



Georgia Masters Newsletter

Swimming in Georgia

January 2021

Chair's Corner – January



Happy New Year!

I hope everyone had a fantastic start to 2021. I am looking forward to a full year of new opportunities and adventures. As I was closing out my training log for 2020, I was surprised to see that I actually swam more yardage in 2020 than I did in 2019. I "blame" it on the many lake swims I did since March when all pools were closed. Now I am wondering if I need to do lake swims again in 2021 to keep that up. They are not my favorite (I have to admit) but will do if that's the only water I can get. I am excited to see what 2021 brings.

What are your goals for this year?

Britta

Don't Miss These Events

USMS Winter Fitness Challenge: February 1-15

Start your 2021 swimming challenge with the USMS Winter Fitness Challenge, which is a 30-minute swim. With the emphasis on fitness, the purpose is simple to complete a 30-minute swim, which can be done however you'd like- any strokes, either nonstop or intervals, alone or with teammates-just do it!!



For those lucky clubs who can have group workouts now, why don't you schedule a 30-minute swim as part of one of your workouts during the first two weeks of February? The time frame for this event has changed from last year. The National Office decided that the first two weeks of the month would work better).

With the pandemic still going on, there are swimmers who may not yet have access to pools, so there is a dryland component that you can do as an alternative to the swim event.

It's easy to enter. Just google USMS Winter Fitness Challenge. You will see info for entering each of the three Fitness Challenges offered during the year. All proceeds will benefit the USMS Adult Learn-to-Swim grants supported by the USA Swimming Foundation. All participants will get a swim cap advertising the event. You can also opt for the 'Bundle,' which allows you to go ahead and enter all three 2021 Fitness Challenge events.

Here's the 2021 Fitness challenges:

- February 1-15 -- Winter Fitness Challenge:
- 30-minute swim
- June 1-15 -- Summer Fitness Challenge: 2k swim
- October 1-15 -- Fall Fitness Challenge: 1 mile swim

Hope you'll take this opportunity to challenge yourself to a 30-minute swim and support a good cause!

Meet Status Updates

As this evil coronavirus rages on, it continues to influence upcoming swim meets:

St Pat Meet Cancelled

The St Pat meet (which is being renamed to honor Coach Maria Thrash), scheduled for March 28 & 29, has been cancelled for this year.

USMS Spring (SCY) Nationals postponed

USMS Spring Nationals were scheduled to take place in Greensboro, NC from April 29 through May 2. This event will NOT take place on those dates. They hope to reschedule it for later in the year (when hopefully most of the general public can be vaccinated). We will continue to give updates as we learn of them.

2021 Go the Distance



Sign up for the 2021 Go the Distance event and see how many miles you can complete this year. You can enter the event similar to how you sign up for the Fitness Challenge. Google USMS Go the Distance.

You can record your yardage on a daily, weekly, or monthly basis. Hopefully you'll find this a good incentive for swimming! Get your teammates to enter as well and you can create a friendly competition. No charge to sign up! It's also fun to compare your distance to other LMSCs, Zones, age groups and so forth all across the country.

Call of the Water Virtual Relays



“Call of the Water” is Reston Masters Swim Team’s (RMST’s) very first Virtual Relay Festival. Sanctioned by USMS and set to run January through February 2021. This is a combined-splits event in which far flung teammates or those stuck with solo swimming may participate.

This means that four swimmers in four different places but affiliated with the same team can swim remotely and add their times to create a relay entry. The cumulative time of the splits at the close of the event will be the “relay’s” final time which then will determine the order of finish. Even if we can’t be together, we can compete together, but if you can swim an actual relay those splits count too.

All participants will receive one “Call of the Water” patch. Top relays will receive a relay champion patch. A T-shirt designed especially for the event will also be available for purchase.

For more information, Google Call of the Water Virtual Relay. For answers contact Meet Director, Frank Koval, at callofthewater@gmail.com



Meet Recaps

2020 South Carolina SCM Championships



Britta O’Leary and Marianne Countryman

Who would have thought a swim meet could close out the year 2020! The Palmetto Masters in North Charleston, SC hosted a fantastic short course meters meet to end the year on a high note. COVID protocols were diligently put in place and rules abided to by all swimmers and volunteers to have a fun, fast and safe three-day meet.

From Georgia, six people made the five-hour drive.

- GAJA: Matt Mills, Dan Snyder, John Zeigler
AWJ: Marianne Countryman, Britta O’Leary, Ray Valle

After a 10 month break from racing, all swimmers had surprisingly great swims. Britta and Marianne even used the opportunity to leave their mark on the Georgia record books. Congratulations! And last, but not least, a huge thank you to Palmetto Masters for hosting a great meet!

Go the Distance 2020 Results*

Well, we may not have meet results from most of 2020, but we do have results from the USMS Go the Distance postal event. There were 2,057 USMS swimmers participating throughout the country. Of that, 54 were from our Georgia LMSC, completing a total of 13,720.24 miles. Despite the effect of the pandemic on participation and mileage (I wonder how much mileage was able to be done from mid-March to mid-May?), we still had good performances from our Georgia participants.

As has been our Georgia LMSC tradition, we will be giving awards for the top three female and male finishers. Since we unfortunately don’t have an upcoming swim meet to be able to distribute these awards, we will either mail them out, or give them out whenever we are able to finally host a Georgia swim meet. (And we still have the awards from 2019 to give out as well).

TOP FINISHERS

Men

Table with 2 columns: Name and Time. Rows: Chris Greene (GAJA 1891.34), John Zeigler (GAJA 858.19), Matthew Mills (GAJA 500.16)

Women

Table with 2 columns: Name and Time. Rows: Melissa Massey (GAJA 1989.09), Marianne Countryman (AWJ 572.97), Jennifer Almand (AWJ 398.67)

Congrats to these top finishers, and special kudos to Melissa Massey for not only being the top female, but the top overall finisher from Georgia for 2020!

Complete List of Georgia Participants

Atlanta Rainbow Trout (ART)

Lee Golusinki 18.52

Maureen Wakeland .91

Atlanta Water Jocks (AWJ)

Jennifer Almand 398.67

James Breen 313.72

MA Countryman 572.97

Malena Hankins 33.69

Elaine Krugman 307.13

Heidi Natkin 318.22

Britta O’Leary 254.11

Mark Rogers 391.14

Team Georgia (GAJA)

Claire Bacon 116.43

Celina Cabana 198.45

Sarah Chinn 251.44

Herb Chuvén 6.36

Carol Cunningham 157.96

Elizabeth Elco 34.61

Stacy Fox 327.77

Elizabeth Giesecking 310.90

Chris Greene 1,891.34

Courtney Hoffman 330.85

Joe Hutto 404.83

Barbara Ingold 58.75

Cathy Jones 309.88

Jackie Kendinger 87.90

Andy Klénzak 184.08

Robert Lance 84.11

Catherine Lavery 72.10

Stephanie Lemmons 290.62

Bill Lotz 250.00

Condit Lotz 44.89

Melissa Massey 1,989.09

Pam McClure 346.59

Doug Michalke 21.82

Matthew Mills 500.16

Bethany Mobley 26.96

Daniel Murray 111.61

Joseph Sebastyen 18.16

Mike Stille 85.31

Lisa Watson 354.33

John Zeigler 858.19

Columbus Hurricanes (HURR)

Amy Harkness 97.33

Kennesaw State Masters (KSUM)

Katie Hopkins 138.75

Nautical Milers (NAUT)

Anna Beem 228.13

Matt Jones 80.44

Spartan Aquatic Masters (SAMC)

Brian Jernigan 125.98

Swim Gainesville (SG)

Ellen Goodman 15.14

Unattached (UC45)

Mandy Grignon 61.56

Bruce Johnson 334.57

Richard Kennedy 6.70

Julie Lewis 117.80

Thomas Rentschler 25.17

Rebecca Spring 1.19

Richard Spurlin 158.14

*Editor’s Note (Lisa Watson)- As someone who has participated in the Go the Distance event every year since it was first created, this year was obviously a challenge in many ways. First of all, no swimming for over two months! I had been accustomed each year to challenging myself to see how much yardage I could get in. Then suddenly no swimming at all, and when swimming did resume, it was on a time restricted basis, so not nearly the amount of yardage I used to be able to do. But I decided to use this as a challenge to see exactly what I could do with those time limitations-. Sort of like a ‘Starting Over’ GTD event. Right now, I’m so grateful to be able to swim that I really relish this opportunity to see what I can do. I hope that many of our Georgia swimmers will decide to participate in the 2021 Go the Distance and get the same pleasure out of it that I do!

Other News

2021 USMS Registrations

If you have not yet renewed your USMS membership for 2021, please go ahead and do that

as soon as possible. Your 2020 membership has now expired. You can renew online on the USMS website. The new Unified Fee (same for all LMSCs now across the country) is \$60.

Swimmer Profile –Jay Scoville

By Elaine Krugman



Lake Lanier resident, Jay Scovill, has always had an affinity for open water swimming—especially in lakes. Having been born and raised near Gary, Indiana, in the town of Ogden Dunes on Lake Michigan, his parents saw to it that he learned to swim when he was four years old. They wanted their young son to be more water safe around the lake where there was often heavy surf. Jay’s father, a former collegiate swimmer, was President of Gary, Indiana’s YMCA at the time, so he enrolled his son in swim lessons at the club.

Two years later, little Jay started competing on a summer team coached by Gus Stager, the 1960 U.S. Olympic Swim Team coach.

His dad would come on Saturdays (after his morning work) dressed in a suit and tie. As the newbie remembered about that experience, “My very first race was one length of the pool. We had to dive in the best we could and get to the other end. Since we were little kids, they had two kids per lane. We took off, and I swam as fast as I could, but about half-way down the lap, I got a huge gulp of water and I stopped. Suddenly, there’s a big splash, and my dad is standing right next to me in the pool in his suit with his dress shoes on saying, “Don’t quit, Jay! Never quit!”

Evidently, Jay took Dad’s advice because he swam and competed through school. After Gus Stager’s coaching (using a 20’ prod to stop swimmers in their lane and correct them), he worked under the caring eye of Skip Bird, a northern Indiana icon in high school and age-group swimming. Captain of his high school team, his commitment to compete increased. The pool his Portage High School team used was located so far away from his school, the team took a 45-minute drive one way to get to the 20-yard 4 lane pool the 46 members of the team used. According to Jay, “The team could fit nine guys in a lane at a time. Passing in the lane involved grabbing and pulling the slower teammate underneath you. There would be a fog hanging over the pool from over chlorination. We all were coughing from the fumes by the end of the hour we had to swim.”

Reflecting back on the experience, Jay said, “The flavor of those years was not so much

about getting into higher levels of competition. With the small pool and distance to even get there, the opportunity for fame as a team or as individuals was a struggle. The coaches, however, were all incredibly inspiring in spite of the limitations of access to workout facilities.”

Jay continued his education at Indiana University during the days of Mark Spitz’s reign at that school. Although he was invited to be a “walk on” under famous coach James “Doc” Counsilman, he decided not to join the team after his first trial workout. As he explained, “I went to the pool. There was a chalkboard that said just one thing, ‘17,000.’ That was the first day of workouts that school year. Swim—without goggles—in a chlorinated pool. Goggles didn’t exist back then, so the end result was burning, blood-shot eyes. No one gets much studying done that way. I swam it that first day, but unlike Spitz, I did not see Olympic gold in my future. That day was my last adventure in college swimming.”

Over the last twenty years, Jay has been swimming and sharing a lane with his wife, Helen, during the early mornings, before her work as a grade-school teacher. They met in 1998 at the Brenau University pool, in Gainesville, while swimming on the Lanier Aquatic Masters team. Jay later swam with the Brenau University Masters Swimming (B.U.M.S) until COVID-19 locked the 17 teammates out of the university pool. The university closed the facility to everybody except their women’s swim team. He now swims with Helen at

Frances Meadows Aquatic Center, in Gainesville. They are joined with several other 5:00am swimmers. They are all in their 60’s and call themselves the “Olympic Nopefuls.”

“I would love to get more involved with Masters. I have kept my membership up. We are currently practicing four or five times a week. I am averaging 15-20,000 yards per week as well, so I am healthy.” Since Jay and his wife live right on Lake Lanier, Jay started open water swimming when the pools were closed. He really enjoyed the open water experience, so long lake swims of 6,000 to 13,000 yards have become a regular Saturday routine, following his weekday pool workouts. Since he has a good cold-water wetsuit, he hopes to continue doing those swims until the water gets down into the 40’s. Jay competed in the late 1990’s in a few meets, and again from 2016-2018. He plans on getting back into some races in the future. Regarding his goals, Jay said, “I’ve always been a sprinter. When I was in high school and college, it was 50’s and 100’s; I just think it might be fun to get involved with distance more.”

At this point, Jay is just very thankful to be able to swim and enjoy the health benefits of the sport. He was diagnosed as having C.I.D.P. (Chronic Inflammatory Demyelinating Polyneuropathy), which is a neurological disorder that can destroy the protective covering around the nerve bundles. This causes weakness, pain, fatigue, and numbness.

Jay has improved, though, and continues getting healthier after reading the book, *Autoimmune Solution*, by Amy Myers, M.D., and working with a functional health doctor to revamp his diet. In addition, the four-hour-a-night sleeper began getting more sleep.

In the future, he plans on competing in the Swim Around Key West, which is a 12.5-mile race. In addition, he says, “I would love to do a 10k or a 10-mile swim in Lake Lanier. It would be awesome!”

Meanwhile, reflecting back on his swimming years since that first plunge at the age of four, Jay said with gratitude, “The most important thing is to say ‘thank you’ for the amazing people that were and are in my life that are really like brothers and sisters to me. Coaches, teammates, even meeting my wife swimming has been a true blessing.”

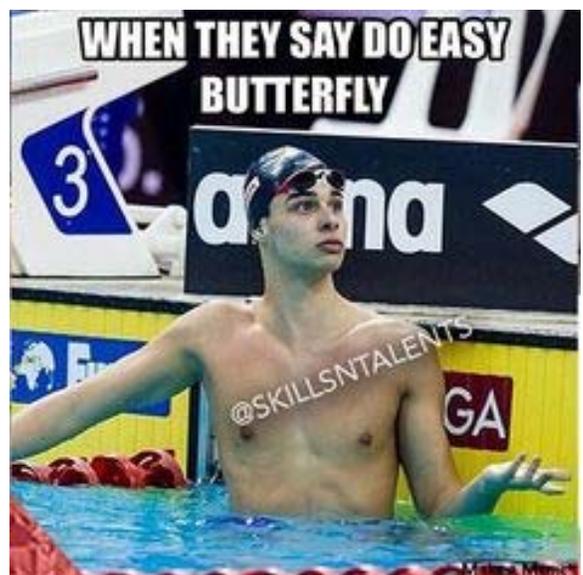
***Diverse Swimmer Profile
Subjects Wanted!***

Since 2014, I have strived to profile a wide range of Masters swimmers, from young to old (now 103!), gay and straight, Olympians from Thailand and Macedonia to new fitness swimmers from right here in Georgia, triathletes, and English Channel swimmers. I even interviewed the coach of the Athletes Without Limits special needs team about his amazing group of swimmers. Still, my profiles have not represented the full diversity of our Georgia Masters family. For 2021, my goal is to change that. If you or anyone you know would like to contribute to the diversity of swimmers featured in the “Swimmer Profile” column, please contact me at ekkrugman@gmail.com.

Need Workouts?

Thanks to Jeff Tacca for suggesting this website: <http://swimmingworkouts.online>. Also, visit our website for a link to workouts – georgiamasters.org.

Swimming Humor



Upcoming Events

January 2021			
1- Feb 28	USMS Hour Swim Postal Championship		
February 2021			
Feb 7	Georgia LMSC Zoom Conference call at 3pm 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			
March 7	Georgia LMSC Zoom Conference call at 7pm Contact Brita at brittaoleary@gmail.com		

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.

<i>Swim Websites</i>	
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 Stingrays	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

***For more information about the clubs and teams,
Visit www.georgiamasters.org***

GEORGIA CLUBS

Atlanta Rainbow Trout	ART	Jake Macks	jake.macks@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	lbenucci@gmail.com
Camden PSA Masters	CAST	John Eife	jdeife@co.camden.ga.us
Chastain Park Athletic Club	CPAC	Star Brackin	masters@chastainparkac.org
Columbus Aquatic Club	HURM	Andrew Beggs	andrew.t.beggs@gmail.com
Concourse Athletic Club	CONC	Chris Nasser	swim@concoursemasters.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	melissa@dagswim.com
Dutch Island Dolphins	DID	Joyce Bustinduy	jobustinduy@gmail.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	sbalkcum@ymcacolumbusga.com
Kennesaw State University Masters	KSUM	Cheryl Richardson	bricha89@kennesaw.edu
Nautical Milers Special Needs Team	NAUT	Patrick Thoreson	patrick_thoreson@yahoo.com
Southern Eagle Aquatics	SEGA	Beau Caldwell	swimsega@gmail.com
Spartans Aquatic Masters Club	SAMC	Kris Kester	spartanscoachkarl@gmail.com
Summer Hill Orcas Swim Club	SHOC	Kaleigh Shook	summerhillrec@gmail.com
Swim Gainesville	SG	Joy Kelleher	joylohr@yahoo.com
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com

GEORGIA SUPER TEAMS - GAJA

Georgia Masters	GAJA	Lisa L Watson	lisa.watson@ung.edu
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	coachjrodhunte@gmail.com
Dynamo Swim Club Masters	DYNA	Mike Cotter	mikedynamo@earthlink.net
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@ung.edu
NightHawks Masters	NHMS	Lisa Watson	lisa.watson@ung.edu
Savannah Masters	SAVM	John Denion	jmd7362@gmail.com
Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Michael Soderlund	msoderlund@coca-cola.com
Swim Beyond Atlanta	SBA	Mandi Bell	mandi@swimbeyond.com
Swim Macon Masters	SMM	Jason Michael	mrbreaker66@gmail.com
Warner Robins Aquanuts	WHA	Daniel Murray	dmurray54.dm@gmail.com

LIFE TIME SWIM

Life Time Swim Alpharetta	ALPL	Aquatics Manager	GAALAquaticsManager@lt.life
Life Time Swim Atlanta	ATLL	Aquatics Manager	GAATAquaticsManager@lt.life

SWIM ATLANTA MASTERS			
Swim Atlanta Masters-Cumming	SAMS	Andrew Rogers	andrew@swimatlanta.com
Swim Atlanta Masters-Georgia Tech	SAMS	Clarín Ellard	coachclarin@gmail.com
Swim Atlanta Masters-Hamilton Mill	SAMS	Mary Tripp	mary@swimatlanta.com
Swim Atlanta Masters-Johns Creek	SAMS	Elizabeth Stowe	elizabeth@swimatlanta.com
Swim Atlanta Masters-Marietta	SAMS	Pat Eddy	pateddy52@aol.com
Swim Atlanta Masters-Roswell	SAMS	Ryan Bried	ryanbried@swimatlanta.com
Swim Atlanta Masters-Sugarloaf	SAMS	Scot Davis	scot@swimatlanta.com

GEORGIA SUPER TEAMS - YMCA			
YMCA of Metro Atlanta	ATLY	Becky Shipley	beckys@ymcaatlanta.org
Andrew & Walter Young YMCA Masters	AWYY	lilonga Thandiwe	linz.t@mindspring.com
Decatur Family YMCA	DFY	Beth Costello	bethc@ymcaatlanta.org
G.Cecil Prueett Community Center YMCA			
J.M Tull-Gwinnett Family YMCA			
McCleskey-East Cobb Family YMCA			
Summit Family YMCA			-

Who Y'All Can Call

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copland@comcast.net
Pat Eddy	Coaches Chair	(614) 670-1108	pateddy52@aol.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
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