



ACROSS THE LANES

THE NC-LMSC NEWSLETTER

WINTER 2016/2017



It's a whole new world in 2017!

Editor's Note

Happy New Year, NCMS! 2017 looks to be another great season to be in the pool! Have you renewed your USMS membership with NCMS? Great if you did. If not yet, you know you want to! Masters Swimming is fun. Swim Meets give you motivation to train! The camaraderie! It's a great way to make new friends and connect with old ones. Plus, you will impress your family & friends!

It is a whole new world for me on 1/7/2017 when my wife and I welcomed our Baby Selina. From bathing and changing diapers (me) to breastfeeding, we are

learning and adjusting as parents with the wonderful support from our family and friends. As we are starting to venture out with Baby Selina, we sure find that getting

ready to go seems to take almost as long (or longer) than the actual trip ☺

I promise to get back to swimming soon and look forward to the next swim meets.

I hope you will enjoy this Newsletter, which will be emailed quarterly in 2017.

Please email or Facebook message me any ideas you'd like to see; and photos, stories, or articles you'd like to write about.



In this 2016-2017 Winter Newsletter, you will find news and updates:

- Chairman's Corner by Steve Weatherman
- 2016 USMS Convention highlights
- 2016 Winter Meets review:
 - Eastern Invitational at Greensboro
 - South Carolina SCM Championships
 - Rowdy Gaines Masters Classic
- 2017 Swim Meets recap:
 - Sunbelt Charlotte Meet & History
 - South Carolina SCY Championships
 - Frank Clark Memorial Meet
- 2107 Upcoming Events preview
- Back to the Basics from USMS Rules Committee
- NC-LMSC new social media links and contacts
- Your Swimming Calendar...



Meeting Josh Davis at 2016 USMS Convention

Chairman's Corner

by Steve Weatherman



After some consideration of what to write for this newsletter I have concluded that instead of just updating you on what is going on in the LMSC I would include a personal journey that I have gone through over the past few months. First what's going on in the LMSC.

The Board is working on updating the by-laws of the LMSC to bring them into compliance with the national standards established by USMS. We are in compliance in all areas except having our bank statements reviewed by someone other than our Treasurer once a year. This with some other minor cleanup items will be reviewed by the the board at our "Annual Meeting". The Annual meeting will be held on Saturday, April 8, 2017 at the Dixie Zone/NC State 2017 Spring Short Course Championships. We will hold the meeting between the morning session and the afternoon events. All LMSC members are invited and encouraged to attend. Raleigh Area Masters will be hosting this meet at the Triangle Aquatic Center in Cary, North Carolina on April 8-9, 2017.

USMS will be holding a LMSC Leadership Development workshop in March of 2017. Board member **Todd Torres** will be representing the NC LMSC at this meeting.

Now for my personal story which I call "Listen to Your Body and Learn". In early summer of 2016 I began experiencing extreme pain in my right shoulder during and after swimming. I ignored it for the most part and began limiting my swimming to strokes that did not aggravate the problem, i.e. no butterfly. By late September/early October the pain began to get unbearable. One day while swimming after about 2000 yards into a workout I was no longer able to recover my right arm while swimming free due to the pain. I finally accepted the fact that it was time to go to the doctor. The doctor ordered an MRI and the results were very disheartening. Not only did I have a major tear in my rotator cuff but also had a huge bone spur that was tearing the rotator further with every stroke I took. Also my bicep tendon was detached. Surgery was the only option available to me. I had dreaded this news due to the horror stories I had heard about rotator cuff surgery. Relenting the inevitable, on December 1 I underwent surgery. Much to my surprise the surgery was pretty much uneventful. Luckily for me I had no pain, never had to take a pain pill or use the ice pack machine I had borrowed from another RAM swimmer. One week after surgery I began physical therapy. Three days later the doctor took me out of the sling much to my delight. I have been diligently doing the PT and about the first week of February began swimming again. This week, 2/20/17, I began swimming a minimum of 1500 yards with both arms. Today, 2/23/17, the physical therapist has released me and said the only thing left for me to do is to rebuild my strength in my right arm. I have a return visit to the surgeon on March 1 and if he approves I am planning on swimming the 25 and 50 free and back in the meet in Wilmington on March 4.

While most tell me that I am not the norm when it comes to rotator cuff surgery the point is that as you age and develop aches and pains you MUST listen to your body. DO NOT put off taking care of things. If I had have just not put off the inevitable I would have been back swimming earlier. Also diligently following through with the PT was paramount in my recovery. While it was not easy it had to be done. At 61 years of age everything comes harder. So, my advice is to all swimmers is listen to your body, learn and follow through on any therapy.

2016 USAS Convention, September 21-25, Atlanta GA



Your Board of Directors had a busy September. North Carolina had a total of eleven people representing our LMSC at the USMS Convention held in Atlanta, Ga. From September 21-25, 2016. Board Members attending included **Kristen Jenó, Joanne Wainwright, Sonny Nguyen, Todd Torres, Trey Taylor, Celia Wolff** and myself. Others representing NC were **Greta van Meeteren, Hill Carrow, Don Gilchrist and Jerry Clark**. Two other members who were scheduled to attend but due to reasons beyond their control had to stay home. Please wish a speedy recovery to your LMSC Registrar **George Simon** who suffered a broken hip in a bike accident and Officials Chair **Tom Cox** who is recovering from open heart surgery.

Don Gilchrist, long time NC LMSC Board member and member of the USMS Championship Committee, was awarded the 2016 National Championships Meet Award. Don was recognized for his contributions to national championship meets through his service on the Championship Committee and his serving as Co Meet Director for both the 2012 and 2016 USMS Short Course Yards Championships held in Greensboro, NC. Congratulations to Don for this well-deserved award.



Steve Weatherman, our chairman, was also fortunate enough to receive a 2016 USMS Dorothy Donnelly Service Award. He was extremely surprised and humbled by this award.



2nd Annual USMS Eastern Invitational - 11/20/2016

Greensboro NC: Hosted by Enfinity Masters Swim Club at the Greensboro Aquatic Center.

108 swimmers signed up and enjoyed the one-day competition...



South Carolina SCM Championships - 12/2/2016 to 12/4/2016

Columbia SC:

Hosted by Columbia Masters and City of Columbia Parks & Recreation at Drew Pool. 134 swimmers registered.

NCMS scored third overall for Combined Team, which was good for 1st out-of-state team.



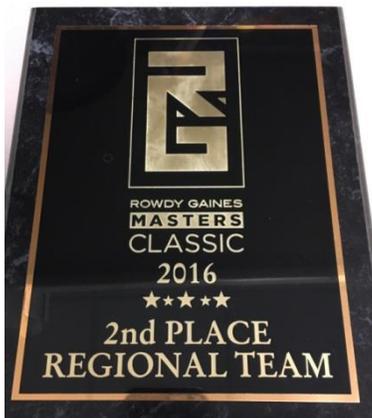
Congratulations to individual Age-Group winners: Sonny Nguyen (35-39) and Jonathan Washburn (55-59).



Rowdy Gaines Masters Classic - 12/16/2016 to 12/18/2016

by Jamie Miller

Orlando FL: The Rowdy Gaines swim meet was the last Short Course Meter meet for the year. North Carolina Master Swimming Team had six men and one woman attended this meet. It was very exciting and very well organized, with several fast swimmers from all over the country. We were able to develop a few Men's Relay Teams. There was a total of 345 individuals to enter this meet but there were many no shows this year. I think this was due to schedule change, from its original date of October 7-9, that was contributed from Hurricane Matthew.



The NCMS Men's Team contributed 1085 points that placed the men in third place. The men that attended this meet were Mark Rubacky, Rob Butcher, Sonny Nguyen, Jamie Miller, Phillip Reinert and Douglas Bailey. Thanks to Heather Drury the women had a total of 274 points. That was outstanding result for six men and one woman. The Combined Team score was 1359 points that placed us in eighth overall, out of 49 Teams. After further challenge with the meet director, we were awarded 2nd place for all regional teams.



I fully recommend this meet because of the excitement and the high energy. You also have Disney World and Universal attractions nearby, if you want to make it family vacation. The meet is scheduled to be October 13-15, 2017. I look forward to seeing more North Carolina entries next year...



Sunbelt Championship Meet - 1/21/2017 to 1/22/2017

by Jerry Clark

A Short History: The first Sunbelt Masters meet took place at the Charlotte YWCA four Lane 25 Yard pool in in January 1975. Proof of this is captured in a photo taken of Kirk Canterbury right after he had finished racing the 200 yard freestyle event. On the front of the photo, Kirk is sitting in a chair at the pool trying to get himself back together again after a hard effort 200 Free. On the back of the photo, Kirk had scrawled "POOPED" JAN 1975. The meet took perhaps three hours – there was not a large crowd in attendance and the events moved along quickly.



Kirk was a very good swimmer, especially in freestyle events. Some of his swim cohorts were Milton and Lourdes Gee, John Kortheuer, Bernie White, Rick Bober, John Huson, Bill Appelbaum, Beth Hines, Nancy Lauder, Doug Lee, Tom Palmgren and to some extent, myself.

The second Sunbelt meet took place at the four lane Winthrop College pool in Rock Hill, South Carolina and the third meet was held in the five (I think) lane pool at UNCC in Charlotte. As before, the second and third meets were completed in a half day, but attendance at each of them was higher than that of the previous year; something good about this US Masters meet was happening!

The Sunbelt Meet, except in 2016, has been held in the Mecklenburg County Aquatic Center every year since 1978. In the January prior to the 2008 Beijing Olympics and the January prior to the 2012 London Olympics, the Sunbelt meet hosted several of the elite men and women who were training with Coach David Marsh in Charlotte for the upcoming US Olympic Trials. Rarely (probably never) had us Masters swimmers been witnesses to men going 18.60 in a 50 yard freestyle or going under 50 seconds in a 100 butterfly, etc.



The Sunbelt meet held in January 2012 has thus far has hosted the largest number of participants at 325. This year, 2017, the meet hosted the second largest number of contestants at 312. The contestants know they will get good competition in their events, a well run meet due to excellent officials, have rapid access to printed event results throughout the meet and an organized way to give each contestant a slick paper on which a paste-on sticker (showing his/her name, age group, event, swim time and place of finish in his/her age group) can be attached to. In addition, there are plaques for places 1-3 for In State teams and places 1-3 for Out of State teams. These things, plus a fast pool, close by hotels and restaurants, are consistent every year.

We look forward to the 50th Anniversary of the Sunbelt Meet....surely some neat surprises can be conjured up between now and then!



Charlotte NC: Congratulations to all that competed in the 43rd Annual Sunbelt Meet held at the renovated Mecklenburg Aquatic Center.



South Carolina SCY Championships - 2/10/2017 to 2/12/2017

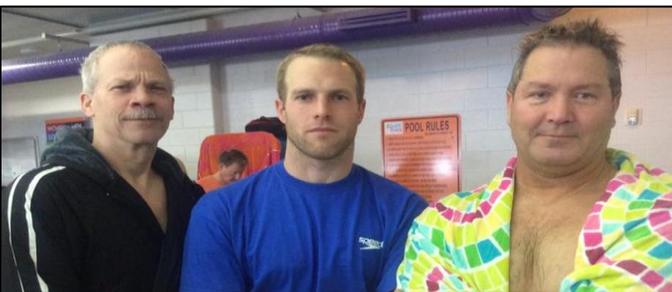
by Celia Wolff

North Myrtle Beach SC: Hosted by North Myrtle Beach Aquatic & Fitness Center and Grand Strand Masters Swimming. 158 swimmers entered.

North Carolina Masters swimmers were taking charge at the South Carolina Masters State Meet this weekend in North Myrtle Beach. I get to hang out with the crazy-fast HAWK masters and our new-found friend Marc for the weekend.

NCMS finished fourth overall and good for first place out-of-state team.

Congratulations to individual Age-Group winners: Rachel Williams (18-24) and Heather Frees (30-34).



Congratulations to **Hans and Greta van Meeteren**, representing NCMS at the Valentine's Swim Meet on Feb. 11-12 in Clearwater FL. Both earned 2nd place individual high points and had a great time with friends.



Frank Clark Memorial Meet 2/26/2017

Greensboro NC: 2017 Frank Clark Memorial Swim Meet hosted by Triad Masters Swimming.
100 swimmers registered to swim at the UNCG Kaplan Wellness Center.



Ted Gossert and Mary Dore representing SwimMac Masters





March 4, 2017 Coastal Masters Invitational (SCY), Bolivia NC

Dinah E. Gore Fitness & Aquatic Center at Brunswick Community College

Online Entries only by 11:59pm on February 28th

We are back for year TWO :) Come join us 03/04/17 for our one day swim meet hosted by the Brunswick Gators and the Seahawk Masters. This meet is great for new swimmers to the seasoned. We offer 25's and fun 100yd relays at the end!

Want to come join the host team, Seahawk Master's, in a catered BBQ social at the Brunswick Forest Clubhouse? We will be handing out awards and free USMS swag gifts! This social is included in your registration fee, so just let us know if you plan on attending.

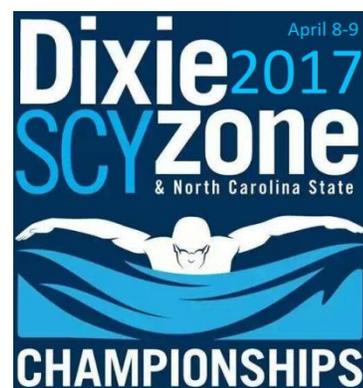
https://www.clubassistant.com/club/meet_information.cfm?c=2314&smid=8405



April 8-9, 2017 Dixie Zone & North Carolina Champs (SCY), Cary NC

Online Discounted Entries available if completed by February 28th

Online Entries only by 11:59pm on April 5th



The meet will be held April 8th and 9th at the Triangle Aquatic Center in Cary, NC just off Interstate 40.

The Triangle Aquatic Center is a state-of-the-art, 72,000 square foot facility that houses three pools.

The competition pool ranges in depth from 7 to 12 feet and features competition 8 lanes. Additionally there



will be lanes open for continuous warm up and cool down. There are only a few more days to get the early bird registration fee of \$45 before it goes up on March 1st to \$55.

There will be a social after each day's competition this year. On Saturday, we will have a catered pasta dinner at the pool for \$25. After Sunday's competition we will be having a free pizza party, so grab a slice or two before you hit the road!

Come have a fantastic time in a really fast pool!

https://www.clubassistant.com/club/meet_information.cfm?c=1475&smid=8466

North Carolina Swimming Hall of Fame Induction, April 22, 2017



The revival of the NC Swimming Hall of Fame (NCSHOF) continues with the Hall's eighth induction banquet and ceremony on Saturday night, April 22, 2017 in Cary, NC. Four Olympians and one of North Carolina's most decorated coaches will be inducted. Lauren Dupree, 2012 Olympic Gold Medalist, from Greenville; David Fox, 1996 Olympic Gold Medalist, who attended NCSU; Charlie Houchin, 2012 Olympic Gold Medalist from Raleigh; Nick McCrory, 2012 Olympic Bronze Medalist and first-ever diver inducted into the NCSHOF; and Don Easterling, former NC State University Head Coach. The NCSHOF Committee is chaired by NCMS athlete Gerry Chapman of Greensboro. He is joined on the committee by RAM swimmers Ceil Blackwell and Hill Carrow, and Masters coach Jonathan Watson. Both NC Masters Swimming and Raleigh Area Masters are Partners for this year's event, which gets underway with a cocktail reception at 6:45pm followed by dinner.

Information on tables and individual tickets can be found on the NC Swimming Hall of Fame website at: <http://www.ncswimhalloffame.com/>



USA Masters Games CEO Issues Challenge to NC Masters

RAM swimmer Hill Carrow, who serves as CEO of the USA Masters Games (USAMG), has issued a challenge to North Carolina Masters Swimming (NCMS) to come to San Diego for this year's USAMG Swimming Competition, July 12-16, 2017. NCMS is the defending USAMG team champion and Hill is encouraging NCMS to bring a strong contingent -- and everyone's A game -- to defend its Games championship in the 2017 Games. In addition, Hill would like to compete on an NCMS relay team! The Swimming Competition will be at the beautiful San Diego State University Aquaplex overlooking the city.



Make plans to attend today. To register, visit <https://usamg.fusesport.com/registration/531/usamgweb/>



2017 USMS High Performance Camp in Greensboro

What seems to be one of our best kept secrets is that USMS' one and only High Performance Camp (HPC) is located in North Carolina in Greensboro, where the Greensboro Aquatic Center has served as home to the camp since 2011. The camp will be held Saturday, August 26 to Thursday, August 31, 2017. The camp provides all participants with invaluable personal videos and stroke feedback from the top Masters coaches in the country, information and practice on the latest swimming techniques, test results from the top swimming physiologist in the world -- the famous Dr. G, and lots more. Participants always give the camp great reviews on post-camp surveys, and North Carolina's own Steve Weatherman is serving as HPC 2017 Head Coach.

For more information on the 2017 USMS HPC and to register, visit:
<http://www.trianglesportscommission.com/usms-high-performance-camp>



9/23/2017 Swim Across America (.5-mile, 1-mile, 3-mile), Charlotte NC



Welcome to the inaugural Swim Across America Charlotte Open Water Swim. Swimmers and supporters of all ages and skill levels are invited to take part in our event in Lake Norman. Proceeds from the swim will support leukemia research at the Levine Cancer Institute in Charlotte.

Swim Across America Charlotte takes place in Lake Norman and features an in-water start with the water temperature historically in the low 80's so wetsuits are hardly ever permitted. The rectangular shaped course starts right at the beach at the Lake Norman YMCA. The water is usually very flat as the course is situated in a protected area of the lake that is sheltered from the wind.

http://www.swimacrossamerica.org/site/TR?fr_id=4378&pg=entry

Back to the Basics

from Charles Cockrell, USMS Rules Committee Chair

After a year of answering questions and doing regular blog posts, I received a recent question about a rule that I thought was well understood and had not changed in some time. This was a reminder to me that we have new swimmers entering our ranks all of the time and sometimes we all need a refresher, even for rules that we think are well understood. So, we'll call these next few entries our "back to the basics" series!

Let's start by reviewing some of the basic rules that apply all races and specifically to freestyle.

Rules Committee ◦



- Swimmers must start and finish in the same lane. Yes, you read it right, the rules do not say that a swimmer must remain in the lane throughout the race. However, swimmers may be disqualified for interfering with another swimmer. Also, this rule does not necessarily mean that a swimmer who swims in the wrong lane must be disqualified. But, if you find that this happens to you, please notify the officials!
- Leaving the pool before finishing a race means that you will be disqualified.
- Standing on the bottom of the pool does not disqualify a swimmer in a freestyle event, but it does in any other stroke event. The swimmer must not walk or spring from the bottom in any event.
- Touching the lane line is not illegal, but grasping the lane line or the side wall to assist forward motion (in other words, pulling on the lane line), is illegal. (It also drives coaches crazy during workouts!)
- A forward start or a backstroke start can be used in freestyle events. (This is a difference between USMS and USA Swimming rules. In USA Swimming, only the forward start may be used.)
- During freestyle events, swimmers must touch the wall (or end of the course) after each turn and at the finish. That's it! There are really no other rules for freestyle. Swimmers may pull, kick, and execute turns in any manner they desire. (An exception is the freestyle leg of an Individual Medley or Medley Relay. We'll cover that in a later entry.)

Now, here is a quick question to test your thinking: During a 500-yard freestyle event, a swimmer misses the wall completely at the 400-yard mark and the missed touch is noted by officials. After the swimmer finishes at the 500-yard mark, the swimmer's coach yells "Swim another 50". If the swimmer swims another 50 before leaving the pool, should the swimmer still be disqualified?

Answer: Yes. The swimmer must touch the wall at the end of each length. If the swimmer had missed the wall, he could return and touch the wall without being disqualified. However, once the swimmer has completed the next length, the opportunity to return to the wall and make a legal touch is gone. Congratulations on having a very clever coach, however.

Back to the Basics by Rules Committee, October 30th, 2016

How about the following situation? A swimmer finishes (or so he thinks) a 1650-yard freestyle. While hanging out in the pool, the timing system operator tries to get the attention of the officials and tell them that the swimmer only completed 1600 yards. It seems that the swimmer's lap counter made an error. The referees agrees and tries to inform the swimmer, but before the referee can make it over to the swimmer, he exits the pool. Can the swimmer get back in the pool and swim another 50?

Answer: No. First, by rule, it is the swimmers responsibility to complete the required distance. Lap counters are there to assist, and officials are responsible for verifying completion, but the swimmer must complete the distance. The fact that the lap counter made an error doesn't provide any relief. (Lesson: Pick someone reliable to count for you!) If the officials had informed the swimmer before he left the pool, he could swim another 50 and complete the event legally, even if he was standing on the bottom of the pool, hanging on the lane line, or hanging onto the end wall in the interim. However, once the swimmer leaves the pool, he is disqualified.

Question: A swimmer enters a 200-yard freestyle event, but decides to swim backstroke, even doing a backstroke start. Is this legal?

Answer: Yes, it is legal to swim any style in a freestyle event. However, your official time in a freestyle counts only for freestyle. The swimmer in this example cannot set a record, earn top 10 recognition, or use the time for any other official purpose as a 200-yard backstroke time. Regardless of the stroke swum, it only counts as a 200 freestyle time.

USMS is hosting
clinics and classes
near you!

1. Stroke clinic
2. Coach certification class
3. Clinic course for coaches

Details below...

**Coach Certification
Levels 1 and 2**

**Sat., Apr. 22, 2017
Charlotte, NC**

Classroom instruction
Courtyard Charlotte University
Research Park
333 West W.T. Harris Blvd
Charlotte, NC 28262

**"How-to" Clinic
Course for Coaches**

**Saturday & Sunday,
April 22 & 23, 2017**

Classroom instruction
Courtyard Charlotte University
Research Park
333 West W.T. Harris Blvd
Charlotte, NC 28262

On-deck instruction
Lake Norman YMCA
21300 Davidson St,
Cornelius, NC 28031

**Stroke Development
Clinic for Swimmers**

Sun., April 23, 2017

pool location
Lake Norman YMCA
21300 Davidson St,
Cornelius, NC 28031

Questions?

Marianne Groenings

USMS Club and Coach Services

mgroenings@usmastersswimming.org



2017 NC-LMSC Officers

Our LMSC is represented by officers from all corners of the state

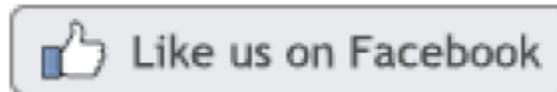
Position	Officer & email	Town
LMSC Chair	Steve Weatherman	Raleigh
Vice Chair	Kristen Jenó	Wilmington
Secretary	Joanne Wainwright	Greensboro
Treasurer	Jeff Murray	Charlotte
Registrar and Webmaster	George Simon	Raleigh
At large member - Coaches Chair	Trey Taylor	Gastonia
At large member	Todd Torres	Greenville
At large member	Celia Wolff	Fort Bragg
Newsletter Editor- ex officio	Sonny Nguyen	Mooreville
Records & Top 10 Chair - ex officio	Amy Waters	Raleigh
Official's Chair - ex officio	Tom Cox	Raleigh

Stay Connected with NC-LMSC social media:

Thanks to Todd Torres



<https://www.instagram.com/ncmastersswimming>



<https://www.facebook.com/northcarolinamastersswimming>



<https://twitter.com/NCMastersSwim>

**Please help get the word out by liking, following, tagging, tweeting,
Our NC Masters Swimming social channels are open!**



DON'T MISS THESE EVENTS

Your Swimming Calendar:

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



March 4, 2017 Coastal Masters Invitational (SCY), Bolivia NC
Online Entries only by 11:59pm February 28th

April 8-9, 2017 Dixie Zone & North Carolina Champs (SCY), Cary NC
Online Entries only by 11:59pm April 5th

April 22, 2017 NC Swimming Hall of Fame Induction, Cary NC
<http://www.ncswimhalloffame.com>

April 27-30, 2017 Nationwide USMS Spring National Champs (SCY), Riverside CA
<http://www.usms.org/comp/scnats17>

June 17-18, 2017 POWERADE STATE GAMES Swim Meet, Greensboro NC
<http://pag.ncsports.org/contentPages.cfm/contentVariable/Swimming>

June 30 - July 2, 2017 Dixie Zone & South Carolina Champs (LCM), Greenville SC

July 12-16, 2017 USA Masters Games Swimming Competition, San Diego CA
<https://usamg.fusesport.com/registration/531/usamgweb>

August 2-6, 2017 USMS Summer National Champs (LCM), Minneapolis MN

August 10-20, 2017 17th FINA World Masters Championships, Budapest Hungary

August 26-31, 2017 USMS High Performance Camp, Greensboro NC

September 13-17, 2017 USMS Convention, Dallas TX

September 23, 2017 Swim Across America (.5-mile, 1-mile, 3-mile), Charlotte NC

October 13-15, 2017 Dixie Zone & Rowdy Gaines Masters Classic (SCM), Orlando FL

HAPPY SWIMMING