



ACROSS THE LANES

YOUR NC-LMSC NEWSLETTER



2018 Fall_Winter

Editor's Note

The Year 2018 had wrapped up and we had many great swimming stories to reflect back... involving many of you, our awesome NCMS Swimmers... during the fall/winter season. One of the proudest moments in 2018 for me was to be able to attend the USMS Convention and, while there, accepting our Regional Club of the Year award.

Then we look forward to 2019, with new meet schedules to set personal goals and (re)connect with friends. Check out the many upcoming and ongoing swimming events throughout this year, and sign up to support your Local NC swim hosts as they put on these meets.

Including in this newsletter:

- Chairman's Corner *by Steve Weatherman*
- 2018 USMS Convention, Jacksonville FL
- 2018 Swimming Meets recap:
 - Masters Eastern Invitational, Greensboro NC
 - Rowdy Gaines Masters Classic 10, Orlando FL
 - South Carolina SCM Championships, Columbia SC *by Celia Wolff*
 - 2018 NC Masters Swimming Splashes
- Swimming Techniques *by Megan Lassen*
- 2019 IM Madness ePostal Challenge
- 2019 USMS-Sponsored Education Programs/Events
- Our NC-LMSC officers and Social Media links
- Upcoming Swimming Events



If anyone would like to contribute to your NC-LMSC Swimming Newsletter, please message me. Swim stories, favorite workouts, interviews, open water or pool, training techniques, favorite pre- or post-swim recipes. All swimming ideas are welcome.

And thank you!

Chairman's Corner

by Steve Weatherman

I hope that all NC Masters Swimmers had a great holiday season. It is hard to believe that this will be my last Chairman's Corner. My three-year term as Chair of the NC LMSC is coming to an end. Our Vice Chair, Kristen Jenó will be assuming the role of Chair as soon as the nominating committee selects her replacement and makes a recommendation to fill other vacancies. Kristen has served as Vice Chair learning the ins and outs of serving as Chair and we are very lucky that she has agreed to serve for the next three years in that capacity.



Our long time Registrar, Sanctions Chair and Webmaster, George Simon is retiring from service to the NC LMSC and US Masters Swimming. George has served for as long as most of us can remember and his service will be greatly missed.

If any NC Masters Swimmer has any interest in serving on the NC LMSC Board, please send an email to the nominating committee at the following address:

nclmsc.nomcom2016@gmail.com

Please include your experience with Masters Swimming and what area you could serve the NC-LMSC.

In this last Chairman's Corner I would like to mention some of the great things that the NC LMSC has accomplished over the past three years. We successfully hosted the 2016 USMS Short Course Nationals in Greensboro, the NC LMSC Board has successfully updated our by-laws and this past year received a perfect score on the National LMSC Standards Review, we have launched a new and user-friendly website, NC Masters Swimming was selected as the 2018 USMS Regional Club of the Year, and we have become a continuing financial supporter of the North Carolina Swimming Hall of Fame.

With the addition of another 50 meter pool being added to the Greensboro Aquatic Center, NC Masters Swimming made a bid this past summer for the 2021 Long Course Nationals. While the USMS Championship Committee made the decision to not award the 2021 Short Course or Long Course meets, NC Master Swimming plans to submit bids for both the 2021 USMS Short Course and Long Course meets in hopes that North Carolina can once again host a national meet. This effort is being headed up by Hill Carrow and myself. Hopefully we will be selected for one of these meets and nationals will return to North Carolina.

All of these things could not have been accomplished without the hard working members of your NC LMSC Board of Directors. They have put in countless hours making sure that the NC LMSC can be the best it has become and I am very thankful to have had a strong and active board to work with. Next time you see one of our Board members, please take the time to thank them for their service to the NC LMSC and you. I would also like to thank the swimmers of NC Masters for allowing me to serve as your chair. I have enjoyed my time as Chair and will continue to assist the NC LMSC in whatever capacity as the board sees fit.

Steve Weatherman

Chair

2018 USMS Convention

Jacksonville, FL: The Annual USAS/USMS Convention was held on September 24-30, 2018. Our NC Masters Swimming was well represented with Jerry C., Trey T., Megan L., Sonny N., Joanne W., Scott D., and Hill C. (see picture below). Among the meetings for the USMS House of Delegates, our Dixie Zone also voted on the 2019 Dixie Zone Championships: Auburn AL (SCY), Sarasota FL (Open Water), Greenville SC (LCM), and Orlando FL (SCM). Among the awards given at this Convention, N.C. Masters Swimming won The Club of the Year awards and our NCMS Coaches Chair's Trey Taylor earned the Coaches Award below.

Club of the Year: U.S. Masters Swimming considers club development a priority, and recognizes a local and a regional club every year with the U.S. Masters Swimming Club of the Year Award. Masters swim clubs that do the most to promote the values and mission of U.S. Masters Swimming, not only in their communities, but also at the national level, are candidates for this award. This year's Local Club of the Year is Greenville Splash (South Carolina). This year's **Regional Club of the Year is N.C. Masters Swimming (North Carolina).**



Kerry O'Brien Coaching Award recipient, Trey Taylor.

The U.S. Masters Swimming Coaches Committee recognizes coaches who are building our membership in communities throughout the country. The **U.S. Masters Swimming Kerry O'Brien Coaches Award** is named to honor Coach Kerry O'Brien of Walnut Creek Masters, who embodies the passion, dedication, and heart that these coaches bring to the pool deck. This year's recipients are Susan Bradley-Cox (Wildcat Masters), Muriel Cochran (Grayfins Masters), Matt Miller (Southern Oregon Masters Aquatics), Carol Nip (Albany Armada Aquatic Masters), C.J. Rushman (Anderson Barracuda Masters), Erika Stebbins (UCLA Bruin Masters), **Trey Taylor (Gaston Gators)**, and Elaine Valdez (Masters of South Texas).



2018 Eastern Masters Invitational

Greensboro, NC: The annual Eastern Masters Invitational returned to the Greensboro Aquatic Center on October 7th, 2018. A total of 90 swimmers entered and competed in this unique one-day short-course-yard swim meet in which swimmers may enter up to 6 individual events.

This event will take place this year on Sunday October 6th, 2019.



2018 Rowdy Gains Masters Classic 10

Orlando, FL: The 2018 Rowdy Gains Masters Classic, in its 10th year, took place 10/12/2018 to 10/14/2018. Our NCMS finished 3rd Overall, with Erika Braun set a new World Record in the Women 45-49 AG for the **50 SCM Freestyle (26.29)**. **Congratulations!!**



Combined Team Scores - Through Event 501

1. Central Florida Y Masters	3655	2. Athletes Without Limits	3103
3. North Carolina Masters Swimmin	2791	4. Sun City Hilton Head Masters	2754.5
5. Florida Aquatic Combined Team	2476	6. Swim Fort Lauderdale	2428
7. Gold Coast Masters	1971	8. Palm Beach Masters	1765
9. St Pete Masters Inc	1633	10. Sarasota YMCA Sharks Masters	1048



2018 South Carolina SCM Championships

*From our NC Coach-on-Deck at the meet: **Celia Wolff***

Columbia, SC: WOW! North Carolina Masters' Swimming had an energizing and exciting meet in Columbia, SC November 9-11! The team of 31 swimmers traveled South-of-the-Boarder to bring the heat and speed to our southern friends. Congratulations to NCMS for being the first place out of state team in the SC SCM State Championships. We also cruised to a second place overall team finish as well! This could not have happened without everyone throwing in their hats for extra relay slots to ensure we would out-point the LOCO team who were hot on our heels after day two of competition. The North Carolina team was lead by EIGHT age-group, high-point winners! Congrats to Bev Amick, Mark Rubacky, Violetta Gratsou-Zodl, Chris Moore, Paul Denison, Kerry Lindauer, Stratton Smith and Carrie Fox for winning major points for the team! These swimmers were in hotly-contested races over the course of three days and came out on top!

In addition to Facebook Live broadcasts of many of the races, NCMS had that TEAM attitude with cheering and support throughout the meet. Some friendly rivalries produced several very exciting races. Finishing second only to the Palmetto Masters Swim Team, NCMS broke 25 NC State Records to complete their strong showing. A huge shout-out to our new age-group state record holders with 23 individual and 2 relay records.

Paul Denison; 100IM, 200IM, 50 Fly

Stratton Smith; 1,500 Free

Greg Sanchez; 1,500 Free, 200 Fly

Alicia Uhl; 200 Fly, 400IM, 400 Free, 200 Mixed

Medley Relay 160-199, Women's Medley 160-199

Irish Holland; 200 Fly

Chris Moore; 200 Mixed Medley Relay 160-199

Flynn Jones; 50 Br, 100 Br, 200 Br, 200 IM

Kerry Lindauer; 200 Back, 200 Mixed Medley

Relay 160-199, Women's Medley 160-199

Sara Dunn; 100 Br, 200 Br, Women's Medley

Scott Dallamura; 200 Mixed Medley Relay 160-199

Karen Stump; Women's Medley 160-199



In addition to our record breakers, we had our unsung heroes pulling in the points for their age groups. These die-hard champions were; Mary Dore, Dan Forrester, Carol Gregory, Haley Hillard, Jamie Miller, Cheryl Murray, Sonny Nguyen, Joe Walker and Celia Wolff. We would not have won first place without everyone doing their part.

As the NC Coach on Deck, it was incredible to see the passion, heart and drive shown during this meet along with some all-in team spirit! This truly was a team effort! Congratulations to all of our swimmers!



2018 NC Masters Swimming Splashes

The annual Chris Jackson Memorial SCM Meet, which also awarded our **2018 Dixie Zone SCM Championships**, was held on December 1-2, 2018 at the Coral Springs Aquatic Complex in Coral Springs FL. Competition took place in a 25-m by 25-yd 8-lane outdoor pool. Our NCMS Team was represented with **Scott Dallamura, Violetta Gratsou-Zodl, Dana Greene, Jon Klein, Sonny Nguyen, and Charlie van der Horst.**



The Atlanta Rainbow Trout hosted the **2018 St. Nicholas SCM Invitation** on Sunday, December 2nd at Georgia Tech Campus Recreation Center. Our NCMS Team was represented with **Maria Vazquez and Dale Alton.**

The Sarasota YMCA hosted the **2018 Shark Tank Masters Meet** on November 3-4 in Sarasota FL. **Anna Graham** (representing our NCMS) set 4 new NC Masters state records in the Women's 30-34 AG: 1500 Free (18:47.60), 100 Fly (1:09.45), 200 Fly (2:33.03), and 400 IM (5:24.13).



At the **2018 New England LMSC SCM Championships**, held December 8-10 at Worcester Polytechnic Institute in MA, **Erika Braun** (representing our NCMS) bettered her own World Record for the 45-49 AG in the **100-meter freestyle record time of 57.89** (her previous record was 58.21). **Jamie Miller and Greg Sanchez** also competed at this competition.

CONGRATULATIONS!!

Three new SCM 200 Fly NC records for these ladies.
 So much love for @alicia_uhl who swam next to me.
 ❤️🏊 #swimmingisthefunnestpsport #usms #200fly
 #mastersswimming #ouch



At the **2018 South Carolina SCM Championships**, held December 8-10 in Columbia SC, **Alicia Uhl and Cheryl Murray and Irish Holland** (picture above) set new North Carolina records in the 200-meter butterfly.

CONGRATULATIONS to our many swimmers representing NCMS in the US Masters Swimming's Top 10 for 2018 LCM Season,
www.usms.org/comp/tt/toptenlmsc.php

Congratulations to our NCMS Relays in the US Masters Swimming's Top 10 for 2018 LCM Season:

Place	Age Group	Event	Time	Swimmers (Age)			
1	M160-199	200 Free	1:44.85M	Scott J Dallamura (40)	Lawrence B Lee (50)	Rob Butcher (46)	Henry D Stewart (55)
1	M160-199	200 Medley	1:55.56M	Lawrence B Lee (50)	Rob Butcher (46)	Scott J Dallamura (40)	Henry D Stewart (55)
10	M200-239	200 Free	2:02.39M	Neal L Vestal (64)	Steve W Robling (48)	Carlos Glender (64)	SONNY NGUYEN (39)
5	M200-239	200 Medley	2:07.52M	Jonathan E Klein (61)	SONNY NGUYEN (39)	Greg Sanchez (61)	Steve W Robling (48)
3	M240-279	200 Free	1:52.53M	Jonathan E Klein (61)	Eric A Carlson (58)	Greg Sanchez (61)	Paul W Denison (61)
2	M240-279	400 Free	4:22.03M	Jonathan E Klein (61)	Neal L Vestal (64)	Paul W Denison (61)	John Moore (56)
2	M240-279	400 Medley	4:36.68M	Jonathan E Klein (61)	Neal L Vestal (64)	Greg Sanchez (61)	Henry D Stewart (55)
4	W120-159	200 Medley	2:34.57M	Emily EgelN (19)	Angie Ballenger (49)	Carrie T Lindquist (42)	Whitney S Hauser (27)
1	W160-199	200 Free	1:52.08M	Kerry Lindauer (44)	Karen M Stump (40)	Alicia K Uhl (41)	Erika L Braun (46)
1	W160-199	200 Medley	2:07.51M	Erika L Braun (46)	Kerry Lindauer (44)	Karen M Stump (40)	Alicia K Uhl (41)
6	X120-159	200 Free	1:56.03M	Whitney S Hauser (27)	Dave Rossi (30)	Rob Butcher (46)	LeeAnne Quattropiani (39)
1	X120-159	400 Free	4:18.62M	Whitney S Hauser (27)	Alicia K Uhl (41)	Dave Rossi (30)	Rob Butcher (46)
1	X160-199	200 Free	1:51.14M	Scott J Dallamura (40)	Alicia K Uhl (41)	Karen M Stump (40)	Rob Butcher (46)
7	X160-199	200 Free	1:57.38M	Mary G Dore (55)	Steve W Robling (48)	Sara Dunn (46)	Lawrence B Lee (50)
1	X160-199	200 Medley	2:02.73M	Lawrence B Lee (50)	Rob Butcher (46)	Karen M Stump (40)	Alicia K Uhl (41)
1	X200-239	200 Free	1:48.62M	Lawrence B Lee (50)	Kerry Lindauer (44)	Greg Sanchez (61)	Erika L Braun (46)
5	X200-239	200 Free	1:59.21M	Paul W Denison (61)	Alicia K Uhl (41)	Celia Wolff (52)	John Moore (56)
2	X200-239	200 Medley	2:03.38M	Jonathan E Klein (61)	Kerry Lindauer (44)	Henry D Stewart (55)	Erika L Braun (46)
4	X240-279	200 Free	2:10.73M	Celia Wolff (52)	Paul W Denison (61)	Dale M Alton (61)	Jim E Boston (72)
7	X240-279	200 Medley	2:27.04M	Celia Wolff (52)	Dale M Alton (61)	Paul W Denison (61)	Jim E Boston (72)

Fixing 3 Common Backstroke Mistakes

by Megan Lassen published in the September/October 2018's SWIMMER Magazine

www.usms.org/fitness-and-training/articles-and-videos/articles/how-to-fix-three-common-backstroke-mistakes

Breathing Easy to the Side on Butterfly

by Megan Lassen published in the November/December 2018's SWIMMER Magazine

www.usms.org/fitness-and-training/articles-and-videos/articles/breathing-easy-to-the-side-on-butterfly

Megan Lassen has recently moved to Winston-Salem NC from Florida Gold Coast team.

She has been coaching and helping adults in the pool for more than 10 years.

Megan became a U.S. Masters Swimming–certified Level 4 coach last year.

Welcome to our N.C. Masters Swimming!!

2018 Regional Club of the Year Award



North Carolina Masters Swimming



2nd Annual IM Madness ePostal 2019

March 1 to March 31, 2019

Sanctioned by North Carolina LMSC

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. Record **your splits***
5. Stop the clock.
6. Record your time.
7. Come back here to the online entry, and submit your times!



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

When: Between Friday, March 1 and Sunday, March 31, 2019 in any 25-yard pool.

***Recording Splits:** Please have timers record 50 splits for each event. Submission of split sheets may be required for the verification of a record.

Fee: \$10 for each individual entry. Long sleeved T-shirt: \$22 (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.



2019 USMS-Sponsored Education Programs and Events



Feb. 15-28	SPV USMS Winter Fitness Challenge
March 1-3	LMSC Summit @ Phoenix, AZ
April	Adult Learn-to-Swim Month
April 25-29	Spring Nationals @ Mesa, AZ.
May 31-July 31	Grant Application Window for SSLF
June 1-9	Try Masters Swimming Week
July 15-30	SPV USMS Summer Fitness Challenge
Aug. 7-11	Summer Nationals @ Mission Viejo, CA.
Aug. 9-18	FINA World Masters Champs @ Gwangju, South Korea
Jan. 1-Feb. 28	1-Hour ePostal
May 15-Sept. 15	5K/10K ePostal
June 1	Middle Open Water Nats @ Lake Berryessa, CA
June 15	2-Mile Cable Nationals @ Eagle Creek Park, IN
July 14	Ultramarathon Open Water Nats @ Portland, OR
Aug. 16	Sprint Open Water Nats @ Lake Willoughby, VT
Aug. 17	Long Open Water Nats @ Lake Willoughby, VT
Sept. 11-15	USMS Annual Meeting @ St. Louis, MO
Sept. 15-Nov. 15	3000/6000 ePostal
Sept 22	Marathon Open Water Nats @ Knoxville, TN

Try Masters Swimming Week

Try Masters Swimming Week is an initiative to introduce the many benefits of swimming and U.S. Masters Swimming membership to people who want to learn to swim, swim for fitness, or compete in swimming.

During a week in early June, we encourage USMS members to bring their family, friends, and co-workers to practice. We also encourage coaches to welcome potential new swimmers or invite local lap swimmers to their workouts for Try Masters Swimming Week.

Interested in participating in TMSW? Please contact Membership Services at membership@usmastersswimming.org.

USMS-Sponsored Education Schedule in North Carolina

- Saturday, August 31st, 2019: Clinic Course for Coaches @ Charlotte NC*
- Saturday, August 31st, 2019: Stroke Development Clinic @ Charlotte NC*



2018-2019 NC-LMSC OFFICERS

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

Masters Swimming

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	Durham
At large member	Celia Wolff	Wilmington
At large member - Communications Chair	Sonny Nguyen	Mooreville
At large member - Records & Top 10 Chair	Amy Waters	Raleigh
At large member - Official's Chair	Bill Luse	Jacksonville

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

www.instagram.com/ncmastersswimming



Instagram



Follow us on **twitter**

www.twitter.com/NCMastersSwim



Like us on Facebook

www.facebook.com/northcarolinamastersswimming

Be sure to check out all the NCMS Podcasts:

NCMastersSwimming.Podbean.com

Visit our Website which has a new look: www.ncmasters.org



DON'T MISS THESE EVENTS

for your swimming calendar:

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



January 19-20, 2019: Sunbelt Invitational (SCY), Charlotte NC

February 15-17, 2019: Dixie Zone Championships (SCY), Auburn AL

February 24th, 2019: Frank Clark Memorial Meet (SCY), Greensboro NC

March 2019: March IM Madness postal meet, Any SCY Pool

March 23rd, 2019: Coastal Masters Invitational (SCY), Bolivia NC

April 6-7, 2019: North Carolina Championships (SCY), Cary NC

April 11-14, 2019: YMCA Masters Nationals (SCY), Orlando FL

April 25-28, 2019: USMS Spring Nationals (SCY), Mesa AZ

May 12th, 2019: Dixie Zone Open Water Championships, Sarasota FL

June 15-16, 2019: Dixie Zone Championships (LCM), Greenville SC

June 22-23, 2019: Powerade State Games Swimming (LCM), Charlotte NC

August 7-11, 2019: USMS Summer Nationals (LCM), Mission Viejo CA

October 6th, 2019: Eastern Masters Invitational (SCY), Greensboro NC

October 11-13, 2019: Dixie Zone Championships (SCM), Orlando FL



HAPPY SWIMMING

