



ACROSS THE LANES

YOUR NC-LMSC NEWSLETTER

2017 SUMMER/FALL



Fall is Here!

Editor's Note

Wishing all of NCMS a crisp and colorful Fall Season! Summer is coming to a close and the weather will quickly begin to cool, hopefully! Many of us are sending children off to school and getting back to a stricter schedule of activities. We hope you too are ready to brush off your list of health goals for the year, reevaluate, and jump in the pool!

NCMS represented at the 2017 USAS/USMS Convention in Dallas, TX.



In this 2017 Summer/Fall Newsletter, you will find news and updates:

- Chairman's Corner by Steve Weatherman
- 2017 Swimming Meets recap:
 - ✓ USMS Spring Nationals
 - ✓ Powerade State Games
 - ✓ USMS Summer Nationals
 - ✓ FINA World Championships
- Who are NC Masters Swimmers?
- Hill Carrow selected for National HOF
- 2017 NC Swimming HOF Inductions
- Featured Swimmer: Rob Butcher
- 2017 Swim Across America Charlotte
- USMS ALTS Certification Course
- 2017 Upcoming Swimming Events...

NC Masters Swimming social channels are open:



www.instagram.com/ncmastersswimming

Follow us on **twitter**

www.twitter.com/NCMastersSwim

Like us on Facebook

www.facebook.com/northcarolinamastersswimming

Chairman's Corner

by Steve Weatherman



I hope all NC Masters Swimmers had a great summer. The fall weather yesterday and today sure are a reprieve from the heat of the summer.

Over the summer your LMSC Board has had a couple of changes. First, long serving Treasurer Jeff Murray has left the Board. I would like to take this opportunity to thank Jeff for his years of service to the NC LMSC Board. In our search for a new Treasurer one of our existing At-Large Board members stepped up to the task. Todd Torres agreed to serve as our Treasurer. We thank and welcome Todd in his new role on the Board as Treasurer. Another new addition to the Board is Bill Luse of Jacksonville, NC. Bill agreed to fill the vacancy left when Tom Cox resigned as Officials Chair of the LMSC. Bill brings many years of experience and service as an USA Swimming Official to our Board. Any questions you may have about any rules or rule changes that were implemented at this year's USMS Convention, please contact Bill. His contact information is listed in this newsletter.

For several years the NC LMSC has offered scholarships to NC Masters Coaches wishing to take the USMS Coaches Certification courses. Your LMSC Board has decided to add to our scholarship offerings to include the USMS Adult Learn to Swim Instructors Certification. Any REGISTERED NC Masters Swimmer who wishes to take this course can receive a \$50 scholarship towards the course cost. To receive the \$50 scholarship you must be a registered NC Masters swimmer and at the completion of the course send a copy of your paid receipt and a copy of your certificate of completion to the NC LMSC Treasurer. This scholarship becomes effective on October 1, 2017 and is not retroactive.

Several of the NC LMSC Board members attended the USMS Annual Convention in Dallas, Texas on September 13 through September 17, 2017. There were many informative meetings and some heated discussion on changes to USMS rules. Fees for USMS membership and workout group registration will increase in 2018 to \$43. Your NC LMSC covers the workout group fee for NC workout groups with 3 or more registered swimmers. If you are planning or holding an event before you receive your new USMS Rule Book please refer to the following link that includes rule changes that went into effect on September 21, 2017 or contact our Officials Chair, Bill Luse. http://www.usms.org/rules/?utm_campaign=top_nav&utm_medium=for_volunteers

Attached in this newsletter is a flyer that highlights the first ever NC LMSC sponsored Postal Event. In March of 2018, the NC LMSC will be hosting an IM Madness Postal Event. This is something new for the NC LMSC and we hope that all NC Masters Swimmers will take the time to participate in this event. Please refer to the flyer for the official guidelines for the event. The NC LMSC Board is hoping to use the profits, if any, from this event to help subsidize Adult Learn to Swim programs put on by certified ALTS Instructors in NC. This is an extremely important program that USMS promotes and the NC Board wants to promote within NC. In the near future the Board will be adopting guidelines for requesting funds from the LMSC for sponsoring ALTS classes.

After serving as the webmaster for the NC LMSC website since it's beginning, George Simon will be stepping down from that duty in the coming months. The Board is currently reviewing our website. Todd Torres is leading this review and will be making a recommendation to the full Board on the future of our website.

Be sure to check out the upcoming meet schedule included in this newsletter.

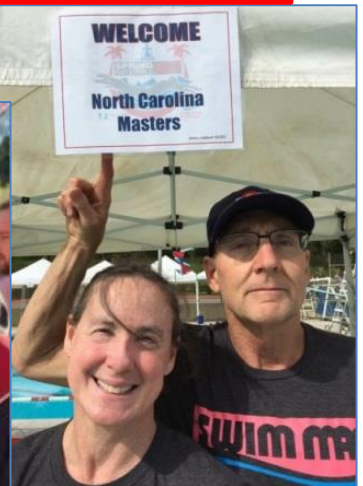
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USMS Spring Nationals 2017

The 2017 Nationwide USMS Spring National Championships, at the Riverside Aquatics Complex in Riverside CA, took place from 4/27/2017 to 4/30/2017. The Olympic Club won the local club competition with 1,449.5 points, while Colorado Masters Swimming won the regional club competition with 1,301 points. **Our NCMS Team scored 281 points which was good for 8th place in the regional clubs.**



W45-49	Carter, Eddie C
M35-39	Dallamura, Scott J
W50-54	Dore, Mary G
W40-44	Dunn, Sara
M40-44	Dunson, David B
M50-54	Ekman, Evan F
M40-44	Fletcher, Van
W45-49	Gass, Melissa
M30-34	Heijnen, Michel
W40-44	Lindauer, Kerry
W50-54	Nowak, Elizabeth A
M25-29	Sauter, Trace U
W30-34	Soldati, Kelly L
W25-29	White, Kristin M
M60-64	White, Warren A
W50-54	Wolff, Celia



2017 Powerade State Games of North Carolina Swimming 6/17/2017 to 6/18/2017 Greensboro, NC

The annual North Carolina State Games competed in the Triad, with swimming LCM Events took place at the Greensboro Aquatic Center. NCMS represented well with up to 8 cool individual swimming medals to take home.



USMS Summer Nationals 2017

The 2017 U.S. Masters Swimming Summer National Championship competed from August 2 to 6, 2017, at the Jean K. Freeman Aquatic Center at the University of Minnesota. Swim Fort Lauderdale won the local club standings with 1,557 points (men's and women's totals combined), and Minnesota Masters won the regional club standings with 3,652 points. **Our NCMS Team scored 500 points which was good for 7th place in the regional clubs.**

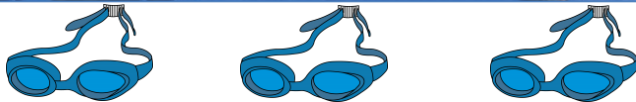


Age Group	NCMS	Individual Events
65-69	Beachler, Michael	3
65-69	Bober, Richard	3
45-49	Braun, Erika	6
35-39	Dallamura, Scott	2
50-54	Dore, Mary	6
45-49	Dunn, Sara	5
45-49	Dunson, David	3
60-64	Klein, Jonathan	4
45-49	Lee, Lawrence	6
60-64	Miller, Jamie	3
45-49	Robling, Steve	6
25-29	Sauter, Trace	6
50-54	Vazquez, Maria	6
	13	59



17th FINA World Masters Championships 2017

Budapest, Hungary: Swimming Events competed on August 14-20, 2017 and Open Water Swims took place on August 10-12, 2017. USMS Swimmers broke a total of 8 World Records and also 9 USMS Records at this meet. Representing North Carolina Masters Swimming included: **Rob Butcher** (45-49 AG), **Heather Frees** (30-34 AG), **Dana Greene** (45-49 AG), **Violetta Gratsou Zodi** (45-49 AG) and **Cheryl Murray** (65-69 AG); with Cheryl set a course record in the 800m Free for her 65-69 AG. Great Swimming, NCMS!!



...continued from Page 2

Chairman's Corner

We have one meet scheduled for this fall on Sunday, November 19th in Greensboro at the GAC and several for next Spring. A gentle reminder to all meet host and directors that you must follow the Meet Director's Handbook located on our website when planning and applying for a sanction from USMS. Also please remember that the NC LMSC Board will provide \$5 per registered swimmer up to 100 (maximum \$500) for a social at your meet. If you do hold a social such as a pizza party at the conclusion of your meet please send your request for reimbursement to Todd Torres with a paid receipt for your social activity and the final count of registered swimmers in your meet.

Finally, I would like all members of the NC LMSC to continue to promote the inclusiveness of masters swimming in your workout groups. During this time of divisiveness in our country it is comforting to know that USMS and masters swimming is one of the most inclusive groups to be found. Everyone is welcome no matter what. The comradery of masters swimming is wonderful and regardless of your beliefs everyone is accepted in masters swimming. There are no politics in the water except for maybe who is forced to lead the lane in practice. I try to always volunteer to go last.

Please enjoy this newsletter and if there are ever any questions you have about masters swimming in North Carolina please feel free to contact me or any member of the board.

Thanks, Steve Weatherman



Who are NC Masters Swimmers?



<< Erika Braun and Jon Klein, 2016 NC Swimmers of the Year >>

Who will be awarded the 2017 North Carolina Swimmers of the Year?
Come to the **Sunbelt SCY Championships Meet**
(January 20-21, 2018) in Charlotte NC to find out.



<< Cath Old's winning >>

NCMS at 2017 Growler Meet >>



Hill Carrow selected for National Hall of Fame

www.trianglesportscommission.com/wp-content/uploads/2017/02/Carrow-Hall-of-Fame-Release-2.24.17-1.pdf

Cary, NC: The National Association of Sports Commissions, the national trade association for the sports tourism industry, has named Hill Carrow, Triangle Sports Commission Chief Executive Officer, as an inductee into the inaugural class of the National Association of Sports Commissions Sports Tourism Hall of Fame. Also named to the hall are Kevin Gray of the Kansas City Sports Commission, Jack Hughes of the Gainesville Florida Sports Commission, Diane McGraw of Pennsylvania Travel & Tourism, Tim Schneider of SportsTravel Magazine and the TEAMS Conference, and Don Schumacher of the NASC staff. (Both Gray and Hughes are deceased.) The Induction Ceremony is scheduled for Tuesday, March 28, 2017, in Sacramento, California, at the NASC Annual Symposium.

Carrow is the founder of the NASC, having come up with the idea for the organization in the late 1980's after his direction of U.S. Olympic Festival-'87 in Raleigh-Durham, NC. At the time, the U.S. Olympic Festival was America's largest multi-sport event and the success of the 1987 Festival drew the attention of other cities interested in hosting similar events in their communities. "I was getting all these calls asking how we did it and how they could replicate this type of activity in their hometown," said Carrow, "I recognized that this flurry of interest had the potential to be the beginning of a movement."

Carrow began pitching the idea in 1989 at a conference in Orlando focused on the sports business and continued at similar gatherings after. In 1990 he hosted a meeting in Raleigh, NC, to bring interested cities together to form an association. A number of organizations that were to become some of the initial members of NASC attended that meeting. Carrow, a licensed attorney, proceeded to set up the organization legally by drafting and filing the Articles of Incorporation and initial bylaws. He established the NASC as a North Carolina non-profit corporation which remains the organization's state of incorporation to this day.

Carrow had a big vision for the non-profit, originally creating the NASC as the "International Association of Sports Commissions." "While obviously I had grand ambitions for the organization, it has certainly exceeded my expectations in many respects," he said. "The first meeting I held 28 years ago in 1989 had three attendees and now almost 1000 will attend the NASC Symposium in California next month!"

The Induction Ceremony is scheduled for 9-10:30am on March 28 at the Sacramento Convention Center, and is being held in conjunction with NASC's 25th Anniversary Celebration, marking 25 years from what is considered the organization's first formal annual meeting in 1992 in Colorado Springs.

"It is the highest honor to be recognized by your peers for contributions they deem significant to the industry," said Carrow. "Jack Hughes used to work for me during the Olympic Festival, and his inclusion makes it that much more special. I've always been partial to the NASC because I consider it to be my offspring and my legacy; so I am very much looking forward to the celebration and what promises to be our largest assembly ever next month in Sacramento!"

North Carolina Swimming Hall of Fame holds 2017 Inductions

Cary, NC: The Triangle Sports Commission supports the North Carolina Swimming Hall of Fame by managing its annual induction ceremony and related administrative activities. The NC Swimming Hall of Fame started in 1985 and continued to 1991 but then went dormant for 25 years before re-emerging in 2016 with inductions in Greensboro. The Swim Hall's revival continued this year with an exciting evening in Cary featuring five highly-accomplished inductees: Olympic Gold Medalist Swimmers David Fox, Charlie Houchin, and Lauren Perdue; Olympic Bronze Medalist Diver, Nick McCrory; and former long-time NC State University Men's and Women's Swimming Head Coach, Don Easterling.

The capacity crowd of over 250 attendees included 100 participants from North Carolina Swimming's Select Swim Camp that was being held nearby that same weekend. "Having the young swimmers join us for this year's Induction Ceremony really helped make the event," said Gerry Chapman, Chairman of the NC Swimming Hall of Fame Committee. "They injected a lot of youthful enthusiasm into the crowd which clearly energized the inductees, while at the same time they benefited from hearing from five great role models who have achieved at the highest levels of aquatic sports."



Left to Right: Don Easterling; Ana McCrory (mother of Nick McCrory); David Fox; Lauren Perdue; and Charlie Houchin.

CONGRATULATIONS TO ALL!

Rob Butcher of Swim Across America is fueled by Mother's Memory

A personal tragedy helped Rob Butcher transform a sport he loves into a growing movement to save lives, complete with Olympic stars.



For Rob Butcher, the world changed in 2008. That's the year his mother, Maria, passed away from appendix cancer, a particularly aggressive form of the disease.

Butcher was a lifelong swimmer who had qualified for the Olympic trials in 2000, but had largely left the swimming world behind to become a marketing heavyweight in the NASCAR world.

Dealing with his mom's cancer forced Butcher to step away from his life and refocus. "It was brutal, man," he recalls. "She was diagnosed with cancer in December and by the following Thanksgiving she never came out of the hospital. We had a deeply emotional connection."

But when his mother passed away at 62, Butcher gained a new connection — with himself and his passion for swimming. "Sometimes when there's such big moments in life, they become inflection points that shape your values going forward," he says.

And sometimes the world lends a helping hand. For Butcher, that came in the form of friend Rowdy Gaines, who informed him U.S. Masters Swimming was looking for a new executive director to grow membership and take the group to the next level. Of 85 applicants, the USMS board picked Butcher.

Over the next seven years, they were glad they did. Butcher grew membership from about 40,000 to about 70,000, and annual revenue from \$1 million to \$4 million. In addition, he spearheaded an innovative new adult learn-to-swim instructors program.

During all this time, Butcher never forgot his mom. And in 2015, he joined the board of Swim Across America, a nonprofit organization that provides vital seed funding to world-renowned hospitals investigating and conducting new clinical trials that lead to treatments and cures for cancer.

Just one year later, SAA asked Butcher to become its executive director. He couldn't have picked a more perfect, fitting tribute to his mother. SAA benefits have generated more than \$65 million in cancer research



and clinical trial grants for top cancer treatment centers. With the support of more than 100 Olympians, it hosts swims in Atlanta, Baltimore, Boston, Chicago, New York, San Francisco, Seattle, St. Louis and Tampa.

But how does all this benefit the aquatics industry? In a word, Butcher says, access. Through SAA, aquatics facilities have access to Olympians who normally receive \$10,000 to \$20,000 in appearance fees — all without dealing with agents or management firms, and at no cost to facilities themselves for an event.

“We’re more than a swim, we’re a cause,” Butcher says. And when it comes to attracting those hard-to-reach millennials, there’s nothing like an SAA event, he adds.

“You want to bring in millennials, you do a benefit swim,” he says. “That way it’s much more than just visiting my pool. It’s doing something good for mankind because so many people have been affected by cancer.”

About the Author: Gary Thill is an award-winning freelance journalist based in Portland, Ore.



[Gary Thill](#)

<http://www.aquaticsintl.com/awards/living-tribute-rob-butcher-of-swim-across-america-is-fueled-by-mothers-memory>

Come to participate and meet Rob Butcher at the 2017 Swim Across America - Charlotte



Bill McCormick and his son Nathan



2017 Swim Across America Charlotte

Lake Norman YMCA, Cornelius NC: The Swim Across America – Charlotte Open Water Swim (0.5-mile, 1.0-mile, 3.0-mile) – took place on Saturday 9/23/2017. It was fun to see many participations, including 2-time Olympian Ricky Berens, making waves to fight cancer. Congratulations to Mecklenburg Swim Association Masters (MSA) Team Out of My Box, led by Coach Patty Waldron, raised to 19th ranked nationally in Swim Across America. In its first year in the Charlotte area, Swim for America has raised over \$140,000 for the Levine Cancer Institute. Thanks to all who swam, donated, and helped to make this event a huge success!



USMS Adult Learn-to-Swim Instructor Certification Course

U.S. Masters Swimming is hosting a USMS ALTS instructor certification course on Saturday, Oct. 7, 2017, in Charlotte, N.C.

Saturday, Oct. 7

Check-in: 8-8:30 a.m.

Classroom instruction: 8:30 a.m.- 1:30 p.m.

Lunch: 12:30 p.m.*

In-water pool instruction: 2-4 p.m.

**Lunch will be provided by USMS. Please note that most of the lunches are sandwich-based and do not always include a vegetarian option or recognize dietary restrictions and food allergies. If you have food restrictions, please feel free to bring along something that will accommodate your needs.*

Location of classroom and in-water instruction

[Mecklenburg County Aquatic Center](#)

[800 E MLK Jr. Blvd.](#)

[Charlotte, NC 28202](#)

Instructor

Morgan Latimore is a lead USMS-certified Adult Learn-to-Swim instructor and Level 3 USMS-certified Masters coach. He has more than 15 years of coaching experience and is head coach and owner of Latitude Pure Coaching, an organization that focuses on triathlon and endurance sports. He has been training and teaching U.S. Marines about swimming for more than 10 years. In 2016, he was featured in *The San Diego Union-Tribune* for his work teaching adults to swim in the San Diego area. His passion for swimming is what drove him to becoming a U.S. Masters coach and ALTS instructor.

Certification Process

Upon successful completion of the classroom coursework and the in-water instruction, including all successfully completed tests, each person will be awarded USMS ALTS Certified Instructor certification.

Fees

\$300 per instructor registration. Your ALTS Certified Instructor designation is active until the end of the calendar year in which it is achieved, and can be renewed by paying a \$30 annual fee when updating your USMS membership each year. USMS provides references and support for active member instructors only.

Maximum

Maximum attendance is 25.

Who should attend?

Anyone who teaches, or wants to teach, adult swim lessons both publicly and privately. Anyone interested in supporting their community by helping to teach adults to swim.

Scholarships

Please contact your [LMSC](#) for scholarship availability.

Online Registration

Online registration only. Registration closes at midnight Pacific time on Friday, Oct. 6, or when the course enrollment reaches 25.

Online Registration is Paid by Credit Card

Your online registration for this course will be paid by credit card and processed by Club Assistant. Please look for "ClubAssistant.com Events" on your credit card statement.

Questions

Contact Holly Neumann holly.neumann@usms.org



Masters Swimming

2017 NC-LMSC OFFICERS

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

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

Stay Connected with NC-LMSC social media:

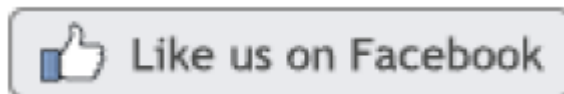
Thanks to Todd Torres & Celia Wolff



www.instagram.com/ncmastersswimming



www.twitter.com/NCMastersSwim



www.facebook.com/northcarolinamastersswimming

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

Will you be ready for IM Madness during March of 2018?

What is IM Madness? An ePostal event for swimmers seeking an IM challenge.

How to enter:

1. Choose an event below: **Sweet 8, 12, or 24.**
2. Start the clock and swim madly.
3. Complete sub-events combining them into a single event.
4. Stop the clock.

- | | |
|-------------------------|--------------------------|
| 1. Sweet 8: | 2. Sweet 12 - 3 X 400 IM |
| 100 IM | 4 X 100 IM |
| 50 Fly | 2 X 200 IM |
| 100 IM | 1 X 400 IM |
| 50 Back | Total: 1200 yards |
| 100 IM | |
| 50 Breast | 3. Sweet 24 - 3 X 800 IM |
| 100 IM | 4 X 200 IM |
| 50 Free | 2 X 400 IM |
| 200 IM | 1 X 800 IM |
| Total: 800 yards | Total: 2400 yards |



When: Between Thursday, March 1 and Saturday, March 31, 2018 in any 25 yard pool.

Fee: \$10 for each individual entry. T-shirt: TBD (S, M, L, XL, XXL) Sign up online on Club Assistant, paying with credit card to "Club Assistant.com Events." Fees are non-refundable.

Event Rules:

1. The event must be swum in its specific order in a 25 yard (SCY) pool.
2. The recorded time begins at the start of the 1st swim in an event and ends at the finish of the last swim in the event.
3. Swimmers may rest between events as long as desired, provided Rule 2 is followed.
4. Results are based on cumulative time.
5. Swimmers may swim one or more events. Each event must be swum on a different day. An event fee will be charged for each event.
6. If two or more swimmers report the same cumulative time, a tie will be declared.
7. Per USMS 202.1.1(3).(b) times will not be eligible for USMS records and Top Ten consideration.



For more information: Visit USMS Calendar of Events or
<http://www.ncmasters.org/>



Sanctioned by North Carolina LMSC for USMS, Inc. Sanction No. 138-S001



DON'T MISS THESE EVENTS

For Your Swimming Calendar:

www.ncmasters.org
dixiezone.org/Meets.htm



September 23, 2017: Swim Across America (.5-mile, 1-mile, 3-mile), Charlotte NC
www.swimacrossamerica.org

October 7, 2017: USMS Adult Learn-to-Swim Instructor Certification Course, Charlotte NC
www.usms.org/alts/futurecourses.php

Oct 13-15, 2017: Dixie Zone Champs & Rowdy Gaines Masters Classic (SCM), Orlando FL
www.rowdygainesmastersclassic.com

November 19, 2017: 3rd Annual Masters Eastern Invitational (SCY), Greensboro NC
www.ncmasters.org

Dec 1-3, 2017: South Carolina Championships (SCM), Columbia SC
www.southcarolinamastersswimming.org

Jan 20-21, 2018: Sunbelt Championships (SCY), Charlotte NC

Feb 9-11, 2018: South Carolina Championships (SCY), N. Myrtle Beach SC

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

March 4, 2018: Frank Clark Memorial Meet (SCY), Greensboro NC

April 14-15, 2018: North Carolina Championships (SCY), Cary NC

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

May 10-13, 2018: USMS Spring Nationals (SCY), Indianapolis IN
www.usms.org/comp/scnats18

July 28 – Aug 3, 2018: Pan American Masters Champs (LCM), Orlando FL
No USMS Summer Nationals (LCM) in 2018

HAPPY SWIMMING