



The Georgia Masters Newsletter

Swimming in Georgia

June 2016

Don't Miss These Events

Georgia Games 2016 – June 25 & July 9

Coming up are the 2016 Georgia Games Masters Meet and Open Water events on June 25 and July 9, respectively. While these events do not have a USMS sanction, they are both excellent competition opportunities. Information for both events can be accessed on the Georgia Games website at www.georgiagames.org.

Georgia Games SCY Masters Meet



This will be held on Saturday, June 25 at the new Cherokee Aquatic Center. Check in at 10am, warmups at 10:30 and

meet starts at 11am. This is a great opportunity for getting practice times and winning medals! This meet may be eliminated in the future if attendance goes down, so we encourage our swimmers to participate. Deadline for entries is **June 23**. For questions contact **Brandon Webb** at staff.brandon.webb@georgiagames.org or 260/415-0461

Georgia Games Open Water

This will be held on Saturday, July 9 at Lake Acworth, offering 3 open water events: 5k starting at 8am, 3k starting at 9:30am, and 1k starting at 11am.

The entry deadline is **July 2**. Late entries will be assessed a \$5 late fee and will be accepted on the day of the swim up to the close of check-in for each event. This event is included in the 2016 Georgia Grand Prix!

USMS Summer Nationals – August 17-21



This year's LC Nationals are in Gresham, Oregon at a beautiful outdoor LC pool at the foot of Mt Hood – gorgeous scenery everywhere you look.

Entries are now open: swimmers can either enter online on the USMS website (www.usms.org – click 'Events' then scroll down to '2016 Summer Nationals') or send in a paper entry. Entry deadline is **July 18**.

Since this is a 5 day meet, distance swimmers will have the ability to swim both the 800 and 1500, since they are on separate days. Good luck to all Georgia competitors!

For anyone going from the GAJA Super Team-contact Coaches Chair **Donna Hooe** (rdhooe1@juno.com) to let her know your availability for relays.

2016 Grand Prix Series

April 9-19	Dixie Zone SCY Championships
June 4	UGA meet LC
July 9	Georgia Games Open Water
September 10	SSS Pentathlon
TBA	St Nicholas Invitational SCM

Those swimmers who competed at Spring Nationals in Greensboro will get credit toward the 3 event required minimum for participation in the Grand Prix, but no additional points.

Meet Recaps

2016 Woller ABSC LC Meet Recap



Now named for Raymond Woller, who originated and directed this meet for 20 years, the Athens Bulldog LC Meet was held on Saturday, June 4 with a new meet director, Craig Page. Eight-two swimmers participated in this annual meet, representing

numerous clubs throughout Georgia and the Dixie Zone. Participating Georgia clubs included: host team Athens Bulldog Swim Club (ABSC), Atlanta Rainbow Trout (ART), Atlanta Water Jocks (AWJ), Dynamo Masters (DYNA), Fyns (FYNS), Georgia Killer Whales (GMKW), Golden Tiger Aquatic Club (GTAC), Nautical Milers (NAUT), Nighthawks Masters (NHMS), Stingrays Masters (RAYS), Swim Atlanta Masters (SAMS), Southside Seals (SSS), and YMCA Gray Fins (YGF).

Results can be viewed on the Georgia website (www.georgiamasters.org). Lots of great swims throughout the meet, but definitely the Swimmer of the Meet would be Anne Dunivin, setting 3 National Records in the 100-104 age group in the 50, 100, and 200m freestyle – the first records for that age group! Anne was apparently having such a good time swimming her 200, that when she hit the wall (with all the crowd cheering), she turned around and just kept swimming! Great write-up on Anne’s performance in the AJC Living Section on June 8. If you didn’t see the article, Bob Kohmescher will send you a copy.

Nautical Milers Coach Patrick Thoreson reports that his 11 participating swimmers set a number of US LCM Paralympic American records in the S14 class in the following relay events: 200 Mixed Free Relay, 400 Mixed Free Relay, 200 Mixed Medley Relay, and 400 Mixed Medley Relay. All 11 swimmers medaled in the meet, and in addition to



the Paralympic records, 5 Georgia LCM records were also set in the 100+ 400 Men’s Free Relay, 72+ 200 Mixed Free Relay, 72+ Mixed Medley Relay, 400 Mixed Free Relay, and 400 Mixed Medley Relay.

This meet, which has always been so well run under Raymond Woller, continued its efficient trend under the new management. A big thanks to the volunteers:

Officials – Kathleen Schmaltz, Melinda Camus, Ed Saltzman

Equipment Operators – Jeanne Scholle, Tyler Leigh

Timers – Erin Sanders, Marshall Childress, Cherie Varnum, Deja Dalton, Dionna Dalton, Vicki Buschbom, Steve Buschbom, Erico Mattos, Lucas Vasconcelos, Caroline Camus, Caleb Camus.



Anne on her way to another national record!



Judith Haas, Sue Ottosen, Anne Dunivin, and Rebecca Hamilton

Especially, thanks go to the newly minted meet director **Craig Page** for pulling everything together to make such a successful meet. Craig spoke most appreciatively of his volunteers, “I could not have done it without their help and support. I would also like to thank Ray (Woller) for entrusting me to run the kind of meet he has so expertly run for the previous 20 years. Finally, I want to thank all the swimmers who said kind words or congratulated me on a well-run meet. It made it all worth it to me to see people leave the pool with smiles on their faces and many new personal bests set.”

USMS Spring Nationals – Addition

In last month’s newsletter, we reported on our Georgia swimmers who placed in the Top Ten at the USMS Spring Nationals in Greensboro. One swimmer was inadvertently left off that list, and she has quite a list of accomplishments!

Tara Buzzeli (W45-49) of the YMCA Gray Fins placed in the following events:

- 1st- 100yd fly
- 2nd- 50yd fly
- 3rd- 100yd breast
- 4th- 50yd free, 100yd IM
- 10th- 100yd back

With these performances, Tara broke 3 Georgia records in the 50 fly, 100 fly, and 100 breast! Congratulations!



Mostly Killer Whales that attended the Alabama senior games on April 28th to qualify for the senior Olympics next year. Pictured from left to right Craig Ray, Judith Haase, Walter Leen, Rebecca

Hamilton, Stacy Fox, Sue Ottoson, Chip Woody and Richard Dixon.

***Dixie Zone SCY Championships:
April 9 & 10 -- Relays***

By James Hamilton & Rebecca Hamilton

We can't say enough good things about this meet.

With just over 50 GAJA swimmers, our team took 4000 of the total 11,802 points available! Relays were a big part of our huge win.

Under the leadership, planning, and coordinating of **John Ziegler** and **Rebecca Hamilton**, seven Georgia State Relay Records were smashed. On top of that, five relay races swam should make Top Ten in the Nation for this year. And, some of those did not even match the Georgia State Relay records on file at the Georgia Masters site kept since 1991.

Smashing seven State records at one single meet came as a surprise, even for the two Coordinators. Many thanks go to **Ed Saltzman**, who has been keeping the records documented for years!

State records were set by GAJA swimmers in the 18+, 45+, 55+, and the 65+ age SCY categories. Congratulations to the 21 record breaking swimmers, seven of which were members of multiple record breaking relay teams.

In addition to GAJA, two other Georgia clubs set state records too! Congratulations to ART. Their team scored two new Georgia records in men and women 25+, and to Nautical Milers who set a record in 18+.

Among the 21 GAJA swimmers who set Georgia State Records at the Short Course Yard Dixie Zone Championship Meet held at Georgia Tech last month were two shining stars!

Newcomer **Pam Boland**, from Savannah was an unattached Georgia Swimmer recruited by **John Ziegler** at the Huntersville, North Carolina swim

Meet held in March. He encouraged her to join GAJA and told her of the opportunities to swim relays. She joined and in her first Georgia meet, helped to set three new State records in the Women's 45+ 400 Medley, Women's 400 Free, and the Mixed 400 Medley. Pam swam different strokes in each relay. So glad to have you swimming with us!

Our other relay star for the meet was **Karol Welling**. In the 55+ age group, Karol sailed breaking three Georgia Records with her team mates! Her winning relays were Women's Free 400, Women's Medley 400, and Mixed 400 Medley.

Other News

USMS Convention – September 21-25

Time is approaching for this year's USMS Convention in Atlanta at the **Hyatt Regency** downtown. As announced, we will need volunteers to work shifts throughout the convention in the Hospitality Room – a great opportunity to meet and chat with swimmers from all across the country! If you have time available to volunteer, please contact our Convention Coordinator **Karol Welling** at krw83@mindspring.com or 770/631-9195. Let Karol know your days and times for availability. The hospitality room hours will basically run from Wed-Sat, with clean up on Sunday morning.

Swimmer Profile – Sean Fitzgerald
By Elaine Krugman

If I told you that Sean Fitzgerald ranked 20th nationally (top 12%) in the 50 Meter Freestyle last year in his Men's 50-54 age group –but he only trains for swimming 1-2 days a week, would you believe it? It's a fact, but here's the catch in Sean's

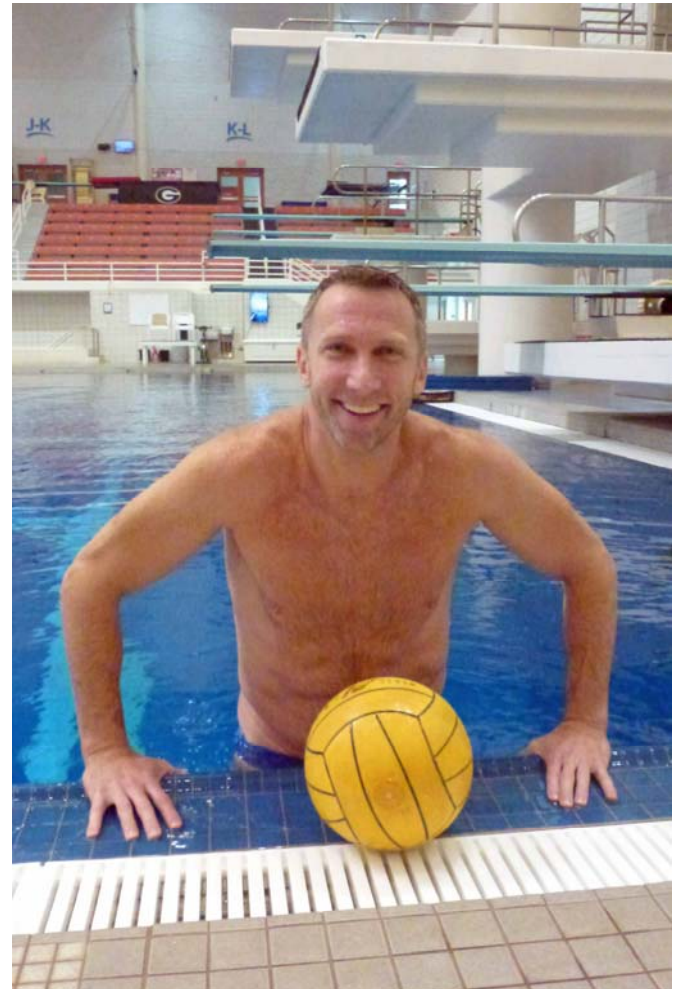
own words: “Most of my training is water polo. We have two practices a week that are an hour and a half. I swim on my own at L.A. Fitness one or two days a week.”

The “We” is the Atlanta Rainbow Trout Water Polo Team, a division of Atlanta Rainbow Trout Aquatics (www.atlantarainbowtrout.com). A member of USA Water Polo, the team competes in tournaments nationally and internationally, including the Gay Games and IGLA (International Gay and Lesbian Aquatics Association) Championships. Each year, Sean competes in more water polo tournaments than swim meets logging in a lot of sprint yardage between those tournaments and twice-weekly practices. “The first swim meet after I started playing water polo, I had all of my personal best times. In water polo, there’s a lot of sprinting back and forth. There’s a lot more swimming than treading water,” Sean explained. That explains those high national rankings for this fast USMS sprinter!

In addition to the time Sean spends in the pool, he lifts weights for 45 minutes, 3 - 4 times each week at L.A. Fitness, focusing on his arms, shoulders, and chest. His weekly training mix results in fast race times in his favorite events: 50 Freestyle, 100 Freestyle, and 50 Butterfly.

Sean wasn’t always a fast swimmer, though. He explained to me that although he got an early start in the pool, “I started swimming when I was five, and retired when I was 10.” The other boys were growing taller and stronger leaving Sean behind, so he switched to diving where being small was to his advantage. He did so well that he went on to compete on Georgia Tech’s dive team. Although he swam on relays when needed, diving was his main focus.

After graduation, Sean moved to Florida and began competing in triathlons. In order to improve his speed in the water, the former diver joined a U.S. Masters swim team. That was thirty years ago, and he’s been involved with swimming and USMS ever since.



The timing for Sean joining Masters couldn’t have been better. “In the first year [USMS] allowed under 25 year-olds, the first short course meters meet I went to was only the second short course meters meet in the country, so I set a bunch of USMS best times. (They were all beaten two weeks later when California had their zone meet.) For two weeks, out of the seven events I swam, there were five or six of them I was the first person who had swum them, so I held the record for a couple weeks. There was a girl on my swim team that was also 22, and she was the first women to swim her events, so every time we touched the wall [in a race], the announcer would say, ‘Another USMS record!’ We looked at him like, ‘Really? You can stop saying that now!’ I remember getting beat by 50, 60, and 70 year-olds in the next lane, but I was setting a record!”

When Sean moved back to Atlanta, he joined the Atlanta Rainbow Trout (ART) and represented them in competitions at the IGLA Championships and Gay Games, in addition to USMS meets.

“This will be my 23rd straight IGLA Championships or Games this year. That’s my big focus meet. They change the location each year, and there have been some fantastic locations for the meet all over the world. This year, it’s in Edmonton, in Alberta, Canada; last year was Stockholm, Sweden. The Gay Games are every four years, and the three years in between are IGLA Championships. The Gay Games have 36 sports, where the IGLA Championships just have swimming, diving, water polo, synchronized swimming, and open water,” Sean explained, adding that he competes in both swimming and water polo each year.

In addition to representing his team in the pool, Sean got involved with volunteering for ART, IGLA, Georgia Masters, and USMS.

For those unfamiliar with the Atlanta Rainbow Trout team, they are a gay-friendly team, and although it was predominately LGBT when it started, the team is very mixed and draws a lot of people from the mid-town area of Atlanta who want to swim at Georgia Tech, the team’s home pool. Membership for the team averages about 100 each year, and the team is independent of Georgia’s super team, GAJA. Explaining the reasons for keeping the team separate, Sean said, “When we go to the IGLA Championships, we want ‘Atlanta Rainbow Trout’ as our team name and ART as our abbreviation on the heat sheet. We won the small team award twice with ‘Atlanta Rainbow Trout’ listed on the award. We would rather have it be ‘ART’ than ‘GAJA’ at an IGLA Championship, or when we set an IGLA record. When Georgia hosted Nationals in 2010, Nationals and IGLA were far enough apart that we registered as a separate team at Nationals as ‘ARTN,’ and we swam at Nationals with the Georgia super team (GAJA). After Nationals, we all switched to Atlanta Rainbow Trout (ART) for the IGLA Championships.” (There was enough of a time

buffer to make the switch within USMS rules.) We started as the Atlanta Rainbow Trout before there was a Georgia super team, so we try to maintain that. For a couple of the teams [not part of GAJA], they can control their relays, and be able to pick and choose who’s on their relays and not have it be done for them at the Georgia super team level.”

For Georgia Masters, Sean has been a long-time volunteer. “I’m the Vice-Chair, so it’s pretty much like being runner-up at the Miss America Pageant where if for some reason Lisa (Watson) can’t appear at a meeting, I’m in charge. In the 18 years I have been on the board, it has only happened once. She has a remarkable attendance record! I’m also in charge of the Grand Prix each year which is something we started back in the early 2000’s to try and encourage people to participate in more of the in-state meets,” Sean explained, adding that the annual series consists of one short course yards meet, one long course meters meet, one short course meters meet, and one open water meet. It’s his main Georgia Masters focus each year, not only to organize, but also to compete in as a swimmer.

On a national level, this enthusiastic volunteer is the IGLA liaison to USMS, and his main job is to give a report on the organization at the USMS convention. He has also served on the Legislation Committee for the past twelve years and speaks very highly of his co-volunteers. “The volunteer base of USMS at the national level is the most active and the most involved of any organization I have ever seen; and, for the most part all have the same vision of what they want the organization to do and be.”

Sean is looking forward to volunteering at the upcoming USMS convention at the Hyatt Regency in Atlanta, September 21-25. “It’s a great way to meet the people that have created USMS as an organization. If you sit in the House of Delegates Convention, you can see ten past [USMS] presidents, and people that wrote the first rule book. They’re still very active and very friendly.

For volunteers to get to socialize with them, you don't even have to go to any of the meetings. You can just sit in the suite, get them food and drink, and talk to them. They're in a great mood there; they can just relax and talk, because they're not meeting at the time."

Reflecting on the hours he has spent volunteering for USMS, Sean says, "You get so much more out of it than you put into it. It seems the more you volunteer, you get it back two or three times. There are so many experiences you get to have by interacting with the people who are fantastic."

It is the membership of USMS on the national level, and all the way down to the local level on his own team that inspire Sean and make swimming and water polo so enjoyable. When asked what he likes most about Masters, he responded like everyone else has who I have interviewed for this column. "It's the people! A large portion of my friend base has come from [Atlanta Rainbow] Trout swimming and polo. It's a very social organization. It's more than just swim some laps and go home. We do a lot more together, and try to have a social event every month or two outside of the pool. At a Georgia Masters swim meet, I know most of the people there. Everybody is nice, friendly and talkative."

I've noticed that, too, at Georgia swim meets, and Sean has always been one of those swimmers on deck who has a big smile and an upbeat attitude. Thanks for your 18 years of service to Georgia Masters, Sean. Keep on swimming, and keep on smiling!

A Great Swimmer and a Retired Nurse

Emory|Winship Magazine, Spring 2016

If the ship is going down, **Judith Haase** is the kind of person you want in your lifeboat: not only is she a great swimmer and a retired nurse with decades of experience (including stints in the Peace Corps and CARE), but she also has the indomitable spirit that would get you through a crisis. She survived her own health crisis of a stage III breast cancer

diagnosis in 2013 and oh, yes, she's also a Katrina survivor.



"Sometimes you've just got to push through," says Haase. "You don't want to, but you do it." Haase says she struggled with both the physical and mental aftermath of cancer diagnosis and treatment. Enrolling in the Winship at the Y program helped get her back in the exercise groove and talking with Winship psychiatric oncologist Wendy Baer "saved my life." She kept swimming throughout treatment. She says it helped alleviate side effects like lymphedema and continues to induce a meditative state that acts as a mental salve.



Now 75, Haase volunteers two days a week at

Emory Saint Joseph's Hospital, which is where she got her chemo and radiation treatments, and she swims three days a week. Ten years ago, she was recruited to swim in U.S. Masters competitions both as an individual and as a member of Killer Whales, a Georgia team whose motto is "The older we get, the faster we were." She's determined to qualify for the Senior Games in 2017 to be held in Birmingham, Alabama.



On June 23 at our LMSC dinner, we provided Bill Lotz a Service Award for his 33 years of service as our Georgia LMSC Registrar. By taking care of registrations, he ensured that each of you was registered to compete in meets each year.



Thanks to Cody Wehunt, our new registrar

Protect Yourself from the Sun

Tips from the Centers for Disease Control and Prevention

Sunglasses

- Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

Sunscreen

- Use sunscreen with sun protective factor 15 or higher and offer both UVA and UVB protection. Don't skimp on the amount you use.
- Sunscreen wears off. Put it on if you stay in the sun more than 2 hours and after you swim or do things that make you sweat.

For more information on protecting yourself, visit http://www.cdc.gov/cancer/skin/basic_info/prevention.htm

Healthy Swimming

Centers for Disease Control and Prevention

Swimming and other water-related activities are excellent ways to get the physical activity and health benefits needed for a healthy life. However, they are not risk-free. CDC's Healthy Swimming website provides information for all groups of individuals involved in a healthy and safe swimming experience about how to maximize the health benefits of swimming while minimizing the risk of illness and injury.

CDC's website offers a wide range of information about swimming pools, etc. Take a few minutes to visit their webpage --

<http://www.cdc.gov/healthywater/swimming/>

Upcoming Events

July 2016			
*9	Georgia Games Open Water at Lake Ackworth	21-31	USA Masters Games – Greensboro, NC – visit www.usamastersgames.com for more info
*14	Georgia LMSC Conference Call @ 7:15pm. Lisa at lisa.watson@ung.edu	25	Dixie Zone Open Water Championships – Greensboro, NC
August 2016			
6-7	Dixie Zone LC Championships – Goldsboro, NC	17-21	USMS Summer LC Championships at Gresham, OR
September 2016			
*10	Southside Seals SCY Pentathlon at Steve Lunquist Aquatic Center	*10	Georgia LMSC Annual Meeting
*17	Swim Across America Open Water at Lake Lanier	*21	Learn to Swim Instructor Certification Class
*21	USMS Level 1 & 2 Coaches Certification	*21-25	USMS Convention at the Hyatt Regency in Atlanta

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