



The Georgia Masters Newsletter

Swimming in Georgia

June 2017

Don't Miss These Events

Georgia Games Open Water July 8

Next local event is the annual Georgia Games Open Water at Lake Acworth on Saturday, July 8. This is actually three events. Swimmers may enter any or all of the following:

- 5k - begins at 8:00am
- 3k - begins at 9:30am
- 1k - begins at 11:00am

This event is included as part of the 2017 Georgia Grand Prix series. Entry info is available on the Georgia Games website at www.georgiagames.org or <http://georgiagames.org/Swimming.openwater.html>. For questions, contact Lauren Oglesby at staff.lauren.oglesby@georgiagames.org.



Although the deadline for entries is June 23, late and race day entries are accepted with a \$5 late fee. Registration opens on July 8 at 6:30am.

Georgia LMSC Annual Meeting September 9

Save the date of Saturday, September 9 for our Georgia LMSC Annual Meeting, which will follow the Southside Seals SCY Pentathlon, to be held at the Steve Lundquist Aquatic Center in Jonesboro.

We should have the Pentathlon info and entry available by the next newsletter. This will be an election year- note the following nominations for this year's election:

- Chair - Ian King
- Vice Chair - Lisa Watson
- Secretary - Karol Welling
- Treasurer - Ed Saltzman
- Registrar - Andy Rettig
- Member At Large - Jeffrey Tacca
- Member At Large - Bill Lotz
- Member At Large - Britta O'Leary

Look for more information in our next newsletter. Just remember to mark September 9 on your calendar for the pentathlon and our annual dinner meeting!



USMS Convention

This year's USMS Convention will be held in Dallas on September 13-17. Georgia will be represented by delegates **Lisa Watson, Ed Salzman, and David Morrill**. Also attending from Georgia will be **Rob Copeland** (Dixie Zone at large representative) and **Ian King**. Contact one of these representatives if you have any issues you'd like addressed at the convention.

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
- June 17 Bulldog LC @ UGA
- July Georgia Games Open Water
- September 9 SSS Pentathlon

Meet Recaps

Bulldog LC Recap – June 17

Another great turnout at the annual Bulldog Invitational, held at the UGA natatorium on Saturday, June 17. Nearly 100 swimmers participated from throughout the state and Dixie Zone. Georgia participating teams included: host team Athens Bulldog Swim Club (ABSC), Atlanta Rainbow Trout (ART), Atlanta Water Jocks (AWJ), Dynamo Masters (DYNA), Georgia Killer Whales (GMKW), Gwinnett County Masters (GMAC), Nautical Milers (NAUT), Marietta Stingrays (RAYS), Swim Atlanta Masters (SAMS), Swim Macon Masters (SMM), Southside Seals (SSS), Windy Hill Aquatics (WHA), and Northwest Y Grayfins (YGF).

The top four team finishes were GMKW (1,791) ABSC (798), YGF (686), and SAMS (425).

Many good swims at this meet- results are posted on the Georgia website - https://www.georgiamasters.org/GAM/meet_results.cfm.

A nice welcome back to **Irwin Stolz**, returning to his first swim competition following heart surgery. Glad to have you back in the water! Many thanks to meet director **Craig Page** and all of the Bulldog volunteers for their hard work in putting on this great event. And kudos to **Ian King** for his beautiful singing of the national anthem to start the meet. We can add singing to Ian's list of attributes.

Tentative date for next year's meet is Saturday, June 2.

More SC Nationals Results

We have several more swimmers from Georgia who competed at this year's Spring Nationals in Riverside-sorry that these swimmers were left off of our recap list in last month's newsletter. The following swimmers had at least one Top Ten finish and we had several All American first place finishes.

- **Julie Woody** (W18-24) Coastal Empire Racing; 1st place - 50 free, 100 free, 50 back, 100 back, 100 IM; 2nd place - 50 fly
- **Jacqueline Hendrix** (W18-24) Coastal Empire Racing; 1st place - 200 fly; 2nd place - 50 breast, 100 breast; 7th place - 100 fly
- **Elizabeth Roberts** (W25-29) Coastal Empire Racing; 1st place - 200 breast; 2nd place - 50 breast, 100 breast; 6th place - 50 free; 7th place - 100 IM
- **Tara Buzzelli** (W45-49) Northwest Y Grayfins; 2nd place - 100 IM; 3rd place - 50 breast, 100 fly; 4th place - 200 IM; 5th place - 100 breast; 6th place - 200 breast
- **Nicholas Purrington** (M18-24) UC45; 6th place - 50 back, 100 back
- **Philipp Davydotchkin** (M30-34) UC45; 3rd place - 50 free; 5th place - 100 free; 7th place - 100 IM; 8th place - 50 fly

- **Justin Hong** (M30-34) UC45; 6th place - 50 breast; 8th place - 100 breast
- **Douglas Carrington** (M35-39) Andrew & Walter Young Y; 6th place - 200 back; 10th place - 100 back
- **Keith Berryhill** (M55-59) Windy Hill Aquatics; 8th place - 200 free

Keith also had the opportunity to swim a family mixed relay with his brother Stuart and nieces Heather and Hayley.

Many of these Georgia swims broke existing Georgia records. **Julie Woody** set Georgia records in all of her events. Also setting Georgia records were **Jacqueline Hendrix** (1 record), **Elizabeth Roberts** (3 records), **Tara Buzzelli** (3 records), and **David Hildebrandt** (3 records), whose results were listed in the May newsletter. Congratulations to all these swimmers on their great swims!

Other News

Swimmer Profile – Mickey Buono

By Elaine Krugman



Wanting to mix things up a bit for this column, I recently posted a message on the Georgia Masters Facebook page that I was searching for fitness swimmers and triathletes to interview. **Ian King** contacted me about his Swim Atlanta teammate,

Mickey Buono, a 43-year-old triathlete. I had never met Mickey; however, I enjoyed speaking with him in a recent phone conversation about his experiences with swimming.

Having no formal training or competition experience in childhood, Mickey got into swimming as a way to supplement his running and gym workouts. “My daughter began swimming year around, and (Swim Atlanta Masters Coach) **Pat Eddy** is good at recruiting. He knew I was a runner and that I swam on my own. I didn’t have any goals, but I knew I wanted to race a triathlon at some point. I didn’t know what [USMS] was, and I didn’t have any competitive training; I had no idea. It was always in the back of my mind to start racing [in triathlons]. I ran 5K’s and half marathons, but I never had any intention of competing in anything else,” Mickey said about joining Swim Atlanta and USMS.

After becoming a member in 2014, Mickey dived right into competition. He raced at three Georgia Tech meets and at St. Pat’s. In addition, he twice competed at the Georgia Games Open Water Meet. Adding five sprint distance and three 70.3 distance triathlons as well as still mixing in a few 5K’s and half marathons to the racing schedule, Mickey has been a busy competitor.

It was at one of those Georgia Tech meets that the USMS rookie experienced his favorite Masters memory. As Mickey explained about the 800m freestyle event at the 2015 St. Nick’s meet, “Ian and I were in the same heat, and we were swimming in lanes next to each other. I was doing all I could do to just hang on his feet to stay with him. That was a fun time.” Ian ended up beating Mickey by less than a half of second; however, that swim landed Mickey in the USMS Top Ten.

Whether it’s competing in the 800m freestyle, running half-marathons, or racing triathlons; preparing for those events requires many training hours in the pool and on the road. Mondays, Wednesdays, and Friday mornings are dedicated to training 5,000 yards (on average) in the pool under

Pat Eddy's coaching. On Tuesday mornings, this dedicated athlete heads to the gym to lift a full circuit of weights, and then pounds the pavement for a run or bike ride after work. Thursdays are run or ride days, and on Fridays, he takes the afternoon off. Weekends are spent taking a couple of long runs or rides. In all, Mickey trains every day of most weeks.

When it comes time to sign up for swimming competitions, it's the longer freestyle events this triathlete prefers, gravitating to the races that suit his strengths and training regimen under Coach Eddy. "I definitely prefer distance races. I'm more of a grinder than a sprinter. That, and open water swimming," Mickey explained.

Asked if he had any goals for all the competitions he trains so hard for, this motivated athlete replied, "I would like to go to Nationals at some point. I want to go on at least one qualifying time, so I guess that's a goal; to be able to qualify and go [to Nationals]. Also, it is probably every triathlete's ultimate goal to one day get to Kona (Ironman World Championships)."

In the short term, however, Mickey has a goal he hopes to achieve in his next triathlon. "I haven't hit that sub-5-hour mark yet in the 70.3 distance. I missed it by a minute in my first one, so I'm still shooting for it. It's a goal that's out there, but for me, it's just about improving and doing the best I can do on the day. I just like going out and racing... It's nice to see the hard work pay off. It's about doing the best you can do on the day and enjoying it."*

For Masters swimmers who may be considering branching out and giving triathlons a try, I asked this versatile athlete if he had any advice. "If you're thinking about it, just go do it, because it's awesome! In my mind, they are so much fun. The people around triathlons remind me a lot of how the people in Masters swimming are. They're a welcoming group of people; everybody's good about giving people who are new to it good advice. Also, a lot of triathletes say swimming is the part

of triathlons they struggle with the most, so if you're a swimmer, you already have that background."

It was clear to me that the friendships Mickey has made during those grueling hours of training and competitions are important to him. When asked who some of the teammates are that he has bonded with at Swim Atlanta that keep him coming back, Mickey replied, "Everybody that's there at Swim Atlanta; it's such a great group of people. Pat's the one that got me started. His love for swimming is so infectious, it's hard not to enjoy it. It kind of translates into everybody that he coaches. I can't single one person out. It's such a tremendous group of people—very encouraging, very thoughtful, and an enjoyable group to be around." Mickey said, adding with a laugh, "The camaraderie; it makes the suffering a whole lot easier when you have people there with you."

Most importantly, the thing Mickey values most about Masters swimming is what it has done for him physically. "I'm probably in better shape at 43 than I was at 33 or 23," he explained, adding that swimming is his favorite triathlon discipline, even though running is still his strongest of the three. "I enjoy swimming, thoroughly. I love [to swim]. It will be something I'll be able to do when I can't run. I probably have a limited window as far as racing triathlons and running."

Mickey hopes he can train and compete in triathlons and swimming for as long as possible. "Whether it's swimming or racing triathlons, or running, or whatever else; it's the journey, not the destination. Whether I'm staring at the black line or sitting on the bike saddle for two-and-a-half or three hours; it's all what makes me whole as a person. My faith, my family; and, this just completes all that."

**Note: I received an e-mail on May 29th from Mickey stating, "Oh...and I hit that sub 5-hour goal last Sunday in Chattanooga 😊! Time to set another." Congratulations, Mickey!*

Staying Self-Motivated as a Solo Swimmer

By Elaine Krugman

This is the third in a series dedicated to the solo swimmer. It first appeared at www.Swimspire.com

Whether you swim with a team or solo; all of us swimmers have had our issues staying motivated at one time or another. Being a solo swimmer can make it even more difficult if there isn't anyone around to encourage you.

Self-motivation is the key to happiness and success when going it alone as a swimmer; so, read on for tips on how to stay fired up to keep on swimmin'.

Why do you swim?

First, it's important to answer this basic question: Why do you swim? It's very difficult to stay motivated to do anything you don't really want to do. Are you *swimming* just because your doctor told you to swim for health reasons? Is it because you love running and cycling, but you have to swim to compete in triathlons (your latest New Year's resolution)? Or, do you love the way swimming makes you feel, both mentally and physically? Maybe it's because you swam as a kid, and you want to do it as an adult on your terms, rather than having a coach constantly barking orders at you. Hey, maybe it's even for several of these reasons.

The bottom line is this: If you know why you swim, it will help keep you motivated to get wet. Embrace habits that make you happy.

Are you a morning person or a night owl? What time of day are you more likely to make swimming a habit? Work, family, and other commitments will dictate your available time slot for swim workouts; but, if you have a choice, swim at a time you are most likely to stick with on a regular basis. This is one of the advantages of being a solo swimmer; we have more control over our swim schedules than team or workout group swimmers do.

For me, I find it easiest to stick with a routine of swimming first thing in the morning. I'm not necessarily an early riser, but swimming is my first appointment of the day. Nothing else gets scheduled on any day until the afternoon, whether it's helping my husband with his part-time business, doing volunteer work, scheduling appointments, or running errands. My friends also know I don't check e-mail or make phone calls until after I return from the pool. (Besides, I don't function optimally until after a workout, so it's just as well! I'm a much happier person during and after a swim!)

Set flexible goals.

By now, you have probably heard and read plenty about the benefits and how-to's of setting goals; but, I've learned a few things about my personal goal-setting that puts a different spin on the well-known S.M.A.R.T method of setting goals (Specific. Measurable. Achievable/Attainable. Realistic. Time-bound. There are variations on this acronym, but you get the picture.)

I add an "F" to my acronym. S.M.A.R.T.F. isn't a word, I know, but the "F" is the most important part of my goal-setting: FLEXIBLE.

Until I added "flexible" to the equation, nothing took a hit to my self-motivation more than the constant frustration of failing to achieve my specific, measurable, achievable, realistic, and time-bound goals!

Case in point: After nailing U.S. Masters Swimming National Qualifying Times (NQT's) in the 50 Yard Breaststroke at a September of 2010 meet, I thought a S.M.A.R.T. goal would be to aim to achieve NQT's every year. Congenital physical issues led to a series of repetitive stress injuries (mostly non-swimming related), though; so, my goals were constantly derailed. Ultimately, I had hip surgery in late 2014, resulting in a multi-year succession of failed S.M.A.R.T. goals. Can you say, "FRUSTRATION"?

The moral of the story? Write your goals in PENCIL! Being flexible will help you stay motivated. If a road-block conspires to keep you from achieving your specific goal, reassess your situation, shift gears; and, start the S.M.A.R.T. process over again.

Although my hip injury prevented me from making NQT's, I still wanted to compete at a swim meet that took place just a few days before my hip surgery. I was unable to kick breaststroke (or kick much of any other stroke for that matter), so I needed to reassess my situation. Rather than miss competing at one of my favorite meets of the year, I got my surgeons approval to compete, and then asked him to write a medical excuse to the chief official explaining I couldn't kick breaststroke. My breaststroke races were swum instead with an in-pool start, breaststroke pulls, and no pull-outs, while my legs flopped behind like an injured frog. The 400 Freestyle was swum without a block start or kicking, and no hard pushes off the walls at each turn. My race times suffered tremendously, but I still won the points I needed to achieve one of my other goals of winning the Georgia Grand Prix Series for my age group. Had I not raced that day, I would have failed at a goal that took the entire year (and several meets) to achieve; and, I would have missed out on a trophy that I now enjoy as a symbol of my perseverance.

Set long-term and short-term goals.

What do you hope to gain from swimming? For me it provides so many physical, mental, and social benefits that my long-term goal is a no-brainer: I want to be able to swim and compete for the rest of my life. In order to be able to achieve that goal, I need to stay healthy and avoid injuries that force me out of the water. Working backwards from there, that long-term goal dictates how I set all of my short-term swimming goals. I may have a goal to make NQT's in breaststroke; but, if my hip starts feeling the effects of my training schedule, I need to reassess, switch gears, and adjust my goals until I'm ready to ramp up again.

Often, my workout goal (a very short-term goal) changes multiple times in a single workout. I may go to the pool on "Fast Friday" with the goal of conquering a USRPT (Ultra Short Race Pace Training) set of breaststroke, but if my hip is fatigued or sore, swimming multiple race-pace 50's of full breaststroke is out of the question. Out goes the kick, and I swim it as breaststroke pulls instead to avoid injury. Then, the remainder of my workout gets adjusted accordingly, depending on how my body feels.

What is your long-term goal? Keep it in mind as you work backwards and break it down into shorter segments; and, remember that flexibility is key!

Variety is the spice of life!

Are you having a difficult time staying motivated because you are bored or burned out with your current swimming routine? Adding variety will help keep things fun and challenging—keys to staying self-motivated.

If you are a lap swimmer who only swims freestyle to stay fit, but you get bored staring at the black line on the bottom of the pool as you swim lap after lap, consider learning another stroke. In addition to taking adult swim lessons or hiring a coach by the hour to teach you, there are plenty of free resources available to teach yourself backstroke, breaststroke, or even butterfly. My favorite videos are at www.GoSwim.TV (you can subscribe for free), but there are also many other good ones on YouTube.

How about entering a competition? Although I highly recommend joining U.S. Masters Swimming (www.usms.org) for their numerous motivating resources (and to be able to compete at USMS swim meets), there are other options available. YMCA has excellent swim programs and competitions, or you could check with your local recreation department. Another option is to compete in your state's annual pool or open water swim meet that is open to all ages (<http://stategamesofamerica.com/>). If you are 50+

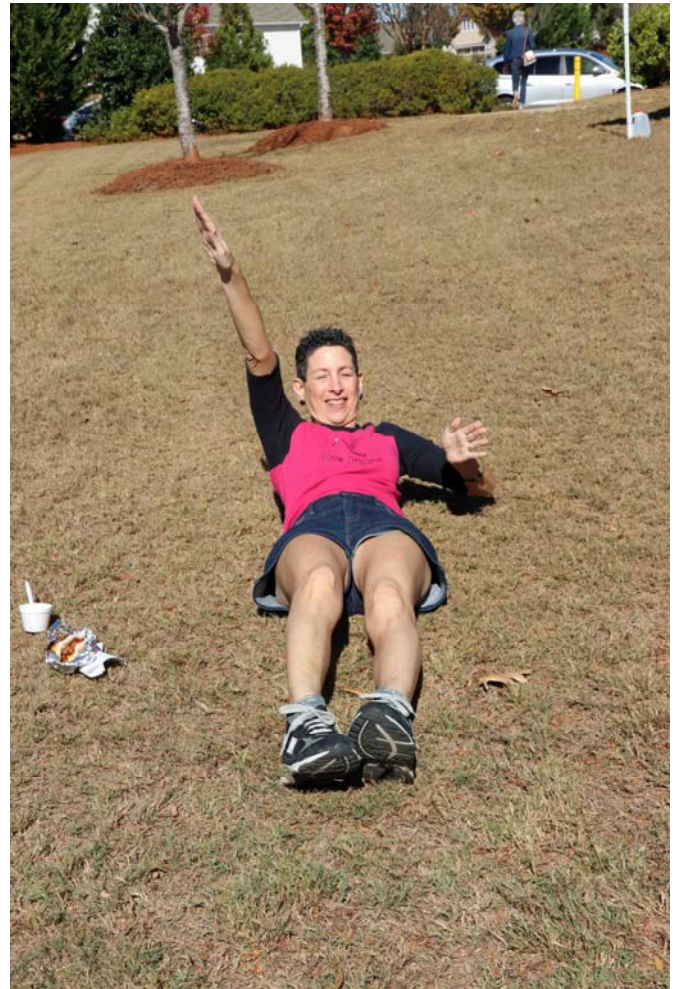
years of age, check out your state's senior Olympics program (<http://nsga.com/>). one of these organizations require you to be an expert swimmer, and you will find competitors of all skill levels and ages at these meets.

Having a competitive event to look forward to will keep you motivated to train and give you a built-in goal to shoot for.

On the flip side, if you are a burned out competitive swimmer, how about changing it up a bit to fire up your motivation? If you are a stroke specialist, give yourself permission to take a year (or season) off from your best stroke and focus on a different one. Can't decide which stroke? Train for the individual medley, and you will get to add three other strokes to your specialty! This give you plenty of training options and adds a lot of variety to your training.

Are you a sprinter? Try long distance events, and add an open water race into your meet line-up for the year. If you are an open water swimmer, see what it's like to race between the lane lines and add a flip turn to your freestyle.

Perhaps your motivation has reached such a low point that you don't even want to get out of bed to swim. If that happens, just think about how good it feels after a workout. You're energized and feel a sense of satisfaction afterwards, right? If you skip your workout, you will deprive yourself of those great, healthy feelings! Get up and just go swim for ten minutes. If after that time your motivation still hasn't kicked in, try doing something fun. Join the water-walkers at the shallow end and socialize with them as you walk laps in the pool, go for a walk on the beach or bodysurf (if you're at the ocean), or get out on deck and do some yoga. ANY exercise will feel better than NO exercise; and, perhaps you will regain your motivation to swim a few laps.



If not, don't beat yourself up; tomorrow is always another day!

Remember, as a solo swimmer, you have complete control over what, where, when, and how you train and swim! Just never take your eye off your long-term goal and forget the "why", because "why" you swim is what will keep you motivated to take the plunge, time after time.

Upcoming Events

July 2017			
6*	Georgia LMSC Conference Call @ 7:15pm; contact Lisa if you'd like to access the call – Lisa.Watson@ung.edu	8*	Georgia Games Open Water at Lake Acworth www.georgiagames.org
August 2017			
	Georgia LMSC Conference Call @ 7:15pm	2-6	USMS Summer LC Nationals – Minneapolis, MN
September 2017			
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 – Lake Lanier

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

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copland@comcast.net
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Sean Fitzgerald	Vice-Chair	(404) 496-4422	seanfit@gmail.com
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Britta O'Leary	Member At Large	(636) 295-3222	b.boesing@gmail.com
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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	Ilonga 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
Georgia Superteam (GAJA)			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	aslcoachgreely@gmail.com

Athens Bulldog Swim Club	DAWG	Craig Page	craigwpage@gmail.com
Dynamo Swim Masters	DYNA	Coach Maria Thrash	mariat0202@aol.com
Fyns	FYNS	Raquel Terroba	Fyns.coach@gmail.com
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@ung.edu
Golden Isles Swimming	GIST	Betty Veater	betty@stmarkstowers.com
Lake & Mountain Hilltoppers	LMH	Bill Pave	wpave@windstream.net
Life Time Swim Alpharetta	ALPL	Ryan Moss	
Life Time Swim Johns Creek	JCL	Merrie Copeland	
Life Time Swim Woodstock	WSKL	Elizabeth Gibson	
Life Time Swim Atlanta	ATLL	Lauren Lamb	
Life Time Swim Sugarloaf	SUGL	Jonathan Sims	
Savannah Masters	SAVM	Donna Hooe	rdhope1@juno.com
Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
Swim Atlanta Masters	SAMS	Scott Davis	scot@swimatlanta.com
Swim Macon Masters	SMM	Tana Selby	tanatanas@bellsouth.net
Warner Robins Aquanauts	WRAM	Daniel Murray	coach@wraswim.com

Athletes Without Limits Swimming Nationals

Patrick Thoreson is coordinating an important event at the Cherokee County Aquatic Center July 7-9 -- **the Athletes Without Limits Swimming Nationals**. The 2017 Athletes Without Limits (AWL) Long Course and Open Water Swimming National Championships is the first-ever opportunity for all swimmers with an Intellectual or Developmental Disability (IDD) to compete against their peers. The event will host swimmers in three classes:

1. Intellectual Disability (S14)
2. Down Syndrome
3. Autism + (for those with Autism who do not meet the S14 eligibility criteria)

Here's the link to their web page -

<http://www.athleteswithoutlimits.org/event/2017swimmingnationals>

They will need lots of volunteers to successfully conduct this meet.

1) Volunteers for Indoor Pool events: (Cherokee County Aquatic Center: Friday July 7th and Sunday July 9th):

We'll need some volunteers to help us with the timing, running results back from the timers, putting up the results and organizing the awards (medals, ribbons, and results labels), and some responsible/organized folks to fill in as Clerk of Course (and other jobs); coffee, refreshments and food will be provided to volunteers :-)

Schedule for volunteers:

- Fri am prelims session: check-in 8:15am, meeting at 8:30am; competition starts at 9am
- Fri pm Finals session: check-in 3:15pm, meeting at 3:30pm; competition starts at 4pm
- Sun am prelims session: check-in 7:45am, meeting at 8:00am; competition starts at 8:30am
- Sun pm Finals session: check-in projected time between 1:15pm, meeting at 1:30pm
competition starts approx 2pm.

2) Volunteer for the open-water 1K (Cauble Park/Lake Acwort, Sat morning Jul 8th):

For any volunteer for the open water 1K event on Saturday, (kayakers with their own kayaks, or volunteer "swim buddies/angels" willing to swim alongside our swimmers)

here's our schedule for the 1K:

Volunteers Check-in with AWL differently-abled swimmers and organizers: 9:30am (to get assigned to a special needs swimmer, get waiver signed, team photo, etc).

Race check-in: 10:30am. Pre-race Meeting: 10:40am. Event start: 11:00 am. Awards presentation: 12 pm.

If you can volunteer, contact Patrick at patrick_thoreson@yahoo.com.

As many of you know, Patrick was awarded the USMS "Kerry O'Brien Coaching Award" for 2016. For information about Patrick, visit <http://www.athleteswithoutlimits.org/2016/coach-patrick-thoreson-honored-by-us-masters-swimming>