replied I didn't, but was lifting my head 500 times in a 2 or 3 hour swim session. While I was getting my reunion paperwork, I stepped back and saw that the next classmate was pushed up in a wheelchair, followed by another classmate using a walker. My high school swim teammate who swam backstroke on our senior year medley relay team was dead and had not done any masters swimming after high school. His father ran the city funeral home.

Swimming is key to a longer improved life for all of us. My hero from Florida is Joe Suhue who swam for Sarasota Masters and died of a heart attack in June 1982 in the middle of a 200m fly race at age 82. Joe was in good shape and doing as he enjoyed at an age many people are living out in a nursing home. Hal Stolz was setting state swim records during his past years of masters. We all will miss Hal Stolz, a great teammate, relay swimmer, and outstanding individual.

**Editors note:** For those of you 60 or older, take a visit to Walmart and look at the shoppers. I guarantee that you look 20 years younger than any of those senior shoppers! It's not just living longer, but having a higher quality of life! Keep swimming! The athletes in my Sun City Peachtree community all look much younger than they are!



## **Swimmer Profile –Shayne Lastinger**

By Elaine Krugman



Overwhelmingly, the swimmers I have interviewed have replied, “Georgia Tech” when asked, “What is your favorite swim meet?” During the last few years, Shayne Lastinger can (and should!) be thanked for that.

The meet director for the last two Atlanta Rainbow Trout St. Nicholas SCM Invitational meets and three Spring Splash meets has been Shayne, President of the Atlanta Rainbow Trout Masters swim team (ART), based at Georgia Tech. He picked up from where former Meet Director, Sean Fitzgerald, left off when he relocated to Canada, and has done a fabulous job.

Just 27 years old, Shayne is on his second board position with the Midtown Atlanta team and is a

great promoter. “Atlanta Rainbow Trout as a whole is a very inclusive team. You hear the name, and you think it’s probably LGBT, and we are, but we are the only Masters team in an Olympic facility (at Georgia Tech where the 1996 Olympics were held), we are the only Masters team located in Midtown Atlanta, and we are \$30 per month for four coached workouts a week (by Masters certified coaches). What we want people to know is that we aren’t just an LGBT team, but a team for everyone to enjoy the Olympic pool facility at a low cost. We are in a prime location, we have cheap dues, and we love people; so, come swim with us!” Workouts are Tuesday, Wednesday, and Thursday evenings, 7:30 pm – 9:00 pm, and Sundays from 11:00 am – 12:30 pm.

In 2017 – 2018, when Shayne had been with ART for just a couple of years, he joined the board of directors and served as Swim Team Director. This was around the same time Sean was preparing to move with his partner to Vancouver; so, Shayne volunteered to step up and replace Sean as the meet director twice each year to host the Trout’s swim meets.

During the 2017 Spring Splash, Sean trained Shayne on the meet manager software and made sure he understood the entire process of running a meet. Shayne ran the meet while Sean competed, but Sean was available to answer questions in between his races, if needed.

After Sean left, Shayne became President of the team and ran two St. Nicholas (St. Nick’s) meets and one Spring Splash completely on his own—a lot to juggle in between serving as the team’s president and running the family’s two golf cart businesses in Georgia!

Prior to Shayne stepping into the role of Meet Director, I had not met him, so I was curious about his swimming background. As it turns out, he has been a leader throughout his swimming career,

serving as Captain of Buford High School's swim team during his junior and senior years.

Following high school, Shayne quit swimming for five years, and gained weight as a result. Wanting to have more friends with common interests and needing to get back in shape, the young gay swimmer found the LGBT team to be a perfect fit. "I was about 30 pounds heavier than I wanted to be, so it was a great way to lose weight and be social. I haven't really done much competitions since I started back. It's something I want to look at more in the future."

Shayne's goal is to race distance freestyle like he did in high school, as well as the 200 IM and 100 Fly. "My overall goal would be to get to more of a feeling of being confident about being tested like I did when I was at the height of my [high school] swimming career."

Being put to the test and taking personal responsibility for the results is what motivates this young Masters swimmer. As Shayne explained, "What I personally like about swimming the most is that for me it is a completely individual sport, and it's completely on me... If I suck at a swim meet, it's because *I* suck at a swim meet. If I broke a record, it's because *I* broke a record. It's all on me... I love to see my own personal growth."

Meanwhile, Shayne has thrived on being put to the test wearing the cap of Meet Director instead of Masters Swimmer, running two Atlanta Rainbow Trout meets each year, including last year's St. Nick's meet that saw the most entries ever for that meet (170).

According to the enthusiastic meet director, running those Georgia Tech meets is a challenge. "I think part of the challenge of doing a meet is they are spaced so far apart. I have a meet in April, and I have a meet in November or December; so, a lot of times it's kind of like having to refresh myself [on the process of dealing with various

aspects of the meet, including the meet manager software and Meet Mobile App]. "The biggest challenge is seeding relays in the middle of the meet. We do relays at the beginning of the meet, but I can easily seed relays before the meet actually starts. But then, the relays at the end are always the problem children, because I make an announcement that I need the relay entries by noon, and then at 12:01 after I have finished seeding the relays, [a team will turn in their relay card].

Besides efficiently running the meet software and seeding relays, there are other things about Shayne's job that we all need to be aware of as competitors and coaches. "There is only one computer that can verify times, enter DQ's (disqualifications), post to Meet Mobile, print results, and print [stickers for] ribbons," Shayne said, adding that the same computer is used to enter those relays—including the late entries. So, if you were like me at the St. Nick's meet wondering where the stickers were for a particular event, just be patient, and don't ask. "If I can just sit in front of the computer and just keep running the meet, it would be [a more positive experience] for everybody," Shayne said.

In addition, Shayne had these suggestions: "Print the heat sheet at home or download Meet Mobile (to your cell phone), so you know what events you are swimming, which heat, and which lane. For relays, make sure your coach knows when relay entries are due (usually 10:00 am)."

If it sounds like the new ART meet director was complaining about his volunteer job, he really wasn't. During our interview, Shayne was quite reluctant to say anything negative. I encouraged him to speak up, though, so we could be made aware of our responsibilities as swimmers and coaches for the meet to run smoothly and end on time.

Truly, it’s a labor of love for Shayne. “I think what I really enjoy about it is that there is so much pressure around you, and you can feel it; but it makes me work harder. I love working under pressure; that’s just me as a person. You have 170 swimmers, and a 170 sets of eyes staring at you, and you have to perform. It’s a pressure that I enjoy. It’s a thing that I care about, and a cause that I care about. It’s very fulfilling for me... I personally have a feeling that I always want to make everyone happy no matter what and I have a hard time accepting when people aren’t happy. What I don’t enjoy about running the meet is that as much time and effort as I put into running the meet, there are still people that complain...”

One complaint he won’t mind hearing about in the future, though, will be from Ed Saltzman, Chief Official and Georgia Masters board member. “I’m sad that in the last couple of years we haven’t been able to do the Reindeer Relay. We’ll have to just bring that back and tell Ed to deal with it,” Shayne said with a mischievous laugh.

*Editor’s note: Thank you, Shayne, for making the meets at Georgia Tech my favorite meets as well! You are doing a fabulous job!*

**Butternuts**



For those few of you who thrive on swimming the 200 fly, there’s a club for you! The Butternuts (an appropriate name) is a nationwide 500+ butterfly club. Here’s the rules to join:

- Continuous fly swim – 500 yards minimum

- Swim duration must be USA/USMS legal – all regulation fly – no one-armed strokes, fins, etc.
- A witness who will vouch for you.

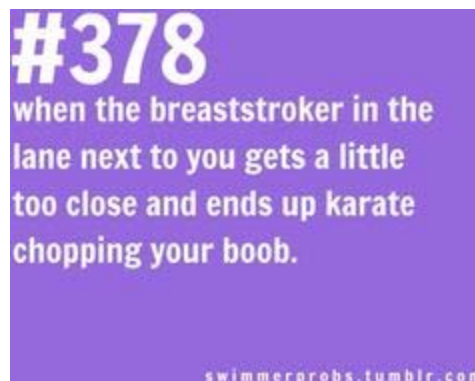
And we have a member of that club in our midst – Elaine Krugman!

**Elaine Krugman, 50 - Georgia Masters Killer Whales**  
6/10/2012 - 900 yds, pool, 20:30  
6/24/2012 - 2000 yds, pool  
[Watch her swim!](#)  
12/19/12 - 1000 yds., pool, 23:07  
[Watch her swim!](#)

Throughout the year, I’ll highlight other members of this fun club! Just let me know when your name appears on this list:

<http://www.grinswim.org/~nasti/butternuts.html>

**Swimming Humor**



## **Upcoming Events**

<b>February 2020</b>			
<b>23*</b>	W Gwinnett Park SCY Developmental Meet	15-19	USMS Winter Fitness Challenge – 30 minute swim
<b>March 2020</b>			
7	SCY -- Sewanee, TN	21-22	Dixie Zone SCY Championships – Cary, NC
14	SCY – Kingsport, TN	<b>28-29*</b>	St Patrick’s Day SCY Invitational at Dynamo
<b>April 2020</b>			
<b>5*</b>	Georgia LMSC Mid-Year Meeting	<b>19*</b>	ART SCY Spring Splash at Georgia Tech
23-26	USMS Spring SCY Nationals – San Antonio, TX		
<b>May 2020</b>			
7-10	YMCA SCY Nationals – Orlando, FL	31	Dixie Zone Open Water Championships 5k Chattanooga, TN
<b>June 2020</b>			
<b>7*</b>	Nautical Milers LC Invitational at Mountain View Aquatic Center – <b>A new meet!</b>	13	Open Water – 5k, 10k, 15k Fontana Lake, Almond, NC
17-27	Pan Am LC Masters Championships, Medellin, Columbia	20-21	LC – Greenville, SC
<b>July 2020</b>			
<b>25*</b>	Georgia Games Open Water Lake Acworth		

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>		
<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
Eagle Watch Eagles Masters	EWE	Brett Daniels	tricoachbrett2005@yahoo.com
Georgia Masters	GAJA	Lisa L Watson	lisa.watson@ung.edu
Global Adaptive Aquatics	GAA	Helmut Levy	swim@globaladaptiveaquatics.org
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		
Life Time Swim Georgia	LTMS	Alicia Kockler	ryanbell@msn.com
Marietta Marlins	LINS	Larry Baskin	larry@larrybaskin.com
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**

The ankle stretch I demonstrated last month had the extra benefit of also stretching the quads, but I also do a standing quad stretch for these two additional benefits: balance and streamlining.

Most of us may still be under 65 years of age, but we will get there eventually, right? It is estimated that about one third of all seniors 65 and older experience some type of fall each year, and many of those falls cause serious injuries.

One way to help prevent falls is to improve balance. In addition to gaining strength and flexibility, doing yoga helps achieve that goal; so, I do the following pose (or stretch) daily and hold it for as long as possible, before I lose my balance or get too tired to hold it.

Whenever I do a stretch, I try to maximize the benefits, so I also aim to get my arm in a good swimming streamline position: arm straight with my bicep close to my ear. By standing as tall and streamline as possible, I can feel the stretch throughout my entire arm, torso, and quad.

(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.)

### **Standing Quad Stretch**

If you have poor balance or don't feel confident beginning this stretch without falling, stand next to a wall or railing, so you can catch yourself if necessary. It's ok to break out of your streamline to prevent a fall!

If you are right-handed, chances are you have the best balance on your right foot. If that's the case, begin by bending your left leg at the knee and grabbing your ankle with your left hand. Bend it back towards your backside only as far as you feel a comfortable stretch without pain. Hold still, and then get into the streamline position with your right arm. To maintain balance, look ahead at something that is at eye level, and keep your gaze fixed at that object. Aim to hold your stretch for 30 seconds before releasing and switching sides. A good goal to shoot for is to do two 30-second stretches for each leg.

