



ACROSS THE LANES

NORTH CAROLINA-LMSC

2021 Winter



Happy Holidays Swimmers!

We are nearing the end of 2021! It has still been a challenging year, but I hope everyone is looking forward to the opportunities to come in 2022. We have been able to get back into the swing of meets this year, and you will find a few recaps in this article. It is great to see the pictures of everyone back together and competing, and I look forward to the various events we already have on the calendar for next year. I hope everyone has a great holiday! Please feel free to reach out with any information you'd like included in the next article.



<https://myswimpro.com/blog/2018/12/21/12-days-of-christmas-swim-workout-challenge/>

You will find in this Winter Edition of our Newsletter:

- Introducing our New LMSC Members
- Chairwoman's Corner by Kristen Jenó
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You can contribute to our next North Carolina LMSC Swimming Newsletter: swim stories, favorite workouts, interviews, open water or pool, training techniques, nutritional recipes. All ideas are welcome!! Reach out on our Instagram, Facebook, or directly to Whitney at whitneyhauser21@gmail.com.

In this edition of our newsletter, we would like to introduce our two new NC LMSC officers:

Introducing Thornton Burnette, Open Water Chair



I've been a USA Swimming official since 2003, and a referee since 2005. I served on the NC Swimming Officials Committee for nearly 8 years, during which we developed a formal training program for Starters and Referees. I served as the Board of Review Chair for NC Swimming for just over 5 years. As the NCS Disability Committee Chair, a position I held for nearly 10 years, we developed the inclusion policy for NC Swimming which is currently in place. For Special Olympics, I served as an International Technical Official at the 2011 & 2015 World Summer Games, and at the 2019 USA Games. Open Water Swimming was contested for the first time at the 2011 World Summer Games and I was an official for that competition as well. I have worked numerous OW meets since 2003, mostly in NC. I have served on the NC Swimming Open Water Committee with both Taylor Cooper and John Payne, and have served as the Meet Referee for the NC Swimming Open Water State Championships since 2013, except for 2 years when I attended family weddings. In 2014, I attended the USA Swimming Open Water Referee Clinic held in conjunction with the inaugural Fran Crippen Invitational in Ft. Myers, FL., and served as an official for all races. I served as the 2015 Southern Zone Open Water Meet Referee, and am the "proposed" meet referee for the NC Swimming bid to host the 2022 Southern Zone Open Water Meet in Seven Lakes (the award has still not yet been made). I have served as the Meet Referee for the NCMS S/C State Championships for the past 6 years, and have officiated at the USMS S/C National Championships both times they were held in Greensboro. I look forward to working with NCMS as the Open Water Chair.

Introducing Elise Shank, At Large Member



Hello NC Swimmers,

As the newest member of the North Carolina LMSC Board I wanted to take some time to introduce myself. I am an American Red Cross Lifeguard Instructor, Water Safety Instructor Trainer, and a Level 3 USMS Coach. I caught the swimming bug back in middle school when I tried out the summer swim team in my neighborhood. From there I joined club swimming and had the pleasure of swimming with two outstanding club teams in Virginia and North Carolina. I started out as a lifeguard, obtained my WSI certification, and then began helping out with the age group swimmers. I enjoyed intramural swimming during college and later joined Masters when I took over Fort Bragg Masters Swim Team. I now oversee aquatics and adaptive sports programs as an Athletic Program Coordinator for Cumberland County and coach on the side for Fort Bragg. My husband, Jerome, and I welcomed our first baby in May of this year. Aubrey is 7 months old and loves the water! We can't wait to raise our little swimmer. I am excited to serve on the board and further masters swimming in our community.

Chairwoman's Corner

By Kristen Jenó



Kristen Jenó (NC-LMSC Chairwoman):

The beginning of a new year is an excellent time to reevaluate your life, set goals, and work toward them. Be it switching to a healthier diet, exercising more, or creating new and exciting goals – the new year brings 365 days full of opportunities.

We had a few exciting meets happen this year and it was great to get back on the pool deck. Hopefully next year we will get back into the swing of things even more. Now that most pools are back operating and clubs/teams are able to practice I hope routines are going well. We are working on getting some of the normal meets back on schedule for 2022 so stay tuned.

Everyone a part of our NC LMSC truly has been an inspiration to me. I'm so proud of everything we've accomplished this year, and I can't wait to see what we can do in 2022! Happy Holidays!



2021 SCY Championships in Greensboro, NC

Contribution from Mark Rubacky

As a meet director for several local and zone meets, I felt that I was prepared to take over the role of meet director for the 2021 SCY Championships in Greensboro when Hill Carrow asked in early 2020. I had already been a part of the Championship committee since I was the president of Raleigh Area Masters (the host for the event), but I was not prepared for what hit in March of 2020 and the impacts that COVID pandemic would have on the meet in Greensboro that was over a year away.

Several meetings, USMS rule changes, and one postponement later I was standing on the deck of the Greensboro Aquatic Center the day before the meet hoping all the planning and work we had done would provide an excellent opportunity for things to return to racing in 2021.

The meet went so smooth which most responsibility goes to the NC Swimming community for the support for putting on the event. From the USA teams that volunteered to time, to the countless NCMS volunteers that timed, meet marshaled, handled registration, and gave out awards. The staff of Triangle Sports Alliance that helped with volunteers, timing and registration. And finally, the NC officials (some of whom also coached and swam) that volunteered their time. All of these volunteers are the ones most responsible for hosting a spectacular meet. US Masters agreed by awarding the **USMS National Championship Award** to the volunteers at the SCY Championships.

Now I was not just the meet director, but I also competed in the meet. This was my fifth Nationals (third in Greensboro) and I will admit it was a great feeling to race again. While none of my times were personal bests, I felt each race was better than the last as I got my racing legs under me. I have always thought that I need the smaller meets (such as the Frank Clark meet and the FUN-Invitational) to practice my racing skills for the larger competitions and this proved my suspicions.

The other part of Nationals that I love is the community of swimming. It was great seeing my friends from all over the country that over the past year and a half I've only been seeing through social media as we overcame the challenges of the pandemic to find ways to enjoy our sport. Additionally, I cherish the new friendships made during the meet and the stories that I heard about how everyone worked to swim at such a high level with so many challenges. It's an experience that I can't wait to have again.

With my meet director hat back on, I look forward to seeing all of you in Cary in April (2nd & 3rd 2022) for the NC State Championships!



Mark and two teammates from NE Masters.



NC Masters with the Championship banner



Mark's dive start for the 400IM



RAM team at Nationals

NCMS Takes 3rd Place Regional Team at 2021 LC Nationals

Contribution from Celia Wolff

The sleepy, northern town of Geneva, Ohio played host to its second, long course US Masters National Meet this past October. There were 705 entrants with North Carolina sending 17 of their bravest swimmers to compete for the shiny banner of victory.

New friendships were born and older ones were rekindled as NCMS put on an impressive show with their small but powerful team. Our swimmers threw down incredible, individual swims and our North Carolina relays were a force to be reckoned with.

Out of ten, relay splashes, NCMS placed first in six of those! All of our relays placed in the top seven and each of our swimmers contributed points as we muscled our way into a third place finish in the Regional Team division with 641 points. There were only 40 points separating NCMS and Illinois Masters, the second place team, who finished with 681.

Be sure to check out our swimmers' photos and accolades! Every swimmer had at least one, Top Ten finish! You will need extra hands to count all of our National Champions! Congratulations to all of our swimmers!

Mark your calendars for next year's SCY National meet in San Antonio, TX, April 28-May 1. Let's get a big crew together to grab that second first place Regional team award!



or



Earl Anderson	3-NCMS relay records	National champion: 200 Mixed medley, 200 men's free relay
Michael Beachler		Top 10 finish
Dave Berting	3-NCMS individual records	Top 10 finishes
Rick Bober	3-individual and 1-NCMS relay records	National champion: 50 back, 200 Mixed medley and 200 Men's medley relays
Erika Braun		National champion: 100 fly, free, back. 50 fly, free, back. Mixed 200 Medley and free relays
Scott Dallamura		National champion: 50 fly, Men's 200 free and medley relays, 200 mixed free and medley relays.
David Dunson		National champion: 200 Mixed medley and free relays, 200 men's medley and free relays
James Green	2-NCMS individual records	Top 10 finishes
Jim McFarland	1-NCMS relay record	Top 10 finishes
Greg Sanchez		National champion: 200 fly,
Edison Sandrini	50 free record for State of Paraná - Brazil! 1-NCMS relay record	National champion: men's 200 medley and free relays

Mary Anne Savage	2-NCMS relay records	National champion: 200 Mixed medley relay
Karen Stump	1-NCMS relay record	National champion: 50 fly, mixed 200 medley and free relays
Maria Vazquez	1-NCMS relay record	National champion: 100 & 200 back
Jonathan Washburn		Top 10 finishes
Nancy Whelchel	4-individual and 3-NCMS relay records	Top 10 finishes
Celia Wolff	3-NCMS relay records	National champion: 200 mixed medley relay



Hawk Masters Host the 2021 Coastal Masters Funvitational

October 30, 2021. A day that forever changed the lives of 92 swimmers. Hawk Masters hosted the Funvitational meet at UNC-Wilmington, a move from Brunswick Community College that reignited the North Carolina and USMS swimming community with swimmers traveling as far as Pennsylvania and Illinois to take part.

The Funvitational is a USMS sanctioned meet that includes 25's in each stroke as well as 4x25 relays. This year's relays included the

pumpkin relay, where swimmers had to head butt a pumpkin down the pool, and finished with the world-renown Floatie relay.

The excitement was tangible and the response from the competitors were overwhelmingly positive! *“I felt like a kid again!”* *“Thank you for putting on a super-fun meet!”* *“Thanks for hosting...I had a blast!”* Each heat winner received a Halloween-themed Duckie. We offered a “meet buddy” to the more novice swimmers. Their buddy was a more seasoned swimmer who helped walk them through how the meet was run and helped them get to the blocks for events. Some great friendships were started as our buddies continue to stay in touch.

The meet finished up with a BBQ social and awards ceremony at a local park that drew in more than 120 swimmers, family members and volunteers. Be sure to look for next year’s Funvitational meet in the fall. Be a part of #thefunniestmeet!



Racing for the Floatie Relay Crown!



Volunteer timers and swimmers



High-point winners

NUTRIENT TIMING

Contributions from Scott Dallamura, LMSC Fitness Chair

We all know that nutrition plays a key role in our overall fitness levels. Along with rest, proper nutrition is necessary for us to properly recover from a workout, regardless of our goals. You may have heard it said: “You can’t out-train a bad diet.” Of course, nutrition and diet is a tricky subject. Everyone is different – we all have different shapes and sizes and metabolisms and schedules. We also have different preferences! So there’s no real one-size-fits-all approach that can fit in a newsletter article (sorry!) But there are some good principles that we can each apply to ourselves to help keep us pointed in the right direction.

During a workout, we all know that we should consume some amount of carbohydrates to maintain our glycogen and glucose levels. Carbohydrates also can lessen the cortisol production that breaks down muscle protein during a workout. And, by including a small amount of protein, we can also prep our muscles for a faster post-workout recovery. Many popular workout drinks contain a specific ratio of carbohydrates to protein for this reason.

After a workout, research has shown that timing is extremely important in the synthesis of protein – even more so than the quality of protein. For example, a low-quality protein source like corn consumed within 45 minutes of a workout results in greater protein synthesis (up to 85% more!) than a high-quality whey isolate protein consumed two hours after a workout. Additionally, carbohydrate consumption during this 45-minute window can stimulate the release of insulin, which in turn can result in greater synthesis of protein. If you think about it, this is why your basic chocolate milk is considered to be such a great post-workout recovery drink. 😊

To summarize: during your workout, carbohydrates and protein are your friend. After your workout, carbohydrates and protein are still your friend! Depending upon your goals you may want to play around with different combinations. If you’re swimming for fitness you probably want to focus on maintaining or even losing weight, so you might want to watch the high-glycemic-index carbs during your workout – but note that the timing makes a huge difference in what your body does with

it! And if you're looking to build strength and power then you probably want to ensure that you consume a good amount of protein coupled with the necessary carbs to help your body properly assimilate it.

References

Nutrient Timing: The future of sports nutrition, Ivy, John and Portman, Robert. Basic Health Publications, Inc. 2004



USMS Coaching Certification

Contributions from Laura Goodwin

On December 11th, I was glad to finally be able to attend one of the USMS Level 3 Coaching Certification courses. Back in 2014, I attended the Level 1&2 course, and in the spring of 2020 I was finally going to have the opportunity to take Level 3. Since the cancellation of that class, I have been waiting for them to resume, and now they are here!

Thanks to the efforts Celia Wolff, Bill Brenner, USMS and the NC LMSC, twelve of us were able to attend this informative course.

For those who are less familiar with the USMS coaching certification process, it has four levels. You can find full descriptions on the USMS website (<https://www.usms.org/coach-central/coach-certification>), but in short, Level 1 and 2 courses cover the basics of coaching, workouts and technique. Level 3 focuses on building and running a successful Masters program, and tools that will help you do so. Level 4 is a designation for professional coaches who have contributed to the Masters swimming community, and is achieved through a portfolio-style application.

With a focus on the leadership and administration of Masters programs, Level 3 contains information that is relevant even to experienced coaches, especially those who have not been on the business side of their teams, or who have only experienced one type of business model. In addition, there are brainstorming sessions about swimmer recruitment and retention – valuable to any coach who is interested in running a strong program and serving their swimmers well.

One of the things I enjoyed most about the clinic was talking with the other Masters coaches. Hailing from Florida, Michigan, Virginia, and here in NC, they all had unique and valuable insights to share. As is true for most Masters swimmers, one of the things I appreciate about swimming and coaching is being involved with this awesome community of people. And the course is structured to alternate between lecture and opportunities to talk with your fellow coaches.

Even for long-time coaches there are concrete and actionable items. Did you know that your team can set up their own store for team merchandise on swimoutlet.com? Did you know that USMS has allocated funding in 2022 for teams that are looking to grow their membership? Have you thought about offering additional programming in parts of the pool that are not being utilized during practice?

It was great to learn all of this and more during the class this weekend. If you are a Masters coach, or interested in coaching Masters, I recommend these courses.

In addition, if you are part of the North Carolina LMSC (as you likely are if you are reading this newsletter), the LMSC may reimburse part of your course costs.

NORTH CAROLINA LMSC OFFICERS

Our LMSC is represented by officers from all corners of North Carolina

Visit our NCMS Website: www.ncmasters.org
www.facebook.com/NorthCarolinaMastersSwimming

POSITION	OFFICER	CITY/TOWN	CONTACT EMAIL
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At large member - Open Water Chair	Thornton Burnette	Durham	thor8550@aol.com
At large member - Coaches Chair	Celia Wolff	Wilmington	ikeepswimming@gmail.com
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At large member - Records & Top 10 Chair	Sara Dunn	Charlotte	sdunn102@gmail.com
At large member - Official's Chair	Bill Luse	Jacksonville	wclswim@ec.rr.com



DON'T MISS THESE EVENTS

for your swimming calendar:

SouthEastZone.org

NCmasters.org



2022 South Carolina SCY State Champs

February 4-6, 2022

North Myrtle Beach, SC

2022 Southeast Zone SCY Champs

February 12-13, 2022

Auburn, AL

2022 Sunbelt Meet *TENTATIVE*

February 26-27, 2022

Charlotte, NC

2022 North Carolina SCY State Champs

April 2-3, 2022

Cary, NC

2022 YMCA Masters Nationals

April 7-10, 2022

Orlando, FL

2022 USMS Spring Nationals

April 28-May 1, 2022

San Antonio, TX

2022 USMS Summer Nationals

August 3-7, 2022

Richmond, VA

2021 USMS Open Water Championships:

Click above link for Open Water Nationals