



Georgia Masters Newsletter

Swimming in Georgia

January 2020

Chair's Corner – January



HAPPY NEW YEAR!

I hope everyone started their new year in a great way. I finished 2019 with Dynamo's New Year 10k swim. We started at 3:30am on December 31! I am so glad this only

happens once every 12 months.

I had a fantastic 2019. I am so grateful for the opportunities Masters swimming provides me each day, be it inside or outside of the pool. I met some of my best friends through Masters swimming, and I can't wait to see what 2020 has in store for me.

Thank you to all of you for making Georgia Masters Swimming better every year. I am looking forward to a bright future of our LMSC and how we can all contribute to a fantastic year 2020.

See you on a pool deck very soon!

Britta

In Memoriam -- Hal Stolz ***(11/21/34 – 12/24/19)***

As we herald in a new decade, we must say goodbye to a longtime swimming colleague. The swimming world and all who knew him lost a beloved swimmer and friend in **Hal Stolz**. Hal passed away on Christmas Eve morning. In his 85 years, Hal has had a stellar swimming career, from

high school champion and state record holder to four-year SEC Champion for UGA from 1953-1956, and finally to longtime success as a Masters swimmer. Over his Masters career, he has earned over 100 National Top Ten ratings and was a world champion in the 100m breaststroke. Hal was inducted into the Georgia Swimming Hall of Fame in 2015.



We mourn his loss and extend our sympathies to his older brother Irwin.

Don't Miss These Events

**West Gwinnett Park SCY
February 23**

Our first Georgia event of 2020 will be the annual West Gwinnett Park SCY Developmental meet on Sunday morning, February 23. Info page and entry form are included in this newsletter and can also be easily accessed from the Georgia Masters website at www.georgiamasters.org (just click on 'Meet Schedule' at the top of the page and scroll down to February 23).

As a developmental meet, this is a good opportunity to get some practice SCY times for upcoming regional SCY events (such as St Pat and the Spring Splash)! It's also the perfect venue for the new Masters swimmers or someone returning after a long absence. This meet provides the opportunity to compete in a low stress swimming environment. It also includes 25-yard events for those who like really short distances! Handheld watches are used for timing.

West Gwinnett Park is in Norcross. The directions are listed on the info page. Warmups are at 9:00am, with a meet start at 9:30am. The meet should be finished by noon. This meet is sponsored by the **Georgia Killer Whales**. For questions, contact meet director **Lisa Watson** at lisa.watson@ung.edu or call (770) 497-1901 (please, no calls after 8:00pm).

Other Upcoming Georgia SCY Events

The practice times from the West Gwinnett Park SCY Developmental meet can be used for the two bigger upcoming SCY events in Georgia

- March 28-29 – St. Patrick's Day SCY Invitational @ Dynamo
- April 19 – ART SCY Spring Splash @ Georgia Tech

Meet info and entries will be published as soon as they are available.

Auburn SCY -- February 1-2

The annual Auburn SCY meet is fast approaching! It will be held on February 1-2. Entry deadlines are January 24 (received by) for paper entries and January 26 at 11:59pm for online entries. Relays will be entered online, beginning on January 29. **Karol Welling** (krw83@mindspring.com) has graciously agreed to enter the relays for the GAJA swimmers. Be sure to indicate on the entry form that you want to swim relays, if you belong to a workout group under the GAJA banner.

With Auburn being so close by, we usually have a great Georgia turnout. It's a well-run meet in a fantastic facility (host of the 2011 USMS LC Nationals).

**USMS Winter Fitness Challenge
February 15-29**



The 2020 USMS Fitness Challenge Series begins with Winter Fitness Challenge. The 30-minute swim, to be completed anytime between February 15-29. To enter, go to the USMS website at www.usms.org and click on 'Fitness events' at

the top of the screen. The entry fee goes to the Swimming Saves Lives Foundation, so this is a good opportunity to get in your mile swim and donate to a good cause!

Swimmers also have the option of signing up for all three Fitness Challenge events at once. The 30 minute swim can be done in any format (doesn't have to be continuous, but can be broken up in any manner desired). It's open to everyone, but particularly tailored for the fitness swimmer who is not necessarily interested in high level competition. We urge our coaches to encourage your swimmers to participate by making this event part of your workout at some time during the designated February dates.

All of the Fitness Challenges will count toward the 2020 Georgia Grand Prix Series.

Crawlman Swim/Run Adventure at Ft Yargo Park --June 14

By Catherine Meihof



The event consists of open water swimming and trail running. What makes it challenging (and fun!) is that there are multiple swim and run segments:

you must carry all equipment (i.e., running shoes, goggles, pull buoy, paddles), and you can choose to participate solo or as a two-person team.

Crawlman distances:

- Short course: Run 6.75 miles and swim 2400m
- Long course: Run 14.5 miles and swim 5k

I did Crawlman for the first time last year solo and it was a blast. Attendance was low though, and it is in jeopardy of being cancelled after this year.

I hope you will share this information with your teams, members and swimming buddies. The website is <https://crawlman.com/>. Georgia Multisports is organizing the event, and Jim & Belinda Rainey are offering 20% off entries until the end of the year. The code is **JRCM20**.

Meet Recaps

St. Nick's SCY Recap

The annual St Nicholas Invitational at Georgia Tech was again a huge success this year. Over 160 swimmers meant a packed schedule with some amazing swims. We saw two World Records, two USMS records and one Para Record being broken. On top of that, countless Georgia Records were broken in all different age groups. Thank you to meet director **Shayne Lastinger** and the Atlanta Rainbow Trout for putting on such a fast meet. Thank you also to **Ed Saltzman** who made sure all records counted officially and were submitted on time and with the correct paperwork.



Swimmers from Georgia, North Carolina, South Carolina, and Alabama battled it out in the 1996

Olympic Pool for the awesome snow globe high point trophies. Congratulations to all recipients. Full results can be found on www.georgiamasters.org.



Award winner, Britta O'Leary! See more pictures at the end of the newsletter.

- Women 18-24 Bethany Tilson (UNAT)
- Men 18-24 Nick Jeronis (ABSC)
- Women 25-29 Cheryl Corvo (Auburn)
- Men 25-29: Richard Park (ART)
- Women 30-34 Vesna Stojanovska (Southside Seals)
- Men 30-34 Todd Weyandt (GMKW)
- Women 35-39 Britta O'Leary (AWJ)
- Men 34-39 Michael Dellanoce (NCMS)
- Women 40-44 Karen Stump (NCMS)
- Men 40-44 Sonny Nguyen (NCMS)

- Women 45-49 Cathy Jones (GMKW)
- Men 45-49 Steve Robling (NCMS)
- Women 50-54 Jennifer Hartig (Binghampton Univ)
- Men 50-54 Mark Rogers (AWJ)
- Women 55-59 Marianne Countrymann (AWJ)
- Men 55-59 Randy Marchman (UNAT)
- Women 60-64 Jennifer Almand (AWJ)
- Men 60-64 David Hildebrandt (AWJ)
- Women 65-69 Bitsy Aldrich (GMKW)
- Men 65-69 Ted Hammond (GMKW)
- Women 70-74: Sandra Stump (NCMS)
- Men 70-74 John Zeigler (GMKW)
- Women 75-79 Sue Ottosen (GMKW)
- Men 75-79 Ed Sperr (Augusta)
- Men 80-84 Bill McClung (GMKW)
- Men 85-89 Billy Mann (GMKW)
- Men 90-94 Albert Woods (GMKW)

Go the Distance 2019 Results

With 2,502 USMS swimmers participating overall in the 2019 Go the Distance event, our Georgia LMSC accounted for 65 swimmers, with a grand total of 21,651.34 miles swum. We also had the closest race ever for 1st place in the Men's Division (and overall) between Chris Greene and Pat Eddy, with less than 2 miles separating them. These two super-swimmers combined to swim a total of 4284.74 miles (read more about their friendly long distance rivalry in our next newsletter). Following our Georgia tradition, the three top GTD finishers in the men's and women's categories will receive awards, to be presented at the upcoming St Pat meet in late March.

Congratulations to the following top swimmers:

- | | |
|-------------------|----------------|
| | Men's |
| 1. Chris Greene | 2,143.21 miles |
| 2. Pat Eddy | 2,141.53 |
| 3. Tyler Spencer | 1,670.38 |
| | Women's |
| 1. Melissa Massey | 1,254.60 |

- 2. MA Countryman 766.59
- 3. Julie Lewis 546.78

Also, congrats to each of our Georgia GTD competitors. Below is the complete list of all who participated in this event from our LMSC, listed by clubs.

ART (Atlanta Rainbow Trout)

- Lee Golusinski 133.33 miles
- Parthiban Shannugam 3.52

AWJ (Atlanta Water Jocks)

- Jennifer Almand 309.39
- James Breen 250.36
- MA Countryman 766.59 2nd place Women
- Malena Hankins 377.45
- Lauren Harville 151.48
- Heidi Natkin 487.44
- Britta O’Leary 236.96
- Mark Rogers 331.92

AWYY (Andrew & Walter Young YMCA)

- Jessieka Reaves 100.82

DAQM (DeKalb Aquatic Masters)

- Peter Wechsler 3.54

GAJA (Georgia)

- Brian Acker 84.18
- Claire Bacon 118.66
- Celine Cabana 163.50
- Anna Catanese 185.63
- Gayla Chalmers 401.08
- Sarah Chinn 387.79
- Herb Chuyen 60.47
- Rob Copeland 46.36
- David Croft 1.24
- Carol Cunningham 101.56
- Karen Doty 80.34
- Pat Eddy 2,141.53* 2nd place Men’s
- Elizabeth Giesecking 255.77
- Chris Greene 2,143.21* 1st place Men’s
- Ashley Grindley 8.66
- Courtney Hoffeman 454.60

- Robin Hoy 52.59
- Kim Hurst 206.73
- Joe Hutto 433.76
- Barbara Ingold 275.36
- Cathy Jones 309.76
- Sarah Kelly 1.06
- Jackie Kendinger 335.06
- Andy Klenzak 270.82
- Elaine Krugman 302.94
- Robert Lance 205.41
- Catherine Lavery 327.76
- Stephanie Lemmons 510.88
- Bill Lotz 428.98
- Condit Lotz 296.90
- Melissa Massey 1,254.60* 1st place Women
- Pam McClure 598.14* 3rd place Women
- Douglas Michalke 98.30
- Matthew Mills 475.17
- Juanita Prebble 12.12
- Gail Scheibel 2.05
- Tyler Spencer 1,670.38
- Mike Stille 122.53
- Beth Sutton 46.39
- Ann Sykes 270.91
- Lisa Watson 476.11
- John Zeigler 799.68

HURM (Columbus Aquatic Hurricanes)

- Amy Harkness 279.20

AUT (Nautical Milers)

- Anna Beem 322.45

UNAT (Unattached Georgia)

- Brian Able 7.00
- Stacy Fox 361.85
- Bruce Johnson 434.43
- Julie Lewis 546.78
- Thomas Rentschler 56.89
- Richard Spurlin 12.53
- Renate Walker 26.99

WCYG (Northwest Y Grey Fins)

- Donna Guest 25.54

If you'd like to see how other swimmers throughout the country fared, you can get the complete results on the USMS website (www.usms.org). Just click 'Events' at the top of the screen, then 'Fitness Events', then click on 'Go the Distance' on the right side and you can scroll down and click '2019 Daily Results'.

Results are listed in various categories, including age groups, zones, and LMSCs. You can also sign up there for the 2020 Go the Distance.* Let's see how many swimmers and miles we can get for this year!

*(Editor's Note: I have participated in Go the Distance for many years and find it to be a great workout incentive to get in some extra yardage!).

Open Water Swimming Update- Triple Crown of the Tennessee River

By Joe Hutto



When one thinks of the triple crown, what thoughts come to mind? Is it the horse races in the summer or those odd people who swim the English Channel, Manhattan and the Catalina Channel? Well guess what? There is a triple crown in our backyard. It is called the Triple Crown of the Tennessee River.

What does it consist of? Its three races in September and October in the open water venue of the Tennessee River. The first race in 2019 was the Swim Hobbs Island Race in Huntsville, Alabama hosted by the Team Rocket Tri Club. The big race is 5 miles with a shorter 1 or 2 mile race for those that are not ready for the bigger challenge. Over 100 swimmers entered these races in Huntsville.

The second race is the Bridges to Bluff Swim in Knoxville hosted by the Knoxville Open Water Swimmers (KOWS). This race is 6.2 miles or a 10K race. You can also do a 10K relay with each swimmer swimming 5K. It is called Bridges to Bluffs (B2B) as you swim under several large bridges and then along the bluffs of the Tennessee River. You even get to jump off a river boat into the river. This year the B2B team hosted the USMS Marathon Open Water Championship with 178 swimmers from all across the United States.

The final race is the "Swim the Suck," a 10 Mile race hosted by the Chattanooga Open Water Swimmers (COWS.) You might be thinking, that is an odd name of a race. The race director's grandmother had a cabin on Suck Creek which empties into the Tennessee River. Her grandmother used to say in the summer, "I am going to swim the suck" as she cooled off in the cool creek. So, that is how the race got its name. Over 115 swimmers were in this race which usually sells out quickly. Thirty states were represented this year.

What do the three races have in common? They are all in the Tennessee River over the course of a month in the fall and if you swim all three in one year, you attain the gold level of the triple crown of the Tennessee.

With that comes a patch and a very nice gold towel. You do not have to travel to the English Channel, Catalina and Manhattan to become a triple crown winner. These three races all have outstanding race directors who put safety first and

all three are USMS sanctioned. The total distance for the combined races is 21 miles. Maybe you should try one or more of these races out in 2020!

Pat Eddy and **Joe Hutto** have swum each of these races and would attest that they are great venues and fun races! Pat and Joe earned Georgia’s first gold triple crown of the Tennessee River patch in 2019 by completing all three races in one year! Both swimmers have swam the Suck race 4-5 times.

Georgia swimmers competing in 2019 are listed below

Swim Hobbs Island

One Mile

- Mark Coffin
- Laurene Cole
- Alptekin Derinkoh
- Duygu Islekyaras
- Nick Lubbers
- Timothy Wolf
- Glenn Cook

Two Miles

- Paul McNamara
- Charlie Mueller
- Thompson Brock

Five Miles

- Pat Eddy
- Maggie Hudson
- Joe Hutto
- Garry Pritchett

Bridges to Bluff

10K

- Rob Copeland
- Pat Eddy
- Joe Hutto
- Tyler Spencer
- Marianne Countryman

6.2 Miles

- Malena Haskins
- Leanne Rossi
- Charles Smitherman
- Garry Pritchett

Swim the Suck

10 Miles

- Tyler Spencer
- Joe Hutto
- Charles Smitherman
- Courtney Hoffman

10 Miles Plus

- Pat Eddy
- Dwight Davis
- Erica White
- Ray Homan

Other News

2020 Grand Prix Series

The events to be included in the 2020 Georgia Grand Prix are as follows:

Feb 15-19	USMS Winter Fitness Challenge
Mar 28-29	St Patrick’s Day SCY @ Dynamo
Apr 19	ART Spring Splash @ Georgia Tech
Jun 7	Nautical Milers LC @ Mountain View
TBD	GA Games Open Water @ Lake Acworth
Jul 15-31	USMS Summer Fitness Challenge: 2k swim
Sep -TBD	Southside Seals SCY Pentathlon
TBD	St. Nicholas SCM Invitational @ GA Tech

Awards for the 2019 series will presented at the St. Pat meet on March 28. Grand Prix winners will be announced in the next newsletter.

2020 USMS Registration Is Now Due!

If you have not yet renewed your USMS registration, please do so now to be able to continue to participate in all the many USMS events and have access to our Georgia newsletter. You can enter online by going to the USMS website at www.usms.org. Registration fee remains at \$55. There is no increase this year from USMS! For any questions, contact our Georgia LMSC Membership Coordinator (new name for Registrar) **Andy Rettig** at arettig@gmail.com.

Goal Setting for 2020

By Joe Hutto

It is that time of the year when the turkey is all eaten, the tree is down, and the Christmas ties are returned. As we look to a new year many of us start asking ourselves “What are my personal goals for 2020?” Our swim goals are important to us as they can help keep us fit throughout the year. Is that not one of the most important things you can do for yourself?

I always ask, what I am going to do this year? How am I going to stay fit and healthy with the motivation needed to go to the pool when its freezing outside? Some Masters swimmers have been doing things for such a long time, so it is easy – just keep swimming. For the rest of us, we may need creative goals to keep us marching along the healthy trail of life. I have a couple ideas that I have used this past year to set goals.

The absolutely best tool that the USMS has is the Go the Distance Program with My Fitness log. Here is where you set your goal for the year! After each workout you can log in your yards and times. You can keep going back to the log to see what days you worked out, how many yards, the total time swum and your pace goal towards your objective. You can easily see how many yards you

did in any month or shuffle through the swimmers in your age group to see how you stack up nationally or in our LMSC. Check that tool out and you will agree with me!

First goal I set was to swim more yards than last year. For me, that goal was 400 miles during 2019. Lofty goal huh? For some it is a big goal while for others, it is a piece of cake. Just ask Chris Greene, Pat Eddy or John Ziegler. They have swum over 4000 miles between them during the past year. It makes no difference what goal you set, just set one and go for it. It’s okay to set a goal and fall short. In 2017 my goal was 300 miles, but I finished at 282. In 2018 my goal was one mile per day or 365 miles – made it with 367 miles. In 2019, my goal was 400 miles, and I achieved 435 miles. Just keep swimming!

My second goal was to do all the Smarty Pants Fitness events. Each event requires to swim a little farther during the year. The three challenges start at a 30-minute swim, then a 2K, and finally a mile swim. The program starts slow and works into bigger swims during the year. This is a great goal for those just starting out or fitness swimmers returning to the water.

My third goal was to do all the Masters ePostal championships. These swims are held during all parts of the year. All you do it get a lap counter/timer and jump in to swim the first event: a one-hour event to swim the most yards possible in one hour. You then submit your splits to USMS. The ePostal team ranks you nationally by age group. You can see how you stack up. Some do it for fitness while others do it for competitive reasons. Other events include the 5K and 10K which are swum in a 50-meter pool. I must admit the 10K was a bit of a challenge. The final two events are the 3K and 6K which are swum in a 25 yard/meter pool. By doing some or all of these events you can contribute many yards to the overall yards swum goal of the year. Each event is

spread out over the course of a year. Check them out on the USMS page.

For some swimmers the swim meets are important. For others it's the open water thrills of those races. For me, it is a "let's do it all attitude." All these programs help me in goal setting for my big events in open water swimming.

The real goal is to get going and keep going using these great Masters website tools to channel your energy for great fitness.

Meet Improvements for 2020 Swim Meet Etiquette

To improve our swim meets and make them more enjoyable for all participants and volunteers, we will be more closely adhering to the USMS rules that govern the conduct of swim meets. By making our meets more efficient, they will run smoother and hopefully take less time. This may help us attract more competitors.

To make the process smoother, we have restated several of the published rules here to refresh our memories.

Swimwear Restrictions: The rules clarify that all swimwear must meet FINA specifications. Specifically, zippers, ties, and other fasteners are prohibited, with the exception of a waist tie. (Article 102.12.1)

Relay Entries: The rules clarify that the meet director must establish a procedure for compliance with article 102.9.5, which requires that the relay entry list the name of the club, each swimmer's full name (as it appears on the USMS membership card), age, and, for mixed relays, gender. Per article 102.9.5, the name of the leadoff swimmer must also be clearly designated. The rules clarify that the meet referee is responsible for instructing officials on compliance with article 102.9.6, which

requires that first and last names of eligible relay swimmers, their ages, and order of swimming be submitted to the clerk of course or head lane timer. Article 102.9.6 also requires that changes in competing swimmers or the order of swimming must be declared to the head lane timer prior to the start of the relay heat in which the relay team is entered and no changes are permitted thereafter. (Articles 102.9.5 and 102.9.6)

Whistle Protocols

(103.8.5) Start Commands

A. At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they may take and maintain their positions with at least one foot at the front of the starting platform or the deck, or in the water, and remain there (article 101.1.1). Each swimmer starting in the water must take the position on the wall with at least one hand in contact with the wall or starting platform and one foot in contact with the wall. In backstroke and medley relay events, 103.8.1 2020 U.S. Masters Swimming Rule Book Page 21 at the referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall take their positions on the wall without undue delay (article 101.1.2).

(103.8.8) Deliberate Delay or Misconduct

- A. The starter shall report a swimmer to the referee for delaying the start, for willfully disobeying an order, or for any other misconduct taking place at the start, but only the referee may disqualify a swimmer for such delay, willful disobedience, or misconduct.
- B. The referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of the heat.

Disqualifications (102.13):

(102.13.4) A swimmer must start and finish the race in the assigned lane.

(102.13.6) Obstructing another swimmer by swimming across the lane or otherwise interfering with the swimmer shall disqualify the offender, subject to the discretion of the referee.

(102.13.15) A swimmer who misrepresents a seed time, causing a significant delay of the meet, may be disqualified at the discretion of the referee. The disqualified swimmer shall be removed from the lane as soon as practical.

Swimmer Profile –Randy Russell

By Elaine Krugman

It was his response to my Facebook post that served as my introduction to Randy Russell. I was in search of three other Georgia Masters swimmers to join me on mixed medley and freestyle relays at the National Senior Games to represent our state. Randy immediately answered the call.

Fortunately, Randy had met two other Georgia swimmers from Augusta while competing at the Florida Senior Games qualifying meet, and they were interested in competing in the relays as well. We were good to go.

In preparation for the National Senior Games, last June, Randy and I met for the first time at the Spring Splash at Georgia Tech and swam together on mixed relays.

Fast-forward to the National Senior Games, Randy swam butterfly in the medley relay and was also in the third slot, following us gals, for the freestyle relay. The goal was for the guys to overcome whatever deficits we were probably going to leave for them, and mow down the competition. Randy did just that in both relays with personal best split times in both the butterfly and freestyle, in come-from-behind swims to help us take home bronze medals.



For Randy, his success at the National Senior Games—including a gold medal in the 50 Yard Freestyle (55-59)—was the culmination of a 52-year personal history in the sport.

The son of two swim coaches, Randy first got his start in swimming competition at age five. His father, Lowell, managed the swimming programs and coached the swim team at their local park pool in St. Marys, Georgia, during the summer. Two years later, knowing that both he and his swimmers could benefit greatly from attending swim camp, Lowell escorted Randy and nineteen of his teammates to Bolles School swim camp, in Jacksonville, Florida. “The team went from being a very mediocre team to a dominating team,” Randy said about the improvements made following their two-week stint at the well-known camp.

Randy made such strides that at age seven, he won four gold medals in his four races at the Georgia Parks and Recreation Association (GRPA) state meet.

His early success continued when his family moved to Florida and Randy set the 25-meter butterfly record for the state of Florida, at eight years old.

When his family moved back to Georgia the following year, Randy won gold again in butterfly, and then won four gold medals at the GRPA meet, when he was ten years old.

The following year, Randy swam in Warner Robins for Georgia's top-ranked GRPA team and continued with them through high school. From ages 15-17, he set five Georgia state records, and then subsequently lowered them.

Since Warner Robins didn't have a high school swim team, Randy only swam in summer league. For this reason, he wasn't recruited by college coaches; so, Randy was a walk-on at UGA, instead. He lettered as a freshman, and then left the team to concentrate on his studies.

Over the years since graduating from UGA, Randy mainly stayed in the sport on deck as a coach for seven different swim teams. It wasn't until he played in a work-related golf tournament and won a three-month membership to the Bradley Wellness Center, in Dalton, that he decided to get back in the pool. "My thought was that I had gained more weight than was comfortable, so I needed to get back in the pool, lose some weight, and get back in shape."

Once Randy started swimming regularly, one of his financial planning clients encouraged the swim coach to join him in training for the 2018 regional Senior Olympics meet, in Chattanooga. It was the 57-year-old's first swim competition since college, and it was a success. Randy swam National Senior

Games qualifying times in all six of his races, although he later learned that they didn't count. In order to qualify for the national meet in Albuquerque, the sprinter would need to repeat his performance at a state-level Senior Games meet.

Since the Georgia Golden Olympics had already been held the previous month, Randy needed to find a state-level meet outside of Georgia. He ended up going down to Clearwater, Florida for the Florida Senior Games, last December, where he won four gold medals and two silver medals. There, he met Swim Atlanta coach Pat Eddy, Coach's Chair of Georgia Masters, and learned about U.S. Masters Swimming. Pat encouraged Randy to join Georgia Masters, so he could participate in Masters meets that would prepare him for the National Senior Games, in June 2019. The new GAJA swimmer's first meet was last January at the Gwinnett Developmental Meet.

Since Randy had already achieved his first goal of making qualifying times in all of his Senior Games events, the former collegiate swimmer set his sights on taking home some hardware from the National Senior Games. Not only did Randy win those two relay bronze medals; but he swam a personal best time to beat out eighteen other sprinters and win an individual gold medal in the 50 Yard Freestyle. In addition, he took home ribbons for placing 4th in the 50 Backstroke, and 5th in the 50 Breaststroke and 50 Butterfly.

About his first national swim meet experience, 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... The freestyle was the pinnacle," adding that he had trained really hard to win that medal. "Back in December (2018), I started training with the Calhoun Swim Team. I knew I had to build my base of training, so I did the Christmas workouts with [them]. I had swum

strictly on my own up to that point.” Randy had been putting in about 3,000 meters, 4-5 days per week. When he started doing the Christmas workouts, his daily yardage increased, including swimming some doubles. From that point, the dedicated swimmer committed to swimming daily, from Christmas up until three weeks before the National Senior Games when he started his taper.

Considering the fact that Randy has type 1 diabetes and has twice experienced “frozen shoulder,” a condition that often afflicts those with type 1 diabetes, this was quite an accomplishment for the determined swimmer who had previously had shoulder surgery to correct the condition.

Randy has enjoyed his successful journey back to swimming competition, and his shoulders have stood up to the training. “The biggest thing has probably been just getting back in shape. I feel a lot better after losing twenty pounds and now feeling like I am physically fit again. It’s good to be able to compete and do well in something you have loved all your life. And, getting back in shape is a big part of it, too,” he said.

What’s next for the National Senior Games champion? “My immediate goals are just to swim my best times. Now that I have been through a full season and have set some decent times with my performance at [the National Senior Games], it’s really a question of can I get better from here. That’s where, if I can, in national competition, Top Ten times are not far out of reach.”

To help prepare him for achieving those goals, Randy has formed a small team at Calhoun Aquatic Center with a core of six swimmers that train together with him while he coaches from in the pool.

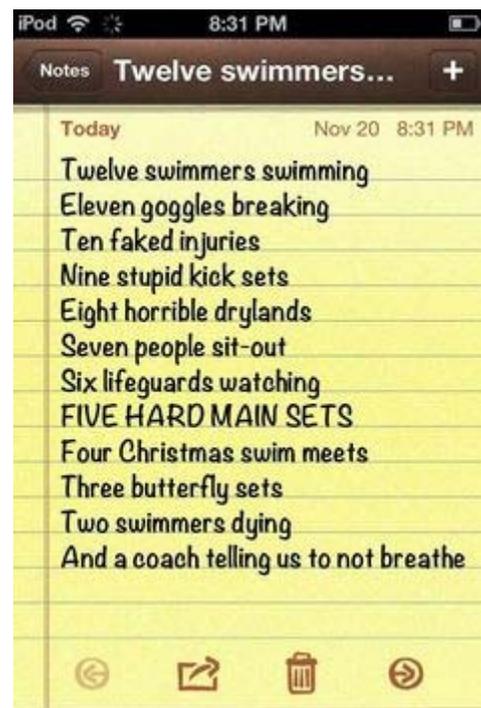
Coaching is in his blood, so it doesn’t stop with his Calhoun teammates. “Any time I’m in the pool training, most people will start paying attention and start asking questions. They notice that I’m

doing fairly well compared to most of the people out there, and I intentionally go out of my way to try and help anybody that’s out there with whatever they are doing to get better in the pool. It happens every time I go to the pool. I’ll go out there and someone is swimming beside me, and I will volunteer to help them. Normally, there are just two or three little things-- I can make them a better swimmer just by being a coach...”

Randy has helped several triathletes improve their swimming by teaching them how to train, improve their distance per stroke, and improve their breathing technique.

What is Randy’s favorite advice to give to other swimmers? “The big deal is to just keep swimming and keep pushing yourself for whatever you think is a good goal. Always the best goal is to try and better your times; and, enjoy what you’re doing, and try to make it fun.”

Swimming Humor



Upcoming Events

January 2020			
1-31	USMS National Postal Hour Swim Championships		
February 2020			
1-2	SCY – Auburn, AL	7-8	SCY – Charlotte, NC
7-9	SCY – N Myrtle Beach, SC	7-9	SCY - Clearwater, FL
23*	W Gwinnett Park SCY Developmental Meet		
March 2020			
7	SCY -- Sewanee, TN	21-22	Dixie Zone SCY Championships – Cary, NC
21-22	Bob Beach SCY Championships-St Petersburg	28-29*	St Patrick’s Day SCY Invitational at Dynamo
April 2020			
19*	ART SCY Spring Splash at Georgia Tech	23-26	USMS Spring SCY Nationals – San Antonio, TX
May 2020			
7-10	YMCA SCY Nationals – Orlando, FL	31	Dixie Zone Open Water Championships Chattanooga, TN
June 2020			
7*	Nautical Milers LC Invitational at Mountain View Aquatic Center – A new meet!	20-21	LC – Greenville, SC

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
Global Adaptive Aquatics	GAA	Helmut Levy	swim@globaladaptiveaquatics.org
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		
Life Time Swim Georgia	LTMS	Alicia Kockler	ryanbell@msn.com
Marietta Marlins	LINS	Larry Baskin	larry@larrybaskin.com
Nautical Milers Special Needs Team	NAUT	Patrick Thoreson	patrick_thoreson@yahoo.com
Southern Eagle Aquatics	SEGA	Beau Caldwell	swimsega@gmail.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 Beyond the Boundaries	SBB	Mandi Bell	mandi@swimbeyond.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_copland@comcast.net
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David Morrill	Safety	(770) 862-2533	latycar@latycar.org
Britta O'Leary	LMSC Chair	(636) 295-3222	brittaoleary@gmail.com
Andy Rettig	Membership Coordinator	(678) 417-6411	arettig@gmail.com
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Leann Rossi	Member At Large		swimfastatlanta@gmail.com
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

Elaine's Tip of the Month

Happy New Year! If you set goals for this year, I hope you included becoming more flexible as one of them.

When I was in junior high school, I was the least flexible kid in my physical education class. I dreaded the gymnastics segment, because the other girls laughed at my futile efforts to do what they could do easily.

It wasn't until I joined U.S. Masters Swimming ten years ago that I realized how my lack of flexibility was holding me back from swimming the strokes with good technique. I was also getting repetitive stress injuries, because my inflexible joints weren't able to move properly through the stroke—especially in butterfly.

I finally decided to get serious about stretching five years ago when I couldn't come close to touching my toes following hip surgery. My physical therapist set me on the right course, and I haven't looked back since. In addition to the 20 minutes I spend on deck doing my pre-swim dynamic stretching routine, I follow my swim workouts with a lot of static stretching and yoga.

Over the past four years since teaching myself yoga, many of the other pool users have made these comments to me: "I wish I could be as flexible as you," or, "I wish I could do that." I always respond with my story about being the least flexible kid in gym class, and how I couldn't bend much further than my knees following hip surgery. In other words, I wasn't born flexible; I had to work hard at it! I am living proof that it *is* possible to become much more flexible, but you have to work at it most days of the week. In my case, I spend 30-45 minutes, six days per week working on flexibility after my swim workouts. Is it worth it? Absolutely! The benefits are too numerous to list here, but I will mention one: I am enjoying swimming all four strokes so much more, especially butterfly!

So, let's start off the new year with the stretch below to work on ankle flexibility. As a competitive swimmer (especially breaststroke), ankle flexibility is crucial for a good kick. Outside of the pool, it is critical to prevent injuries out in the real world of uneven sidewalks, and other perils.

(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.)

Ankle Stretch

On the USMS Discussion Forums, a FINA Masters World Record breaststroker suggested sitting on my feet (as shown below) while watching TV to help improve ankle flexibility. Not only is it good for breaststroke, but it helps with the toe point for the kick in all four strokes.

When I first started, I could barely do it, because it hurt! I decided to do it after swimming, instead, when my ankles were looser, and I just kept at it.



Eventually, I got to the point where the “ankle stretch” became so much more. I was able to work up to leaning back—first on my elbows, then all the way down with my back on the floor. Finally, I added the streamline, and I push my knees towards the floor to get as much stretch as possible through my quads and entire core. You will feel this stretch in several muscle groups, and it feels great!



I would suggest doing these stretches immediately after swimming when your muscles are warmed up and loose. Experiment to see what you are able to do, but NEVER push to where you feel pain. If you start feeling pain, immediately back off.

Pictures from the St. Nick Meet





Georgia Masters Swimming

West Gwinnett Park Short Course Yards Developmental Meet

Sunday, February 23, 2020

Sanction No. **450-R001**

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: West Gwinnett Park is an 8 lane 25 yard pool, and is located at the intersection of Peachtree Industrial Blvd and South Berkeley Lake Rd. From I-285, take the Peachtree Industrial Blvd exit going NORTH (away from Atlanta). Go 7.5 miles to S. Berkeley Lake Rd. The West Gwinnett pool is on the RIGHT corner. OR: from I-85, take Pleasant Hill exit going WEST (past Gwinnett Mall). Turn left on Peachtree Industrial Blvd. The 4th stoplight will be S Berkeley Lake Rd.

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

The pool will be on your LEFT. Here's the address:

West Gwinnett Park Aquatic Center
4488 Peachtree Industrial Blvd
Norcross, Ga 30071
(678) 407-8801

Eligibility: The meet is open to all persons 18 years and older as of February 23, 2020. 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 February 21); \$1.00 surcharge for entries without 3 x 5 index cards. Make checks payable to GEORGIA MASTERS.

Mail to:
Lisa Watson
804 Howell Court
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	73
Event #: 6	1:49
100 yard breast	
(leave room for timers)	

Seeding: Entries received by February 22 will be seeded. Women's heats will precede men's heats. Sexes may be combined for some heats. NTs will be placed in slower heats, except for the 500 free, which is fast to slow.



Georgia Masters Swimming

West Gwinnett Park Short Course Yards Developmental Meet

Sunday, February 23, 2020

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	



**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