



# Georgia Masters Newsletter

## Swimming in Georgia

### October 2020

#### *Chair's Corner – October*



Hello everyone,  
Can you believe it is finally October? 2020 feels like it's been going on forever. With the weather getting cooler, I see lots of people swimming in lakes again before the temperatures drop to "wet suit needed" again. I hope all of you have found an outlet

to get some swimming in by now. If you are still struggling to find a pool or lake to swim in, please reach out to us and we are happy to share with you some pools and lakes available to the public.

In early October, the Georgia LMSC held their first virtual annual meeting. We have had a great year, despite COVID-19 challenges on the way. And we are looking forward to building on that in 2021.

A few reminders: USMS Club and Workout Groups registration is now open. All clubs and workout groups that were registered for 2020 have already been registered for 2021 and the fee is covered by the Georgia LMSC. We wanted to show our appreciation to our coaches, clubs and workout groups during these challenging times. Individual registration for swimmers opens November 1.

USMS has released sanctioning guidelines for Masters swim meets and a few teams within our zone have mentioned that they are looking into possibly hosting a meet before the end of the year. We will share any developments about meets being hosted as we receive them.

Happy Swimming,

Britta

#### **Don't Miss These Events**

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

Another opportunity to get those competitive juices flowing is coming up! The final 2020 USMS Fitness Challenge event is the Fall Fitness Challenge, a 1 mile swim. This event can be swum any time between November 15 - 30.

It can also be done in any fashion – nonstop or breaking it into intervals or doing different strokes. You can swim it any way you want.

As we know, many of our Masters teams are currently not able to work out as a group. If you are one of the lucky ones that can, try doing this event during one of your workouts to get the whole group involved. For others who are now swimming on their own, be sure to include the 1 mile swim as one of your workouts during the last two weeks of November.

You can sign up for the event by going to the USMS website ([www.usms.org](http://www.usms.org)) and clicking Fitness Events. For those who do not have access to a pool right now, there is also a dryland component which can be done instead. Entry fees will go towards helping USMS clubs across the country in dealing with problems from the pandemic.

#### ***Go the Distance 2020***

We know that so many swimmers must be missing the opportunity for competition during this pandemic (currently, no USMS sanctioned events

are allowed through October 31). Sadly, our Georgia LMSC will not be holding the Georgia Grand Prix Series for this year, since none of those events will have been held. We did decide to continue to give awards for the top three male and female finishers in the USMS Go the Distance for 2020. Even though swimming has been stymied and for some people, completely halted, we know there are also a number of swimmers who have found different opportunities for swimming, e.g., lake swimming. So, while there may be different mileage totals for this year’s Go the Distance, we think that any mileage is certainly worth noting.

For those who have not participated in the USMS postal event of Go the Distance, think of it as sort of a Fitbit for swimming yardage, a good way to tally your total swimming mileage. It is easy to sign up. Go to the USMS website ([www.usms.org](http://www.usms.org)) and then go to My USMS and you can sign up for it there, or go to ‘Fitness Events’ and click on ‘Go the Distance.’ You just record your yardage. You can do it daily, monthly or once a year. If you have been keeping track of your swimming yardage but have not signed up for Go the Distance, you can sign up and put in all the mileage you’ve done so far.

At the end of the year, we acknowledge the Georgia swimmers who participate in this event by giving out awards for the top three male and female mileages. Normally, we give out these awards at the St Pat meet in March. For the 2019 winners, we weren’t able to do that, so we will be getting those awards to you. It’s also nice to compare your mileage against others in your age group, LMSC, or Zone. Try it, you’ll like it!

***In Memoriam: Sally Newell  
(10/24/37 – 8/19/20)***



Georgia swimmer **Sally Newell** passed away peacefully on August 19 at the age of 82. Sally was an accomplished Masters swimmer for North Carolina Masters (NCMS) when she moved to Atlanta in 2008. After a few years, she switched her USMS membership to Georgia, where she began setting Georgia records. She still holds records in both the 75-79 and 80-84 age groups in all 4 strokes, and in all 3 courses. Those records include:

**SCY  
75-79**

- Free: 50, 100, 200, 500
- Back: 50, 100, 200
- Breast: 50, 100, 200
- IM: 100, 200

**Other News**

**80-84**

Free: 50, 100, 500  
Back: 50, 100, 200  
Breast: 50, 100, 200

**LCM  
75-79**

Free: 50, 100, 200  
Back: 50, 100, 200  
Breast: 50, 100, 200

**80-84**

Free: 50, 100, 200, 400  
Back: 50, 100, 200  
Breast: 50, 100, 200

**SCM  
75-79**

Free: 50, 100, 200  
Back: 50, 100, 200  
Breast: 50, 100, 200  
Fly: 50  
IM: 200

**80-84**

Free: 50, 100, 200, 400  
Back: 100, 200  
Breast: 50, 100, 200

Sally also has many USMS achievements which include 526 individual and 104 relay Top Ten awards, and 12 individual and 10 relay All American listings. She was part of a USMS National Record setting relay team in 1996 for the 200 mixed medley relay in the 240-270 age group, swimming under NCMS. A more complete list of these achievements is also attached.

One of Sally’s most famed accomplishments was competing in the Irish Liffey Swim (through the center of Dublin) several times. She was recognized as the oldest swimmer to ever participate in this event.

To better remember Sally, please check out her Swimmer Profile from October 2018. It is posted on the Georgia Masters website.

Editor’s Note from Lisa Watson: I had the privilege of knowing Sally both in Greensboro, North Carolina (my home town) and here in Georgia. When I would visit Greensboro, I would see Sally at the pool teaching swim lessons to children, which she loved to do. Here in Georgia, I’ve seen her at local meets, and also at Nationals. She was always happy, always with a smile on her face. She will certainly be missed.

***In Memoriam: Anna Maria Thrash (October 8)***



She began swimming with the newly formed Dynamo Swim Club at the age of 5, igniting a passion for competition and coaching throughout her life. She competed on the Clemson University swim team from 1979-83, being named co-captain from 1981-83.

Overcoming 20+ years of serious liver disease and complications, Maria found a way to continue training and competing. She completed the Ironman Florida (2013) and the Ironman Chattanooga (2015). She pushed herself every day to give her all. The words “grit” and “determination” exemplify her.

After receiving her BS degree from Clemson in 1984, she returned to Dynamo to begin a 35 year coaching career which continued at Swim Atlanta and Georgia Tech, ending back at Dynamo as head coach of Dynamo Masters & Triathletes and head coach of Dynamo Multisport. Coaching was her passion and it showed in her relationship with her athletes and in their accomplishments.

She is widely regarded as one of the top Masters swim coaches in the world and over the years her athletes have included the top pro and amateur female swim times and top five amateur athletes in the Ironman World Championships at Dynamo, several school record and NCAA Championship time standards holders at Georgia Tech, male and

female state record holders at Swim Atlanta and male high school Swimmer of the Year. She has twice been names Georgia Coach of the Year.

Maria (59) passed away on October 8.

### ***Richard Dixon – Hospice Care***

By John Zeigler



Richard Dixon, Georgia Masters Killer Whales for many years, has been placed into hospice care suffering from pneumonia and dementia.

Richard served in the U.S. Navy as an Electronics Tech aboard an attack aircraft carrier in the Pacific Ocean. Over 3,000 men were on the ship. Richard worked in an air-conditioned shop. After work hours he worked out doing pushups, sit-ups, and pull-ups. One of the Marines aboard the carrier boasted

no Navy sailor could beat him in doing pushups. Richard accepted the challenge and beat him badly.

At sea Richard armed the jet aircraft's nuclear weapons prior to take off and disarmed them upon return. He also taught calculus and photography to some of the junior officers until the commanding office discovered an enlisted man was teaching the officers. Richard then had to only do the photography instructions while ashore away from the ship. Richard would sneak into the officer's showers in the morning to shave and never got caught. Pay back for only being an enlisted man. The carrier was anchored in the harbor in Honolulu and a captain's barge came alongside and picked up Richard. What the ship's crew did not know was the Miami Beach neighbor, U. S. Senator George Smathers, Democrat, Florida, was on a Senate tour

and asked to see Richard Dixon. Later Smathers returned to Pearl Harbor and asked to see Richard. However, the supervisor refused Richard's request to go ashore that evening because Richard was on the duty watch. Over-ruled he was, the ship's announcement called Richard to the quarterdeck ASAP. Richard disembarked and got into a limo and left.

After a transfer ashore to a California Naval base, Richard began running again. He entered an AAU track meet. Most of the men were college athletes. Richard was in his late 20's and the guys called him "old man." Richard had a waxed handle-bar mustache. His 100 meter race strategy was to false start twice. Anyone false starting on the third start got disqualified. The college guys were slow out of the blocks, but Richard was quick and won the heat. At the finish, Richard congratulated everyone with "nice race kid."

Richard played football on the base team as a running back. Navy had to face an Air Force team which was undefeated and had numerous former college players. Their defense had huge players. The Navy coach tried to run the ball up the middle with no luck. Richard told the coach he could run around the end because the defense was slow. Navy won 42-7 and Richard ran crazy all game.

Richard lettered in four sports yearly at Miami Beach Senior High School. Richard played football, basketball, baseball, and track. In the summer he and the boys would swim at South Beach along the Government Cut rock jetty and grab the tails of the sharks for a quick ride. He never told his parents about the sharks, thinking his dad would end the fun.

He also was a lifeguard at one of the big hotels on the beach. Johnny Weissmuller stayed at the hotel when he made some of his movies. Richard watched Weissmuller swim underwater for two laps in the pool. Richard spent the whole summer trying to do it in the 50 yard pool and only made one lap at the end of the summer.

Another time on Collins Avenue, two New York Jews were waiting for the light to cross the Avenue. One spoke Yiddish to the other to make a crude remark about Richard. As the men began crossing, Richard spoke Yiddish to the men cussing them out. The man stated in Yiddish, the boy did not look Jewish. Richard said school was 90% Jews and he could not help but learn the language.

Richard earned an engineering degree at the University of Florida. In 1959, while home from college, Richard drove to the estate of a girlfriend. Pulling into the courtyard, he was surrounded by armed men pointing their guns at Richard. Fulgencio Batista, ex-President of Cuba, was renting the home while in exile from Cuba where Fidel Castro was in control of Cuba. Richard was ordered to get out immediately.

Besides being well educated and athletic, Richard was a member of his church choir in Marietta. One choir practice, the director said she had found a new song. Richard stated it was not new, but she ignored his claim. The next choir practice was when Richard placed a 1924 choir book from his collection at home and showed that song in the 75-year old book.

Richard provoked the director at a later Xmas practice by arriving wearing a long raincoat. He asked the director if she would like him to flash her, she declined, but Richard opened the coat to flash her with two blinking strands of mini Xmas lights wrapped around his body. Richard was usually quiet but beware for he could strike with humor at any time.

Richard swam on the 320 plus mixed medley relay at the LMC summer nationals, University of Maryland with 98 year old **Anne Dunivin** and **John Zeigler** to win silver medals in 2014.

### **USMS Annual Meeting Recap**

As with many things, the USMS Annual Convention was very different this year. It was

held virtually throughout September and culminating September 25-27.

Our participating Georgia delegates were: **Britta O'Leary, Lisa Watson, LeAnn Rossi, Ed Saltzman** (Dixie/Southeast Zone Chair), **Rob Copeland** (past USMS President), **Elaine Krugman**, and **Jeffrey Tacca**. Among the major news stories:

- **New Name** – the Dixie Zone has now been renamed the Southeast Zone. Ed Saltzman remains as Zone Chair. Since no meets have been officially scheduled yet due to the pandemic, we will notify our members of any meets that do occur.
- **Unified Fee** – This has been proposed by the National Office for the last couple of years and was voted in this year. This means that all LMSCs will have the same fees. The new fee to be implemented for 2021 is \$60 with \$48 going to USMS and \$12 for the LMSC.
- **At Large Directors Elected** – Each USMS Zone provides candidates for the At Large Director position on the USMS Board of Directors. Congratulations to **Britta O'Leary** who was elected as an At Large Director from the Southeast Zone!!!

### **2021 USMS REGISTRATIONS**

**Club/Workout Groups:** At our Georgia LMSC Annual Meeting, held virtually via Zoom on October 4, we voted to cover the 2021 registration costs for all Georgia clubs and workout groups who were registered for 2020. All club and workout group coaches/representatives have been notified that their club/workout group has been registered for 2021 and paid for by the Georgia LMSC. We felt that it would be a nice gesture to all of our clubs and workout groups who are dealing with the challenging circumstances of the pandemic.

**Individual Registration** Swimmers can renew their registration as of November 1. You will now be paying the Unified Fee of \$60. Coaches should encourage your swimmers to go ahead and get

their registration in as soon as possible.

Obviously, we don't know when USMS meets will be able to return due to the pandemic, but hopefully they will be occurring in 2021. Meanwhile, there are many fitness related events to focus on, both in swimming and dryland.

### ***Swimmer Profile – Jan Johnson***

By Elaine Krugman

At the last St. Nick's meet at Georgia Tech, I had a relay request: Put me on a team with Randy Russell. He was my relay teammate (and 50yd Freestyle gold medalist) at the 2019 National Senior Games, where we won a bronze medal in the mixed medley relay and barely squeaked by for another bronze in the freestyle relay. It was a blast!

Lucky for me, I got a two-fer when Ted Hammond was assigned to our relay. While interviewing him for the August 2019 newsletter, he was a hoot, and we talked about how much fun it would be to swim on a relay together.

To complete our relay team, Randy wanted his Calhoun workout group swimmer, Jan Johnston, to join us. He spoke very highly of her swimming abilities, and I realized that I would, once again, be the proverbial "anchor" of the team, weighing us down with my lack of speed.

As it turned out, Jan was the official anchor of our 400m Mixed Medley Relay team, and she lived up to Randy's glowing assessment as our freestyler. Following Randy's zippy 100- meter backstroke, I swam the breaststroke leg and Ted flew through his fly, leaving Jan to bring it home. Not only did she land us in the Georgia State Record books, but the fast freestyler also secured us the 3<sup>rd</sup> place spot in the USMS Top Ten!



Although Jan says, "I just don't have enough confidence in my swimming ability," the 63-year-old ranked in the top 20% of 50-yard freestylers in her age group, following the Spring Splash meet! That's impressive, especially since she had only been in Masters for a few months, swam just three times per week, and had competed as an adult in just that one meet.

About her limited pool training schedule, the North Georgian explained in our interview, "I blew my knee out and couldn't run anymore. Believe me, I would choose swimming over running any day; I much more prefer it. But, all you need to run is to strap on a pair of shoes and go out and run. With swimming, you need to have that access to an aquatic center, and Cartersville does not have that. We live in Kingston, which is between Cartersville and Calhoun, and we live out on the Etowah River.

I drive to Calhoun. I only swim three days a week, because it's a good distance. It's a 45-minute drive one way."

In addition to swimming, the retired art teacher takes a Body Pump weightlifting class twice per week, which has contributed tremendously to her strength in the pool. She also walks her dogs 3-4 miles per day and kayaks 2-3 times per week in the summer. "We have kayaked the whole (Etowah) river," she said, adding that she and her husband kayaked the 164 miles of the river in increments.

A few years back, before her knee injury, Jan competed with her daughters in the Savage Race, a 5-7-mile running race with 27 obstacles. She is proud of the fact that she was able to scale the massive wall at the age of 60.

Since Jan's time in the pool has been limited since joining Masters in February 2019, I wondered how she could have gotten to be such a good swimmer in a relatively short amount of time. What I learned about Jan is something she has in common with most of the fast swimmers I have profiled or met during my ten years in USMS: Even though she hadn't trained in the pool for many years, she swam competitively as a child.

The native Georgian grew up in Dekalb and swam with the Dynamo Swim Club along with her brother and sister. But, less than a year later, her brother's near-fatality in the pool ended the family's swim club experience. As Jan explained, "We were on Dynamo maybe a year—I don't think we were there for a whole season. My older brother had a seizure in the pool, and it was horrible. We were in Northside hospital in our swim suits while they were trying to revive him. We had no idea he had epilepsy. And, if it hadn't been for the last kid... he saw my brother on the bottom of the pool. They pulled him out, and at the time, they thought he had hyperventilated, but in actuality, he had a grand mal seizure. When that happened, my mom pulled us off [the team] and said, 'That's it!' It wasn't Dynamo's fault; it was just a freak accident."

Jan had developed an excellent swimming base during her short time with Dynamo, though, so she was able to build on it during her stint in high school summer league swimming. "As a kid, I was pretty good as a summer leaguer," she said, adding that she won the county in butterfly and freestyle. It turned out to be Jan's only other swimming experience before quitting and switching to running, following high school graduation. Then, two years ago, after her knee injury, she joined the Calhoun Aquatic Center. After one year of swimming on her own, Jan joined USMS when Randy Russell formed a Masters workout group there.

The new Masters swimmer hadn't intended on returning to competition, but, "I was kind of talked into it by Randy," Jan said with a laugh about participating in the 2019 Spring Splash, at Georgia Tech, and then returning to the same pool to swim at the St. Nick's meet.

Even after Jan's swimming accomplishments, the fast freestyler still feels she lacks the confidence in her abilities, though. "I have really never been trained because in summer league high school, they don't train like USA (Swimming) does. You're trained under USA year-round. They're going to assign your strokes, train the right technique, and I never really got that. I'm really lacking in back and breast. I just don't have it. I know I'm legal in what I do, but I don't have the technique that you need. I don't have that muscle memory that you need for the right technique... When I started getting back into [swimming], I was like, I'm not good; I suck! And now, I'm like, well, I'm just going to do the best I can do," she said.

"Part of me thinks, I wish as a kid I had swum [USA Swimming] all my life; I would be so much better. But, it is what it is. I enjoy the sport, and that's what matters."

Jan especially enjoys swimming freestyle and butterfly, the two strokes that have always come naturally to her. As she says about the other two

competitive strokes, “I want to get a decent breaststroke, and I want to try and get a decent backstroke, even though I hate not looking where I’m going. I want to have a nice stroke.”

As Jan works towards her goals, the determined swimmer gives credit to Randy Russell for the strides she has made. “Randy has helped more than anything. Having a coach telling you what you’re doing wrong and what to work on.”

Time constraints, though, prevent Jan from progressing as fast and as far as she would prefer. “I don’t think I have enough time to put into being as good as I would like to be. It’s a commitment. I’m the kind of person that if I’m going to do something well, I need time to put into it.”

Jan is enjoying the time she is spending in the pool, though. What about swimming does she like the most? “I can eat all I want!” she laughed. “And, I like the way I feel when I get out of the water. When I get out, the feeling you get after getting out of the water is worth it. It’s just kind of a natural aquatic high. You just feel so good! I don’t know if it’s because you use so much lung capacity, the oxygen gets going, and you just feel better because of it,” she explained, adding that she never felt that good after running. “No matter how tired you are, there’s just this great energy when you’re done. I really enjoy the fact that I got back into it. I really enjoy the benefits physically that I’ve gotten from it, and I feel like physically, I’m in the best shape I’ve been in since I was in my 20’s, because of swimming.”

### ***Mark Esbrook – Cycling Accomplishment***

Mark is also an accomplished cyclist. In September, he completed the Six Gap Century on

Sunday, September 27. He was back in the water a few days later. Here’s his description of the ride.



“The Six Gap Century is one of the hardest bike races in the southeast and today I completed it. It is 103 miles long where the cyclist has to climb six of the steepest roads in the North Georgia mountains for a total elevation gain of 11,200 feet.

The toughest climb, Hogpen Gap, will test even the strongest riders, averaging a 7% grade for seven miles, with sections as steep as 15%. When climbing Hogpen, I could not look up because the steepness of this never-ending climb would start the voice in my head that told me to quit. Instead I would stare down at my pedals and count my pedal rotations to four over and over and over until I reached the summit.

I had cramps in my thighs, my hamstrings, and my calves. At the end I was so tired and my body ached so much, that when I had to sneeze, I couldn't because when I tried to inhale my obliques would cramp up. Will I be doing this race next year? Heck yeah!”

## *Upcoming Events*

<b>November 2020</b>			
<b>1*</b>	Georgia LMSC Zoom Conference call – contact Brita at <a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>	15-20	USMS Fall Fitness Challenge – 1 mile swim
<b>December 2020</b>			
<b>January 2021</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	Shayne Lastinger	<a href="mailto:shayne.lastinger@comcast.net">shayne.lastinger@comcast.net</a>
Atlanta Water Jocks	AWJ	Lorenzo Benucci	<a href="mailto:lbenucci@gmail.com">lbenucci@gmail.com</a>

Andrew & Walter Young YMCA Masters	AWYY	Iilonga 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	Jarrold 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
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Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
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