



Georgia Masters Newsletter

Swimming in Georgia

January 2022

Chair's Corner – January



I can't believe January is almost over. Time flies when you are having fun. The snowy weather in North Georgia was a blast and I also heard from some swimmer friends that did polar plunges. There is also a dedicated group that

still swims daily at Lake Lanier. You are all amazing (and crazy?!).

The meet calendar is slowly filling for 2022 and USMS is also putting on some fantastic fitness events that will have something for everyone this year. Make sure you stay up to date on all events happening by checking georgiamasters.org regularly.

I hope to see many of you on a pool deck or lake shore soon.

Britta

Don't Miss These Events

Upcoming Meets

- *March 6 West Gwinnett Park SCY Developmental Meet.* This developmental meet returns, also after a 2-year hiatus. As a practice meet, this would be a good warmup for the bigger upcoming SCY meets (at Dynamo and in Savannah). This meet is also a good starting meet for new Masters swimmers.

- *March 19-20 Southeast Zone SCY Championship, Auburn, AL* – This always well-run meet returns after a 2-year hiatus caused by the pandemic. Auburn is just a 2+ hour drive from Atlanta.
- *March 26 - 27 Maria Thrash Memorial SCY Meet.* Formerly known as the St Pat's Meet, this meet is dedicated to the memory of Dynamo coach Maria Thrash.
- *April 2 Walt Weed SCY Invitational at Savannah, GA.* Hailed as the "Return to Savannah" meet, since it's been quite a number of years since Savannah hosted a meet.

The entry for the Auburn meet is now posted on the Southeast Zone website www.southeastzone.org. The West Gwinnett, Maria Thrash and Walt Weed entries are attached. Visit our website to see the entries for upcoming events- www.georgiamasters.org.

Meet Recaps

St Nicholas SCM Recap – December 12

We had good turnout - 146 swimmers from all over Georgia and throughout the Southeast Zone competed in the annual St Nicholas SCM Invitational at held at Georgia Tech. Thirty-six teams participated, including the following Georgia teams: Athens Bulldog Swim Club (ABSC), Augusta Recreation (ARP), host Atlanta Rainbow Trout (ART), Atlanta Water Jocks (AWJ), Andrew & Walter Young YMCA (AWYY), Dynamo (DYNA), Georgia Killer Whales (GMKW), Lifetime Masters Swimming

(LTMS), Nautical Milers (NAUT), Swim Atlanta (SAMS), Savannah (SAVM), Southside Seals (SSS), and Windy Hill Aquatics (WHA). Two Georgia relay records and 24 individual Georgia records were set at this meet.

A big thanks to meet director **Shayne Lastinger** and all of the Atlanta Rainbow Trout volunteers for putting on this meet (as well as the Long Course meet held in September!).

Go the Distance 2021 Results

Our Georgia LMSC had 42 swimmers participating in this event, sponsored by USMS Georgia had a combined grant total of 14,886.1 miles. Our Georgia tradition is to give awards to the three top male and three top female finishers. Note the VERY CLOSE race and incredible mileage for the top male and female finishers! This year’s winners are as follows:

Female

Melissa Massey	2264.05 miles
Marianne Countryman	493.31 miles
Lisa Watson	440.43 miles

Male

Chris Greene	2260.36 miles
John Zeigler	973.01 miles
Bruce Johnson	494.97 miles

Congratulations to these swimmers and all Georgia participants. The complete list of participants is listed below:

Unattached Georgia

Bruce Johnson	494.87 miles
Julie Lewis	184.63
Brian Jernigan	124.55
Randall Pilkenton	108.87
Thomas Rentscher	80.83
Richard Sparlin	54.52
Khadeem Henry	29.83

Atlanta Rainbow Trout (ART)

Lee Golusinki	24.74 miles
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Atlanta Water Jocks (AWJ)

Maryanne Countryman	493.31 miles
Mark Rogers	466.74
Heidi Natkin	427.62
Elaine Krugman	342.30
Malena Hankins	123.15
Leann Rossi	116.62
Britta O’Leary	92.42

Columbus (HURM)

Amy Harkness	201.04 miles
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GAJA (Team Georgia)

Melissa Massey	2264.05
Chris Greene	2260.36
John Zeigler	973.01
Joe Hutto	478.21
Lisa Watson	440.43
Courtney Hoffman	425.55
James Breen	405.56
Cathy Jones	404.06
Pam McClure	389.06
Bill Lotz	381.82
Stephanie Lemmons	337.34
Stacy Fox	316.20
Catherine Lavery	282.34
Elizabeth Giesecking	276.18
Celine Cabana	249.58
Mike Stille	212.18
Carol Cunningham	203.50
Claire Bacon	150.45
Barbara Ingold	145.70
Elizabeth Elco	75.19
Andy Klenzak	7.76
Doug Michalke	1.19

Kennesaw (KSUM)

Cheryl Richardson	171.85
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Nautical Milers (NAUT)

Matt Jones	300.96
Anna Beem	152.94

YMCA of Metro Atlanta (ATLY)

Eric Mansfield	225.19
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Go The Distance 2022

The Go the Distance event is a great way to track your yearly mileage and a great motivator! No charge to register, just go to the USMS website and click “Event’s,” then click “Fitness Event,” and sign up. We encourage our Georgia swimmers to sign up and see well you do!

Georgia Grand Prix Series 2021

Awards for the 2021 abbreviated Grand Prix Series (abbreviated since there were no meets for the first part of the year due to the pandemic) will be given out at the Maria Thrash Memorial Meet (Dynamo) on Saturday, March 26.

Thanks to **Pat Eddy** for tabulating these results. The winners will be announced when the tabulations have been completed.

Georgia Grand Prix Series 2022

We have a full slate of events for the 2022 Georgia Grand Prix Series:

- March 26-27 Maria Thrash SCY
- April 2 Savannah SCY
- TBA Atlanta Rainbow Trout LC
- TBA Georgia Games Open Water
- TBA Southside Seals SCY Pentathlon
- TBA St Nicholas SCM Inv

Points also given for participation in the following USMS events:

- January 1-31 Winter Fitness Challenge: 30 min
- June 1-30 Summer Fitness Challenge: 2k
- October 1-31 Fall Fitness Challenge: 1 mile
- August LC Nationals – Richmond, VA

Other News

2022 USMS Registration

If you have not yet renewed your USMS registration, please do it as soon as possible to take advantage of all USMS events and continue

receiving our newsletter. Your 2021 registration has now expired. You can register online at www.usms.org. For any questions about registration, contact our LMSC Membership Coordinator **Mark Rogers** at mlr_98@yahoo.com.

Swimmer Profile – Pam McClure

By Elaine Krugman



Pam McClure has periodically raced the three breaststroke events in the neighboring lane from me, ever since I first joined U.S. Masters Swimming in 2010. She would beat me in the 200, and I would beat her in the 50, but the 100 was always the closest. The COVID pandemic kept us from competing against each other over the past two years, but she would probably whip me in any race now.

For both of us, it’s not about winning or losing; we enjoy pushing each other to do our best, have fun,

and laugh about it afterwards. Pam is always one of the friendliest and upbeat swimmers at any meet, and we agree that the camaraderie among the swimmers is what makes any Masters meet so enjoyable.

It has been 16 years since Pam first joined USMS and trained with the Stingrays, in between running and training for 5k and 10k road races. Two years later, she decided to give pool competition a try. She hasn't looked back since. About her first swim meet, Pam said, "It was exciting, but very intimidating. My first meet was at UGA, and I had never gone off a diving block. It was exciting and enlightening, because I had no idea the events came up so quickly; but, it was so awesome, I wanted to do another [meet] immediately."

The new competitive swimmer became inspired to train for future swim meets. "I went to another Masters team within the Stingray group, because I needed to be around people that were competing; and, that energy was great," she said. "It took a couple of years to feel more comfortable (adjusting from fitness swimming to competing). I had to show up three or four times a week (to practice) versus, eh, two or three. Putting in the volume, specific training sets, sprint sets; it was different."

"Four years into more serious training, I started swimming with Coach Pat Eddy of Swim Atlanta Masters. He was instrumental in getting me to swim longer distances and participate in more meets each year. In addition, he started a charity event in December where we swim 100 x 100 Swim Against Cancer. We take the funds to someone in need and/or Children's Hospital of Atlanta (CHOA). It was a great way to give back and challenge myself to swim greater distance. Another way I've been able to give back is through volunteering as a Character Coach with Fellowship of Christian Athletes for a local high school swim team.

"It has been a journey. I've had several setbacks due to fracturing my foot while training for a

marathon, a concussion from a head-on collision in the pool that was my fault, and a couple of bouts of early melanoma that required Mohs surgery. Ultimately, I think my biggest test was COVID. After coming down with a severe case that included 10 days of high fever, low blood oxygen, and many other symptoms for two solid weeks, I started coming back around the third week, thankfully. Four weeks after the onset of the virus, I got back to the pool. It was a challenge to swim 1700 yards in an hour and 45 minutes. Thankfully with much encouragement from my coach and teammates, I eventually got back to my regular yardage. Coach Andy told me, "Pam McClure, your will is unmatched."

"Shortly after I got back on my feet, my mother passed away unexpectedly in her sleep. I took one day off and returned to the pool. I knew I had to continue moving forward one stroke at a time. Little did I know that a teammate was carefully watching my comeback. And, sadly her mother passed away this past summer. She told me that she returned to practice like I did, because she saw how it helped me recover and get through the grieving process." (Pam currently swims with Swim Atlanta, in Marietta, with Coach Pat Eddy.)

Pam's will and determination has powered her through all of those obstacles, and she is swimming now more than ever. She currently trains for 90 minutes, four to five days per week, and totals anywhere from 4,000 to 5,000 yards per session. In addition, the 57-year-old works with a trainer doing strength-training twice per week for 30-45 minutes each session, mainly because of her osteoporosis diagnosis. Finally, Pam does a two-mile walk/run once or twice per week to keep in running condition for the twice-annual 5k races she does.

Swimming is Pam's passion, though, and breaststroke is her favorite stroke—especially the 200 distances where she won a Top Ten medal at the 2018 Pan American Masters Championships and swam her best times in the 50 and 100

breaststroke. Her goal is to make national qualifying times in all three breaststroke events for long course national championship meets. “Pat Eddy got me to swim the 400 IM, and I love it!” she added. She also won a Silver Medal at the 2017 National Senior Games in the event. In the future, Pam would also like to try some different events. “As far as racing, I really like the endurance [events], and I think I would like to focus on the longer freestyle races.”

To prepare for competition and to reach specific racing goals, Pam has this advice: If you can, join a Masters team and show up for practices! Communicate with your Coach and set goals. Work hard and sign up for a local meet and go for it! For swimmers (like me) who don’t live in an area with access to a team, she recommends getting workouts from a coach or from USMS that are available at www.usms.org. She also recommends competing and connecting with other swimmers, even in a group text to encourage one another. “Just keep swimming, keep training, watch videos, and self-motivation.” She suggests writing a training schedule, and then making yourself adhere to it.

When I asked her what she enjoys most about swimming with USMS, she replied, “Aside from the feel of the water and the health benefits, just the camaraderie that we have with all of the great Masters swimmers. Some of them are my best friends. And, the coaches. I have been really blessed to have great coaches.”

Although there have been a lot of great Masters experiences over the years, Pam’s favorite memory was of the 2015 USMS Spring Nationals in San Antonio, Texas. As she recalled, “I was so excited to see Olympian Matt Grevers with Anne Dunivin.* Walking past and getting ready for my events, seeing Anne—and, with Matt later—sitting in her chair, just relaxed, and so excited about the swim. I went over and wished her well, and she grabbed my hands. It was just so cool at her age (98) to see her so excited! Seeing Ann so happy

and relaxed before her swim, really eased my mind about my 400 IM coming up!



The memories made and the benefits gained from swimming have been very positive for Pam, and she sums it up by saying, “Swimming has made such a major impact on my life. I’m self-employed as a Supply Chain Executive Recruiter for many years. Swimming has helped me stay in shape, organize my days, make lifelong friends, and give back to the community around me.

**Matt Grevers, who is 6’8” tall escorted diminutive Anne Dunivin (maybe 4’6”) to her lane for her race, and the photo went viral on social media. Anne later retired from competition following the UGA long course meet in 2016, after setting a record in the 200m freestyle. A new 100-104 age group had to be added to the software to accommodate her record! She passed away in November after turning 105 in October.*

Upcoming Events

February 2022			
6*	Georgia LMSC monthly Zoom meeting; contact Britta if you'd like to attend - brittaoleary@gmail.com	1-15	USMS Winter Fitness Challenge – 30 minute swim
March 2022			
TBA	Georgia LMSC monthly Zoom meeting	*6	W Gwinnett Park SCY Developmental Meet; contact Lisa Watson at lisa.watson@ung.edu
12-13	Southeast Zone SCY Championship - Auburn	19-20	St Petersburg, FL – SCY
*26-27	Maria Thrash Memorial SCY @ Dynamo		
April 2022			
TBA	Georgia LMSC monthly Zoom meeting	2*	Walt Weed SCY Invitational, Savannah, GA
7-10	Y Nationals SCY – Orlando, FL	28	USMS SC Nationals – San Antonio, TX

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

ARP Blue Tides	https://www.augustaga.gov/DocumentCenter/View/12491/ARP-Blue-Tides-flyer
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	www.swimdcs.com
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

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

Name	Abbr	Contact	Phone	Email
GEORGIA CLUBS				
Atlanta Rainbow Trout	ART	Jake Macks	(602) 821-2677	jake.macks@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	(404) 353-2952	lbenucci@gmail.com
Camden PSA Masters	CAST	John Eife	(407) 212-2410	jdeife@co.camden.ga.us
Chastain Park Athletic Club	CPAC	Star Brackin	(404) 841-9196	masters@chastainparkac.org
Columbus Aquatic Club	HURM	Andrew Beggs	(610) 742-8114	andrew.t.beggs@gmail.com
Concourse Athletic Club	CONC	Chris Nasser	(770) 713-3694	swim@concoursemasters.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	(770) 736-3512	
Dutch Island Dolphins	DID	Joyce Bustinduy		jobustinduy@gmail.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	(706) 322-8269	sbalkcum@ymcacolumbusga.com
Kennesaw State University Masters	KSUM	Cheryl Richardson	(615)828-9206	bricha89@kennesaw.edu
Nautical Milers Special Needs Team	NAUT	Patrick Thoreson	(770) 289-0235	patrick_thoreson@yahoo.com
Southern Eagle Aquatics	SEGA	Beau Caldwell	(614) 440-1660	swimsega@gmail.com
Spartans Aquatic Masters Club	SAMC	Kris Kester		spartanscoachkarl@gmail.com
Summer Hill Orcas Swim Club	SHOC	Kaleigh Shook	(706) 835-7604	summerhillrec@gmail.com
Swim Gainesville	SG	Joy Kelleher	(904) 955-7344	joylohr@yahoo.com
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	(770) 657-1851	keith.berryhill@windyhillclub.com

GEORGIA SUPER TEAMS - GAJA				
Georgia Masters	GAJA	Lisa L Watson	(770) 497-1901	lisa.watson@ung.edu
Athens Bulldog Swim Club	ABSC	Craig Page	(706) 461-8288	craigwpage@gmail.com
Augusta Recreation & Parks Blue Tides	ARP	Barbara Ingold	(815) 370-7722	arpbluetides@gmail.com
Douglas County Stingreys	DCS	Jarrod Hunte	(352) 804-2106	coachjrodhunte@gmail.com
Dynamo Swim Club Masters	DYNA	Rebecca Carpenter		rebecca@dynamomultisport.com
Georgia Masters Killer Whales	GMKW	Danny Palma	(770) 548-7562	danny@buckheadaquatics.com
Savannah Masters	SAVM	John Denion	(912) 655-6589	jmd7362@gmail.com
Southside Seals	SSS	Rob Copeland	(404) 667-7902	rob_copeland@comcast.net
Stingrays Masters	RAYS	Michael Soderlund	(678) 877-1306	rebecca@dynamomultisport.com
Swim Beyond Atlanta	SBA	Mandi Bell	(404) 450-4956	mandi@swimbeyond.com
Swim Macon Masters	SMM	Jason Michael	(478) 474-9689	mrbreaker66@gmail.com
Warner Robins Aquanuts	WHA	Daniel Murray	(478) 714-8246	dmurray54.dm@gmail.com
LIFE TIME SWIM				
Life Time Swim Alpharetta	ALPL	Aquatics Manager	(678) 327-2623	GAALAquaticsManager@lt.life
Life Time Swim Atlanta	ATLL	Aquatics Manager	(678) 832-2323	GAATAquaticsManager@lt.life
SWIM ATLANTA MASTERS				
Swim Atlanta Masters-Cumming	SAMS	Andrew Rogers	(770) 888-0010	
Swim Atlanta Masters-Georgia Tech	SAMS	Clarín Ellard	(678) 230-4248	coachclarin@gmail.com

Swim Atlanta Masters-Hamilton Mill	SAMS	Mary Tripp	(678) 889-2039	
Swim Atlanta Masters-Johns Creek	SAMS	Elizabeth Stowe	(770) 232-7227	
Swim Atlanta Masters-Marietta	SAMS	Pat Eddy	(614) 670-1108	pateddy52@aol.com
Swim Atlanta Masters-Roswell	SAMS	Andy Griffin		andy@swimatlanta.com
Swim Atlanta Masters-Sugarloaf	SAMS	Scot Davis	(678) 442-7946	scot@swimatlanta.com

GEORGIA SUPER TEAMS - YMCA				
YMCA of Metro Atlanta	ATLY	Becky Shipley	(678) 569-9622	beckys@ymcaatlanta.org
Andrew & Walter Young YMCA Masters	AWYY	lilonga Thandiwe	(404) 523-9622	linz.t@mindspring.com
Decatur Family YMCA	DFY	Beth Costello	(404) 377-9622	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
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Britta O'Leary	LMSC Chair	(636) 295-3222	brittaoleary@gmail.com
Mark Rogers	Membership Coordinator		mlrogers_98@yahoo.com
Leann Rossi	Diversity & Inclusion Chair		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	lisa.watson@ung.edu
Karol Welling	Secretary	(770) 631-9195	krw83@mindspring.com
John Zeigler	Fitness	(770) 972-7981	jvzeigler@bellsouth.net