



The Georgia Masters Newsletter

Swimming in Georgia

April 2016

Don't Miss These Events

W Gwinnett Park SCY Meet – April 24

Don't forget the West Gwinnett Park SCY Developmental Meet on Sunday morning, April 24. For those going to Nationals, this is your last opportunity to get in some practice times, or a good starting point for swimmers new to Masters or returning after a long absence. The emphasis on developmental meets is LOW KEY! This provides an opportunity to practice competing in a less stressful atmosphere. The info and entry are on the Georgia website at www.georgiamasters.org (click 'Meet Schedule' and scroll down to April 24 – click and print). Warmups start at 9:00am and the meet begins at 9:30am; it should be finished by noon, so still half of the day left to enjoy other activities!

For questions, contact **Lisa Watson** at lisa.watson@ung.edu or after April 21, call at 770/497-1901 (please, no calls after 8pm).

Volunteers – We need volunteers to help with the timing – we'll be using handheld watches.

USMS Spring SC Nationals *April 28-May 1*



Speaking of Nationals, good luck to all of our swimmers going to Nationals in Greensboro. We'll do a recap of that meet in the next newsletter.

UGA Meet – June 4

The annual Bulldog LC Invitational at UGA will be Saturday, June 4. We have a new meet director- **Craig Page**, taking over for **Raymond Woller** (thanks to Raymond for his many years of running this fabulous meet). The info and entry will be posted shortly on the Georgia and Dixie Zone websites. For questions, contact Craig at craigwpage@gmail.com

Meet Recaps

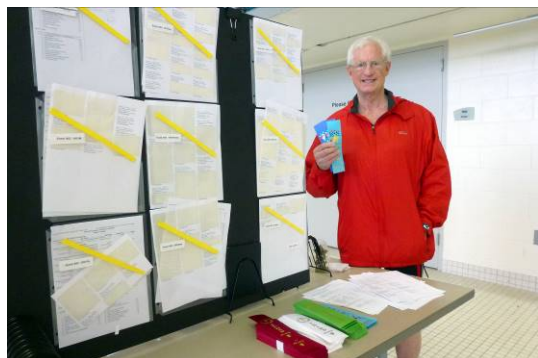
Dixie Zone SCY Championships: *April 9 & 10*



136 swimmers from Georgia and the Dixie Zone participated in the 2016 Dixie Zone SCY Championships (also known as the Trout Spring Splash) at Georgia Tech on April 9 & 10. This meet was hosted by the **Atlanta Rainbow Trout**. Participating Georgia teams included:

Athens Bulldogs (DAWG), Atlanta Rainbow Trout (ART), Dynamo Masters (DYNA), FYNS, Georgia Killer Whales (GMKW), GPAC (Gwinnett County), Lifetime Fitness (LIFE), Nautical Milers (NAUT), RAYS (Marietta Stingrays) Southside Seals (SSS), and Swim Atlanta Masters (SAMS).

Thanks to **Sean Fitzgerald** and all of the Atlanta Rainbow Trout volunteers for running the meet. Sean served as announcer, programmer, and swimmer! Thanks also to the officials who donated their time to referee the meet: **Ed Saltzman, George Ways, Harry Heath, Lee Golusinski, Felix Samter, Lorre Gaudiosi, and David Furlong.**



Craig Ray

Swimmers were also present from other states in the Dixie Zone, including Alabama, South Carolina, North Carolina, Tennessee, and Florida. Results of this meet will be posted on the Georgia and Dixie Zone websites.

In addition to the announcement of the Grand Prix Awards, the **Go The Distance** awards for 2015 were also handed out at the meet: as previously announced, our top 3 Georgia participants were **Chris Greene, Pat Eddy, and John Zeigler.** If you did not pick up your award, please contact Lisa Watson at lisa.watson@ung.edu

High Point Winners

Here are the high point winners from the meet.

- 18-24 F Gina Grant
- 18-24 M Brady Whicker
- 25-29 F Caitie Curran
- 25-29 M Charlie McCannless
- 30-24 F Teresa Anthony
- 30-34 M Jonathan Luckhurst
- 30-34 M Craig Page
- 35-39 F Sara Edwards
- 35-39 M Wes Ostell
- 40-44 F Malena Hankins
- 40-44 M Matt Folan
- 45-49 F Leann Rossi
- 45-49 M Andrew Perry
- 50-54 F Marianne Countryman
- 50-54 M Mark Rogers
- 55-59 F Karol Welling
- 55-59 M Rob Copeland
- 60-64 F Rebecca Hamilton
- 60-64 M David Hildebrandt
- 65-69 F Kristi Panayotoff
- 65-69 M Stan Delair
- 70-74 F Sue Ottosen
- 70-74 M John Zeigler
- 75-79 F Charlotte Czekala
- 75-79 M David Miller



Grand Prix Winners: Rebecca Hamilton, John Zeigler, Sue Ottosen, Anna Beam, Ginger Penn, Mark Rogers, Peter An, and Sean Concepcion

Other News

2015 Grand Prix Series

The 2015 Grand Prix awards were announced and distributed at the Dixie Zone Championship meet on April 9. The Grand Prix consisted of the following 2015 Georgia events: St Pat SCY Meet (Dynamo), Bulldog LC Invitational (UGA), Georgia Games Open Water, and St Nick SCM (Ga Tech). Congratulations to the following winners:

Women

Anna Beam	18-24
Caitie Curran	25-29
Megan Tosh	30-34
Cathy Jones	40-44
Anna Catanese	45-49
Myrna Yarbrough	50-54
Ginger Penn	55-59
Rebecca Hamilton	60-64
Sue Ottosen	70-74
Judith Haase	75-79

Men

Peter An	18-24
Sean Concepcion	25-29
Matthew Mills	35-39
Mickey Buono	40-44
Andrew Perry	45-49
Mark Rogers	50-54
Andy Dyer	55-59
Leonard Woody	60-64
John Zeigler	70-74
Craig Ray	75-79

If any of the above Grand Prix winners were not able to get their award at the Tech meet, please contact **Sean Fitzgerald** at Seanfit@gmail.com

2016 Grand Prix Series

April 9-19	Dixie Zone SCY Championships
June 6	UGA meet LC
July 11	Georgia State Games Open Water
October 18	St Nicholas Invitational SCM

We originally had Greensboro USMS SC Nationals listed as one of the events. Due to concerns by people over travelling challenges, we have decided instead that Greensboro can be used to make the 3 event minimum required for qualification for the Grand Prix, but no points will be awarded.

Swimmer Profile – Rob Copeland

By Elaine Krugman



Many of you are familiar with Rob Copeland as a member of the Georgia LMSC Board of Directors (Safety & Long Distance Chair), and if you were a member of United States Masters Swimming during the years of 2005 to 2009, you would have remembered him as the USMS President. Perhaps you even read the Volunteer Profile column about Rob in the July–August 2011 issue of *Swimmer* and learned he received the 2011 Capt. Ransom Arthur, M.D. award for his decades of dedicated volunteering.



Surely, if you have competed in the annual Southside Pentathlon or Georgia Games Open Water meets, you know Rob as the event director. This is how I have gotten to know him since joining USMS in 2010, and those meets are two of my favorites each year. Besides Rob's doing a great job running both events, I always look forward to being greeted with his kind smile, fun-loving personality, and great big bear hugs.

Online, Rob's wickedly funny side surfaces on the USMS Forums (unless he is gently scolding someone for an inappropriate post—Rob is one of the forum moderators.)

What many of you may not know about Rob Copeland is his volunteer history of serving on numerous USMS committees or his history of achievements in the pool. Since joining USMS in 1978, he has accumulated 154 Individual Top Ten's (in distance freestyle, 200 Butterfly, and 400 Individual Medley), 12 All-American long-distance honors, and 15 USMS records in distance freestyle. That's a heck of a collection!

His greatest swimming achievements, in my opinion, though, were conquering two of the three open water "Triple Crown" marathon swims: the 28.5-mile "Manhattan Island Marathon Swim," which he swam in 1999 and completed in 6:52.49—still the fastest time on record for any man; and, the English Channel, which he completed in 10 hours 33 minutes, back in 2000.

Amazingly, Rob's marathon swim around Manhattan Island in 1999 was only one of three

marathons he swam that year! He also tackled the 24-mile "Tampa Bay Marathon Swim," as well as the 22.5-mile "Around the Island Marathon Swim" in Atlantic City, New Jersey. Rob is the only person who has ever swum all three of those marathons in a single year.

Curious to hear more about his English Channel swim in particular, I recently spoke with Rob about how he prepared for the challenge. After moving from Nebraska to New Jersey, he started training in cold water along the Jersey Shore with a group of other swimmers. "There were a lot of races along the Jersey Shore I would participate in that were anywhere from 1 mile to 10K," Rob explained, adding that after swimming the 10K distance for a while, his training partners encouraged him to try longer swims, including the English Channel.

After telling his buddies, "I'll do it next year..." Rob decided to get serious and actually *do* it. In 1998 and 1999, he started ramping up his training yardage to prepare. "In April of 1999, I did the 'Tampa Marathon Swim,' which was my first real marathon swim. It was a good learning experience," this amazing swimmer added that what he "learned" from the swim was ending up with a major sunburn and saltwater rash.

In July of 1999, Rob swam the "Manhattan Island Marathon Swim," and he still holds the record for being the only man to swim it in under seven hours. "I am very proud of that accomplishment," Rob commented, understandably immodest.

At the end of the 1999 open water season, Rob did the Atlantic City Marathon Swim for his third marathon in 1999. "After that swim, I felt pretty comfortable in where I needed to be to do the [English] Channel. The only real difference from the ones I had done was the temperature and not knowing what the conditions would be for the race."

In order to prepare specifically for the cold water of the English Channel, Rob knew he needed to

adjust his training. As he explained, “Marcia Cleveland (who is probably the greatest expert on the English Channel in the Americas) I’ve known for years, so I went and trained with her up in Connecticut. We would go on 3-4 hour swims; or, I would go down to the Jersey Shore and do 2-3 hour swims to train and acclimate to the cold. I did a lot of cool to cold water swimming to prepare for it.”

To make sure he was ready for the English Channel, Rob swam one more long-distance swim. In 2000, he tackled the “Tampa Bay Marathon” before flying off to England in July for his big challenge.

I wanted to know what Rob’s thoughts were during the long hours while swimming in the cold water of the English Channel. He replied, “In the 10 ½ hours I was there, a number of different things went through my mind. Some of it was **O.C.D.**, where I started counting strokes, counting to one thousand, and then counting again.

Unfortunately, about half-way through, I had the ‘Gilligan’s Island’ theme song going through my head. I was in the middle of the channel, and the boat was next to me kind of rocking around, so I had that song stuck in my head. You have the white cliffs of Dover behind you for the first hour or two, and then you have the French coast for the last hour. In the middle, it’s pretty much just you and whatever [boat] traffic is in the Channel. I worked on stroke technique, I looked at the different people on the boat, and I tried to get other songs in my head to get rid of this one.”

“I had great weather and pretty much flat-calm for the entire race, and the water temperature was 58-61. The only detrimental part of the swim was for the last hour or so when the tide turned, and I was swimming in place for about an hour with the shore just about a half-mile away.”

The tides weren’t the only challenge this adventurous marathon swimmer came up against while conquering the English Channel. Rob also

swam into jellyfish a dozen times. As he described, “It was actually a good distraction. Not that I was looking forward to jellyfish stings, but they kept my mind off my tired shoulders... It feels like an electric shock and stings for a few minutes, but then it goes away. It’s a good diversion!”

“For me, the best part [of the English Channel swim] was that my family was my crew. My son Noah was my captain for the swim and was in charge of all my feedings. My wife, Cathy, daughter Megan, and my parents were on the boat as well. I didn’t have an option *but* to finish the race with all of the people on the boat cheering me on!”

“I never thought that I wasn’t going to make it, so it wasn’t like a huge relief [when he completed the race]. The neat thing was that two of my sisters had taken the Channel over to France and were on the shore with flags and champagne. The unfortunate thing was since I didn’t have my passport with me, the boat captain was saying, ‘Okay, get back in the boat!’ We only got a couple of minutes on dry land.”

“It was a neat feeling that we accomplished it, and I was able to spend time with the family. When I got there, I wasn’t exhausted, and I wasn’t cold; I just felt good at the end of it,” Rob described about the 10 hour and 33-minute swim that would have left probably 99.9% of marathon swimmers completely wiped out!

It was such a good experience that a few years later, Rob decided to spend a little more open-water swim time with family and drag Noah along for the 2003 USA Swimming 25K National Championships. In Rob’s typical humor, he explained, “...but the fun thing was that I ‘forced’ my son to swim it as well, so we swam the 25K together, and it was the longest open water swim Noah ever did. He won’t let me ever live that down, but the two of us together won the team National Championship. We were the only group that had more than one swimmer. We were also the

only father-son team that swam an international open water championship together.”

What’s next for this aqua adventurer who prefers the open water to following a black line in the pool? “In the back of my mind, I am wanting to do the Catalina Channel which is about the same distance as the English Channel. There’s a triple crown of swimming which is Catalina, Manhattan, and the English Channel. People are asking, ‘When are you going to finish your Triple Crown,’ and it will be in another year or two. I had planned on doing it this year, but they drained Lake Peachtree, and I have been without easy open water access for the last year and a half. I want to make sure I get some good open water training before I do something like that.”

Until Lake Peachtree opens up, it appears as if most of Rob’s training will take place in between the lane lines. “I prefer open water, but a pool is a great second alternative,” Rob commented and added, “I feel very comfortable in the open water. I love the no-wall aspects of it and the varying conditions... Someday when we retire, we’ll try to find a place by a lake or ocean where I can train in open water.”

Meanwhile, Rob is also keeping busy in his role as an active member of the USMS Legislation Committee, as well the Open Water Committee. “My parents brought me up as someone that if you enjoy something, give back. I could give back for the rest of my life and still not be level on the balance. I’ve gotten so much out of swimming as both an athlete and a volunteer that it is something I do because I love it.”

“When I was USMS President, the people I had on my board were all very much into helping Masters. They would do whatever they could for Masters Swimming, because it’s such a great organization with such great people.”



It is the people of USMS and the camaraderie that Rob says he enjoys most about the organization. “Swimmers are all neat people, so I really enjoy just being around swimmers and people who have positive attitudes about life. They look forward to aging up! I turn 60 this year, and it’s a wonderful thing. I’m upset that I’m not 60 already! I don’t turn 60 until September, so if I go to Greensboro, I’ll be 59, and that’s awful!”

“I swim because I love the sport, and I love the people involved. The whole journey of swimming has been such a wonderful thing.”

USMS Convention -- September 21-25

Less than 6 months until the USMS Convention is here at the Hyatt Regency in Atlanta. Many of you remember our hosting the convention in 2008-and thanks again to all the many volunteers who helped. We will be needing volunteers again. **Karol Welling** and **Ed Saltzman** attended the initial meeting held on March 31 with the convention organizers. Karol will be soliciting volunteer shifts in the near future. If you know that you do have time to help during those days, please go ahead and contact Karol at krw83@mindspring.com and give her your days and times for availability. Main days would be Wednesday through Saturday.

It Feels Great To Be Back!

By Elaine Krugman

The following is something I recently read that may seem quite basic, but it really hit home as I soaked in the atmosphere of the Georgia Tech competition pool this past weekend:

"Make a list of the things that make you happy. Make a list of the things you do every day. Compare the lists. Adjust accordingly."

It had been since September 2014 since I had last competed in a U.S. Masters Swimming (USMS) meet due to my hip injury and surgery. Although I was able to compete in the Georgia Games Open Water Meet last July, I popped the scar tissue in my hip the following month which set me back from race-pace training and competition for the rest of the year.

Over the past few months, I have been joyfully working my way back, savoring every day I'm in the pool. Swimming is definitely on my lists of what makes me happy and what I do every day (well, six days per week, to be more accurate).

Adding yoga to the physical therapy and stretching exercises I do on deck following my swims, I've been improving my flexibility, strength, and balance. As I see improvement and my ability to master more difficult poses, the resulting satisfaction I feel has convinced me that yoga is up on those lists right after swimming. The two go hand-in-hand as part of my regular routine.

Returning to competition, though, was something I was itching to add back to my "to do" list, even though it's not something that can be done daily.

This past weekend, I was able to "adjust accordingly" and compete at the USMS Dixie Zone Championships at Georgia Tech, home of the 1996 Olympic swimming competition.

As my husband, Bruce and I entered the swim deck, butterflies returned to my stomach,

something I hadn't felt in a too-long period of time. I smiled to myself, remembering how it used to feel, and how I had to learn to embrace rather than fight it.

For this two-day meet, I decided I would go all in and sign up for the maximum events (ten) figuring I could always scratch races if my hip wasn't up to the task. Practicing my chosen events in order over two days in March, I knew I could do it. The difference, however, was not having to swim the extra warm-up and cool-down yardage in between events that weren't scheduled back-to-back. In practice, I had done all five events sequentially each day with only a couple minutes of rest in between each one. Although it definitely gave me the confidence I needed for the meet, I wasn't sure how my hip would respond with the additional yardage, starting blocks, and cooler water temperature—all important factors.

In addition to signing up for the maximum events, I entered what is considered some of the most difficult events, because those are the races I enjoy competing in the most. I also threw in a couple of sprints for variety, even though I knew I would have to protect my hip by not going all-out in my kicking.

Saturday's line-up: 400 IM, 50 Breast back-to-back with 100 Fly, 200 Breast, and 500 Free.

Sunday's line-up: 1650 Free, 200 Fly, and 100 Breast back-to-back-to-back with 200 Back and 50 Fly. The day concluded with swimming free on the Women's 400 Medley Relay.

Although my race times were (much!) slower than before my hip surgery, I enjoyed every stroke that I swam in that pool, and I was thrilled to end the meet in second place in my age group. (Ok, I'll 'fess up. There were only three in our age group, because several of the other swimmers I usually compete against didn't enter the meet for one reason or another.)

Still, regardless of my race times or the colors of my ribbons, just being able to compete was a

fabulous feeling. Just as wonderful, though, was seeing my friends and making new ones. That is what USMS is all about: Enjoying swimming and competing with others who feel just as passionately about it as you do.

Swimming is what makes me happy, and it's what I will keep on doing as long as I can. It feels great to be back!

More Pictures from the Dixie Zone SCY Championships



Brian Vetter and Rebecca Hamilton



John Zeigler with his 3rd place Go the Distance award



Karol Welling



Craig Ray and Judith Hasse with their Grand Prix awards



Pam Boland, Karol Welling, Rob Copeland, & Bob Cutrone



Mark Rogers, Abbey Burns, & Coach Patrick Thoreson



Mark Beatty and David Hildebrandt



JR Douglas



Rebecca Hamilton



Ben Tran

Upcoming Events

April 2016			
*24	W Gwinnett Park SCY Developmental Meet (entry enclosed)	28-1	USMS Spring SC Nationals – Greensboro NC
May 2016			
1	USMS Spring Short Course National at Greensboro, NC		Georgia LMSC Conference Call – 7:15; Lisa at lisa.watson@ung.edu
7	Open Water (1000m and 2.4 miles St Petersburg, FL	22	Ocala, FL
June 2016			
*4	Bulldog Long Course Invitational at UGA; contact Craig at craigwpage@gmail.com		Georgia LMSC Conference Call – 7:15; Lisa at lisa.watson@ung.edu
11-12	Sarasota, FL	17-19	Long Course at Greenville, SC
July 2016			
	Georgia LMSC Conference Call – 7:15; Lisa at lisa.watson@ung.edu	9-10	LC at St Petersburg, FL
25*	Georgia Games Open Water		
August 2016			
	Georgia LMSC Conference Call – 7:15; Lisa at lisa.watson@ung.edu	6-7	Dixie Zone LC Championships – Greensboro, NC
17-21	USMS Summer LC Championships at Gresham, OR		
August 2016			
	Georgia LMSC Conference Call – 7:15; Lisa at lisa.watson@ung.edu	*10	Southside Seals SCY Pentathlon at Steve Lunquist Aquatic Center
*10	Georgia LMSC Annual Meeting	*17	Swim Across America Open Water
*21-25	USMS Convention at the Hyatt Regency in Atlanta	*21	Learn to Swim Instructor Certification Class
*21	USMS Level 1 & 2 Coaches Certification		

Information on these and other Dixie Zone events can be found on the Dixie Zone website at www.dixiezone.org/Meets.htm.

*Dates in red are Georgia LMSC events.

Who Y'All Can Call

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copland@comcast.net
Donna Hooe	Coaches Chair	(912) 884-6456	rdhooe1@juno.com
Sean Fitzgerald	Vice-Chair	(404) 496-4422	seanfit@gmail.com
Bob Kohmescher	Newsletter Editor	(770) 722-2192	bobk340@comcast.net
Ian King	Member At Large	(678) 471-8483	laneking_roswell@hotmail.com
Cody Wehunt	LMSC Registrar	(770) 402-9189	Registrar@galmsc.gmail.com
David Morrill	Safety	(770) 862-2533	latycar@latycar.org
Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	swimsalt@bellsouth.net
Jeff Tacca	Member At Large	(404) 256-0733	jtacca@comcast.net
Lisa Watson	LMSC Chair	(770) 497-1901/(678)717-3646	lisa.watson@ung.edu
Karol Welling	Secretary	(770) 631-9195	krw83@mindspring.com
John Zeigler	Fitness	(770) 972-7981	jvzeigler@bellsouth.net

Swim Websites

Name	Website
Athens Bulldog Swim Club	http://www.athensbulldogs.com
Atlanta Rainbow Trout	www.atlantarainbowtrout.com/
Atlanta Water Jocks	www.atlantawaterjocks.com
Chastain Park Athletic Club	www.ChastainParkAthleticClub.org
Concourse Athletic Club Masters	https://www.wellbridge.com/concourse-athletic-club/sandy-springs
DeKalb Aquatics Masters	http://daqswim.com
Dixie Zone	www.dixiezone.org
Dynamo Masters	www.dynamomasters.com/index.html
Frances Meadows Aquatic Center	http://www.gainesville.org
Fyns	http://www.fynsmasters.com
Georgia Masters Swimming	www.georgiamasters.org
Georgia Masters Killer Whales	www.gakillerwhales.com
Golden Isles Swimming	www.goldenislesswimteam.org
John P. Thayer YMCA Masters Swim	www.Columbusymca.com
Nautical Milers Special Needs Swim Team	http://www.facebook.com/NauticalMilersSwimTeam
Northwest Georgia Aquatics	www.teamunify.com/ganga
Richmond Hill Swim Club	http://richmondhillswimclub.com
Savannah Masters	http://www.tlb975.wix.com/mastersswimming
Stingrays Masters Swimming	www.stingraysswimming.com
Swim Atlanta Masters	www.swimatlantamasters.com/
Swim Macon Masters	www.swimmacon.com
Tiftarea Tidal Wave	www.tiftareatidalwave.com
Warner Robins Aquanauts	http://wraswim.com
Windy Hill Athletic Club Masters	http://www.midtown.com/windyhill

Georgia Teams & Clubs

Georgia Clubs			
Name	Abbr	Contact	Email
Andrew & Walter Young YMCA	AWYY	Iilonga Thandiwe	linz.t@mindspring.com
Atlanta Rainbow Trout	ART	Sean Fitzgerald	seanfit@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	lbenucci@gmail.com
Brad Akins YMCA Barracudas	BAYB	Meredith Carroll	meredith@gapiedmontymca.org
Chastain Park Athletic Club	CPAC	Jim King	jimkingusa@gmail.com
Concourse Athletic Club Masters	CM	Nancy Overheim	cacmasteratl@gmail.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	daqswim@bellsouth.net
Frances Meadows Aquatic Center	FMAC	Meghan Modisette	mmodisette@gainesville.org
Georgia Masters	GAGA	Lisa L Watson	Lisa.Watson@ung.edu
Golden Tiger Aquatic Club	GTAC	Nate Rhoads	nrhoads@brenau.edu
Gwinnett County Masters Club	GMAC	Destry Dispain	Destry.Dispain@gwinnettcounty.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	sbalkcum@ymcacolumbusga.com
Life Time Swim Georgia	LTMS	Ryan Bell	ryanbell@msn.com
Nautical Milers Special Needs Swim Team	NAUT	Patrick Thoreson	patrick_thoreson@yahoo.com
Northwest Georgia Aquatics	NWGA	Karney McNear	nwgaquatics@gmail.com
Northwest YMCA Grayfins	YGF	Muriel Cochran	murielcochran@gmail.com
Richmond Hill Swim Club	RHSC	Anne Cutchin	rhscswimcoach@gmail.com
Stingrays Masters Swimming	RAY	Ian Goss	rayscoach@gmail.com
Summit Family YMCA	SY	Mike Steele	mikes@ymcaatlanta.org
Tiftarea Tidal Wave	TTW	Dustin Bengston	tiftareatidalwave@gmail.com
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com
Georgia Superteam (GAJA)			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	aslcoachgreely@gmail.com
Athens Bulldog Swim Club	DAWG	Craig Page	craigwpage@gmail.com
Dynamo Swim Masters	DYNA	Coach Maria Thrash	mariat0202@aol.com
Fyns	FYNS	Raquel Terroba	Fyns.coach@gmail.com
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@ung.edu
Golden Isles Swimming	GIST	Betty Veater	betty@stmarkstowers.com
Lake & Mountain Hilltoppers	LMH	Bill Pave	wpave@windstream.net
Life Time Swim Alpharetta	ALPL	Ryan Moss	
Life Time Swim Johns Creek	JCL	Merrie Copeland	
Life Time Swim Woodstock	WSKL	Elizabeth Gibson	
Life Time Swim Atlanta	ATLL	Lauren Lamb	
Life Time Swim Sugarloaf	SUGL	Jonathan Sims	
Savannah Masters	SAVM	Donna Hooe	rdhope1@juno.com
Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
Swim Atlanta Masters	SAMS	Scott Davis	scot@swimatlanta.com
Swim Macon Masters	SMM	Tana Selby	tanatanas@bellsouth.net
Warner Robins Aquanauts	WRAM	Daniel Murray	coach@wraswim.com