



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

NORTH CAROLINA LMSC

NEWSLETTER 2016-NEW YEAR EDITION



Happy New Year!

Editor's Note

A hearty hello to all North Carolina Masters Swimmers! I'm honored to be chosen as your newsletter editor and thankful for the opportunity to have published 4 newsletters in 2015. I really enjoyed meeting you, our NC Swimmers in and out of the pool, and appreciated of your support plus contributions to the newsletters. I would like to share the tentative schedule for our newsletters in 2016:

- ✓ New Year's edition: Feb 1st
- ✓ Spring's edition: Apr 15th
- ✓ Summer's edition: July 1st
- ✓ Fall's edition: Sep 15th
- ✓ Winter's edition: Dec 1st



There are many exciting events happening in our state of North Carolina this year, including the return of the USMS Spring National Championships to Greensboro and the first-ever USA Masters Games this summer also in Greensboro. I look forward to hearing from you, so please continue to share any stories and news about NC masters swimming in 2016. You can submit information to me a week before each of the publication dates above and I will include in the next newsletters.

Just keep swimming!
Sonny Nguyen

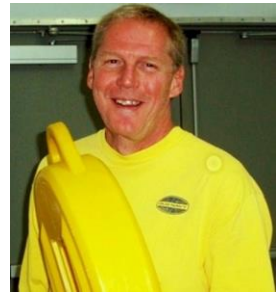


In this newsletter, you will find news and stories about:

- Recap of the 2015 South Carolina SCM Championships at Columbia SC
- Recap of the 2015 Santa's Tune-up Meet at Greensboro NC
- Results of the 2015 Long Distance Championships
- New NC-LMSC Chairman's Corner by Steve Weatherman
- 2016 USMS SCY Nationals coming to Greensboro NC
- 2016 Swimming News
- Upcoming Events...

Chairman's Corner

by Steve Weatherman



Happy New Year North Carolina Swimmers. I am excited to be taking over as the Chair of your NC LMSC. I would like to thank Jon Blank for his years of service to the LMSC Board as Chairman. Jon provided great stewardship for our LMSC and leaves big shoes to be filled.

For those of you who don't know me, I grew up in High Point, N.C. and swam age group with the High Point Swim Club. I attended undergraduate school at Wake Forest University and received my Masters in Public Administration from Appalachian State University. I began swimming masters with the Raleigh Area Masters in 1992. I served as Treasurer of RAM and President of RAM during the mid 1990s and began my second stint as President of RAM two years ago and continue to serve in that position. I began coaching RAM part-time in 1999 and began coaching on a more regular basis during the early 2000s. I am a Level 3 USMS Certified Coach and have served as meet director/co-meet director for several NC Short Course Yards Championships and two Dixie Zone Short Course Yards Championships. I serve on the USMS Coaches Committee and I will be serving as Co-Meet Director for the 2016 USMS Short Course Championships in Greensboro this coming April/May with fellow Wake Forest grad and LMSC Board member Don Gilchrist. This coming summer I will be serving as the swim meet director for the US Masters World Games to be hosted in Greensboro also.

North Carolina Masters Swimming has an exciting year before it with both the USMS Short Course Championships and the World Masters Games being held in North Carolina. This provides North Carolina with a great opportunity to showcase our North Carolina Masters swimmers this year. Also included in the World Masters Games is an open water swim which has been designated as the Dixie Zone Open Water Championships. This is a chance for all you triathletes to compete in an open water zone event as well as a world competition right here in North Carolina. We will also see the rejuvenation of the North Carolina Swimming Hall of Fame this year. Friday night, April 29, 2016 will see the first inductions into the NC Swimming Hall of Fame in many years. Please make plans to attend this event as it will be held during the USMS Short Course Championships in Greensboro, N.C.

Your LMSC Board has a busy year ahead. First on our agenda is to fill several vacant spots on the NC LMSC Board. The Vice-Chair, Secretary and two At-Large positions need to be filled. You will be receiving an email in the near future outlining these positions and asking for interested persons to please apply.

In an attempt for our members to better understand the workings of the NC LMSC Board and for your board to know what you want from your LMSC you will be receiving a link to an online survey concerning the NC LMSC. We want to know what you think of the job that has been done and what you would like to see from your board. All answers to the survey will be strictly confidential and will help the current and future members of your NC LMSC Board better serve you, its member swimmers.

I am excited about the opportunity to serve as Chair of the NC LMSC and the opportunities for North Carolina Masters Swimming. With your continued support and enthusiasm North Carolina Masters Swimming can shine both nationally and internationally this year. If you should ever have any concerns or questions about the workings of the NC LMSC Board, please do not hesitate to contact me. My contact information is on our website, www.ncmasters.org

2015 Long Distance results

by Greta van Meeteren

As many of you are aware, the USMS Long Distance Committee oversees and organizes five (5) pool long distance National Championships each year, as well as six (6) open water National Championships. In an earlier newsletter this year, I listed all of the NC participants in the one hour ePostal National Championship. I have included the swimmers who scored points in that event in the list below. I have added the results of the 5k and 10k ePostal Championships as well as the preliminary results of the 3,000 and 6,000 ePostals. I have also added the names of the people who swam in the open water LD National Championships.

The scoring for long distance events is: 22 points for 1st place, 18 points for 2nd, 16 points for 3rd, down to 2 points for 10th.

Total Point Scores for all events:	
Women	
Greta van Meeteren	48
Debbie Wilson	34
Robin Batchelor	18
Barbara Randolph	14
Joanne Wainwright	8
Men	
Mark Rubacky	64
Trace Sauter	22
Ian Clark	16
Bruce Diehl	14
Sean Maynard	12
Sean Pesrchy	10
Thomas Beck	6

Event	Age Group	Name	Place	Points
One Hour (W)	60-64	Debbie Wilson	6	10
One Hour (M)	25-29	Trace Sauter	7	8
One Hour (M)	35-39	Sean Pesrchy	6	10
5k ePostal (W)	60-64	Debbie Wilson	5	12
5k ePostal (W)	65-69	Greta van Meeteren	2	18
5k ePostal (M)	45-49	Mark Rubacky	4	14
5k ePostal (M)	50-54	Thomas Beck	8	6
10k ePostal (M)	45-49	Mark Rubacky	3	16
3,000 yard ePostal (W)	60-64	Debbie Wilson	5	12
3,000 yard ePostal (W)	60-64	Joanne Wainwright	7	8
3,000 yard ePostal (W)	65-69	Greta van Meeteren	7	8
3,000 yard ePostal (M)	18-24	Sean Maynard	5	12
3,000 yard ePostal (M)	25-29	Trace Sauter	4	14
3,000 yard ePostal (M)	25-29	Michael Hogg	5	12
3,000 yard ePostal (M)	30-34	Ian Clark	3	16
3,000 yard ePostal (M)	45-49	Mark Rubacky	3	16
6,000 yard ePostal (W)	65-69	Greta van Meeteren	1	22
6,000 yard ePostal (M)	45-49	Mark Rubacky	2	18
9+ Mile Open Water National Championship	55-59	Robin Batchelor	2	18
1-3 Mile Open Water National Championship	55-59	Barbara Randolph	4	14
1-3 Mile Open Water National Championship	65-69	Bruce Diehl	4	14

South Carolina SCM Championships, Dec.5-6, 2015, Columbia SC Relays by Default

by Scott Acheson

I recently had a new and fun experience with USMS. I participated in two relay events at the fall Columbia, South Carolina SCM Meet. At the meet, a teammate asked me if I would swim in the 200m free and the 200m medley relays. I was asked by default because there were not enough swimmers from NCMS for the events. I said sure, but knowing that I was not going to help out by contributing with any stellar swim times! I could help with some points for the team. As a USMS swimmer, I am as slow as the proverbial molasses in winter, but I like blaming my slowness on the increasing viscosity of water as I age!

Fifteen years ago, I had given up smoking and, like many ex-smokers, I found food. Three years later and weighing in at 240 pounds, I signed up with USMS and Jerry Clark signed me up for my first LCM event. Of course, Jerry Clark whooped my butts in the 800 meter event, my first “splash” at a swim meet. So after ten years and about 100 “splashes” I am still overweight, and Jerry Clark still whoops my butts! But it has been fun trying to get faster - or less slow, as the case may be - in the last ten years.

I have often wanted to give up going to meets, but I keep coming back because of the people involved. Like many other USMS swimmers, who have taken up the sport or returned to it, it was a part of my trying to live a healthier lifestyle. Along the way, I have I worked as a lifeguard, swim instructor and participated in many open water events. Most importantly my “journey” with USMS and the sport of swimming has included making many positive and affirming friendships and meeting great people. In that vein, the important point of my note is the example of NCMS men Neal Vestal, Jamie Miller, Don Gilchrist and Sonny Nguyen (see photo below), set by giving me the opportunity to swim as a part of a team. I hope I would do the same if I was in their shoes.

GO NCMS! See you all poolside!

P.S. A special note to Coach Dave Williamson of Harris YMCA Masters (HARY) for steadfastly putting up with my incorrigible defiance of his workouts and to my teammates for my atrocious lane etiquette!



South Carolina SCM Championships, Dec.5-6, 2015, Columbia SC

Additional Photos from the Meet



Bill Davis,
Sara Dunn,
Eddie Carter,
Trace Sauter.

Neal Vestal,
Jamie Miller,
Don Gilchrist,
Scott Acheson.



SwimMAC Masters represented...



Age-Group High-Point awards:
Eric Cornell and Jamie Miller
CONGRATS!

Santa's Tune-up Meet, 12/13/2015, Greensboro NC

A wonderful one-day meet

by Greta van Meeteren



Santa's Tune-up for Nationals at the Greensboro Aquatic Center was a great meet for a number of reasons. To my knowledge we have not had a December meet in North Carolina, and perhaps if it had not been held at this wonderful aquatic facility, it might not have been as successful as it was. Be that as it may: it was an opportunity for swimmers to see where they are in their training. Sometimes one gets a little lazy in December, and this was a good motivator.

The meet had many positive things going for it: it was one day, and this meant that swimmers would not have to spend an entire weekend in Greensboro. For people with families that makes things easier.

And for those of us who have to travel a great distance it means spending only one night in a hotel.

The meet format was perfectly suited for this: the longest distance was the 500 yard freestyle, and there were no relays. But for all of the strokes plus for the Individual medley all distances were offered. The entire event was over by 2:30 in the afternoon, when pizza was offered to all swimmers in the hospitality room. This left enough time to get home, wherever that is in North Carolina.

My team, TRYM of New Bern, was represented by seven swimmers (see photo below), which was quite good for a team of 24 members. Most of our friends had never been in the facility, and several were relatively new to Masters' swimming. This plus the fact that they had great swims added to the excitement.

Kudos to all of the wonderful volunteers who made this event so successful! I certainly hope this will become an annual event and also that more teams will consider hosting one-day meets. If North Carolina could get several of these events on the meet calendar, spread over the various facilities in the state that would - in my opinion - generate more interest in competitive swimming.



Santa's Tune-up Meet, 12/13/2015, Greensboro NC

Additional Photos from the Meet



NCMS – Fort Bragg masters group

NCMS – Sailfish masters group



NCMS – Raleigh Area Masters represented...

2016 USMS SCY National Championships at Greensboro NC April 28 to May 1, 2016

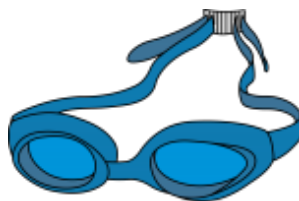
U.S. Masters Swimming holds two national championship pool meets each year. This year, the Spring National Championship will be held April 28 - May 1 at the Greensboro Aquatic Complex (GAC) in Greensboro, North Carolina. This facility, which has two 10-lane 25-yard competition courses plus 12 warm-up lanes, was the host to this national competition in 2012. The deadline for all entries is midnight EDT on March 28, 2016. Swimmers who enter by March 8th will receive a \$10 discount off the meet entry surcharge. Visit the meet website: www.usms.org/comp/scnats16



The North Carolina Swimming Hall of Fame will hold its seventh Induction Banquet and Ceremony on the evening of Friday, April 29, in the Terrace Room at the Greensboro Coliseum Complex (adjacent to the GAC). All Masters swimmers and the public are invited to attend. For more information about this event and how to purchase tickets for the 2016 Induction Banquet and Ceremony, check out its website: www.ncswimhalloffame.com

The Spring Nationals social will be held on Saturday evening, April 30, beginning at 7:30 p.m. at ACC Hall of Champions at the Greensboro Coliseum Complex (adjacent to the GAC). The social will feature heavy hors d'oeuvre food stations, beer, and wine; live music will be provided by local band Below the Line, and there will be dancing and other entertainment. Tickets to the social can be purchased at the time of registration.

Let's sign up to swim and represent North Carolina Masters Swimming!



Can you help at this National Swim Meet?

from Don Gilchrist (Co-Meet Director)

The USMS Spring Nationals in Greensboro is less than 3 months away. We need hundreds of volunteers to help with the event. Volunteer areas are pool marshals and administration.

Pool marshals are deck volunteers that watch and coordinate the warm up lanes throughout the event primarily making sure swimmers are circle swimming and only entering lanes feet first.

Administration volunteers help with posting of results and assist the officials. Some will be providing information and directions to participants during the event.

Thank you for the support. See you at the meet!

2016 SWIMMING NEWS

USMS 1-Hour ePostal National Championship

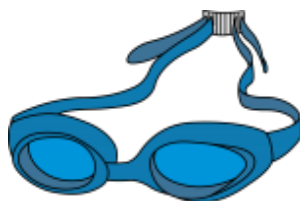


Extension Notice! Because of the extreme weather conditions experienced during the month of January 2016 throughout the country, the USMS Long Distance Committee has extended from January 31st to February 10th, the date by which all swims must be completed for the 2016 USMS 1-Hour ePostal National Championship. Entries will still be due by February 10, 2016. For those swimmers whose birthday occurs between February 1st and February 10th, their age will be their age of record as of January 31, 2016. For everyone else, it will still be as of the day they swam, and results will be compiled accordingly. This extension shall apply to all swimmers regardless of their LMSC.



USMS Check-Off Challenge

The Check-Off Challenge is designed to motivate swimmers by encouraging them to swim 18 pool events and an open water swim during the calendar year and is a fun challenge for swimmers of all ability levels. Coaches can use the Check-Off Challenge to motivate their clubs to attend meets or inspire individual swimmers to try new events. Open to all registered USMS members, the entry fee to participate is \$30, which includes a custom-designed Check-Off Challenge towel, swim cap, and certificate of completion. Check out the Check-Off Challenge event page at www.usms.org for more information.



Do Your Swimmers FLOG?



All swimmers can track their swimming and other fitness activities via our online Fitness Logs. With this exciting online service--which is also the basis for the very popular Go The Distance fitness event--you can log a wide variety of fitness activities such as swim workouts, running, weights, and yoga on your FLOG calendar and track your weekly, monthly, and annual totals online. Let your swimmers--especially new swimmers who may not be aware of it yet--know about this great tool and benefit of U.S. Masters Swimming membership.



MARK YOUR CALENDAR

For Upcoming Swimming Events:

www.ncmasters.org
www.usms.org/comp



February 19-21, 2016 **South Carolina SCY Championships**, North Myrtle Beach SC

March 5-6, 2016 **Sunbelt SCY Championships**, Huntersville NC

April 9-10, 2016 **Dixie Zone SCY Championships**, Atlanta GA

April 28 - May 1, 2016 **USMS SCY Championships**, Greensboro NC

June 17-19, 2016 **South Carolina LCM Championships**, Greenville SC

July 21-24, 2016 **USA World Masters Games (Swimming)**, Greensboro NC

July 25, 2016 **Dixie Zone Open Water Championships**, Greensboro NC

August 12-13, 2016 **USMS 1-Mile & 5K Open Water Championships**, Lake Lure NC

HAPPY SWIMMING