



Georgia Masters Newsletter

Swimming in Georgia

November 2020

Chair's Corner – November



Hello everyone!

2020 is slowly coming to an end but before we do, we wanted to make sure we get to see each and everyone of you one more time.

COVID-19 has not given us a lot of opportunities to see each other and we miss

you! Since swim meets are rare (that's right, I say rare and not non-existent) we want to invite everyone to our December LMSC call. The board has monthly calls that are open to all members and we look forward to seeing you all via zoom on Sunday, December 13 at 7pm. Keep reading the newsletter for more info.

Swim Meets: you are reading right! There is a swim meet happening. December 4-6 in Charleston, SC! It's a beautiful new facility and Palmetto Masters have a fantastic plan in place to ensure the health and safety of all participants. Check our upcoming events for the registration link.

Keep swimming or staying in shape otherwise, there are some great fitness events and meets on the horizon.

Britta

Don't Miss These Events

USMS Fall Fitness Challenge: 1 Mile Swim

For many swimmers, it may be hard to find a goal to focus on these days during the pandemic. Well, here's one – incorporate a 1 mile swim into your workout sometime during November 15-30, and be a participant in the USMS Fall Fitness Challenge! This is the final event of the USMS Fitness Challenge Series for 2020. The goal is simply completion. It can be done as a continuous mile, or broken into segments, or swum in any stroke. For those lucky enough to be working out with a team these days, this could be the focus of one of those November workouts. Or for those who still have not been able to get back in the pool, there is also a dryland alternative included in the Fall Fitness Challenge. To enter, go to the USMS website at www.usms.org and click on Fitness Events and enter the event. Entry fees will go to the USMS COVID-19 relief fund to help support clubs in need of assistance. You can challenge yourself with a 1 mile swim and give to a good cause as well. You can enter the event now: the event should be swum anytime between November 15-30. If you are doing it after Thanksgiving, it can be a good way to work off that Thanksgiving dinner!

Charleston SCM Meet December 4-6

Hurray, finally, an actual swim meet is happening in our zone! The annual South Carolina SCM State Meet (open to all USMS members) will take place

on December 4-6 in North Charleston, SC – so not too far away! Note that participation is limited to the first 200 entries. Thus far, 92 swimmers have already registered.

The entry deadline is **November 30**. Info and entry can be accessed from the new Southeast Zone website at www.southeastzone.org. Click on ‘Meets and Results.’ Both the 800 and 1500m free are being offered at this meet. Be sure to read through the meet info for all the instructions relating to COVID-19.

For questions, contact **Erin Moro** at erinmoro@yahoo.com.

Other News

2021 USMS REGISTRATIONS

All 2020 USMS registered swimmers should have received notices from the USMS National Office about renewing for 2021. Your 2020 registration will expire on December 31. Please go ahead and register as soon as possible.

Even though meets are scarce right now during the pandemic, there are still many events being offered by USMS as well as workouts to follow from various USMS coaches.

As stated in the October newsletter, the new Unified Fee is \$60.

For more information about registering online, visit <https://www.clubassistant.com/c/7BB0607/file/2020%20Registration%20Forms/Registration%20System%20Tutorial.pdf>

Georgia Masters Monthly Executive Zoom Meetings



As a member of Georgia Masters, do you ever wonder what’s happening behind the scenes to make our LMSC (Local Masters Swim Club) function? Who are the board members? How do swim meets and other events get organized? Who writes and edits all of the articles for the newsletter?

Do YOU have a great idea you would like to see implemented in 2021? Join us on Zoom and share it with us! The Georgia Masters Board of Directors gets together virtually on Zoom each month, and our meetings are open to all Georgia Masters members. If you prefer, just pop in to say “hello” and listen in on the discussion.

Our next meeting is during the holiday season, so wear your ugly Christmas or Hannukah sweater; or, join me in wearing your favorite swim meet t-shirt.

This is the link to join us:

Join Zoom Meeting

<https://us02web.zoom.us/j/8835553622?pwd=KzRWUmh3TnRza2lsMnlSeGE5b2hCdz09>

Meeting ID: 883 5555 3622

Passcode: GALMSC

We look forward to seeing you on Sunday, December 13 at 7:00pm!

Swimmer Profile –Nicole Taylor

By Elaine Krugman



At the time of our early October interview, the COVID-19 pandemic was in full swing across our country as well as in the White House with a predicted second wave on the way. The usual Swimmer Profile questions I had prepared to ask Nicole Taylor just seemed so unimportant and irrelevant, considering all that is happening outside of the pool or open water.

Although we began with those usual interview questions, it was the topic of COVID-19, and whether it has affected her, that resonated with me and is surely on the minds of many other Masters swimmers: “I have not been sick [from COVID-19]. I don’t consider myself a worrier, but I do feel more concerned about some of the long-term issues that people are having [from the virus]. So, that is something I have thought about with swimming. If I did get [the virus] and recovered,

would I have issues with my lungs or my heart? Obviously, I really want to stay safe and not get it! I really need to be active, because it is something that brings me so much joy and peace,” she said.

It was only just three or four weeks prior to my interview with Nicole that her Swim Atlanta team had begun training again under the coaching of Georgia Masters Board of Directors Coaches Chair, Pat Eddy. “I still feel like I’m getting into the swing of things,” she said about readjusting to her pool workouts, something she has had to do at other times, since returning to swimming as an adult.

As Nicole explained, “There have been points over the past five years I have had to take time off. I took a year off while I was doing my residency. Any time that there was business or work, health issues, or during the summer-time when my kids are home; I have found mentally coming back has always been a challenge. So, I try to I give myself patience and grace; and, realize that this is just the new starting point and where I am right now in life. It’s up and down, and that’s ok. It’s ok to start fresh and start new, to be in a different place physically, and then to get to a stronger place again.”

Fortunately, however, at least the environment at the Swim Atlanta pool seems safer than where many of us are swimming. Describing the pool environment, Nicole said, “With kids still in school and out of school, and all over, our numbers have been a little bit lower; so, everybody is spread out. In the morning, there are two or three people per lane; but, I go at lunch time, most of the time, so there is just a handful of us. We each have our own lane. Everybody has their own boundaries or comfort zone. I feel much more comfortable being outside, so I’m grateful our pool is outside; but, we still try to keep distance between us.”

On average, this seven-year United States Masters Swimming (USMS) member swims three times per week, averaging 3,500 – 4,000 yards per workout.

In addition, she runs and bikes on and off; and, she joined a boot camp this fall.

All of this gets juggled in between being a wife and a mom to her kids, ages nine and eleven. In addition, Nicole works as a hospital chaplain. Two years ago, she worked at it full time while doing a residency at Northside Hospital, so it left her no time to compete at swim meets. The year prior, however, this distance swimmer competed at the St. Nick's SCM Invitational and landed 5th in the 2017 USMS Top Ten (women's 35-39 age group), in the 800m free.

When Nicole first returned to swimming in 2013, after being away from the sport since high school, she didn't have any goals in mind. As she remembered, "I feel like I'm kind of competitive, but I realized pretty quickly that there wasn't going to be getting back to any kind of high school shape again. It was more like, ok, let's just have fun." Rather than setting time goals, Nicole worked on just gradually increasing her speed and endurance.

What lured this exercise enthusiast back in the pool was a convenient set of circumstances. "At the time, I was on staff at [Mt. Bethel United Methodist Church], and when the church bought the property that Swim Atlanta began using, I was like, "Oh my gosh. They have a Master's team? How cool is that?!"

The close proximity of the pool led her to train with Pat Eddy, a distance swimmer who inspires other swimmers in that direction. As a result, Nicole has taken a liking to open water and competes at the Georgia Open Water Meet and Swim Across America each year. She was disappointed that both meets had to be canceled this year, especially since those are experiences she shares with her oldest child. "My daughter, who is eleven, she's swimming for Swim Atlanta. One of the things I have enjoyed about getting back into swimming again is swimming with her. We did the Georgia Games [Open Water Meet] together and Swim Across America together," she said.

In the future, Nicole has additional open water dreams. "I would love to be able to do some more open water swimming and longer distances," adding with a laugh that the big goal on her "bucket list" is to do the Swim From Alcatraz, the famous 2-mile swim in the cold waters of San Francisco Bay. Why? Because she wants the t-shirt!

What is it about swimming, in addition to the "cool" t-shirts, that draws this happy Swim Atlanta member to the pool and open water events? "Just the feeling of working out is a great feeling. Swimming, I love! I just love to exercise, I love to feel my body move; and, to get stronger and feel healthy. I guess it goes hand-in-hand, but with that, it has been a great emotional stress relief for me. My job can be very high stress, and the pool is always the place where I can go into my own head and work through things and challenge myself; but, I don't have the outside forces or pressures or things to deal with. It's where I can push myself or just relax and enjoy the water."

"I love having a place to connect with other people with whom I share an interest; and, be able to come together, encourage each other, laugh and have fun at a place that is separate from work and family. Connecting with such kind and wonderful people from all over has been great. The other thing I love is having a coach! I love that somebody else has done the work and is there to hold me accountable and encourage me. That has been a great part of Masters swimming," Nicole related.

Another benefit of being a Masters swimmer is what many of us describe as the "Master's Prerogative." This Masters swimmer described it as, "When I swam as a kid, I always saw my coaches as my authority. You're a kid, and you do everything they say. I love Pat as a coach, and I love when he tells us what to do -- and, I do it 95% of the time. But, that little 5% where I can say, 'Nah, I'm not doing that; I want to do something else. I will swim a couple laps, and then come back and try it again.'"

In our current pandemic environment, I think most of us are just happy to be in the water. Nicole agreed, “From what I have seen in some of the swimming circles, it’s almost like people are just grateful to be where they are. We’re grateful that we can go to the pool at this point, because for so long, we couldn’t be at the pool. Now we can be here, so we’re grateful for this... People still want to move ahead and go back to competing, but it’s like the longer this goes on—in some ways it feels like [the virus] is going to be around for a while.”

Nicole’s advice? “Be patient with ourselves, and have gratitude in the moment. Be thankful for the pool that we have to swim in, and just enjoy it. It’s going to take time to get back in shape and feel great in the water again. Enjoy being with teammates if you have them. Take it one step at a time; one day at a time. Don’t try to look too far ahead. Set a daily goal or weekly goal instead of too long term.”

That’s great advice during these difficult times!

Readers, are you concerned about contracting COVID-19 at your pool? Please share your thoughts with me at ekkrugman@gmail.com .)

The USMS website provides valuable information about COVID-19 and swimming. Visit <https://www.usms.org/fitness-and-training/articles-and-videos/articles/what-the-cdcs-latest-covid-19-guidelines-say-about-going-back-to-the-pool>.

Swimming Humor

215. When you're circle swimming behind someone and they flip turn and forget to move over.



#459
when non-swimmers wonder why you still need to drink water at practice.

Upcoming Events

November 2020			
15-20	USMS Fall Fitness Challenge – 1 mile swim	15-20	
December 2020			
13*	Georgia LMSC Zoom Conference call at 7pm Contact Britta at brittaoleary@gmail.com	4-6	Charleston, SC – SCM. Contact erinmoro@yahoo.com
January 2021			
TBA	Georgia LMSC Zoom Conference call at 7pm Contact Britta at brittaoleary@gmail.com	1- Feb 28	USMS Hour Swim Postal Championship
February 2021			
TBA	Georgia LMSC Zoom Conference call at 7pm Contact Britta at brittaoleary@gmail.com	1-28	USMS Hour Swim Postal Championship
13-14	Clearwater, FL - SCY	15-28	USMS Winter Fitness Challenge – 30 minute swim
March 2021			
TBA	Georgia LMSC Zoom Conference call at 7pm Contact Brita at brittaoleary@gmail.com	27-28*	St. Pat SCY (renamed for Maria Thresh) @ Dynamo - tentative

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	Shayne Lastinger	shayne.lastinger@comcast.net
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

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