



Newsletter

Search and Find!

USMS Renewal



Be sure to renew your \$70 USMS membership so you are registered and ready for the next meet! Join or renew today! <https://www.usms.org/join-usms/join-or-renew>.

Use the following settings to register:

LMSC: North Carolina

Club: NCMS

Workout Group: Your workout group Here

NCMS Online

ncmasters.org

Instagram: [ncmastersswimming](https://www.instagram.com/ncmastersswimming)

Facebook: [North Carolina Masters Swimming](https://www.facebook.com/NorthCarolinaMastersSwimming)

I know you have been scouring your in-box, just waiting for this quarter's NCMS Newsletter. It is finally here! This issue is jam-packed with updates from our LMSC board members and chairs. There is something for everyone from meet information and stroke clinics to coaching education and ALTS certification.

If you peruse the team results from our NC State Meet in March, you will notice that we had 18 NCMS swimmers who were not affiliated with a workout group and another 7 who are NC unattached. If you are one of those people, I encourage you to reach out to swimmers you are chatting with at the next swim meet and consider registering with their workout group, especially if you are interested in swimming on relays at in-state meets. There is no fee for this but as a member of a workout group, you can join in the fun relays! Think about it.

Lastly, here are three trivia questions about the newsletter content. We will post the first, three people with the correct answers on our [Facebook page](#) who send the responses to this email. Who will be the top dogs?

1. How many registered swimmers are needed to apply for the \$1000 grant to assist with meet expenses?
2. In what city and state is this year's Volunteer Relay Event?
3. How many CERTIFIED officials does NCMS currently have?

Good Luck and Happy Reading!

-Celia Wolff, Interim Newsletter Editor



And Now a Word From Our Chairman!

Greetings NCMS. Spring is upon us and with it bubbles begin to come down, tents come off and roll up doors open for the first time. It's a great time to start looking for opportunities for some outdoor swimming! Even if you're not the open water type there are myriads of outdoor competitive pools in NC ripe for Masters training. If your team is confined indoors, reach out to a local team for a shared practice, take your team on a "swim adventure", or seek out an open water opportunity if that's to your liking.

SCY Season may be wrapping up but the fun is just beginning for LCM, I know NCMS will bring a huge contingent to Summer Nationals and up to watch Team USA rock the pool at OT's. It's always fantastic to see how well our swimmers perform on the national level and how competitive NCMS is compared to other LMSC's nationwide. NC gets a lot of credit on the USA Swimming side and I want to make sure we have our voices heard and our fast swims recognized on the Masters side as well. Share on socials, tag the national office and submit all your accomplishments! If there is ever anything your NCMS Board can do to support those endeavors please reach out.

Last but not least we have 2 open board positions and we would love for you to help us out. We had some interest expressed at our annual meeting from some new faces and would love to hear from you if you're interested in serving. See the announcements below so you can throw your hat into the ring, if you feel called to help elevate NCMS even higher!

As I wrap my second year as Chair I am proud of what our LMSC, and what our board has accomplished. We have implemented new programs to support meets, further support coaches, and to uplift and educate our volunteers and we have more initiatives in the pipeline. Thank you for the opportunity to serve you all and I look forward to the coming year.

Coach Trey Taylor - NCMS Chair

NCMS Board Positions

Now is your chance to be a part of the Local Masters Swim Club (LMSC) board! NCMS has two positions open and we want YOU to apply.

1. *Communications Chair:* responsible for keeping social media posts updated each week and writing the quarterly newsletter. Monthly time commitment about 4-5 hours.
2. *At Large Member:* attends board meetings (4-6/yr), offers input and brings suggestions for the LMSC to the board. Monthly time commitment 1-2 hours.

If you have questions or are interested in either position, send your information to our Vice-Chair, Celia Wolff. She will send you all the details.





NCMS Swimmer Spotlight

Meet Katie Page! Katie competed in her first USMS meet in Cary at our NC State meet, March 2-3. She started workouts in the **GAC Enrichment program** on January 9 with coach, Jamie Miller, and has moved to their **Masters Prep program**. After only 15 practices, Katie put her skills to the test at her first swim meet. Check out Katie's 50 free in her [Instagram post](#). Welcome to Masters Swimming, Katie! NCMS is proud to have you!

Getting Back to It

Are you familiar with that feeling of finally getting back into the water after a break? For some of us, even coming back from a long weekend can make us feel like we've completely forgotten how to swim, especially if we're used to swimming almost daily. But, trust me – your body still remembers how to do it! The difficulty in returning can be as much mental as it can be physical. If you're careful and consistent, you'll feel good again before you know it.

If you have taken an extended break, however, it is important to be careful. Don't try to set any PRs right off the bat. Presuming you're planning to swim regularly, take a little bit of time to ease yourself back in. This is a great time to focus on form - you should **always** be focused on form anyway! Instead of setting goals for time or distance, try to make consistency-related goals for the first few days or weeks or months. This will help you get back into the habit of swimming well and regularly before you really start pushing it.

Most importantly, don't neglect your recovery. Yes, you may feel guilty for taking a long time off, and it can seem like taking breaks now is counterproductive. It's great to want to challenge yourself right away, but you don't want to stress your body out too much. So be sure to pay attention to any warning signals. And if you've taken a few months off, you might not be ready right away to jump back into your old routine, so be sure to plan for rest days. Rest days don't have to be idle – a day out of the water is an opportunity to stretch and do some injury prevention exercises. And don't skip the cool down!

You may have heard the saying "for every day out of the water, it takes two to get back to where you were". Fortunately, for most of us, this isn't actually true. Our bodies don't become untrained after a long weekend. Yes, we may lose some fitness after a few weeks or months or years. Unfortunate injuries do happen. And none of us are getting any younger. But with a commitment to consistency and recovery, we can often get back the endurance, strength and speed that we had before.

~Scott Dallamura, Fitness Chair



Upcoming Meets

NCMS is hosting three events this spring to freshen you up for Spring Nationals and your summer swimming. Not really a meet swimmer? Then give the [IM Madness Postal Swim](#) a try! It is going on now through April. Register, swim the event on your own time and email your results in to see where you rank against swimmers across the country in your age group.

If meets are up your alley, why not swim local? We have a new meet this year; [Swim for Charlie FUNdraising Meet](#). This meet is for novice through experienced swimmers, triathletes and fitness swimmers. Enjoy 25's through the 500 and 4x25 relays! The event is raising money for the [Swim for Charlie](#) non-profit, helping fund swim lessons for 2nd graders in North Carolina. Donations are accepted.

Looking for a long course meet to get the ball rolling for summer season? Register for the [Cyrus Blakney Memorial A-May-Zing Meet](#) on May 3-4 in Huntersville, NC. This is a smaller, dual-sanctioned meet that includes age group, senior and masters swimmers is hosted by the Gaston Gators Swim Club!



Are you a Coach attending
Spring Nationals in Indy?

We are looking for your help as an on-deck coach.

[Sign up here.](#) Shifts are during morning warm ups. You will assist with keeping warm ups organized, run sprint lanes and answer questions that swimmers may have. It's fun, you get some food after, and there is a super cool BRIGHT yellow shirt in it for you!

**This could
be You!**



NCMS State Meet Team Results

1-YOTA	7-TAC Titans
2-Carolina Aquatic Team (CAT)	8-Gaston Gators
3-IMP	9-SwimMAC
4-NCMS (no workout group affiliation)	10-UC-13 (unattached)
5-RAM	11-Enfinity
6-HAWK	12-Charlotte SwimMasters

Courses and Clinics Links

[Stroke Development Clinic](#)

[ALTS course](#)

[USMS Coaching level 2](#)

[USMS Coaching level 3](#)



In 2023, the North Carolina Masters Swimming group put up an impressive 180 USMS Top Ten swims **for Long Course Meters**. The following swimmers were nationally ranked. Those highlighted has at least one FIRST PLACE ranking! Congrats to all—and we look forward to seeing more NCMS Swimmers ranked in 2024! Click [this link](#) to see the complete list of our swimmers rankings.

~Sara Dunn, Top Ten and Records Chair

[Alicia Uhl](#)

Benjamin Bauchwitz

[Christina Marshall](#)

Courtney Gantt

Doug Fletcher

[Erika Braun](#)

[Irish Holland](#)

Jennifer Buckley

Jonathan Klein

[Karen Stump](#)

LeeAnne Quattropani

Maria Vazquez

Mary Dore

Michael Conroy

Quinn Fischer

[Sara Dunn](#)

Sharon Taylor

[William Weaver](#)

Allison Keller

Celia Wolff

Chuck Graf

Cynthia Nagle

Earl Anderson

[Greg Sanchez](#)

Janice Campagna

[Jennifer Mihalik](#)

Jose de Jesus

Kerry Lindauer

Louis Gadol

Mark Rubacky

Michael Forbes

[Morten Andersen](#)

Richard Bober

Sarah Smith

Steve Barrett

Anna Flanagan

Cheryl Murray

Cooper Thornton

David Dunson

Eric King

[Hanna Caron](#)

Jason Kao

John Moore

Joshua Dempsey

Kristen Maybank

[Marcia Barry](#)

Mary Anne Savage

Michael Dellanoce

Natalie Lafferty

Robert Pardo

[Scott Dallamura](#)

Vironica Dawson

It is our NCMS Official's Chair, Bill Luse

We currently have 24 certified USMS officials in the State of North Carolina. Now is the time for all members of NCLMSC to get their friends involved and take the official's certification course to help us out. We can't rely on using USA Swimming officials due to conflicting schedules with USMS meets, which causes a major problem.

Just as I thought we were getting ahead of the game with officials for Masters meets, USA Swimming threw us a curve ball. As of February 1, 2024, USA Swimming Observed USMS meets will no longer count towards fulfilling their session requirements for USA Swimming recertification. I'm not sure why USA Swimming's National Officials Committee made this change. The way I see it, this will only hinder getting certified officials to help with Masters meets in the future.

Remember that you can be a swimmer AND an official, even at the same meet. The schedule is flexible and you can work your volunteering around your events. [Certification is online and FREE! Start your courses now!](#)

If you have a question, please contact me at: wclswim@ec.rr.com.

Stroke Clinic and ALTS Course

If you are a swimmer looking to learn or improve all four strokes, then the Stroke Development Clinic is for you! This four-hour, in-water clinic is for the novice through experienced swimmer and for triathletes and fitness swimmers as well! You will learn drill progressions that you can bring home with you to continue practicing and perfecting your swimming, even after the clinic is over. Reserve your spot for this May 5th clinic in Wilmington, NC today!



Also offered on May 5 is the Adult Learn to Swim Course (ALTS). The day begins with a morning classroom session and finishes in the afternoon with a 2-hour, in-water skills session. There is no need for advanced swimming skills, just being comfortable in the water and willing to teach others.

Volunteer Relay 2023

In October, a few of us board members attended the US Masters Swimming RELAY event in Houston, TX. RELAY is an event where LMSC (local masters swimming committee) members and volunteers from different states and regions get together to meet and share ideas and best practices to better our organization. This was the second RELAY event I've attended, and the theme this year was all about events. There were presentations and meetings all dedicated to the theme of creating more and better

events for Masters Swimming. People presented creative swim meets and open water events that they host in their area.

The ideas shared included how they make events more fun, creative awards to give out, and fun social events. Our own Celia Wolff presented about the Funvitational that she hosts in Wilmington, NC each year, and everyone loved seeing photos of the floatie relays!

During some of the sessions, there was time for breakout groups to come up with fun events of our own as a brainstorming exercise. The one my group (including fellow NC board member Sara Dunn) came up with was a Totally Tubular 80's Masters Inner tube Water Polo Event! Wow, I can't even remember all the details of the event we came up with, but the title makes it sound pretty awesome, right? I'm pretty sure we were going to include a lot of neon and the winner would be given a special inner tube to keep. It was so fun getting to think outside the box of how a typical swim meet or open water event could be run to make it more unique, engaging, and fun. It is a goal within our LMSC to keep this in mind and help support the creation of events like these in North Carolina. If you have an idea for a creative event like this, and you need help from the board to bring it to life, please reach out to one of our team members and we would love to support you.

Additionally, the next RELAY event is being planned for 2024 and will be in Houston again in October. The theme this year is Community Development. We should be allowed slots to send FOUR members from North Carolina. Expenses for trip attendees will be reimbursed by NCMS and USMS after submitting the forms after the event is complete. Stay tuned for more information and registration links. If you are interested in one of the available slots, send an email to the [NCMS Vice-Chair](#).

- Whitney Hauser, Webmaster and member-at-large

Coaches Corner



As coaches, it can be difficult to stay up-to-date on the latest technical changes in swimming. Our sport is constantly evolving. We have a responsibility to our swimmers to continue educating ourselves so we can give our team the best we have. There are a variety of ways to do that; through on-line classes and websites, seminars, podcasts, books and in-person learning. NCMS will be hosting the USMS [Coaching level 2](#), [level 3](#) and [Clinic Course for Coaches](#) in Wilmington, NC, May 4-5. This is a great opportunity to learn from Bill Brenner, USMS Coach and educator himself! Bill has years of experience with coaching education. Do Not Miss this class! Sign up now and encourage your swimmers to take the [Stroke Development Course](#) on May 5 (taught by Bill and the coaches who took the CCC).

Do not forget about the National Coaches Clinic (NCC) on October 18-20 in Houston at the Airport Marriott. This is a fantastic learning event for coaches with speakers, networking, and in-water coaching sessions. More information will be coming. [Keep an eye on this page](#) for details as they are released.

Important note: NCMS will support FOUR coaches from North Carolina by paying for the registration fees. Airfare and lodging will be the responsibility of the attendee. Let me know if you are interested in attending.

NCMS Scholarships and Grants

EDUCATION: NCMS offers scholarships, by reimbursement, for those active members who take the USMS coaches courses and ALTS courses.

As per the NCMS by-laws:



8. Reimbursement for USMS Education

Coaches and Instructors who are members in good standing with USMS and the NC LMSC shall be reimbursed (if not covered by USMS) for the following if supported by receipts and certificates. They will further be required to provide said documentation to the LMSC within 30 days of completion of Education or Training, as well as write an article for the LMSC newsletter (within the quarter the training was completed) to be eligible for reimbursement.

- a. \$100 for Coaches Certification (Levels 1-2, 3)
- b. \$100 Reimbursement for ALTS Certification
- c. Mileage for Coach Certification (Levels 1-2, 3) shall be paid at the rate of \$0.25 a mile with a maximum allowance of \$150
- d. Mileage for ALTS Certification shall be paid at the rate of \$0.25 a mile with a maximum allowance of \$150

MEET SUPPORT: NCMS offers 2 grants for meet hosts to help offset the cost of running a swim meet. Once meet registration hits 100 attendees, the meet director may contact the **NCMS Chair, Trey Taylor**, and request a \$1000 grant to pay for pool rental, officials fees or expenses related to meet management. This grant is offered *before the event* to help make your meet a success. The second grant is to encourage social events at our NC swim meets. *After your meet*, the meet director may submit a request for \$5 per registered swimmer for your meet social event to our **NCMS Treasurer, Sonny Nguyen**. A screenshot of your club assistant registration page is required.