



# Georgia Masters Newsletter

## Swimming in Georgia

### March 2019

#### Chair's Corner – March



What a fun month March has been! I started off the month with a trip to Phoenix, AZ to attend the LMSC Leadership Summit for Georgia. It was a fantastic 2-day workshop where leaders from all LMSCs around the country came

together to share ideas, talk about best practices, bounce ideas off each other, and hear from the national office. Rob Copeland also attended and we both got great ideas for how we can make Masters Swimming in Georgia even better.

With the St Pats meet (recap included in this newsletter), we had a fantastic short course meet at Dynamo. Thank you to the tireless effort of the Dynamo Staff and all volunteers to make this meet happen! I can't wait for next year!

Short course season isn't over yet: With USMS Nationals in April another fantastic event is coming up in Mesa, AZ. There is still time to sign up! And last but not least, we will finish our short course season with our annual Spring Splash meet at Georgia Tech on May 5. Registration is now open and I hope to see many of you.

Happy swimming everyone!  
Britta O'Leary

#### Don't Miss These Events

#### *ART SCY Spring Splash - May 5*



Our next big Georgia meet is the Spring Splash at Georgia Tech on Sunday, May 5, hosted by the **Atlanta Rainbow Trout**. The meet info is included in this

newsletter, and can also be easily accessed from either the Georgia Masters website ([www.georgiamasters.org](http://www.georgiamasters.org)) or the Dixie Zone website ([www.dixiezone.org](http://www.dixiezone.org)). The Herb McAuley Natatorium at Georgia Tech is a 10 lane pool. This was the site for the 1996 Olympics! Swimmers can either register online or by paper entry. Deadlines are: April 24 for paper entries (entries received after that will be assessed a \$10 late fee); April 29 at 11:59pm for online entries.

As a Georgia event, swimmers under the GAJA State banner should list their specific workout group, e.g., Dynamo swimmers should register as DYNA rather than GAJA.

This event is part of our Georgia Grand Prix 2019 Series.

#### *USMS Nationals: April 25-28*

Good luck to our Georgia swimmers traveling out to Mesa, AZ for the USMS Spring SCY Nationals. Look for a recap in the newsletter following the event.

Meet Recaps

ST Pat SCY – March 16&17



118 swimmers from 35 different clubs, from as far as Colorado, came together at Dynamo Swim Club to put some fast times in the books. For many, it was a last test before USMS Nationals in April, and for many, it was a fantastic local meet in a fast pool. Adding to the fast swims of the day were the fun music the organizers played. As an in-state meet, swimmers had to swim for their clubs or workouts group for relays. Dynamo put a fast men’s 200 free relay in the pool on Saturday, while the Atlanta Water Jocks saw a great race between their men and women 200 medley relay on Sunday. The Georgia Masters Killer Whales rounded out the relay entries with some great swims.



Free relay – Rebecca Hamilton, Mike Gaw, Samy Naguib and Elaine Krugman

Overall, the weekend was fantastic and old and new friends came together for one of the best short course meets in the South East.

Awards for the 2018 Go the Distance and 2018 Grand Prix were given out on Saturday- see the enclosed pictures of many of the winners!



Grand Prix Winners



Go the Distance Winners - John Zeigler, Pat Eddy and Stephanie Lemmons

Editor’s Note: Apologies to Joe Hutto who was left off the list of Grand Prix winners that was posted in last month’s newsletter. Joe was the deserving winner for the M65-69 age group.

Auburn Recap: February 16-17

The Dixie Zone SCY Championships took place this year at nearby Auburn University. Great Georgia contingent of about 50 swimmers travelled to Auburn to compete. Total meet attendance was over 150 swimmers. Thanks to Karol Welling for organizing the GAJA relays. GAJA took the 1st place team award for regional teams (OK, so it was the only one, but it was 1st place nonetheless!).

Special congrats to our Georgia swimmers who won individual high point awards against tough competition:

- Lauren Minchew (W25-29)
- George Mcdonal (M25-29)
- Jonathan Dunn (M35-39)
- Charles Ostell (M40-44)
- Mark Rogers (M50-54)
- Lynn Beach (W60-64)
- Ted Hammond (M65-69)
- Sue Ottosen (W75-79)
- Hal Stolz (M80-84)
- Albert Woods (M90-94)

***W Gwinnett Park Recap:  
February 24***

Nice turnout of 33 swimmers, plus assorted family members and friends, for the annual West Gwinnett Park SCY Developmental meet. Participating teams included: Atlanta Water Jocks (AWJ), Dynamo Masters (DYNA), Gwinnett Masters Aquatic Club (GMAC), Georgia Killer Whales (GMKW) and Nighthawks Masters (NHMS), and Swim Atlanta Masters (SAMS).

Thanks much to volunteer timers **Harry Heath, Mary Moak, Kat-I Morblue,** and **Chip Woody,** and to meet referee **Ed Saltzman.** This meet was sponsored by the **Georgia Killer Whales.**

**Other News**

***2019 Georgia Grand Prix***

Here’s the 2019 Grand Prix Series events:

- Feb 15-18 USMS Winter Fitness Challenge:
- Mar 16-17 St Patrick’s Day SCY Invitational
- May 5 ART Spring Splash SCY

- Jun TBD Bulldog LC Invitational
- Jun 29 Georgia Games Open Water
- Jul 15-31 USMS Summer Fitness Challenge
- Sep 7 Southside Seals SCY Pentathlon
- Nov 15-30 USMS Fall Fitness Challenge
- Dec TBD St Nicholas SCM Invitational

***Swimmer Profile – Nei-Kuan Chia***

By Elaine Krugman



Best 100 freestyler in Florida as a high school senior. Two-time all-ACC (Atlantic Coast Conference) at Florida State. 5-Time Taiwanese National Champion. 1996 and 2000 Olympian for Taiwan. Top 100 FINA World Ranked butterfly (2000-2003). USMS Record Holder in the 50 Meter Butterfly (2000). Seven USMS All-American Honors. 114 Individual and two relay USMS Top Ten Achievements. Eight FINA

Masters Top 10 Rankings. Three gold, one silver, and two bronze medals at the 2018 Asian Swimming Championships.

Nei-Kuan Chia accomplished all of that—and more—after nearly drowning at a water theme park at the age of eleven because he didn't know how to swim. The very next day, his mother signed Nei-Kuan up for a swim team, even though he had a fear of the water.

At his first swim practice, Nei-Kuan stood nervously at the edge of the dive well while watching kids half his age swim effortlessly back and forth. He wouldn't get in the water, so the swim coach shoved him from behind into the pool. Nei-Kuan sank to the bottom and pushed off to get back to the surface. From there, he figured out on his own how to get to the side of the pool. The rest, as they say, is history.

By the end of summer, Nei-Kuan competed in his first swim meet at a local YMCA invitational. He made the top six in his age group and proudly won a ribbon—a memento he still keeps to this day.

As a senior in high school, Nei-Kuan returned to his native country of Taiwan, where he lived until age five, to compete in their national championships. He made the national team and competed in the 1996 and 2000 Olympics, and then hoped to return for the 2004 Olympics. Unfortunately, the hard-working swimmer injured his shoulder and was forced to retire from the sport.

It wasn't until eight years later (and sixty pounds heavier) that Nei-Kuan returned to the pool. As he explained, "In 2012 I went through a painful divorce, and through that process I became really depressed and went to the doctor to get checked out. They did all the blood work and a general physical. [My doctor] said I was on the verge of having massive heart disease, kidney problems, and potential other problems, because I was so

unhealthy." Nei-Kuan's resting heart rate was in the 90's, and his blood pressure and cholesterol levels were extremely high due to his poor diet and lack of exercise.

"My doctor prescribed \$500 worth of medications that day and said I had to get on those medications ASAP. I had gone to medical school after Florida State, and I knew that starting on medication meant a lifetime of medication," Nei-Kuan said. Not wanting to spend the rest of his life taking massive amounts of drugs, he asked his doctor if there was anything else he could do. She told Nei-Kuan he would have to change his lifestyle habits quickly, otherwise it was "life or death."

Hearing that frightening diagnosis motivated Nei-Kuan to return to the exercise he knew best: swimming. After a few weeks of daily swim workouts, the rededicated swimmer lost twenty pounds. In nine months, he lost a total of forty-five pounds.

By 2013, just swimming laps became boring for this former competitor, so he took the recommendation of a friend to rejoin USMS and compete in swim meets. The Marist SCY Developmental Swim Meet was his first one, and he described being very nervous, just as he had been for the Olympics. Nei-Kuan didn't sleep well, and he was unable to eat breakfast. Getting up on the blocks for his first race, he was jittery and unsure of himself. All of that disappeared, however, when Nei-Kuan clocked a blazing 22.89, which would have ranked him 27<sup>th</sup> of 387 swimmers in his 35-39 age group. I watched that race, and I distinctly remembered turning to my husband, Bruce, and saying, "Wow! Did you SEE that guy?!"

As the speedster described it, "I was pleasantly surprised how fast I was, so that kind of got the ball rolling. I decided to keep doing it after that. Once you start, the passion and desire come back, and I realized that swimming has been and will

always be a part of who I am... Swimming is one of the main things that saved my life.”

Reflecting back, Nei-Kuan believes if it hadn't been for the events of his life that led up to his serious health issues, he would have never returned to swimming. “What I found out about myself through all the pain and suffering... There's an appreciation for life and an appreciation for swimming that I never had. Before, the first time around, swimming was a business.”

Having a scholarship to Florida State, Nei-Kuan was under pressure to live up to the expectations and demands that went along with that scholarship. After college, he was a sponsored swimmer, and swimming at that level gave him the opportunity to perform on the international stage. These were all things that Nei-Kuan looks back and realizes he viewed from a selfish perspective. It was all about winning and what he could gain from that.

Now, the appreciative swimmer says, “Swimming is so much different for me. Swimming is something that is almost an escape from reality, where you're not burdened with the problems of the world. You can go somewhere that's a sanctuary; it's just you, the water, and your ability to have control. I have a new appreciation for swimming that I never had before.”

The swimming paid off for Nei-Kuan's physical health, too. In 2016, his blood work and other health markers were back to 100%, and he received a perfect score at his company's annual physical. “That felt like I had just won the lottery! More than anything else I had ever done in my life, that was the one moment where I really truly felt like I did something. If I had to say what one of my greatest achievements was, that was it. It was a long process; sixty pounds in total (lost). I ended up changing what I ate, cutting out a lot of stuff I shouldn't have been eating anyway. It was holistic. More than exercising, it was nutrition and stress management. It gave me my life back.”

Nei-Kuan continued to compete, progressing from a developmental meet to a local Atlanta meet, and then on to USMS Nationals and the 2014 FINA World Masters Championships, in Montreal. “I didn't have goals at first. As I kept swimming, I kept testing myself at a different level.” It took about one year to get comfortable with racing again.

It appears that this Masters swimmer has been quite comfortable with racing over these past four years, because his race times consistently place him in the Top Ten for all of his events. This past short course meters season, Nei-Kuan was the fastest in the country in the 100-meter butterfly; and, finished top 3 in the 50-meter free, 50-meter fly, 100-meter backstroke, and 200-meter backstroke.

To get back to that high achievement level, the sprinter has worked hard in the pool, swimming doubles six days per week during alternate weeks when his seven-year-old son is not staying with him. Otherwise, he swims one workout per day, six days per week.

Nei-Kuan concentrates on quality over quantity, though, training smart rather than swimming massive amounts of yards. In addition, he has adapted the Japanese way of training into his own routine based on advice from his Japanese swimming friends. He focuses on flexibility and doing a lot of stretching, saying that as we age, it's not about pure strength. Everything centers around powerful, efficient movement and maximizing every stroke. The Japanese swimmers feel that maintaining strength, flexibility and balance should be the goal as you age, with flexibility being most critical.

Since September, Nei-Kuan has been doing a customized elite athlete functional training program that Exos/Bridge Athletic designed specifically for his swimming events. The program helps him decrease injury risk in addition to

building strength and power. He also is on a special nutrition program recommended by the Exos program.

This summer, the 41-year-old will put his Exos and Bridge Athletic training program to the test when he competes at the FINA World Masters Championships in Gwangju, South Korea. Winning his races won't be his primary focus, however.

"I honestly try not to focus on results anymore. I was so results-driven and results-oriented my first time around that my happiness totally circulated on how I performed. I promised myself this time around that I wanted a purpose. How I live my life now is really about finding what my purpose is and doing things based on that. My purpose now that I swim is that I wanted to give my son an opportunity to see his dad swim. Hopefully, I'm still at a level where it means something. When I grew up, my dad worked out of town and was only home on weekends, and he worked so hard that he didn't have time for other things. I really don't have a lot of defining memories of my dad doing things he loved. So, I wanted to give my son something to always remember his dad by. Swimming for me is such a big part of my life and helps define who I am, and I always want my son to remember that long after I'm gone," Nei-Kuan explained.

"My other purpose is that swimming now—I feel it's an opportunity to give back in a sport that has given me so much. What the sport has given me, I feel like I owe it to the sport to give something back. I'm involved with Swim Across America and helping through that. I help other swimmers and triathletes by coaching for free—especially kids."

"If I had continued on the track I was on before, I would probably not be here right now. I never appreciated it the first time. Everything was so, 'I need to win, I need to win,' all the time... It's a little bit cliché, and I heard this a few years ago,

but it's really about the process and the journey that we should be relishing and not just the results; because, the results we can't control. We can only control every day what we put in. It's the daily life lesson, the daily workouts, and the ability to show up sometimes; that's what we have to relish. That's what we learn from. It's hard sometimes not to be results oriented, but really, it's about that process and the journey."

Nei-Kuan's journey since returning to the pool has been a successful, fulfilling, and memorable one in so many ways. When asked about his favorite memories, he replied, "My favorite memory was this past summer. I got a chance to go to Japan (for the Asian Swimming Championships), and that was always on my bucket list. I got to meet and spend a lot of time with a group of people who were really fun. Two weeks being around the same group of people—that was a special memory. I could say that about a lot of things, but that was a unique one, just because of where I got to go and all the people I got to meet who have now become really good friends. The other really fun memory I have was down in Florida in St. Petersburg for a swim meet. There was this awful weather, and they actually ended up canceling part of the meet. We sat there for hours, just hanging and spending time with folks just talking. I listened to a man who was in his mid-90's sharing stories about the days of going to war and coming back and learning how to swim. All those memories that he shared, and his life experiences; those are the cherished memories of Masters swimming. The winning is fun and good, but life is about the people you meet and relationships you develop; and, Masters Swimming uniquely gives you that opportunity."

Summing up his feelings about swimming, Nei-Kuan ended our interview with this final thought: "Do something you love that gives you a purpose. Life without purpose is not really a life, and swimming for me, in general, is a life-saver."

Elaine's Tip of the Month

In the January/February 2019 issue of Swimmer, Allan Phillip wrote about the importance of doing a dynamic stretching warm-up before you swim to help avoid injuries. Since joining Masters in 2010, I have developed my own routine of dynamic stretches, some of which were adapted from physical therapy exercises I learned following (non-sports-related) back, shoulder, and hip surgeries. The many hours I spent in physical therapy taught me one thing: Once you have an injury (and, especially if it results in surgery), it is very important to continue doing the exercises to maintain flexibility, strength, and to help avoid sustaining future injuries.

Whether you do the exercises detailed in Swimmer or try the exercises I will be writing about over the next several months, as the Nike slogan states, "Just do it."

(I will add a disclaimer, however, that I do not hold any professional certifications, and neither I or Georgia Masters are responsible for any injuries you may incur. Consult your doctor, and do these exercises at your own risk.)

The following is one of ten shoulder exercises I do as part of my 20-minute full-body pre-swim warm-up. This is my favorite stretch to prepare my shoulders for streamlining of all four competitive strokes. It also feels really good!

Shoulder Stretch for Streamlining



Step 1: Stand upright with good posture (shoulders pulled back and chin slightly tucked), and face a wall. Hold a small cloth in one hand up against the wall at shoulder level.

Step 2: Slowly slide your hand up the wall while stepping forward with the opposite foot. Continue forward until you feel a firm stretch. Hold for a few seconds, and then return to the starting position. Do ten repetitions, aiming to push your arm up a little further each time. Go only as far as you can for a comfortable stretch. If it hurts, you have pushed too far. Repeat Steps 1 and 2 for the other arm.



Step 3: Turn perpendicular to the wall, and do ten repetitions with your arm going up the wall to the side of you. Repeat for your other arm.

## *Upcoming Events*

<b>April 2019</b>			
<b>6-7</b>	SCY meet – Cary, NC	<b>11-14</b>	YMCA SCY Nationals – Orlando, FL
<b>14</b>	LMSC Conference Call at 7:15pm; contact Britta if you'd like to attend - <a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>	<b>25-28</b>	USMS Spring SC Nationals – Mesa, AZ; deadline March 25 at 11:59pm
<b>May 2019</b>			
<b>5</b>	ART SCY Spring Splash @ Georgia Tech; Entry enclosed	<b>11</b>	LCM – Nashville, TN
<b>June 2019</b>			
<b>1</b>	Open Water – Chattanooga, TN	<b>8-9</b>	LCM – Sarasota, FL
<b>15-16</b>	Dixie Zone LCM Championship– Greenville, SC	<b>22</b>	Lake Fontana Open Water – 5k, 10k, 15k – Almond, NC
<b>29</b>	Georgia Games Open Water – Lake Acworth – 1k, 3k, 5k – <a href="http://www.georgiagames.org">www.georgiagames.org</a>	<b>30</b>	Athens Bulldogs LC Invitational at UGA (tentative)
<b>July 2019</b>			
	LMSC Conference Call	<b>13-14</b>	LC meet – St. Petersburg, FL
<b>August 2019</b>			
	LMSC Conference Call	<b>7-11</b>	USMS LC Summer Nationals- Mission Viejo
<b>September 2019</b>			
<b>7</b>	Southside Seals SCY Pentathlon	<b>7</b>	LMSC Annual Meeting
<b>11-15</b>	USMS Convention – St. Louis	<b>22</b>	USMS 10k Open Water Championships – Knoxville
<b>28</b>	Swim Across America Open Water – Lake Lanier – <a href="http://www.swimcrossamerica.org">www.swimcrossamerica.org</a>		

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

\*Dates in red are Georgia LMSC events.

<b>Swim Websites</b>	
ASL Silverking TRI-Masters	Swimasl.com
Athens Bulldog Swim Club	<a href="http://www.athensbulldogs.com">http://www.athensbulldogs.com</a>
Atlanta Rainbow Trout	<a href="https://www.atlantarainbowtrout.com">https://www.atlantarainbowtrout.com</a>
Atlanta Water Jocks	<a href="http://www.atlantawaterjocks.com">http://www.atlantawaterjocks.com</a>
Chastain Park Athletic Club	<a href="http://www.ChastainParkAthleticClub.org">www.ChastainParkAthleticClub.org</a>
Columbus Aquatic Club	<a href="http://www.swimhurricanes.com">http://www.swimhurricanes.com</a>
Concourse Athletic Club	<a href="http://wellbridge.com/concourse-athletic-club/sandy-springs">wellbridge.com/concourse-athletic-club/sandy-springs</a>
Cumming Waves Swim Team	<a href="http://www.cummingwaves.net">www.cummingwaves.net</a>
Decatur Family YMCA	<a href="http://ddy.ymcaatlanta.org">ddy.ymcaatlanta.org</a>
DeKalb Aquatics Masters	<a href="http://daqswim.com">http://daqswim.com</a>
Douglas County Stingreys	<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>

**GEORGIA CLUBS**

<b>NAME</b>	<b>ABBR</b>	<b>CONTACT</b>	<b>EMAIL</b>
Atlanta Rainbow Trout	ART	Sean Fitzgerald	<a href="mailto:seanfit@gmail.com">seanfit@gmail.com</a>
Atlanta Water Jocks	AWJ	Lorenzo Benucci	<a href="mailto:lbenucci@gmail.com">lbenucci@gmail.com</a>
Andrew & Walter Young YMCA Masters	AWYY	lilonga Thandiwe	<a href="mailto:linz.t@mindspring.com">linz.t@mindspring.com</a>
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	<a href="mailto:sbalkcum@ymcacolumbusga.com">sbalkcum@ymcacolumbusga.com</a>
Cumming Aquatic Center	CMMS	Susan Alston	<a href="mailto:cac2@cityofcumming.net">cac2@cityofcumming.net</a>
Concourse Athletic Club	CONC	Nancy Overheim	<a href="mailto:noverheim@wellbridge.com">noverheim@wellbridge.com</a>
Chastain Park Athletic Club	CPAC	Jim King	<a href="mailto:jimkingusa@gmail.com">jimkingusa@gmail.com</a>
Cumming Waves Swim Team	CWGA	Teresa Coan	<a href="mailto:swimcummingwaves@gmail.com">swimcummingwaves@gmail.com</a>
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	<a href="mailto:daqswim@bellsouth.net">daqswim@bellsouth.net</a>
Decatur Family YMCA	DFY	Beth Costello	<a href="mailto:bethc@ymcaatlanta.org">bethc@ymcaatlanta.org</a>
Georgia Masters	GAJA	Lisa L Watson	<a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>
Gwinnett County Masters Club	GMAC	Destry Dispain	<a href="mailto:destry.dispain@gwinnettcounty.com">destry.dispain@gwinnettcounty.com</a>
Great White Shark Aquatics	GWSA	Phil Donihe	<a href="mailto:coachphil17@yahoo.com">coachphil17@yahoo.com</a>
Columbus Aquatic Club	HURM	Kathy Gramling	<a href="mailto:cachurricanes@gmail.com">cachurricanes@gmail.com</a>
Marietta Marlins	LINS	Larry Baskin	<a href="mailto:larry@larrybaskin.com">larry@larrybaskin.com</a>
Life Time Swim Georgia	LTMS	Alicia Kockler	<a href="mailto:ryanbell@msn.com">ryanbell@msn.com</a>
Stingrays Masters Swimming	RAY	Ian Goss	<a href="mailto:rayscoach@gmail.com">rayscoach@gmail.com</a>
Spartans Aquatic Masters Club	SAMC	Kris Kester	<a href="mailto:kris@kris-fit.com">kris@kris-fit.com</a>
Swim Gainesville	SG	Joy Kelleher	<a href="mailto:joylohr@yahoo.com">joylohr@yahoo.com</a>
Tidal Wave Masters Swimming	TWMS	Andrew Baer	<a href="mailto:swimbaer@comcast.net">swimbaer@comcast.net</a>
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	<a href="mailto:keith.berryhill@windyhillclub.com">keith.berryhill@windyhillclub.com</a>
Northwest YMCA Grayfins	YGF	Muriel Cochran	<a href="mailto:murielcochran@gmail.com">murielcochran@gmail.com</a>

**GEORGIA SUPERTEAM (GAJA)**

ASL Silverking TRI-Masters	ASLM	Kathleen Greely	<a href="mailto:aslcoachgreely@gmail.com">aslcoachgreely@gmail.com</a>
Athens Bulldog Swim Club	ABSC	Craig Page	<a href="mailto:craigwpage@gmail.com">craigwpage@gmail.com</a>

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 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_copeland@comcast.net">rob_copeland@comcast.net</a>
Pat Eddy	Member at Large	(614) 670-1108	<a href="mailto:pateddy52@aol.com">pateddy52@aol.com</a>
Donna Hooe	Coaches Chair	(912) 884-6456	<a href="mailto:rdhooe1@juno.com">rdhooe1@juno.com</a>
Bob Kohmescher	Newsletter Editor	(770) 722-2192	<a href="mailto:bobk340@comcast.net">bobk340@comcast.net</a>
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More Pictures from the St. Pat's Meet



Ann Colloton, Britta O'Leary, Heidi Natkin, Leann Rossi and Malena Hankins



Judith Haase



Pat Eddy



Mark Rogers



Hosted by: Atlanta Rainbow Trout  
Meet Director: Shayne Lastinger

USMS Sanction #: **459-S004**  
Date: May 5, 2019

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

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

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

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

Address: **750 Ferst Dr NW, Atlanta, GA 30318.** Parking Available in lot across Ferst Drive from the Campus Recreation Center (CRC) or in designated lots behind the CRC on **Marietta Street**. Parking on Tech Parkway is no longer permitted. Violators will be ticketed. Please pick up a parking pass inside the facility.

Eligibility: The meet is open to all persons 18 years and older as of May 5, 2019. Your age on May 5, 2019 determines your age at the meet. USMS REGISTRATION IS REQUIRED. If you are not registered, your application can be accepted at the meet. **Please include a copy of your USMS card with your registration.**

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

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

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

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

Fees: \$40 covers facility and meet costs.

Seeding: All events except for the 1650 Free will be seeded in advance and slowest to fastest. 1650 Free will be **limited to the first 20 entries** and seeded slowest to fastest, only after positive check-in has expired. **No exceptions will be made for missing the cutoff for positive check-in.** Men and Women will be seeded together based on time. "NT" entries will be seeded in the slowest heat.

Relays will be deck-seeded and posted at the meet. Psych sheets will be posted at [www.atlantarainbowtrout.com](http://www.atlantarainbowtrout.com) and at [www.georgiamasters.org](http://www.georgiamasters.org) around May 1<sup>st</sup> (depending on the number of late entries being processed).

Relays: Entries for the Medley Relays will be due by 10:00 AM. Entries for the Free Relays will be due by the start of event 10. Relays heat/lane assignments will be posted in various locations around the pool as soon as possible.

Entry deadline: Paper entries must be received by Wednesday, April 24<sup>th</sup>. Mailed entries received after that date will be assessed a \$10 late fee. No heats will be created to accommodate late entries after the meet has been seeded.

ENTER ONLINE at [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=2176&smid=11485](https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=11485) until April 29<sup>th</sup> at 11:59PM. No late fee with online registration!



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

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

Circle the event number and provide your best Short-Course Yard (25Y) time for each event you plan to enter. No deck entries will be accepted for Individual events. Maximum of 5 individual events per day. **1650 Free limited to the first 20 entries.**

Warm ups 9 AM; Meet Starts 10AM					
#	EVENT	Time (00:00:00)	#	EVENT	Time (00:00:00)
1	1650 Free		13	200 Breast	
2	Women 200 Medley Relay		14	100 Fly	
3	Men 200 Medley Relay		15	200 IM	
4	Mixed 200 Medley Relay		16	100 Free	
5	200 Free		17	200 Back	
6	50 Back		18	50 Breast	
7	100 Breast		19	Women 200 Free Relay	
8	50 Fly		20	Men 200 Free Relay	
9	100 Back		21	Mixed 200 Free Relay	
10	100 IM				
11	200 Fly				
12	50 Free				

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

Make Checks Payable to: **Atlanta Rainbow Trout**  
**Mail to:** Atlanta Rainbow Trout, 541 10<sup>th</sup> Street NW, #341, Atlanta, GA 30318  
**Paper Entry must be received by Wednesday, April 24<sup>th</sup>.**  
 Online entry: [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=2176&smid=11485](https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=11485)  
 Questions? Email [Shayne.lastinger@comcast.net](mailto:Shayne.lastinger@comcast.net)

Must sign USMS Liability Release on Back of Entry



**ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

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

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

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

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