



# ACROSS THE LANES

## Your NC-LMSC Newsletter



## 2017 Winter/Spring 2018

*Editor's Note*

In this newsletter, we will recap the swimming activities during the winter of 2017 and early spring of 2018. From Greensboro NC to Columbia SC to Atlanta GA to various places in FL, our NCMS swimmers were well represented at the end of 2017. Turning the calendar to the third weekend in January 2018, the annual Sunbelt Meet in Charlotte drew over 350 swimmers. In mid-February, our neighboring South Carolina Masters Team hosted its SCY Championships at North Myrtle Beach and the Dixie Zone SCY Championships competed at Clearwater FL. The Frank Clark Memorial Swim Meet returned to UNC-Greensboro in early March. Up next, our NCMS swimmers will meet at our State SCY Championships in Cary on April 14-15, and then onto the 3<sup>rd</sup> annual Coastal Masters Invitational in Wilmington/Bolivia on April 28<sup>th</sup>.

Many of our swimmers will team up to represent our NCMS Regional Team at this year's USMS Spring Nationals, in Indianapolis IN, on May 10-13. Then another popular LCM Meet will take place on June 16-17 as the South Carolina State Championships to compete in Greenville SC.

There will be no 2018 USMS or Dixie Zone LCM Championships! Instead, new in 2018 will be the return (to the USA) for the Pan-American Masters Swimming Championships on July 28<sup>th</sup> to August 4<sup>th</sup> in Orlando with the Open Water competition to take place on August 5<sup>th</sup> on the coast of the Atlantic Ocean. So put on your swim suits, get to the pool, and we will see you at the next swimming events with our NC Masters Swimming.



The 2018 IM Madness, which is an ePostal event for swimmers seeking an IM challenge (sanctioned by our own North Carolina LMSC), competed between March 1 and March 31. Which events (Sweet 8, 12, or 24) did you complete? Would you share your crazy challenge?

### For this Newsletter, you also will find the following news & updates:

- Chairman's Corner by Steve Weatherman
- 2017 Swimming Meets recap
- Featured Swimmer: Jerry Clark
- 2018 Swimming Meets recap
- 2018 NC-LMSC Officers and Social Media
- 2018 Upcoming Swimming Events

**REMEMBER: Our Annual Meeting for all NC-LMSC Swimmers during the morning break on April 14<sup>th</sup> at our NC SCY Championships in Cary.**

# Chairman's Corner

*by Steve Weatherman*



I hope all North Carolina Masters swimmers have had a good winter and as glad as I am to see spring finally come (except for the dreaded pollen). We will be gathering this weekend for our annual SCY Championships and our LMSC's Annual meeting in Cary, NC. If you are at the meet please take the opportunity to join your NC LMSC Board for the meeting. It will be held during the break between morning and afternoon events at the TAC in Cary approximately at 11:00 a.m. We will either be meeting in the bleacher area of the pool or outside if we can find a place. Also on Sunday do not forget to grab some pizza after you swim your events before heading home. The LMSC will sponsor this pizza party. Pizza will be served when the 500 begins until all pizza is gone.

Below are a few items I would like to cover.

## **USMS LMSC Standards**

This year the North Carolina LMSC received a perfect score on our Annual LMSC Standards Review. The Board was very excited to receive this designation since we worked very hard to bring our by-laws and practices into compliance with all of the nationally established USMS Mandatory and Suggested standards.

## **NC Swimming Hall of Fame**

Again this year the NC LMSC is proud to be a partner with the North Carolina Swimming Hall of Fame for its Annual Banquet and Induction Ceremony. A long term NC Masters swimmer is being inducted this year, **Hill Carrow** of Raleigh Area Masters.

Hill is a native of Kinston, NC, where he competed in age group swimming for the Kinston Swim Club and East Carolina Swim Association. During High School at McCallie School in Chattanooga, TN, Hill was named All-State on a team that captured the Tennessee State Championships three of his four years there. He was a varsity swimmer at the University of North Carolina at Chapel Hill where he won the ACC's Jim Tatum Award for athletic and academic achievement. The Hill Carrow Spirit Award is presented annually by the university in his honor to the school's most spirited male and female swimmers. In 1980 Hill was the founder and first coach of the Raleigh Area Masters Swim Team, which became the state's largest Masters club. He also co-founded the Local Masters Swim Committee for North Carolina, which governs Masters swimming in the state. In 1983 he became the first head coach of what is now North Carolina Masters Swimming. Beginning in 1984 with the U.S. Masters Swimming (USMS) National Long Course Championships in Raleigh, Hill served as Meet Director or Chairman for four USMS National Championships, including 1992 in Chapel Hill, and 2012 and 2016 in Greensboro. He also founded the State Games of North Carolina; directed the 1987 U.S. Olympic Festival, our state's largest-ever sports event; and founded the USA Masters Games. In 2014, Hill was recognized for his lifetime achievements in, and contributions to, Masters swimming with the Ransom Arthur Award, USMS' highest award. He currently directs the USMS High Performance Camp, serves on a USMS Board Committee, and resides in Morrisville. Hill joins fellow NC Masters Swimmer Erika Braun as a member of the NC Swimming Hall of Fame.

## Gold Club Designation

USMS is introducing a new program to highlight clubs and coaches leading the way in engaging swimmers and changing lives. USMS Gold Club designation will showcase the top-tier clubs, workout groups and coaches and provide them with enhanced support.

Gold Clubs are highlighted in the new USMS Club Finder with priority placement and insignia to let members and potential members know that your club is ready to help them meet their swimming goals. Other benefits include enhanced marketing support from the National Office, discounts on education courses, and full insurance coverage for USMS approved activities.

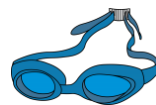
Requirements for Gold Club Designation include:

- 1) Having a USMS Certified Coach On-Deck during club practices (On deck, not coaching from the water).
- 2) Require USMS Membership for all participants in your practices.
- 3) Offer some form of a free trial for prospective members before requiring USMS Membership.
- 4) Participate in the Annual "Try Masters Swimming Week".
- 5) Participate in or promote with your swimmers one of the Fitness Series Events promoted by USMS.

If you would like to have your workout group apply for Gold Club Designation the application is on the USMS Website. If you need some assistance or have questions, please do not hesitate to ask me for some help. I have been working with this through my service on the USMS Coaches Committee.

Hope everyone has a great summer.

Steve



## Pan Am Masters Championships July 28 – August 4 (Swimming) August 5<sup>th</sup> (Open Water)

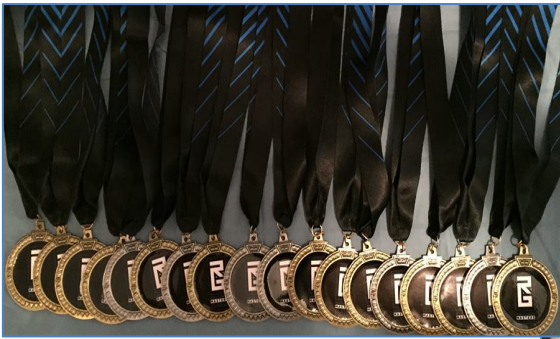
You may recall that neither the Dixie Zone or USMS National LCM Championships will be held this year to focus on the upcoming UANA Pan-American (Pan-Am) Masters LCM Championships which will be held in Orlando FL.

Registration for the 2018 Pan-Am Masters Championship is open until June 30. Information on this swimming meet and open water swim are on the USMS website. Go to 'National Events' and you'll see it under '2018' right under the info for Spring Nationals. Or visit, [www.2018panammasters.com](http://www.2018panammasters.com)



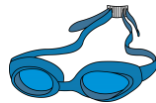
# 2017 Dixie Zone Champs & Rowdy Gaines Classic

**Orlando, FL:** The Rowdy Gaines Masters Classic, also our Dixie Zone SCM Championships, took place on October 13-15, 2017. NCMS women's team consisted of K.Pelczynski, L.Quattropani, A.Law, C.Gregory, D.Alton, and B.Amick; while the men's team represented by T.Sauter, S.Nguyen, J.Atwater, R.Butcher, M.Ruback, D.Dunson, E.Carlson, J.Klein, and J.Miller. We improved from 2<sup>nd</sup> place in 2016 to 1<sup>st</sup> place for all regional teams in 2017. Many of us swam as many as 14 individual events plus contributed on one or more of the 13 NCMS relays.



## 2017 Shark Tank Meet (SCM)

**Sarasota, FL:** The annual Shark Tank Meet swam on November 4-5, 2017. A lone NCMS representative was Erika Braun (45-49 AG), competed in the 50 Breast and 50 & 100 & 200 Free. In the 100 Free, Erika's time of 58.21 established a new USMS National Record. **Congratulations Erika!**



## 3rd Annual Masters Eastern Invitational (SCY)

**Greensboro, NC:** The 3<sup>rd</sup> Annual Masters Eastern Invitational Meet returned to the GAC on November 19<sup>th</sup>, 2017. More than 100 swimmers competed with 6 individual events allowed in this one-day format. The 200-yard Medley Relays and 200-yard Free Relays were added for the first time this year.

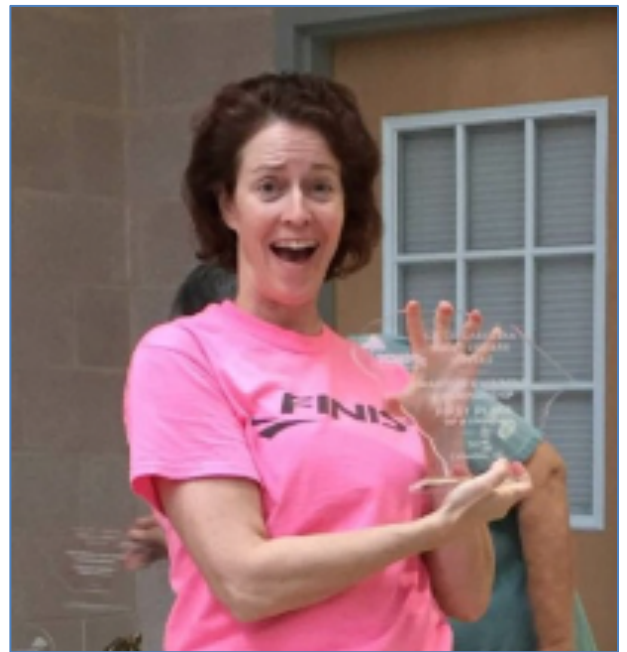


## 2017 South Carolina State Championships (SCM)

**Columbia, SC:** The South Carolina State Championships took place on December 1-3, 2017. A total of 154 swimmers signed up for the 1500 Free (Friday) and shorter events (Saturday and Sunday) including 200 Medley and Free relays. NCMS represented with a team of C.Harrison, K.Stump, A.Uhl, K.Levintow, J.De la Cruz, E.Anderson, J.Moore, J.McFarland, P.Denison, J.Washburn, C.Glender, N.Vestal, and coach Celia; combined for 4<sup>th</sup> overall team scores and 1<sup>st</sup> out-of-state team.

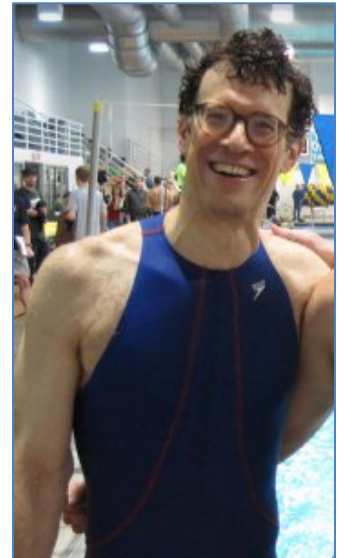
Congratulations to **Alicia Uhl** and **Paul Denison** for winning high points in their respective age-groups!

NC Masters state record holders! **Paul Denison**, 400m free (60-64) 4:56.16. **Alicia Uhl**, 200m breast, 2:55.42. 200im, 2:32.94. 200 back, 2:43.23.



## 2017 Chris Jackson Memorial Meet (SCM)

**Coral Springs, FL:** The Chris Jackson Memorial Meet took place on December 2-3, 2017. A lone NCMS representative was Jon Klein (60-64 AG), competed in the 50 Free & 200 Free & 50 Back & 100 Back & 50 Fly & 100 Fly. **Congratulations Jon!**



## 2017 St. Nicholas Invitational Championships (SCM)

**Atlanta, GA:** A good turnout of about 150 swimmers at the annual St. Nicholas SCM Invitational held at Georgia Tech on Sunday, December 3. This meet was attended by participants throughout the Dixie Zone and beyond, with NCMS represented by T.Sauter, S.Nguyen, and D.Dunson.



Congratulations to **Trace** and **David** for winning high points in their respective age-groups!

## Featured Swimmer: Jerry Clark

**Charlotte, NC:** It was around the early-to-mid 70s when I was racing in triathlons that I got caught up in Masters Swimming. Several “full time” Masters swimmers convinced me that I could drop my 1.5k open water swim times if I trained with them. They were well organized, did not waste time when training and fully convinced me that doing repeat swims on specified intervals at varying efforts would be beneficial. What a revelation! My swim times in triathlons dropped, my energy level going into the bike leg improved and there was even some beneficial carryover into the running leg of my triathlons. I was hooked! I looked forward to the swim practices and eventually was talked into participating in Masters swim meets.



One of those events was named the Sunbelt Meet. The first time it was held in 1975 at the 4 lane Charlotte YWCA pool. There were dated photographs of Kirk Canterbury (now deceased) participating in that meet. Kirk was the best male swimmer in the area; had a beautiful stroke and usually placed first in all his events.

I continued swim training throughout the '80s and '90s, gradually losing interest in racing triathlons while improving my swimming each year. I participated in the 1992 USMS National Championships meet in Chapel Hill and as is often said, I tasted blood – I really liked competing in the pool! I made an arrangement with the then Davidson College swim coach Rich DeSelm to provide me with high level swim workouts every month. This was the key to the lock – doing tough workouts under the guidance of an excellent coach (he is now the head swim coach at UNC – Chapel Hill) turned me into a much better racer.

A second event that took place in 1999 boosted my skills and endurance. I was one of six male Masters swimmers who were invited to train under three top quality Masters coaches (Mike Collins – Southern California, Kerry O'Brien – Walnut Creek California and Scott Rablais – Baton Rouge Louisiana) for 3.5 days at the US Olympic Training Center in Colorado Springs CO. There were six female Masters swimmers invited at the same time. What an experience! Nothing but learning how to get better with information about strokes and dry land training to proper diets and nutrition from the pros.

I have raced in 32 USMS national championship meets and countless regional and local meets. Some of my proudest moments in swimming have been in men's medley relay events, both long course and short course distances. Our group - Mitch Mitchell in backstroke, John Korthuer in breaststroke, Dick Kitchell in butterfly, and I for freestyle - held the World 280+ AG records in both short and long course meters and bested both of those once before a different group of guys made new records.

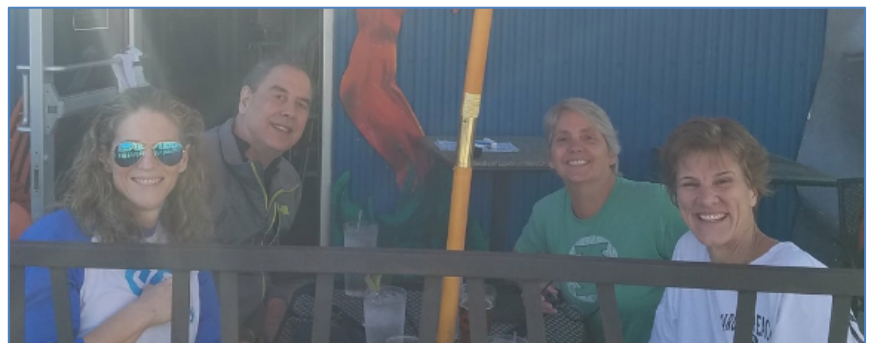
Last, I've always tried to put work back into things I enjoyed doing. That ethic led me to holding all (except webmaster) volunteer jobs in the Local Masters Swim Committee for North Carolina (NC-LMSC) plus a stint as the Dixie Zone chairman plus being a five year member of the USMS National Board of Directors. I've served on the USMS Championship committee, the USMS Legislation committee, and most recently and presently, I'm on the LMSC Development committee. I've been the meet director of 18 consecutive Sunbelt Masters meets in Charlotte and am proud that this meet continues to draw 300 +/- participants each year.

Benefits of USMS, talking to new member to join with your workout group, then recommend a local workout group (places to swim), then meeting the folks there.



# 2018 Sunbelt (Charlotte) SCY Championships

**Charlotte, NC:** The 44<sup>th</sup> Annual SUNBELT Masters Swim Meet returned to the Mecklenburg County Aquatic Center on January 20-21. With over 300 swimmers from throughout North Carolina and all over Dixie Zone, we were celebrating Jerry Clark who directed this meet for over four decades. This is forever “Jerry’s Meet” Congratulations to **SwimMAC Masters** for 1<sup>st</sup> overall combined teams and to **Greenville (SC) Splash** for winning the out-of-state team competitions!



# 2018 NORTH CAROLINA SWIMMING HALL OF FAME HONOREES



North Carolina  
Swimming  
Hall of Fame



**Hill Carrow**



**Frank Comfort**



**Eugene Godsoe**



**Chip Peterson**



**Jilen Siroky**

The 2018 honorees feature an Olympian, an All-American, a World Champion, an award-winning Masters swimmer, and the ACC's winningest coach!

## 2018 INDUCTION

Saturday, April 14, 2018

6:45 pm Reception

7:30 pm Dinner and Ceremony

Embassy Suites Cary

201 Harrison Oaks Blvd, Cary, NC

## INDIVIDUAL TICKETS

Individual: \$50 at  
[ncshof.eventbrite.com](http://ncshof.eventbrite.com)

## MORE INFORMATION

Visit [www.ncswimhalloffame.com](http://www.ncswimhalloffame.com)  
or call Collins Lowder at 919-678-1651



# 2018 NC-LMSC Officers

*Our LMSC is represented by officers from all corners of North Carolina*

**Masters Swimming**

Position	Officer & email	Town
LMSC Chair	<a href="#">Steve Weatherman</a>	Raleigh
Vice Chair	<a href="#">Kristen Jenó</a>	Wilmington
Secretary and Open Water Chair	<a href="#">Joanne Wainwright</a>	Greensboro
Treasurer	<a href="#">Todd Torres</a>	Greenville
Registrar and Webmaster	<a href="#">George Simon</a>	Raleigh
At large member - Coaches Chair	<a href="#">Trey Taylor</a>	Gastonia
At large member - Fitness Chair	<a href="#">Scott Dallamura</a>	Angier
At large member	<a href="#">Celia Wolff</a>	Fort Bragg
At large member - Communications Chair	<a href="#">Sonny Nguyen</a>	Mooresville
At Large Member - Records & Top 10 Chair	<a href="#">Amy Waters</a>	Raleigh
At large member - Official's Chair	<a href="#">Bill Luse</a>	Jacksonville

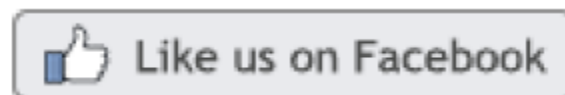
**Stay Connected with NCMS and NC LMSC social media:**



[www.instagram.com/ncmastersswimming](http://www.instagram.com/ncmastersswimming)



[www.twitter.com/NCMastersSwim](http://www.twitter.com/NCMastersSwim)



[www.facebook.com/northcarolinamastersswimming](http://www.facebook.com/northcarolinamastersswimming)

*NC Masters Swimming social channels are open: Like us, Follow us, Tag us, Tweet us!*

Be sure to check out all the NCMS Podcasts:  
[NCMastersSwimming.Podbean.com](http://NCMastersSwimming.Podbean.com)



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

***for your swimming calendar:***

[www.ncmasters.org](http://www.ncmasters.org)  
[dixiezone.org/Meets.htm](http://dixiezone.org/Meets.htm)



**March 1-31, 2018: IM Madness ePostal Event, sanctioned by NC-LMSC**

April 14-15, 2018: North Carolina Championships (SCY), Cary NC  
*Annual Meeting for all NC-LMSC Swimmers during the morning break on Saturday 4/14/18.*

**April 19-22, 2018: YMCA Masters Nationals (SCY), Ft. Lauderdale FL**

April 28, 2018: Coastal Masters Invitational (SCY), Wilmington/Bolivia NC

**May 10-13, 2018: USMS Spring Nationals (SCY), Indianapolis IN**

[www.usms.org/comp/scnats18](http://www.usms.org/comp/scnats18)

**June 2-3, 2018: Dixie Zone Open Water Championships, Chattanooga TN**

June 16-17, 2018: South Carolina Championships (LCM), Greenville SC

June 16-17, 2018: Powerade State Games Swimming (LCM), Greensboro NC

**July 28 – August 4, 2018: Pan American Masters Swimming (LCM), Orlando FL**

*No USMS Summer Nationals (LCM) in 2018*

**August 5, 2018: Pan American 1.5K & 5K Open Water, east coast of Florida**

**September 26-30 (not a meet): USMS Convention, Jacksonville FL**

December 1-2, 2018: Dixie Zone Championships (SCM), Coral Springs FL



**HAPPY SWIMMING**

