



ACROSS THE LANES

OUR NC-LMSC NEWSLETTER

2019 Fall Edition



Chairman's Corner

By our NC-LMSC Chairperson

Happy Fall swimmers! Here's to my favorite months as they bring family, friends, and fellowship together through Holiday festivities and fun swim practices!

Convention this year was a huge success and most of the NC Board was able to attend. We put in a bid for the 2021 USMS Spring National Championship and won! We are very fortunate to have such amazing facilities like the GAC to be able to host these events. It's great for our state and our LMSC both economically and home court territory with swimmer attendance. So, let's start spreading the word and making plans for the best attendance yet!

Another hot topic at Convention was the Unified Fee Concept. Unified fee is defined as the amount a member would pay for an annual membership with USMS (i.e., the USMS Membership Fee). The goal of the Unified Fee is to increase USMS membership by creating products and services that are being requested by members and potential members, simplifying our messaging and refocusing LMSC funds on local programming. For 2020, LMSCs that wish to voluntarily opt in to begin the transition in 2020 may do so. The unified USMS membership fee is \$60 and is comprised of the \$45 national fee and a \$15 LMSC fee, of which a \$3



contribution will be committed back to the national budget by agreement of the LMSCs that are opting-in to the unified fee. Over time, the vision is that the USMS Membership Fee will be set at \$60 with 20% (\$12) of the fee distributed to LMSCs.

Our board decided to not opt-in for 2020 as we saw no benefits for our members paying the additional \$5, along with the need to see more concrete feedback of this concept. The LMSC's that opted-in will provide great feedback during our 2020 Convention. Please feel free to email me personally if you have any questions on the concept.

During the months of November and December I love to create holiday themed workouts, do you? If so, post on our Facebook page. It's always a ton of fun to get creative and be reminded that we swim because we love it. Here's an example I found online →

Happy Swimming and Happy Fall!

-Kristen Jenö



For this Fall Edition of our Newsletter:

- Chairman's Corner *by Kristen Jenö*
- Recent Swimming Meets recap:
 - USMS Summer National Championships, Mission Viejo CA
 - Dr. Charles van der Horst Memorial swim events in NC
 - Rowdy Gaines / Dixie Zone Championships, Orlando FL
 - Other NC Masters Swimming Splashes
- USMS-Sponsored Education Programs/Events 2020-2021
- Featured NCMS Member: Cheryl Murray
- NC-LMSC Board of officers & contacts
- Upcoming Masters Swimming Events

You can contribute to our next NC-LMSC Swimming Newsletter: swim stories, favorite workouts, interviews, open water or pool, training techniques, nutritional recipes. All ideas are welcome!!



USMS Summer National Championships August 7-11, 2019

Mission Viejo, CA: Our NCMS Team was represented with **Dana Greene, Kurt Havens, Jamie Miller, Greg Sanchez, LaJoya Smith, Maria Vazquez, and Warren White.**

Congratulations!!



Dr. Charles Van Der Horst Memorial Swim Meet 8/17/2019

Cary, NC: We lost a dear friend, swimmer, and humanitarian when Charlie died after completing the marathon Hudson River swim in early June. Many of us have been personally touched by his love and caring, as well as all his accomplishment for the good of individuals and the greater humanity.

The 1st Annual Summer LCM Swim Meet at the Triangle Aquatics Center, which took place on Saturday August 17th, was renamed to dedicate to his memory. Results of Dr. Charles van der Horst Memorial Meet are here: <http://dixiezone.org/Results/1908CARY.PDF>



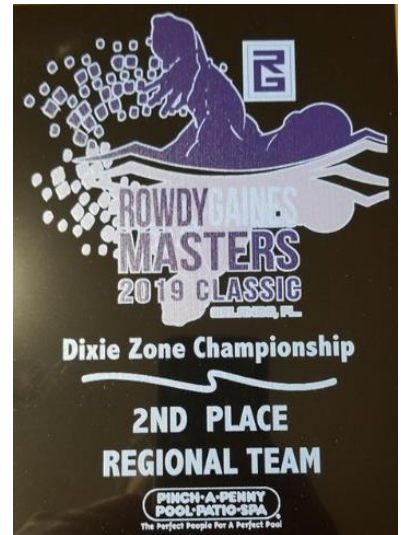
Dr. Charles Van Der Horst Memorial 5K 8/10/2019

Charlotte, NC: Thanks to SwimMAC Masters with **Steve Robling** for organizing this Charlie 5K Charity Swim.



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

Orlando, FL: Mark Rubacky (Raleigh Area Masters) finished as the highest scoring male with 238 points, which is also 1st in his 50-54 AG. NC Masters Swimming (NCMS) finished in 2nd place for regional team competition. Other NCMS members represented: Erika B, Violetta G, Dale A, Kurt H, Rob B, Jon K, Greg S, and Jamie M. Congratulations to our NCMS Team at this annual Rowdy Gaines Masters Classic.

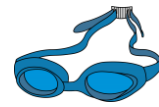


Also on Sunday 10/13, the **LUCKY'S LAKE SWIM**, an optional 1500-meter separate swim challenge, took place to benefit the YMCA scholarship programs. It was not a USMS-sanctioned event but one can enter the event by selecting the optional merchandise item when you enter the Rowdy Gaines pool meet.





Our NC Masters Swimming Splashes



August 24-29: USMS National High-Performance Camp, Greensboro NC

August 31: USMS Stroke Clinic, Charlotte NC



August 23-25, 2019: Growler Swim Meet, Charleston SC

Our NCMS Team was represented with Chris (John) Moore, pictured at right, and Fred Holtz at the 2019 Sixth Annual Growler Invitational Meet in Charleston.

Lots of time drops and first place finishes for both competing in the same 55-59 AG.

Congratulations!!





Our NCMS Splashes continued...



September 22nd, 2019: USMS Nationals Marathon (10K), Sequoyah Hills, Knoxville TN

From Paul Denison:



This weekend I swam in the USMS Nationals, marathon distance (10k), down the Tennessee River, it's really Fort London Lake. Started above Neyland stadium and ended at Sequoyah Hills park. I'm working on converting pool speed to open water, it's been a challenge, took 5th in my age group. It was great to meet some FB friends in person.



June 16-19, 2019: National Senior Games, Albuquerque NM



From the Salisbury YMCA Masters:

Mary Jo Agner from our JF Hurley YMCA RAC masters swim team made Sports Illustrated with this super action shot! (link in comments). Mary Jo became a 5x National Champion and National record holder in 400 IM and 200 fly at the 2019 Senior Games in Albuquerque. Mary Jo was a RAC original, swimming as a youngster and returning to volunteer coach for many years while her children also swam RAC. You can spot Mary Jo at our annual Halloween relay night - she's the volunteer with all the awesome inventions like the spider web relay! #raisedbyRAC #jfhurleyfamilyymca #salisburync #ncswimming #rowancountync



USMS-Sponsored National Championships in 2020

USMS Spring Nationals: April 23–26 in San Antonio TX.

USMS Summer Nationals: Aug. 13–16 in Richmond VA.

USMS Long-Distance Open Water Nationals: June 13 in Livermore, Calif.

USMS Sprint-Distance Open Water Nationals: June 27 in Santa Barbara, Calif.

USMS Middle-Distance Open Water Nationals: July 18 in Lake Erie in Ohio

USMS Ultramarathon-Distance Open Water Nationals: July 25 in Newport, Vt.

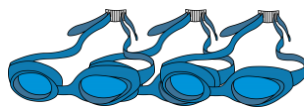
USMS 2-Mile Cable Open Water Nationals: Aug. 15 in Lake Placid, N.Y.

USMS Marathon-Distance Open Water Nationals: Aug. 22 in Hague, N.Y.

USMS 1-Hour ePostal Nationals: Jan. 1–Feb. 29

USMS 5K/10K ePostal Nationals: May 15–Sept. 15

USMS 3000/6000-Yard ePostal Nationals: Sept. 15–Nov. 15



USMS-Sponsored National Championships in 2021

[USMS Spring National Championships, Greensboro NC, on April 29–May 2.](#)

USMS Summer Nationals at the SPIRE Institute in Geneva, Ohio, on Aug. 5–8.

USMS Sprint-Distance Open Water Nationals on May 15 in Boerne, Texas.

USMS Long-Distance Open Water Nationals on May 16 in Boerne, Texas.

USMS 2-Mile Cable Open Water Nationals on June 26 in Sweet Home, Ore.

USMS Middle-Distance Open Water Nationals on July 10 in Newport, Calif.

USMS Marathon-Distance Open Water Nationals on July 17 or July 18 in Applegate Lake, Ore.

USMS Ultramarathon-Distance Open Water Nationals on July 24 in Newport, Vt.

Oregon LMSC will host the USMS 1-Hour ePostal Nationals on Jan. 1–Feb. 28

Kentucky LMSC will host the USMS 5K/10K ePostal Nationals on May 15–Sept. 15

Loveland Masters will host the USMS 3000/6000-Yard ePostal Nationals on Sept. 15–Nov. 15



2020 USMS Education Schedule

Arkansas LMSC - Little Rock, AR March 21 ALTS	North Carolina LMSC - Charlotte, NC Feb. 8 Level 1-2 Feb. 8 - 9 Clinic Course for Coaches Feb. 9 Stroke Clinic Feb. 9 ALTS
Colorado LMSC - Denver, CO Oct. 24 Level 1-2 Oct. 24 - 25 Clinic Course for Coaches Oct. 25 Stroke Clinic Oct. 25 ALTS	North Texas LMSC - Ft. Worth, TX April 5 ALTS
Delaware Valley LMSC - Philadelphia, PA May 30 Level 1-2 May 30 - 31 Clinic Course for Coaches May 31 Stroke Clinic May 31 ALTS	Oregon LMSC - Portland, OR Oct. 10 Regional Clinic Course for Coaches Oct. 10 Regional Stroke Clinic
Florida LMSC - Orlando, FL Jan. 25 Level 1-2 Jan. 25 - 26 Clinic Course for Coaches Jan. 26 Stroke Clinic Jan. 26 ALTS	Pacific LMSC - San Jose, CA Dec. 5 Level 1-2, Level 3 Dec. 5 - 6 Clinic Course for Coaches Dec. 6 Stroke Clinic Dec. 6 ALTS
Illinois LMSC - Chicago, IL Oct. 3 Level 1-2, Level 3 Oct. 3 - 4 Clinic Course for Coaches Oct. 4 Stroke Clinic Oct. 4 ALTS	Potomac Valley LMSC - Washington DC Sept. 19 Level 1-2, Level 3 Sept. 19 - 20 Clinic Course for Coaches Sept. 20 Stroke Clinic Sept. 20 ALTS
Kentucky LMSC - Louisville, KY Feb 15 Level 1-2 Feb 15 - 16 Clinic Course for Coaches Feb 16 Stroke Clinic Feb 16 ALTS	Southeastern LMSC - Huntsville, AL & Nashville, TN Feb. 29 ALTS (Huntsville) March 29 Regional Clinic Course for Coaches (Nashville) March 29 Regional Stroke Clinic (Nashville)
Michigan LMSC - Detroit, MI April 18 Regional Clinic Course for Coaches April 18 Regional Stroke Clinic April 19 ALTS	South Texas LMSC - San Antonio, TX May 16 Level 1-2 May 16 - 17 Clinic Course for Coaches May 17 Stroke Clinic May 17 ALTS
Minnesota LMSC - Minneapolis, MN Sept. 12 Level 1-2 Sept. 12 - 13 Clinic Course for Coaches Sept. 13 Stroke Clinic Sept. 13 ALTS	Southern Pacific LMSC - Palm Springs, CA; Las Vegas, NV; Santa Ana, CA March 15 Regional Clinic Course for Coaches (Palm Springs) March 15 Regional Stroke Clinic (Palm Springs) Oct. 16-18 National Coaches Clinic (Las Vegas) Nov. 7 Level 1-2, Level 3 (Santa Ana, CA) Nov. 7 - 8 Clinic Course for Coaches Nov. 8 Stroke Clinic Nov. 8 ALTS (Santa Ana, CA)
New England LMSC - Boston, MA April 4 Level 1-2 April 4 - 5 Clinic Course for Coaches April 5 Stroke Clinic April 5 ALTS	Virginia LMSC - Charlottesville, VA March 28 ALTS

3rd Annual IM MADNESS ePostal March 1 - March 31, 2020

1. Choose an event: Sweet 8, 12, or 24 (see back)
2. Have someone record your time and splits.
3. Start the clock and swim madly. Rest as much as necessary or not at all.
4. Complete sub-events combining them into a single event.
5. At the end of the event, stop the clock and record your cumulative time.
6. Enter online after you swim. \$10 per event.
7. Visit <https://www.ncmasters.org/>



https://www.clubassistant.com/club/meet_information.cfm?c=2442&smid=11038



Featured NCMS Member:

Cheryl Murray



As with many Master's swimmers, my story began when I was dropped off at the local swimming club in Pennsylvania. We spent long summer days there always starting with swim team practice. Year-round swimming followed with participation in Junior AAU (as it was called then) and high-school swimming. But my story stopped abruptly when I arrived at the University of Florida in 1970 because they had no women's swimming team (this was prior to Title IX).

During my 20 years in the US Navy, I swam for fitness and participated in every swimming competition that was held on base. As I was always stationed near water, there were wonderful open water swimming opportunities such as in Puerto Rico and Sicily. I swam my first ever open water race in Okinawa, Japan. After retiring, I was able to start on the Masters swimming circuit first in South Carolina and then in North Carolina.

But my favorite time in swimming has come since I participated in FINA World Masters competitions. My first was in Riccione, Italy in 2012. It was wonderful to meet swimmers from all over the world and to watch the other water sports as well. While English is the lingua franca of the Worlds competition, there are always many opportunities to put one's language skills to use. As I had majored in German and minored in French and having learned Spanish and Italian at my duty stations, I had a great time talking to other competitors from all over the world.

Next came Montreal in 2014, a city I had always wanted to visit. But being in the middle of my age group, it was harder to be competitive. Still, most of the wonder of going to FINA World Masters competitions is about the incomparable experiences they offer: travel, interaction with others, and the physical challenge of competing.

Budapest in 2017 was the most magical. The venue was incredible since the regular worlds had just finished and all the processes were in place for an extremely well-run event in a fascinating city. For me, it was a bucket list moment when I won my first event, the 800 Meter freestyle and broke the championship record. The award ceremonies were remarkable as well in that they had a stage, mascots, pretty girls in costumes, and nice medals. The stars aligned for me at the meet as I took home three silver medals as well. Again the linguistic experience was incredible. While waiting for one race, I was able to converse in all the languages I knew. Prior to going to Budapest, I tried to learn Hungarian using the Duolingo app, but that was too great a challenge. Still it was fun to know how to say something.

Now, I am in the middle of my age group and plan to spend some time improving my strokes, turns, and starts in anticipation of moving up to the next age group. Thankfully we have really talented coaches, Jonathan Piscitelli and Heather Hageman here in Charlotte who can help with that. We also have a fun group at Charlotte Swim Masters with lots social events and open water swims. It's a fine life with Master's swimming in it!

NORTH CAROLINA LMSC OFFICERS

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

Position	Officer	Town	Email
LMSC Chair	Kristen Jenó	Wilmington	kbs1011@gmail.com
Vice Chair	Trey Taylor	Gastonia	gatorsmasters@gmail.com
Secretary	Steve Weatherman	Raleigh	ssweatherman@aol.com
Treasurer and Webmaster	Todd Torres	Greenville	toddtorres@gmail.com
Registrar, Open Water, and Sanctions Chair	Joanne Wainwright	Greensboro	joswims@twc.com
At large member - Coaches Chair	Celia Wolff	Wilmington	ikeepswimming@gmail.com
At large member - Fitness Chair	Scott Dallamura	Durham	scott.dallamura@gmail.com
At large member	Megan Lassen	Winston-Salem	swim2win4u@gmail.com
At large member - Communications Chair	Sonny Nguyen	Mooresville	snguyen925@yahoo.com
At large member - Records & Top 10 Chair	Sara Dunn	Charlotte	sdunn102@gmail.com
At large member - Official's Chair	Bill Luse	Jacksonville	wclswim@ec.rr.com



Visit our NCMS Website
which has a new look:

www.ncmasters.org

www.facebook.com/NorthCarolinaMastersSwimming

2018 Regional Club of the Year Award



North Carolina Masters Swimming



DON'T MISS THESE EVENTS

for your swimming calendar:

dixiezone.org/Meets.htm

www.ncmasters.org



Sunbelt Championships (SCY)

February 7-9, 2020

Charlotte, NC

Frank Clark Memorial Meet (SCY)

Sunday, February 23rd, 2020

UNCG Kaplan Wellness Center

Greensboro, NC

3rd Annual IM MADNESS ePostal

March 1 to March 31, 2020

Any Pools

Coastal Masters Invitational (SCY)

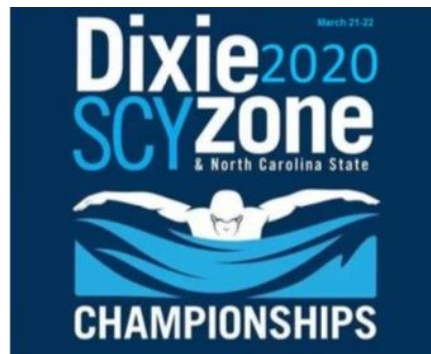
Saturday, March 14th, 2020

Bolivia, NC

Dixie Zone / North Carolina

March 21-22, 2020

Cary, NC



State Meet (SCY)

Triangle Aquatics Center



HAPPY SWIMMING

