



Georgia Masters Newsletter

Swimming in Georgia

September 2019

Chair's Corner – September



Hello everyone, September was an amazing month. We had a great Pentathlon meet, held our annual meeting and a delegation of our Board attended the USAS Convention.

Wow! What an event that was! I can only recommend attending the convention if you want to make a difference in Masters Swimming and learn about a major NGB. Convention is coming to Atlanta 2021. Hint, hint.

We returned with lots of new ideas for Georgia Masters Swimming and some changes that were voted on. It's truly an exciting time for Masters Swimming in the US and swimming across the Globe.

See you all soon on a pool deck somewhere,
Britta

Don't Miss These Events

Collins Hill SCM Developmental Meet - October 27

Short course meters season is upon us! Our next Georgia meet is the annual Collins Hill SCM Developmental Meet to be held on

Sunday morning, October 27. Collins Hill is an 8-lane aquatic facility in Lawrenceville. Warmups begin at 9:00am with a meet start at 9:30am. The meet should be over by noon.

For those who have not attended these meets, developmental meets are intended as opportunities to get practice times for upcoming regional meets (such as the St Nick meet on November 17), but in a more relaxed low-key setting. Hand-held watches are used for timing. These are also great for Masters swimmers new to competition or returning after a long hiatus. Only at developmental meets do we have 25 meter events! Info and entry are included in this newsletter and will be posted on the Georgia Masters website at www.georgiamasters.org. Meet hosts are the **Georgia Killer Whales**. For questions, contact meet director **Lisa Watson** at lisa.watson@ung. Get those SCM times so you can enter them for the St Nick meet.

USMS Clinics – November 16&17

The USMS National Office has set up several clinics in Kennesaw during the weekend of November 16-17:

- November 16 (8:00am – 3:00pm) USMS Coaches Certification- Levels 1 & 2
- November 16&17 USMS Clinic for Coaches (must be a certified Masters coach)
- November 17 (8:00am – 12:00pm) USMS Stroke Clinic
- November 17 (8:00am – 3:30pm) ALTS Instructor Certification

For questions, contact Marianne Groenings at the USMS National Office.

Meet Recaps

Rockdale County Meet Recap

Our inaugural Rockdale County SCY Developmental meet held on August 25 was a huge success. About 25 swimmers turned out, including swimmers from the following clubs: Athens Bulldog Swim Club (ABSC) Athletes Without Limits (AWLM), Dekalb Aquatic Masters (DAQM), Georgia Killer Whales (GMKW), Nautical Milers (NAUT), Stingrays (RAYS), Southside Seals (SSS), and Northwest Y Grayfins (WCYGF). The Rockdale County pool is a very nice facility in Conyers, perfect for a meet like this! A huge thanks to our volunteers who helped make this meet possible:

Timers- Joanna Liu, Rosa Underwood, Kristin Underwood, Sean Willette, Kaneisha McIntosh, Alex McIntosh

Referee - Tom Potter

Meet coordinator -Tom McPike who made all the arrangements to make this meet possible.

Looking forward to next year!

Southside Seals Pentathlon Recap

A good turnout of around 70 swimmers competed at the annual Southside Seals SCY Pentathlon, held on September 7 at the Steve Lundquist Aquatic Center in Jonesboro. Participating teams included: Atlanta Rainbow Trout (ART), Atlanta Water Jocks (AWJ), Athletes Without Limits (AWLM), Andrew & Walter Young Y (AWYY), Dynamo (DYNA), Columbus Hurricanes (HURM) ,

Georgia Killer Whales (GMKW), Great White Sharks Aquatics (GWSA), Lowcountry Masters (LOCO), Nautical Milers (NAUT), Swim Atlanta Masters (SAMS), host Southside Seals (SSS), and Northwest Y Grayfins (WCYGF).

Following are the results for the three Pentathlon categories:

SPRINT

- W18-24 Jessica Reaves/AWYY
- W25-29 Megan Copeland/SSS
- W30-34 Kayla Bartolucci/NAUT
- W35-39 Abbey Burns/NAUT
- W45-49 Julie Lewis/UC45
- W50-54 Leann Rossi/AWJ
- W55-59 Muriel Lancaster/WCYGF

- M18-24 Daniel Wondaferew/NAUT
- M25-29 George McDonald/SAMS
- M30-34 David Menchinger/SSS
- M35-39 Phil Donihe/GWSA
- M40-44 Sean Moore/UC45
- M50-54 Dan Beatty/GMKW
- M60-64 Pat Eddy/ SAMS
- M75-79 David Miller/LOCO

MIDDLE DISTANCE

- W35-39 Britta O’Leary/AWJ
- W45-49 Cathy Jones/GMKW
- W50-54 Ann Colloton/AWJ
- W60-64 Jennifer Almand/AWJ
- W75-79 Sue Ottosen/GMKW

- M18-24 Opio Douglas Jr/AWLM
- M25-29 Peter An/NAUT
- M35-39 Jacob Machs/ART
- M45-49 Mike Gaw/GMKW
- M60-64 Samy Nagub/GMKW
- M80-84 Craig Ray/GMKW

IRONMAN

- W25-29 Lauren Minchew/WCYGF
- W35-39 Vesna Stojanovska/SSS
- W55-59 Marianne Countryman/AWJ
- W60-64 Ellen Clay/UC45

M18-24 Amos Chan/ART
M25-29 Matt Jones/AWLM
M50-54 Randy Marchman/UC45
M65-69 Joe Hutto/DYNA
M70-74 John Zeigler/GMKW

Congratulations to all of these great pentathletes! Thanks so much to **Mike Slotnick**, meet director **Rob Copeland**, and all of the many volunteers who helped to put this meet on. It was a big success as always! These results count as part of the 2019 Georgia Grand Prix.



Nautical Milers

Other News

2019 Georgia Grand Prix

- Feb 15-18 USMS Winter Fitness Challenge:
- Mar 16-17 St Patrick’s Day SCY Invitational
- May 5 ART Spring Splash SCY
- Jun 29 Georgia Games Open Water
- Jul 15-31 USMS Summer Fitness Challenge
- Sep 7 Southside Seals SCY Pentathlon
- Nov 15-30 USMS Fall Fitness Challenge
- Nov 17 St Nicholas SCM Invitational

Georgia LMSC Annual Meeting

As has been our tradition, we held our Georgia LMSC Annual Meeting at the Steve Lundquist Aquatic Center immediately following the Pentathlon. Detailed minutes from Secretary **Karol Welling** will be posted later on our Georgia website.

This was an election year. The following officers were re-elected for the next 2 year term:
Chair - Britta O’Leary-Chair (note that Britta now becomes Chair rather than Interim Chair!)
Vice-Chair - Lisa Watson
Secretary - Karol Welling
Treasurer - Ed Saltzman.

Britta announced some other changes in positions. **Maddie Sibilis**, our Social Media Chair, has moved to Seattle, so **Stephanie Lemmons** will replace her in this position. **Pat Eddy** becomes our new Coaches Chair, replacing **Donna Hooe** (thanks to Donna for her many years of service in this position). **LeAnn Rossi** and **Mark Rogers** will be added as Delegates at Large. Thanks again to **Rob Copeland** for providing the venue and the great food!

USMS Convention Recap – November 11-15

The USMS Convention was held this year in St. Louis. Attending from Georgia were: **Rob Copeland, David Morrill, Britta O’Leary, Ed Saltzman, and Lisa Watson.**

Dixie Zone News

Ed Saltzman was reelected as Dixie Zone Chair for the next 2-year term (Congrats Ed!).

The 2020 Dixie Zone Championships were awarded to: SCY - Cary, NC (March 21&22); LCM-Sarasota, FL (June 6&7); SCM- Charleston, SC (date TBA); Open Water- Chattanooga, TN (May 31).

2021 NATIONAL CHAMPIONSHIPS- SCY- Greensboro, NC LCM- Spire Institute- Ohio
Terminology Change

As of next year, the term **Registrar** will be renamed as **Membership Coordinator**.- LMSC Registrar **Andy Rettig** becomes our LMSC Membership Coordinator

Officials Award

Ed Saltzman was awarded the USMS Official of the Year Award for his service in Georgia and throughout the country officiating at so many event, local, regional and national- as well as USA events. Ed is such a worthy recipient of this award- well deserved!!!!



Swimmer Profile –Kim Hurst

By Elaine Krugman



Imagine going to USMS Spring Nationals hoping to place in the top ten in one of your events, so you could win a medal. (Your seeded in the top ten in your two best events; however, that is no guarantee.) Now, imagine not only winning a medal, but winning *four* of them including a silver and bronze! Oh, and by the way, you did that in the top of your 45-49 age group. And, at 49 years old, it's well past the age when most swimmers had swum their best-ever Masters times.

Kim Hurst not only accomplished all of that in Mesa, last April, but she did one more thing most Masters swimmers can only dream about: Kim raced her best-ever Masters times in all six of her races, and she has been in Masters for nearly twenty years! In the 1000 free, she beat her previous best time by more than twenty seconds!

“I had set some time goals before I went [to Mesa] based on what I had done. I had decided last August that [competing at Nationals was] what I

wanted to do, and so I had my meets picked out leading up to the Nationals meet,” Kim explained. Between August and April, Kim competed in five Masters meets to prepare for Nationals and set Nationals time goals in the process. Kim also wanted to win medals, and she knew she had a good shot. “When the psych sheets came out, I was seeded in the top ten for two events. Of course, that doesn’t always mean anything, but I had a good shot in my 1000 and 500, because I was seeded 4th and 8th.” Kim ended up placing 2nd in the 1000 and 3rd in the 500. “I was super happy about that!” In addition, she placed 8th in the 50 free, and 5th in the 200 free, so she took home some serious hardware.

What made winning those medals extra special was that Kim was especially motivated to do well in memory of her older brother, Steve, who she lost ten years ago. Steve was an excellent swimmer, and it was a passion they shared growing up. “I remember thinking when I was in Mesa, ‘This meet is for Steve.’ He would be so proud of me. That’s kind of cool, too, that I can know that he would be proud and think it’s really cool that I’m still swimming. Some days, I just remember that, too, when I’m having a rough day, and I don’t want to go to practice.”

As a result of Kim’s success at Nationals, she landed in the 2019 USMS Top Ten, ranking 5th in the 1000 and 9th in the 500. She is also ranked 8th in the 1650.

It seems as if this late bloomer as a Masters swimmer has gone full circle, because she was also a very good age-grouper, especially when she was 8-10 years old. Kim started swimming at age 5 and competed for Dynamo from age 7 through high school.

By the time she graduated, Kim was burned out on swimming and didn’t dive off the starting blocks again until she joined USMS at 30 years old. It wasn’t long after that this new Masters swimmer started working for the Sugarloaf location of Swim

Atlanta, in Lawrenceville, and competed on their Masters team. Kim coached for 15 years, became the assistant manager for their swim school, and then got promoted to manager four years ago. “Swim Atlanta is my second family,” Kim says affectionately.

Curious as to what drew this enthusiastic swimmer back to the sport after so many years away from the pool, I asked Kim. She replied, “I was 21 when I had my first child, and then three years later, I had my second child. I had completely stopped exercising and gained the baby weight with the first one and never took it off. I gained a little bit more with the second one. Before I knew it, I [weighed] 250 pounds; so, what drew me back in [to swimming] was wanting to lose the weight.” She lost over 100 pounds in just over one year. “Once I got some of the weight off, I became very active, because I realized how much better I felt. It was ten years ago when I started to lose the weight. I’m proud of that, because it’s not easy. Anybody trying to lose weight, I always have sympathy for them, because it’s hard; and, the hardest part is keeping it off. Finding something that you enjoy doing that’s active obviously helps keep the weight off and makes you feel better, which makes you eat better. It just all kind of goes together. That’s what swimming has done for me. I do other things also. I do a little bit of weight training and walking; but, the one thing that I am very consistent with and that I enjoy the most is my Masters practice every morning.”

“I love it. I love the people and I love having a coach on deck. I can swim a little bit by myself, but I do so much better when I have someone telling me what to do and having my teammates by me. We all push each other and have fun doing it,” Kim said about her coached Tuesday thru Friday practices. On Saturdays, she works out with a loosely-organized group of teammates who follow their coach’s written plan for the session.

“Amazing!” is how the Swim Atlanta Masters swimmer describes her coach, Jordan Jones. “I told my coach a year ago that [going to Spring Nationals] is what I want to do, this is my goal, and I want you to help me get there. He was on top of it. He knew exactly how hard to push me without pushing me away from it. He knew where I needed to be. He’s awesome. He’s in tune with everybody. Every Masters swimmer, it doesn’t matter what level, he’s so in tune with what their needs are and what their goals are, and what their intervals should be. He’s a really, really good coach.”

When Kim first joined Masters, she was unaware there were competitions. Then, once she learned about Masters swim meets, she had doubts about competing again. The thought of it intimidated her, but she signed up anyway.

After she went to her first meet, Kim was hooked. “Once you go to one or two meets, number one, there are so many different levels [of swimmers] there; you will never feel out of place,” she said.

“I don’t remember specifically thinking about competitions when I first started back to swimming. That wasn’t my reason for swimming. It was more for weight loss and exercise. After a year or two into it, I realized I could actually do something with this and that it would be fun; and, I could meet new people and go different places. Then, once I did one or two meets, I don’t think I have ever looked back. I love them.”

“The main reason I swim is for exercise and the way it makes me feel; but, at the same time, to keep myself accountable, I will sign up for meets as often as I can, because I know it makes me work harder,” Kim said.

It isn’t just the hard work she puts into each 4,000-yard session in the pool that has made Kim such a successful swimmer. As she explained, “Number one, it’s consistency. I rarely miss a practice...

Swimming is my life right now, and I hope it will be for years to come. Also, the last ten years, I have taken a lot of time to figure out my body and what I need to do to keep it healthy, and what I need to do to keep the weight off.” She also does light weights 4-6 days a week to keep her shoulders strong and prevent shoulder pain. “Ever since I added that to my routine, I have no more shoulder pain. I think that has also helped me to be successful. For any sport, I think you have to do something outside of [the sport] to help you in the sport.”

“Another thing I have worked on is being a confident athlete. I used to be so intimidated when I would go to these meets and kind of doubt myself. I have worked on that the last couple of years. You have to go in confident,” Kim said, adding that she recommends other swimmers read the book, *The Confident Athlete*, by Tami Matheny.

It is that confidence, on top of the years of hard training, that has made Masters Swimming such an enjoyable experience for Kim. “As a Masters swimmer, all of it has just been awesome. From the people, to the coaches, to the meets; I have no bad memories at all. It’s so much different as a Masters swimmer. If your coach gives you a set and you don’t like it, well, guess what? You change it!”

Ultimately, it was Kim’s experience at 2019 Spring Nationals that made it her favorite Masters memory. “I had some concerns going into it. Will I be able to race for four days? Will I be good for the first day or two, and then what’s going to happen after that? But to go in and be able to race well all four days and feel good—even at the end I never got sore... Even though this was my latest meet, I feel that it’s going to be the highlight for a long time.”

Since Kim plans to compete in future Nationals meets, I see more Masters highlights coming down

the road, well into her senior years. "At these National level meets, I see these people in their 60's, and 70's, and 80's; and, these men and women that are still racing, and they're doing great. That is so inspiring to see that. I want to be that person, 80 years old and still racing."

Swimming Humor

Anti-Fog



BEST PROCRASTINATION DEVICE



OF ALL TIME



Upcoming Events

October 2019			
6	Georgia LMSC Conference Call at 7pm	6	SCM - Greensboro, NC
11-13	Dixie Zone SCM Championships/Rowdy Gaines Classic- Orlando, FL	12	Open Water 10 mile Swim the Suck - Chattanooga, TN
27	Collins Hill Developmental Meet (entry enclosed)		
November 2019			
9-10	SCM - Sarasota, FL	17	St. Nicholas SCM Invitational – Georgia Tech
15-30	USMS Fall Fitness Challenge – 1 mile swim; to to www.usms.org to register	23	NAC Sprinting Turkey Classic – Nashville, TN
February 2020			
1-2	SCY – Auburn, AL	7-8	SCY – Charlotte, NC
March 2020			
28-29	St Patrick’s Day SCY Invitational at Dynamo		

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.

Swim Websites

ASL Silverking TRI-Masters	Swimasl.com
Athens Bulldog Swim Club	http://www.athensbulldogs.com
Atlanta Rainbow Trout	https://www.atlantarainbowtrout.com
Atlanta Water Jocks	http://www.atlantawaterjocks.com
Chastain Park Athletic Club	www.ChastainParkAthleticClub.org
Columbus Aquatic Club	http://www.swimhurricanes.com
Concourse Athletic Club	wellbridge.com/concourse-athletic-club/sandy-springs
Cumming Waves Swim Team	www.cummingwaves.net
Decatur Family YMCA	ddy.ymcaatlanta.org
DeKalb Aquatics Masters	http://daqswim.com
Douglas County Stingreys	douglascountystingrays.org
Dynamo Swim Club Masters	http://dynamoswimclub.com
Fyns	http://www.fynsmasters.com
Great White Shark Aquatics	www.gwsaswim.com
John P. Thayer YMCA Masters Swim	Columbusymca.com
Savannah Masters	http://www.tlb975.wix.com/mastersswimming
Stingrays Masters Swimming	http://www.stingraysswimming.com
Swim Gainesville	www.swimgainesville.com
Swim Macon Masters	www.swimmacon.com
Tidal Wave Masters Swimming	tidalwaveswimming.com
Tidal Wave Masters Swimming	tidalwaveswimming.com
Windy Hill Athletic Club Masters	http://www.midtown.com/windyhill
Georgia Masters Swimming	www.georgiamasters.org
USMS Dixie Zone	www.dixiezone.org/links.htm
USMS	www.USMS.org

GEORGIA CLUBS			
NAME	ABBR	CONTACT	EMAIL
Atlanta Rainbow Trout	ART	Sean Fitzgerald	seanfit@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	lbenucci@gmail.com
Andrew & Walter Young YMCA Masters	AWYY	lilonga Thandiwe	linz.t@mindspring.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	sbalkcum@ymcacolumbusga.com
Cumming Aquatic Center	CMMS	Susan Alston	cac2@cityofcumming.net
Concourse Athletic Club	CONC	Nancy Overheim	noverheim@wellbridge.com
Chastain Park Athletic Club	CPAC	Jim King	jimkingusa@gmail.com
Cumming Waves Swim Team	CWGA	Teresa Coan	swimcummingwaves@gmail.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	daqswim@bellsouth.net
Decatur Family YMCA	DFY	Beth Costello	bethc@ymcaatlanta.org
Eagle Watch Eagles Masters	EWE	Brett Daniels	tricoachbrett2005@yahoo.com
Georgia Masters	GAJA	Lisa L Watson	lisa.watson@ung.edu
Global Adaptive Aquatics	GAA	Helmut Levy	swim@globaladaptiveaquatics.org
Gwinnett County Masters Club	GMAC	Destry Dispain	destry.dispain@gwinnettcounty.com
Great White Shark Aquatics	GWSA	Phil Donihe	coachphil17@yahoo.com
Columbus Aquatic Club	HURM	Kathy Gramling	cachurricanes@gmail.com
Kennesaw State University Masters	KSUM		
Life Time Swim Georgia	LTMS	Alicia Kockler	ryanbell@msn.com
Marietta Marlins	LINS	Larry Baskin	larry@larrybaskin.com
Nautical Milers Special Needs Team	NAUT	Patrick Thoreson	patrick_thoreson@yahoo.com
Southern Eagle Aquatics	SEGA	Beau Caldwell	swimsega@gmail.com
Stingrays Masters Swimming	RAY	Ian Goss	rayscoach@gmail.com
Spartans Aquatic Masters Club	SAMC	Kris Kester	kris@kris-fit.com
Swim Gainesville	SG	Joy Kelleher	joylohr@yahoo.com
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net
Wade Walker sharks	WWYS	Avel Lai Leung	Avel-laileung@comcast.net
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com
Northwest YMCA Grayfins	YGF	Muriel Cochran	murielcochran@gmail.com
GEORGIA SUPERTEAM (GAJA)			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	aslcoachgreely@gmail.com
Athens Bulldog Swim Club	ABSC	Craig Page	craigwpage@gmail.com
Augusta Recreation and Parks Blue Tides	ARP	Barbara Ingold	arpbluetides@gmail.com
Douglas County Stingreys	DCS	Jarrod Hunte	douglascountystingrays@gmail.com

Dynamo Swim Club Masters	DYNA	Mike Cotter	mikedynamo@earthlink.net
Fyns	FYNS	Raquel Terroba	fyns.coach@gmail.com
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@gsc.edu
Life Time Swim Alpharetta	ALPL	Ryan Moss	COCNAquaticsManager@lt.life
Life Time Swim Atlanta	ATLL	Katie Payne	GAATAquaticsManager@lt.life
Life Time Swim Johns Creek	JCL	Merrie Copeland	GAJCAquaticsManager@lt.life
Life Time Swim Sugarloaf	SUGL	William Breland	GASLAquaticsManager@lt.life
Life Time Swim Woodstock	WSKL	Jonathan Sims	GAMBAquaticsManager@lt.life
Savannah Masters	SAVM	Donna Hooe	rdhooe1@juno.com
Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
Swim Atlanta Masters	SAMS	Scot Davis	sdavisswim1980@yahoo.com
Swim Beyond the Boundaries	SBB	Mandi Bell	mandi@swimbeyond.com
Swim Macon Masters	SMM	Tana Selby	tanatanas@bellsouth.net
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net

Who Y'All Can Call

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copeland@comcast.net
Pat Eddy	Coaches Chairge	(614) 670-1108	pateddy52@aol.com
Bob Kohmescher	Newsletter Editor	(770) 722-2192	bobk340@comcast.net
Elaine Krugman	Contributing Editor	(678) 603-1543	ekkrugman@gmail.com
Stephanie Lemmons	Social Media		snlemmons@gmail.com
Bill Lotz	Member At Large	(404) 261-1906	blotz@mindspring.com
David Morrill	Safety	(770) 862-2533	latycar@latycar.org
Britta O'Leary	LMSC Chair	(636) 295-3222	brittaoleary@gmail.com
Andy Rettig	Membership Coordinator	(678) 417-6411	arettig@gmail.com
Mark Rogers	Member At Large		mlrogers_98@yahoo.com
Leann Rossi	Member At Large		swimfastatlanta@gmail.com
Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	swimsalt@bellsouth.net
Maddie Sibia	Members At Large		maddie.a.sibia@gmail.com
Jeff Tacca	Member At Large	(404) 256-0733	jtacca@comcast.net
Lisa Watson	Vice-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

Elaine's Tip of the Month

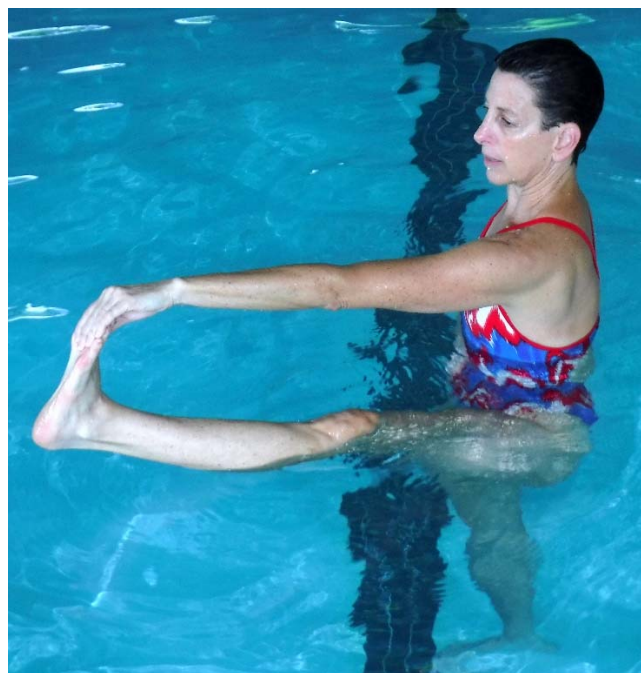
After doing dynamic stretches on deck to prepare for my swim workout, I hop in the pool and swim an easy 500-yard free, building the last 200 yards. Then, I like to do some in-pool stretches before finishing the remainder of my warm-up.

I do the three dynamic stretches shown below in sequence for each leg, which prepares me for my stroke drills to follow. These are particularly helpful to prepare for breaststroke kick.

(Please note: I do not hold any professional certifications, and neither I or Georgia Masters are responsible for any injuries you may incur doing these exercises. Consult your doctor, and do these exercises at your own risk.)

In-Pool Leg Stretches

1. Stand in shallow water and start by reaching back with your left hand and grabbing the top of your left foot as you bend at the knee. Pull your foot towards your back until you feel a comfortable stretch. Raise your right arm into a streamline position with your upper arm close to your right ear. Stand tall with your chin and shoulders pulled back for good posture. Hold for a few seconds, and then release your foot; and, immediately prepare it for the second stretch by bringing your leg in front of you with your knee bent out to the left side. (Note: Do not do this stretch if you have any problems with your knees. If you feel knee pain, stop.)
2. To begin, hold your left leg at the ankle with your left hand and the outside of your left foot with your right hand. Lift your leg towards the surface and hold for a few seconds, paying close attention to your knee. If you feel any pain or discomfort, stop.
3. Now, for the third stretch, move your left hand to your toes and grab ahold of them, straightening your leg in front of you while releasing your right hand. If you are flexible enough to straighten your leg, do so to feel a comfortable stretch throughout the back of your leg, ankle, and foot. Otherwise, keep a bend in your knee. You will still feel a stretch in your calf and foot, even with your knee bent. Hold for a few seconds, and then release. Repeat the stretches with your other leg.



Southside Seals Pentathlon Meet



Perfect form!



False start or everyone else is a bit slow off the blocks!



Samy
Naguid

5th. Best
time.



More Pictures....

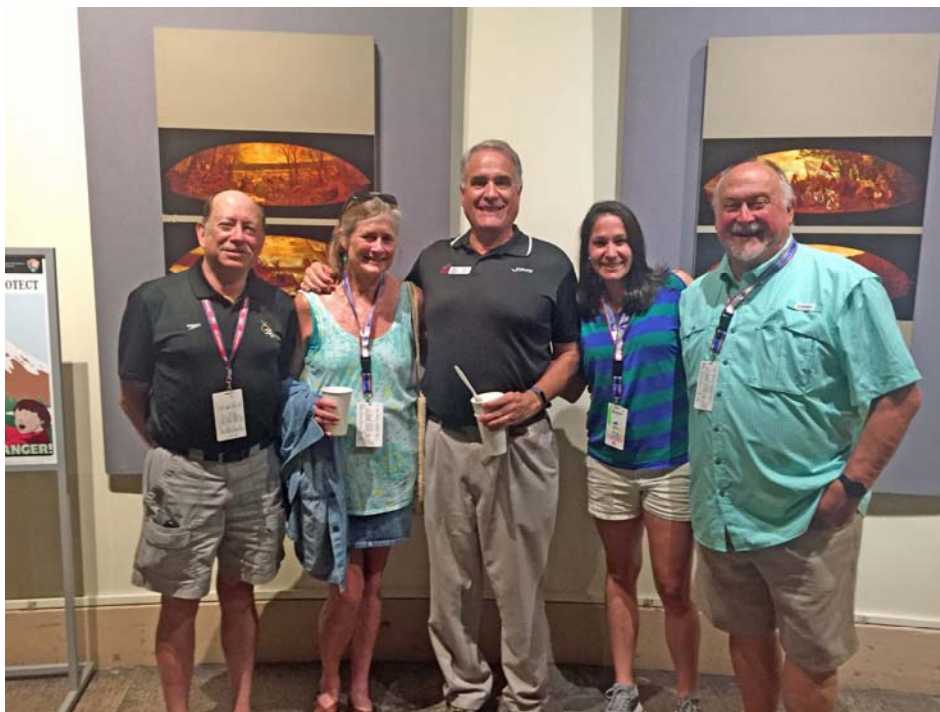


John Zeigler holding his award from the World Police and Fire Games

Ed Saltzman – USMS Official of the Year



John Zeigler was invited to give a talk on the origins of the US Coast Guard.



Georgia LMSC delegates to the conference: Ed Saltzman, Lisa Watson, Rob Copeland, Britta O'Leary and David Morrill



Georgia Masters Swimming
Collins Hill "Veteran's Day" SCM Developmental Meet
Sunday, October 27, 2019
Sanction No. 459-R004
Held Under the Sanction/Approval of USMS, Inc. & Georgia LMSC

Time: Sunday--Warm ups at 9:00 a.m. Meet begins at 9:30 a.m.

Location: The Collins Hill Aquatic Center (770/237 5647), which is an 8-lane SCM pool, is located on Collins Hill Rd in Lawrenceville. From I 85, go EAST on the Suwanee Rd exit (Exit 111) toward Lawrenceville – you would turn RIGHT if you are going north on 85. Go to the next traffic light at Old Peachtree Rd (which is Horizon on the other side), and turn LEFT. Old Peachtree will actually continue right at the next traffic light. Keep following Old Peachtree until you intersect the traffic light at Collins Hill Rd. This is a T intersection only going RIGHT off Old Peachtree. Go 1 mile south through the traffic light at Taylor Rd and turn RIGHT into the Aquatic Center at the traffic light at the bottom of the hill.

Eligibility: The meet is open to all persons 18 years and older as of **October 27, 2019**. USMS registration is required. If you are not registered, your application can be accepted at the meet. Be sure to include a copy of your USMS card with your entry.

Events: Swimmers may enter up to five events.

Awards: Ribbons will be awarded for 1st, 2nd, and 3rd places.

Timing: Hand-held stop watches will be used.

Fees: \$18.00 for up to 5 events; \$2.00 surcharge for deck and late entries (received after **October 25**). \$1.00 surcharge for entries without 3 x 5 index cards. Make checks payable to GEORGIA MASTERS. Mail to:

Lisa Watson
804 Howell Court
Duluth, Georgia 30096
Phone #: (770) 497-1901
Lisa.watson@ung.edu

Entries: Indicate events desired on the entry form--circle event # and provide seed time; use NT for No Time. Please fill out a 3 x 5 index card for each event entered. Include name, age, sex, event number/name, and seed time. EXAMPLE:

Bob Kohmescher	71 M
Event #: 6	1:19
100 yard breast	
(please leave room for timers)	

Seeding: Entries received by **October 26** will be seeded. Women's heats will precede men's heats. Sexes may be combined for some heats. NTs will be placed in slower heats, except for the 400m free, which is fast to slow.

This is a CATEGORY I meet – Times do not count for Top Ten or records.



Georgia Masters Swimming

Collins Hill "Veteran's Day" SCM Developmental Meet

Sunday, October 27, 2019

Entry Form

Name		Gender	Age	DOB
Address			Cell phone	
City			State	Zip
USMS#	Team		Email	

Circle event number and enter seed time if known

Seed Time	EVENT	Seed Time	EVENT
	1. 400m free/400m IM		9. 200m IM
	2. 50m Breaststroke		10. 50m Butterfly
	3. 100m Backstroke		11. 100m Freestyle
	4. 200m Butterfly		12. 200m Breaststroke
	5. 50m Freestyle		13. 50m Backstroke
	6. 100m Breaststroke		14. 100m Butterfly
	7. 200m Backstroke		15. 100m IM
	8. 25m Choice		16. 200m Freestyle
	9. Medley Relays		Freestyle Relay

This is a Category 1 Developmental Meet – Times will not count for Top Ten or Records

Make checks payable to GEORGIA MASTERS

All events	\$18.00	\$18.00
Late and Deck Entries	\$ 2.00	\$
No 3x5 index cards	\$ 1.00	\$
TOTAL Amount Enclosed		\$



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
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	



*Rainbow Trout St. Nick's Invitational
GA Tech Campus Recreation Center (CRC)
November 17th, 2019*

Hosted by: Atlanta Rainbow Trout
Meet Director: Shayne Lastinger

USMS Sanction #: 459-S008
Date: November 17, 2019

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 November 17, 2019. Your age on December 31, 2019 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 1st, 2nd, and 3rd 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: \$60 covers facility and meet costs.

Seeding: All events except for the 800 Free will be seeded in advance and slowest to fastest. The 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 around November 15th (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.

The 400 Medley Relay and the 400 Free Relay will be run at the same time in one heat. A swimmer can only swim in one or the other – but not both. You may enter a Men's, a Women's or a Mixed relay.

Entry deadline: Paper entries must be received by Wednesday, November 13th. 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=12440 until November 14th at 11:59PM. No late fee with online registration!



Rainbow Trout St. Nick's Invitational
 GA Tech Campus Recreation Center (CRC)
 November 17th, 2019

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. **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	400 Medley Relay 400 Free Relay		24	800 Free Relay	

Payment Info:

Meet Entry Fee:
 \$60.00

Make Checks Payable to: **Atlanta Rainbow Trout**

Mail to: Atlanta Rainbow Trout, 541 10th Street NW, #341, Atlanta, GA 30318

Paper Entry must be received by Wednesday, November 13th.

Online entry: https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=12440

Questions? Email Shayne.lastinger@comcast.net

Must sign USMS Liability Release on Back of Entry



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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	