



# Georgia Masters Newsletter

## Swimming in Georgia

### May 2021

#### ***Chair's Corner – May***



#### **Summer is Just Around the Corner!**

Hello everyone,  
It is great to see how things continue to slowly move towards the "normalcy" stage. Many more pools are opening up, outdoor pools are opening, and swim meets are starting to fill the

calendar. I love to see my fellow swimmers' faces light up when we can talk about future events and swims. How great that there are things to look forward to again that are not just virtual.

Speaking of events, make sure to check out this newsletter as there are a bunch of events, virtual, and non-virtual coming up, including a USMS National Championship! We would love for everyone to get involved. I am going to sign up for SCY Nationals and hope to see many of you in Greensboro, NC. Since it is a drivable distance from Georgia, let's make our attendance known! Happy swimming,  
Britta

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

#### ***USMS Summer Fitness Challenge June 1-14***

With summer around the corner, it's time to gear up for the USMS Summer Fitness Challenge- a 2k swim, to be done in any body of water -- SCY, LC,

open water- whatever works best for you. As with all the Challenge events, the goal is simply to swim a 2k. This can either be done nonstop or broken into segments, using any strokes preferred. These events are certainly more fun if done with other people, so we encourage our coaches to work this event into one of your swim practices.

The event should be swum anytime from June 1- 14. To enter, go to the USMS website ([www.usms.org](http://www.usms.org)) and click 'Events' at the top of the page, then 'Fitness Events'. It's easy to enter, and the registration fee will go to helping our clubs who have been impacted by the pandemic.

For more info -  
<https://www.usms.org/events/fitness-events/fitness-series>

#### ***5k/10k ePostal National Championships May 15 – September 15***



Swim this event with someone recording your split times and enter on the official split sheet. You can enter both events, but they must be swim separately.

For more information about this event, visit [https://www.clubassistant.com/club/meet\\_information.cfm?c=1246&smid=13719](https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=13719)

**Meet Recaps**

**Swim Atlanta SCY Recap:  
April 25**



Finally, an actual Masters meet recap. How exciting! And it was an exciting meet, thanks to Swim Atlanta Masters coach **Pat Eddy** and his support team for putting this on! This meet was held at the Swim Atlanta Sugarloaf pool in Lawrenceville. Fifty-three swimmers entered the meet (there was a limit due to COVID-19 guidelines). All registered swimmers received a commemorative swim cap (check it out in the pictures from the meet).

Georgia clubs represented included: Atlanta Y (ATLY), Atlanta Water Jocks (AWJ), Chastain Park Athletic Club (CPAC), Dynamo Masters (DYNA), Georgia Killer Whales (GMKW), Columbus Hurricanes (HURR), Kennesaw State Masters (KSUM), Nautical Milers (NAUT), Marietta Stingrays (RAYS), Southside Seals (SSS), and host team Swim Atlanta (SWAT). Several Georgia records were set at this meet (obviously our swimmers were so excited to be competing at a meet that they swam really fast!). Those records include:

- Dan Beatty (M55-59) – 500yd free
- David Hildebrandt (M65-69) – 50yd back
- 800yd free relay (Men 18+) – Tyler Spencer, Harrison Andrews, William Davis, Grayson Beckman
- 800yd free relay (Mixed 45+) – Ted Hammond, Bitsy Aldrich, Randy Russell, Cathy Jones

Congratulations to these record setting swimmers! Thanks to the following volunteers who assisted with the meet:

- Officials: Ed Saltzman, Eric Pingel
- Registration/Door Greeters: Crissy Mullen, Samantha Eddy
- Timers: Crissy Mullen, Samantha Eddy, Lisa Watson, Tyler Spencer, Gary Hasty, Jennifer Matheson, Pat Schyck, Dave Beem

This meet went so well that Pat plans to hold another one at the Sugarloaf Swim Atlanta pool on July 11, possibly a long course meet. Stay tuned for more updates on this.





**Other News**

***Try Masters Swimming***



Now that more pools are reopening and restrictions are starting to ease, USMS is making a big push to get more swimmers interested in Masters swimming.

*Try Masters Swimming* is a program that allows us to introduce adults to the life changing benefits of Masters swimming. People are happier when they swim, and we want everyone to experience that feeling.

During the month of July, anyone can experience a **free workout** at participating clubs nationwide. Why July? Because it's between the two biggest swimming events of the year: the US Olympic swimming trials and the Tokyo Olympics. It's that special time occurring every four years (or five, due to the pandemic) when everyone has an interest in the sport we love. Instead of hearing people just talk about swimming this year, let's see if we can get them to actually try it!

Our LMSC Coaches Chair, **Pat Eddy**, will be contacting our various coaches to see if they can join *Try Masters Swimming* as a participating club. We realize some clubs may still have limitations due to the pandemic, but if it's possible, this would be a great way to recruit more members.

If you swim with a team, ask your coach if they've received any information about *Try Masters Swimming*. If they haven't, or if you're a coach and haven't received information, reply back to me, your newsletter editor.

### **Swimmer Profile –Elizabeth Giesecking**

By Elaine Krugman



There is a familiar pattern among many of the swimmers who join U.S. Masters Swimming in their 40's or 50's. Many swam competitively as a child, and perhaps even in college, then life got in the way. Children and/or careers forced swimming to take a backseat to more pressing commitments. Once the children were grown and out of the house, there was more time to dedicate to the activities they once loved.

Elizabeth Giesecking is an example of one who followed that pattern. An age group swimmer from 6<sup>th</sup> grade through high school, she didn't join Georgia Masters until fall of 2018. Although she had competed in club swimming while earning her bachelor's and master's degrees in chemical engineering at Georgia Tech, it wasn't until after her four children were grown that she got back into the sport on a regular basis. This time, she was pursuing a second career as a data scientist and earning master's degrees in mathematics education and statistics, at the University of Georgia, in Athens. Swimming fit into her class schedule, so she took advantage of UGA's world-class pool and returned to the sport she loved best.

Elizabeth currently works full-time from home (due to the pandemic) as a model validator (don't know what a model validator does? Google it.) and swims four times a week, two mornings at the West Gwinnett Park Aquatic Center, and two afternoons at the Collins Hill Park Aquatic Center.

It's understandable why this high academic achiever swam only sporadically during all those years, in between earning her master's degrees at Georgia Tech and UGA. Elizabeth not only had four children; but, she home-schooled each of them as well!

"I feel like I have had different lives," Elizabeth said in our recent phone interview, further explaining, "I had my regular college years, and then I had my home-schooling years; and, then I had my back to college and new career. I did some swimming during my home-schooling years... but you go through a lot of stages of life, and during

some stages, swimming just didn't really work." At times, Elizabeth found it difficult to fit swimming in with the various extracurricular activities her four kids were involved in. Now that her youngest is an adult, she has time to return to the activities she had enjoyed as a child—swimming and piano lessons.

When it comes to swimming, it's backstroke she enjoys the most. In high school, Elizabeth swam backstroke events in the Florida Junior Olympics, and she has set a goal of making National Qualifying Times in her new 55-59 Masters age group. "200 Backstroke is probably my best event. That's where I feel like I'm closest to making my [National Qualifying Time] goal. I'm not much of a sprinter," Elizabeth said, adding she also likes swimming IM's, because she gets bored easily and likes the variety.

To prepare for reaching her goal, Elizabeth is putting in some quality yardage. "My goal this year is to get in about 30 miles a month.

Afternoons, I'm doing close to 4,000 yards, and in the mornings, it's more like 3,000 yards to try and average out to that amount... When I was at UGA, that fall, they had 'Swim Between the Hedges,' and this was one of the things that really got me going. That was a good football year for them. For every touchdown they scored, you needed to swim 1,000 yards, and for each field goal, 500 yards. So, this was my weekly swimming goal, to try to get that much in." That is what got Elizabeth started in making monthly and annual swimming mileage goals. Her 2021 target is to surpass her goal of 350 miles in the *Go the Distance* program. "Having long term distance goals are what keep me going," she explained.

Since her return to competitive swimming, Elizabeth says, "I'm still improving, which is a good thing. At this age, you're aging, but you're trying to get in better condition, and really working on better technique is my thing right now; because, there is only so good of condition I can get in at this age. I was hoping it would be easier!"

It may not always come easy; however, Elizabeth thoroughly enjoys her time in the water. "I like the feeling of going fast. Just the gliding through the water; I like that feeling. It's not necessarily how fast the time is; sometimes you just feel really good swimming. Feeling strong; it makes you feel good about yourself. Especially in May, when I first got back into the pool after two months [of lock down]; it was like, oh, this feels *so good!*" she said.

When I asked Elizabeth what she likes about Masters swimming, she replied, "Even more than worrying about my times at the meets, I enjoy getting to see other people, especially the older swimmers who are very inspiring. You see the older inspiring swimmers, you see the younger faster swimmers, you see some older faster swimmers; I find that inspiring. To me, I like that more about the meets than the actual competition. The actual competition may or may not go as planned."

Elizabeth's favorite meet memory was competing at the Masters Pan Am Games, in her hometown of Orlando, where her parents still live. She remembered, "I was sitting with two sisters from different states, and then there was another lady from Utah that was sitting with us; so, there was this cluster of people from different places. That was a really neat experience, just meeting people from all over. I talked with some of the Georgia people that were there, too, that I had seen at different meets. I did improve my times, so I was happy with that."

In addition to training and competition, Elizabeth is getting involved in Masters swimming as a volunteer. During our last Georgia Masters board meeting (virtually on Zoom), she was welcomed as a member-at-large addition to the board.

Back in September of 2019, Elizabeth had competed in the Southside Seals Pentathlon and stayed for the board's annual meeting, because she was curious. "I wanted to see what was going on; I like to know what's happening." That led to her

joining in on the 2020 annual meeting on Zoom. Elizabeth continued to attend the virtual meetings, which led to Britta O’Leary inviting her to join the board.

When I asked Elizabeth why she wanted to serve on the board, she replied, “I have a history of volunteering, in general. My parents were good examples of volunteering. My dad delivered Meals-on-Wheels until he was 90. He’s 99 and will be 100 in April. He is actually one of my swimming examples. He wasn’t fast, but he kept exercising and kept swimming until he was 91. He got injured and hasn’t done much since then. When I was young, he would drive me to my morning swim practice at 5:00 am. After he retired, he swam regularly, but he never competed and was never fast; but, he kept at it. My mom has been a volunteer at church. I think she finally stopped; she’s in her 80’s. She was doing all of the bookkeeping for a couple of missionaries. I was a Girl Scout leader, a robotics coach, and a math team coach. I did all of these other things, and now my kids are gone. So, it’s been kind of a history of when I get involved in something, I get fully involved.”

We were all pleased she decided to get involved with Georgia Masters! Welcome aboard, Elizabeth!



**Swimming Humor**



WHAT I THINK MY BACKSTROKE START LOOKS LIKE:



WHAT IT ACTUALLY LOOKS LIKE



## *Upcoming Events*

<b>June 2021</b>			
<b>13*</b>	Georgia LMSC Zoom Conference call at 7pm Contact Brita at <a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>	<b>5-6</b>	Bumpy Jones Classic LCY – Sarasota, FL
<b>July 2021</b>			
<b>TBA</b>	Georgia LMSC Zoom Conference call at 7pm Contact Brita at <a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>	<b>11*</b>	Swim Atlanta, LC (tentative)
21-25	USMS SCY Nationals – Greensboro, NC (tentative)	<b>31*</b>	Georgia Games Open Water – Lake Acworth <a href="http://www.georgiagames.org">www.georgiagames.org</a>
<b>August 2021</b>			
<b>TBA</b>	Georgia LMSC Zoom Conference call at 7pm Contact Brita at <a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>	14-15	St. Petersburg, FL - LC
<b>September 2021</b>			
<b>11*</b>	Southside Seals SCY (tentative)	<b>11*</b>	Georgia Masters LMSC Annual Meeting (tentative)
<b>19*</b>	Atlanta Rainbow Trout LC @ GA Tech (tentative)		
<b>October 2021</b>			
<b>TBA</b>	Georgia LMSC Zoom Conference call at 7pm Contact Brita at <a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>	6-10	USMS LC Nationals – Geneva, Ohio (tentative)

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.

<i>Swim Websites</i>	
ARP Blue Tides	<a href="https://www.augustaga.gov/DocumentCenter/View/12491/ARP-Blue-Tides-flyer">https://www.augustaga.gov/DocumentCenter/View/12491/ARP-Blue-Tides-flyer</a>
Athens Bulldog Swim Club	<a href="http://www.athensbulldogs.com">http://www.athensbulldogs.com</a>
Atlanta Rainbow Trout	<a href="https://www.atlantarainbowtrout.com">https://www.atlantarainbowtrout.com</a>
Atlanta Water Jocks	<a href="http://www.atlantawaterjocks.com">http://www.atlantawaterjocks.com</a>
Chastain Park Athletic Club	<a href="http://www.ChastainParkAthleticClub.org">www.ChastainParkAthleticClub.org</a>
Columbus Aquatic Club	<a href="http://www.swimhurricanes.com">http://www.swimhurricanes.com</a>
Concourse Athletic Club	<a href="http://wellbridge.com/concourse-athletic-club/sandy-springs">wellbridge.com/concourse-athletic-club/sandy-springs</a>
Cumming Waves Swim Team	<a href="http://www.cummingwaves.net">www.cummingwaves.net</a>
Decatur Family YMCA	<a href="http://ddy.ymcaatlanta.org">ddy.ymcaatlanta.org</a>
DeKalb Aquatics Masters	<a href="http://daqswim.com">http://daqswim.com</a>
Douglas County Stingrays	<a href="http://www.swimdc.com">www.swimdc.com</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>

***For more information about the clubs and teams,  
Visit [www.georgiamasters.org](http://www.georgiamasters.org)***

Name	Abbr	Contact	Phone	Email
<b>GEORGIA CLUBS</b>				
Atlanta Rainbow Trout	ART	Jake Macks	(602) 821-2677	<a href="mailto:jake.macks@gmail.com">jake.macks@gmail.com</a>
Atlanta Water Jocks	AWJ	Lorenzo Benucci	(404) 353-2952	<a href="mailto:lbenucci@gmail.com">lbenucci@gmail.com</a>
Camden PSA Masters	CAST	John Eife	(407) 212-2410	<a href="mailto:jdeife@co.camden.ga.us">jdeife@co.camden.ga.us</a>
Chastain Park Athletic Club	CPAC	Star Brackin	(404) 841-9196	<a href="http://masters@chastainparkac.org">masters@chastainparkac.org</a>
Columbus Aquatic Club	HURM	Andrew Beggs	(610) 742-8114	<a href="mailto:andrew.t.beggs@gmail.com">andrew.t.beggs@gmail.com</a>
Concourse Athletic Club	CONC	Chris Nasser	(770) 713-3694	<a href="mailto:swim@concoursemasters.com">swim@concoursemasters.com</a>
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	(770) 736-3512	
Dutch Island Dolphins	DID	Joyce Bustinduy		<a href="mailto:jobustinduy@gmail.com">jobustinduy@gmail.com</a>
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	(706) 322-8269	<a href="mailto:sbalkcum@ymcacolumbusga.com">sbalkcum@ymcacolumbusga.com</a>
Kennesaw State University Masters	KSUM	Cheryl Richardson	(615)828-9206	<a href="mailto:bricha89@kennesaw.edu">bricha89@kennesaw.edu</a>
Nautical Milers Special Needs Team	NAUT	Patrick Thoreson	(770) 289-0235	<a href="mailto:patrick_thoreson@yahoo.com">patrick_thoreson@yahoo.com</a>
Southern Eagle Aquatics	SEGA	Beau Caldwell	(614) 440-1660	<a href="mailto:swimsega@gmail.com">swimsega@gmail.com</a>
Spartans Aquatic Masters Club	SAMC	Kris Kester		<a href="mailto:spartanscoachkarl@gmail.com">spartanscoachkarl@gmail.com</a>
Summer Hill Orcas Swim Club	SHOC	Kaleigh Shook	(706) 835-7604	<a href="mailto:summerhillrec@gmail.com">summerhillrec@gmail.com</a>
Swim Gainesville	SG	Joy Kelleher	(904) 955-7344	<a href="mailto:joylohr@yahoo.com">joylohr@yahoo.com</a>
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	(770) 657-1851	<a href="mailto:keith.berryhill@windyhillclub.com">keith.berryhill@windyhillclub.com</a>

<b>GEORGIA SUPER TEAMS - GAJA</b>				
Georgia Masters	GAJA	Lisa L Watson	(770) 497-1901	<a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>
Athens Bulldog Swim Club	ABSC	Craig Page	(706) 461-8288	<a href="mailto:craigwpage@gmail.com">craigwpage@gmail.com</a>
Augusta Recreation & Parks Blue Tides	ARP	Barbara Ingold	(815) 370-7722	<a href="mailto:arpbluetides@gmail.com">arpbluetides@gmail.com</a>
Douglas County Stingreys	DCS	Jarrod Hunte	(352) 804-2106	<a href="mailto:coachjrodhunte@gmail.com">coachjrodhunte@gmail.com</a>
Dynamo Swim Club Masters	DYNA	Rebecca Carpenter		<a href="mailto:rebecca@dynamomultisport.com">rebecca@dynamomultisport.com</a>
Georgia Masters Killer Whales	GMKW	Danny Palmer	(770) 548-7562	<a href="mailto:danny@buckheadaquatics.com">danny@buckheadaquatics.com</a>
Savannah Masters	SAVM	John Denion	(912) 655-6589	<a href="mailto:jmd7362@gmail.com">jmd7362@gmail.com</a>
Southside Seals	SSS	Rob Copeland	(404) 667-7902	<a href="mailto:rob_copeland@comcast.net">rob_copeland@comcast.net</a>
Stingrays Masters	RAYS	Michael Soderlund	(678) 877-1306	<a href="mailto:rebecca@dynamomultisport.com">rebecca@dynamomultisport.com</a>
Swim Beyond Atlanta	SBA	Mandi Bell	(404) 450-4956	<a href="mailto:mandi@swimbeyond.com">mandi@swimbeyond.com</a>
Swim Macon Masters	SMM	Jason Michael	(478) 474-9689	<a href="mailto:mrbreaker66@gmail.com">mrbreaker66@gmail.com</a>
Warner Robins Aquanuts	WHA	Daniel Murray	(478) 714-8246	<a href="mailto:dmurray54.dm@gmail.com">dmurray54.dm@gmail.com</a>
<b>LIFE TIME SWIM</b>				
Life Time Swim Alpharetta	ALPL	Aquatics Manager	(678) 327-2623	<a href="mailto:GAALAquaticsManager@lt.life">GAALAquaticsManager@lt.life</a>
Life Time Swim Atlanta	ATLL	Aquatics Manager	(678) 832-2323	<a href="mailto:GAATAquaticsManager@lt.life">GAATAquaticsManager@lt.life</a>
<b>SWIM ATLANTA MASTERS</b>				

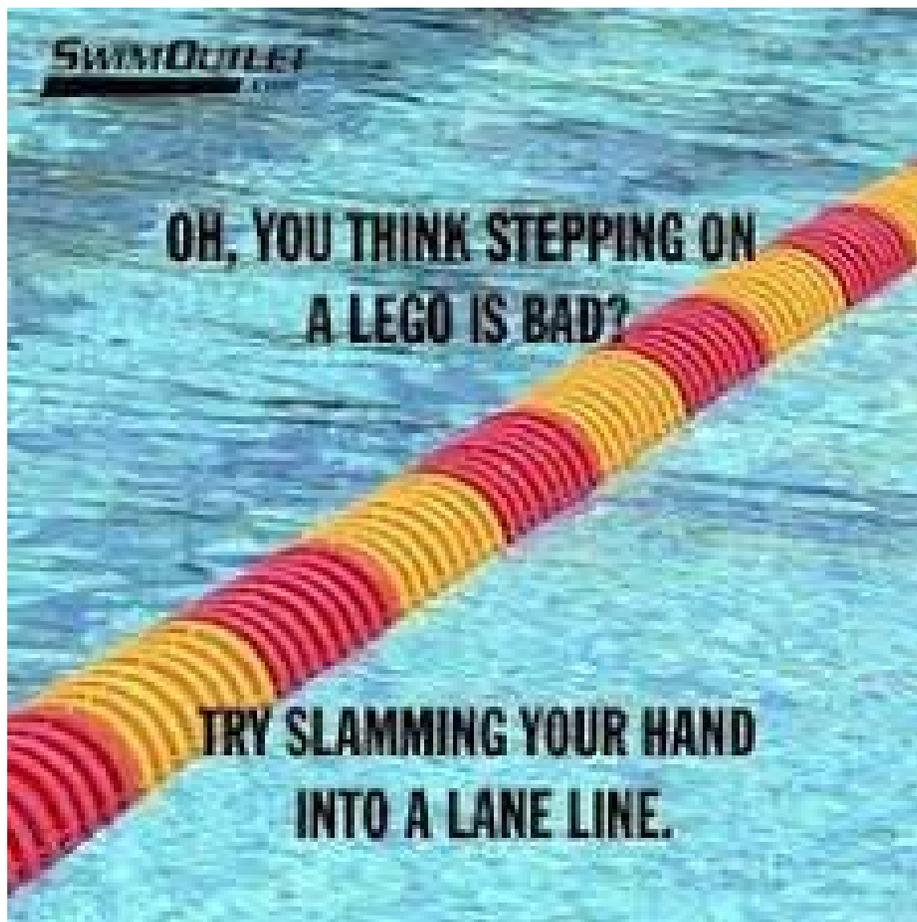
Swim Atlanta Masters-Cumming	SAMS	Andrew Rogers	(770) 888-0010	
Swim Atlanta Masters-Georgia Tech	SAMS	Clarín Ellard	(678) 230-4248	<a href="mailto:coachclarin@gmail.com">coachclarin@gmail.com</a>
Swim Atlanta Masters-Hamilton Mill	SAMS	Mary Tripp	(678) 889-2039	
Swim Atlanta Masters-Johns Creek	SAMS	Elizabeth Stowe	(770) 232-7227	
Swim Atlanta Masters-Marietta	SAMS	Pat Eddy	(614) 670-1108	<a href="mailto:pateddy52@aol.com">pateddy52@aol.com</a>
Swim Atlanta Masters-Roswell	SAMS	Ryan Bried	(770) 992-7946	<a href="mailto:ryanbried@swimatlanta.com">ryanbried@swimatlanta.com</a>
Swim Atlanta Masters-Sugarloaf	SAMS	Scot Davis	(678) 442-7946	<a href="mailto:scot@swimatlanta.com">scot@swimatlanta.com</a>

GEORGIA SUPER TEAMS - YMCA				
YMCA of Metro Atlanta	ATLY	Becky Shipley	(678) 569-9622	<a href="mailto:beckys@ymcaatlanta.org">beckys@ymcaatlanta.org</a>
Andrew & Walter Young YMCA Masters	AWYY	Iilonga Thandiwe	(404) 523-9622	<a href="mailto:linz.t@mindspring.com">linz.t@mindspring.com</a>
Decatur Family YMCA	DFY	Beth Costello	(404) 377-9622	<a href="mailto:bethc@ymcaatlanta.org">bethc@ymcaatlanta.org</a>
G.Cecil Prueett Community Center YMCA				
J.M Tull-Gwinnett Family YMCA				
McCleskey-East Cobb Family YMCA				
Summit Family YMCA				-



**Who Y'All Can Call**

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	<a href="mailto:rob_copland@comcast.net">rob_copland@comcast.net</a>
Pat Eddy	Coaches Chair	(614) 670-1108	<a href="mailto:pateddy52@aol.com">pateddy52@aol.com</a>
Elizabeth Giesecking	Member At Large		<a href="mailto:elizabeth@giesecking.us">elizabeth@giesecking.us</a>
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Elaine Krugman	Contributing Editor	(678) 603-1543	<a href="mailto:ekkrugman@gmail.com">ekkrugman@gmail.com</a>
Britta O'Leary	<b>LMSC Chair</b>	(636) 295-3222	<a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>
Mark Rogers	Membership Coordinator		<a href="mailto:mlrogers_98@yahoo.com">mlrogers_98@yahoo.com</a>
Leann Rossi	Diversity & Inclusion Chair		<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>
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>



**Which is the worst – freestyle, backstroke or fly?**