



The Georgia Masters Newsletter

Swimming in Georgia

October 2016

Don't Miss These Events

SCM Season is Here!

We will be finishing out 2016 with the following two SCM events.

Collins Hill SCM – October 30

The annual Collins Hill SCM Developmental Meet will be held on Sunday morning, October 30 at the Collins Hill Aquatic Center in Lawrenceville.

The meet info and entry are included in this newsletter and also posted on the Georgia website at www.georgiamasters.org.

Warmups are at 9:00am and the meet starts at 9:30am. The meet should be finished by noon, so you'll still have Sunday afternoon to enjoy other activities!

Developmental meets are a low key opportunity for getting practice times for upcoming event. This meet would make a great warmup event for the bigger St Nick meet on November 20!

Hand held watches are used. This meet is a nice venue for swimmers just starting in competition or returning after a long absence. We even have 25s! This meet is hosted by the **Georgia Killer Whales**. If you have any questions, contact meet director **Lisa Watson** at lisa.watson@ung.edu.

St Nicholas SCM Invitational – November 20

The annual St Nick meet is scheduled for Sunday, November 20 at the Herb McAuley Aquatic Center

at Georgia Tech. Get in some SCM competition before the Thanksgiving holidays! This meet is hosted by the **Atlanta Rainbow Trout**. The meet info and entry will be available soon. For questions, contact **Sean Fitzgerald** at seanfit@gmail.com.

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
November 20	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

SSS Pentathlon Recap – September 10

There was a huge turnout of 80 swimmers for the annual Southside Seals Pentathlon, held on Saturday, September 10 at the Steve Lundquist Aquatic Center in Jonesboro. Thanks to meet director **Rob Copeland**, **Mike Slotnick**, and all the volunteers who helped to put on the meet.

Participating Georgia clubs included: Atlanta Rainbow Trout (ART), Atlanta Water Jocks (AWJ), Concourse Athletic Club Masters (CM), Georgia Killer Whales (GMKW), Golden Tigers

Aquatic Club (GTAC), Lifetime Fitness Masters (LTMS), Nautical Milers (NAUT), Northwest Georgia Aquatics (NWGA), Stingrays (RAY), Swim Atlanta Masters (SAMS), host team Southside Seals (SSS), and Northwest Y Gray Fins (YGF). Following are the winners for the various pentathlons swum at the meet:

Sprint Pentathlon

Katie Wright/UC45 (W25-29)
Jennifer Dill/ART (W30-34)
Cathy Jones/GMKW (W 45-49)
Karen Bartlett/GTAC (W 50-54)
Karol Welling/SSS (W 55-59)
Sue Ottosen/GMKW (W70-74)

Michael Kurtz/UC08 (M18-24)
Sean Concepcion/NAUT (M25-29)
Matthew Hunnemeder/SSS (M30-34)
Wendell Tucker/YGF (M40-44)
David Banko/SAMS (M45-49)
Sean Fitzgerald/ART (M50-54)
Pat Eddy/SAMS (M55-59)
Doug Michalke/GMKW (M60-64)
Joe Reid/GMKW (M65-69)
Herb Chuvén/GMKW (M75-79)

Middle Distance Pentathlon

Megan Copeland/SSS (W25-29)
Britta O'Leary/AWJ (W30-34)
Melissa Massey/SAMS (W35-39)
Elizabeth Johnson/MASC (W45-49)
Jennifer Almand/SAMS (W55-59)

Opio Douglas Jr/NAUT (M18-24)
Matthew Jones/NAUT (M25-29)
Nei-Kuan Chia/AWJ (M35-39)
Ian King/SAMS (M50-54)

Ironman Pentathlon

Gina Grant/NAUT (W18-24)
Sara Edwards/ART (W35-39)
Elaine Krugman/GMKW (W50-54)
Ellen Clay/UC45 (W55-59)

Michael Soderlund/RAY (M50-54)
Rob Copeland/SSS (M55-59)

Joe Hutto/GMKW (M60-64)
John Zeigler/GMKW (M70-74)

This meet was part of the 2016 Georgia Grand Prix series.

Conquering the Ironman Pentathlon

By Elaine Krugman

Since joining U.S. Masters Swimming in 2010, I have competed in a pentathlon swim meet each September. Sponsored by the SouthSide Seals, one of the small local teams that fall under the Georgia Masters regional team umbrella, the SouthSide Pentathlon is a fun meet. **Rob Copeland**, along with other members of his swimming family run the meet and do an outstanding job. This year, Megan had the results out in a flash!

Remembering back over past pentathlon meets, one of my favorite Masters Swimming memories was the 2010 Peachtree Pentathlon (as it was called then when it was held at the Kedron pool in Peachtree City), when I participated as a newbie in the Sprint Pentathlon which included the 100y IM, and 50y races of each stroke (Fly, Back, Breast, and Free). In the 50y Breast, I made National Qualifying Times (NQT's) for my age group—exactly to the hundredth of a second!

Being so new to Masters Swimming, I was shocked and very excited. It meant I could swim an additional race at Nationals beyond the three races allowed for all swimmers. Little did I know that would be the last time I would make NQT's in an electronically-timed meet. (Hand-timed meets typically result in faster race times, and that was the case for me when I last made NQT's in 2013.) *I embody the motto for Georgia Masters: "The older we get, the faster we were."*

Since that first pentathlon meet, I have looked forward to competing in it each year. In 2011 and 2012, I raced the Sprint Pentathlon, because I was a sprinter. (Everything I did was fast: walk fast, talk fast, *move* fast – it was the only speed I knew!)

In 2012, that all changed. I discovered the joys of distance swimming when I competed in the Georgia Games Open Water Meet. I entered the 3K and 1K races and swam faster as I progressed through each kilometer. When I told Coach **Mike Slotnick** (co-host of Masters swim meets at Steve Lundquist Aquatic Center) about it, he declared, "That's a sign of a distance swimmer." I replied, "But, I'm a *sprinter!*" (His declaration became a regular thing during subsequent training sessions when we swam together, and he noticed my speed increasing as the session progressed, rather than the opposite.)

Mike finally had me convinced, and I started training for the long pool events: 1650y/1500m Free, 400 IM, and 200 Fly. After successfully completing (meaning I wasn't disqualified and I didn't drown) the 200 Fly at a meet, **Rob Copeland** challenged me to compete in the Ironman at the next SouthSide Pentathlon. "You're on!" I replied with enthusiasm. "Uh-oh, what have I gotten myself into..." was what I later mumbled to myself.

In 2014 (there was no pentathlon meet in 2013), with much hesitation (and a stomach full of butterflies), I registered for the Ironman. Top-Ten swimmer, **Marianne Countryman** did too, so I knew I wouldn't win my age group; but, my goal was to just *complete* the darn thing without getting disqualified on any of my events—and, without the lifeguard having to jump in to save me.

I succeeded at both goals, and a funny thing happened after touching the wall after my last event, the 200 yard Fly (Yes, they save the hardest event for last!). In between panting like a dog and gasping for air, I said to the swimmer in the neighboring lane, "That was fun! I'm doing this again next year!"

Unfortunately, I had to pass on the 2015 meet due to a setback after having hip surgery, but I was back at it this year with much anticipation and preparation. Prior to the meet, I had "raced" the Ironman four weeks in a row, completing the

events in 35-40 minutes with short rest in between races. My race times were horrible under those conditions, but I figured it would make the actual meet seem easier in comparison. It worked. I actually took the most time off my last event of the pentathlon, the 200 Yard Butterfly, and I even had something left in the tank to anchor the 400 Medley Relay at the end of the meet!



Sara Edwards

I was proud of our small group of Ironman competitors. Out of the eighty swimmers at the meet, only eight of us took the Ironman challenge; four women and four men. Since we were all in different age groups, we all won first place (Hey, you have to show up to win!)



The youngest "Ironman" was Nautical Miler, **Gina Grant** (18); and, the oldest was **John Zeigler** (70). Other Ironman participants included **Sara Edwards** (39), myself at 54 years-old, and **Ellen Clay** (57) for the women; and, meet host **Rob Copeland** (59), **Joe Hutto** (64) (see picture), and 1984 Olympics Bronze Medalist for Sweden, **Michael Soderlund** (54). (As a side note, Michael also competed in the 1980 and 1988 Olympics.)

Hey, Ironman guys and gals, let's do it again next year!

2016 USMS Summer LC Nationals

By Donna Hooe

Just like the 2008 Summer Nationals in Gresham, we brought a heat wave with us. After monitoring the temperatures the week before the meet, I was



prepared for cooler weather, but it was not to be. We had 3 days over 100 degrees, but it really didn't feel that hot since it was not muggy.

Georgia swimmers had a great time again and produced great times. **Maria Vazquez** and I had the

opportunity to tour the Columbia River Gorge and the Multnomah Falls. The falls provided us with picture post card views.

Only three swimmers ventured across the country this time. **John Fields** from the Atlanta Water Jocks had a great meet breaking Georgia state records in everything he swam. He placed 1st in the 200 Free (2:12.32), 2nd in the 100 Free (1:00.11), 3rd in the 50 Fly (28.90) and 5th in the 50 Free (27.27).



Maria Vazquez also had a great meet breaking the state record in the 200 Breast. She placed 2nd in the 200 Back, 4th in the 200 Breast with a new record of 3:15.42, 6th in the 100 Back and 7th in the 200 IM.

I had a busy meet both as a swimmer and as an official. I placed 7th in the 1500 Free, 8th in the 400 IM and 10th in the 200 Fly.

After finishing the meet a trip to Timberline Lodge on Mt. Hood was in order. Maria and I each ran into a former teammate Diann Uustal who continued to break world records at this meet.

Other News

October 17 Is a Special Day!



Not too many people in the United States will be able to celebrate their 100 birthday immediately after competing in a swim meet. Our very own Anne Dunivin turns 100 on October 17 and, according to her daughter, Virginia, she is doing well. She just competed in the Georgia Golden Games.



Georgia Golden Games

By Maggie McGlamry, WGXA TV

The Golden Olympics have competitions for anyone 50 years or older and they proved age is just a number. The senior swimmers are serious about their sport.

Exercise Specialist at the Wellness Center at Navicent Health Sandra Stone said physical activity for those 50 and older can help reduce serious health issues like high blood pressure and diabetes. Stone also said that it can do more than just prevent disease.

"As we get older we want to remain independent as long as we can and exercise is the only way we can maintain that," Stone said.

That's certainly the case for **Anne Dunivan**. At 100 years old, she still swims competitively and believes that's why she feels so good at her age. "You know I would think someone 100 years old would feel bad and you'd have to look after them but I don't feel that way at all," Dunivin said. Stone said you don't have to be an Olympic athlete to stay healthy in your later years.

"It could be bowling," Stone said. "There are other things than just pure exercise, like bowling is a good exercise."

Many of the swimmers who competed today qualified for the national tournament in Birmingham, Alabama next year.

Stone said when exercising, focus on endurance, flexibility and strengthening.



Virginia, Anne, and Barbara

Dunivin said she plans on swimming as long as she keeps feeling good.

To see the TV version of this interview, visit <http://wgxa.tv/news/local/100-year-old-woman-proves-youre-never-too-old-to-be-fit>.

Georgia LMSC Annual Meeting

The Georgia LMSC Annual Meeting was held immediately following the Southside Seals Pentathlon on September 10. Thanks to our LMSC Secretary, **Karol Welling**, for taking the minutes, which will be posted later on our Georgia website.

Special thanks to **Rob Copeland** for providing the food and refreshments. This was not an election year, but we did welcome our new 2017 Registrar, **Andy Rettig**, who will be replacing **Cody Wehunt** who is stepping down due to other obligations.

USMS Convention

Our Georgia LMSC hosted the USMS Convention September 21-25 at the Atlanta Hyatt Regency downtown. Attending as delegates were **Rob Copeland, Sean Fitzgerald, David Morrill, Ed Saltzman, Lisa Watson, Ian King, Bob Kohmescher, and Jeffrey Tacca**.

Our Southern hospitality was provided in a number of ways:

1. Ed Saltzman reserved Dynamo for early morning swim practices for the delegates, and Ed and his wife Linda were there each morning providing bagels and juice for the hungry swimmers.
2. We hosted an LMSC dinner social on Thursday evening in the hospitality suite; and the hospitality suite itself was manned throughout the convention, with breakfast and lunch provided for the delegates each day.

Manning the hospitality suite throughout were **Linda Ford, Elaine Krugman, Lisa Watson, Ian King, David Morrill, Rob Copeland, Sean Fitzgerald, Bob Kohmescher, And Ed Saltzman**. Most important, the person who made all this possible was our fantastic Convention Coordinator, **Karol Welling**. Karol worked so hard she made herself sick! She provided and prepared the food, stayed up with the partying delegates each night, and literally never left the hospitality suite! Check out some of the convention photos taken by **Elaine Krugman**.

Convention News

- The Dixie Zone Championships for 2017 are awarded to Cary, NC for SCY; Greenville, SC for LC; Orlando, FL for SCM.

- The new Dixie Zone At Large Director is **Rob Copeland**, replacing **Sean Fitzgerald**, who has stepped down due to other obligations.
- 2018 Spring (SCY) Nationals are awarded to Indianapolis. The **Pan Am Games** will be in Orlando, FL in summer 2018. To increase interest and participation in this event, there will NOT be a Summer LC Nationals in 2018.
- Nautical Milers coach **Patrick Thoreson** received the prestigious Kerry O'Brien Coaching Award. Congrats, Patrick, on a well deserved reward! We will be making a special presentation to Pat at the upcoming St Nick meet on November 20.

Swimmer Profile – Bob Kohmescher

By Elaine Krugman



It was more than five years ago when I first started submitting swim meet photos to Georgia Masters Newsletter Editor and Board Member, Bob Kohmescher, for publication in the newsletters. We had never met in person, but we became acquainted through the e-mails that went back and forth before post-swim meet publications. One day, I received an interesting reply to one of those e-mails. Bob wrote, “You live in Sun City Peachtree, right? My wife and I are considering moving to your community.”

Several months later in July 2013, Bob and his wife, Carolyn, moved into their newly built house, and we met in person for the first time. We now

share the same pool, and see each other around the community, in addition to our regular e-mail communications regarding “Swimmer Profile” and photo submissions.

Some of our members have been receiving e-mailed newsletters from Bob since their first days of home desktop computing when AOL was all the rage. He has been the Georgia Masters Newsletter editor for over 20 years, (and I *still* have an AOL e-mail address!).

When Bob first started producing the newsletter, home computing was still fairly new to much of our membership, so the newsletters went out the old-fashioned way, via USPS mail carrier. “Back then, we didn’t have e-mail. Every month, I would print the newsletter, take it to have 500 copies printed, come home, put the labels on, fold the newsletters, staple them, place a stamp, and drop them off at the post office. Every month!” Bob lamented, as he remembered the “good ol’ days.” Many of you might be wondering who bobk340@comcast.net is that keeps sending those newsletters every month. Well, let me introduce him to you.

Although you won’t see Bob competing at meets much (his last one was a Georgia Golden Olympics meet two years back), he’s passionate about swimming and serving the swimming community. While attending St. Louis University, Bob swam on the college team and taught swimming at the YMCA to help pay for his education (\$1.75/hour). He laughed as he described the highlight of his college swim team experience. “The most exciting race of my college career was at Cape Girardeau, in Missouri. Half the team was sick including our butterflyer, but as luck would have it, so was Cape Girardeau’s butterflyer; so, I was asked to swim the 200 fly and got a first place!”

Bob further explained, “I swam primarily breast and back. The reason I swam back is because in 1965-1969, we did not wear goggles, and I had to study at night. I couldn’t study if my eyes were bloodshot, so I thought I would focus on backstroke.”

Prior to attending St. Louis University, Bob didn't swim competitively in school, but he took his chances trying out for the team, anyway. The swim team didn't offer scholarships, nor did the other universities they competed against. Missouri wasn't exactly a mecca for swimming, and Bob joined the team as a newcomer to competition. "I had never even been to a swim meet, and the first meet that I swam in, I swam the backstroke of a medley relay [which was the first event of the meet]. I had never swum in a meet, but I was in the water first. I was so nervous, because I had no idea what was going to happen," Bob explained, adding that it all turned out ok in the end.

After graduating with a Master's Degree from St. Louis University, Bob got hired by the Center for Disease Control (CDC) and worked in the Sexually Transmitted Diseases division for the first ten years of his career. He loved being involved with swimming, though, so he also taught swimming on the side. He later joined U.S. Masters Swimming in 1977 after being transferred to Los Angeles, California.

When Bob was transferred to San Diego in 1979, he got very involved with Masters Swimming. His National City Masters team coach, Chuck Hay, had coached age-group swimmers, but had never coached Masters before. Bob said, "I ended up talking him into letting me swim with the kids, so I swam with them from 5:00am until 7:00am. I then went to work, left work at 4:30, and then got back in the pool and swam from 5-7:00pm. We swam year-around outdoors. A few mornings, it was so cold, we jumped into the pool just to get warm! Sometimes, it would get so cold that I would get hypothermic and couldn't figure out which direction of the pool I was going."

Eventually, Bob's coach, Chuck Hay, formed the Heartland Masters Swim Club and gave up coaching kids altogether. Thankful to Chuck for making that commitment to the adults, Bob gave back by being the team's Sherpa and computer guru. "One of the things I did in San Diego was haul the timing equipment from meet to meet. The

National City Masters Swim Club did all of the timing for the Masters meets, so I hauled the touch pads and computer in the back of the trailer from meet to meet. I set it up and did all of the timing." Following his stint with CDC in San Diego, he was transferred to New Orleans where he hooked up with the BUMS. (Bottoms Up Masters Swimming).

Next up after that? Raleigh, North Carolina; another CDC transfer where Bob now found a home swimming with RAM. (Raleigh Area Masters) where he had some unique experiences. "A crazy guy by the name of Hill Carrow – everybody knows Hill Carrow – decided that we were going to have a Long Course Nationals Championship meet there. I and a whole team helped Hill, organize and put it on in 1984." This is where Bob learned spreadsheets (Boomers, remember Lotus 1-2-3, the predecessor to Excel?).

Ultimately landing in Atlanta in 1985, Bob worked in a leadership position in a number of areas (behavioral research, health communications, and program management) addressing HIV/AIDS for the remainder of his career with CDC until he retired in 2011. In Atlanta, he joined Georgia Masters and swam at Dynamo with Ed Saltzman, Skippy Mattson, and Pamela Sharpe and many others. It wasn't long before he started helping with Dynamo's swim meets by using his new spreadsheet knowledge to churn out the meet results.

Bob had this to say about all those years of volunteering, "I have always felt like I wanted to give back to the swimming community, whether it be hauling timing equipment from meet to meet, taking care of registration for RAM, or the Georgia Masters Newsletter. It's always been about service. Swimming has been so good to me that I want to give something back."

When Bob isn't doing all that volunteering, he plays a lot of tennis and has taken up cycling as a serious sport. "I ride with a group of competitive riders, and that has been a great way to expand my

physical fitness activities.”

In addition, Bob does manage to find some time to get wet. “Instead of being competitive, I am swimming for the relaxation, and the sheer enjoyment of being in the water and moving. There’s a lot to be said for that. When you are competitive all your life, it just feels so good to get in, and even if it’s been a couple of weeks or a month, it’s just like riding a bike. That water and the feel of it is something a non-swimmer can’t appreciate. It’s just so much fun!”

“There is a role in Masters Swimming for the non-competitive swimmer, and we often overlook those swimmers who don’t swim competitively. There are far more Masters swimmers not competing than those who do compete. The biggest thing we can do for Masters swimmers who don’t compete is give them suggestions on how to diversify their workouts, and set goals.”

When he reflects back on his years swimming with Masters, Bob smiles. His favorite memory takes him back to those days swimming in California. “My favorite Masters Swimming memory was swimming in San Diego as the sun came up. As you’re swimming back and forth in a 50-meter pool, seeing the sun coming up through the steam on the water – it’s just the most beautiful thing in the world! Those were my favorite moments; those early morning workouts outside.”

Now living in Sun City Peachtree, Bob swims on his own in an indoor pool. “What I miss the most about Masters is swimming with a team. I’ve read so many of your stories about Masters swimmers, and it’s always about the people who you swim with. You become great friends with your lane mates, and you have the greatest camaraderie with the members of your swim team. That’s what I miss most about swimming at Dynamo.”

“It’s always been about people. You meet such a great group of people when you are swimming Masters. It’s also the feel of the water; it’s indescribable. People who have never swum don’t realize how good it feels to get in the water and

swim. It’s one thing that we all share, that feel of the water.”

News for Non-Competitive and Solo Fitness Swimmers

Many of you no longer swim competitively or perhaps have never swam in a meet. You may still compete, but you don’t work out with a team.

You swim for the pure enjoyment of swimming. You know that you’ll be healthier and fitter for doing so. This new column is for you. Each newsletter we’ll try to address some of your interests. We’ll ask you a variety of questions and post your answers.

Attention – Non-Competitors!

By Elaine Krugman

Do you have no clue what “IM” stands for, what the 15-meter rule is about, or what the stroke order is in the medley relay? Do you swim just to stay fit, reduce stress, or just for fun? Have you never competed in swimming, or it has been years since you have stepped up on a starting block? If you answered yes to several of these questions, I’m looking for you!

If you would like to be a future subject of my “Swimmer Profile” column, I would like to feature swimmers who make up the largest segment of our membership: the fitness swimmer. Why do you swim? What motivates you? Do you set goals? How do you achieve them? Please contact me at ekrugman@aol.com, so I can feature you in an upcoming edition.

Convention Pictures...

Hall of Fame Pictures



Linda Ford, Karol Welling, and Lisa Watson



Bill Lotz and Veronica Stroup; Veronica is a former Georgia Masters swimmer who was just inducted.



Pat Brown, Linda Ford, and Ed Saltzman



Condit Lotz, Reed Farris, and Karol Welling



Tim Waud and Elaine Krugman



Ed Saltzman, Angela and Ian King

Upcoming Events

October 2016			
7-9	Rowdy Gaines Masters Classic VIII – Orlando, FL	22-23	Charlotte, NC – SCM
*30	Collins Hill SCM Developmental Meet (tentative date)		
November 2016			
*3	Georgia LMSC Conference Call at 7:15; contact Lisa Watson at lisa.watson@ung.edu	19-20	Dixie Zone SCM Championships – Nashville, TN
*20	St. Nicholas SCM Invitational at Georgia Tech		
December 2016			
	Georgia LMSC Conference Call at 7:15; contact Lisa Watson at lisa.watson@ung.edu	2-4	Columbia, SC – SCM
10-11	Coral Springs, FL – SCM		
January 2017			
	Georgia LMSC Conference Call at 7:15; contact Lisa Watson at lisa.watson@ung.edu	21-22	Charlotte, NC - SCY
February 2017			
	Georgia LMSC Conference Call at 7:15; contact Lisa Watson at lisa.watson@ung.edu	11-12	Auburn, Al – SCY
26	Greensboro, NC – SCY		
March 2017			
TBA	St. Patrick’s Day SCY Invitational at Dynamo	TBA	Georgia LMSC Mid-Year Meeting

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

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Rob Copeland	Long Distance	(678) 817-1602	rob_copland@comcast.net
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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	ianeking_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
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 Cnter	FMAC	Meghan Modisette	mmodisette@gainesville.org
Georgia Masters	GAJA	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
<i>Georgia Superteam (GAJA)</i>			
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

SUNDAY CONVERSATION WITH SALLY NEWELL
Mother, daughter swim in Dublin, Ireland

By Ann Hardie
 For the AJC

There's a saying among adult swimmers: The older you are, the faster you were. But at 78, soon to be 79, Sally Newell is still plenty fast. For the past two decades, the Johns Creek resident has been one of the country's premier breaststrokes in her age division. That's after taking up competitive swimming while undergoing chemotherapy following breast cancer surgery. In early August, Newell took on a new challenge. She became the oldest person to participate in the Dublin City Liffey Swim in Ireland, one of the most well-known open sea races. We caught up with Newell after she returned home and was back on dry land.

Q: Tell us about yourself.

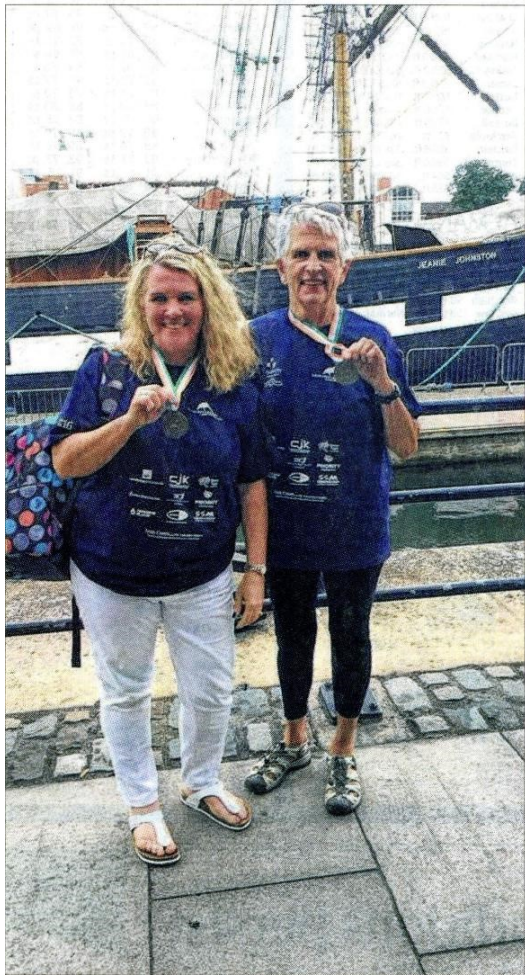
A: I have four children and 11 grandchildren and we all speak to each other and like each other. I have always been an active person. As an adult, I have worked around a lot of pools and was a lifeguard. I worked at a day care once that had an indoor pool and I taught swimming. I also had a paper route and would throw 400 newspapers a day. I have never been embarrassed of any job I have ever had and enjoyed them all.

Q: What do you like about swimming?

A: Your mind can kind of wander and you can solve lots of problems

Q: When did you start swimming competitively?

A: About 25 years ago when I was recovering from breast cancer. I was getting my lifeguarding recertification when I ran into this woman 25 years older than me who swims competitively and was looking for someone to swim with. I became a breaststroker, which is what I excel in. I was on a medley relay that set a world record but they say that records are made to be broken and ours has. In 1996, I went to a Masters swimming camp at an Olympic training center in Colorado. That was an experience.



Sally Newell (right) and her daughter, Amy Newell Murphy, show off their medals after completing the Dublin City Liffey Swim in Ireland in early August.

The Sunday Conversation is edited for length and clarity. Reach Ann Hardie at ann.hardie@ymail.com.

Q: Can you do all the strokes?

A: I did have to learn the butterfly. I don't do that too much.

Q: What is the trick to the breaststroke?

A: It is all a matter of timing.

Q: What about your individual records?

A: Age groups are broken into five year increments and I would rank in the top 10 in most of the events when I would age up, so like when I was 60, 65, 70, etc. When you get to be a senior, you don't want to be the oldest in your age group but the youngest. In 2017, I will be swimming in the 80-to-84 age group. I am thinking it might be a good time to re-enter the competition world.

Q: You haven't been swimming competitively?

A: I just haven't been interested in going to meets since my husband, Sam, passed away in April 2015. I went to Ireland a year ago to see my daughter, Amy, swim the Liffey River race and I decided I was going to do it. I never had been a distance swimmer but now I have fallen in love with open water swimming.

Q: What was it like swimming the Liffey?

A: The race has been going on for 97 years. The men dive in first and a half hour later, the women dive in. Before each section begins, we sang, "Molly Malone." The race is 2,200 meters, just like a mile and a half. We dove in right where the Guinness Brewery is and we swam under 12 bridges. I swam the race in about 35 minutes and I was really happy with that.

Q: Was the water cold?

A: Oh, my gosh, but not as bad as the Irish Sea. I found that after about 20 or 40 strokes, you get used to the coldness.

Q: What it is about the Liffey Swim that you liked so much?

A: I liked swimming it with my daughter. I liked that there weren't any pool walls. I just loved it.



Georgia Masters Swimming
Collins Hill “Veteran’s Day” SCM Developmental Meet
Sunday, October 30, 2016
Sanction No. 456-S005
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 a 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 30, 2016**. 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 28**). \$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 or (678) 717-3646
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	69 M
Event #: 6	1:46
100 yard breast	
(please leave room for timers)	

Seeding: Entries received by **October 28** 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 30, 2016

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	