



Georgia Masters Newsletter

Swimming in Georgia

July 2019

Chair's Corner – June



The heat and humidity has arrived and taken Georgia by storm. I hope many of you find swimming as refreshing as I do. I just love hopping in a pool or the open water when it's 90+ degrees outside.

Long course season is also in full swing and will end with USMS Nationals in California, or World Masters Championships in South Korea. Whatever your reason for swimming is, set a goal, as small or as big as you want, and go for it. My personal goals for this summer season are mainly to stay in shape for next yards season, and to build memories with my swimming friends. What are your goals this summer? Feel free to share them on our social media channels, Facebook or twitter. We love to hear from you!

Happy summer and happy swimming everyone!
Britta

Don't Miss These Events

USMS Summer Fitness Challenge: 2k Swim

This event is designed for everyone, but particularly for fitness swimmers and long distance enthusiasts. The 2k swim can be done in the pool

or open water, and can be done with any stroke. To enter, just go the USMS website at www.usms.org and click on 'Fitness Events' and you'll see the info and how to register for the event.

We encourage our clubs to promote this event for your members! Remember that all of the Fitness Challenge events are included in our 2019 Georgia Grand Prix Series.

Rockdale County SCY - August 25

Our next Georgia event on the calendar is a new one: the Rockdale County SCY Developmental Meet on Sunday morning, August 25, at the Rockdale County Natatorium in Conyers. Thanks so much to **Tom McPike** for making arrangements for this meet. We are always looking for new venues, and Tom stepped up to the plate to make this happen. We hope swimmers will use this as a good practice opportunity for the upcoming **Southside Seals SCY Pentathlon** on September 7 (next up on the calendar).

Developmental meets are great opportunities to get practice times, as well as a good stepping stone for either new Masters swimmers or those returning after an absence to get back into competition. The meets are low key, so minus the stress of the bigger regional meets. Handheld watches are used for timing- and for those who like the REALLY short distances, we offer 25yd events!

Meet info and entry are included in this newsletter, and can also be easily accessed on the Georgia Masters website at www.georgiamasters.org (just click on 'Meet Schedule' at the top and scroll down to August 25). Meet hosts are the **Georgia Killer Whales**. For questions, contact meet director **Lisa Watson** at lisa.watson@ung.edu.

Southside Seals SCY Pentathlon September 7

The annual Southside Seals SCY Pentathlon will take place on Saturday, September 7, at the Steve Lundquist Aquatic Center in Jonesboro. Look for more info in the August newsletter (along with the meet info and entry). Mark this on your calendar. This meet is hosted by the **Southside Seals**, and is part of the 2019 Georgia Grand Prix Series. For questions, contact meet director **Rob Copeland** at rob_copeland@comcast.net

Georgia LMSC Annual Meeting September 7

Following tradition, our Georgia LMSC Annual Meeting will immediately follow the Southside Seals Pentathlon. It will also be held at the Steve Lundquist Aquatic Center. Food and beverages will be provided, so we can discuss our yearly business while eating and socializing. Please plan to attend. We welcome input from our members to help us continue to improve our organization. We will have more info in the August newsletter.

Several of our swimmers swam all three of the races (5K, 3K, and 1K), so a big CONGRATULATIONS goes especially to **Gayla Chalmers, Marianne Countryman, Lauren Minchew, Pat Eddy, and Mark Rogers** for their efforts! Marianne and Pat won GOLD in all three of their races!



Athletes Without Limits 1k start
(formerly the Nautical Milers)

The following are the results of Georgia Masters swimmers. Results were checked against our membership roster; any omissions were unintentional.

Meet Recaps

Georgia Games Open Water Meet Recap

By Elaine Krugman

A large group of Georgia Masters swimmers enjoyed a fun day at Lake Acworth participating in the Georgia Games Open Water Meet. **Rob Copeland** did a fantastic job (as always!) running the event—a big reason why so many swimmers consider the meet one of their favorites of the year. A big thanks to Rob and all of the volunteers who worked hard to make it a success!

Women

Claire Bacon (45-49)	4 th Place 3K
Felicia Bianchi (55-59)	Gold 5K, Silver 3K
Patricia Campbell (35-39)	Gold 5K
Gayla Chalmers (50-54)	Bronze 5K, 6 th Place 3K, Silver 1K
Ellen Clay (60-64)	Bronze 5K
Muriel Cochran (55-59)	Gold 3K, Gold 1K
Hilary Cohen (55-59)	4 th Place 5K
MarianneCountryman (50-54)	Gold 5K, Gold 3K, Gold 1K
Elizabeth Giesecking (50-54)	Silver 3K
Judith Haase (75-59)	Gold 1K
Malena Hankins (45-49)	Gold 5K, Gold 3K
Lisa Hasty (45-49)	Gold 1K
Courtney Hoffman (40-44)	Gold 5K, Gold 1K
Kim Hurst (45-49)	Silver 5K, Silver 3K

Elaine Krugman (55-59) Silver 1K
 Julie Lewis (45-49) Gold 1K



Marianne Countryman - Gold Medal Winner

Jill Matherson (55-59) Silver 5K
 Lauren Minchew (25-29) Gold 5K, Silver 3K,
 Gold 1K
 Sally Newell (80-84) Gold 1K
 Leann Rossi (50-54) Silver 5K
 Vesna Stojanovska (30-34) Gold 3K
 Andi Turner (18-24) Silver 3K
 Bethellen Warren (50-54) Bronze 3K



Georgia Masters Swimmers

Men

Thompson Brock Gold 5K
 Amos Chan (18-24) Silver 3K
 Conner Cochran (18-24) Gold 1K
 Mike Coleman (65-69) Silver 3K
 John Collins (40-44) Gold 3K, Gold 1K
 David Daugherty (60-64) Bronze 5K
 Pat Eddy (60-64) Gold 5K, Gold 3K,
 Gold 1K
 Lawrence Golusinski Silver 3K
 Randy Greaser (60-64) 4th Place 5K
 Joe Hutto (65-69) Silver 5K, Gold 1K
 Jason James (45-49) Silver 3K
 John James (65-59) Gold 5K
 William Jencius (60-64) Silver 5K
 Jacob Macks (35-39) Gold 3K
 Eric Mansfield (35-39) 4th Place 5K
 Michael Martin (60-64) Silver 3K
 Adam Paul (30-34) Gold 3K
 Craig Ray (80-84) Gold 1K
 Mark Rogers (50-54) Silver 5K, Silver
 3K, Gold 1K
 Stacey Schacter (55-59) Silver 1K
 Robert Siegel (60-64) Silver 1K
 Igor Vazhenin (55-59) Gold 3K, Gold 1K
 Kirk Wimberly (50-54) Gold 5K, Gold 3K
 John Zeigler (70-74) Silver 3K



JR Thomas – Athletes Without Limits

Other News

2019 Georgia Grand Prix

- Feb 15-18 USMS Winter Fitness Challenge:
- Mar 16-17 St Patrick’s Day SCY Invitational
- May 5 ART Spring Splash SCY
- June 30 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 8 St Nicholas SCM Invitational

For the Record

By Ed Saltzman

Who says that you have to get slower just because you get older? At the Dixie Zone LCM Championships in Greenville, SC a small group of Georgia swimmers challenged that notion.

Marianne Countryman (AWJ) celebrated her new age group (55-59) by re-writing seven long standing Georgia records.

Women 55-59	New Records
400M Free (2003)	5:17.82
800M Free (2011)	10:42.24
1500M Free (2004)	20:16.83
100M Fly (2004)	1:23.94
200M Fly (2005)	3:05.42
200M IM (2013)	2:59.95
400M IM (2008)	6:19.61

In the Women’s 80-84 age group, **Sally Newell** continues to own that age group; lowering her own 200M Free record to 4:22.89.

In the Men’s 85-89 age group, **Hal Stolz** celebrating his new age group took down teammate **Albert Woods** 100M Breast record by .25 seconds with a 2:07.28.

Meanwhile, **Albert Woods** and **Irwin Stolz** began re-writing the Men’s 90-94 age group records as they both aged up. Their names will now begin to replace **John Taylor’s** 2013 records.

Men’s 90-94	New Records
50M Free Albert Woods	52.83
100M Free Albert Woods	2:25.35
200M Free Irwin Stolz	5:02.14
400M Free Irwin Stolz	10:31.45
50M Back Irwin Stolz	1:27.73
100M Breast Albert Woods	2:45.14

“We don’t stop swimming because we get old, we grow old because we stop swimming!” – Elaine Krugman.

Swimmer Profile –Dodi Thomas

By Elaine Krugman



It was September of 2016 at the Southside Seals Pentathlon that Dodi Thomas competed in her first U.S. Masters Swimming meet, and by the end of 2018, she already had **74** sanctioned races behind her. This is one enthusiastic competitor!

Although Dodi swam on her high school swim team, it wasn't until 52 years later that she joined Georgia Masters and returned to pool competition. Her prior swim racing had been in sprint triathlons, beginning with one she competed in with her daughter in Acworth. Dodi still competes in a triathlon at least once per year.

A life-changing event is what motivated the athlete to return to pool swimming. As Dodi explained, “My husband passed away, and I didn't want to just sit around; I wanted to be active. I always enjoyed sports.”

Sitting around doesn't suit this 72-year old. When she is not training with the Northwest YMCA Grayfins, competing at a swim meet, or racing a triathlon, Dodi is running a 5K race, playing tennis, or playing pickleball. She is one busy lady! As a matter of fact, Dodi's frequent participation in those other sports is what keeps her from swimming more often. “The only thing that deters me, sometimes, is that I do have other activities that I am involved in. I feel good about being able to do different things. I love swimming, but I also love tennis and being able to run, still. I'm fortunate my knees haven't given way or things like that, because I just love outdoor activities. If I was focused on just one thing, I would probably be more motivated for swimming. I do enjoy all the different sports, and I think I would get tired if I was just concentrating on one,” she explained.

What was it about swimming in particular that attracted Dodi to USMS? She has always loved the water. During her grade school years of 6th to 12th grade, Dodi lived in Puerto Rico with her family where her father worked for the government. In addition to being on the swim team, she spent a lot of time in the ocean. It was what all the kids in Puerto Rico did in their free time. “I love the water. I'm sort of like a fish when it comes to the water,” she said.

It was former Grayfins coach Muriel Cochran's encouragement, though, that inspired this fish to join Georgia Masters. After Dodi started doing triathlons, she enrolled in a triathlon training class at the YMCA. “Muriel was coaching me for the triathlon, and she was telling me about the Masters swim program, and so I said, “I would like to do that!”

Dodi jumped right in to competing at meets, and the very next year, in 2017, she wound up ranking first in the state for her age group in several events. “It was such an exciting thing to know I was able to accomplish that,” she said, reflecting back on her favorite Masters memory.

In addition, this talented Grayfin became a USMS All-American for Long Distance in the Middle Distance Open-Water category (70-74). That was accomplished when Dodi swam the 2.4 mile open-water race in Chattanooga.

It is no surprise then that when Dodi is racing in the pool, she prefers the long events. “I like swimming distance like the 1000 and 1650. I also enjoy the 100 IM. I have done the 200 IM, but my butterfly is terrible; so, once I get through the butterfly, I feel a lot better! I just enjoy the water. It does something for me. It makes me relax and feel good that I can get in there and swim; and, go the distance.”

Competing in the pool after 52 years away from the sport was a bit of an adjustment, though. As Dodi explained, “First of all, it was just getting back into the strokes, and improving the different strokes, since it had been so long since I had done anything. Freestyle, you don’t even [swim] it correctly when you’re doing it for pleasure a lot of times, so my goal was to learn correct techniques in order to improve my swimming....What they’re teaching now is different... from what I remembered 60 years ago. It’s not difficult; it’s just developing that pattern. It’s more of a memory process with your muscles.”

To learn the strokes, Dodi has been watching swim technique videos and enjoying reading *Swimmer*, USMS’s magazine. In addition, became a certified USMS Adult Learn-to-Swim instructor. “I am not certain how I will use the certificate, but I know there will be opportunities to use it to help others,” she said.

Meanwhile, in addition to working on improving her strokes and race times, Dodi is having a great time in Georgia Masters. “I enjoy the team camaraderie, and not only that, but the people at events. They are all so friendly and encouraging. Even the officials. I think it’s great, the attitude and the spirit that is there at the different meets,” Dodi said, adding, “Another nice thing is all the other people you get to know at these different places. Then, you see them again. It’s not necessarily a one-time thing. You get to know them a little better. Just knowing you have a safe place to go when you’re older, or, like me, a widow. There, you feel safe, you feel comfortable, and at the end of the day when you have done a meet, you feel like you have accomplished something. There are so many positives that it’s a good thing to do, and I recommend it for anybody.”

One thing Dodi wanted to make sure to add about Georgia Masters is her appreciation for the organization’s leadership. “It’s so helpful to receive the e-mails that the Georgia Masters Board of Directors sends out] with updated information on swim meets and events. That is a helpful thing they do for the members, sending out [those e-mails] and keeping us informed. I’m always so afraid I will miss something, but I don’t, because they are so good at keeping us so informed. I appreciate that. I don’t know if they know how much we appreciate the things that they do, and I really do appreciate everybody who has a part in it. That’s what makes an organization work.”

See Elaine’s Tip of the Month and other news at the end of the newsletter.

Upcoming Events

July 2019			
15-31	USMS Summer Fitness Challenge: 2k swim		
August 2019			
4	LMSC Conference Call at 7pm	7-11	USMS LC Summer Nationals - Mission Viejo
25	Rockdale County SCY Developmental Meet- Conyers – entry enclosed		
September 2019			
7	Southside Seals SCY Pentathlon	7	LMSC Annual Meeting
11-15	USMS Convention – St. Louis	22	USMS 10k Open Water Championships – Knoxville
28	Swim Across America Open Water – Lake Lanier – www.swimacrossamerica.org		
October 2019			
6	SCM - Greensboro, NC	11-13	Dixie Zone SCM Championships/Rowdy Gaines Classic- Orlando, FL
12	Open Water 10 mile Swim the Suck - Chattanooga, TN	27	Collins Hill SCM Developmental Meet (tentative date)
November 2019			
15-30	USMS Fall Fitness Challenge – 1 mile swim	23	NAC Sprinting Turkey Classic – Nashville, TN
December 2019			
8	St. Nicholas SCM Invitational – Georgia Tech		

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.

Swim Websites	
ASL Silverking TRI-Masters	Swimasl.com
Athens Bulldog Swim Club	http://www.athensbulldogs.com
Atlanta Rainbow Trout	https://www.atlantarainbowtrout.com
Atlanta Water Jocks	http://www.atlantawaterjocks.com
Chastain Park Athletic Club	www.ChastainParkAthleticClub.org
Columbus Aquatic Club	http://www.swimhurricanes.com
Concourse Athletic Club	wellbridge.com/concourse-athletic-club/sandy-springs
Cumming Waves Swim Team	www.cummingwaves.net
Decatur Family YMCA	ddy.ymcaatlanta.org
DeKalb Aquatics Masters	http://daqswim.com
Douglas County Stingreys	douglascountystingrays.org
Dynamo Swim Club Masters	http://dynamoswimclub.com
Fyns	http://www.fynsmasters.com
Great White Shark Aquatics	www.gwsaswim.com
John P. Thayer YMCA Masters Swim	Columbusymca.com
Savannah Masters	http://www.tlb975.wix.com/mastersswimming
Stingrays Masters Swimming	http://www.stingraysswimming.com
Swim Gainesville	www.swimgainesville.com

Swim Macon Masters	www.swimmacon.com
Tidal Wave Masters Swimming	tidalwaveswimming.com
Tidal Wave Masters Swimming	tidalwaveswimming.com
Windy Hill Athletic Club Masters	http://www.midtown.com/windyhill
Georgia Masters Swimming	www.georgiamasters.org
USMS Dixie Zone	www.dixiezone.org/links.htm
USMS	www.USMS.org

GEORGIA CLUBS			
NAME	ABBR	CONTACT	EMAIL
Atlanta Rainbow Trout	ART	Sean Fitzgerald	seanfit@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	lbenucci@gmail.com
Andrew & Walter Young YMCA Masters	AWYY	lilonga Thandiwe	linz.t@mindspring.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	sbalkcum@ymcacolumbusga.com
Cumming Aquatic Center	CMMS	Susan Alston	cac2@cityofcumming.net
Concourse Athletic Club	CONC	Nancy Overheim	noverheim@wellbridge.com
Chastain Park Athletic Club	CPAC	Jim King	jimkingusa@gmail.com
Cumming Waves Swim Team	CWGA	Teresa Coan	swimcummingwaves@gmail.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	daqswim@bellsouth.net
Decatur Family YMCA	DFY	Beth Costello	bethc@ymcaatlanta.org
Eagle Watch Eagles Masters	EWE	Brett Daniels	tricoachbrett2005@yahoo.com
Georgia Masters	GAJA	Lisa L Watson	lisa.watson@ung.edu
Gwinnett County Masters Club	GMAC	Destry Dispain	destry.dispain@gwinnettcounty.com
Great White Shark Aquatics	GWSA	Phil Donihe	coachphil17@yahoo.com
Columbus Aquatic Club	HURM	Kathy Gramling	cachurricanes@gmail.com
Kennesaw State University Masters	KSUM		
Marietta Marlins	LINS	Larry Baskin	larry@larrybaskin.com
Life Time Swim Georgia	LTMS	Alicia Kockler	ryanbell@msn.com
Stingrays Masters Swimming	RAY	Ian Goss	rayscoach@gmail.com
Spartans Aquatic Masters Club	SAMC	Kris Kester	kris@kris-fit.com
Swim Gainesville	SG	Joy Kelleher	joylohr@yahoo.com
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net
Wade Walker sharks	WWYS	Avel Lai Leung	Avel-laileung@comcast.net
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com
Northwest YMCA Grayfins	YGF	Muriel Cochran	murielcochran@gmail.com

GEORGIA SUPERTEAM (GAJA)			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	aslcoachgreely@gmail.com
Athens Bulldog Swim Club	ABSC	Craig Page	craigwpage@gmail.com
Augusta Recreation and Parks Blue Tides	ARP	Barbara Ingold	arpbluetides@gmail.com
Douglas County Stingreys	DCS	Jarrod Hunte	douglascountystingrays@gmail.com
Dynamo Swim Club Masters	DYNA	Mike Cotter	mikedynamo@earthlink.net
Fyns	FYNS	Raquel Terroba	fyns.coach@gmail.com
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@gsc.edu
Life Time Swim Alpharetta	ALPL	Ryan Moss	COCNAquaticsManager@lt.life
Life Time Swim Atlanta	ATLL	Katie Payne	GAATAquaticsManager@lt.life
Life Time Swim Johns Creek	JCL	Merrie Copeland	GAJCAquaticsManager@lt.life
Life Time Swim Sugarloaf	SUGL	William Breland	GASLAquaticsManager@lt.life
Life Time Swim Woodstock	WSKL	Jonathan Sims	GAMBAquaticsManager@lt.life
Savannah Masters	SAVM	Donna Hooe	rdhooe1@juno.com
Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
Swim Atlanta Masters	SAMS	Scot Davis	sdavisswim1980@yahoo.com
Swim Macon Masters	SMM	Tana Selby	tanatanas@bellsouth.net
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net

Who Y'All Can Call

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copeland@comcast.net
Pat Eddy	Member at Large	(614) 670-1108	pateddy52@aol.com
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Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	swimsalt@bellsouth.net
Maddie Sibia	Members At Large		maddie.a.sibia@gmail.com
Jeff Tacca	Member At Large	(404) 256-0733	jtacca@comcast.net
Lisa Watson	Vice-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

2019 National Senior Games Recap

By Elaine Krugman



Attendance records were shattered at the 2019 National Senior Games where more than 13,700 athletes gathered to compete in Albuquerque. Several USMS All-American and Top Ten swimmers were among the 800+, 50-100-year-olds racing at the West Mesa Aquatic Center, and many National Senior Games records were broken. Ten Georgia Masters swimmers made the trip to Albuquerque, and a few of them brought home some bling. **Randy Russell** of the Killer Whales won gold in the 50 Freestyle after beating out 18 other sprinters in his 55-59 age group. He also won two relay bronze medals and ribbons (awarded for 4th thru 8th place finishes) for placing 4th in the 50 Backstroke; and, 5th in the 50 Breaststroke and 50 Butterfly. About his experience in Albuquerque, Randy said, “My favorite part was meeting and getting to know lots of athletes in the pool, hotel, and Parade of Athletes (which was part of the Celebration of Athletes). For my accomplishments, I was blessed to have swum personal best times in all six races.”



Elaine Krugman of the Killer Whales (55-59) was one of only 19 women across all age groups to swim the 200 Butterfly, and she brought home a bronze medal. In addition, she won two relay bronze medals and ribbons for 5th Place (100 Butterfly) and 6th Place (400 IM). For the first time at the National Senior Games, Mixed Medley and Mixed Freestyle relays were added to the events. **Barbara Ingold** (backstroke, Augusta Recreation & Parks Blue Tides), **Elaine Krugman** (breaststroke), **Randy Russell** (butterfly), and **Lane Schuckers** (freestyle) represented Georgia in both relays in the 55-59 age group and had exhilarating, come-from-behind races for bronze medals. Here is a video of the Mixed Medley Relay: <https://youtu.be/SRLg5-sF2io>. In the freestyle relay, Randy and Lane overcame a half of pool length deficit to squeak in by just .08 seconds. See the video here: <https://youtu.be/cFDuxFgVNcs>. That moment was, by far, Elaine’s favorite highlight of the meet! She also enjoyed getting to know her teammates and other swimmers at the pool and wrote about her experience here: <https://elainestravels.com/2019/06/25/national-senior-games-goal-finally-achieved/>



Randy Russell, Elaine Krugman, Barbara Ingold, Lane Schuckers



Elaine Krugman, Randy Russell, Barbara Ingold, Lane Schuckers

Ellen Briggs (65-69) won a 7th Place ribbon in the 400 IM and said, “The Games were incredible!”



Ellen Briggs (far right)

Lesley Landey of the Northwest YMCA Grey Fins (65-69) had an awesome meet, swimming her best times in her backstroke races in 28 years! For her efforts, she won a silver medal in the 50 Backstroke and a bronze in the 100 Backstroke, clocking her fastest times. In her other races, she swam her fastest times in nine years. She said she was very happy and loved the meet. She said, “[I] ran into teammates from 1999 and 2006 from teams in Louisiana and California. Fun all around.”

Sue Ottosen of the Killer Whales (75-79) placed 3rd in the 100 Butterfly to clinch a bronze medal and took home ribbons for 5th Place in the 400 IM, 6th in the 200 Backstroke, and 7th Place in the 200 IM as well as the 200 Breaststroke.

Leonard “Chip” Woody of the Killer Whales (65-69) had this to say about his experience at the Games: “I was lucky enough to get 8th in the 100 fly. I was middle of the pack in the other 5 events I swam. I was very surprised at the number of swimmers in my age group. One event, the 50 breast had 34 entries! I’m happy with my finishes since I bested my seed times in all events. It was a well-run 3 days. Quick turnarounds between events and heats. Great organization and execution.”



Leonard "Chip" Woody & Samy Naguib at the pool



Chip Woody, Elaine Krugman, and Randy Russell at the Celebration of Athletes

Samy Naguib (Killer Whales) won a ribbon for 8th Place in his 200 Breaststroke race:



Samy Naguib (far right)

In all, our Georgia Masters swimmers had great fun and success at the National Senior Games!

Elaine's Tip of the Month

In the last two issues, the dynamic stretches I demonstrated focused on the shoulders and hips. Although the stretches below will help loosen up your hips, they will also prepare your legs for a swim workout.

(Please note: I do not hold any professional certifications, and neither I or Georgia Masters are responsible for any injuries you may incur doing these exercises. Consult your doctor, and do these exercises at your own risk.)

Leg Stretches

Stretch 1: Side-to-Side

This dynamic stretch warms up your entire legs, especially the adductors. This exercise will prepare your legs well for the breaststroke kick. Start slow and easy with a short range of movement, leaning to the right, and then the left. As you can see, I am only leaning slightly to one side, and then to the other. As your muscles loosen up, increase the range only as comfortable as you can go. Do not force the stretch, and do not hold it. Continue from side to side for ten repetitions or more.



Stretch 2: Side-to-Side Knee Raises

This exercise will warm up your legs and core as well as your shoulders. Start with your arms in front of you and your right leg forward. As you swing your arms behind you, kick your left leg up across your body. Return to the starting position, and then repeat for ten or more repetitions.



Switch sides, and then repeat.



Atlanta USMS Learn to Swim Instructor Certification

The Atlanta-area adult learn-to-swim instructor certification class on November 17 is [ready for registration](#). It will take place at Kennesaw State University.



Georgia Masters Swimming

Rockdale County Short Course Yards Developmental Meet

Sunday, August 25, 2019

Sanction No. **459- R002**

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

Time: Sunday--Warm ups at 9:00 a.m. Meet begins at 9:30 a.m.

Location: The Rockdale County pool is an 8 lane, 25 yd facility in Conyers (indoors). Directions are as follows: Take I-20 EAST from 285. Go to Exit 82. Turn RIGHT on Hwy 139/ Ga 138. Turn RIGHT on Ebenezer Rd and go to 1781 (Johnson Park).

Address: 1781 Ebenezer Rd Conyers, GA 30094

Facility phone: 770/278-7529

This is a Category I Meet - Times will not count for Top Ten or Records

Eligibility: The meet is open to all persons 18 years and older as of August 25, 2019. 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.

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. Note: This is a Category I developmental meet – times will not count for Top Ten or Records.

Fees: \$18.00 for up to 5 events; \$2.00 surcharge for deck and late entries (received after August 23); \$1.00 surcharge for entries without 3 x 5 index cards. Make checks payable to GEORGIA MASTERS.

Mail to:

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Duluth, Georgia 30096 Phone #: (770) 497-1901

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	72
Event #: 6	1:48
100 yard breast	
(leave room for timers)	

Seeding: Entries received by August 23 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 500 free, which is fast to slow.



Georgia Masters Swimming
Rockdale County Short Course Yards Developmental Meet
Sunday, August 25, 2019

ENTRY FORM

Name	Sex	Age	DOB
Address		Cell/home phone	
City		State	Zip
USMS		Team	
E-mail			

SEED TIME	EVENT	SEED TIME	EVENT
	1. 500 yrd Free/400 Individual Medley.		9. 200 yrd Individual Medley
	2. 50 yrd Breastsroke		10. 50 yrd Butterfly
	3. 100 yrd Backstroke		11. 100 yrd Freestyle
	4. 200 yrd Butterfly		12. 200 yrd Breastroke
	5. 50 yrd Freestyle		13. 50 yrd Backstroke
	6. 100 yrd Breastroke		14. 100 Butterfly
	7. 200 yrd Backstroke		15. 100 yrd Individual Medley
	8. 25 yrd Choice		16. 200 yrd Freestyle
	MEDLEY RELAYS		FREESTYLE RELAYS

Circle event number and indicate seed time if known

Fees (Make checks payable to Georgia Masters)

ALL EVENTS	\$18.00
SURCHARGE – Late and Deck Entries \$2.00	
SURCHARGE- Did not use 3x5 cards \$2.00	
TOTAL AMOUNT ENCLOSED	

ALL MASTERS SWIMMERS MUST SIGNED THE ATTACHED PARTICIPANT WAIVER AND RELEASE OF LIABILITY FORM ON THE NEXT PAGE



**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 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