



ACROSS **T**HE **L**ANES

NORTH CAROLINA LMSC

NEWSLETTER 2015–WINTER EDITION



Happy Holidays!

Editor's Note



Thanksgiving is a time to reflect and say thank you. I'm thankful for the change in my life and the journey it brought me here to North Carolina. I'm thankful for my family and all the people I have crossed paths in life. When it comes to swimming, I'm thankful for my coaches and friends –both in and out of the pools– as you had put up with me, yet continuing to support me.

Since the last time I wrote to you, I'm thankful for the opportunity to represent NC Masters Swimming in multiple swim meets, from Asheville NC to Greenville SC, going as far as Florida in Tampa and Orlando. It was fun to meet many swimmer friends and swam on fun relays with NCMS.

Happy Thanksgiving, and enjoy your upcoming holiday season!



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

- Recap of the Rowdy Gaines Masters Classic / Dixie Zone in Orlando FL
- Recap of the Steve Barden Memorial Swim Meet at Asheville NC
- 2015 USMS Dorothy Donnelly Service Award: Joanne Wainwright
- 2016 USMS Member Registration/Renewal
- Masters Swimming at Catawba College
- Featured NCMS swimmer: Jamie Miller
- Chairman's Corner with Jon Blank
- Upcoming Swimming Events...



10th Annual Steve Barden Memorial Swim Meet **September 12th, Asheville NC**

by John Bagot

Last summer I decided I needed a 'warmup' meet prior to this U.S. Military Base intramural swim meet I coach and swim. So I picked Asheville Masters' Steven Baden meet. It was 3 hours away; but I love the mountains; I needed a meet; so I went on a hunch.

I arrived the night before and stayed at their recommended Holiday Inn Express. It was quiet, clean and new; nice! I went out to eat at a local restaurant the hotel recommended and had a great meal; also nice! The next morning I show up at a very posh private high school with carpeted locker room floors and a wonderful pool; very nice!

Once I hit the pool area, I welcomed by all these people talking about their trips to this Masters nationals; or that Masters international; and all the other Masters escapades they went on. I told them where I was from and they introduced me to people from where I live.

I ended up swimming well. I won my 1st overall meet event and enjoyed this unique relay they hold every year. Once the pool events ended, we ventured over to Lake Biltmore where we swam with University of North Carolina at Asheville woman's swim team and had a great time at the Open Water instruction. Following the Open Water swim we enjoyed some great food. I ended up meeting people from Asheville, Florida, Atlanta, Charlotte, and Tennessee and beyond.

I left Asheville feeling exhausted, happy and enthused. I thought about all the friendships that these swimmers shared. I realized it these friendships weren't necessarily formed in Asheville, but throughout the Masters venues. I realized there's a whole world of travel, comradery and closeness in the Masters program, and some right in my own back yard.

What did I conclude? I need to go back!!

So I went back and found the same hospitality, friendliness and slightly better competition. Some of Chattanooga weren't there, but were replaced by a large group of Kingsport, Tennessee Masters. This time I knew more people; was welcomed back; and started to feel more like family. After swimming a few more meets this year, I've come to realize that the Asheville Master's Team is not the only Master's program out there championing that friendly feeling, but I just happened to be in the right place and the right time. Or maybe I'm just at the point in my life where I can now truly open my eyes to these wonderful events and appreciate it.

Whether they like it or not, they'll see me next year. Because now we're family!



Post-Meet swims at Lake Biltmore

Relay Fun swims with adult drinks!



Featured NCMS swimmer: Jamie Miller



I was born in West Philadelphia to Arthur and Anna Miller. Growing up in West Philadelphia was not the place you would hear much about swimming but it was there. Also, we had had some strong swimmers in that area.

I learned to swim at Sherwood Recreation Center in West Philadelphia. I enjoyed the water at an early age, but my parent did not want me to go near the water. They always told to stay by the sprinkler but as soon as they would leave I would go in the pool with the older boys. They would try to duck me in the water but I was slipper and they could not hold on to me. This was fine at that time but I wanted to learn more about swimming fast and be more efficient with my swimming. Then one day in elementary school we were given a hand out in regard to swimming lessons at the West Branch YMCA. Not only did I learn how

to swim there but I was on the swim Team. My YMCA coach Gene Tatum, a retired Vietnam veteran, tried to instill self-pride and strong work ethics within a bunch of hardhead boys.

Then I swam at Sayre Jr High School. Swimming was a mean to keep me linked to right crowd of people and to give me the respect so the wrong crowd would not influence me in the bad direction. Living in West Philadelphia was very tough. You were surrounded with gangs and sports were avenues out of that type of life. We never had a pool at Sayre Jr High School while I was there, so we had to take the city bus to South Philadelphia to practice at the YMCA. We only practiced three days a week, unlike what the kids do today. We only had meets with the schools in our area. Our training was done with the gym coach and knew very little about swimming. I learned more from the Philadelphia Parks & Recreation because we had a coach who swam for Temple University and he was a master swimmer.

Later I swam at West Philadelphia High School for three years. We never had a pool, but Sayre Jr High School now in 1969 had built a pool, so West Philadelphia was actually practicing at Sayre Jr High School.



I attended North Carolina State University during 1972 to 1976 and swam two years when they had a swim team.

But after my second year, the swim team was dismantled. I felt in love during my junior year and married to Levonne Stepson at that time. We had two children and were responsible parents, so there was no time for swimming. But I had plenty time to eat food. I did not know how it occurred but at age 50, I had a 42-inch waist and I was carrying 260-lbs on my body frame. I had little party at work and someone took a picture and I could not believe that was me. I tried everything to lose the weight and it would not go away.

I always had a passion to swim but I never had the opportunity to train with the best until age 55. It started one summer when I was going past Linley Pool and the PowerAde Games were being held in Greensboro that year. I asked a lady by the name of Kate if I could enter the meet and she told me all I had to do was to pay

my entrance fee. I felt I had done very well, considering I was not in shape for swimming. Then, for some reason, that competing feeling started to come back. I wanted to enter more swim meets. With older guys swimming past me, I started to train more and harder. I was beginning to see my accomplishment. But three years ago, I pinched a nerve in my C7 and it flared my right tri-cep muscle flat. I could barely lift five pounds behind my back. This made my stroke go to the left side of the lane. My time dropped to 34 minutes for a 1650 Freestyle. I went back to lifting weights to try regaining the strength. I am still not 100% but I am still competing and still trying to reach my goals.

So Master Swimming has instilled me, to set goals for myself and set a healthy lifestyle for me. I am now more concern what I put in my body. I have eliminated fried foods from my diet and sodas. Swimming is a way of life for me. I feel bad if I miss just a practice, as I feel that I am cheating on myself.

Yes, at this age I still have goals for swimming. Here they are:

I was 260-lbs and lower to 195 for 2014 Spring Nationals	Completed
Do a National Championship meet	Completed
Do a 200 Fly short course and long course	Completed
Do a 400 IM short course and long course	Completed
Do a 1650 Free again	Completed
Qualified in two events for National Championship meet	
Qualified 200 Fly, 200 Breast, 400 IM for National Championship meet	
Do a swim meet overseas	

I may not make my goals but I will not stop trying until I lose my health and strength. Some folks at my age would need the help from their doctors to practice on their body. Personally, I would rather practice on my own body in the pool. The benefits are no high blood pressure and maintain my weight. Overall it's just a better way of life. Also, some folks think that I am crazy for walking around in those tight swimming trunks, swimming up and down the pool, when I could be home watching TV. Everybody have hobbies; some folks go fishing, some folks go hunting, but I would rather go swimming.

Right now, I am having fun meeting different people from all over the country, while learning how to get stronger and faster in the pool. Some people at my age are thinking about the end of life. I am just starting to live life. These are some of the benefits from swimming. It's very easy; you just have to take the plunge and not worry about what people think or say. Live your life and go for it.

Some of my mottos: do the best you can do and never stop trying to be the best.

Secondly, learn from others and be humble.

Third, treat people as you want to be treated.

Fourth, have faith in God and dream Big.

Fifth, focus on the small items.



Dixie Zone SCM Champs / Rowdy Gaines Masters Classic October 9 – 11, Orlando FL

by Jon Klein



6 swimmers represented North Carolina Masters Swimming at the Rowdy Gaines SCM meet on October 9-11 in Orlando, FL. NCMS took 5th place due to the strong efforts of iron men Jamie Miller (14 events), Mark Rubacky (14 events), and Sonny Nguyen (14 events and the overall Men's high point champion).

Also competing and scoring for NCMS were Don Gilchrist, Jon Klein and Chris Ritter. NCMS records in the men's 55-59 age group were set in the 200 Back (2:24.8) and 100 Fly (1:07.99) by Jon Klein. The meet

was well attended with 260 swimmers coming from all over the US. There were many fast swimmers, and several world records were broken. Former Olympians Claire Donahue and Rowdy Gaines also competed; plus Rowdy gave a swim clinic after the meet. A good time was had by the NCMS contingent.



2015 USMS Dorothy Donnelly Service Award: Joanne Wainwright



Members of U.S. Masters Swimming don't just confine their participation to the pool. There are many volunteer opportunities for their talent, expertise, and generosity. USMS recognizes the commitment of those who give back with the Dorothy Donnelly Service Award, honoring one of USMS's outstanding volunteers. The award recognizes those whose contributions stand out in service to local, regional, and national programs. Up to 15 people are selected each year with nominations coming from Local Masters Swimming Committees, clubs, and individuals.

Joanne has had much longevity as a Masters swimmer, and as a result, many contributions to Masters Swimming. From her beginning in the late 1970's to the present, she has been a part of the growth of USMS. Her experience with masters began in Delaware but soon moved to Alaska for many years, where she lived and coached.

In her time there as the LMSC chair, she was influential in rewriting bylaws, establishing a scholarship committee and program, along with the normal duties of her organization. Joanne was also one of the instrumental people initiating the Check-Off Challenge, the popular postal event that many swimmers throughout the country enjoy today.

Joanne joined the national Open Water Committee, became a Level III certified USMS coach, and has plans to become an Adult Learn to swim instructor. North Carolina, her chosen new home, will be the lucky recipient of her future endeavors.



2016 Member Registration Now Open

Members who renew their USMS memberships for 2016 prior to December 31 will receive valuable discount codes from USMS sponsors. It's easy to renew online and upon completion of the registration process, each member will be emailed valuable coupons for great gear and products. ** Some restrictions apply*

Aqua Sphere - 20% off of entire order

dryrobe - 15% off of order*

FINIS - 25% off of entire order

Malibu C - 20% off of entire order

P2Life - 25% off of entire order

Speedo - 30% off of entire order*

Rudy Project - 50% off of entire order

TRISWIM - 40% off of all TRISWIM, FOGGIES, TRISLIDE and DERMASPORT products

SwimOutlet.com- 15% off USMS merchandise & Sporti branded products*

TYR - 30% off of entire order*

XX2i Optics - 60% off of entire order



Masters Swimming at Catawba College, Salisbury NC

The Masters Swimming schedule at Catawba College is Mon/Wed/Fri at 6:00-7:00am. Workouts are customized for participants – ideal for triathletes, novice swimmers to elite competitors. The fee is \$50.00 per month. Please contact: **Michael Sever**, masever15@catawba.edu

Michael Sever is the new Head Coach of Catawba Swimming. Prior to Catawba, Michael was the Assistant Swim Coach of The University of Maine and Head Coach of Black Bear Aquatics, a premier USA Swimming and US Masters Swimming club based in Northern Maine. Michael is also the founder and former Head Coach of Triton Swimming, a leading Rhode Island U.S. Masters Swimming team. Michael is still an active US Masters Swimmer and open water competitor.



Assistant Swimming Coach at Catawba College

Catawba College (NCAA Division II) is seeking an immediate part-time Assistant Swimming Coach for the Men's and Women's Teams.

Primary Responsibilities:

- Assist the Head Coach in planning, coaching, and instructing practices in compliance with the College and NCAA rules and regulations.
- Provide appropriate leadership, direction and supervision relevant to the academic progress and personal development of student-athletes.
- Assist in the recruitment and retention of academically and athletically qualified prospective student-athletes.
- Strong knowledge of Meet Manager and Team Manager software. Assist with meet set-up and meet operations
- Coordinate travel and meal planning

Qualifications:

Bachelor's degree and at least 2 years coaching experience required. The candidate must have leadership experience and a demonstrated knowledge of innovative coaching strategies and techniques.

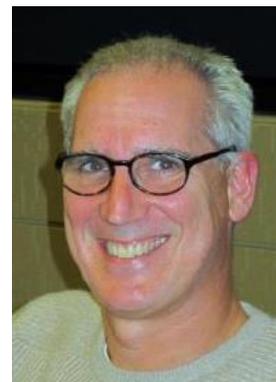
To Apply:

Send a letter of interest, resume, and list of references to **Michael Sever**, masever15@catawba.edu

"LIFE IS WHAT HAPPENS WHILE YOU'RE MAKING OTHER PLANS" - John Lennon

Chairman's Corner

Neuroscientists report that olfactory inputs inform our strongest memories. For me, the scent of chlorine is pleasant and invigorating. When I was young, (perhaps two years old), my father, a graduate student at the time, took my brother and me to the college pool. I recall the echoes, the odd light reflections from the water, and most of all the strong chlorine smell of that place so vividly it's hard to know whether it's a real memory or an additive one from years around natatoriums. Water sports (swimming and skiing) were family activities we shared.



From age seven, when I swam my first meet, to age twenty, when I "retired" from the sport (the first time), my parents' support was invaluable. They spent many a weekend chaperoning in motels full of rambunctious swimmers, usually after driving a carload of us several hours each way for that thankless task. As meet referee, starter, head timer, clerk of course, chauffeur or simply as checkbook, my mother and father were always there for us, and for the sport we all came to love. When I returned to the sport as a middle-aged man, my parents continued their interest.

One of my hopes was that my father and I might compete together at a Masters meet. After my mother died, he continued to exercise in his community pool. His freestyle was decent, though he never picked up the flip turn. His breaststroke technique was occasionally even legal, so I asked him if he'd be willing to swim a couple 50s at a meet. He was reluctant, but he agreed to do so just to humor me. The plan was to swim at the Greensboro SCY Nationals meet next year.

As much as we all loved swimming, we may have loved skiing more. I can't remember a winter when we didn't ski. After my brother and I went to college, my parents even moved to the Adirondacks, so they could hit the slopes every day after work. So, this January, when my father and brother decided to ski at Sugar Mountain, I didn't think twice about it. I was just sorry I had to work and couldn't go with them.

When my brother called to say that Dad had fallen on the slope and broken his hip, I thought he was joking. When he texted me the x-ray image I realized it had really happened. In retrospect, why on earth would an 83-year-old man risk going skiing? Because he loves it.

To make a long story short, my father's surgery went very well, and his initial recovery and rehabilitation was excellent - he was fit and he was motivated. Unfortunately, after the initial success, he's declined to the point where he's no longer able to live independently. Our plan to swim together at Nationals isn't likely to come about. Resetting goals, I hope simply to get him back into a swimming pool in the near term, and once again to share with him this great sport. Because we love it.

It's been a privilege to serve on the Board of NC Masters Swimming. Thank you all.
Jon Blank



MARK YOUR CALENDAR

For Upcoming Swimming Events:

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



- December 5 – 6: South Carolina SCM Championships, Columbia SC
 - USC Natatorium. Online Entries close 11/28.
- December 13th: Santa's Tune-up SCY Meet, Greensboro NC
 - Greensboro Aquatic Center. Online Entries close 12/8.
- January 23 – 24, 2016: Sunbelt SCY Meet, Charlotte NC
 - Huntersville Family Fitness & Aquatics. Online Entries close 1/17.
- April 28 – May 1, 2016: USMS Spring SCY National Championships, Greensboro NC
- July 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 & email	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	Mooresville
Records & Top 10 Chair	Amy Waters	Raleigh
Official's Chair - ex officio	Tom Cox	Raleigh

HAPPY SWIMMING