



The Georgia Masters Newsletter

Swimming in Georgia

April 2017

Don't Miss These Events

ART Spring Splash -- April 23



The annual ART Spring Splash at Georgia Tech is coming up on Sunday, April 23, hosted by the **Atlanta Rainbow Trout**. You can easily access the entry form on the Georgia Masters website at www.georgiamasters.org – click on ‘Meet Schedule’- then scroll to April 23 and click ‘Entry’.

Warmups are at 9:00am, with the first event (1650yd free) beginning at 10:00am. No team awards are given at this meet, but there will be high point awards for the winners of each age group.

Entry deadline for paper entries is **April 14**; the online entry deadline is **April 18**. Late entries will be assessed a \$10 late fee although be aware that no heats will be created to accommodate deck entries after the meet has been seeded.

For questions, contact meet director **Sean Fitzgerald** at Seanfit@gmail.com .
As announced previously, Sean is moving soon to

Vancouver, so this will be his last time as meet director for a Georgia meet. We thank Sean for his invaluable service in so many ways and in particular as meet director for both the St Nick and Spring Splash meets for many years!

2017 Grand Prix Series

The following events have been chosen for the 2017 Georgia Grand Prix Series:

March 25-26 St Patrick’s Day SCY
TBA* Bulldog LC @ UGA
July Georgia Games Open Water
September 10 SSS Pentathlon (tentative date)

*Normally, the UGA meet is held the first Saturday in June. However, since we have a large number of swimmers participating in the Senior Olympics in Birmingham the following week, meet director Craig Page has been asked to move the date to later in the summer. We’ll announce the revised date as soon as we know it!

The 2016 Grand Prix Series winners will be announced and awards given out at the St Pat meet on Saturday, March 25.

Meet Recaps

St Pat Recap—March 25-26

The St Pat meet held at the Dynamo Swim Center attracted 120 swimmers throughout the Dixie Zone. Results are posted on the Georgia website at www.georgiamasters.org. Georgia teams represented included: Athens Bulldog Swim Club (ABSC), Atlanta Rainbow Trout (ART), Atlanta

Water Jocks (AWJ), Andrew & Walter Young YMCA (AWYY), Classic City Masters (CCM), Concourse Masters (CONC), host team Dynamo Masters (DYNA), Georgia Killer Whales (GMKW), Golden Tigers Aquatic Club (GTAC) Nautical Milers (NAUT), Marietta Stingrays (RAYS), Swim Atlanta Masters (SAMS), Southside Seals (SSS), and YMCA Grayfins (YGF).



Linda Zollweg, Pam McClure, Carrie Hughes, and Anna Catanese

Thanks to head referee **Ed Saltzman**, meet director **Sam Wilson**, and all the Dynamo volunteers for their time and energy spent putting on this meet!



Go the Distance Winners – John Zeigler and Pat Edy

Other News

2016 Grand Prix Awards

The 2016 Grand Prix award winners were announced at the St Pat meet on March 25. These awards will be given out at the upcoming Spring Splash on April 23. Following are our winners:



- Gina Grant (W18-24)
- Opio Douglas Jr (M18-24)
- Jennifer Orlando (W25-29)
- Sean Concepcion (M25-29)
- Abbey Burns (W30-34)
- Matthew Hunnemedder (M30-34)
- Sara Edwards (W35-39)
- Matthew Mills (M35-39)
- Eran Lotan (M40-44)
- Jennifer Hartig (W45-49)
- Mark Beatty (M45-49)
- Elaine Krugman (W50-54)
- Mark Rogers (M50-54)
- Karol Welling (W55-59)
- William Jencius (M55-59)
- Rebecca Hamilton (W60-64)
- Rob Copeland (M60-64)
- Margo Schneider (W65-69)
- Joe Hutto (M65-69)

Sue Ottosen (W70-74)
John Zeigler (M70-74)
Craig Ray (M75-79)
Hal Stolz (M80-84)



Nautical Milers Grand Prix Winners

Congratulations to these well deserving award winners!

Welcome To My World! Four Ways To Involve Your Non-Swimming Spouse Or Partner

By Elaine Krugman



Elaine and Bruce Krugman

Is your spouse or partner a non-swimmer? If so, chances are that your swimming life is a solo endeavor, and a foreign concept to him or her.

Having some separate interests and friends, in addition to having those that are shared, is healthy in a relationship. Rather than being constantly joined at the hip, it gives each person some time apart to pursue their passions, and blossom as an individual. In some relationships, though, it's the pursuit of those personal interests that create stress, resentment, and even jealousy.

If you find yourself nodding in the affirmative to that last statement, read on for ideas on how you can enjoy your swimming life to the fullest; and, keep peace and harmony in your relationship.

First of all, remember that it should be a two-way street. To receive the support you would like to have for your swimming, you will need to be supportive as well, so both of your needs are met. In my case, for example, my retired husband, Bruce, is a glass artist and has a small hobby business selling his creations. I offer my enthusiastic support by assisting him with sales at craft shows, and I run his online business on Etsy. We are a team in every sense of the word.

When I decided to take up my high school sport of swimming after 31 years out of the pool, my non-swimming husband lost a gym workout buddy. Rather than sulking and resenting me for joining U.S. Masters Swimming and spending six mornings a week training in water rather than by his side, we found ways for him to get involved, and support my passion.

Here are four ways you can get your partner involved with your swimming:

First, share your goals. I shared my goals with Bruce, so he understood what I was trying to achieve. By being on the same page, he could offer the appropriate type of emotional support at the right time. (It's all perspective, right? Coming in last place in a swim race is just fine with me if I achieve a personal best time! In that case, congratulations and a smile are much more appreciated than a solemn look, when I return to the bench.)

Second, enlist the help of your partner during your training sessions. If your schedules permit, bring your partner to the pool with you periodically to time your practice races, count laps, or even shoot stroke videos.

Video is such a powerful objective feedback tool, because the camera doesn't lie or sugarcoat your stroke flaws. I had Bruce shoot videos of my stroke, so I could send them to my part-time coach, and post them on the U.S. Masters Swimming Discussion Forums for feedback. As the critiques rolled in, Bruce would sit down with me to read them. I would then point my flaws out on the video, so he could learn how to spot them from up on deck. Over the past seven years, he has gotten so good at spotting flaws that he can see them in other swimmers at swim meets! He can also walk alongside me on deck while I swim, and watch for any flaw I want him to look for in my strokes. Even though I'm a solo swimmer, Bruce has become my valued "deck coach".

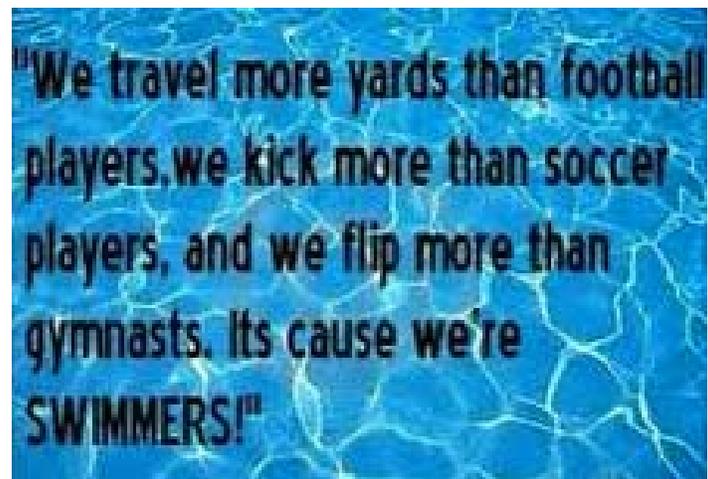
Third, get your partner involved as a valued asset at swim meets. Timers and lap counters are always needed and appreciated; so, that is one way to be right where the action is. In addition, your team never has enough photographers, especially if there are multiple teammates swimming in the same heat. Besides, the Georgia Masters Newsletter editor is always seeking photos to accompany swim meet reviews! (Editor's note: So true!!!)

How about shooting videos at the meet, in addition to taking photos? Bruce shoots video of my races, so I can review them and see where I need to make improvements. In addition, Bruce has gotten to know a lot of my swim buddies over the years, so he has even volunteered to video their races as well. He has become the team photographer at some meets, too! Being so involved makes swim meets so much for interesting and fun for Bruce, and he feels like he is part of the action, rather than a passive bystander.

Finally, make out of town swim meets about the two of you, not just all about you. Compromise,

and the two of you will be happy when you travel to a meet. Let your partner have an equal say about hotels, restaurants, and other activities. When Bruce and I traveled to Montreal for the 2014 FINA Masters Swimming World Championships, I let him call the shots for our post-meet activities and travels. (Fortunately, our interests overlap, so I was overjoyed at his desire to travel to Quebec City!)

Make the goal for you and your partner to be a team. Give just as much (or more) support as you expect to receive, and be willing to compromise. Most importantly (and one that will have a lasting impact), express gratitude for the support you receive. You can never say "thanks" enough, or show your appreciation too much.



Upcoming Events

April 2017			
8-9	Dixie Zone SCY Championships – Cary, NC	23*	Atlanta Rainbow Trout SCY Spring Splash @ Georgia Tech
27-30	USMS Spring SC Nationals – Riverside, CA		
May 2017			
4*	Georgia LMSC Conference Call @ 7:15pm; contact Lisa Watson if you'd like to access the call – lisa.watson@ung.edu	4-7	YMCA SCY Nationals – Sarasota, FL
June 2017			
	Georgia LMSC Conference Call @ 7:15pm	3	1-3m Open Water Championships – Chattanooga, TN
4	9+m Open Water Championships – Chattanooga, TN	5-10	National Senior Games – Birmingham, AL (not a USMS recognized event)
17*	Bulldog LC Invitational at UGA (tentative)	30-2	Dixie Zone LC Championships – Greenville, SC
July 2017			
	Georgia LMSC Conference Call @ 7:15pm	1-2	Dixie Zone LC Championships – Greenville, SC
8*	Georgia Games Open Water		
August 2017			
	Georgia LMSC Conference Call @ 7:15pm	2-6	USMS Summer LC Nationals – Minneapolis, MN
September 2017			
	Georgia LMSC Conference Call @ 7:15pm	9*	Southside Seals Pentathlon – Steve Lunquist Aquatic Center
9*	Georgia LMSC Annual Meeting	13-17	USMS Convention – Dallas, TX
23*	Swim Across America Open Water		

Information on these and other Dixie Zone events can be found on the Dixie Zone website at www.dixiezone.org/Meets.htm.

*Dates in red are Georgia LMSC events.

Who Y'All Can Call

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Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	swimsalt@bellsouth.net
Jeff Tacca	Member At Large	(404) 256-0733	jtacca@comcast.net
Lisa Watson	LMSC Chair	(770) 497-1901 (678) 717-3646	lisa.watson@ung.edu
Karol Welling	Secretary	(770) 631-9195	krw83@mindspring.com
John Zeigler	Fitness	(770) 972-7981	jvzeigler@bellsouth.net

Swim Websites

Name	Website
Athens Bulldog Swim Club	http://www.athensbulldogs.com
Atlanta Rainbow Trout	www.atlantarainbowtrout.com/
Atlanta Water Jocks	www.atlantawaterjocks.com
Chastain Park Athletic Club	www.ChastainParkAthleticClub.org
Concourse Athletic Club Masters	https://www.wellbridge.com/concourse-athletic-club/sandy-springs
DeKalb Aquatics Masters	http://daqswim.com
Dixie Zone	www.dixiezone.org
Dynamo Masters	www.dynamomasters.com/index.html
Frances Meadows Aquatic Center	http://www.gainesville.org
Fyns	http://www.fynsmasters.com
Georgia Masters Swimming	www.georgiamasters.org
Golden Isles Swimming	www.goldenislesswimteam.org
John P. Thayer YMCA Masters Swim	www.Columbusymca.com
Nautical Milers Special Needs Swim Team	http://www.facebook.com/NauticalMilersSwimTeam
Northwest Georgia Aquatics	www.teamunify.com/ganga
Richmond Hill Swim Club	http://richmondhillswimclub.com
Savannah Masters	http://www.tlb975.wix.com/mastersswimming
Stingrays Masters Swimming	www.stingraysswimming.com
Swim Atlanta Masters	www.swimatlantamasters.com/
Swim Macon Masters	www.swimmacon.com
Tiftarea Tidal Wave	www.tiftareatidalwave.com
Warner Robins Aquanauts	http://wraswim.com
Windy Hill Athletic Club Masters	http://www.midtown.com/windyhill

Georgia Teams & Clubs

Georgia Clubs			
Name	Abbr	Contact	Email
Andrew & Walter Young YMCA	AWYY	Iilonga Thandiwe	linz.t@mindspring.com
Atlanta Rainbow Trout	ART	Sean Fitzgerald	seanfit@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	lbenucci@gmail.com
Brad Akins YMCA Barracudas	BAYB	Meredith Carroll	meredith@gapiedmontymca.org
Chastain Park Athletic Club	CPAC	Jim King	jimkingusa@gmail.com
Concourse Athletic Club Masters	CM	Nancy Overheim	cacmasteratl@gmail.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	daqswim@bellsouth.net
Frances Meadows Aquatic Cnter	FMAC	Meghan Modisette	mmodisette@gainesville.org
Georgia Masters	GAJA	Lisa L Watson	Lisa.Watson@ung.edu
Golden Tiger Aquatic Club	GTAC	Nate Rhoads	nrhoads@brenau.edu
Gwinnett County Masters Club	GMAC	Destry Dispain	Destry.Dispain@gwinnettcounty.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	sbalkcum@ymcacolumbusga.com
Life Time Swim Georgia	LTMS	Ryan Bell	ryanbell@msn.com

Nautical Milers Special Needs Swim Team	NAUT	Patrick Thoreson	patrick_thoreson@yahoo.com
Northwest Georgia Aquatics	NWGA	Karney McNear	nwgaquatics@gmail.com
Northwest YMCA Grayfins	YGF	Muriel Cochran	murielcochran@gmail.com
Richmond Hill Swim Club	RHSC	Anne Cutchin	rhscswimcoach@gmail.com
Stingrays Masters Swimming	RAY	Ian Goss	rayscoach@gmail.com
Summit Family YMCA	SY	Mike Steele	mikes@ymcaatlanta.org
Tiftarea Tidal Wave	TTW	Dustin Bengston	tiftareatidalwave@gmail.com
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com
<i>Georgia Superteam (GAJA)</i>			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	aslcoachgreely@gmail.com
Athens Bulldog Swim Club	DAWG	Craig Page	craigwpage@gmail.com
Dynamo Swim Masters	DYNA	Coach Maria Thrash	mariat0202@aol.com
Fyns	FYNS	Raquel Terroba	Fyns.coach@gmail.com
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@ung.edu
Golden Isles Swimming	GIST	Betty Veater	betty@stmarkstowers.com
Lake & Mountain Hilltoppers	LMH	Bill Pave	wpave@windstream.net
Life Time Swim Alpharetta	ALPL	Ryan Moss	
Life Time Swim Johns Creek	JCL	Merrie Copeland	
Life Time Swim Woodstock	WSKL	Elizabeth Gibson	
Life Time Swim Atlanta	ATLL	Lauren Lamb	
Life Time Swim Sugarloaf	SUGL	Jonathan Sims	
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Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
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Warner Robins Aquanauts	WRAM	Daniel Murray	coach@wraswim.com



Ian King attended the USMS LMSC Summit in Houston. He's second from right in the first row.