



# Georgia Masters Newsletter

## Swimming in Georgia

### April 2020

#### Chair's Corner – April



Hello everyone!

I hope everyone is staying safe and healthy during these times.

While pools are closed, we are all looking for other ways to stay in shape. I found that a 30min HIIT

workout in the early morning, before my kids wake up, is a great reason to get up and kick start my day. Being out of the water is hard, but I am trying to stay positive because #weareinthistogether.

Our newsletter editor Bob Kohmescher reached out to many of you to see how you are keeping fit and in shape right now. We've shared some of your stories in this newsletter and soon on our website.

Covid-19 cancelled all of our spring events so far. We are monitoring the situation closely and are following CDC and USMS recommendations for when it is safe to hold swim meets again. Please be responsible and stay home during the governor's current stay at home order.

Please note that events included in this newsletter are still scheduled as of date of sending. This can change any day though. Please refer to our website at [georgiamasters.org](http://georgiamasters.org) for an up-to-date event list.

#### Meet Recaps

##### **West Gwinnett SCY Recap: February 23**

With the coronavirus cancelling all spring Masters meets, it looks like the West Gwinnett SCY Developmental meet, sponsored by the Georgia Killer Whales may have been our last Georgia event for a while – and it was a good one!

We had a fantastic turnout of 45 swimmers at this meet. Participating Georgia teams included the following: **Augusta Blue Tides** (ARPBT), **Andrew & Walter Young YMCA** (AWYY), **Georgia Killer Whales** (GMKW), **Kennesaw State Masters** (KSUM), and **Nighthawks Masters** (NHMS). The biggest team turnout was definitely from AWYY. Kudos to Coach **Ilonga Thandiwe** for recruiting over 25 swimmers for the meet, many of them participating in their first Masters meet ever.

Thanks to **Bill McCaffrey** for officiating the meet. Also a big thanks to our volunteer timers: **Bill Bowers, Colleen Bowers, Lesley Landey, David Morrill, Ranee Pattison, and Marcus Warwick.**

#### What Have You Been Doing?

Dealing with the coronavirus has made this an extremely difficult time for all of us. Many of us are out of work. We're dealing with kids out of school. We're fearful of acquiring the coronavirus.

One thing we do that helps to reduce the stress of our daily lives is swimming. And now, we can't even do that. So what have you been doing to stay in shape and hopefully reduce some stress? We heard from many of you. Here's a few of the things that you've shared with us.

**Stacy**

I bought a Sole treadmill and am walking/running four miles a day on it every morning. Then walking another mile outside at lunchtime and another mile in the evening. I am also strength training for 20 minutes every Tuesday, Thursday and Sunday. My husband has a Peloton so I am able to use the app for walking, strength training and stretching classes. This is definitely an increase for me. My normal was 10,000 steps a day with no strength training. I was "just" swimming for an hour (3200 yards a day) five days a week. As soon as the water warms up, I am going to try some open water swimming if we are not back in chlorinated water.

**Sasha**

Since the start of the quarantine, I've been lifting and doing aerobics a lot. There are many helpful videos online featuring lifting routines. I also take long walks with my dog. To be honest, I'm probably working out at around the same rate as before. Hope you're staying well!

**Ernesto**

Been do a little cycling, I still go into work like normal so I'll do that on an off day since my shifts are 12 hours minimum. I started a plank challenge for the month of April and doing push-ups, pull-ups and weights here and there.

**Jennifer**

Pre Covid 19, I swam 5 days a week and did an 8-10 mile workout on my elliptical trainer one day a week. The first 3 weeks of pool closures, I worked out on my elliptical 6 days a week. That got old so since I conveniently live on a lake, I bought a wetsuit and am now open water swimming 4 days

a week while still doing my elliptical 2 days a week. The water temp is 68-70.

**Sylvia**

I've settled into forty-minute walks followed by dumbbells (five moves, ten reps each). I do this in my regular workout times to stay in the habit. Looking at Youtube taichi to keep ligaments/joints loose.

Also have a state park with a lake nearby, but the weather and pollen have been against outdoor swimming. ...if the park is even still open.

**Elaine**

My pre-coronavirus workouts averaged about 2-1/2 hours, six days a week, included 20 minutes of dynamic stretching\*, a 2,500-yard swim workout, and then a dryland workout. Every other day, my dryland included Theraband work for both upper and lower body, military push-ups (I worked up to 100 as sets of 10), 100 crunches, and yoga. On alternate days, my dryland focused more on yoga and additional static stretching\*.

Now, instead of swimming, I have substituted walking the hills of my Sun City community with my husband. We walk about 3 miles in the morning, and then I go back out before dinner for a more relaxing 1-mile walk. Otherwise, everything else has basically stayed the same, except that my dryland is done in the kitchen (tying my Theraband to the refrigerator handle) and great room, while I listen to classic rock and sing along. (My swimming may be tanking, but my singing voice is getting better!)

\* For ideas on dynamic and static stretching, check out my past Elaine's Tip of the Month articles in past newsletters. They appear at the end of the newsletter, so scroll to the end of each one. You can find them here:

<https://www.georgiamasters.org/GAM/news.cfm>

**Faith**

I am a lifelong fitness swimmer, mostly distance, and my claim to fame is placing 7th in my age category in the 500 free at the 2017 National Senior Games. I am training now for the 2021 Games, having missed the 2019 Games due to rotator cuff surgery (my second time, same shoulder! I am a glutton for punishment!) Happy to say that the shoulder is stronger than ever thanks to upper body strength training – weights, lat pull downs etc.

I have been using the "down time" to continue strength training which is critical for all of us swimmers to avoid shoulder injury. I have weights and bands that I use at home. I also love biking and fortunately live in a hilly neighborhood and get out for an hour almost daily. I livestream my yoga class and do that twice weekly.

The BEST part of my workout is actually being able to swim in our pool at home. Its only 40 feet long - so lots and lots of flip turns - but usually do 100 lengths, takes about 1/2 hour. We have a "deep" section so I love working on my vertical kicking. Pool is heated to 84 degrees. We will see what the gas bill is like next month! Yikes!

**Editorial note:** Faith – what’s your address?

**Vanessa**

I have been running, walking and doing some dry land. I am looking forward to coming back to my swimming practices.

**Nicole**

I miss the pool so much! I've been running with the couch to 10k program. I also set up my bike on the trainer and have been doing some rides using the Peloton app. I'm also doing some basic strength training. It's hard to stay moving with the same intensity and duration that I was doing when swimming. Will y'all be sending out some info on open water swims that are possible?

**Editorial Note:** We will be sending out info on open water swimming once we receive it.

**Al**

I've been walking 2-3 miles every day but that's it.

**Pam**

Since Covid-19, I've replaced swimming with running/walking 4 miles 4-5x week and cycling 2-3x week for 40 min. Continuing to do weights 2x week. Can't wait to get back to the pool but very thankful for other ways to stay in shape!!!!

**Tams**

I have always hated using a pull up bar, but in the last few weeks I've been trying to do 3 sets of 3 (I know, kinda wimpy). 3 times a day. Definitely not a substitute for 3000 meters of swimming but ya know....

**Randy**

I have been averaging about 6 miles a day with 10 miles once a week. Not running fast; however, I am out there exercising and staying healthy. Haven't started cycling yet. Pollen has been too bad for me. My wife wants to start cycling though.

**Susan**

Oh I miss swimming!!!! I swim 6 days a week ~ 3000+ yards daily. Running is a fine albeit temporary substitute! I get in about 5 hrs a week - it feels like I swim faster than I run, but I am thoroughly enjoying it!

**English**

I miss swimming! I've been doing Autumn Calabrese's 80 day Obsession workout program. I have more time because – no carpool! Seriously, I've gained so many hours in the week. Which I would trade in a heartbeat for COVID 19 to disappear. --

<https://www.youtube.com/watch?v=9EGvfeOF6uk>

**Jay**

It's been rough but my wet suit still fits and I'm going to put a couple miles in Lake Lanier before the week is out. Ooo rah!!

**Torrence**

Running 2.5 miles every 2-3 days in neighborhood. Doing push up challenges while encouraging other friends via text.

**Chris**

I have been swimming in the lake, if you don't have a wet suit I don't recommend it.

**Cheryl**

I've been running and doing strength training. I don't usually do open water, but I am seriously considering it!

**Bob**

I am cycling about 40 miles a week and walking 12-15 miles per week. Some band work, as well as stretching. I feel I am staying in good shape, but I miss swimming. Probably taking in more calories being at home all the time. Weight hasn't changed.

**Cathy**

With pools closed, I am having to run more - yuck. I mix running and walking so it's not quite as bad. I was playing tennis and pickleball until they closed the courts. I am trying to do a little bit of weight training - needed to start that anyway, so have the time for it now. And my son is teaching me how to unicycle!

**Other News**

***Swimmer Profile – Vesna Stojanovska***

By Elaine Krugman

What do former Swimmer Profile subject, Nei-Kuan Chia (March, 2019) and this month's subject, Vesna Stojanovska, have in common?

Remarkably, they are both two-time Olympians, and they both competed in the 2000 Olympics, in Sydney. Nei-Kuan swam for Taiwan, and Vesna

for Macedonia. Nei-Kuan also competed in the 1996 Olympics, and Vesna went on to swim in Athens, in 2004.

Vesna and I share the same January 20<sup>th</sup> birthday (23 years apart), so we have that in common, but she is a lot better swimmer, and got a much earlier start in the sport!



“When I was little, I guess I wasted a lot of energy beating up on my sister. At the age of five, my parents were like, ‘That’s it! We need to take her to the pool instead of her beating up her sister. Maybe she’ll beat the water or something!’” Vesna laughed, explaining the reason for her early start in the pool. She continued, “I loved it. I kept on swimming, but my sister had a little bit of a heart murmur, so she quit. But, I just kept getting stronger, so I beat her up even harder, poor girl, but I kept on swimming. When I reached the age of eight, I went to a meet in Germany and I broke some European records... I won my first trophy— a big real trophy— and ever since then, I was a swimmer. I took it seriously, and I went swimming

all the time. I think at the age of nine, I was swimming six times a week, at least. At the age of twelve, I was breaking all sorts of records for age 15 and under, in Macedonia. I made the Olympic B cuts at 13 or 14 in freestyle, and I was about 14 when I made the Olympic B cuts in the 200 fly.”

Vesna made her first Macedonian Olympic team when she was 15. In Sydney, she finished twenty-ninth in the 200 freestyle and thirty-first in the 400 freestyle. “The best part about [my first Olympic experience] was that I was so young, and I didn’t really understand much, and I just had so much fun. I’m a huge animal lover, and I ended up going to the petting zoo eleven times... I swam with dolphins, and I pretty much explored Sydney as much as I could. I had a blast! There was no real pressure, because I was just 15 years old. How much pressure can you put on a 15-year-old?”

“When you send me away at eight years old to travel and I don’t even turn around to say, ‘Bye,’ my mom knew it was like, ‘Oh, I’m not going to see much of her anymore.’ My mom cried. All the kids were turning around waving at their parents, and I just I looked straight, and I went straight, and I never looked back,” she said with a laugh.

Leading up to the Sydney Olympics, Vesna still lived in Macedonia. As she explained, “I went to an American high school in Macedonia, because my parents already knew they wanted to send me abroad to a place with more opportunities. I had the means to get away from a country that was underdeveloped and didn’t have much to offer as you grew up.”

Her swim training at the time sounded brutal. “My coach was very much a Russian hardcore school type of a coach. Every practice was 7,200 meters, every single one, no exceptions. They were all 1:20 pace, even the warm-ups. But we did a lot of stuff like 3,000m butterfly sets in practice,” Vesna explained.

Following the Olympics, Vesna’s parents sent her to the United States to attend Pine Crest School, in Fort Lauderdale, Florida, where she trained under Jay Fitzgerald. In that same year, she won a silver medal in the 200 fly at the European Junior Championships and won the Florida State High school championship in the 200y freestyle. Two years later, Vesna was awarded an academic and sports scholarship at Georgia Institute of Technology (Georgia Tech) and moved to Atlanta where she studied aerospace engineering and trained for the 2004 Olympics. Either one of those would be difficult on their own, but the combination of the two—and living in a new city in a foreign country—proved to be quite a handful for this studious Olympian.

Those days leading up to the 2004 Olympics in Athens were intense. A typical school day at Georgia Tech started with her waking up at 5:00am for a ninety-minute workout with the swim team. She would then hurry off to classes. Afternoon practice started at 3:30 pm and lasted until 5:30 or 6:00 pm. Vesna would then have a lab that started at 6:30 pm or 7:00 pm, so she was unable to do dryland training with her teammates. Lab often didn’t finish up until 10:00 pm, and then she would go home and study. Eight hours of sleep was not an option. To catch up on sleep, she said, “I was good about falling asleep at any time anywhere, so if I did have two hours during the day, I would fall asleep on any chair on campus. I would just put my head down, and I was asleep, that’s it!”

Following her sophomore year at Georgia Tech, Vesna competed in her second Olympics and swam the 200m fly, in addition to the 200m and 400m freestyle. Macedonia sent Vesna to the Olympics without the coach she had been training with since her junior year of high school in the U.S.A. Instead, during the month leading up to the competition, she had to train in Athens with an assigned coach she didn’t train with, which was

difficult for her. The results were not good, according to Vesna. “In Athens, it was a little different. There was a lot of politics involved and I didn’t do my best times there. I was expected to make finals, and I didn’t,” she said about her second Olympic experience, which was not nearly as enjoyable as her first Olympics.

After the Olympics, Vesna returned to Georgia Tech to complete her bachelor’s degree and swim for the Yellow Jackets. At the same time, she developed painful symptoms that ultimately forced her to quit swimming and become physically inactive. Her doctors weren’t sure what was causing her symptoms, and it took seven years of chronic pain for her to receive a confirmed diagnosis of Lupus, an autoimmune disease. (Lupus is notoriously difficult to diagnose due to the crossover of symptoms with other autoimmune diseases.)

In all, Vesna suffered through a ten-year battle with the disease. During her illness, she persevered and graduated with her bachelor’s degree in just four years when most students studying aerospace engineering take five years to complete their degrees. Vesna went on to earn a master’s degree and started working towards a PhD; however, she did not complete the program due to her health.

It was during her pregnancy with her one-year-old daughter, Viktorija, that Vesna went into remission, and the lupus has stayed in remission ever since. When she was five months pregnant, Vesna started swimming again and joined U.S. Masters Swimming.

As Vesna explained, “When I got pregnant, I was terrified of the lupus and losing the baby, because [the doctors] had told me actually that I could never even get pregnant. I told myself that I had to start doing something besides just lying in bed to get healthy. I had a breakout (a rash caused by Lupus) the first month, but after that I decided to just start swimming slowly, maybe once or twice a

week, and then moved it up. I said, ‘Wait, I’m handling this just fine.’ I started swimming every day until I realized it had been six months, and I had been in remission. After that I just kept swimming, and when Viktorija was born, I had gained 92 pounds with her.”

During her pregnancy, Vesna had been traveling with her husband a lot, but was inactive otherwise. After the baby was born, she made it her goal to lose the weight. In the first ten months, she swam daily and lost 77 pounds.

Vesna and her husband, Greg, are hoping for another baby; so, her Masters Swimming goals will depend on whether they are successful. “I took a little bit of a break, but I am going to get back into it. I am looking at Nationals. I’m in a new category, I’m 35. It’s a tough one. It’s one of the hardest ones, because everyone has already had their babies and are back into training. If I don’t get pregnant by then, I am going to do (USMS Spring) Nationals. If I do (get pregnant), I will have to take another break,” she explained. Meanwhile, it was a bit of an attitude adjustment for the Olympian when she looked at the race clock at meets over the past year. “There are times I’m like, ‘Why am I going so slow?’ because I expect to go back to my (Olympic) racing times. But then, I’m like, ‘Wait, I’m 35, and I just had a baby, so it’s not going to happen.”

Georgia Masters records are falling, though, now that Vesna is on the scene. After less than one year back in swimming, she broke state records in the 30-34 age group for short course meters 200, 400, and 800 free, as well as 200 fly.

Now that Vesna has aged up to the 35-39 age group, the two-time Olympian has her sights set on adding her name to more state records. “I swim mainly to lose weight, but I realize that once I get in the pool, I don’t know how to train for health. It just doesn’t work like that. All I know how to do is

race! Competing, the records seemed so far away until when, one day, I was breaking them all. I was like, ‘Oh yay! Great! Now I’ll go for the records that are for 35-39, so those are pretty much my goals,’ she said.

In addition to breaking state records, Vesna has a long-term goal (after having another baby) to compete on relays with Georgia Masters Chair, Britta O’Leary, and break a World Record.

In the meantime, while trying to get pregnant again, Vesna is back in training, writes workouts for the Masters group at her YMCA in Newnan, and gives private swim lessons. In addition, she is enjoying her Masters experience of training and competing at meets with swimmers of all ages—a very different experience than her Olympic training. Asked what she likes about Masters, Vesna replied, “All these older people, like in their 60’s and 70’s—and even more—still swimming. That gives you a huge happiness seeing them, and being like—I can be like that, and I want to be like that. I want to swim my whole life and stay healthy. Those swimmers can be very inspiring.”

### **Benefits of Swimming**

By John Zeigler

As master swimmers, we all hope for a long life, Herb McAley and Jack Mitchell made age 90. Hal Stolz 84, experienced strong fitness swim efforts.

Bill Bryson’s book, *The Body*, declares the watershed moment for humans was when infections were overshadowed by death from strokes, heart attacks, and failures of the body. Moderate exercise can retard these physical failures.

Today our lifestyle is more likely to kill us than a virus or infection. The baby boomers 70 years and older in America are about to triple in numbers by 2050. To obtain old age means living a healthy lifestyle. Growing older results in the decline of

blood vessel volume. This decline results in memory loss and energy. Long swim workouts retain a strong heart which sends a forceful flow of blood into the body with each heartbeat. At rest, the over 100 beats per minute will drop to 60 or less. This means millions of fewer heart beats in the older years of life, less wear on the heart, and during aerobic exercise, a tidal wave of blood forced into the million brain cells which will flush pollutants and energize the brain cells. The older non athlete will often have a heartbeat of 80 or more beats which results in less blood flow to the brain cells.

Elizabeth Svoboda writes that exercise turns daily hours of exercise into extra years of life. Over two hours of daily aerobic workouts add over three more years to your life. Also, stress can decrease your life due to causing strokes and high blood pressure. Music, meditation, or exercise can reduce stress.

In the early 1970's working my Coast Guard Intelligence job in Miami, I could have become involved in a serious international incident with Cuba, or drug smugglers. I was the junior officer being yelled at by my boss, the chief of operations, or even the Admiral demanding things be done now. When things got quiet, I would leave the office for a late lunch and walk down Flagler Avenue to the YMCA and swim for 40 minutes. Once I had returned to my desk, I had a great reduction of stress under fire. It was night and day calm after a good swim.

Finally, obesity is another way to shorten a life. It speeds up aging and increases your risk to many age-related diseases. When you age, the body will store more fat and you lose 3% to 8% of lean tissue mass each ten-year decade once you reach age 30. Some of this reduction can be slowed by exercise.

The bones stop around age 30 from increasing density. At that point of life forward, one cannot improve the skeletal system. Hard wearing of

joints and bones from running, jumping and sports, can be harmful.

A wonderful benefit from swimming is no forceful wearing out of the joints from force of impact on hard surfaces. Swim movement in water can allow older adults to swim without use of their legs or arms and still exercise the body.

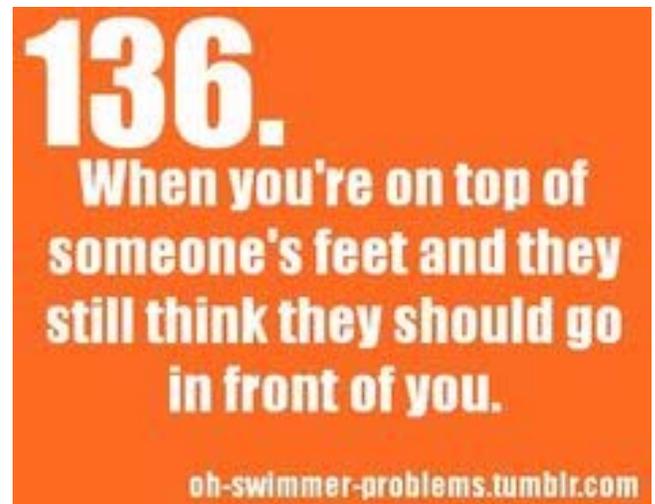
The goal in masters swimming is swim well, enjoy life, and have some extra time to enjoy our short time on Earth. At least we can pass away fit if the coronavirus over rides all of the above good advice for long life. Who said life was fair for all?

One hundred years ago, in 1920, my grandfather Cliff Miller got engaged in Indianapolis to a French Canadian woman who died in the second sweep of the Spanish Flu across the United States. Cliff married Mary Adelaide Moore in 1922. Yes, Zeigler is an Irish name, O'Zeigler, by way of immigration from Dublin and County Cork.

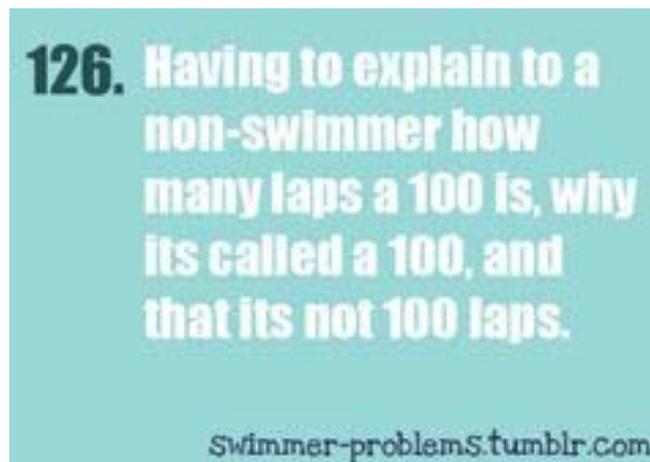
**Swimming Humor**



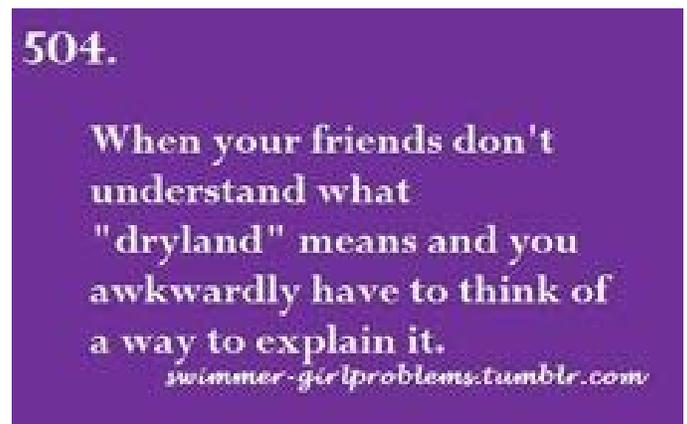
Note: "That hurt!"



Editor's advice: Long fingernails always work!



Editor's note: Not to mention "10x100 descending, 1 to 5, 6 to 10."



Note: It's hopeless!

## *Upcoming Events*

<b>May 2020</b>			
<b>3*</b>	Georgia LMSC Conference Call at 7pm Contact Britta at <a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>		
<b>June 2020</b>			
<b>7*</b>	Nautical Milers LC Invitational at Mountain View Aquatic Center	13	Open Water – 5k, 10k, 15k Fontana Lake, Almond, NC
20-21	LC – Greenville, SC		
<b>July 2020</b>			
<b>25*</b>	Georgia Games Open Water Lake Acworth		
<b>August 2020</b>			
13-16	USMS Summer LC Nationals Richmond, VA	<b>23*</b>	Rockdale County SCY Developmental Meet
<b>September 2020</b>			
<b>TBA</b>	Southside Seals SCY Pentathlon/Georgia LMSC Annual Meeting	23-27	USMS Convention - Jacksonville
<b>26*</b>	Swim Across American Open Water- Lake Lanier		

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

\*Dates in red are Georgia LMSC events.

## *Swim Websites*

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 Stingrays	<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>		
<b>GEORGIA CLUBS</b>			
<b>NAME</b>	<b>ABBR</b>	<b>CONTACT</b>	<b>EMAIL</b>
Atlanta Rainbow Trout	ART	Shayne Lastinger	<a href="mailto:shayne.lastinger@comcast.net">shayne.lastinger@comcast.net</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>
Eagle Watch Eagles Masters	EWE	Brett Daniels	<a href="mailto:tricoachbrett2005@yahoo.com">tricoachbrett2005@yahoo.com</a>
Georgia Masters	GAJA	Lisa L Watson	<a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>
Global Adaptive Aquatics	GAA	Helmut Levy	<a href="mailto:swim@globaladaptiveaquatics.org">swim@globaladaptiveaquatics.org</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>
Kennesaw State University Masters	KSUM		
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Windy Hill Athletic Club Masters	WHA	Keith Berryhill	<a href="mailto:keith.berryhill@windyhillclub.com">keith.berryhill@windyhillclub.com</a>
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Athens Bulldog Swim Club	ABSC	Craig Page	<a href="mailto:craigwpage@gmail.com">craigwpage@gmail.com</a>
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**Elaine's Tip of the Month**

When people stretch, they often focus on their legs and back, concentrating on lower body flexibility. Swimmers will stretch some of their shoulder muscles, but the area that gets forgotten is the pectoralis muscles of the chest and the deltoid muscles of the shoulders.

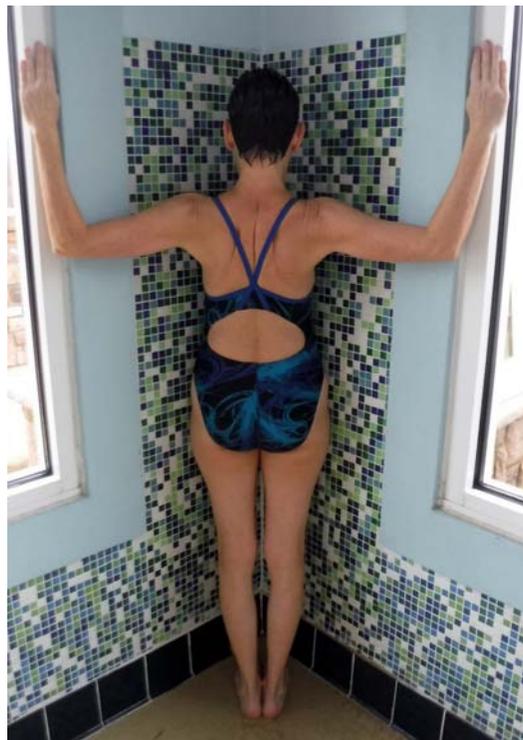
The **Chest & Shoulder Corner Stretch** will help with flexibility in these muscles, which is important for swimming all of the strokes with good technique, especially the butterfly.

A chronically tight chest contributes to rounding of the shoulders and the upper back; so, doing this stretch will also help improve posture as well as alleviating neck and back pain due to bad posture.

(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.)

**Chest & Shoulder Corner Stretch**

Stand in a corner facing the walls about one foot away. Place both forearms on the walls with your upper arms parallel to the floor, or slightly lower as shown below. Lean your chest forward into the corner until you feel a stretch across the front of your chest. Keep your head up and look forward. Hold the stretch for 30 seconds, and then relax. Repeat. **Editorial note:** you can even do this in your shower!



**Water, water everywhere. But no place to swim!**

For those of you without wet suits, the lakes will be warming up soon.



**When will our pools open?**

All we can do is hope it's soon!

