



# Georgia Masters Newsletter

## Swimming in Georgia

### May 2020

#### *Chair's Corner – May*



What crazy times to live in: my daily highlight is following along what pools and when and how they are going to reopen. I am crossing my fingers that my lake swims can soon be replaced by pool swims again.

Having said that, there are a few pools around Georgia and in the metro Atlanta area that have opened for lap swimming. I hope many of you get to swim again soon!

Though pools are reopening and or talking about it, we made the difficult decision to cancel the Long Course Meet at Mountain View. We want to give everyone enough time to get back in the water safely and make sure their stamina and performances have enough time to develop before we host a meet.

Please stay safe and comply with CDC guidelines and recommendations as pools reopen, so we can contribute our part for this pandemic to be over rather sooner than later.

#### **Don't Miss These Events**

#### ***Summer Fitness Challenge 2k Swim – July 15-31***

With USMS competition on hold now for the foreseeable future, we know it is hard to set any type of swimming goals. One possible goal might be the upcoming Summer Fitness Challenge (2<sup>nd</sup> in the USMS Fitness Challenge Series), which is currently scheduled for July 15-31. Many Georgia pools have or will soon open, so this will be a good event to focus on.

Those of you have resumed swimming are probably finding that you are not nearly in the shape you were in pre-pandemic- this would be a perfect event, since it is not based on time, just simply completion. It can also be done in any fashion. It doesn't have to be done as a straight 2k. You can break it up into segments – do different strokes, rest when needed, whatever you want. It can be done in open water (such as lake swimming) or in a pool.

To enter, just go to the USMS website at [www.usms.org](http://www.usms.org) – click on Events, then on Fitness Events- and you will see the Fitness Challenge, and online entry. The National Office is also looking at creating a Dry Land alternative for those swimmers who do not yet have swimming access (which is still true for many states).

As you know, USMS has cancelled all competitive swim events at least through Summer Nationals, which would have been in mid-August. The USMS Convention, originally scheduled for mid-September, has also been cancelled. Convention business will instead be held in a virtual format. Instead of sending out our usual list of upcoming events, we'll send out updates when events are allowed to resume (hopefully in a few months).

Our Georgia LMSC conference calls (now done on Zoom) are continuing to take place – typically on the first Sunday of each month at 7:00pm. If you would like to participate, be sure to contact Chair **Britta O'Leary** ([Brittaoleary@gmail.com](mailto:Brittaoleary@gmail.com)) so she can send you the info for accessing the session.

## Other News

### ***Georgia Pools Begin to Reopen***

By Lisa Watson

At long last, many Georgia pools have started to reopen, with restrictions. Some pools only allow lap swimming, while others only allow family recreational swims at segmented times – all with reduced numbers. No summer league swimming, or group swim practices. But at least it's a start in returning to the sport we all love.

My last swim before the Coronavirus Lockdown was March 16. I returned to the water on May 25. Due to the current restrictions at this facility, I was only allowed a 1-hour timeslot for workout, whereas I have been used to doing 2-hours plus (pre-pandemic). Well, as it turns out, 1-hour was just plenty. I thought I was taking it easy, but I was completely exhausted after my workout-and still tired the next morning when I swam with arms feeling quite sore. I will keep at it, and hopefully in time, my prior swimming stamina will return.

For those of you who have returned to the water, I imagine you are experiencing similar feelings-and may be frustrated that you can't do what you had been used to doing. USMS has sent out guidelines for returning to the water, with tips to ease the transition. We are reprinting these guidelines in this newsletter, along with some other tips that we think would be helpful.

For those who have resumed swimming, welcome back! If your pool is still closed, another alternative could be lake swimming- now that the weather is warm again.

I will say that regardless of how sore and tired I've been feeling from my recent swims, it's all worth it- as all swimmers know, there is nothing like the experience of being in the water!

### ***How hard should you swim after a long hiatus?***

By Terry Heggy, Streamlines

Are you salivating at the thought of getting back in the water? Craving that comforting hint of chlorine currently missing from your skin and hair? Yearning for exercise to offset your addiction to double-peanut-fudge-lump ice cream?

Regardless how excited you are to resume your domination of your workout lane and renew the friendships you've missed during your time away from the pool, there are a few things you should consider as pools reopen and workouts resume.

#### **Safety First**

You've already read 50 million articles about social distancing and adhering to Centers of Disease Control and Prevention guidelines for minimizing virus risks, so I won't belabor that point. Just be courteous and safe.

But swimming is a unique physical activity. If you haven't been in the water, your body requires time to re-acclimate, even if you've been emulating

swimming motions in your daily workouts. Let's ease back into it, shall we?

### **Technique**

After an extended absence, proper form may be elusive, increasing the chance of shoulder injury. Suppress your impatience and recognize the advantages of focusing your initial workouts on recovering and refining your technical skills. This is the perfect time to incrementally ramp up your exercise intensity while simultaneously improving your efficiency.

Rather than measuring workout success by the level of suffering achieved, track the number of stroke improvement tips you can glean from your coach. Do more drills. Minimize stroke counts, focus on alignment, and dial in your cadence and timing. Swim smarter, not harder.

### **Awareness**

The most successful athletes are supremely attentive to the signals received from their bodies. Not only do they sense how their bodies minimize resistance and apply propulsive forces as they move through the water, they also tune into how joints and muscles respond to effort.

***The exertion continuum***—Warm up at a relaxed pace while monitoring your perceived flexibility and elasticity limits. In other words, if something feels tight, give it more time to warm up before pushing hard. Range of motion typically decreases during time away from the pool, so take your time working your way back to full extensions. Add effort only when you're confident that all the body parts involved feel warm and loose.

***DOMS***—Delayed onset muscle soreness provides unmistakably accurate feedback on whether you've worked too hard. Overdo the effort and you'll get sore. Be too lazy, and you won't feel a thing. The problem is the delayed onset part; the feedback only appears in the days following your misjudgment of what you can handle. It's too late

to adjust. Fortunately, most Masters athletes have life experience to call upon. We've been sore in the past and should be able to remember how good we felt during exercise that left us hobbling in pain a few days later. Tap into those memories to find the sweet spot for the intensity and duration of your first workouts.

The bottom line is that it's better to err with a ramp-up curve that's too flat rather than one that's too steep. Taking it a tad too easy risks a slight delay in your return to full-blast training tolerance, but overstressing yourself means significant time lost to soreness or injury. Invest your back-to-the-water enthusiasm in honing your swim skills rather than in misguided machismo. As a wise man once said (a few paragraphs ago), swim smarter not harder.

### **The Fun Factor**

Take a moment to be grateful for the opportunity to swim again, regardless how new restrictions might complicate the experience. Review the reasons you love this sport, and let those joys overwhelm any frustrations you might face. Keep your distance, but don't neglect the connections that are such an important part of Masters. Share your excitement through social media and relish the sweet nirvana of soggy fatigue you feel at the end of your workout.

Each athlete has a unique path back to "normal." The optimal effort for your individual rehab is influenced by:

***Age***—If your comeback after college was 30 years ago, chances are good that you won't be able to restore your speed and fitness as rapidly as you did back then. It's OK to start with low yardage, take extra rest, and get out early if needed. The important thing is to get started, and then increase the distance and effort as swim fitness returns.

***Genetics***—Some people are blessed with bodies that recover quickly. Those of us who aren't must remain patient and committed.

**Hiatus activities**—If you did significant dryland training, stretching, and cardio work while out of the water, you should be able to regain your previous swim fitness within a few weeks. Here are some suggestions for having fun as you rediscover your Masters mindset.

**Test set**—Record your performance for a set you can repeat each week to track your progress. 10 x 100s freestyle on the fastest sendoff you can hold is a great one, as is a timed straight 1000 or 400 IM. Expect to improve for a couple of weeks, with a likely plateau (or even downhill slide) before improving again.

**Set new goals**—Hey, this season is different than any one you've had before, so why not celebrate that difference? Pick a new stroke or distance to swim in competition (200 butterfly, anyone?). Attend a meet in a different city. Commit to flipping every turn in workout, etc.

**Personal virtual meet**—Challenge a rival to time one event each week and compare that time with yours. Reach out to an old high school competitor or to former college teammates. Incorporate time handicaps if necessary or set a goal for a group of friends to target a combined time for a virtual relay.

There are aches, pains, and disappointments with any return to swimming after a prolonged layoff, but the rewards continue long after the annoyances are forgotten. Good luck, stay healthy, and swim with a smile!

## Quick Suggestions for Getting Back into the Pool

By Bob Kohmescher

Here are my quick suggestions:

- Significantly cut the distance you were doing for at least a week or two – instead of 3,000, start off with 2,000 or even less.
- Enjoy the water – 500 instead of 5x100. This is not the time to be worried about times.

- Spend time on stroke & turn improvement
  - How far are you coming off the wall on your turns?
  - How many strokes do you take to swim the length of the pool?
  - Enjoy some pull sets with your paddles and some kick sets.
- After about two weeks, start to swim interval sets and build back to where you were.

## More Suggestions...

By Mark Rogers

Here are some tips to help you readjust to life back in the pool. If you can think of anything to add, please do.

- Hydrate well before you enter the pool, during your swim, and hydrate after.
- It's ok that your suit doesn't fit like it used to -- most of us will not...
- Take it slow and easy in anything you do as you readjust to your life of laps.
- Before you get in the pool...stretch...stretch more...and stretch again!! Do dynamic stretching before a swim and static stretching after swimming.
- When you get in and push off...develop a moderate free stroke and just enjoy the moment
- No marathon swim, no endurance test as to where I am at...this is not the time for that!
- Good fundamentals, smooth turns, and strong cardio building. NO 3/5/7 or anything. Just swim smooth and relaxed.
- Bottom line...use the first two weeks to just slowly build back up and enjoy your laps, goggles on, swim friends, and getting our life back

## USMS Year-Plus Membership

As pools reopen, you might run into old and new swim friends. Please spread the word to those interested, that you can join USMS for the remainder of 2020 and entire 2021 for ONLY \$60!

This is a fantastic deal! They will not only receive access to the USMS forums and online tools, with plenty of resources for masters swimmers, including workouts and chats with like-minded people, but also the opportunity to compete in virtual fitness challenges. And once meets are start up again, that whole "world" opens up to a USMS member.

### ***Swimmer Profile –David Faulkner***

By Elaine Krugman



As I have gotten to know my fellow Georgia Masters swimmers over the past ten years, I have learned the paths that have led them to swimming are as varied and unique as each of our members. For some, it's to lose weight, and for others, swimming is a stress reliever or just a way to have fun.

Perhaps for you, it's all of the above. We all have a different story to tell.

Atlanta Rainbow Trout's board secretary (and former Swim Director), David Faulkner, found his way to Georgia Tech's pool as a way to cope with a heartbreaking loss. "The reason I joined the swim team—my mother died unexpectedly in the beginning of '97, and I needed something to be involved in besides work. I was reading Southern Voice, a gay newspaper, and it said, 'Would you like to swim with a gay-friendly Masters swim team?' It was the best thing I could have done, because exercise is very good for your mental health, and it's really helped me deal with losing my mom," David explained.

Swimming was a natural fit for David because he grew up in Miami with a backyard pool and learned to swim at an early age although he didn't

join a team. "I never competed in a swim meet until the age of 39," David said, adding that his first swim meet was at Georgia Tech, after joining the team in 1997.

That first Masters meet experience was one to remember for the new competitor. As David recalled, "In one of my events, it was a false start, and I didn't hear [the whistle]; so, I kept swimming. All of a sudden, I swam over a thin a rope, and I'm thinking, 'What in the heck?' Then, a short time later, I swam over another rope! And, when I got out of the pool, my friends said, 'Didn't you feel that rope?' And, I said, 'Yeah, and what was that all about?' When there's a false start, and you don't hear it, they drop a rope, so that's how you know it's a false start. Nobody ever told me that! It was funny. I laughed, they laughed." At the conclusion of that meet, David remembered thinking, "This is a blast, this is so much fun!"

And, since that first meet in 1997, he says he has been in so many meets that he has lost count. "I have competed in six Gay Games, and I've been in a bunch of IGLA's (International Gay and Lesbian Aquatics). IGLA's are every year except on the fourth year when the Gay Games happen. They were started in San Francisco by Dr. Tom Waddell. He was a physician, and he was gay, and he thought there should be a sporting event geared for gay and lesbian people. The first one was in 1982 in San Francisco," David said.

In addition to the Gay Games, a worldwide sport and cultural event that promotes acceptance of sexual diversity, David competed with fellow Atlanta Trout member, Henry Griesbach, in the 2nd annual Tel Aviv Games in Israel, in March of 2019.

For David, it was a return trip to the country he had traveled to with his mom as members of Friendship Force, a non-profit organization in Atlanta. He had fun memories of being shown the country by their host family and being taken to float in the Dead Sea, a very unique "swimming" experience!

At the time of our February interview, David was preparing to travel the following week to Melbourne, Australia, for the next IGLA meet. (In 2002, he participated in the Sydney IGLA meet and swam in the Olympic pool used for the 2000 Olympics.)

The IGLA meets are an annual highlight for David. When asked about his favorite Masters Swimming memory, he replied, “Swimming in the IGLA meet and being involved when we hosted IGLA at Georgia Tech... We are encouraged to host someone (from another city) to keep expenses down, so for both IGLA meets, I hosted somebody in my condo... They encourage all of the people that sign up for IGLA to sign up for a hosted dinner. It’s a great way to visit, socialize outside of the pool while attendees are in your city, or you are in their city. The social component is really fun.”

According to David, that social component is the most fun following competition on the final day of the meet when the “Pink Flamingo” takes place. As he explained, “Teams are encouraged to do a skit, and you have to sign up in advance. There is a time limit on the skit; and, part of it has to be on the pool deck, and part of it has to be in the water. You can imagine with a lot of gay and lesbian people, it’s going to be very campy, there is going to be a lot of music involved; and, most gay and lesbian people are liberal, so it’s going to have a political bent to it... They have judges, and when it was here in Atlanta, the judges were well known drag queens, so it’s funny as all get out!” In addition to traveling the world to compete in IGLA and Gay Games meets, David enjoys swimming in local competitions, especially the Spring Splash and St. Nick’s meets that his team hosts each year.

A fierce competitor David is not, though. As matter of fact, he doesn’t set race time goals or any goals other than to just have fun. “If I have a fast swim, I’m happy, but, if I don’t, well, I’ve done something healthy for the day,” David explained

about his approach to competition, adding, “I just love being in the pool environment and swimming for fun... I just get up there and do my best.”

Doing “something healthy” for himself is important to David, especially considering his late father’s medical history. “My dad had heart disease and had his first heart attack at the age of 39 and had a fatal heart attack at 51. I am super healthy. I have no blood pressure problems... I know how good swimming has been for me. I have no heart disease. There are so many reasons that [swimming] was good for me.”

One of those reasons is that swimming is such a good de-stressor. David is a Senior Event Planning Manager for the Hyatt Regency, in Atlanta. “I can put in a full day at work and then I go to practice; and, if I’m stressed, I can do 50 yards, and I don’t even remember why I was stressed. It just relaxes me so much.”

In addition to swimming, David gets in other exercise to keep him mentally and physically healthy. “I walk a good bit, and I do some biking. I should do some weight training, but I’m super lazy on that. I just don’t. The older you get, you lose muscle, and weight training would be very good for me, but it’s a time issue as well,” he said.

David’s current activities seem to suit him well and keep him happy, though. “A lot of my really good friends are on the swim team. I realized that people that join the team want to live a healthy lifestyle. They’re drug-free— they might have a drink or two, but they don’t drink excessively. It’s just a great environment; I just thoroughly enjoy it.”

**Swimming Humor**

**Desperate for a Place to Swim?**



**Did you ever lifeguard?**  
We don't usually include videos with our newsletters, but we need a little humor as pools start to open up again. Just a hint – this is why we shouldn't use seniors as lifeguards!

## *Upcoming Events*

<b>June 2020</b>			
<b>7*</b>	Monthly LMSC Call – contact Britta O’Leary at <a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>		
<b>July 2020</b>			
15-31	Summer Fitness Challenge - 2k Swim		
<b>August 2020</b>			
<b>September 2020</b>			
		23-27	USMS Convention – a virtual conference!

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.

## *Swim Websites*

ASL Silverking TRI-Masters	<a href="http://Swimasl.com">Swimasl.com</a>
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://douglascountystingrays.org">douglascountystingrays.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 Gainesville	<a href="http://www.swimgainesville.com">www.swimgainesville.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>			
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Atlanta Rainbow Trout	ART	Shayne Lastinger	shayne.lastinger@comcast.net
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DeKalb Aquatics Masters	DAQM	Melissa Wilborn	daqswim@bellsouth.net
Decatur Family YMCA	DFY	Beth Costello	bethc@ymcaatlanta.org
Eagle Watch Eagles Masters	EWE	Brett Daniels	tricoachbrett2005@yahoo.com
Georgia Masters	GAJA	Lisa L Watson	lisa.watson@ung.edu
Global Adaptive Aquatics	GAA	Helmut Levy	swim@globaladaptiveaquatics.org
Gwinnett County Masters Club	GMAC	Destry Dispain	destry.dispain@gwinnettcounty.com
Great White Shark Aquatics	GWSA	Phil Donihe	coachphil17@yahoo.com
Columbus Aquatic Club	HURM	Kathy Gramling	cachurricanes@gmail.com
Kennesaw State University Masters	KSUM		
Life Time Swim Georgia	LTMS	Alicia Kockler	ryanbell@msn.com
Marietta Marlins	LINS	Larry Baskin	larry@larrybaskin.com
Nautical Milers Special Needs Team	NAUT	Patrick Thoreson	<a href="mailto:patrick_thoreson@yahoo.com">patrick_thoreson@yahoo.com</a>
Southern Eagle Aquatics	SEGA	Beau Caldwell	<a href="mailto:swimsega@gmail.com">swimsega@gmail.com</a>
Stingrays Masters Swimming	RAY	Ian Goss	rayscoach@gmail.com
Spartans Aquatic Masters Club	SAMC	Kris Kester	kris@kris-fit.com
Swim Gainesville	SG	Joy Kelleher	<a href="mailto:joylohr@yahoo.com">joylohr@yahoo.com</a>
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net
Wade Walker sharks	WWYS	Avel Lai Leung	<a href="mailto:Avel-laileung@comcast.net">Avel-laileung@comcast.net</a>
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
Augusta Recreation and Parks Blue Tides	ARP	Barbara Ingold	arpbluetides@gmail.com
Douglas County Stingreys	DCS	Jarrod Hunte	douglascountystingrays@gmail.com
Dynamo Swim Club Masters	DYNA	Mike Cotter	mikedynamo@earthlink.net

Fyns	FYNS	Raquel Terroba	fyns.coach@gmail.com
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@gsc.edu
Life Time Swim Alpharetta	ALPL	Ryan Moss	COCNAquaticsManager@lt.life
Life Time Swim Atlanta	ATLL	Katie Payne	GAATAquaticsManager@lt.life
Life Time Swim Johns Creek	JCL	Merrie Copeland	GAJCAquaticsManager@lt.life
Life Time Swim Sugarloaf	SUGL	William Breland	GASLAquaticsManager@lt.life
Life Time Swim Woodstock	WSKL	Jonathan Sims	GAMBAquaticsManager@lt.life
Savannah Masters	SAVM	Donna Hooe	rdhooe1@juno.com
Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
Swim Atlanta Masters	SAMS	Scot Davis	sdavisswim1980@yahoo.com
Swim Beyond the Boundaries	SBB	Mandi Bell	<a href="mailto:mandi@swimbeyond.com">mandi@swimbeyond.com</a>
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	Coaches Chairge	(614) 670-1108	<a href="mailto:pateddy52@aol.com">pateddy52@aol.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:ekkrugman@gmail.com">ekkrugman@gmail.com</a>
Stephanie Lemmons	Social Media		<a href="mailto:snlemmons@gmail.com">snlemmons@gmail.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 Chair</b>	(636) 295-3222	<a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>
Andy Rettig	Membership Coordinator	(678) 417-6411	<a href="mailto:arettig@gmail.com">arettig@gmail.com</a>
Mark Rogers	Member At Large		<a href="mailto:mlrogers_98@yahoo.com">mlrogers_98@yahoo.com</a>
Leann Rossi	Member At Large		<a href="mailto:swimfastatlanta@gmail.com">swimfastatlanta@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>

**Open Water swimming without wet suits!**



**Let's hope our pools never look like this again!**

