



ACROSS THE LANES

The Newsletter of North Carolina Masters Swimming



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From the Chairwoman's Lane...



A warm hello to all NC masters swimmers! I'm speaking to you as the new chairwoman for our LMSC and I'm very excited and also humbled to be writing this. On January 16, our board had its first meeting of the year 2010. We actually got to sit around a conference table with almost the entire group this time in Greensboro, which was a good thing and very productive. The meeting

minutes will be available soon on our NCMS Website, please check them out.

A new board was elected and here are the people that will be serving our LMSC and thus you, the NC swimmer, for the next 2 years:

Greta van Meeteren – chair, Don Gilchrist – vice chair, Jennie Rogers – treasurer, Jerry Clark – immediate past chair and secretary, George Simon – registrar, Andrea Stephens – coaches' chair, Matt Davis – communications chair, Joe Gosha – newsletter editor, Jon Blank and Chris Bowker members-at-large.

I want to thank Elizabeth Nowak for all of her hard work for four years on our board. She was the secretary for two years and the treasurer for two years after that. Thanks E, for leaving us very organized books!! I'm sure they will be in great hands with Jennie! Also a big thank you to Jerry Clark. He has led this organization several times, and has done an outstanding job – those are some very big shoes to fill. Thankfully Jerry will still be on the board to give advice and answer my 911 calls when needed.

As of 1/16/2010 we had 694 members registered for our club. If you have not done so: please renew your membership, and stay with the fun, and also tell your friends about us. 93% of you registered on line. We thank you for doing that, it makes George's job easier and saves on paper and postage.

As I am writing this, we've had some changes occur in our meet schedule. Due to weather the Sunbelt meet was moved to February 13 and 14 and the Frank Clark meet is now scheduled in Greensboro on March 20. Our State Championships in Hillsboro will be held on May 1 and 2, and the Steve Barden Memorial meet in Asheville is September 18 and 19 – mark your calendars! We will be looking into adding an SCM and/or an LCM meet this year to our program.

And of course there is the USMS SCY Nationals Meet to be held at Georgia Tech University in Atlanta, Georgia— May 20 to May 23rd 2010. Hopefully NC will have a great turnout for that meet. The facility is great, and so is the meet director. Think of all the fun you can have swimming relays with folks from all over North Carolina!!

If you do not want to travel to swim meets: NCMS will be hosting the 5K-10K postal championships this year. This is held between May 15 and September 15. If you have never participated in a postal championship – now is the time to try this. You can swim this in the 50M pool of your choice and submit your results for the national championships. The information for this event will be available in about 6 weeks on the USMS website, and also on our own NC website. This can be a fun event to do together with several of your teammates. Since we are hosting it, it would be great to have a good showing for North Carolina!

Andrea Stephens, our coaches' chair, is looking to complete the list of coaches in our LMSC. If you are coaching one or more of the workout groups in our area, please contact Andrea at newyrb10@yahoo.com. We'd like to know who you are and we should be able to set up a coaches' forum on our website especially for you.

We now have a communications chair – Matt Davis – in charge of helping George make our NC website an even better place to visit. Matt has an extensive computer background and that will be very helpful to us all. Newsflashes will be updated more frequently, and so it will be a site to visit even more frequently. And, as I mentioned before, a coaches' forum is a real possibility.

I'd like to wish everyone a happy and healthy 2010, and above all: HAPPY SWIMMING!!

Greta

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If you haven't already done so, make sure to help our Club save money by going to www.ncmasters.org to complete your 2010 USMS registration!



CHECK OUT THESE PHOTOS FROM THE 2010 CHARLOTTE SUNBELT MASTERS SWIMMING CHAMPIONSHIPS

2009 BRUTE SQUAD POSTAL SWIM RESULTS

The 2009 Brute Squad Postal Swim was a USMS sanctioned event that took place during the final two months of 2009. Participants were required to swim all of the following events for time in their own pools.

1650 or 1500 Freestyle
 400 Individual Medley
 200 Butterfly

Twelve swimmers representing our North Carolina Masters Team (NCMS) finished the event strongly, coming in second (out of 38 teams that participated) in the nation. Four of our swimmers won gold in their age groups:

Kim Rice — women 25–29; Heidi Williams — women 40–44; Kevin Herlihy – men 25–29, and Matt Davis– men 35–39.

Five NCMS swimmers earned silver:

Norm McCartney—men 70–74; Mary Anna Hovey—women 65–69; Craig Anderson– men 60–65; Hans van Meeteren—men 65–69; and Mark Szuch—men 35–39.

Other NCMS swimmers who finished and placed in this challenging event included Karen Raschke, Dana Dubis, and David Olson.

2009's Brute Squad event was a return to an event that had taken place in 2007, but not 2008. It will return again this year, with registration information to become available in October. This is the PERFECT way to swim those difficult events you would love to try, but are just too self conscious about (if you are like your news-letter editor) to swim in a meet setting.

Events like these also point to the benefit of registering as a member of the NCMS team, as it demonstrates that it is not only at national meets where doing so allows you to combine your efforts with other North Carolina swimmers for the benefit and enhancement of Masters Swimming throughout the entire state. You can register as a member of your own local workout group and still also become a team member of NCMS. It only costs \$1.00 per year to join the NCMS team. To find out how, visit our ncmasters.org website, or contact our registrar, George Simon.



David Marsh



JP Arnold



Nick Brunelli



Justine Mueller



Russell Payne, SwimMAC Team Elite swimmer getting out of the warm down lanes right after swimming a 47.93 100 Fly..

Robert Poiletman breaks his own record in the Men's 65-69 200 Fly! In setting the 4th USMS national record at the Charlotte meet, Poiletman, a Columbia SC Masters swimmer cut more than six seconds off of his previously set record, this time swimming the race's eight lengths in 2:23.38.

SUNBELT CHAMPIONSHIPS ROCK THE MCAC 4 NEW NATIONAL USMS RECORDS SET Three by SwimMAC Team Elite members

What an awesome sight at the Charlotte Swim Masters Sunbelt Championships. Coach David Marsh and some of his Team Elite swimmers participated in the meet—with David on deck coaching and cheering (alongside no less a swimming celebrity than 2008 Olympic gold medalist Cullen Jones), and the swimmers mostly heating the pool up to the point of sizzling with times that many of us might well have bought tickets to see performed.

The Team Elite sizzle contributed three of four new USMS national records that were set at the two day meet . JP Arnold, a University of Georgia alum, went an absolutely blistering 9:01.26 in the men's 18-24 1000 Free. Nick Brunelli eclipsed the men's 25-29 50 Free record by over two tenths of a second, swimming the distance in 19.23. Justine Mueller, a 2008 graduate of the University of Michigan, broke a ten year old record in the women's 1000 Free by clocking a 10:18.49.

In addition to the Elites, a full complement of other SwimMAC Masters also participated in the meet, also helping (along with all of the others who were there) to make the snow-postponed meet a great success.

While the Team Elite members swims were amazing, the buzz in the building caused by the presence and accessibility of the Elites was even more impressive. It was very apparent that these swimmers were enjoying the opportunity to be a part of the meet. Along with their teammate Cullen Jones, they posed for pictures and signed autographs for not only other meet participants, but also for scores of the young age group swimmers who had come for their club practices during the meet.

Your editor spoke with Coach Marsh about his commitment to our sport at all levels, including Masters Swimming. David said, "We are just pleased to be able to do whatever we can do promote our sport, and support the programs like Master's Swimming that make it better." His words, and the decorum of the Team Elite swimmers at the meet, reflect what is published on the Team Elite's web page found at <http://www.swimmaccarolina.org/teamelite.html>.

"It is not enough to be successful in the pool, SwimMAC Elite Athletes are required to be involved in our community and expected to mentor children of all ages regarding the life skills developed through swimming. As local and national ambassadors of health, fitness, and strong character, SwimMAC Team Elite members are active civic partners in and out of the water."

Ever the astute strategist, North Carolina Masters 'national meets relay manager' Jon Klein stated that he hopes it will work out for some of the elite swimmers to compete for our North Carolina team (NCMS) at this years nationals' meets. While a look at the Team Elite's meet schedule for the year suggests that this will probably not be possible, it will not be for a lack of willingness, or because the swimmers and their coach do not value their membership and participation in our North Carolina Masters program.

COLD WATER!!

This is the story of Norman McCartney, a North Carolina masters swimmer who lives in Morehead City and who swims in the Ocean.

I'm 71, and I've been a devoted Masters swimmer for about fifteen years. My ocean swimming actually happens in what is known as Onslow Bay (not what one tends to think of as a bay seeing as South America is landfall to the south!), consisting of straight shoreline from Fort Macon on down toward Emerald Isle.

I swam (and competed) for years, in pools only, regarding the ocean as a chaotic mess. I was convinced my ingrained swimming abilities wouldn't stand a chance of partnering with anything other than what the absolutes of a pool represented, until, one halcyon fall day I thought to myself, "Something tells me the sea has another dimension and I need to go check it out".

And so it began. I've been going back and forth, in and out, ocean and pool, ever since: that was about seven years ago. When there are large swells of a particular nature and I am swimming along and see one coming at me out of the corner of my eye, then I partner with it head-on by using the recovery for the butterfly, well, it's exhilarating beyond belief: like riding a roller coaster. Talk about a lift! And what about cold water? Those same halcyon days drew me further and further into the lower temperatures until I found myself emerging from the winter into the extraordinary emerald sea swells of spring with the wind from the southeast cradling me along the coast for up to two miles. I've become addicted. Now I do swim in the confines of the pool, though my competition tends to be directed toward Postal swims.

Inside, it is the world of the usual, those facets of life one needs to get along. Outside? There's the usual, too, but it's terrestrial and I know the ocean is only a ten minute ride away and what's going on there? So I drive over to check it out and the sunlight is brilliant and there's not a cloud in the sky and pelicans are soaring and a person or two is walking their dog. And the sea, it's like a lake...shimmering with only a slight surf, nothing to really call surf. And, well, it's inviting me in saying: "forget the temperature, just become part of it!" So I go to my protected spot, a south-facing wood wall of a sea restaurant, and there the wind from the north is cut and the sun's warmth is truly warm. And I get into my swim suit (a big oleander does just fine!) and put on the Vaseline. It's not too plastic because the air temperature has been in the thirties, but I dab it on and it gradually becomes more viscous. And I put on more, and more, and the sun's warmth makes it now a real lubricant and a few minutes later I'm lathered in the stuff. And by now, hey, I'm so warm I'm uncomfortable, so its time to get in the ocean.

I walk along the beach a quarter mile (that's enough considering the nights have been in the twenties) wade in and keep going, cap, goggles on, and cold? Sure is! Feels like touching stainless steel that's been in the cold except all of my body that's wet, not just my index finger...feet, ankles, lower legs. But just keep going, don't back out now. And it gets deeper. And yipes, what's going on here. But don't stop now, keep going! Until, shove off...START SWIMMING! And wham, now my whole body feels like frigid stainless steel. And the mind says, "Keep your stroke together," and your body says, "Hell no!" And you realize you're not even using your legs, Dummy. And not much of you really wants to move at all. But keep on going, can't stop now (but you know you can, but it's not about stopping, is it?). And I see the shoreline and the houses and realize I actually am going somewhere as cold as it feels.

I plateau, my body temperature reaching a level that "just is." I feel weighted but I'm not. I keep my head above the water level to begin with, then gradually can immerse it so I can have some form, but forget breathing on 3. I breathe every breath to the right, then switch to the left, then to the right, then left...pulling, pulling...kicking, kicking. And I tell myself, "Calm down jerk. Keep some form." You can see where you'll get out. When Hooray, there I am....opposite the place where I'd started from... and I stop, stand, and lumber toward shore.

My body is a sunburned red. Somebody says: "That you I saw out there?" I respond, Yep, that was me (I can hardly talk I'm so numb). He shakes his head in bewilderment. I head back on the beach to my wood wall where I'll feel the sun's warmth. I put on my Vaseline clothes (stuff I wear to drive back to the Sports Center), head to the car, push the ignition key in and turn it, the car cranks up and away I go to the Sports Center...to sit in a sauna at 170 degrees for thirty minutes!

Back at home I think I'll go on line, see what the water temperature is: CORMP (Coastal Ocean Research and Monitoring Program) says Beaufort's reading is 40.6 degrees. No wonder I felt like cold stainless steel! But it was worth every second. After all, it's nothing but a head game, right? And isn't life but a head game?

From the Editor's Lane ...

Perhaps you saw the recent announcement from USMS's new offices in Florida heralding the fact that there are now more than 50,000 registered USMS swimmers around the nation. This is a great development. It seems like our decision to hire an Executive Director and actively promote ourselves is paying off with the great dividend of membership growth. We are seeing the benefits of that growth not only in increased membership here in our LMSC for North Carolina, but also in the increasing financial resources coming our way as a result of having more members.

Those increased resources are being reinvested by our Board in ways that should benefit all of our members around the state. For example, recently the Board allocated funds in its budget for this current year to send some of our workout groups' coaches to a coaches clinic to be held later on this year in San Diego. Specific attendees have not yet been determined—rather, there will be an application process for coaches who want to go (and who are willing to make specific commitments to share what they learn at the clinic with other workout groups around the state) to be able to indicate their interest and secure funding for their participation in the clinic. Andrea Stephens, a new LMSC Board member who is serving as our Coaches Chairperson will be fleshing out the details

related to this opportunity soon. Look for her announcement in an email coming to you soon. And, if you are a coach and have not identified yourself as such with the LMSC, please do so by contacting Andrea at newyrb10@yahoo.com.

Speaking of coaching, I have just gotten off of three months on the deck as a volunteer coach of the South Rowan High School swimming team. Our team is unusual in that none of our team members are year round swimmers (though we have certainly tried to get many of our swimmers connected with club swimming programs over the years).

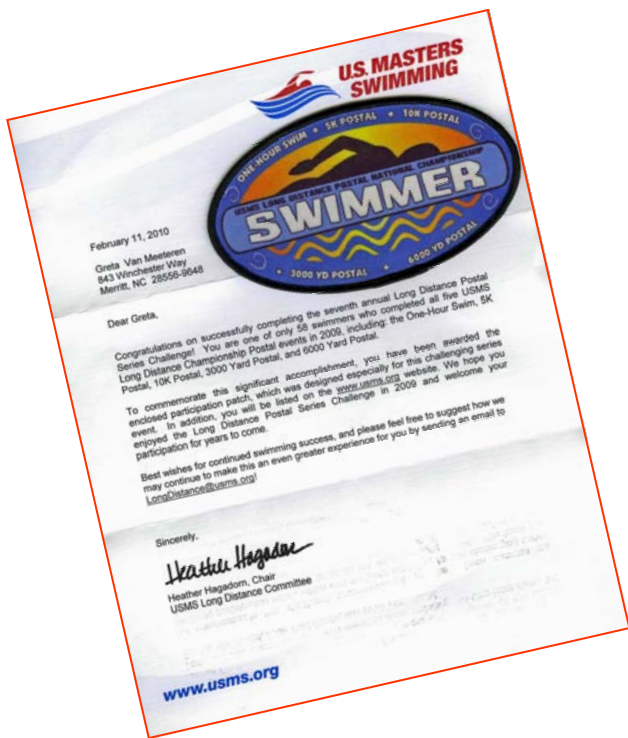
This year we have had an interesting development. One of our swimmers who graduated in 2009 has now joined a USA Swimming club in our area, and is making remarkable gains in the pool. While many programs around the nation that have lots of year round swimmers see those swimmers burn out by the time they reach the end of their teen years, our kids—seeing that they just start swimming in their freshman, sophomore, or even junior years in high school—often have more competing to do once they graduate. Now my challenge is to get them jointly registered with USA Swimming and USMS, so they can take advantage of all of the competition opportunities available to them.



Charlotte area Physical Therapist and new Masters Swimmer Todd Koos eyes the starting blocks before his first ever Masters race at the recent Charlotte Swim Masters Sunbelt Championships.



Left—Some of the swimmers of the high school team I am privileged to coach. Right—one of those swimmers and I clowning at our recent parents' sponsored season awards banquet.



Did you get a letter like this? If you did, you are one of the less than two tenths of one percent of all USMS Masters Swimmers nationally who completed the 2009 Long Distance Championship Postal Series Challenge.

We bring this to your attention as a means of challenging you to consider participating in this event for 2010, and specifically to highlight two upcoming Postal Championship events being hosted this year by North Carolina Masters Swimmers.

Swims entered in the USMS 5K and 10K Postal Championships being hosted by NCMS must be swum in 50 meter pools between May 15th and September 15th. Registration information will be available soon on-line at USMS.org and on our own Website; NCmasters.org as well as in the SWIMMER magazine.

Our LMSC for North Carolina is also sponsoring a distance event that is not a part of the Postal Series Challenge referenced above, but which is an important event in the USMS annual calendar of open water/distance championship events. The USMS One Mile Open Water Championships will be held on May 29th at Lake Norman in the Charlotte metropolitan area. For further information, or to register, contact Steve Watkins (steve@thecustomcoach.com), or Jerry Clark (jerryclark@bellsouth.net).

HELP!

We're trying to collect information about places Masters swim in NC. Please email information about your pool to Andrea Stevens at newyrb10@yahoo.com. We need the physical address of your pool, the contact information (phone numbers and email addresses) for that pool and also for the coach or team leader. Be sure to show the days and times of day when Masters workouts take place. We'll publish the final information on our website. Thank you.

Upcoming pool meets ...

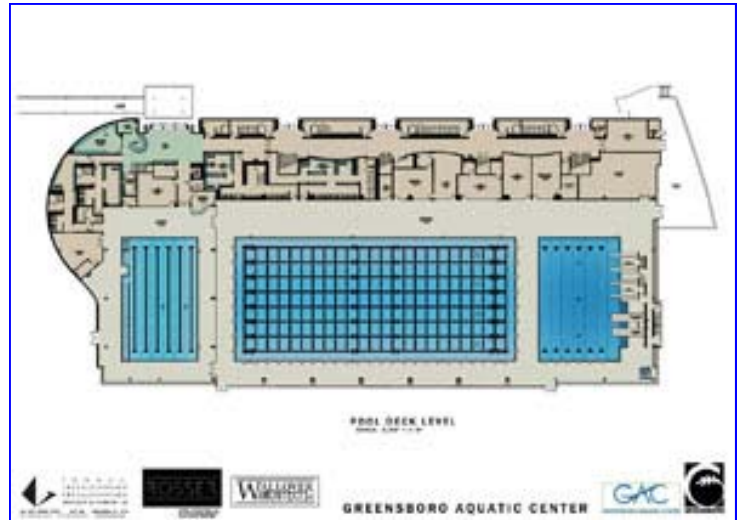
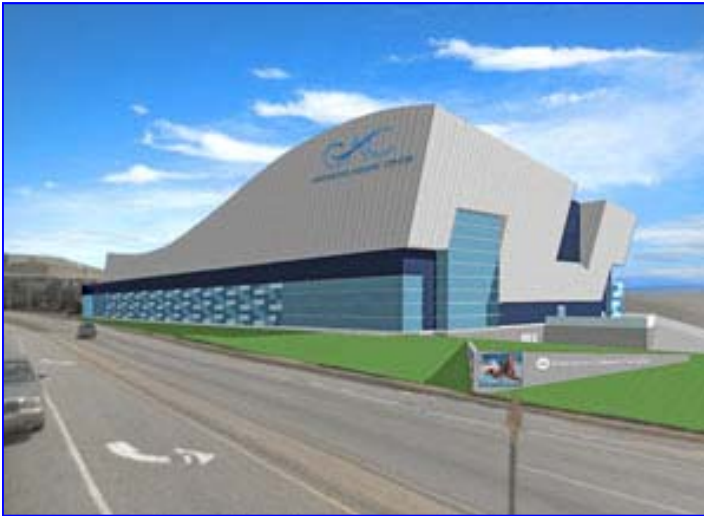
Frank Clark Masters Open—a one day meet now scheduled for Saturday, March 20th at the Grimsley High School Pool in Greensboro, NC.

North Carolina Masters Short Course Yards Championships—a two day meet scheduled for May 1st and May 2nd at the Trinagle SportsPlex in Hillsborough, NC.

SWIMMERS OF THE YEAR

LMSC for NC Swimmers of the Year for 2009 were Ole Larson, and Tanya Lane. Ole tears up the Mens 85-89 age group and registered a total of 24 top ten swims during the year. Tanya does her destruction in the Womens 35-39 age group and had 9 top ten swims in 2009, including a first in the 200 SC Yards backstroke. Congratulations to Ole and Tanya!

Speaking of top ten records, Hans van Meeteren from TRYM has agreed to serve as the new top ten recorder for our LMSC for NC. In this role he will be responsible for reviewing information from meet directors related to meet results, as well as collecting and forwarding information from swimmers who perform potential top ten record times in out of state meets, or meets sanctioned by USA Swimming. Thanks for stepping up to the plate, Hans.



New Aquatic Center to be built in Greensboro

As voted on December 15, 2009 by the Greensboro City Council, and confirmed on January 14, 2010 by the Guilford County Board of Commissioners, the Greensboro Aquatic Center has been approved and will be built at the Greensboro Coliseum Complex.

The 74,000-square-foot Aquatic Center will allow the city to host high school and collegiate events, USA Swimming meets and Master's swimming meets in addition to other local, regional, national and international competitions. This state-of-the-art facility will bring together all major aquatic events – competitive swimming, diving, synchronized swimming and water polo – together in one venue. In addition, this dynamic facility will also serve local citizens through its diverse programming, including therapeutic rehabilitation and “Learn to Swim” classes to be offered in conjunction with the Guilford County School system.

Detailed information regarding this great new swimming resource can be found at <http://www.swimmingworldmagazine.com/lane9/news/23423.asp>. Design/facility highlights of the planned facility include:

- All deep water tank measuring 52.5 meters by 25 yards with two moveable bulkheads supporting ten different set up configurations,
- Total seating for 2500 spectators, including space for 1850 off-deck,
- A 25 yard wide, 17 foot diving well with one and three meter springboards, and a full set of diving platforms up to and including a ten meter platform,
- State of the art timing and scoreboard systems, including all of the latest sound and lighting bells and whistles.

LMSC for NC Board member Don Gilchrist, who has been very involved in this project from its inception, states that “We would like to host the 2012 SC National Masters Championship at this facility. The LMSC has expressed support. The facility is fully funded and we expect dirt to move in March with a completion of June or July of 2011.” In light of the additional fact that the United States Aquatic Sports Convention is returning to Greensboro in 2012 (this annual national convention event was previously held in Greensboro in 2005), it looks like Greensboro is well on its way to becoming an important national aquatic sports center.



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