



ACROSS THE LANES

NORTH CAROLINA-LMSC

2020 Summer to Fall



Stay Safe and Healthy!

Sonny Nguyen -former newsletter editor

Life sure is different for everyone these days. In North Carolina and everywhere, some have the privilege of being able to work from home and stay isolated. Others like the essential workers are forced to be out with the community as part of their jobs. And many are making choices regarding socializing in pairs or small groups, traveling short distances, or simply to stay put at home. We want to know: Which quarantine lifestyle have you adopted, particularly related to swimming? Let us know as we would like to feature you in an upcoming story...



In this edition of our newsletter, we would like to introduce our new communications chair:

Whitney Hauser



Hi everyone! My name is **Whitney Hauser** and I am the newest member of the LMSC! I have been a Masters swimmer since 2014 and I'm very excited about getting more involved as a volunteer. I hope to use this as an opportunity to meet new people and to expand my involvement with Masters swimming beyond my MWF (and very rarely Saturday) practices and 2-3 meets/year! I love swimming, I love my team – the Gaston Gators, and I love the competition and camaraderie at our meets. I look forward to helping and promoting USMS however I can.

A little bit about me & swimming – I grew up in Cary, NC and was a dedicated and enthusiastic Prestonwood Piranha summer swimmer for as many years as my age would allow. I swam for Green Hope High School, and then for the club team at NC State for one year. Luckily, after graduating and moving to Gastonia, NC to be near my new job, I discovered Masters Swimming and could not be more grateful. This has been the best way for me to make friends in a new town, exercise in a fun way, and engage in competition. My favorite event is 50 free, and of course, relays!

I am looking forward to my position as the communications chair – I'll be in charge of putting together and sending out this newsletter, maintaining our website and Facebook page, and other tasks that I will soon learn. Please feel free to reach out to me if there's anything you'd like to see on either of those platforms – I'd love to hear from you!

The Best Oil-Free Hummus

Here's something to snack on while you read through the newsletter. This is the easiest hummus recipe I've found. It's made in a blender, so it gets way smoother than ones I used to try in my food processor. And there's no oil, so no guilt!



Recipe from <https://highcarbhannah.co/recipes/the-best-oil-free-hummus/>

Hummus Ingredients

- 1 15oz can garbanzo beans
- 1/2 cup aqua faba
- 3 garlic cloves
- 3 tbsp tahini
- 1 lemon juiced
- 1/2 tsp salt
- 1/4 tsp paprika
- 1/4 tsp cumin

Instructions

1. Drain your garbanzo beans into a bowl and save the aqua faba (liquid) from the can.
2. Add all of your ingredients into your blender.
3. Blend on high for 2 minutes. You want the hummus to be very creamy and fluffy.
4. Place in an air tight container and store in the fridge for up to one week.

What is included in this 2020 Summer to Fall Edition of our Newsletter?



- Chairwoman Corner *with Kristen Jenö*
- COVID Relief Proposal
- Fitness Article
- Our Featured Members: Chandra Barck and Jamie Miller
- USMS and North Carolina LMSC-sponsored swimming programs
- Board of Officers, and introducing Lisa Hoff
- Upcoming Masters Swimming Events

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

We're still in this Together

By Kristen Jenó



Kristen Jenó (NC-LMSC Chairwoman): Swimmers of North Carolina can you believe it's already the end of the year? 2020 will be a year we never forget for many reasons, yet it's been a year to develop new ways of living and to find creative ways to keep swimming. We can't thank you enough for believing in the sport of swimming and it's incredible value to live life in a healthy and team bonding

environment. We've been working hard to get the COVID Relief Program up and running (thanks Trey!!) allowing us to take care of you guys in a time of need. Keeping your team together and active is very important to us, so please know that we are here to help and serve you.

While events are happening, they are happening in a very reduced capacity. Keep your eyes out for updates leading into 2021 as we are trying to restore normalcy. Keep training and swimming as that will bring in positivity, good health, and the hope of competing once again.

We added some NEW board members!! Our board requires 11 members at all times and with Todd leaving for a new career in Florida we've shifted Sonny to Treasurer/Webmaster, thank you Sonny! Whitney is now our Communications Chair and our newest (recently elected member) Lisa Hoff has joined the team as Open Water Chair.

November starts the beginning of the 2021 registration period and we've adopted the new Unified Fee concept. What does this mean? The unified fee structure allows for simplicity across the US. USMS 2021 individual memberships are \$60 for every state, however, each state operates individually still. The benefits will be improved efficiency, better marketing, simplified processes, and the ability to focus on resources primarily on building membership value locally.

I'll end on why swimming is the best sport ever:) Swimming can reach so many people and be enjoyed by people of all ages. It can transform lives and tackle a number of the problems facing society in a way that no other sport can. Swimmers report on average 6.4% healthier than non-swimmers which is comparable to 12 years younger. Ever thought about swimming outdoors? You should definitely give it a try. Swimming outdoors generates more than double the happiness of swimming indoors. Women and girls benefit the most:) Swimming more than doubles their self-confidence. Most importantly, swimmers are more likely to be socially connected and have more friends. Relationships are so important and give us all a purpose and meaning in life. KEEP SWIMMING and grab a friend to join.

COVID Relief Proposal

Contributions from Trey Taylor, LMSC Vice President

North Carolina LMSC Membership,

The NC LMSC Board is pleased to announce we have been granted Matching Funds from the USMS National Office to use towards a COVID-19 Relief Grant.

All NC LMSC Clubs with **6 or More** members will be eligible for this grant. In addition, the club must have a valid **Business Tax ID** and be in good standing with USMS and NC LMSC. Clubs must also supply a completed W-9 form.

Grants will be awarded based on club membership as of **May 31st, 2020**. All clubs will receive \$10 per swimmer (\$5 from NC LMSC, \$5 from USMS), all Gold Clubs will receive \$16 per swimmer (\$8 from NC LMSC, \$8 from USMS).

Please use the application that is included with this letter to apply.

Yours in Masters Swimming,

-The NC LMSC Board

NC LMSC COVID-19 Relief Grant Application

Who is Eligible?

- All NCMS Clubs/Workout Groups in good standing (whether you are in or out of the water currently).
- Have a Valid Business Tax-ID

Club/Workout Group:

- Name:
- Address:
- City/State/Zip:
- LMSC:
- Number of USMS Members (as of May 31, 2020):

- Type of Business Entity (I.E. Tax Exempt/Sub S Etc)
- Federal Tax ID #:
- Gold Club:

Club Contact:

- Name:
- Email Address:
- Phone Number:
- Address (If different than Club Address):

Person Completing This Application (If different from Above):

- Name:
- Email:
- Phone:

Provide written statements and documentation for the following:

- A description of the financial hardship your program has endured due to the COVID-19 pandemic or are planning to endure based on social distancing guidelines. Examples below:
 - A shortfall in reserves and cash flow due to loss of revenue for recurring monthly expenses including coaches pay and administrative expenses. Need additional lane space to accommodate swimmers due to social distancing guidelines.
 - Need to rent space at an alternative facility due to longer-term closure of current pool (e.g. many high school and college facilities are closed until at least the fall).
 - Need funds to cover additional hours for coaches to be on deck due to social distancing guidelines.
 - Need funds to cover costs associated with requisite facility lifeguards due to social distancing guidelines.
 - Need funding to cover additional insurance requirements required by the facility.
- What specific dollar amount do you need to restart your program, when guidelines permit and how will the funds be spent?
 - When do you anticipate restarting your program?

Provide a completed W-9 Form for your program.

Fitness Article from our Fitness Chair

Contributions from Scott Dallamura, LMSC Fitness Chair

Fitness!

We all love to swim. We know it's great for our bodies, our minds and our souls. We know it's a great way to get and stay in shape. It's amazing how many benefits we see just as side effects of doing the thing we love! But it's possible to have too much of a good thing!

Variety is the spice of life

Yup, it's a cliché. But did you know that variety is also the secret sauce to fitness? Doing the same thing every day is going to get your body used to doing that same thing every day. While this may be great for really dialing in your technique, in terms of fitness your body will see diminishing returns – if not injury from overuse!

In the same way that our coaches vary our swimming workouts to keep us from getting bored, we can see a lot of benefits from branching out and challenging our bodies to do something different. This is where dryland, weight training, cross-training and stretching all come in! A quick dryland and dynamic stretching routine can make for a great warmup, whether before practice or a race.

Cross-training and weight training are fun and effective ways to increase our strength and fitness. Building a strong core especially can lead to better health overall, and if you care about performance, well, everything comes from your core. So investing a little time here will provide long-lasting benefits in all areas of your life. And as we get older, weight training is a great way to keep us feeling young and healthy, as well as maintain bone density and build that muscle that helps us stay lean. Maybe we won't all be burning 14000 calories a day like some famous athletes, but studies do show that a pound of lean muscle can help you burn up to 60 additional calories a day – just by being there!

So make like a tree and branch out! Next time we'll talk about some easy swimming-specific dryland and stretching ideas to help us stay injury-free.



Featured NCMS Member1:

Chandra Barck



Chandra received tuition support from our NC-LMSC and completed the 2/23/2020 ALTS Course in Charlotte NC...

I have many experiences in my life that has helped me decide on my path to become a swim instructor/coach, but I would say it all started back when I first started competitive swimming, around the age of 9. A little background about myself, I was in a military family who traveled to many states/countries until I went off to college. Around the time I started competitive swimming, I was in a new school, in a new place, and I didn't know anybody. My first day of swim practice was scary but Coach Beth made it all special. She made me realize that new places aren't scary. After being with her for three seasons I improved on all my strokes and she made me believe I could dream big. At any age, its important to know that you matter and you can achieve anything as long as you believe in yourself. Coach Beth made me recognize that. During College, I was reminded of Coach Beth when they had openings at the local Y for swim instructors and I quickly wanted to be in the water to teach all ages that their dreams of swimming can be achieved. Since that moment, I have been trying my best to get into all programs the swim world has to offer. I know I have a long way to go until any higher level coaching but where I am now is a start.





Featured NCMS Member2:

Jamie Miller



Jamie received tuition support from our NC-LMSC and completed the Feb. 22-23 USMS Education in Charlotte NC...

Why is Swimming Important to me?

Growth and Development

- It was a sport that I excel in, while I was young. I was best on my street in the of West Philadelphia and it became a sport that I receive respect in my neighborhood. I was extraordinarily strong swimmer in West Philadelphia. My first team was with PDR at Sherwood center on 5500 Christian Ave. I was the MVP in Jr. High and High School.
- It seems that everything I was doing was surrounded by water. I receive a scholarship from the Red Cross to take a Water Safety Instructor and Lifeguard Class in the Poconos. That was a special time in my life. I had another chance to see a different part of Pennsylvania. This gave me the opportunity to meet people out of my environment. To see different environment was something I needed at that time. I also join the Polar Bear Club while I was there. (That was a challenge and an experience of a lifetime. I would never do again).

Develop strong work ethics in the pool and in the work Environment

- When I came back from taking course in the Poconos, I received a summer job as a YMCA camp counselor in Medford New Jersey. The name of the YMCA camp was camp Ockanockon. This was another adventure and experience in my life as young adult who never been camping before. Now I was learning to deal with all types of cultures and challenges and living in the wilderness. Remember this was a young adult who never really went out of West Philadelphia. It was somewhat scary the first week. Because it was something new. The camp was beautiful area during the day and pitch dark at night. Swimming in a cedar lake was something I never done before in my life. Then having the responsibility to be head lifeguard at a Cedar Lake was very nerve ranking but it was great experience. But at 17 years old that was a lot of responsibility to oversee four lifeguards and sixty kids in a Cedar Lake.

Developing Sense of Responsibility

- My first semester I walk on the swim team at North Carolina A&T. I received a Partial Scholarship. This was gift from GOD. While I was in college, I work at the Hayles Taylor YMCA has a Lifeguard and Swim Coach.
- I also work YMCA in Greensboro has a lifeguard after graduation and working at Burlington Industries.
- My son and daughter both learn to swim before they could walk. I learn an especially important lesson with my daughter. I failed to give her the opportunity to choose a sport vs. the father having her to chase his dreams. I had her swimming with GSA, but her heart was in it. Then at 10th grade she gave it up. She told she was doing it for me. I learn that you must give your children opportunity to make choices and decisions on what that want to do in their life. Sometimes fathers want their children to chase the dreams they did not accomplish.

Setting Goals through swimming and Life

- Swimming also gave me the opportunity to meet new people and make new friends. It also gave me the opportunity to visit different states in the USA and different countries. Opportunity to learn different cultures.
- Now that I am retire from Procter & Gamble. I am now having fun coaching master swimming at the Bryan YMCA and working with the Learn to Swim Program at the Greensboro Aquatic Center. Now it is time to give back and help others develop their growth through swimming.
- I have designed an enrichment program the Greensboro Aquatic center encourage wellness and fitness to adults.
- Working with Blind adults in enhance their swimming ability.

Conclusion: Swimming has been good to me. Now it is time to teach others and promote swimming to others who may not have the chance to learn. Swimming is more than learning to swim. Its helps develop yourself and challenge yourself to do better. You take from what you learn from swimming and place it everyday life. It helped develop me as individual, regarding dealing with people of all cultures and children. This is what keeps you young and vibrate. My goal is to teach adults and minorities how to swim and influencing a wellness program for adults. This past August, I had a heart attack and I feel what save me was swimming. I regard swimming as pre-maintenance to the body. I feel you must prepare your body to grow old.



USMS and NCMS-sponsored Swimming Programs

MASTERS SWIMMING

HIGH PERFORMANCE CAMP
10th Anniversary, Greensboro 2021

10TH ANNIVERSARY
EDITION OF HPC!

With an All-Star Lineup of Award-Winning Coaches including the world-famous Dr. G!



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Genadijus Sokolovas



Trey Taylor

For Masters swimmers of all levels who are interested in improving their swimming performance and experience.

For more info or to register, visit:
www.trianglesportscommission.com/usms-hpc/

This will be the final HPC ever, so get registered today!
August 21-26, 2021

HOSTED BY: _____



NC Swimming Hall of Fame Induction Rescheduled for 2021

Cary, NC: The North Carolina Swimming Hall of Fame has again pushed back the Induction Ceremony. With the current climate still unsafe, we have made the decision to push back to 2021 from our most recent date for the Ceremony of Friday, September 18, 2020 (previously rescheduled from the original NCSHOF Induction Ceremony date in March). The new date will most likely coincide with next year's 2021 US Masters Spring

Nationals, which is scheduled for April 29 - May 2 at the Greensboro Aquatic Center in Greensboro, NC. More details to come.

If you previously bought tickets to the Ceremony, you are all set for next year.

If you have further questions, please reach out to the contact below.

Collins Lowder - clowder@trianglesportscommission.com

NORTH CAROLINA LMSC OFFICERS

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

Visit our NCMS Website: www.ncmasters.org

www.facebook.com/NorthCarolinaMastersSwimming

POSITION	OFFICER	CITY/TOWN	CONTACT EMAIL
LMSC Chair	Kristen Jenó	Wilmington	kbs1011@gmail.com
Vice Chair	Trey Taylor	Gastonia	gatorsmasters@gmail.com
Secretary, Membership Coordinator, Sanctions Chair	Joanne Wainwright	Greensboro	joswims@twc.com
Treasurer and Webmaster	Sonny Nguyen	Mooresville	snguyen925@yahoo.com
At large member - Open Water Chair	Lisa Hoff	Raleigh	LisaJHoff@gmail.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	Whitney Hauser	Gastonia	whitneyhauser21@gmail.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

Introducing Lisa Hoff...



The NC LMSC Board is excited to introduce **Lisa Hoff** as our new Open Water Chair. Lisa swims with the RAM workout group and has a passion for open water swimming. She has participated in more than 40 open water events, many in North Carolina and events in Maryland, Michigan, South Carolina, Illinois, Montana, and Wales. She has also explored the waters of the Galapagos, swimming along side giant sea turtles, iguanas, seals, and a rainbow of brightly colored fish!

As the Open Water Chair, Lisa would like to increase the number of open water training opportunities and OW events in North Carolina. She hopes to organize, coordinate, and provide open water clinics across the state in an effort to recruit more swimmers into OW swimming.

Lisa is excited to share the many benefits of open water swimming and how it can profoundly change one's life. She would work diligently to create and support safe and enjoyable open water opportunities for the USMS swimmers in North Carolina.

We are happy to have her as part of our team!



DON'T MISS THESE EVENTS

for your swimming calendar:

SouthEastZone.org

NCmasters.org



Our Dixie Zone is now Southeast Zone:

SouthEastZone.org

2020 South Carolina SCM State Meet

December 4-6, 2020

Charleston, SC

[Click Here](#) to Register (Limited to first 200 entrants)

Valentine's Meet (SCY)

February 6 - 7, 2021

Clearwater, FL

USMS Spring Nationals (SCY)

April 29 - May 2, 2021

Greensboro, NC

Powerade State Games Swim Meet (SCY)

June 19 - 20, 2021

Cary, NC

USMS Summer Nationals (LCM)

August 5 - 8, 2021

Geneva, OH



HAPPY SWIMMING

