



Georgia Masters Newsletter

Swimming in Georgia

October 2022

Chair's Corner – October



Happy Fall!
I am so glad the temperatures are finally cooler and I can spend more time outdoors. I cannot wait to swim in cooler lakes, bundle up in a warm parka and drink some hot tea or coffee

after my swims. I love this time of the year where I get to wear thick wool socks and wrap up in a blanket. I hope I see some of you at one of our beautiful lakes or on a pool deck very soon.

Happy swimming.
Britta

Don't Miss These Events

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](#). 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

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](#), 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

SSS Pentathlon Recap – September 10

Approximately 40 swimmers participated in the annual Southside Seals Pentathlon on Saturday, September 10. The meet was held at the Kedron Pool in Peachtree City. Participating teams included: ATAC Masters (ATAC), Atlanta Rainbow Trout (ART), Atlanta Water Jocks (AWJ), Andrew & Walter Young YMCA (AWYY), Chastain Masters (CHAS), Georgia Killer Whales (GMKW), Nautical Milers (NAUT), host team Southside Seals (SSS), and John P Thayer Y (JPTY).

Participants in the meet received a Participation Cookie:



There were three categories of pentathlons:

- Sprint (50s of each stroke & 100 IM),
- Middle Distance (100s of each stroke & 200 IM)
- Ironman (200s of each stroke & 400 IM).

Following are the various pentathlon winners:

SPRINT

- W30-34 Lauren Harville (AWJ)
- W35-39 Britta O’Leary (AWJ)
- W45-49 Sylvia Gerbovaz (ART)
- W55-59 Marianne Countryman (AWJ)
- W60-64 Charlene Cook (UC45)
- W65-69 Maureen Robinson (GAJA)
- M18-24 Daniel Wondaferew (NAUT)
- M25-29 Richard Parnell (UC45)
- M40-49 Doug Carrington (AWYY)
- M45-49 Ray Valle (AWJ)
- M50-54 Eran Lotan (AWJ)
- M60-64 Mike Stille (SSS)
- M65-69 James Hickey (CHAS)
- M70-74 Leonard Woody (GAJA)
- M80-84 Craig Ray (GMKW)

MIDDLE DISTANCE

- W25-29 Anna Beem (NAUT)
- W50-54 Cathy Jones (GMKW)
- W75-79 Sue Ottosen (GMKW)
- M25-29 Opio Douglas (NAUT)
- M55-59 Mark Rogers (AWJ)

IRONMAN

M30-34 Matt Jones (NAUT)
M65-69 Samy Nagib (GAJA)
M75-79 John Zeigler (GMKW)

Congratulations to these Pentathlon winners!
Many thanks to meet director **Rob Copeland** and the Southside Seals for putting on such a great meet. See the last page for pictures from the meet.

Other News

Georgia Masters Survey Results

By Elaine Krugman

In May, Georgia Masters Board of Directors sent out an e-mail to the membership with a link to a survey. The purpose of the survey was to help us learn about the needs of our swimmers and determine what programs and benefits to offer in the future.

Only 100 of the 703 members who received this email responded. To those 100 respondents, we thank you! Every survey was read, and your comments are being discussed by the board. You spoke, we listened, and action has already been taken where possible, beginning with this issue of the Georgia Masters Newsletter and our [website](#).

Although we didn't receive enough surveys to provide an accurate picture of our membership, the following is a snapshot of our respondents:

- Two-thirds of us are competitive swimmers with lap/recreational swimmers following close behind.
- Less than 10% are triathletes or didn't want to be classified.
- Nearly half swam in high school, and
- 42% swam in college; however,

- 17% have always been a non-competing lap swimmer. We also had seven respondents just starting out. Welcome, newcomers!

The competitive swimmers overwhelmingly enjoy regional meets the most with about one-third interested in developmental meets. Seventeen of our respondents like racing in open water competitions.

For those who don't compete,

- 38% just aren't interested.
 - Another 23% responded that time constraints keep them away from meets.
 - 18% have work and family scheduling conflicts, and
 - 12% have health or physical issues.
 - Thirty-eight members provided a variety of other reasons, such as they don't feel ready to compete just yet.
- Slightly more than half swim 1-3 times per week, and
 - 38% swim 4-5 times per week.
 - Ten of us swim 5-7 times per week, and one swimmer is racking up a lot of yardage swimming doubles!
 - 70% of us are morning swimmers.

Nearly three-quarters of us are spending less than \$55 per month to swim, making our sport a relatively reasonably-priced activity, even for the 53% who are participating in coached workouts. 51% swim solo.

Why did we join U.S. Masters Swimming?

- 70% joined for the competition, and
- 65% for the health benefits.
- 46% enjoy the social benefits.
- Half of us feel that our membership has been very beneficial, and another
- 40% feel it has been somewhat beneficial.
- Only three respondents stated they will not be renewing their membership.

As the writer of the Georgia Masters Newsletter Swimmer Profile feature, Elaine's Tip of the Month column (2018-2020), and a variety of other articles since 2014; I was very interested to know what our members enjoyed reading in the newsletter. 70% are interested in upcoming meets - a feature Lisa Watson has done a great job covering over the years. 56% also like reading the event recaps. Two-thirds enjoy reading Swimmer Profiles, so thanks for the feedback! Another 40% liked my past Elaine's Tip of the Month feature, so I have brought that back, beginning with this issue.

Since nearly two-thirds of our swimmers would like to see swimming exercises and sample workouts added to the newsletter, we quickly went to work. Emily Meyer's new column features a goal, drill, and tip; and, my new Elaine's Flex Sets provides workouts offering a lot of flexibility that I hope will appeal to all of our swimmers, including those who are new, injured, or have a disability. Some of our upcoming columns will also include exercises that will help with strength and flexibility. (Many exercises can be found in my past columns. Check out the [newsletters from 2018-2020](#).)

In addition, 40% of our swimmers would like to see diet and nutrition tips added, and another 37% are interested in reading more about Georgia's teams. (For those of you who would like to contribute content to the newsletter, perhaps these are topics you could write about! Please contact us at lmscgeorgia@gmail.com if you are interested in writing articles for the Georgia Masters Newsletter or would like to contribute meet photos.)

On the national level, our USMS membership includes many awesome perks and resources that are only available to members. [Workouts](#) and [training tips](#) are provided by nationally acclaimed coaches, and the workout database can be customized to your needs. Diet and nutrition tips, health information, and gear recommendations can also be found on the [USMS website](#), in [Swimmer Magazine](#), and in the Streamlines newsletter. The [U.S. Masters Swimming YouTube channel](#) has

fabulous videos on stroke technique and other topics that are presented by the best USMS coaches. Join me in networking with our fellow Masters swimmers on the [U.S. Masters Swimming Community](#) site, exclusive to USMS members.

The Georgia Masters [website](#) was also covered in our survey. Most have visited our website a few times, and 30% view it at least once a month. Another 15% have never seen our website, and you are missing out! Ed Saltzman has done an outstanding job updating our website, and there is a lot of great information there—including what several of our respondents asked for in their survey comments! Please take a few minutes to click around [the site](#) to see for yourself. For those who are on a team, please check out the [team page](#) and provide us current contact information if your team's information is incorrect.

The board is still discussing your survey comments, including what services and programs you would like to see offered; so, stay tuned for more information. One request that was made by several respondents was the desire for more meets; however, this has become a costly endeavor for meet hosts. For example, the base cost of the June 11th long course meet at Georgia Tech is approximately \$5,000. This does not include awards, food for volunteers, paper for results, and numerous other miscellaneous expenses, such as street parking permits. Attendance has been down for meets since competition restarted last September, and teams have been hosting meets at a loss, which is not sustainable. This will continue to be an ongoing challenge unless there is more participation.

Speaking of meets, two-thirds of the respondents would like to volunteer to help at meets or events. When an upcoming meet is announced, please contact the meet host and let them know how you can help! If you are interested in serving on the board of directors, contact Britta O'Leary, our board chair, at lmscgeorgia@gmail.com. She would also like to hear from you if you would like any particular logo items added to our [team store](#).

Elaine's Tip of the Month

In our recent Georgia Masters Membership Survey, we asked what you enjoyed reading in the newsletters, and what you would like to see added in the future. You spoke, and we listened!

My Elaine's Tip of the Month column, which ran from [May of 2018 to April of 2020](#) is back! In future articles, I will include a variety of information that will directly address the interests and needs of those who took the 5-10 minutes of time to complete the survey. Thanks for making your voice heard!

For those of you who are newer members, the articles beginning in 2019 featured dryland exercises targeted for swimming. They included both warm-up dynamic stretching exercises as well as post-workout static stretches. Check them out [here](#).

The following is a cheat sheet of helpful tips from 2018:

Suit Care: Rinse with cold water without detergent, squeeze water out gently or roll in a towel, and then hang over a towel rack to dry. Never wash it in a machine or throw it in the dryer!

Skin & Hair Care: Save money by making your own chlorine remover spray with water and ascorbic acid (Vitamin C) crystals, which can be purchased on Amazon. To make, simply add 1/8 tsp. of crystals to a 2-ounce spray bottle, fill with water, and shake. After your swim, briefly rinse with fresh water. Spray your hair, skin, and suit, and wait a few seconds before rinsing. (I turn off the water after I rinse and shampoo my hair while I let the spray work on my skin and suit.)

Eye Care: Spread a thin layer of Vaseline around your eye sockets before putting your goggles on. Not only will the Vaseline help protect your delicate under-eye skin, reduce dark circles, and eliminate redness; but, it will also hold your

goggles on more securely, especially when diving off the blocks.

Goggle Care: The anti-fog coating on your goggles won't last. Save money on anti-fog spray by making your own. Use a travel-size hairspray bottle filled with 1 oz. of water, 1 oz. of rubbing alcohol, and a drop or two of Johnson's Baby Shampoo. (Several swimmers I know swear by Johnson's brand and say knock-offs don't work as well.). Spray inside each goggle lens and let dry. Following your swim, rinse goggles with fresh water, dry with a clean soft cloth, and spray goggles, so they are ready for your next swim. Keep goggles in a case to prevent scratching.

Questions, comments, or suggestions? Contact me at ekkrugman@gmail.com.

Elaine's Flex Set of the Month

Have you ever looked online or in books for workouts but were frustrated, because you know you can't make the intervals or swim the required strokes? Perhaps you can't swim butterfly, aren't a competitive swimmer, or just swim for fun and fitness. It could be you are injured, have a disability, or a medical condition that limits what you can do. Regardless of your personal situation and needs, there is a solution: The flexible set.

As a swimmer who has experienced several land-based injuries and has an ongoing medical condition, I have spent the past twelve years as a Masters swimmer adapting swim sets to my needs.

Since swimmers vary on how much (and what type of) warm-up and cool-down they need, my focus will just be on the main set. The yardage total for each one will be approximately 1,000 yards in length, so there is plenty of flexibility to adapt it to your needs. Repeat the set, add your own set to it, or even do just half of the set if you're a newbie in the pool; the choice is yours! A few flexible alternatives will be included as well as links to optional drill videos and gear.

Disclaimer: I am not a coach, and I do not hold any professional certifications, so you are solely responsible. Gear suggestions will be linked to Swimoutlet.com, sponsor of U.S. Masters Swimming.

The Classic 10 x 100's

10 x 100 RI=10

Explanation: 10 repeats of 100 yards or meters with a rest interval of 10 seconds between each one. Rather than each 100 being on a specific interval (on 2:00, for example, which means you would need to leave for the next 100 after 2 minutes, including your swim and rest), you will swim at your own pace and rest for 10 seconds after you have swum 100 yards or meters.

Stroke technique focus: [Watch this video](#)

Flexible options:

- Increase your speed on repeats: Start the first one at an easy warm-up pace, and then try to descend your time for each subsequent 100. This means swimming each one a little faster than the last.
- Work on stroke technique: Swim the odd 100's as the first drill in [this video](#) and the even 100's freestyle.
- Lower body injury or disability? Use a [pull buoy](#).
- Neck injury or problems with breathing? Use a [snorkel](#) with a [nose clip](#). For snorkel tips, click [here](#) and go to page 7 of the newsletter.

Questions, comments, or suggestions? Contact me at ekkrugman@gmail.com.

For an excellent database of workouts, go to the [USMS Swim Workout Library](#).

Swimmer Profile – Douglas Carrington

By Elaine Krugman



Although Douglas “Doug” Carrington was a National Top 16 ranked YMCA swimmer when he was a teenager, once he got into high school, soccer became his primary sport, and he lost interest in swimming. By the time he was ready for college in 2000, he was ready to put swimming behind him and move on. As he explained, “I went down to Florida A&M (FAMU) for the summer orientation program for incoming freshman... I was walking around campus and saw they had a 50-meter pool. I didn’t see that in the tour and hadn’t heard anything about it; and, when I got there in late August, I thought, I’ll go to the pool and do some laps. There were some other guys in there training, and they were [swimming] my speed.” When he got talking with them, he learned they were there on a swimming scholarship and were training on their own in preparation for the upcoming collegiate swim season, which would be starting up at the beginning of the school year. Doug didn’t know the university even had a swim team, so it piqued his interest. “I went to coach Jorge Olaves and said, ‘I saw some guys out there swimming and heard there was a team. What do I

[need] to do to sign up?” Olaves explained the process, and Doug followed through.

Since there were swimmers already plugged in to swim some of Doug’s favorite sprint events, he switched to 200 backstroke, 200/400 IM, and occasionally the 200 freestyle—all events which the team lacked depth in for Conference Championships. He didn’t mind, though; he was just happy to be contributing to the team. “I remember the first year; it was like a rebirth of my love for swimming again... my times were getting faster and I broke the school record in the 200 backstroke. I wonder what more I can do.”

Another highlight of his time at FAMU was the HBCU (Historically Black College/ University) Invitational. “The MEAC conference schools (FAMU, Howard and North Carolina A&T) competed in a midseason competition that brought together old age group teammates for a healthy rivalry and winner-take-all bragging rights for the season. As the competition rotated between the three HBCU’s annually, it was a great way to help with recruiting, as prospective swimmers got to see the teams in action.” For Doug, this was a highlight event he looked forward to very much.

Although Doug was out of eligibility after four years, he was in a 5-year dual-major program of electrical and computer engineering and had one year left at Florida A&M. He became an assistant coach of the swim team until the program was cut in 2006. To keep up his skills as a coach, Doug joined the Area of Tallahassee Aquatic Club as a summer league and age group coach.

In 2007, the swim program was brought back to Florida A&M because of Title IX, and Doug was asked to return as an assistant coach. After the head coach left in 2008, Doug was tasked with taking over the program. In the fall of 2008, he became head coach and worked hard to recapture the spirit from his years as a swimmer. He also participated in swim clinics and the first swim college knowledge event in Washington, DC. However, due to the lack of adequate funding and

other frustrations with the university, Doug left the program after the 2010 season.

Around the same time, Doug met his wife, Renita, and moved to Washington, D.C. where she was living at the time. He became a government contractor doing IT contract work and swam occasionally after work. After two years away from the coaching deck, he came back to coaching again with the DC Wave swim team. He also took on coaching the older age group swimmers of a club team.

In 2014, Doug and Renita’s first child was born, and the long hours of a full-time job and evening coaching became too much to handle with a newborn. After two years of trying to balance it all, he told head coach Rob Green, “Look, I have to call it quits. I have a child now, my in-laws live in Atlanta, and we’re going to move to Atlanta to be closer to family. I’m done coaching until my children want to swim.”

After moving to Atlanta, Doug joined the Andrew and Walter Young YMCA, and Coach Iilonga Thandiwe recruited him to join the team. At the time, Doug figured it would be easier to get lane space training with the Masters team rather than on his own. Now, he’s hooked. “I really enjoyed swimming again. I didn’t have the pressure of getting kids trained, and [going] to championships. I’m back to how it was when I was 8, 9, and 10 (years old).”

In 2017, Doug competed at Spring Short Course Nationals in Riverside, California. “It was a great experience! I did all the hard work, and it took me back to age group when I was at the Dutchess County, New York YMCA. Just going to the meet and realizing there were people out here that are 70, 80, 90 (years old) still swimming; it just changed the way I looked at everything, because I had never seen that before. This is a life-long sport that I had almost written off 15 years ago!” That meet turned out to be one of Doug’s favorite Masters memories. He had explored the possibility of competing and combining it with family travel.

That blending of family time with racing occurred in perfect balance during the afternoon of his 50 backstroke event. The Carringtons went to Laguna Beach to play in the sand and water, returning to the pool just in time for his competition. “That one race was like the crossover point for me. I got to do both things. It’s not like one or the other, where I had basically been living all of the way up to that point...”

“Racing that day, shaved and tapered; I hadn’t done that since college... but also my family is here; just all of those things mixed together, it was a possibility in terms of a lifestyle. I could enjoy swimming and be invested in it, but then also be totally invested in my family and my personal time.”

Doug can’t imagine swimming not being part of his life. “What I get out of swimming is the order it brings to my life, the kind of clarity in terms of how I handle my emotions. I know the difference between when I haven’t gotten in the water and when I swim. My wife says that after I have a good practice, I’m chipper. If I don’t swim for a couple of days, I’m kind of a grumpy old guy!”

“What I like about Masters is I’m doing what I was doing when I was 8, 9, 10, but now I’m just doing it as an adult. I feel like I have a hobby that is useful in life. I find that when I’m at work, and I have a problem, I can go to practice that day, get into a 10 x 100’s set and just work it out. But, then I also get the benefit of—I got up at 5 o’clock, I get out of the pool at 6:45, I’ve worked out for the day, I feel kind of charged up. I feel like I’ve accomplished something before people start going to school or going to work. On top of that, I can still compete. If you have been a competitive

swimmer, it’s a loop between the two parts: practicing and competing. They kind of feedback on each other. So, you go to practice, you work on these aspects of your race, of your stroke, your race strategy; and, then you go to a meet and execute. You see how it works.”

“I’m trying to get back to breaking a minute in the 100 (yard) backstroke, going under 2:10 in the 200 (yard) backstroke, and my other goal is to try and see if I can get into the top 5 in my age group in those events. Those are the things I focus on every season.” His longer goal is to swim his age in the 100 freestyle. Doug aged up to 40 this year, and he hopes to swim his age when he’s 49 by swimming the 100 free in 49 seconds. Perhaps that goal will be reached at an international Masters meet, in some far away country with Renita and the children cheering enthusiastically from behind the blocks! My goal going forward is to go to FINA World Masters Championships, so we can travel as a family to that country.”

SWIMOUTLET
.com

Here’s a great opportunity to show that you’re a Georgia Masters swimmer. SwimOutlet has shirts, swimsuits and more with our logo. Check out what they have to [offer](#).

Upcoming Events

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

*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	David Beem	(678) 382-7551	david.beem31@gmail.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	craigwpag@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
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Pics from the SSS Pentathlon Meet





