



HAPPY HOLIDAYS FROM NORTH CAROLINA

Wrapping up the year

WRITTEN BY ELISE SHANK

And just like that, we are at the end of 2022...This year has been a whirlwind of returning to what we do best - SWIMMING! North Carolina has seen wonderful growth in our membership, officials, coaches, workout locations, and events. It has been a privilege to watch as our members host incredible events, achieve impressive goals, and serve their local communities.

I have enjoyed all the pictures, stories, and comments from our members over the past year. Swimming has brought us all together. In this newsletter we will recap some of my favorite events, stories, announce upcoming events, share recipes, and we will hear from several of our board members. The future of Masters Swimming in North Carolina is looking especially bright for next year!



A LETTER FROM THE CHAIR

Season's "Meet"ings North Carolina Masters!

This has been a wonderful weird year for NCMS and for USMS in general. Changes, trials, tribulations and in general just trying to get things back on track as we have spent the year emerging from our collective societal hibernation. Meets and big events are back and NCMS is swimming well and has been well represented in events across the nation. We had a fantastic turnout at both Spring and Summer Nationals, records fell and age groups were conquered. I'm proud to be a part of a Masters Swimming community that is so dedicated to the sport. Not just with national events, to your local teams and organizations as well. I coach Age Groupers as well as Masters, when trying to show younger kids what swimming can do for them (besides scholarships!). I love that I can proudly point to our masters community and say "this is the type of person you want to grow up and become". Dedicated, successful, generous, supportive and many more fun synonyms I don't want to go grab my thesaurus to recall.

The holidays are a wonderful time to take stock of the year, as we turn the page on the calendar we can look back fondly at the year gone by. What goals did you set in swimming that you met? Which were out of your reach and will you try again next year? The wonderful thing about Masters is the 5 year reset. Every new age bracket you can reset your times and goals. We all have the memory of the swimmer that we were, and that can go either way. You may recall your college glory days fondly, or maybe you just learned to swim through ALTS and you look back at the time before you were even in the pool. Either way we all have goals. There's a word I don't allow in my practices (slow), for that very reason. You may be "less fast" but you're still fast. Maybe your 100 Back isn't what it once was, but now you're far better at your underwaters! Perhaps you started out only being able to swim 1 length of the pool this year and now you're up to a 100 nonstop. Speed isn't the only factor. Health, love of the sport and enjoyment of your time in the pool supplant speed any day in my book. "Slow" is just coal in your stocking.



As we move into 2023 we have multiple upcoming events in NC. Hawk Masters already ran a fantastic "Funvitational" in October and we have more SCY events coming up! Sunbelt in Charlotte (Jan 21-22), and NCMS Champs will be coming in Cary (April 1-2). I hope to see many NCMS Swimmers out supporting local events and having a blast swimming relays with their friends.

Your NCMS board would love to hear what we can do for you to enhance and support swimming in NC, we are launching a Meet Grant program in 2023 for any meet over 100 swimmers. Many NCMS Members sit on National Boards and are striving to assist USMS in finding the right direction for the future. We have a great history of hosting national events as well. Anything we can do for you, please bring it to the board. You can find all of our emails at <https://www.ncmasters.org/page.cfm?pagetitle=LMSC+Officers> please reach out if we can help.

Thank you for the opportunity to serve as chairman, my first months on the job have been both fun and challenging and I hope I am serving you all well. A very Merry Christmas, and a Happy New Year to all of you!

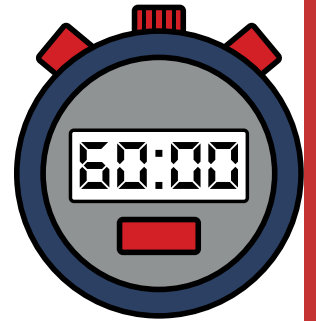
Ready!!!
Huuuup!!!!!!

Coach Trey Taylor NCMS Chair



MESSAGES FROM THE BOARD

We had an increase of 6 Officials this year bringing our total of Certified USMS Swimming Officials to 20. I had an opportunity to work with a number of them this year, and we had a good group on the deck. I am looking forward to 2023 and hope that we can increase our number of certified Officials. If you know of anyone that is interested in becoming a Certified USMS Swimming Official, have them contact me.



BILL LUSE - OFFICIALS CHAIR



Your Coaches Chair is spreading the Christmas Spirit on deck with Hawk Masters Swimming in Wilmington. We ran our annual Christmas Tree, cup-stacking relay to get into the holiday spirit. What themed workouts do you do with your club? All the best for a swimmingly great new year!

CELIA WOLFF - COACHES CHAIR



Member Spotlight – Jamie Miller



Jamie Miller has been awarded the T. Bellamy-Small Learn to Swim Award for his outstanding contributions to the community.

Full article can be found at the Greensboro News and Record website.

Jamie Miller is a NCMS swimmer, Water Safety Instructor, volunteer, and the first winner of the T. Bellamy-Small Learn-to-Swim Award. The Award will be presented annually in recognition of outstanding contributions to the "Learn to Swim" program. Miller has served the "Learn to Swim" program for over a decade as both a volunteer instructor and staff member. Greensboro News and Record reported that the Greensboro Aquatic Center's honoring comes as the Learn to Swim program is entering a new era as a tax-exempt nonprofit, Learn to Swim Inc. The Learn to Swim program served 35 schools this year and provided 2,032 second graders with free swim lessons.

Jamie Miller is a USMS Level 2 Coach and a certified Adult Learn to Swim (ALTS) Instructor. He has 1,165 swims recorded with USMS with no plans of stopping anytime soon. Please be sure to congratulate Jamie and thank him for his service to the community. THIS is what Masters Swimming is all about - spreading the love of the water. Swimming is for life and in another 10-15 years we could see a new generation of Masters swimmers. Congratulations Jamie!



Favorite Events of 2022



Relay 2022 - Submitted by
Celeste Thompson



Annual Meeting 2022



Race the Conch
NC Masters Swimmers



Hawk Masters Holiday Relays



Summer Nationals - MAC
Masters



Spring Nationals

THE BEST BUTTERCREAM FROSTING

RECIPE CORNER



Elise's Buttercream

I know we typically share healthy recipes for our wonderful members to try, but everyone deserves to enjoy this tasty buttercream around the holidays. Forget the skinny, healthier, low-fat cookie recipes because this buttercream frosting recipe is full of butter, sugar, and love! Add the buttercream to cookies, cakes, brownies, or enjoy by the spoon. Personally, I use store bought sugar cookie dough and make my own buttercream.

Ingredients:

- 1 cup sweet cream butter (2 sticks softened)
- 4 - 4.5 cups powdered sugar
- 2 Tablespoons pure vanilla extract
- 1-2 Tablespoons milk (I prefer whole milk)
- Food coloring (optional)

Directions

1. Use a hand mixer on a medium speed to beat the softened butter until soft and creamy. Slowly add powdered sugar (half a cup at a time) and continue to mix at medium speed. Scrape down the sides of the bowl periodically to incorporate the sugar.
2. Add vanilla and mix for 1 minute. Add 1 tablespoon milk and mix. The frosting should be thick, creamy, and form peaks when mixer is removed. You can add additional milk to thin the frosting.
3. Divide into bowls and add food coloring (optional).
4. Frost your desired baked goods.

NOTE: This is very sweet frosting. If the frosting is TOO sweet for your taste, add 1/4 to 1/2 cup softened butter and mix until fully incorporated.

EVENTS COMING SOON...

48th Annual Sunbelt SCY Championships
January 21-22, Charlotte NC
Entries due 1/17/2023

2023 South Carolina SCY State Meet
February 24-26, North Myrtle Beach SC
Entries due 2/19/2023

2023 Southeast Zone SCY Championships
March 25-26, Atlanta GA
Entries due 3/19/2023

April 27-30, 2023 Spring Nationals
Woollett Aquatics Center, Irvine CA

August 2-6, 2023 Summer Nationals
Selby Aquatic Center, Sarasota FL

USMS Annual Meeting
September 2023



***Do you know of any events we
can add to the calendar? Send
us an email!***



**SEE YA
NEXT
YEAR!**



***ELISE
SHANK***