



# Georgia Masters Newsletter

## Swimming in Georgia

### September 2022

#### *Don't Miss These Events*

#### *Southside Pentathlon Meet & Annual Meeting – September 10*



There's still time to send in your entry for the SouthSide Pentathlon swim meet which will be held in the Kedron pool in Peachtree City. The meet will be held on September 10. Warm-ups at 11:30am, meet starts at 12:15pm. There are three categories of swims:

- Sprint Pentathlon (50s of each stroke)
- Middle Distance (100s)
- Iron Man (200s).

Or, you can swim any events you want!

Deadlines for online entries

(<https://www.georgiamasters.org/page.cfm?pagetitle=Meet+Schedule>) and paper entries is September 8.

Immediately following the meet, we'll hold our annual meeting. Foods and drinks will be provided while we socialize and conduct LMSC business.

Meet entry form is attached.

#### *Collins Hill SCM Developmental Meet October 23*

The Short Course Meters (SCM) season is fast approaching. Get a good start by participating in the annual Collins Hill SCM Developmental Meet, scheduled for Sunday morning, October 23. Warmups at 9:00am and the meet starts at 9:30am. We should be done by noon, so you'll still have a free afternoon for other Sunday activities! This meet is sponsored by the **Georgia Killer Whales**.

This is a practice meet with the purpose of getting practice times for larger upcoming SCM meets, such as the St Nick SCM meet at Georgia Tech on December 10.

It's also a great opportunity for new swimmers or swimmers returning after a long hiatus to get used to competition again in a relaxed, low stress atmosphere. These are relatively small meets (typically around 30-40 swimmers), and hand-held watches are used for timing. We also have 25-meter events for those who want a really short distance to swim!

You can easily access the meet info and entry on our Georgia Masters website at [www.georgiamasters.org](http://www.georgiamasters.org). Go to 'Meet Schedule' at the top of the home page, then scroll down to October on the calendar. For your convenience, we've attached the entry form.

For questions, contact meet director **Lisa Watson** at (770) 497-1901 (please, no calls after 8:00pm) or by email at [lisa.watson@ung.edu](mailto:lisa.watson@ung.edu)

**Volunteers Needed** - We need volunteer timers for the meet. If you are bringing family or friends who want something to do, or if you don't plan to

compete but have a few free hours on that Sunday morning, please contact **Lisa**. Any help is most appreciated!

**USMS Fall Fitness Challenge: 1-Mile Swim**



The last event of the USMS Fitness Challenge Series takes place in the month of October with the 1-mile swim. The objective of the fitness events is just to DO IT- doesn't matter how. It can be a straight swim, broken up into sets, done any stroke, whatever you want. You can swim it alone or with a group.

Coaches, this would be a great opportunity to encourage participation by incorporating this into one or more of your workouts in October. It's more fun to do it with teammates! We are also trying to promote some friendly competition between LMSCs in terms of how many participants each LMSC can produce. Let's let Georgia lead the way!

It's easy to enter. Go to the USMS website at [www.usms.org](http://www.usms.org) and click 'Events' at the top of the home page, then click 'Virtual & Fitness Events', and you'll see it pop up. Entry fee is \$10 through September 15, then \$12 until October 31. All proceeds go to support the Adult Learn to Swim Program. You'll be contributing to a worthy cause while getting in a nice workout!

**Meet Recaps**

**2022 Greenville Splash LCM**

This meet was held on June 17-18. We had a number of Georgia swimmers participating in the meet. Here's a brief summary of the results:

**Women**

- Sarah Eichenberger 1<sup>st</sup> in 200 fly, 200 IM, 200 free, 400 free
- Julia Smithing 1<sup>st</sup> in 50 breast, 100 breast, 200 breast
- Angeline Trichler 1<sup>st</sup> in 50 fly, 50 free
- Lauren French 1<sup>st</sup> in 50 back, 100 back 2<sup>nd</sup> in 50 back, 400 free
- Elizabeth Elco 1<sup>st</sup> in 100 back; 2<sup>nd</sup> in 50 back, 400 free
- Pam Rogan 1<sup>st</sup> in 50 free, 200 free, 200 IM
- Adrienne Sek 1<sup>st</sup> in 1500 free, 200 back 2<sup>nd</sup> in 200free,400free
- Myrna Yarbrough 1<sup>st</sup> 50 back, 50 breast
- Barbara Ingold 3<sup>rd</sup> in 200 free,100 free.
- Judith Haase 1<sup>st</sup> in 200 back, 200 free, 400 free; 2<sup>nd</sup> in 100 back

**Men**

- John Lose 1<sup>st</sup> in 50 fly; 2<sup>nd</sup> in 200 free, 400 free; 3<sup>rd</sup> 100 back
- James Dickey 2<sup>nd</sup> in 100 free, 200 free
- Dan Snyder 1<sup>st</sup> 50 fly, 50 free, 100 fly
- Steve Hill 1<sup>st</sup> in 1500 free 2<sup>nd</sup> in 400 free, 200 IM
- Matt Mills 1<sup>st</sup> 50 fly, 100 fly, 50 free, 100 free
- Russ Merritt 1<sup>st</sup> 50 fly, 50 back; 2<sup>nd</sup> in 100 fly
- Ken Koontz 1<sup>st</sup> in 1500 free 200 free; 2<sup>nd</sup> 50 free, 100 free
- William Doupe 1<sup>st</sup> in 100 back, 200 back; 2<sup>nd</sup> 100 free
- David Hilderbrandt 1<sup>st</sup> in 50 fly, 50 back, 50 free second in 100 free

- Joe Reid 1<sup>st</sup> in 50 back, 100 back, 200 back 3<sup>rd</sup> in 50 breast
- John Zeiger 1<sup>st</sup> in 50 breast 2<sup>nd</sup> in 100 breast, 200 breast, 200 IM

## Other News

### *Swimmer Profile – Mike Martin*

By Elaine Krugman



Last year, I profiled two members of the Olympic Nopefuls: Jay Scovill and Bruce Johnson. Now, it's time to write about the creator of this quirky crew from Gainesville.

Mike Martin coined the name for the group of Masters swimmers who get up bright and early in the morning to swim together at the Francis Meadows Aquatic Center with Bruce as their coach. He cheerfully told me during our phone interview, "I have a Facebook page, the 'Olympic Nopefuls Swim Group,' which probably has about six followers, but I decided we would name ourselves that, because that's what we are. We are certainly not hopefuls!" It helps to have a sense of humor when that alarm

clock goes off early enough to arrive for a 5:00 am swim, four mornings a week...

You also have to love swimming to stay motivated enough not to rip the alarm clock out of the wall and heave it (or your cell phone) across the room, and that's definitely the case with Mike, a lifelong swimmer.

The Nopeful moved to Gainesville in 1967 as a child and joined the Gainesville swim team. "I always enjoyed swimming—I loved doing 'Superman' off the walls because I was a big comic book reader, and Superman was my favorite character." Mike wasn't a top-tier swimmer, but good enough to make the finals in competitions.

The love of swimming brought Mike back into the pool after he graduated from Emory University Dental School, in 1982, and set up his dental practice (which he retired from in 2019). He joined Masters and has been swimming ever since, although he didn't compete for most of those years. After participating in a meet in 1983, it wasn't until the 2016 St. Nick's meet at Georgia Tech that he raced again, competing in three events, including the 800-meter freestyle against (Georgia Masters Board of Directors Member) Rob Copeland. As Mike described the race, "[Rob] took off, and I tried as hard as I could to stay up with him, but he touched me out by a mere 57 seconds, hardly a blink of the eye. Since there were only two people in our age group, I got second place, and Rob got next to last..."

Returning to competition after 33 years was a great experience for Mike, and he especially enjoyed meeting the other swimmers in his age group. In addition to having nice things to say about Rob, he mentioned meeting Pat Eddy, saying, “[He] is as friendly as you can be. He cheered for me in one of my races, and I felt part of the group.”

It wasn't long after that meet that Mike had to have open heart surgery, but it only kept him out of the pool for one month. “After I got to where I could swim, (Coach) Bruce said, ‘You're looking pretty good in the water, so let's do a set of 5 x100's and see how you do.’ We were both sucking wind at the time, but he's a good coach... It has been a great experience swimming with [Bruce], Tim Erickson, Jay Scovill, and whoever else wants to sign up (for the Olympic Nopefuls).”

After five years away from swim meets, Mike swam in the St. Nick's meet, last December. He raced the 800-meter freestyle again, this time in the 65-69 age group, and not against Rob Copeland. His 12:04.96 time earned him a Georgia Masters record. This time, he came in first AND last place, since he swam unopposed.

At the time of our interview (which took place before that meet), Mike said, “My goal this year is to match my 2016 time in the 800-meter. That's what I'm looking for. I feel like I'm in better physical shape, but I'm five years older.” Although he didn't match that 11:55.61 time, his record-breaking swim was quite an

accomplishment. After all, Georgia Masters' motto is, “The older we get, the faster we were.”

Training 3-4,000 yards per day, four times a week, Mike was well-prepared for that record-breaking swim, although he really considers himself just a fitness swimmer. He doesn't swim more than that, because he feels he needs a day to recover both physically and mentally. On those off days, however, he likes to take walks with his wife Abby.

Once Mike is in the pool, though, he doesn't like getting out. “I remember thinking I owned the pool when I was a teenager. Some of the F.R.O.G.S.—that's what I call Bruce and me, which means fairly rotund old guy—will complain when we have to get out of the pool (for the high school team's training session) ... I guess the main reason we swim at 5:00 am is that Jay Scovill's wife is still a teacher (and they like to train together before she goes to work).”

In addition to training with the Olympic Nopefuls, Mike has given open water swimming a try, joining a group at a local lake. “I was able to keep up with most everybody in the group, and it was fun, but I missed the line on the bottom of the pool. There wasn't a line on the bottom of the lake!”

He still decided to try a couple of open water competitions, though. “I've done the Georgia Games Open Water Meet twice, and of course, Pat Eddy won all his races.

The last time I swam, I swam the 3,000 meters, and he beat me by five minutes on that.”

Mike loves those long yardage swims, so one of his goals is to participate in the 2022 Go the Distance event, “to see how many miles I rack up... I’m swimming 8-10 miles a week, and that’s probably more than 90-95% of 66- year-olds are exercising... I want to be in the pool until I’m 90 years old, just chuggin’ along,” he laughed.

Asked what he enjoys most about swimming the miles he racks up, he explained, “I enjoy when I first jump in, particularly in 77 or 78-degree water, I enjoy the sensation that almost takes your breath away when you jump in. I enjoy that, because I know when I swim hard, that cold water is going to soothe me on my workout. When the water is 82 or 83, I know I’m going to feel like a wet noodle. I love the sensation of flying through the water. And, I love that even though I’m 66 years old, I am faster than most of the super in shape, super intense triathletes that are in the pool, too. It really gives me a false sense of accomplishment, but just knowing that I can stay ahead of those guys... I just think of all of the things that swimming has done for me. It has definitely been a stress reliever.”

It's Masters Swimming in particular—especially the Olympic Nopefuls—that Mike loves. “The camaraderie is probably

the most important thing for me right now.” The more the merrier, so he is actively working on getting swimmers he has met at the pool to join his Olympic Nopeful group.

As he further explained about his love for Masters, Mike said, “Because I don’t (usually) swim in meets, the thing I like about Masters, though, is that I belong to a large group that have an interest in swimming... I like the resource (Swimmer Magazine and USMS.org) of reading about Masters and who is showing up to the meets, particularly the bigger meets like the Rowdy Gaines meet and Auburn. I like to see who shows up, and of course I like to compare myself to the guys who show up to that. To me, there’s always, WOW, look at them; they are great! Super! I can only dream about swimming like that. Those guys are animals, and it just makes me smile to be a small part of the group that is Masters swimming.”



Here’s a great opportunity to show that you’re a Georgia Masters swimmer. SwimOutlet has shirts, swim suits and more with our logo. Check out what they have to offer at:

<https://www.swimoutlet.com/collections/georgiamasters>

**Upcoming Events**

<b>September</b>			
<b>10*</b>	Southside Seals SCY Pentathlon (see attached entry)		
<b>October</b>			
1-31	USM Fall Fitness Challenge – 1-mile swim	14-16	Rowdy Gaines SCM – Orlando, FL
<b>*23</b>	Collins Hill SCM Developmental Meet; contact Lisa Watson at <a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>		
<b>November</b>			
<b>TBA</b>	Georgia LMSC monthly Zoom meeting	3-4	SCM meet – Sarasota, FL
<b>December</b>			
<b>TBA</b>	Georgia LMSC monthly Zoom meeting	<b>*10</b>	St Nicholas SCM Invitational Meet at Georgia Tech

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.

<b>Swim Websites</b>	
ARP Blue Tides	<a href="https://www.augustaga.gov/DocumentCenter/View/12491/ARP-Blue-Tides-flyer">https://www.augustaga.gov/DocumentCenter/View/12491/ARP-Blue-Tides-flyer</a>
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://www.swimdcs.com">www.swimdcs.com</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>

**For more information about the clubs and teams,  
Visit [www.georgiamasters.org](http://www.georgiamasters.org)**

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

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

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	<a href="mailto:pateddy52@aol.com">pateddy52@aol.com</a>
Swim Atlanta Masters-Roswell	SAMS	Andy Griffin		<a href="mailto:andy@swimatlanta.com">andy@swimatlanta.com</a>
Swim Atlanta Masters-Sugarloaf	SAMS	Scot Davis	(678) 442-7946	<a href="mailto:scot@swimatlanta.com">scot@swimatlanta.com</a>

GEORGIA SUPER TEAMS - YMCA				
YMCA of Metro Atlanta	ATLY	Becky Shipley	(678) 569-9622	<a href="mailto:beckys@ymcaatlanta.org">beckys@ymcaatlanta.org</a>
Andrew & Walter Young YMCA Masters	AWYY	lilonga Thandiwe	(404) 523-9622	<a href="mailto:linz.t@mindspring.com">linz.t@mindspring.com</a>
Decatur Family YMCA	DFY	Beth Costello	(404) 377-9622	<a href="mailto:bethc@ymcaatlanta.org">bethc@ymcaatlanta.org</a>
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	<a href="mailto:rob_copland@comcast.net">rob_copland@comcast.net</a>
Star Brackin	Coaches Chair		<a href="mailto:loisstar@gmail.com">loisstar@gmail.com</a>
Elizabeth Giesecking	Member At Large		<a href="mailto:elizabeth@giesecking.us">elizabeth@giesecking.us</a>
Bob Kohmescher	Newsletter Editor	(770) 722-2192	<a href="mailto:bobk340@comcast.net">bobk340@comcast.net</a>
Elaine Krugman	Contributing Editor	(678) 603-1543	<a href="mailto:ekkrugman@gmail.com">ekkrugman@gmail.com</a>
Melissa Massey	Social Media Chair		<a href="mailto:melissa.massey777@gmail.com">melissa.massey777@gmail.com</a>
Britta O'Leary	<b>LMSC Chair</b>	(636) 295-3222	<a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>
Mark Rogers	Membership Coordinator		<a href="mailto:mlrogers_98@yahoo.com">mlrogers_98@yahoo.com</a>
Leann Rossi	Diversity & Inclusion Chair		<a href="mailto:swimfastatlanta@gmail.com">swimfastatlanta@gmail.com</a>
Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	<a href="mailto:swimsalt@bellsouth.net">swimsalt@bellsouth.net</a>
Jeff Tacca	Member At Large	(404) 256-0733	<a href="mailto:jtacca@comcast.net">jtacca@comcast.net</a>
Lisa Watson	Vice-Chair	(770) 497-1901	<a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>
Karol Welling	Secretary	(770) 631-9195	<a href="mailto:krw83@mindspring.com">krw83@mindspring.com</a>
John Zeigler	Fitness	(770) 972-7981	<a href="mailto:jvzeigler@bellsouth.net">jvzeigler@bellsouth.net</a>