



# The Georgia Masters Newsletter

## Swimming in Georgia

### November 2017

### Don't Miss These Events

#### *St Nicholas SCM Invitational December 3*



Our final Georgia event of 2017 is the upcoming St Nicholas SCM Invitational at Georgia Tech on Sunday, December 3. The info and entry are posted on the Georgia Masters website at [www.georgiamasters.org](http://www.georgiamasters.org) and included with this newsletter.

Swimmers have the option of entering online or by paper entries. Paper entries **must be received** by November 22-those received after that date will be assessed a \$10 late fee. Online entries will close November 29 at 11:59pm. Please note the following guidelines:

- Be sure to include a copy of your USMS card with your entry
- Since this is a Georgia event, any GAJA Super Team swimmers should list their specific club affiliation, e.g., SSS for Southside Seals instead of GAJA)
- Distance swimmers be aware that both the 400 and 800m free are deck seeded events, and limited to the first 30 swimmers
- Relays are also deck seeded

Meet directors are **Sean Fitzgerald** (our Georgia Canadian!) and **Guillermo Vargas**. For questions, contact [Seanfit@gmail.com](mailto:Seanfit@gmail.com) or [guillermo.m.vargas@gmail.com](mailto:guillermo.m.vargas@gmail.com).

This event also serves as the final event for our 2017 Georgia Grand Prix Series (see next item).

#### *Pan Am Masters LC Championships July 28-August 4*



The Pan Am Games will be held in nearby Orlando, Florida next year. To focus on a big USMS Masters presence there, both the USMS LC Nationals and the Dixie Zone LC Championships will not be held in 2018.

For information, go to [www.dixiezone.org](http://www.dixiezone.org). Make your plans to participate!

#### *New Georgia Grand Prix Director*

Thanks to Swim Atlanta Masters coach **Pat Eddy** for taking over as the new Georgia Grand Prix director. Pat has already been hard at work tabulating results from the 2017 series. These

results will be posted soon after the conclusion of the St Nick meet, and awards presented at the St Pat meet on March 17. Thanks to Pat for stepping up!

### 2017 Grand Prix Series

The following events have been chosen for the 2017 Georgia Grand Prix Series:

- March 25-26 St Patrick's Day SCY
- June 17 Bulldog LC @ UGA
- July Georgia Games Open Water
- September 9 SSS Pentathlon
- December 3 St Nicholas SCM

### Meet Recaps

#### Rowdy Games Classic

By John Zeigler

The Ninth Annual Rowdy Gaines Classic ran from Friday to Sunday, October 13-15 at the Orlando YMCA. The Nautical Milers made the greatest splash of swimmers from Georgia, winning the second place Out of State team award with nine members: **Matt Jones, Gina Grant, Sarah Gilbert, Opio Douglas, Ian Soules, Gianni Mercado, Peter An, and David Reiset.**

Georgia Masters took third place Out of State team award for over 300 points earned by **Stan Delair, Rebecca Hamilton, and John Zeigler.** Rebecca also won the 60-64 women's high point award, while John took the high point for men 70-74 age. **Andy Dyer, 59,** ex-Atlanta Water Jocks, now unattached in South Carolina attended the swim meet. **Ellen Briggs, 66,** unattached, also swam.

Note worthy was the first time the 25 short course meters races became eligible for top ten listings, former Dynamo Masters **Dale Alton,** North Carolina, set the U.S. Master's national record for the 25m breaststroke.

**Rebecca Hamilton** was the official photographer of the awards ceremony on Sunday.

#### Georgia Golden Olympics

By John Zeigler

The 35th Annual Georgia Golden Olympics in Warner Robins began on September 28 with a parade of athletics.

The Georgia Masters Roll Call:

Ginger Penn, 61 Gold medals for 400 IM, 200 IM, 200 fly, 200 back

Sue Ottosen 74, Gold - 400IM, 200 back, 100 breast

- ❖ Rebecca Hamilton 65, Gold 200 breast, 100 & 200 fly, 200 & 400 IM
- ❖ Marianne Countryman 53, Gold 200 IM, 50 & 200 free, 50 back, 100 breast
- ❖ Peggy Moyer 70, Gold 100 free, Silver 200 free
- ❖ Sharon Siegmund 74, Gold 200 free, Silver 100 free
- ❖ Ellen Briggs 66, Gold - 50 free, 50 breast, 100 back
- ❖ Pinky Henry 89, Gold 50 & 100 & 200 Back
- ❖ Tom Hutchinson 67, Gold - 50, 100 & 200 freestyles
- ❖ John Zeigler 72, Gold - 400 IM, 200 Breast, 200 Fly, 200 back
- ❖ Stan Delair 68, Gold 200 back, Silver 200 free
- ❖ Paul Harwart 60, Gold 100 & 200 breast, Silver 200 free
- ❖ Richard Dixon 84, Gold - 50 & 100 breast, 100 back, Silver 50 free
- ❖ Brian Siegmund 75, Gold - 200 & 500 free, 100 back
- ❖ Michael Slotnick 61, Gold 200 & 400 IM, 200 fly, Silver 100 free
- ❖ Billy Mann 84, Gold - 100 free, 200 back, Silver 100 breast, Bronze 50 free
- ❖ Leonard "Chip" Woody 66 Gold 50 back, 50 & 100 breast, 100 IM, Silver 50 free
- ❖ Bud Frankenthaler 84, Gold - 50 free, 200 breast, Silver 50 & 100 breast
- ❖ Randall Neff 65, Gold 200 IM, Bronze 50 free

### ***Collins Hill Recap: October 29***

The annual Collins Hill SCM Developmental Meet took place on October 29. Nice turnout of 30+ swimmers, with numerous friends and supporters also in attendance-nice to see a lot of new Masters swimmers in the bunch! Participating Georgia teams included: Atlanta Water Jocks (AWJ), Fyns Masters, Georgia Killer Whales (GMKW), Lifetime Masters Swim Club (LTMS), Swim Atlanta (SAMS), and Northwest Y Grayfins (YGF).

Thanks to **Andy Rettig** and **Harry Heath** for serving as meet officials, and to the following volunteer timers: **Ken Koontz, Fred & Noah Kriegel, Muriel Cochran, Dwight Davis,** and **Greg Ellwanger** (and if I missed anyone, thank you as well!).

### **Other News**

#### ***U.S. Masters Swimming Recognition and Awards Swimmer gives back—and gets recognized!***

Members of U.S. Masters Swimming don't 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**, named to honor 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 and nominations come from Local Masters Swimming Committees, clubs, and individuals.

**Sean Fitzgerald** has been a major force and active member at every level for the Georgia Local Masters Swim Committee for over twenty years.

He initiated several long-standing swim meets which attract some of the largest groups of swimmers nation-wide.



His service extends to the national level as well. He was Chair of the demanding Legislation Committee for eight years, and continues to serve on it. Recently, he served as the Dixie Zone representative to the USMS Board of Directors, and was also a candidate for a USMS Vice President position. He recently assumed a major role in the International Gay & Lesbian Aquatics Association where he has been an active member for years.

USMS recognizes his commitment and honors him with our national service award.

#### ***USMS 2018 Registration***

It's time to renew your USMS registration! You should have been notified by the USMS National Office about your renewal, which you can either

do online or by paper registration. Your 2017 registration will expire December 31, so be sure to go ahead and update your registration as soon as possible!

Club reps, please make sure you have submitted your club registration, as individual members of a club cannot register until the club has registered. For questions regarding registration, contact our Georgia LMSC Registrar **Andy Rettig** at [arettig@gmail.com](mailto:arettig@gmail.com).

### **Swimmer Profile – Stephanie Lemmons**

By Elaine Krugman



**Stephanie Lemmons** has enthusiasm for swimming that is infectious—and, makes for a great interview! I had been searching for a younger subject to profile, so I set out with that goal at last month's SouthSide Pentathlon Swim Meet. As soon as I met Stephanie, I knew she would be fun to get to know.

Competing in the 25-29 age group, Stephanie joined Georgia Masters in August 2016, just getting back to the sport after a nine-year absence. Although Stephanie's family never expected her to follow in her brothers' footsteps, after completing swim lessons, she had chosen to swim as a child, and then again as a freshman and sophomore in

high school. She ended up hating it because of the pressure she had put on herself to measure up to her brothers.

This athlete's true love at the time was gymnastics, so she dropped swimming to pursue her goal of competing at a D-III level college program. Unfortunately, Stephanie blew out her knee and had to give up her dream of being a collegiate gymnast.

Although she never wanted to compete in swimming again, Stephanie loved watching the sport on television during the Olympics. "I love swimming and gymnastics, and they are my two go-to Olympic sports. I was really fascinated by Michael Phelps and his last Olympics. He did a lot of interviews, and in one of them, he was asked if he was going to do (U.S.) Masters Swimming." Not knowing what Masters Swimming was, Stephanie did some research and discovered USMS (United States Masters Swimming). She thought, "I could do this!" Further research led her to Georgia Tech's Swim Atlanta Masters Swim Team, located near her home, so she went and checked it out. "I honestly had no clue that there was even a world out there that was geared specifically for those who want to keep swimming after they are 18," Stephanie said about her discovery of Masters Swimming.

Never say "Never." Stephanie joined Swim Atlanta, and she is now the team's most regular attendee at practices!

"Initially, I wondered if I could still do this, and if I could, would I hate it the way I remember hating it in high school? Nobody in my family ever said I had to swim in high school, because I had stopped swimming rec.; but, when I came back to Masters Swimming, my attitude was very different about the sport. The first month was probably one of the hardest months. Caleb (Weir), my coach, would give me times for sets, and I wasn't even coming close to making them. I would feel like I was dying every time, but I would feel relaxed, and I was so invigorated.

After I made it through a month, I was really enjoying it a lot.” Stephanie told Caleb at that point her goal was to beat her high school race times. In addition, she wanted to “try to swim a race and not feel like I’m dying doing it.” One of those races was the 100 yard Butterfly, a stroke she doesn’t like. Over time, this determined swimmer also wanted to make the interval times Caleb would assign her for sets. “Even when I don’t make the times, just the fact that I’m there swimming is my check box goal number one; I’m in the water today!” Stephanie explained.

Being in the water each day has proven to do more for this enthusiastic swimmer than she ever anticipated. In the process of her five days per week, 3,000 yards (on average) training sessions, Stephanie discovered benefits of swimming she hadn’t previously given any thought to when she returned to the sport. One benefit was that she lost “twenty to thirty pounds,” resulting in her doctor asking, “What have you been doing?” When Stephanie told her about Masters Swimming, her doctor exclaimed, “You need to keep doing that!”

In addition to losing weight, Stephanie has improved as a swimmer, prompting her coach to tell her, “You have no idea how much you have improved!” “Sometimes I don’t feel like it, but I forget where I started from,” Stephanie said about Caleb’s appraisal.

Stephanie’s improvement over the past year as a Masters swimmer has been a bit surprising to her. “I’m really surprised at how much faster I can be on certain sets at practice, and how I don’t feel like I’ve swum a marathon when I’ve only done about 2,500 yards. I’m able to get through yardage a lot faster than when I first started, and I don’t think I would have ever been able to do a 200 yard Butterfly a year ago,” she explained.

Coach Caleb also pushes Stephanie to try different events, and even convinced the freestyle sprinter to compete in the Ironman Pentathlon last month. Stephanie’s response to his idea? “The 200 Butterfly? NEVER! I wouldn’t touch that with a

ten-foot pole! I barely want to do a 100 Butterfly!” Caleb told her that once she accomplished it, she would want to do it again. Sure enough, he was right. “I’m really angry at him!” she pouted with a laugh. Stephanie succeeded in her quest to complete the Ironman Pentathlon, and she is now thinking of competing in it again next year with the goal of beating her race times.

Stephanie also has other goals she is working on achieving. In her first meet back in competition, Stephanie raced the 50 yard Freestyle with a time over 30 seconds, so she immediately set a goal of breaking :30 on the way to beating her high school time of :27. She has since raced sub :30, so she is off to a good start. “I’m very optimistic that I’ll get there. Caleb will kick my butt enough to get me there. Whenever we have a meet coming up, he always tries to get me prepared the best I can,” Stephanie said about her coach.

Other goals for this motivated swimmer include improving her race times in both the 100 and 200 Freestyle events, and making National Qualifying Times. “I know you don’t have to make qualifying times to go to Nationals, but for me, I see Nationals as a special treat, and I will probably go if I have a qualifying time in something,” Stephanie explained.

Regarding her race time goals, Stephanie continued, “I try not to put a time pressure on myself. I don’t want to be defined by my goals, and set any [crazy] timelines, because I’ve done that in the past, and it wasn’t healthy. It took the fun out of it. I don’t ever not look forward to going to practice. I love, I LOVE going to practice! I love being in the water; it’s the one place where my brain shuts up. I can just be, and 100% focus on what I’m doing in the pool. Most of the time I’m [swimming], my mind is quiet. I love every second of it. It’s my little getaway; a safe haven. I know what I’m getting myself into when I go [to practice]; there are no huge surprises, and it has never let me down. It’s my hour of peace in my life. I have expectations of myself at practice, but my self-worth isn’t defined by swimming. I truly

do it, because I love the water so much. Pure love for the water, man!” Stephanie exclaimed about her five days per week lunchtime routine at Georgia Tech’s pool.

The camaraderie with her teammates is also something she enjoys very much, in addition to the positive encouragement she gets from her coach. “The entire Georgia Tech (Swim Atlanta) group is such an awesome group!”

It’s that enthusiasm for swimming that makes Stephanie such a wonderful addition to Georgia Masters. Welcome, Stephanie! It’s great to have you on our team!

***USMS Swim Courses***  
***January 20 or 21***



Want to learn how to teach swimming or improve your teaching skills? USMS has a national [Adult Learn to Swim Program](#) and you can help make it happen in your community. For more information about this course, see the attached the flyer.

There will also be a course for coaches – see the attached flyer. This “how-to” class teaches the Masters coach or ALTS instructor how to conceptualize, organize and deliver a stroke development clinic.

Want to improve your stroke? Any swimmer who wants to improve technique and learn drills that will enable you to continue to refine your stroke. All four strokes will be evaluated and corrected with the use of drills and coach instruction. See the attached flyer.

All three of these courses will be offered at the McCleskey-East Cobb Family YMCA on January 20 or 21. See the attached flyers for information on course fees and how to register.

***Swimming Humor***

Only a swimmer knows...



**Upcoming Events**

December 2017			
<b>3*</b>	St Nicholas SCM Invitational at Georgia Tech	<b>9-10</b>	New Orleans SCM
<b>10</b>	LMSC Conference Call – contact Ian King for more information: <a href="mailto:ianeking_roswell@hotmail.com">ianeking_roswell@hotmail.com</a>		
January 2018			
	LMSC Conference Call		USMS Hour Swim Postal Championship – through February 28
<b>20-21</b>	Charlotte SCY		
February 2018			
	LMSC Conference Call	<b>9-11</b>	Dixie Zone SCY Championships – Clearwater, FL
<b>10-11</b>	SCY – Auburn, AL	<b>25*</b>	W Gwinnett Park SCY Developmental Meet (tentative date)
March 2018			
	LMSC Conference Call	<b>4</b>	Greensboro, NC - SCY
<b>10</b>	Sewanee, TN -- SCY	<b>17-18*</b>	St. Pat's SCY Invitational - Dynamo
April 2018			
	LMSC Conference Call	<b>TBA</b>	ART Spring Splash (
<b>19-22</b>	YMCA Nationals – Ft Lauderdale		
May 2018			
	LMSC Conference Call	<b>10-13</b>	USMS Spring SC Nationals - Indianapolis

Information on these and other Dixie Zone events can be found on the Dixie Zone website at [www.dixiezone.org/Meets.htm](http://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	<a href="mailto:rob_copland@comcast.net">rob_copland@comcast.net</a>
Pat Eddy	Member at Large	(614) 670-1108	<a href="mailto:pateddy52@aol.com">pateddy52@aol.com</a>
Donna Hooe	Coaches Chair	(912) 884-6456	<a href="mailto:rdhooe1@juno.com">rdhooe1@juno.com</a>
Bob Kohmescher	Newsletter Editor	(770) 722-2192	<a href="mailto:bobk340@comcast.net">bobk340@comcast.net</a>
<b>Ian King</b>	<b>LMSC Chair</b>	(678) 471-8483	<a href="mailto:ianeking_roswell@hotmail.com">ianeking_roswell@hotmail.com</a>
Elaine Krugman	Contributing Editor	(678) 603-1543	<a href="mailto:ekrugman@aol.com">ekrugman@aol.com</a>
Bill Lotz	Member At Large	(404) 261-1906	<a href="mailto:blotz@mindspring.com">blotz@mindspring.com</a>
David Morrill	Safety	(770) 862-2533	<a href="mailto:latycar@latycar.org">latycar@latycar.org</a>
Britta O'Leary	Member At Large	(636) 295-3222	<a href="mailto:b.boesing@gmail.com">b.boesing@gmail.com</a>
Andy Rettig	LMSC Registrar	(678) 417-6411	<a href="mailto:arettig@gmail.com">arettig@gmail.com</a>
Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	<a href="mailto:swimsalt@bellsouth.net">swimsalt@bellsouth.net</a>
Jeff Tacca	Member At Large	(404) 256-0733	<a href="mailto:jtacca@comcast.net">jtacca@comcast.net</a>
Lisa Watson	Vice-Chair	(770) 497-1901 (678)717-3646	<a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>
Karol Welling	Secretary	(770) 631-9195	<a href="mailto:krw83@mindspring.com">krw83@mindspring.com</a>
John Zeigler	Fitness	(770) 972-7981	<a href="mailto:jvzeigler@bellsouth.net">jvzeigler@bellsouth.net</a>

***Swim Websites***

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

***Georgia Teams & Clubs***

<b>Georgia Clubs</b>			
<b>Name</b>	<b>Abbr</b>	<b>Contact</b>	<b>Email</b>
Andrew & Walter Young YMCA	AWYY	Ilonga Thandiwe	<a href="mailto:linz.t@mindspring.com">linz.t@mindspring.com</a>
Atlanta Rainbow Trout	ART	Sean Fitzgerald	<a href="mailto:seanfit@gmail.com">seanfit@gmail.com</a>
Atlanta Water Jocks	AWJ	Lorenzo Benucci	<a href="mailto:lbenucci@gmail.com">lbenucci@gmail.com</a>
Brad Akins YMCA Barracudas	BAYB	Meredith Carroll	<a href="mailto:meredith@gapiedmontymca.org">meredith@gapiedmontymca.org</a>
Chastain Park Athletic Club	CPAC	Jim King	<a href="mailto:jimkingusa@gmail.com">jimkingusa@gmail.com</a>
Concourse Athletic Club Masters	CM	Nancy Overheim	<a href="mailto:cacmasteratl@gmail.com">cacmasteratl@gmail.com</a>
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	<a href="mailto:daqswim@bellsouth.net">daqswim@bellsouth.net</a>
Frances Meadows Aquatic Cnter	FMAC	Meghan Modisette	<a href="mailto:mmodisette@gainesville.org">mmodisette@gainesville.org</a>
Georgia Masters	GAJA	Lisa L Watson	<a href="mailto:Lisa.Watson@ung.edu">Lisa.Watson@ung.edu</a>
Golden Tiger Aquatic Club	GTAC	Nate Rhoads	<a href="mailto:nrhoads@brenau.edu">nrhoads@brenau.edu</a>
Gwinnett County Masters Club	GMAC	Destry Dispain	<a href="mailto:Destry.Dispain@gwinnettcounty.com">Destry.Dispain@gwinnettcounty.com</a>
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	<a href="mailto:sbalkcum@ymcacolumbusga.com">sbalkcum@ymcacolumbusga.com</a>
Life Time Swim Georgia	LTMS	Ryan Bell	<a href="mailto:ryanbell@msn.com">ryanbell@msn.com</a>
Nautical Milers Special Needs Swim Team	NAUT	Patrick Thoreson	<a href="mailto:patrick_thoreson@yahoo.com">patrick_thoreson@yahoo.com</a>
Northwest Georgia Aquatics	NWGA	Karney McNear	<a href="mailto:nwgaquatics@gmail.com">nwgaquatics@gmail.com</a>



Northwest YMCA Grayfins	YGF	Muriel Cochran	<a href="mailto:murielcochran@gmail.com">murielcochran@gmail.com</a>
Richmond Hill Swim Club	RHSC	Anne Cutchin	<a href="mailto:rhscswimcoach@gmail.com">rhscswimcoach@gmail.com</a>
Stingrays Masters Swimming	RAY	Ian Goss	<a href="mailto:rayscoach@gmail.com">rayscoach@gmail.com</a>
Summit Family YMCA	SY	Mike Steele	<a href="mailto:mikes@ymcaatlanta.org">mikes@ymcaatlanta.org</a>
Tiftarea Tidal Wave	TTW	Dustin Bengston	<a href="mailto:tiftareatidalwave@gmail.com">tiftareatidalwave@gmail.com</a>
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	<a href="mailto:keith.berryhill@windyhillclub.com">keith.berryhill@windyhillclub.com</a>
<i>Georgia Superteam (GAJA)</i>			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	<a href="mailto:aslcoachgreely@gmail.com">aslcoachgreely@gmail.com</a>
Athens Bulldog Swim Club	DAWG	Craig Page	<a href="mailto:craigwpage@gmail.com">craigwpage@gmail.com</a>
Dynamo Swim Masters	DYNA	Coach Maria Thrash	<a href="mailto:mariat0202@aol.com">mariat0202@aol.com</a>
Fyns	FYNS	Raquel Terroba	<a href="mailto:Fyns.coach@gmail.com">Fyns.coach@gmail.com</a>
Georgia Masters Killer Whales	GMKW	Lisa Watson	<a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>
Golden Isles Swimming	GIST	Betty Veater	<a href="mailto:betty@stmarkstowers.com">betty@stmarkstowers.com</a>
Lake & Mountain Hilltoppers	LMH	Bill Pave	<a href="mailto:wpave@windstream.net">wpave@windstream.net</a>
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	<a href="mailto:rdhope1@juno.com">rdhope1@juno.com</a>
Southside Seals	SSS	Rob Copeland	<a href="mailto:rob_copeland@comcast.net">rob_copeland@comcast.net</a>
Stingrays Masters	RAYS	Ian Goss	<a href="mailto:rayscoach@gmail.com">rayscoach@gmail.com</a>
Swim Atlanta Masters	SAMS	Scott Davis	<a href="mailto:scot@swimatlanta.com">scot@swimatlanta.com</a>
Swim Macon Masters	SMM	Tana Selby	<a href="mailto:tanatanas@bellsouth.net">tanatanas@bellsouth.net</a>
Warner Robins Aquanauts	WRAM	Daniel Murray	<a href="mailto:coach@wraswim.com">coach@wraswim.com</a>



Your LMSC committee:  
 Bob Kohmescher, Ian King, Jeff Tacca, Lisa Watson, Rob Copeland, Pat Eddy, and Britta O’Leary.  
 Picture taken by Karol Welling.

# ALTS Instructor Certification Course

## U.S. MASTERS SWIMMING IS HOSTING AN ADULT LEARN-TO-SWIM INSTRUCTOR CERTIFICATION COURSE



### CLASSROOM INSTRUCTION

### POOL INSTRUCTION

**ALTS Prerequisites:** You must be a current USMS member to participate in the course and receive USMS ALTS instructor certification.

**You must be able to perform the following five water competency skills:**

- Step or jump into deep water
- Return to the surface and float or tread water for 1 minute
- Turn around in a full circle and find an exit
- Swim 25 yards to the exit
- Exit from the water

**Certification process:** Upon successful completion of the classroom coursework and the in-water instruction, including all successfully completed tests, each person will be awarded USMS-Certified ALTS Instructor status.

**Who should attend?** Anyone who teaches, or wants to teach, adult swim lessons. Anyone interested in supporting their community by helping to teach adults to swim.

**Scholarships:** Please contact your LMSC for scholarship availability. For registration and details, please visit [usms.org/alts/futurecourses](https://usms.org/alts/futurecourses)

Maximum attendance per class is 25 instructors.

**Contact:** Holly Neumann – [hneumann@usmastersswimming.org](mailto:hneumann@usmastersswimming.org)



# U.S. MASTERS SWIMMING

## Clinic Course for Coaches

This “how-to” class teaches the Masters coach or ALTS instructor how to conceptualize, organize and deliver a stroke development clinic.



### Who should attend?

USMS-certified Masters coaches and ALTS instructors who have successfully completed Level 1, or higher, of the USMS Masters coach certification and/or ALTS certification. Current USMS registration is required. The course consists of both a classroom and on-deck component. The registration for the clinic course is limited to 12 coaches/instructors per class.

online registration closes FRIDAY, January 19, 2018

**Calling all  
coaches and  
instructors**

Saturday & Sunday  
Jan. 20 & 21, 2018

Classroom instruction:  
Saturday  
4:00pm - 6:15pm

**McCleskey-East Cobb  
Family YMCA**  
1055 E. Piedmont Rd.  
Marietta, GA 30062

On-deck instruction:  
Sunday  
8:00 am – 12:00 pm

**McCleskey-East Cobb  
Family YMCA**  
1055 E. Piedmont Rd.  
Marietta, GA 30062

Registration and  
information:

[usms.org/content/  
cliniccourse](http://usms.org/content/cliniccourse)



# U.S. MASTERS SWIMMING

## Stroke development and improvement clinic for swimmers of all abilities



### Who should attend?

Any swimmer who wants to improve technique and learn drills that will enable you to continue to refine your stroke. All four strokes will be evaluated and corrected with the use of drills and coach instruction.

**Calling all  
swimmers!**

Sunday, Jan. 21, 2018

8:30 am – 12 pm

**McCleskey-East  
Cobb Family YMCA**  
1055 E. Piedmont Rd.  
Marietta, GA 30062

### Equipment:

Please bring your  
suit, goggles, fins,  
paddles and a  
towel.

Registration and  
information:

[USMS.org](http://USMS.org)

*(under fitness and training tab)*

Online registration closes Saturday, January 20, 2018



*St. Nick's SCM Invitational  
GA Tech Campus Recreation Center (CRC)  
December 3, 2017*

**Hosted by:** Atlanta Rainbow Trout  
**Meet Director:** Sean Fitzgerald

**USMS Sanction #:** 457-S008  
**Date:** December 3, 2017

**Time:** Sunday Warm-ups start at 9AM; Meet starts at 10AM.

**Facility:** Georgia Tech Campus Recreation Center (CRC). 10 Lanes, Short-Course Meters 10 Lanes for warm-up/warm-down continuously running through the meet. <http://www.crc.gatech.edu/aquatics/>

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

A separate warm up pool will be available throughout the meet.

**Address:** 750 Ferst Dr NW, Atlanta, GA 30318. Parking Available in lot across Ferst Drive from the Campus Recreation Center (CRC) or behind the CRC on Tech Parkway/Please pick up a parking pass inside the facility.

**Eligibility:** The meet is open to all persons 18 years and older as of December 3, 2017. Your age on December 31, 2017 determines your age at the meet. USMS REGISTRATION IS REQUIRED. If you are not registered, your application can be accepted at the meet. **Please include a copy of your USMS card with your registration.**

**Events:** Swimmers may enter up to 5 individual events per day and 3 relays.

**Awards:** Ribbons will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places. Individual High point winners will receive an award.

**Timing:** Touchpads/electronic timing with hand/stopwatch backup. Times will count toward USMS Records and Top Ten.

**Scoring:** Top eight finishers will score as follows: 20, 17, 16, 15, 14, 13, 12, 11 for Individual events and 40, 34, 32, 30, 28, 26, 24, 22 for relays.

**Fees:** \$40 covers facility and meet costs.

**Seeding:** All events except for the 400 Free and 800 Free will be seeded in advance and slowest to fastest. The 400 & 800 Free will be seeded slowest to fastest and only after positive check-in has expired. Men and Women will be seeded together based on time.

Relays will be deck-seeded and relay heat/lane assignments posted at the meet. Psych sheets will be posted at [www.georgiamasters.org](http://www.georgiamasters.org) around November 17th (depending on the number of late entries being processed).

**Relays:** Entries for the 200 free relay will be due at 9:30 AM. All other relay entries will be due at noon and will be announced at the meet.

**Entry deadline:** Paper entries must be received by Wednesday, November 22nd. Mailed entries received after that date will be assessed a \$10 late fee. No new heats will be created to accommodate late entries.

**ENTER ONLINE** at [https://www.clubassistant.com/club/meet\\_information.cfm?c=2176&smid=9608](https://www.clubassistant.com/club/meet_information.cfm?c=2176&smid=9608) until November 29th at 11:59PM. No late fee with online registration!



**Include a copy of your USMS Card!**

Last Name:		First Name:		Middle Initial:
Date of birth:	USMS#:	Team/Club Affiliation (NOT GAJA):		
Gender:	Email address:			

Circle the event number and provide your best Short-Course Meter (25M) time for each event you plan to enter. No deck entries will be accepted for Individual events. Maximum of 5 individual events per day. **400 & 800 Free limited to the first 30 entries.**

Warm ups 9 AM; Meet Starts 10AM					
#	EVENT	Time (00:00:00)	#	EVENT	Time (00:00:00)
1	800 Free		13	100 Back	
2	400 IM		14	50 Fly	
3	Women 200 Free Relay		15	200 Free	
4	Men 200 Free Relay		16	100 Breast	
5	Mixed 200 Free Relay		17	200 Fly	
6	50 Breast		18	50 Free	
7	100 Free		19	200 Back	
8	100 Fly		20	100 IM	
9	50 Back		21	Women 200 Medley Relay	
10	200 Breaststroke		22	Men 200 Medley Relay	
11	200 IM		23	Mixed 200 Medley Relay	
12	Exhibition Reindeer Relay		24	400 Free	

**Payment Info:**  
**Meet Entry Fee:**  
 \$40.00

Make Checks Payable to: **Atlanta Rainbow Trout**  
**Mail to:** Young Jeong, 1445 Monroe Dr. NE Unit C30, Atlanta, GA, 30324  
**Paper Entry must be received by Wednesday, November 22nd.**  
 Online entry: [https://www.clubassistant.com/club/meet\\_information.cfm?c=2176&smid=9608](https://www.clubassistant.com/club/meet_information.cfm?c=2176&smid=9608)  
 Questions? Email [seanfit@gmail.com](mailto:seanfit@gmail.com)

**Must sign USMS Liability Release on Back of Entry**



**ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M    F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed