



ACROSS **T**HE **L**ANES

NORTH CAROLINA LMSC 2015 SUMMER NEWSLETTER



Summer has arrived

Editor's Note

Wow, it's getting hot out there! With the current heat wave of near 100 degree temperatures, make sure you stay hydrated. Drink more water than usual and don't wait until you're thirsty to drink more fluids. Remind others to drink enough water as well.

So what are your swimming plans this summer? After moving to Lake Norman area last year, I was excited with the possibility of open water swims, until I learned from the Chambers of Commerce that "if you don't own property on the water or have a personal watercraft or know somebody that does, you simply don't have access to the lake!" There is a small beach at Lake Norman State Park, but it is not close by.

Did you know that already five shark attacks reported at the coast of our state just in the past two weeks? Whether it is at the nearby beach or community pool, be sure to take extra precautions to stay safe in the water this summer. Swim in a supervised area with a lifeguard and swim with others. Most importantly, never swim alone!

Have a safe and enjoyable 4th of July!

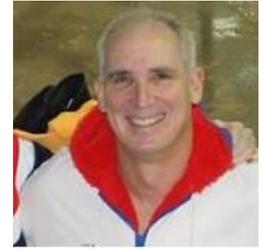
In this newsletter, you will find stories and news about:



- RAM Loses Three Vital Members Within A Month
- Top 10 Submissions due June 30th
- Service Award Nominations due July 1st
- Greta van Meeteren receives Donnelly Award
- Open Water Pool workout
- Our Swimmers making a splash
- USMS High Performance Camp
- Upcoming Pool & Open Water swims

RAM Loses Three Vital Members within a month

Chairman's Corner



It has been a difficult month for Raleigh Area Masters. Three long-time RAM athletes died within a few weeks of one another.

Donald Edward Reynders, a founding member of RAM, passed away at age 90 years on April 30. Even after open heart surgery in his early 80s, Don continued to work out on Saturday mornings with the team. Don was a decorated US Navy veteran, serving on the escort carrier USS Gambier Bay during World War II. One morning after a RAM swim practice, he related the October 1944 sinking of the Gambier Bay in Leyte Gulf combat. Don and the other survivors were in the water for 42 hours waiting for rescue; several of his shipmates were killed by sharks. Don jokingly told me that he much preferred pool swims to open water for that reason.

Dr. Brian Herbert Goldman, age 50 years, died of cancer on May 10. Brian grew up in Raleigh, and held summer league records for years at Raleigh's North Hills Club. He was captain of the Duke swim team his senior year. Brian was my good friend, my physician, and a great RAM team leader for a decade. Brian also loved coaching. Even with Stage 4 cancer, he actively coached both RAM and his beloved age group Mudpuppies Swim Team (which he founded). When the strains of his musical favorite Grateful Dead's "Brokedown Palace" began to play to open his funeral service, I am not ashamed to admit I cried openly, (as I'm doing as I write this). He was a wonderful friend and physician, an incredible coach, and an even better human being. A Swim Across America event is planned in his honor, and a donations page link follows: www.swimacrossamerica.org/site/TR?px=1432336&fr_id=3411&pg=personal

Dr. Kennon A. Woods, age 63 years, suffered a cardiac event during the Jim McDonnell Lake swim in Reston Virginia on May 24. He'd competed in the event for several years previously. Kennon was a North Carolina native, and served with distinction in the US Army Dental Corps before settling in Raleigh. Though he'd become a swimmer as an adult, Kennon was as enthusiastic as anyone I know about swimming. He trained with cap, goggles, snorkel, and music headset, and had an indefatigable approach. He passed his love of swimming along to one of his daughters, who swam that lake swim with him on the day of his death. She reminded all in attendance at his memorial that the family was comforted that he passed away doing something he loved. At that memorial event on June 20, which of course was standing-room only, his family, church colleagues, fraternity brothers, swim teammates and patients spoke at length of his life and professional skill. One of his patients explained that she drove 4 to 6 hours just to ensure that Dr. Kennon Woods continued to be her dentist. One of his pastors sang a beautiful tenor solo in his honor. His friends related amazing incidents from the life of this multifaceted man: who knew he was a CB radio aficionado, that he sported such an amazing Afro hairstyle during his non-Army days, or that he enjoyed jumping out of perfectly good airplanes? Memorial donations may be made in his honor at The Hunger Project, www.thp.org

Each of these wonderful men loved US Masters Swimming, Raleigh Area Masters, and swimming not just as sport but as lifestyle. We were gifted by their presence, and hope to live up to their memory.

Top 10 Submissions due June 30th

It's time to submit SCY Top 10s

SCY Top 10 tabulations (both individual and relay swims) are due to Mary Beth Windrath, National Swims Administrator, by June 30. Late submissions will not be accepted. Instructions can be found in the USMS Records and Tabulation Document, located in the Guide to Operations.



Service Award Nominations due July 1st

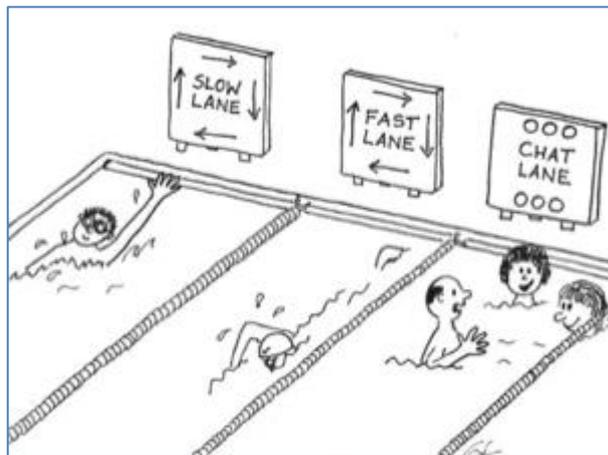
Nominate a fellow volunteer today

Each year U.S. Masters Swimming recognizes the extraordinary efforts of our members beyond the water's edge. USMS's success is a result of the amazing contributions of our talented and dedicated volunteers. Help us identify initiative and performance by nominating people you know who fulfill the ideals of the following awards. The deadline for nominations is July 1; please review the submission instructions for each award and help recognize an amazing volunteer.

- Speedo/USMS Coach of the Year
- Dot Donnelly Service Award
- Kerry O'Brien Coaching Award
- Club of the Year Award
- June Krauser Communications Award
- Fitness Award
- Open Water Service Award

Let us know who deserves to be recognized!

www.usms.org/admin/awards/



Greta van Meeteren receives the 2014 USMS Dorothy Donnelly Award

by Andrea Packard

Were it not for the efforts of Greta van Meeteren, the Twin Rivers YMCA Masters of New Bern, N.C. most certainly would not be the thriving club it is today. Over ten years ago, in December 2003, Greta co-founded the team, and has served as its de-facto leader and administrative assistant ever since. The little team began with a mere 6 members, but has grown to 24, for the most part due to Greta's active and friendly recruiting. She does an outstanding job of consistently keeping all team members informed about events ranging from competitions to social gatherings, and enthusiastically encourages participation. Clearly her efforts have paid off as 60 to 70 percent of the members have consistently participated in the various ePostal National Championship events. It's unlikely that one could find many clubs nationwide with a higher participation rate. A new member commented the other day about how friendly and welcoming the team is; this feedback serves as a tribute to the culture that Greta has created over the past decade. Greta's impact on USMS extends far beyond the local level.



She served as secretary of the North Carolina (NC) LMSC from December 2006 to January 2009 and as chair of the LMSC for the next 3 years. In late 2010, she helped launch a monthly email newsletter, *Across the Lanes*, for the NCLMSC and has served as editor ever since. Topics include health and nutrition articles by local NC experts, coaching articles by NC coaches, articles about open water and long distance swimming, swim meet results and reviews, and a host of other special interest stories. The newsletter has been very well received by LMSC members, evidenced by a documented "open rate" that far exceeds the industry standard. Many appreciate the wealth of information presented in the newsletter as well as the sense of connection to other LMSC members that it provides. Those who wish to contribute to the newsletter on multiple occasions are glad that there is a vehicle to consistently provide that type of service to USMS. On top of her local and regional level involvement, Greta has contributed at the national level as well. From 2007 to present, she has served as a member of the Fitness Education Committee. Her tasks have included interviewing *Go the Distance* participants and authoring monthly articles about them as well as hosting the Fitness Committee's brown bag luncheon at the 2013 USMS Convention. Since 2011, she has also been a member of the Long Distance Committee wearing three additional hats: liaison for the 5-10K ePostal Championships, compiler of Women's Long Distance All-American results and leader of the P.A.R.A. (Patches, All-American, Records, All-Stars) sub-committee, which is responsible for the compilation of the National Long Distance and Open Water Championship results. With the increased popularity of open water swimming, it is important that the Open Water – Long Distance division of USMS be as robust as the pool division. USMS is fortunate to have members such as Greta involved in that aspect of the organization. Greta is extremely worthy of the 2014 U.S. Masters Swimming Dorothy Donnelly Service Award because of her positive impact on so many other USMS members.



Open Water Pool Workout

by Kristen Smith

This is a great workout for the pool when training for the open water. This workout focuses a lot on upper body. The shirts will create a drag and slow you down but help make you stronger for the open water. Drills that will help you work on feel, timing, and sighting. Enjoy!

Warm Up:

2-3 x
100 easy swim
100 easy kick - on back and underwater, alternate by 25
100 easy drill - scull and single arm, alternate by 50

Pre-Main Set:

16 x 50 @ :10 sec rest
1 - 4 kick with board
5 - 8 B3 or B5 or B7, pick doable
but challenging breathing pattern
9 - 12 25 tarzan / 25 easy swim
13-16 desc each one

Main Set:

5 x 50 @ + drag shirt, tight fitting
5 x 50 @ pull, buoy only
1 x 250 @ build swim
5 x 100 @ pull, paddles, buoy
1 x 250 @ build swim
5 x 50 @ pull, buoy only
5 x 50 @ + drag shirt
Rest :10 after the 50's, :20 after the 100's, and :30 after the 250s



Cool down nice and easy

3500-4000 yds

Our Swimmers making a splash

Proudly swimming for NCMS

YMCA Masters Nationals in Sarasota (May 7-10)



Top: Elizabeth Lindsey and her husband Brandon
Bottom: sisters Tirion & Haley Sheafor and their friend Jen

Powerade State Games in Raleigh (June 20-21)



Beverly Amick, Patricia Hogan, Filippo Porco,
Mark Rubacky and Sonny Nguyen



Alicia Uhl, Erika Braun, Jen Stringer, and Kerry Lindauer
set three new masters **World Records**
at **Bumpy Jones Classic in Sarasota (June 12-14)**

400 LCM Medley Relay = 4:41.71

400 LCM Free Relay = 4:06.90

800 LCM Free Relay = 9:18.33



2015 USMS High Performance Camp

by Rachel Musselwhite

The U.S. Masters Swimming High Performance Camp, hosted by the Triangle Sports Commission, has been held at the Greensboro Aquatic Center since 2011 and is returning to the GAC in 2015. The camp is led by U.S. Masters Swimming's finest coaches, as selected by the USMS Coaches Committee.

This year's camp will take place August 22-27, 2015, and will feature coaches Susan Ingraham, Head Coach of Masters of South Texas and 2008 USMS Coach of the Year; Kris Houchens, Head Coach of Lawrence Masters Swimming and 2007 USMS Coach of the Year; Frank "Skip" Thompson, Michigan LMSC Chair and 2000 USMS Coach of the Year; and Ben Hobbins, accomplished multisport athlete and Head Coach of USMS and USAT Desert Olympic Tritons. Also featured will be Genadijus Sokolovas, the famous "Dr. G," who is considered the leading swimming physiologist in the country.

The camp is not a training camp pushing yardage; instead it is focused on helping Masters swimmers take their swimming to the next level, with an emphasis on technique. In addition to the USMS coaches, the camp includes sports science, sports nutrition, and sports psychology geared towards individual camp participants. In-pool training, classroom education, and individual videos of campers' strokes above and below the water surface are all part of the program.

The camp gets rave reviews from participants and the number of alumni who return to the camp is testament to the camp quality. This year's camp already has registrants from Italy and Brazil, so there is an international flair as well.

We would like to encourage our registered Masters swimmers in North Carolina to take advantage of this unique "hometown" opportunity. The fee for the camp is \$2,000, and includes room, board, all ground transportation, instructional materials, camp shirts, and other gifts. Only a few openings remain, so be sure to secure your spot today.

All interested applicants should submit an application as soon as possible to rmusselwhite@trianglesportscommission.com

For more information, please visit <http://www.usms.org/content/highperfcamp>





MARK YOUR CALENDAR

FOR UPCOMING EVENTS:

www.ncmasters.org



- Jul 25: North Carolina LCM State Championships at Goldsboro YMCA
- Aug 15: Lake Lure Olympiad at Rumbling Bald Resort, www.lakelureolympiad.com

For other **Pool** swimming & **Open Water** races, please go to: www.usms.org/comp/

- Aug 6-9: USMS Summer National Championship, SPIRE Institute, Geneva OH
- Aug 29: 1-3-Mile National Championship, (1.55 miles) Lake George NY
- Sep 12: 3-6 Mile National Championship, Lake Michigan, Chicago IL
- Apr 28 - May 1: USMS Spring National Championship, Greensboro NC

As always, we want to hear from **YOU!** Please contact your North Carolina LMSC Officers with any comments/feedback and swimming news to be included in our next newsletter.

Our LMSC is represented by officers from all corners of the state

Position	Officer	Town
LMSC Chair	Jon Blank	Raleigh
Vice Chair	Steve Weatherman	Raleigh
Secretary	Jennifer Perrottet	Jacksonville
Treasurer	Jeff Murray	Charlotte
Registrar and Webmaster	George Simon	Raleigh
At large member	Jerry Clark	Charlotte
At large member, Coaches' Chair	Kristen Smith	Wilmington
At large member	Don Gilchrist	Greensboro
At large member, Newsletter editor	Sonny Nguyen	Mooresville
Records & Top 10 Chair	Andy Clark	Charlotte
Official's Chair - ex officio	Tom Cox	Raleigh

HAPPY SWIMMING