



ACROSS THE LANES

NORTH CAROLINA LMSC 2015 FALL NEWSLETTER



Happy Fall Season!

Editor's Note



The summer is coming to a close and the kids are headed back to school. For many of the masters swimmers, we are entering our fall season, getting back to indoor swimming, and training for the next competition. But before that, our swimmers had had a busy summer with various open water and pool swim meets. From our North Carolina state championship at Goldsboro to the Dixie Zone competition at Greenville SC to the USMS Nationals meet at Geneva OH, our NC masters swimmers were well represented. Fun open water race at Lake Luke and a charity swimming event Lake Jocassee had participations from many NC teammates as well.

My objective is to recap on the excitement from this summer and keep you up-to-date on swimming events happening in our state and around the country. I appreciated the photos and write-up contributions from many of you, masters swimmers in North Carolina, and please keep them coming. We want to hear from you.

Have a safe and enjoyable Labor Day's weekend!



In this newsletter, you will find news and updates about:

- NC State LCM Championships on July 25th in Goldsboro NC
- Dixie Zone LCM Championships on July 24-26 in Greenville SC
- USMS LCM National Championships on August 6-9 in Geneva OH
- USMS Coaching Certification on August 15th
- Open Water Race on 8/15 at Lake Lure
- Upstate Splash on 8/29 at Lake Jocassee
- NCMS achieving USMS Top 10 SCY rankings
- Our Chairman's Corner on Whistling Dixie
- Upcoming Swimming Events...

USMS LCM National Championships, August 6-9 in Geneva OH

by Mark Rubacky

1	Amick, Beverly O
2	Braun, Erika L
3	Dallamura, Scott J
4	Diel, Bruce N
5	Fenstermacher, Jim S
6	Field, David W
7	Lee, Lawrence B
8	Lindauer, Kerry
9	Miller, Jamie A
10	Moore, John
11	Ritter, Chris
12	Robling, Steve W
13	Rubacky, Mark S
14	Sauter, Trace U
15	Stringer, Jennifer
16	Stringer, Sean
17	Uhl, Alicia K
18	White, Tim
19	Wolff, Celia
20	Woody, Kevin

Twenty swimmers from North Carolina made the trip to Geneva, Ohio for the 2015 Summer Nationals at the Spire Institute. A total of 963 swimmers from across the country and even other countries attended the meet.



The venue was excellent with a huge amount of deck space and stands on both sides of the pool. The vastness of the space gave the illusion that the pool was shorter than other 50 meter pools. That illusion was quickly shattered in my first event. Just off the pool deck were Spire Fuel and the Gold medal hospitality, making food quickly accessible to swimmers. The deals the vendors had were also excellent as some of my friends picked up new tech suits for \$60. My personal favorite was the bar that was setup in the vendor space with windows over-looking the pool. They had craft beers and wines from the area, so the athletes could have some additional carb-loading between events. The few negatives were small warmup pool (5 lanes x 25 yards) and the air quality in the pool degraded over the course of the weekend.

The competition was exactly what I have experienced in other National Meets. From watching Erika Braun breaking the national 50 Back record, Laura Dennison from New England qualify for the Para-Olympic games (her 50 fly on NEM's relay

inspired another swimmer to give her his gold medal), Heidi George smashing her world record in the 1500 free by 6 seconds, to Jamie Miller's closing 50 of his 200 fly, the action never stopped. The pool was definitely fast as I dropped time in every event that I had swum 2 weeks before at Dixie Zones. The team from NC finished 4th in the regional club competition out of 20 clubs.



It was good to see friends from teams that I have swam on in the past and have met from other meets. If you've never experienced a national meet, please take advantage of Nationals being in Greensboro in 2016. You'll be able to cut a lot of the cost with it in Greensboro and you'll experience the great sportsmanship of a national meet.

USMS LCM National Championships *continued...*

photos from Erika Braun



North Carolina women representing!

Mixed Medley Relay! Celia Wolff, Steve Robling, Scott Dallamura, Erika Braun.



Kerry Lindauer, Celia Wolff, Erika Braun, and Alicia Uhl.



**Congratulations to Erika Braun in the 50m Backstroke
with a time of 31.38 seconds
setting a new USMS National Record!**

NC State LCM Championships, July 25th in Goldsboro

by Greta van Meeteren



Ah, Long Course, nothing is quite like it! It happens to be my personal favorite, especially when I get to swim in this pool (right): the Goldsboro Family YMCA pool. Last Saturday was the day, and it was great fun. The water was blissfully cool, about 80°F, which is wonderful for those of us who have been training in 87-90°F water. As always, meet director, Coach Tammy Yates and the group of officials and volunteers did a phenomenal job with this meet. That is in my opinion the reason that the meet keeps growing. The sad part is that Tammy is leaving, and we just really hope this meet will continue to be offered.

There was food and water and Gatorade for the swimmers, which were greatly appreciated by all. TRYM (Twin Rivers YMCA Masters) showed up in record numbers: 19 of our swimmers plus the coach were there. Several had never competed in a Masters' meet, and they were so excited. I believe this is the biggest representation of any team at meets here in NC.

This makes a point: we need more meets in Eastern North Carolina. For most of us here, Charlotte is a 6-hour drive, Greensboro 4.5 hours, etc. So I do hope that more meets will become available in this part of the state. A little personal note: for me this was the first real meet since I had back surgery in December of 2014, and I was very happy to put in a couple of good times and just the feeling of being there with my friends was amazing. Swimming is good for body and soul!

There were some very fast swims and there was a lot of camaraderie: people from other teams substituted very sportsmanlike in some relays that were short a swimmer. After all, they can still register as an NCMS relay. Let's hope there will be a meet at this facility again next year, and that many NCMS swimmers will show up to participate, you won't be disappointed!



Twin Rivers YMCA Masters (TRYM)

Heather Drury and her winning medals



Dixie Zone LCM Championships, July 24-26 in Greenville SC

by Sonny Nguyen

The 2015 Shut Up & Swim Roy Dessloch Invitational, which was also our Dixie Zone LCM Championships, took place at the Westside Aquatic Complex in Greenville SC. 130 swimmers registered, including 27 from our team, swimming with many great individual finishes (multiple age-group winners) and combined with a bunch of fun relays (organized by our quick Jon Klein), our NCMS club took home 2nd place overall.



SwimMAC Masters

Jamie, Scott, Jay, Jim



NCMS at the Pool

NCMS at the Saturday Social



U.S. Masters Swimming Coaches Certification

by Frank McGrath

I had the privilege attending the U.S. Masters Swimming Coaches Certification course held in Raleigh on the 15th of August. There were coaches from several eastern states and from teams across North Carolina. What impressed me was the background of the participants. There were coaches with teams of all sizes. There were participants who coached themselves and needed guidance. There were coaches new to masters swimming. There were tri-athletes who were interested in improving the technique and others taught swimming.

I got the most out of the dialog between the participants. It was invaluable for anyone involved in coaching. It helps me appreciate my own conditions at the YMCA in New Bern. Kudos to Bill Brenner and Dominic Latella for a professional job well done.

Workout tip for beginners: One of the most valuable motivational tool we have is the pace clock. If your facility does not have a clock get yourself a watch to time your swims. Whatever your level of ability or age, learning how to use the clock for workout is a great tool. When a new swimmer joins our club we immediately start pace clock education. Your individual time is not important and the rest interval is not dictated, but the repeat times for any set distance must be the same. It amazes me how quickly they begin to improve their time. We then add specific rest intervals but allow them to extend them as needed. Eventually, as the techniques and conditioning improve, we move to a more disciplined workout. The clock is a great motivator.

Short workouts: The other suggestion I have is for swimmers who are limited in their workout time. It is important that you work all the energy systems; aerobic (moderate effort 70%), anaerobic (challenging effort 85%), lactic acid tolerance (race pace effort 100%). Most swimming workouts involve the first two systems for most of their time. But if you are limited in your workout time you must spend more time on the third system. The less time you have the more speed-work you need. Race pace sets are very difficult, but by controlling your rest intervals you will be able to hold your speed and achieve consistency you want.

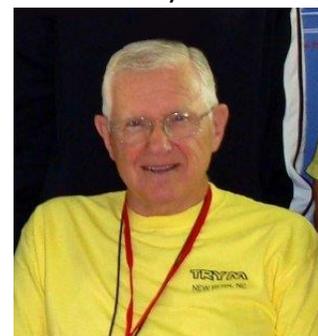
I have included some race pace sets that we were given in the material we received at the coaches course.

1650	Super 500 [3X500 on 12:00]	Broken 200 [4X200 on 6:00]
11 lengths - rest 20	25 rest 10	(rest 10 @ 50)
10 lengths - rest 20	25 rest 10	<u>total time including rest</u>
9 lengths - rest 20	50 rest 10	
8 lengths - rest 20	25 rest 10	Sprint 50's
7 lengths - rest 20	75 rest 10	20 X 50 on 1:30
6 lengths - rest 10	50 rest 10	
5 lengths - rest 10	50 rest 10	
4 lengths - rest 10	25 rest 10	
3 lengths - rest 10	75 rest 10	
2 lengths - rest 10	50 rest 10	
1 length	25 rest 10 (2x)	

Sprint 50's
20 X 50 on 1:30

(All these times are race pace for the distance your training for)

Frank McGrath is Master swim coach since 2003 at the YMCA in New Bern
30 years age-group and High School swim coach
20 years swimming official level 5
15 years meet director for age-group meet



NCMS achieving USMS Top 10 SCY rankings

Well Done, Y'All



Each year, USMS publishes a list of the Top 10 times that have been swum in every individual and relay event for each of the three pool courses. For SCY Season, running from June 1st 2014 to May 31st 2015, North Carolina Masters Swimming has 168 individual and 26 relays achieving the Top 10 rankings in their Age Groups. Our NCMS Top 10 SCY relays are listed below. For the individual listings, please visit: www.usms.org/comp/tt/

Place	Age Group	Event (26)	Time	Swimmer1 (Age)	Swimmer2 (Age)	Swimmer3 (Age)	Swimmer4 (Age)
2	M18+	400 Free	3:19.36Y	Mark Weber (24)	Morten Andersen (44)	Marko Blezveski (22)	Bradley T Burk (40)
2	M25+	400 Free	3:28.79Y	James Gilchrist (33)	Kevin R Happ (26)	Steve W Robling (44)	Roy Burch (29)
4	M25+	800 Free	8:20.71Y	Stratton Smith (50)	Tyge Pistorio (49)	James Gilchrist (33)	William A Davis (47)
7	M35+	400 Free	3:41.66Y	Burak Erdem (41)	Graham Whitehead (39)	Alex C Llinas (37)	John Moore (53)
3	M35+	400 Medley	3:56.42Y	Burak Erdem (41)	Jay R Carmine (37)	Scott J Dallamura (36)	David A Berting (58)
10	M35+	400 Medley	4:27.33Y	John Challis (41)	Bill T McCormick (42)	Terence Ayers (37)	Christopher Xistris (37)
5	M45+	400 Free	3:38.10Y	Tyge Pistorio (49)	Eric C Cornell (45)	Lawrence B Lee (46)	Steve Pegram (45)
2	M45+	400 Medley	4:14.83Y	Stratton Smith (50)	Lawrence B Lee (46)	Norman E Schultz (49)	Eric C Cornell (45)
9	M45+	400 Medley	4:56.29Y	John Moore (53)	Jonathan W Washburn (57)	Henry P Singletary (54)	Ben Bowie (54)
6	M55+	400 Free	3:53.08Y	James A McFarland (55)	Jonathan W Washburn (57)	David A Berting (58)	Alan E Toll (60)
3	W18+	200 Medley	1:53.35Y	Chantal M Woodard (26)	Amanda Rubel (22)	Rachael E Mullen (25)	Arianna Vanderpool-Wallace (24)
1	W18+	400 Free	3:46.18Y	Kathleen P Marrese (22)	Lindsey E Lynskey (31)	Emily R Schwartz (23)	Alicia K Uhl (38)
2	W18+	400 Medley	4:13.63Y	Emily R Schwartz (23)	Alicia K Uhl (38)	Kathleen P Marrese (22)	Kristen B Smith (31)
8	W25+	800 Free	9:57.59Y	Michelle Dempsey (45)	Rachael E Mullen (25)	Hollie J Mervich (40)	Eddie C Carter (44)
1	W35+	200 Free	1:36.42Y	Kerry Lindauer (40)	Alicia K Uhl (38)	Jennifer Stringer (38)	Erika L Braun (43)
1	W35+	200 Medley	1:51.31Y	Jennifer Stringer (38)	Kerry Lindauer (40)	Alicia K Uhl (38)	Erika L Braun (43)
1	W35+	400 Medley	4:04.48Y	Jennifer Stringer (38)	Kerry Lindauer (40)	Alicia K Uhl (38)	Erika L Braun (43)
1	W35+	800 Free	7:58.40Y	Erika L Braun (43)	Jennifer Stringer (38)	Alicia K Uhl (38)	Kerry Lindauer (40)
6	X18+	400 Medley	4:15.35Y	Chantal M Woodard (26)	Amanda Rubel (22)	Kevin R Happ (26)	James Gilchrist (33)
4	X25+	400 Free	3:53.27Y	Amy S Holland (43)	Gino F Biondi (53)	Ryan McAnelly (31)	Elizabeth H Lindsey (37)
7	X25+	400 Free	4:03.33Y	Ashley B Howard (27)	Koren T Ayers (38)	Andy Clark (46)	Robert T Reading (53)
2	X25+	400 Medley	4:15.53Y	Amy S Holland (43)	Sonny Nguyen (35)	Ryan McAnelly (31)	Elizabeth H Lindsey (37)
1	X35+	200 Free	1:32.01Y	Van Fletcher (39)	Erika L Braun (43)	Kerry Lindauer (40)	Henry D Stewart (51)
1	X35+	200 Medley	1:40.34Y	Erika L Braun (43)	Todd Torres (46)	Kerry Lindauer (40)	Van Fletcher (39)
9	X45+	200 Free	1:41.73Y	Jonathan E Klein (57)	Melissa Gass (47)	Celia Wolff (49)	Peter G Hollett (55)
8	X45+	200 Medley	1:54.07Y	Sara L Meredith (46)	Lawrence B Lee (46)	Celia Wolff (49)	Steve W Robling (45)

Publication Schedule for the Top 10 listings is as follows:

Course	For Swims Between	Submission Deadline	Publication Date
Yards	Jun 1 & May 31	June 30	August
Short Course Meters	Jan 1 & Dec 31	January 26	April
Long Course Meters	Oct 1 & Sep 30	October 20	December

Lake Lure Open Water 8/15/2015

Took place during the Lake Lure Olympiad Sports Festival weekend at Rumbling Bald Resort on Lake Lure NC. With beautiful weather and calm race conditions, swimmers competed in the 1 and 2-mile swims. Our NCMS well represented from Wilmington, MSA, and Asheville masters groups, among many others; with masters swimmers Andy Pulsifer (Asheville area) and Alicia Uhl (Wilmington area) finished 1st overalls in the 2 milers.



Asheville Masters swim group!



Zach and Andy Pulsifer



Lindsay Wilson, Ben Bowie, Wendy Bowie, Dave Berting, Alicia Uhl, Jonathan Washburn, Leanne Vella, Jim McFarland, Logan Wallace

Mecklenburg Swim Association (MSA) masters group



Come back here next year as Lake Lure to host 2016 USMS National Open Water Championships...



Upstate Splash Charity Open Water Swim 8/29/2015

This 2015 inaugural event was a success at Lake Jocassee in Salem SC. The organizer has a mission of "bringing swimmers together to save children's lives. The money raised from our events will be used to give At-Risk kids an opportunity to receive free swim lessons to help prevent childhood drowning". In total, there were 219 swimmers, representing 9 different states and participating in either the 2.1 or 2.4 mile race. Cheerful volunteers greeted swimmers and provided encouraging support everywhere. After the finish, participants were treated with food and beverages, thanks to the generosity of many local sponsors. Planning has already been in progress for 2016, including electronic timing!



Grant Haines, Lelah Olender, Sonny Nguyen

WHISTLING DIXIE

Chairman's Corner



The North Carolina LMSC is part of USMS's Dixie Zone, which consists of the LMSCs from the Carolinas, Georgia, Florida, Alabama, Mississippi, Tennessee, and Louisiana. The USMS Zone membership is quite similar to that of USA Swimming's Southern Zone.

After June's racially-motivated and horrific Charleston SC church massacre, there has been significant national discussion about what certain historical Southern symbols mean in today's America. Two months ago, South Carolina removed the Confederate Battle Flag from Statehouse grounds, and dialogue continues regarding current appropriation of Confederate States symbols or terms in a modern multicultural and diverse United States. This discussion includes a reevaluation of our USMS Dixie Zone appellation.

Below is an email stream about changing the name of our USMS Dixie Zone. Zone Chair Matt Hooper initiated the discussion among the Zone LMSC Chairs. I've removed name and (lightly) masked geographic identifiers, but the conversations are verbatim. The issue will be decided at the upcoming USMS Convention in Kansas City later this month.

To rename our Zone is not a decision to be made lightly, or reflexively in the name of political correctness. I recently learned of an internet acronym, "SJW", which is an ironic and derogatory term (Social Justice Warriors) denoting those who vehemently exhort and demean others about certain issues while hiding behind Internet identities. I hope that discussions of Dixie Zone naming will not degenerate into ad hominem attacks or "SJW" pronouncements, but will be of respectful dialogue about an issue important enough to merit current scrutiny. I look forward to NC LMSC athletes' comments, which I will present at the Zone meeting in Kansas City. Please reply or comment to: ncchair@usms.org

Here's the email stream, which took place in late June:

From: (redacted)

Subject: our zone name

Date: Thursday, June 25, 2015, 9:29 AM

"In light of issues with the Confederate battle flag recently, we were wondering if we might be able to change the name of our zone? Certainly understand the historic nature, and it makes it easy to figure out which one we are on a map, but maybe it's time to move past that not-so-great history...some great suggestions: South, Southern, Southeast...I don't know if this would need to be done in conduction with USA Swimming, as our LMSC and Zones mimic their LSC and Zones. Would certainly welcome the chance to work with them on this too. Please let us know thoughts".

Responses, from the Dixie Zone Chair and from several LMSC Chairs within Dixie Zone:

WHISTLING DIXIE *continued...*

"I received the below earlier this week, and in response I indicated that I would forward it out for discussion by the Zone. We may wish to have this discussion at Convention, but may also wish (or be forced) to start before then.

I will also mention that this matter has already be brought to the national office. The office appears to have referred it to a diversity task force, so we may hear from that angle as well. Thoughts"?
Chair, USMS Dixie Zone

"I agree that renaming our Zone is not a decision to be made lightly...I was born in (a large cold Northern state with 10,000 lakes) and grew up in (another, larger windy Northern city). Yes, I am a "damn Yankee". And I personally find the "Stars and Bars" and the term "Dixie" offensive. Why anyone would take pride in having ancestors who took part on the losing side of such a catastrophic conflict is beyond my comprehension...In short, I remain opposed to changing the name of our Zone...I also refuse to bow to the pressures of political correctness...If renaming our Zone is the correct thing to do now, then it was the right thing to do a year ago when no one even considered our name an issue".

"I would be deeply offended for us to change the name. I am a proud descendant of Confederate soldiers and am very proud of our Southern history- I don't consider it a 'not so great history' at all, and those who say that know nothing about the War Between the States. It is shameful that hate groups have been using the Confederate flag for their causes and thus giving the Confederacy an undeserved bad name. There is nothing wrong with being from Dixie, and to change the name would imply that there is".

"I'm from (a Midwestern Hoosier state), and...don't have any emotional response to the word. But i also want to be respectful for those that might find it potentially offensive. If something as relatively simple as changing our name and removing representations of the confederate flag allows us to be more inclusive and more welcoming to what is close to 25% of our Zone population, already underrepresented in our sport, i think that it is at least worthy of discussion. Peace".

"I grew up in (the Old North State), and the term "Dixie" is not an offensive or emotionally-charged title for me. Having said that, I plan to ask our LMSC membership about this issue via our next newsletter before presenting the opinion. I don't think that we as state Chairs should make this decision on our own - we should gather opinion from those we represent...Though I respect those who are standing up for ancestral or regional pride-based "Southern Heritage", I also recognize that the modern interpretations of CSA terms such as "Dixie" or symbols such as the Confederate Battle Flag have divided many. I also respect the opinions of those who have come to view that flag as one of an exclusionary, racist, feudal economic system from a bygone era. (Interestingly, the other well-recongized Confederate flag, the original "Stars and Bars", hasn't yet come to focus in national debate - indicative perhaps of a modern myopia on CSA images)...USMS is and should continue to be THE organization of and for all USA adult swimmers, and even inadvertant exclusionary imagery does not serve that goal".

As one can see from the email exchanges above, even at the Zone Chair level, we have divergent views on this matter within our membership. We need input from our members to make the proper decision as we move forward. Again, please email me at: ncchair@usms.org

Thanks, Jon Blank NC LMSC Chair



MARK YOUR CALENDAR

For Upcoming Swimming Events:

www.ncmasters.org
www.usms.org/comp



- Sep 12: 10th Annual Steve Barden Memorial SCY Swim Meet, Asheville NC
 - Online Entries close at 11:59pm on Wed 9/9.
- Sep 27: Swim the Loop, Wrightsville Beach NC
 - Online Registration closes Fri 9/25.
- Oct 9 – 11: Dixie Zone SCM Champs / Rowdy Gaines Masters Classic, Orlando FL
 - Online Entries close at 5:00pm on Sun 10/4.
- Apr 28 – May 1, 2016: USMS Spring SCY National Championships, Greensboro NC
- Jul 21 – 24, 2016: USA Masters Games Swimming, Greensboro NC

As always, we want to hear from YOU! Please contact your North Carolina LMSC Officers with any comments/feedback and swimming news to be included in our next newsletter.

Position	Officer	Town
LMSC Chair	Jon Blank	Raleigh
Vice Chair	Steve Weatherman	Raleigh
Secretary	Jennifer Perrottet	Jacksonville
Treasurer	Jeff Murray	Charlotte
Registrar and Webmaster	George Simon	Raleigh
At large member	Jerry Clark	Charlotte
At large member, Coaches' Chair	Kristen Smith	Wilmington
At large member	Don Gilchrist	Greensboro
At large member, Newsletter editor	Sonny Nguyen	Mooreville
Records & Top 10 Chair	vacant	
Official's Chair - ex officio	Tom Cox	Raleigh

Volunteer needed to fill this position. Join us and make a difference for our NCMS. If interested, please email ncchair@usms.org

HAPPY SWIMMING