



# Georgia Masters Newsletter

## Swimming in Georgia

### September 2021

#### Chair's Corner – September

##### Chair's Corner



Hello friends,  
I am so tired but also happy coming out of back-to-back weekends of swim meets in Georgia. Yes! We had two master meets within two weeks. It was fantastic and tiring but

it was oh so fun to be back in the pool and mingling and tingling with my USMS friends. The ART meet at Georgia Tech saw many out of state swimmers attend trying to get some last minute tune up for LCM nationals in or times in general in the big pool. It was a great meet. The week prior we met outdoors for the annual pentathlon meet. Being outdoors, catching the perfect day for the meet weather-wise, added to an amazing get together. We rounded out the perfect day with our LMSC annual meeting which saw many old and new faces attend. I can't wait to see more of you on a pool deck around the country at meets soon.

Let's keep things rolling!

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

#### ***Collins Hill SCM – October 24***

After two years, the Collins Hill SCM Developmental Meet returns on Sunday morning, October 24! Since developmental meets are geared to helping new swimmers and returning swimmers adjust to Masters meets in a low-key atmosphere, this should be especially appealing after the

pandemic-induced long drought from meets. This will also provide a good warmup for the upcoming St Nicholas SCM Invitational at Georgia Tech in December.

The Collins Hill Aquatic Center is an 8-lane pool, located in Lawrenceville. Directions are included on the info page. Warmups are at 9:00am, with a scheduled meet start of 9:30am. The meet should be finished around noon, so swimmers can still enjoy a free Sunday afternoon! As a developmental meet, this is a good opportunity to get in SCM practice times, and for new swimmers, get a nice less stressful introduction into how Masters meets are run. We even have 25 yard events for those swimmers who like really short races! Hand-held watches will be used for timing.

**MASK UP!!** Obviously, we want to be careful about following COVID-19 guidelines. Please wear a mask (for all participants-swimmers, supports, or volunteers) inside the facility. There will be a USMS form regarding COVID guidelines to be filled out at the meet.

**VOLUNTEERS NEEDED** We do need volunteer timers. If you have family or friends attending who want something to do, we'd appreciate the help! Or if you are not planning to swim but have a few hours to donate on Sunday morning, please contact **Lisa Watson** at [lisa.watson@ung.edu](mailto:lisa.watson@ung.edu) .

This meet is sponsored by the **Georgia Killer Whales**. For questions, contact meet direction **Lisa Watson** - [lwatson@ung.edu](mailto:lwatson@ung.edu) or (770) 497-1901- Please, no calls after 8:00pm. The meet info and entry are included with this newsletter for your convenience. You can also easily access the meet information from the Georgia Masters website at [www.georgiamasters.org](http://www.georgiamasters.org) .

***USMS Fall Fitness Challenge:  
1-Mile Swim***

The last event of the USMS Fitness Challenge series will be the 1-mile swim, which can be swum anytime from October 1-15. Coaches, we encourage you to include the 1-mile swim as part of one or more of your practice sessions during that time period, to give swimmers a chance to do this as a group.

Remember that the main goal of the Fitness Challenge is to JUST DO IT! It can be done in any stroke, and either swum continuously or broken up into segments of whatever distances you'd like. A dry land component has also been added, in case there are some swimmers still with no access to a pool.

***USMS LC Nationals: October 6-10***

Good luck to Georgia swimmers who are participating in the upcoming USMS Long Course Nationals in Geneva, Ohio.



***Southside Seals SCY Pentathlon Recap: September 11***

The Southside Seals SCY Pentathlon returned this year to its original venue of Kedron Pool in Peachtree City. What a beautiful sunny day for an outdoor meet! There was a rather small turnout this year of just under 30 swimmers, but we were thankful just to be having a meet again. These swimmers represented the following Georgia clubs and workout groups: Atlanta Water Jocks (AWJ), Andrew & Walter Young YMCA Masters (AWYY), Georgia Killer Whales (GMKW), Columbus Hurricane Masters (HURM), NAUT (Nautical Milers), Swim Atlanta Masters (SAMS),

and host team Southside Seals (SSS). Also represented at the meet was Palmetto Masters (PALM) of South Carolina.

Following are the Pentathlon results:

**Sprint Pentathlon Winners-**

Britta O'Leary (AWJ)	W35-39
Cathy Jones (GMKW)	W50-54
Marianne Countryman (AWJ)	W55-59
Jonathan Mansfield (SSS)	M35-39
Benjamin Dennis (HURM)	M40-44
Mark Rogers (AWJ)	M55-59

**Middle Distance Pentathlon Winners-**

Julie Lewis (UC45)	W50-54
Pam McClure (SAMS)	W55-59
Charlene Cook (UC45)	W60-64
Ginger Penn (UC45)	W65-69
Douglas Carrington (AWYY)	M35-39
Randy Marchman (SAMS)	M55-59
Mike Stille (SSS)	M60-64

**Ironman Pentathlon Winners-**

Vesna Shelnut (SSS)	W35-39
Matt Jones (NAUT)	M30-34
Samy Naguib (GMKW)	M65-69
John Zeigler (GMKW)	M75-79

Congratulations to our 2021 Pentathlon winners!

A huge thanks to meet director **Rob Copeland** and all of the Southside Seals volunteers who helped to put on this meet. Other volunteers included:

- *Timers* Kim Archbald, Lori Broome, Hunter Broome, Jeff Pelletier, Lisa Watson
- *Head Referee* Ed Saltzman
- *Officials* Astrid DeLeon, Nancy Harmon, Doug Kintz, Emily Kintz, Chris Rolka
- *Hospitality* Karol Welling

This meet is part of the newly revised 2021 Georgia Grand Prix!

**Other News**

***Georgia LMSC Annual Meeting  
September 11***

The Georgia LMSC Annual meeting was held in person this year! It was held at the Kedron Pool immediately following the Southside Seals SCY Pentathlon. Again, thanks to **Rob Copeland** and the Southside Seals for arranging for us to be able to have the meeting at their venue.

Special thanks to **Karol Welling** for preparing all the wonderful food for the meeting/social.

Representatives from various Georgia clubs attended the meeting, which was presided over by Chair **Britta O'leary**. Britta stated that our Georgia membership numbers were down somewhat from last year (about 87%) as was the case with many LMSCs due to the pandemic. Ways to increase membership were discussed. Britta also announced that we have created a 2021 Georgia Grand Prix series. See the list of those events later in this newsletter.

Treasurer **Ed Saltzman** reported that our LMSC continues to do well financially. One thing that we did to help our clubs during the pandemic was to pay for the 2021 club dues for all clubs/workout groups who had signed up for 2020.

Vice Chair **LISA WATSON** reported that while there were not many swim meets this past year, the USMS Fitness Challenges offered a way for our members to participate in a swimming event. The final 2021 Fitness Challenge will be the **Fall Fitness Challenge**, which is a 1-mile swim. It can be swum anytime between October 1 -15. She also announced that the Collins Hill SCM Developmental Meet will be returning this year, to be held October 24.

Secretary **Karol Welling** provided the minutes from the 2020 Annual Meeting, which was held virtually last October. The 2020 minutes were approved.

Fitness Chair **John Zeigler** reported that the GO THE DISTANCE national postal event has many Georgia members participating. He named all the Georgia swimmers currently participating in this event.

At Large Member **Jeffrey Tacca** talked about his participation this past summer in the ADULT SWIM LEAGUE and encouraged other swimmers to take part in it next year. He also stated that perhaps many of these summer league participants might be possible membership candidates for USMS.

**Elections** The current LMSC officers were re-elected to their respective positions for another 2-year term:

- Chair- Britta O'Leary
- Vice Chair- Lisa Watson
- Secretary- Karol Welling
- Treasurer- Ed Saltzman

***2021 Georgia Grand Prix***

With local meets returning, we have reinstated the Georgia Grand Prix for 2021.

The following events are included:

- Jul USMS SC Nationals, Greensboro, NC
- Aug 2 Georgia Games Open Water
- Sep 11 Southside Seals SCY Pentathlon
- Sep 19 Atlanta Rainbow Trout LC @ Ga Tech
- Oct 1-15 USMS Fall Fitness Challenge: 1 mile swim
- Oct 6-10 USMS LC Nationals- Geneva, Ohio
- Dec 12 St Nicholas SCM Invitational @ Ga Tech

## **2022 USMS Registration**

It's getting time for registering your membership for 2022! Coaches will be notified by USMS to submit their Club or Workout Group registration, beginning on October 1. Remember that individual swimmers cannot register until the club or workout group has been registered. Individual swimmers can register as of November 1. Your 2022 registration will be valid through December 31, 2022.

For any questions about membership, contact our Membership Coordinator **Mark Rogers** at [mlrogers\\_98@yahoo.com](mailto:mlrogers_98@yahoo.com)

## **Swimmer Profile –James Breen**

By Elaine Krugman



Growing up in Evanston, Illinois, James (“Jamie”) Breen was fortunate to attend a high school with an excellent swimming program and coach. It was a great start to what has been a lifelong love of swimming.

Following high school, Jamie majored in radio and TV at Northwestern University where his father taught. Thinking he wasn’t a fast enough swimmer and his swimming career was over, he hadn’t considered trying out for the swim team.

During the first week of classes, Jamie ran into a former high school teammate on campus who became the captain of Northwestern’s swim team. He wanted to know why Jamie wasn’t trying out for the team. Jamie replied he didn’t think he was good enough, but, he was told otherwise and was encouraged to try out for the team. Jamie ended up swimming for Northwestern University for three years until he ran up against time conflicts with his editing work for school. He still loved to swim, though, so he played water polo on the club team instead.

Following college, Jamie swam occasionally while working in investment management and then for his own financial company. As he became more entrenched in his career, got married, and had a family; he had less time to swim. Twenty years had passed before returning to the water.

“Maggie, my daughter, I thought had a bit of talent, and she had a muscular build, big shoulders, great joint flexibility and she seemed to like the water pretty well. I took her to Dynamo. I thought that would be a good place for her to go. I would be sitting there watching her practice... she did it dutifully for two months. I was driving her home one day, and talking to her about all the things I had seen her do, and I said, “This is great! Don’t you love this?” She looked at me and said, “Dad, if you think this is so good, why don’t you do it?” Jamie laughed.

The swim dad didn’t want to put pressure on Maggie to do what she didn’t enjoy, but he realized he really missed swimming. His life had calmed down enough by 2006 that he joined USMS and was able to fit in swimming sessions at Ansley Golf Club where he is a member. The pool at the club is closed from October until March, though,



so Jamie started swimming at Dynamo with their Masters team.

“I came out of (swimming) retirement with just a dreadfully bad stroke (recovery too close to his body with his right arm and over-rotating on the left). This year, I went back to Dynamo in winter, and I was swimming with Rebecca Carpenter, and Stacy Simms; they’re the new coaches there. Stacy videoed me on her phone, and I was telling her something like, ‘Well, I think I’m ok under the water, so it’s ok.’ She was like, ‘Dude...!’ Other coaches have told me stuff, but there was something about the way she said that this is what you have to do; I’ve been able to fix it. I’m swimming faster now than I probably have in ten years. The pool meet bug may bite again; we’ll have to see! I age up this year; I’ll be 60.” Jamie has increased his training yardage this year, currently swimming over 4,000 yards, 4-5 times per week. “It’s amazing to me how much endurance is coming back,” he said, adding that he is “cautiously optimistic” about his future prospects in competition.

When asked about the type of training Jamie has been doing, he replied, “I try to break it up by days. We have three organized workouts a week right now at Ansley Golf Club, where I have been swimming. We do a little bit more fast stuff on Mondays, more distance stuff on Wednesdays, and we try to do IM stuff on Fridays. I get in either one or two times a week outside of that; and, when I do, I try to do a lot of backstroke (to train for the 200 Backstroke in future competition).” (In college, Jamie competed in the 200 Butterfly and 400 IM.)

On days when Jamie isn’t coached with a set workout, he relies on USMS. “I love the workouts that you can get on the Masters website. I’m kind of on my own, and when I am making workouts for myself, they tend to get stale; so, the workouts you can get on USMS are a [great resource](#).” Dryland training hasn’t been part of Jamie’s routine in the past; however, he plans on adding strength training, yoga, and other stretching for a

well-rounded program. He is also considering hiring a personal trainer.

Over the past few years, Jamie has been swimming more open water with his improved freestyle stroke. As he explained, “Part of the reason for moving towards open water for competing is it’s a fresh context for me; and, if you have never swum a course before, it’s a best time by definition.” Jamie also enjoys the solitude of swimming in open water.

The open water enthusiast has swum the [St. Croix, U.S. Virgin Islands 5-Mile \(Buck Island to The Buccaneer\)](#) race five or six times. “They do a great job, and it’s just beautiful. It’s been a lot of fun doing that. It gives you something to point at when you’re training. I have [also] done the [Big Shoulders Race in Chicago](#), which is a 5K race in Lake Michigan. I’ve done that a few times... I’m [going to do] a [relay swim around Key West](#).” He has done the entire Key West swim once. In the future, Jamie would like to compete in the [Bermuda Round the Sound Swim](#). He has also been talking with his college teammate about swimming the Strait of Gibraltar. “Apparently, the bureaucracy of the Gibraltar swim is pretty intense. You have all kinds of red tape that you’ve got to go through; but, it’s supposedly a beautiful swim, so I’m thinking of that as maybe a precursor to giving the English Channel a try. Actually, before attempting the English Channel, I think what I would probably do first is try the Catalina Island swim, and then the Channel.”

“There’s a great book [by Marcia Cleveland] about Channel swimming, and it’s called [Dover Solo](#). It kind of goes through the [training] process. I guess it would be true whether I do Catalina or the English Channel; you’ve got to pretty much put everything else in your life on the back burner for six months. You have to train for it very seriously, particularly if you are old. That includes a lot of work on acclimation. You want to give it the respect it’s due; and, it’s a hard, hard thing. But, with the right training, I think it’s doable.” Good luck, Jamie!

## *Upcoming Events*

<b>October 2021</b>			
1-15	USMS Fall Fitness Challenge – 1 mile	6-10	USMS LC Nationals – Geneva, OH
15-17	Rowdy Gaines Classic SCM – Orlando, FL	<b>24</b>	Georgia LMSC Zoom Meeting – to participate, contact Britta at <a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>
<b>November 2021</b>			
<b>TBA</b>	Georgia LMSC monthly Zoom meeting	13-14	Sarasota, FL SCM
<b>December 2021</b>			
<b>TBA</b>	Georgia LMSC monthly Zoom meeting	<b>12*</b>	St. Nicholas SCM Invitational @ Georgia Tech
4&5	St Nicholas SCM Invitational @ GA Tech		
<b>January 2022</b>			
<b>TBA</b>	Georgia LMSC monthly Zoom meeting		
<b>February 2022</b>			
<b>TBA</b>	Georgia LMSC monthly Zoom meeting	12&13	Southeast Zone SCY Championship - Auburn

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.

<i>Swim Websites</i>	
ARP Blue Tides	<a href="https://www.augustaga.gov/DocumentCenter/View/12491/ARP-Blue-Tides-flyer">https://www.augustaga.gov/DocumentCenter/View/12491/ARP-Blue-Tides-flyer</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://www.swimdcs.com">www.swimdcs.com</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>

***For more information about the clubs and teams,  
Visit [www.georgiamasters.org](http://www.georgiamasters.org)***

Name	Abbr	Contact	Phone	Email
<b>GEORGIA CLUBS</b>				
Atlanta Rainbow Trout	ART	Jake Macks	(602) 821-2677	<a href="mailto:jake.macks@gmail.com">jake.macks@gmail.com</a>
Atlanta Water Jocks	AWJ	Lorenzo Benucci	(404) 353-2952	<a href="mailto:lbenucci@gmail.com">lbenucci@gmail.com</a>
Camden PSA Masters	CAST	John Eife	(407) 212-2410	<a href="mailto:jdeife@co.camden.ga.us">jdeife@co.camden.ga.us</a>
Chastain Park Athletic Club	CPAC	Star Brackin	(404) 841-9196	<a href="mailto:masters@chastainparkac.org">masters@chastainparkac.org</a>
Columbus Aquatic Club	HURM	Andrew Beggs	(610) 742-8114	<a href="mailto:andrew.t.beggs@gmail.com">andrew.t.beggs@gmail.com</a>
Concourse Athletic Club	CONC	Chris Nasser	(770) 713-3694	<a href="mailto:swim@concoursemasters.com">swim@concoursemasters.com</a>
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	(770) 736-3512	
Dutch Island Dolphins	DID	Joyce Bustinduy		<a href="mailto:jobustinduy@gmail.com">jobustinduy@gmail.com</a>
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	(706) 322-8269	<a href="mailto:sbalkcum@ymcacolumbusga.com">sbalkcum@ymcacolumbusga.com</a>
Kennesaw State University Masters	KSUM	Cheryl Richardson	(615)828-9206	<a href="mailto:bricha89@kennesaw.edu">bricha89@kennesaw.edu</a>
Nautical Milers Special Needs Team	NAUT	Patrick Thoreson	(770) 289-0235	<a href="mailto:patrick_thoreson@yahoo.com">patrick_thoreson@yahoo.com</a>
Southern Eagle Aquatics	SEGA	Beau Caldwell	(614) 440-1660	<a href="mailto:swimsega@gmail.com">swimsega@gmail.com</a>
Spartans Aquatic Masters Club	SAMC	Kris Kester		<a href="mailto:spartanscoachkarl@gmail.com">spartanscoachkarl@gmail.com</a>
Summer Hill Orcas Swim Club	SHOC	Kaleigh Shook	(706) 835-7604	<a href="mailto:summerhillrec@gmail.com">summerhillrec@gmail.com</a>
Swim Gainesville	SG	Joy Kelleher	(904) 955-7344	<a href="mailto:joylohr@yahoo.com">joylohr@yahoo.com</a>
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	(770) 657-1851	<a href="mailto:keith.berryhill@windyhillclub.com">keith.berryhill@windyhillclub.com</a>

<b>GEORGIA SUPER TEAMS - GAJA</b>				
Georgia Masters	GAJA	Lisa L Watson	(770) 497-1901	<a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>
Athens Bulldog Swim Club	ABSC	Craig Page	(706) 461-8288	<a href="mailto:craigwpage@gmail.com">craigwpage@gmail.com</a>
Augusta Recreation & Parks Blue Tides	ARP	Barbara Ingold	(815) 370-7722	<a href="mailto:arpbluetides@gmail.com">arpbluetides@gmail.com</a>
Douglas County Stingreys	DCS	Jarrod Hunte	(352) 804-2106	<a href="mailto:coachjrodhunte@gmail.com">coachjrodhunte@gmail.com</a>
Dynamo Swim Club Masters	DYNA	Rebecca Carpenter		<a href="mailto:rebecca@dynamomultisport.com">rebecca@dynamomultisport.com</a>
Georgia Masters Killer Whales	GMKW	Danny Palmer	(770) 548-7562	<a href="mailto:danny@buckheadaquatics.com">danny@buckheadaquatics.com</a>
Savannah Masters	SAVM	John Denion	(912) 655-6589	<a href="mailto:jmd7362@gmail.com">jmd7362@gmail.com</a>
Southside Seals	SSS	Rob Copeland	(404) 667-7902	<a href="mailto:rob_copeland@comcast.net">rob_copeland@comcast.net</a>
Stingrays Masters	RAYS	Michael Soderlund	(678) 877-1306	<a href="mailto:rebecca@dynamomultisport.com">rebecca@dynamomultisport.com</a>
Swim Beyond Atlanta	SBA	Mandi Bell	(404) 450-4956	<a href="mailto:mandi@swimbeyond.com">mandi@swimbeyond.com</a>
Swim Macon Masters	SMM	Jason Michael	(478) 474-9689	<a href="mailto:mrbreaker66@gmail.com">mrbreaker66@gmail.com</a>
Warner Robins Aquanuts	WHA	Daniel Murray	(478) 714-8246	<a href="mailto:dmurray54.dm@gmail.com">dmurray54.dm@gmail.com</a>
<b>LIFE TIME SWIM</b>				
Life Time Swim Alpharetta	ALPL	Aquatics Manager	(678) 327-2623	<a href="mailto:GAALAquaticsManager@lt.life">GAALAquaticsManager@lt.life</a>
Life Time Swim Atlanta	ATLL	Aquatics Manager	(678) 832-2323	<a href="mailto:GAATAquaticsManager@lt.life">GAATAquaticsManager@lt.life</a>
<b>SWIM ATLANTA MASTERS</b>				
Swim Atlanta Masters-Cumming	SAMS	Andrew Rogers	(770) 888-0010	
Swim Atlanta Masters-Georgia Tech	SAMS	Clarín Ellard	(678) 230-4248	<a href="mailto:coachclarin@gmail.com">coachclarin@gmail.com</a>
Swim Atlanta Masters-Hamilton Mill	SAMS	Mary Tripp	(678) 889-2039	

Swim Atlanta Masters-Johns Creek	SAMS	Elizabeth Stowe	(770) 232-7227	
Swim Atlanta Masters-Marietta	SAMS	Pat Eddy	(614) 670-1108	<a href="mailto:pateddy52@aol.com">pateddy52@aol.com</a>
Swim Atlanta Masters-Roswell	SAMS	Andy Griffin		<a href="mailto:andy@swimatlanta.com">andy@swimatlanta.com</a>
Swim Atlanta Masters-Sugarloaf	SAMS	Scot Davis	(678) 442-7946	<a href="mailto:scot@swimatlanta.com">scot@swimatlanta.com</a>

GEORGIA SUPER TEAMS - YMCA				
YMCA of Metro Atlanta	ATLY	Becky Shipley	(678) 569-9622	<a href="mailto:beckys@ymcaatlanta.org">beckys@ymcaatlanta.org</a>
Andrew & Walter Young YMCA Masters	AWYY	lilonga Thandiwe	(404) 523-9622	linz.t@mindspring.com
Decatur Family YMCA	DFY	Beth Costello	(404) 377-9622	bethc@ymcaatlanta.org
G.Cecil Prueett Community Center YMCA				
J.M Tull-Gwinnett Family YMCA				
McCleskey-East Cobb Family YMCA				
Summit Family YMCA				-

***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_copeland@comcast.net">rob_copeland@comcast.net</a>
Pat Eddy	Coaches Chair	(614) 670-1108	<a href="mailto:pateddy52@aol.com">pateddy52@aol.com</a>
Elizabeth Giesecking	Member At Large		<a href="mailto:elizabeth@giesecking.us">elizabeth@giesecking.us</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>
Britta O'Leary	<b>LMSC Chair</b>	(636) 295-3222	<a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>
Mark Rogers	Membership Coordinator		<a href="mailto:mlrogers_98@yahoo.com">mlrogers_98@yahoo.com</a>
Leann Rossi	Diversity & Inclusion Chair		<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>
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 SCM Developmental Meet

### Sunday, October 24, 2021

### Sanction No. **451-R001**

### Held Under the Sanction/Approval of USMS, Inc. & Georgia LMSC

**Time:** Sunday--Warm ups at 9:00am. Meet begins at 9:30am.

**Location:** The Collins Hill Aquatic Center (770/237 5647), which is an 8-lane SCM pool, is located on Collins Hill Rd in Lawrenceville. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

**Directions:** 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 24, 2021**. 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.

**Rules:** 2021 USMS rules apply.

**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. Times from this competition **will not** be eligible for USMS Top 10 consideration, or USMS records.

**Fees:** \$18.00 for up to 5 events; \$2.00 surcharge for deck and late entries (received after **October 22**). \$1.00 surcharge for entries without 3 x 5 index cards. Make checks payable to **LISA WATSON**. Mail to:

Lisa Watson  
804 Howell Court  
Duluth, GA 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	74 M
Event #: 6	1:23
100 yard breast	
(please leave room for timers)	

**Seeding:** Entries received by **October 22** 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.

**COVID GUIDELINES:** Standard COVID-19 guidelines should be observed. WEAR A MASK (except when swimming, of course). There will be a USMS form on COVID guidelines that all attendees (swimmers, supporters, volunteers) should fill out at the registration desk. If you have tested positive for the virus, showing symptoms or have been exposed within the past two weeks, do not attend.



# Georgia Masters Swimming

## Collins Hill "Veteran's Day" SCM Developmental Meet

### Sunday, October 24, 2021

### 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		\$

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



### 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 acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS coach or club administrator immediately.
5. 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.
6. 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	



**U.S. MASTERS  
SWIMMING**

**USMS COVID-19 Attendee Screening Form**

The following form is based on CDC guidance and must be completed by all attendees (swimmers, volunteers, officials, and facility staff) in the 24 hours prior to the event and submitted prior to entering the facility. If the answer to any of these questions is yes, the participant shall not attend the event unless clearance is given by their medical provider.

Name <small>Printed</small>		Date	
Name <small>Signature</small>		Temperature	
<b>In the past 48 hours, have you had any of the following symptoms?</b>			
Yes <input type="checkbox"/> No <input type="checkbox"/>	Fever of 100.4 F (38 C) or above	Yes <input type="checkbox"/> No <input type="checkbox"/>	Cough
Yes <input type="checkbox"/> No <input type="checkbox"/>	Trouble breathing, shortness of breath, or severe wheezing	Yes <input type="checkbox"/> No <input type="checkbox"/>	Muscle aches
Yes <input type="checkbox"/> No <input type="checkbox"/>	Chills or repeated shaking with chills	Yes <input type="checkbox"/> No <input type="checkbox"/>	Sore throat
Yes <input type="checkbox"/> No <input type="checkbox"/>	Loss of sense of smell or taste, or a change in taste	Yes <input type="checkbox"/> No <input type="checkbox"/>	Headache
Yes <input type="checkbox"/> No <input type="checkbox"/>	Nausea, vomiting, or diarrhea		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Within the past 14 days, have you been in close proximity (6 feet or closer for a cumulative total of 15 minutes) to any individual who tested positive for COVID-19 or has symptoms consistent with COVID-19?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Are you isolating or quarantining because you may have been exposed to a person with COVID-19 or are worried that you may be sick with COVID-19?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Are you currently waiting on the results of a COVID-19 test?		

The event host shall keep all original USMS COVID-19 Attendee Screening Forms for no less than 90 days following the completion of the event or until directed by USMS to dispose of them.