



# Georgia Masters Newsletter

## Swimming in Georgia

### October 2018

#### Chair's Corner – While You Swim



This newsletter is full of amazing and important information. Your LMSC board is busy helping make masters swimming an even better experience for you. We had a great annual meeting. Thanks

to everyone that attended. A delegation also represented the Georgia LMSC at the annual national convention in Jacksonville, where all of US aquatic sports meet once a year. I am incredibly proud of all our volunteers, serving endless hours to make a difference. It is even more amazing when our volunteers get recognized nationally: congratulations to Lisa Watson, Rob Copeland, and Muriel Cochran! The LMSC would not be able to function without volunteers. If you want to get involved, please call or email me. There is something for everyone. Until then, just keep swimming!

Britta O'Leary

#### Don't Miss These Events

#### **Collins Hill SCM Developmental Meet – October 28**

SCM season is upon us! Our first Georgia SCM event is the upcoming Collins Hill SCM

Developmental Meet on Sunday morning, October 28. Warmups are at 9:00am with a meet start at 9:30am. We should be finished by noon.



Developmental meets are a great opportunity to get practice times for bigger meets such as the annual St Nicholas SCM Invitational on December 2 at Georgia Tech.

These are also a wonderful stepping stones for those swimmers just starting in Masters competition -- an opportunity to compete in a low stress atmosphere. Hand-held watches are used for timing-and we even have 25m events for those who like their swims really short!

The meet info and entry are included in this newsletter, and also easily accessible on our Georgia Masters website at [www.georgiamasters.org](http://www.georgiamasters.org).

This meet is sponsored by the **Georgia Killer Whales**. For questions, contact meet director **Lisa Watson** at [lisa.watson@ung.edu](mailto:lisa.watson@ung.edu).

#### **Upcoming Georgia Regional Meets**

Get ready for our next two regional meets!

- December 2 -- St Nicholas SCM Invitational @ Georgia Tech (entry enclosed)
- March 16&17-- St Patrick's Day SCY Invitational @ Dynamo

**Georgia 2018 Grand Prix Events**

<b>February 15-18</b>	USMS Winter Fitness Challenge: 30-minute swim
<b>March 17&amp; 18</b>	St Pat SCY @ Dynamo
<b>April 15</b>	ART Spring Splash
<b>June 10</b>	Athens Bulldog LC Invitational
<b>July 21</b>	Georgia Games Open Water-Lake Allatoona
<b>July 15-31</b>	USMS Summer Fitness Challenge 2k
<b>July 28-Aug 4</b>	Pan Am Championships-LCM Orlando
<b>September 8</b>	Southside Seals SCY Pentathlon
<b>November 15-30</b>	USMS Fall Fitness Challenge: 1 mile
<b>December 2</b>	St Nicholas SCM Invitational

Swimmers who participated in the Pan Am Championships received points for competing, but not for performance. Fitness Challenge events are worth five points. For questions about the Grand Prix, contact **Pat Eddy** at [pateddy52@aol.com](mailto:pateddy52@aol.com)

**Meet Recaps**

**Southside Seals SCY Pentathlon Recap**



Atlanta Water Jocks had an unusually good turnout/medal count at Pentathlon. From left to right: Ramon Valle, Nei-Kuan Chia, Eran Lotan, Andy Dyer and Jeffrey Tacca.



Britta O'Leary, Malena Hawkins, and Marianne Countryman

Over 60 swimmers competed at the annual Southside Seals SCY Pentathlon on Saturday, September 8. The meet was held at the Steve Lundquist Aquatic Center in Jonesboro and was sponsored by the **Southside Seals**. Thanks to **Mike Slotnick** and meet director **Rob Copeland** for making all the plans for this meet, including providing the food for our Annual Meeting! Following are the Pentathlon results:

**Sprint Pentathlon-**

- \*Britta O'Leary (W 30-34)
- Cathy Jones (W45-49)
- Rachel Cobia (W50-54)
- Rebecca Hamilton (W65-59)
- Sue Ottosen (W70-74)
- J.R. Douglas (M18-24)
- George McDonald (M25-29)
- Jonathan Dunn (M35-39)
- \*Nei-Kuan Chia (M40-44)
- Mark Rogers (M50-54)

**Middle Distance Pentathlon-**

- Anna Beem (W18-24)
- Megan Copeland (W25-29)
- Katherine Gay-White (W30-34)
- \*Kim Hurst (W45-49)
- Muriel Cochran (W55-59)

Frances Roark (W70-74)  
Bennett Paradis (M25-29)  
John Snyder (M30-34)  
Kurt Havens (M35-39)  
\*Ramon Valle (M40-44)  
David Banko (M45-49)  
Kevin Wells (M55-59)  
Joe Reid (M65-69)  
Roland Roark (M70-74)

**Ironman Pentathlon-**

\*Lauren Minchew (W25-29)  
Malena Hankins (W40-44)  
Ellen Clay (W55-59)  
Ginger Penn (W60-64)  
Ricardo Hein (M55-59)  
\*Rob Copeland (M60-64)  
Joe Hutto (M65-69)  
John Zeigler (M70-74)

\*denotes overall Pentathlon winners

This meet was part of the Georgia Grand Prix 2018 series.

**Other News**

**Georgia Aquatic Hall Of Fame Induction**



Georgia Masters swimmer **Francine Williamson** (second from left) was inducted into the prestigious Georgia Aquatic Hall of Fame on August 22. A most worthy inductee, Francine is Georgia’s most decorated female Masters swimmer. During her career, she has held 50 first place rankings from 50 meters to 2 miles.

She has also been ranked #1 from age groups 45-49 to 65-69. She has also held various national and world records. After just turning 70, she is off to a good start in that age group with her first place finishes at the Pan Am Games. Congratulations again, Francine!



**Georgia LMSC Annual Meeting Recap**

The Georgia LMSC Annual Meeting was held immediately following the Southside Seals Pentathlon at the Steve Lundquist Aquatic Center.

Thanks again to Rob Copeland and Mike Slotnick for providing for the meeting space and the food and beverages! Chair **Britta O’Leary** conducted the meeting. Britta has formulated a new Strategic Plan for our LMSC, with the overall intent of recruiting new volunteers and strengthening the effectiveness of our LMSC.

This was not an election year, so our officers remain the same:

- Chair- Britta O’Leary
- Vice Chair - Lisa Watson
- Secretary - Karol Welling
- Treasurer - Ed Saltzman
- Registrar - Andy Rettig
- Newsletter Editor- Bob Kohmescher
- Contributing Editor- Elaine Krugman

Britta nominated **Maddie Sibilía** to replace her as an At Large member (Britta left that position to assume the Chair position). Maddie was unanimously elected- congratulations!

At Large Members- Jeffrey Tacca, Bill Lotz, Pat Eddy, Maddie Sibilía

**Committee Chairs-**

- Coaches – Donna Hooe
- Communications - Ed Saltzman (Webmaster)
- Fitness - John Zeigler
- Open Water - Rob Copeland
- Safety - David Morrill
- Sanctions, Officials, Top Ten - Ed Saltzman

Thanks to everyone who attended the meeting- we welcome your input!

***USMS Convention  
September 26-30***

The annual USMS Convention was held September 26-30 in Jacksonville, Florida. Attending from Georgia were: **Rob Copeland** (as Past President), **Ed Saltzman** (as Dixie Zone Chair), **Donna Hooe**, **David Morrill**, **Maddie Sibilía**, and **Lisa Watson**.

**Dixie Zone News**

The Dixie Zone Championships for 2019 have been awarded to:

- SCY-Auburn, AL      February 16&17
- LCM- Greenville, SC      June 15&16

- SCM- Orlando, FL      October 11&12
- Open Water- Siesta Key, FL May 12

**National Championships**

USMS Spring Nationals for 2020 have been awarded to San Antonio, Texas. This will be the 50<sup>th</sup> anniversary of the very first Masters Nationals, which was held not coincidentally in Texas as well! Just a reminder that there are three other Nationals that have already been awarded:

- 2019 Spring Nationals- Mesa, Arizona
- 2019 Summer Nationals- Mission Viejo, CA
- 2020 Summer Nationals- Richmond, VA

**Awards**

Georgia fared very well with National awards this year. Congratulations to the following on their well deserved awards:

- Muriel Cochran** Kerry O’Brien Coaching Award
- Rob Copeland** Open Water Volunteer Award
- Lisa Watson** Dorothy Donnelly Service Award

Also, congrats to **Maddie Sibilía** who was elected as At Large Director from the Dixie Zone for the USMS Board of Directors.

***USMS 2019 Registration***

Be on the lookout for emails from the USMS National Office regarding 2019 USMS Registration. That registration period will open up on November 1, so be sure to renew early. You will be registered from November 1 through December 31, 2019. A reminder that clubs will need to register first before the individual members of that club can register. Coaches -- be sure to get your club registration in as soon as possible. The National Office will now be sending out the information on Club registration. For any questions on registration, contact our LMSC Registrar, **Andy Rettig** at [arettig@gmail.com](mailto:arettig@gmail.com) .

## Swimmer Profile – Sally Newell

By Elaine Krugman



Thirteen individual All-American Honors, 479 individual Top Ten swims, Ten All-American Relay Honors, and 97 Relay Top Ten swims. Those numbers speak for themselves. Sally Newell has achieved all of these in the past 26 years!

Oh, and by the way, did I mention Sally's 86 North Carolina and 27 Georgia State Records? Ask her about any of these numbers, though, and she wouldn't have a clue. I had to dig them up myself, because Sally is too humble to keep track. She did, however, admit to being honored six times with the "Outstanding Female Swimmer of the Year" award by North Carolina Masters Swimming. In addition, she was proud to tell me she was honored by the American Cancer Society with a plaque in 1995, "For many years of outstanding contributions to

the Swim for Cancer program." Her contributions included raising \$4500 – \$5,000 each of the ten years she swam 5-6 miles for the annual fundraiser.

There is only one swim statistic number this accomplished swimmer knows for sure: 1. It represents the World Record she earned at the age of 59, while swimming the breaststroke leg on a 200 short course meters relay (240-279 age group), along with three of her North Carolina Masters teammates. The year was 1996, just four years after Sally took up swimming and joined Masters; and, eight years after surviving breast cancer. To this day, that World Record swim, (a blazing 43.66 for 50 meters of breaststroke!), was the highlight of her Masters Swimming career.

Sally doesn't take personal credit, though. Instead, she gives it all to her relay teammates: Jeannie Mitchell (backstroke), John Korthecher (butterfly), and the late Dick Webber (freestyle).

That's just how Sally rolls. About her own swimming, she says quite modestly, "I don't see myself as being that good... I just don't think about being that good, even if I am first in the nation in an event."

Sally *is* good, though, and she got that way by attending Terry Laughlin's Total Immersion Swim Camp to learn proper stroke technique for the four strokes. She did this shortly after starting to swim again, when Sally joined her daughter's previous swim partner, Nancy Clark, for regular swim workouts. Since her only other previous coached swimming was with a club during her childhood summers, Sally wanted to make sure to learn the strokes correctly.

Not long after, Nancy asked her new swim partner to join her for a competition. "She was going to go to the Charlotte meet, and she suggested that I go. Oh my gosh, was I nervous! I swam breaststroke, and it was funny. I have a male friend who said, 'You should not be allowed to swim breaststroke

because you only have one breast!’ (referring to her mastectomy following breast cancer). Breaststroke became my favorite event—the 50 breaststroke,” Sally laughed.

At the time, Sally and her husband lived in Greensboro, North Carolina. When her husband became seriously ill with cancer, they decided to move to Atlanta to be closer to their daughter as well as excellent medical care.

Sally started swimming at the Dynamo pool following the move; however, until this past September, she only swam there in the summer during long course season, opting to swim at the YMCA during the winter months. “My husband died three years ago, and I continued swimming at the Y, but I just wasn’t into competing. Just a year ago, I decided I would compete again... I have four children, and they were very happy that I went back to competing. My husband wasn’t an athletic man, but he really put me on a pedestal when I would go to these swim meets. He was very proud of me.”

This past short course season, she decided to swim exclusively at Dynamo, under the coaching of Maria Thrash. “This is the first time I have stayed with it year-round. I need the discipline; I just wouldn’t be doing it on my own. [Maria’s] really good for me, and I said to her once when I got out of practice, ‘I wouldn’t have done that if you weren’t here.’ She said, ‘That’s right; that’s why you swim on a team.’ I am really benefiting from it. I really look forward to going swimming now, because I have a coach on deck. And, I think she appreciates my success. This past year in short course, I have had a fabulous year, and I owe it to Maria Thrash. I really do.”

Sally continued, “I don’t think at my age you’re going to get faster. But I tell you what. Since I started swimming at Dynamo with Maria Thrash as my swim coach, every once in a while, she’ll say something to me and I’ll think to myself, ‘That’s

what I am paying for. Just these little suggestions on her part that I never would have thought of swimming on my own. This past year, it has been amazing for me. My times have really been good, and I owe it to her—and, I got a new suit, too.”

Sally swims at Dynamo on Mondays, Wednesdays, and Fridays, during lunch-time and averages 2,500 yards per workout. She especially enjoys the creative sets that Maria assigns. “You just don’t think of those things on your own, but of course, I’m finding that it’s up to you to make those sets work. She doesn’t know if you’re making your intervals; and, I really don’t pay attention to the intervals, because I think an eighty-year-old can write her own rules!” Sally added with her usual easy laugh.

Although Sally’s best stroke is breaststroke, she said, “I have started swimming distance. I am finding that I don’t do very well in the 50 free, but this last summer, I was first in the 400 free. Distance doesn’t intimidate me anymore. I used to do the 200IM and 100 IM, but I’m having issues with a shoulder. I also do well in the 200 back. I do well in the 200, because most of my competition is starting to get tired, and I’m not getting tired. It’s easy for me to speed it up for the last 50.”

Now that Sally is back to competing again, you will find her thoroughly enjoying racing at her favorite venues: Georgia Tech, UGA, Auburn, Columbia (South Carolina), and at Dynamo, of course! Nationals may be in her future, again, too. “I like going to Nationals and seeing friends from across the country that I don’t normally don’t get to see. But, I get nervous leading up to the event. I’ll get nervous leading up to the one-day meet at UGA, and I have no competition in my age group. But, you’re racing the clock,” she explained.

“I enjoy being part of Masters, and I’m glad that I returned to it. I think that’s it’s really good for your body, and I just can’t imagine my life without

swimming. I really do love to swim,” she said, adding about competition, “If I wasn’t good, I don’t think I would want to do it. I can’t see going to a swim meet and not having some success. It would be like going to a tennis match and losing all the time. I just don’t know what keeps some people going. I don’t know why I’m so good. Maybe I’m just a natural, I don’t know.”

If Sally is a natural, she is also either a natural (very!) cold water swimmer—or, just crazy! As she explained, “I have a daughter who lives in Ireland, and this will be the third year I go over and swim the Liffey River that runs through the middle of Dublin. (In 2016), I was the oldest participant.” Why? The water is 39 degrees, wetsuits are not allowed, and the race is 2,200 meters down the river! Brrr!

“I will push off from the steps, and I have to swim at least ten strokes fast before I can come up and get a breath,” she explained about dealing with the shock. “Men and women swim separately; the men go first. Before each group swims, they’ll sing this song, ‘Molly Malone.’

“I went over one time to watch Amy do it, and then I said I’m going to do it next year. I’ve done it twice, and I’m going to go back this year and do it. It’s fun!”

To read more about Sally’s participation in the race, The Atlanta Journal Constitution featured her in a story: <https://www.ajc.com/news/local-education/sunday-conversation-with-sally-newell/0DftBC9QQZI2tIXrqVONGL/>

“People say to me, ‘I want to be like you when I grow up!’” Sally said when I conveyed that exact sentiment at the end of our interview. Naturally, I wanted to know what her secrets to success were. Sally’s reply? “You know Elaine, I don’t have any secrets. Just get out there and do it!”

Sally, if anybody in Georgia is going to break Anne Dunivin’s 100-104 age group records, it will be you!

### *Elaine’s Tip of the Month*

After you swim, is your perfume or cologne “Eau de Chlorine,” but others around you turn up their noses? If so, they aren’t swimmers! Still, if you would like to smell more appealing to your non-swimming friends and family, try this:

Ignore those expensive chlorine remover sprays that will set you back as much as \$9.95 for a 4-ounce bottle and make your own. One of the commercial chlorine removers I researched is made with two ingredients: water and ascorbic acid (Vitamin C). To make, simply add 1/4 teaspoon of Vitamin C crystals to a 4-ounce spray bottle and shake. After your swim, briefly rinse off in the shower, spray your hair and skin, wait a few seconds, and then rinse. Follow with your shampoo and body wash or soap as usual.

The least expensive Vitamin C crystals I found were at Trader Joe’s for \$11.99 for a sixteen-ounce bottle; however, it is widely available elsewhere. (Just make sure you are purchasing ascorbic acid rather than citric acid.) There are 454 (1/8 tsp) portions in a bottle of Trader Joe’s crystals, so the cost to make a 4-ounce bottle of spray is less than three cents. Compare that to the \$9.95 you would spend on a commercial spray, and that’s a whopping savings!



## *Upcoming Events*

<b>October 2018</b>			
<b>12-14</b>	Rowdy Gaines SCM Masters Classic – Orlando, FL	<b>13</b>	10 mile Open Water – Chattanooga, TN
<b>*28</b>	Collins Hill SCM Developmental Meet – entry enclosed		
<b>November 2018</b>			
	LMSC Conference Call	<b>3-4</b>	SCM – Sarasota, FL
<b>9-11</b>	Columbia, SC SCM	<b>15-30</b>	USMS Fall Fitness Challenge – 1 mile swim
<b>17</b>	NAC Masters Sprinting Turkey Class – Nashville, TN		
<b>December 2018</b>			
	LMSC Conference Call	<b>*2</b>	St Nicholas SCM Invitational @ Georgia Tech

Information on these and other Dixie Zone events can be found on the Dixie Zone website at [www.dixiezone.org/Meets.htm](http://www.dixiezone.org/Meets.htm).

\*Dates in red are Georgia LMSC events.

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



<b>GEORGIA CLUBS</b>			
<b>NAME</b>	<b>ABBR</b>	<b>CONTACT</b>	<b>EMAIL</b>
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
Georgia Masters	GAJA	Lisa L Watson	lisa.watson@ung.edu
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
Marietta Marlins	LINS	Larry Baskin	larry@larrybaskin.com
Life Time Swim Georgia	LTMS	Alicia Kockler	ryanbell@msn.com
Stingrays Masters Swimming	RAY	Ian Goss	rayscoach@gmail.com
Spartans Aquatic Masters Club	SAMC	Kris Kester	kris@kris-fit.com
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com
Northwest YMCA Grayfins	YGF	Muriel Cochran	murielcochran@gmail.com
<b>GEORGIA SUPERTeam (GAJA)</b>			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	aslcoachgreely@gmail.com
Athens Bulldog Swim Club	ABSC	Craig Page	craigwpage@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 Macon Masters	SMM	Tana Selby	tanatanas@bellsouth.net
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net

***Who Y'All Can Call***

<b>Name</b>	<b>Title</b>	<b>Phone</b>	<b>Email</b>
Rob Copeland	Long Distance	(678) 817-1602	<a href="mailto:rob_copland@comcast.net">rob_copland@comcast.net</a>
Pat Eddy	Member at Large	(614) 670-1108	<a href="mailto:pateddy52@aol.com">pateddy52@aol.com</a>
Donna Hooe	Coaches Chair	(912) 884-6456	<a href="mailto:rdhooe1@juno.com">rdhooe1@juno.com</a>
Bob Kohmescher	Newsletter Editor	(770) 722-2192	<a href="mailto:bobk340@comcast.net">bobk340@comcast.net</a>
Elaine Krugman	Contributing Editor	(678) 603-1543	<a href="mailto:ekrugman@aol.com">ekrugman@aol.com</a>
Bill Lotz	Member At Large	(404) 261-1906	<a href="mailto:blotz@mindspring.com">blotz@mindspring.com</a>
David Morrill	Safety	(770) 862-2533	<a href="mailto:latycar@latycar.org">latycar@latycar.org</a>
Britta O'Leary	<b>LMSC Acting Chair</b>	(636) 295-3222	<a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>
Andy Rettig	LMSC Registrar	(678) 417-6411	<a href="mailto:arettig@gmail.com">arettig@gmail.com</a>
Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	<a href="mailto:swimsalt@bellsouth.net">swimsalt@bellsouth.net</a>
Maddie Sibia	Members At Large		<a href="mailto:maddie.a.sibia@gmail.com">maddie.a.sibia@gmail.com</a>
Jeff Tacca	Member At Large	(404) 256-0733	<a href="mailto:jtacca@comcast.net">jtacca@comcast.net</a>
Lisa Watson	Vice-Chair	(770) 497-1901 (678)717-3646	<a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>
Karol Welling	Secretary	(770) 631-9195	<a href="mailto:krw83@mindspring.com">krw83@mindspring.com</a>
John Zeigler	Fitness	(770) 972-7981	<a href="mailto:jvzeigler@bellsouth.net">jvzeigler@bellsouth.net</a>



**Georgia Masters Swimming**  
**Collins Hill "Veteran's Day" SCM Developmental Meet**  
**Sunday, October 28, 2018**  
**Sanction No. 458-S007R**  
**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 28, 2018**. 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 26**). \$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](mailto: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	1:48
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 28, 2018

### 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	\$
<b>TOTAL Amount Enclosed</b>		\$



**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



St. Nick's SCM Invitational  
GA Tech Campus Recreation Center (CRC)  
December 2, 2018

Hosted by: Atlanta Rainbow Trout

USMS

Sanction #: 458-S011

Meet Director: Shayne Lastinger

Date: December 2, 2018

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

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

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

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

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

**Eligibility:** The meet is open to all persons 18 years and older as of December 2, 2018. **Your age group for competition shall be determined by your age as of December 31, 2018.** USMS REGISTRATION IS REQUIRED. If you are not registered, your application can be accepted at the meet. **Please include a copy of your USMS card with your registration.**

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

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

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

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

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

**Seeding:** All events except for the 400 Free and 800 Free will be seeded in advance and slowest to fastest. The 400 & 800 Free will be seeded slowest to fastest and only after positive check-in has expired. Men and Women will be seeded together based on time. **The 400 and 800 Free will be limited to the first 30 entries.**

Relays will be deck-seeded and relay heat/lane assignments posted at the meet. Psych sheets will be posted at [www.georgiamasters.org](http://www.georgiamasters.org) around November 27th (depending on the number of late entries being processed).

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

**Entry deadline:** Paper entries must be received by Saturday, November 24th. 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=10924](https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=10924) until November 24th at 11:59PM. No late fee with online registration!



St. Nick's SCM Invitational  
 GA Tech Campus Recreation Center (CRC)  
 December 2, 2018

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

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

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

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

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

Make Checks Payable to: **Atlanta Rainbow Trout**  
**Mail to:** Sean McGaha, 531 Wimbledon Rd NE, Atlanta, GA 30324

**Paper Entry must be received by Saturday, November 24<sup>th</sup>.**

Online entry: [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=2176&smid=10924](https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=10924)

Questions? Email [Shayne.lastinger@comcast.net](mailto:Shayne.lastinger@comcast.net)

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



### ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

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

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

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

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