

ACROSS THE LANES

JAN - MARCH 2023

Stop! Let's check in and see how our resolutions and goals for 2023 are coming along.

The popular answer for the amount of time it takes to build a habit is 21 days, but studies have shown on average it actually takes 66 days (Clear, 2023). This research also shows that missing one day does not necessarily mean the habit forming process will be interrupted. Some strategies for forming new habits include adding on a habit to an existing behavior, combining an activity you enjoy with the new habit, and enlisting friends or family to hold you accountable.

One of my goals was to move more this year. I have set Google Calendar reminders at specific times to remind me to go for a walk, complete 15 minutes of yoga, and to go to the gym. Seeing it pop up helps me to remember and can help with accountability. If I do not complete the reminders, I delete them. At the end of the month I am able to see how many days I was consistent.

If your resolutions and goals are not coming along the way you expected, cut yourself some slack. Write down those goals and start over. Best of luck!

-ELISE

LOGO CONTEST!



Its out with the old and in with the new. NCMS is ready for an update after 50 years of swimming! We are accepting entries for a new logo design. The design can be as creative as you would like. All entries will be reviewed by the NCMS board members. The winning logo will be published and the winner recognized. Additionally, the winner will receive a prize pack for their efforts.

Think you have what it takes? Create your logo, save as a PDF file and send to elise.shank@gmail.com with the subject "Logo Contest" for your design to be considered. The current logo is pictured above.

VISIT OUR FACEBOOK AND INSTAGRAM PAGES FOR MORE CONTENT

Upcoming Events

5th Annual IM Madness ePostal
in any 25-yard pool
Entries due May 22, 2023.

Southeast Zone SCY Championships
March 25-26, Atlanta GA
Entries due 3/22/2023

North Carolina SCY Championships
April 1-2, Cary NC
Entries due 3/26/2023

YMCA Masters National
Championships
April 20-23, Ft. Lauderdale FL
Entries due 4/7/2023

The Annual Albatross Open

Hosted by the Montgomery
Ancient Mariners



New World and National Records were set this past weekend in North Bethesda, Maryland. The annual Albatross Open was held at the Kennedy-Shriver Aquatics Center. North Carolina proved once again that our ladies are fierce competitors. The following athletes broke world records at the Albatross Open: Irish Holland, Sharon Taylor, Hannah Caron, and Erika Braun. Notably, Jonathan Klein and Scott Dallamura partnered with Sharon Taylor and Erika Braun to cinch the Mixed 400 Medley Relay. Results are listed below. Caron and Braun proved their individual swims are just as impressive as their relay splits with new 50 Butterfly and 50 Breaststroke national records in their respective age groups. As we continue on the road to Nationals, I can't help but wonder what records will be broken next...

World Records

- Mixed 400 Medley Relay (200-239 age group) - North Carolina Masters Swimming (Klein, Taylor, Dallamura, Braun): 4:19.84
- Women's 200 Medley Relay (160-199 age group) - North Carolina Masters Swimming (Holland, Taylor, Caron, Braun): 1:59.33

National Records

- Erika Braun - North Carolina Masters Swimming - Women's 50 Breaststroke (50-54 age group): 35.14
- Hannah Caron - North Carolina Masters Swimming - Women's 50 Butterfly (30-34 age group): 27.53

THE ROAD TO NATIONALS

Want to be an official?

Contact our North Carolina USMS Officials Chair, Bill Luse for more information.

wclswim@ec.rr.com



As seen on Instagram...

Thanks for the tag!



2023 Nationals are quickly approaching. In a few short weeks, NCMS members will travel to Irvine, CA to race against swimmers from around the country. The William Woollett Jr. Aquatics Center was recently upgraded and offers two 50-meter pools and a 25-yard instructional pool. The complex boasts impressive locker rooms, shade structures, and beautiful views.

Swimmers who are interested in competing should visit www.usms.org/events for more information on the upcoming meet. Competitors may enter up to three individual events without qualifying times. This meet will be FUN!

2023 USMS Pool National Championships
April 27-30, 2023 Spring Nationals
Woollett Aquatics Center, Irvine CAL

SOUTH CAROLINA SCY STATE MEET RECAP

SUBMITTED BY CELIA WOLFF



North Carolina, once again, conquered the masses and brought home the First Place, Out-of-State Trophy at the South Carolina SCY State Meet on February 24-26. The NCMS team had 47 of the 147 swimmers in North Myrtle Beach for some fast swimming, record breaking and fun.

Overall point totals had South Carolina winning the meet, 2332 to NCMS 2079, however the North Carolina women had the most points with 1128 to Grand Strand Masters with 889. Every swimmer scored points for our team! NCMS brought home the first place, out-of-state team trophy for the umpteenth year in a row. We'll bring the heat again next year as we shoot to win the most total points. (Not that there is an award for that.)

We had swimmers from across the state, from our youngest competitor, Marcella Christensen (22) to our oldest swimmer at his first meet, Bill Fuller (81), we mixed up our relays and ensured that everyone had a chance to meet new friends.

Congratulations to our new record holders:

- John Saumby 1650 70-74
- Jonathon Washburn 200IM 65-69
- Paul Denison 50/100 Fly, 100/200 free 65-69
- Honorable mention to Karen Stump (40-44) for throwing down a 26.79 in the 50 fly. She now holds the top time in the nation for her age group.

Chairman's Corner

Greetings NCMS!

2023 is off to a great start here in the great state of NC! NCMS Swimmers have already broken LMSC, Zone, National and World Records and we are only in March!! At the time of this writing there are 23 NCMS Swimmers heading to Sunny (Rainy? Or is it Snowy??) California for SCY Nationals at the end of April. I have no doubt they will be a force to be reckoned with as always.

Your NCMS Board is striving to provide new services and recognition to our LMSC. There are proposals being presented at our Annual Meeting (April 1st at Noon) to provide Grants for Meets, to Reinstate and to Add Awards and Recognition for our swimmers and volunteers; as well as to update some of our policies and procedures. Please feel free to come to that meeting or email me with anything you would like added to the agenda. I have already received a few items from some members and would love to gain some more feedback.

Please make an effort to support our local meets. NCMS SCY Champs are right around the corner the first weekend of April and there is a dual sanctioned LCM Meet in May. Our host teams work hard to find dates and pool space to give us all opportunities to swim (and coach!). I thank them for taking the time and making the effort and I thank all of you for supporting those meets.

NCMS May not be the biggest LMSC out there but we are mighty. Many LMSC members volunteer on the National Level and our Swimmers compete and dominate all across the country. Thank you for your membership and for your support. Again, please reach out to the board and let us know if there is anything we can do to improve your Masters Swimming experience in NC. We live and swim here too and want nothing but the best for our LMSC.

-Trey Taylor, Chair NCMS

