



ACROSS THE LANES

NORTH CAROLINA LMSC 2015 SPRING NEWSLETTER



A Hearty Hello

Editor's Note by Sonny Nguyen

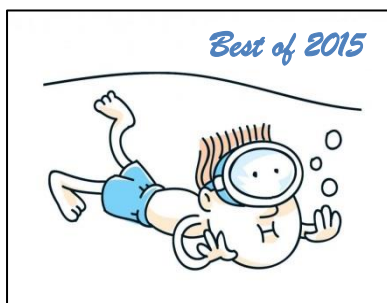
As your newsletter editor, I would like to take this opportunity to say hello and excited to bring you the first newsletter of 2015. Having moved here less than a year ago (from Maine, where a 50-meter pool does not exist!), I am starting to get more acclimated to the North Carolina's cool lifestyle. So do you have a favorite place to swim in the Carolinas? I want to hear from you, talk to you at the next masters meets and let's go to the water.

Why do you join masters swimming? Many of us do it for the fitness, fun, friendship, and maybe for some fast times at swim meets. For most of us, we do it because we love swimming; and inspired by swimmers of all ages, we get motivated with the saying that "if they can do it, I can too".

I have always enjoyed swimming, and took interested in swim competitions to meet people and travel the country (and beyond). My best experience in 2013 was in Hawaii swimming with sea turtles and in 2014 competing in Montreal at the FINA Worlds Masters. What will be my best in 2015? Have fun swimming in North Carolina, of course!



April is Adult Learn-to-Swim month, which has been proclaimed by Governor McCrory, in our state of North Carolina. Across the country, US Masters Swimming members have volunteered and participated with their local learn-to-swim programs. Thank you to everyone helping to spread the message about the important issue of adult drowning. Even as April has passed by, you can continue this effort year-round. Talk to your local swimming pools about adult swim lessons, and you can find all the places to swim in North Carolina at: www.usms.org/placswim



In this newsletter, you will find stories and news about:

- Why do we swim and volunteer?
- 2014 Swimmers of the year
- Open Water Season is here
- 2015 Long Distance results
- A story about John Mangrum
- USMS Spring Nationals review
- Upcoming swim & open water meets

Why Do We Swim? Why Do We Volunteer?

Chairman's Corner by Jon Blank

As with so many other organizations, success of NC Masters and US Masters Swimming results from effective leadership. Yet, there have been very few programs to enhance leadership skills among our Masters Swimming volunteers. For that reason, USMS recently initiated a program to identify and enhance leadership, at the USMS Leadership Summit, held March 13-15 in Phoenix.



North Carolina LMSC Vice Chairman Steve Weatherman and I had the opportunity to attend the inaugural summit. (It was a coup for NC that both the Chair and Vice Chair earned invitations to the event). The keynote presentation by Olympic butterfly champion Misty Hyman set the tone for a successful and engaged meeting with great networking opportunities. Through a series of lectures and workshops, LMSC officers learned about the USMS mission, resources, and goals. One of the sessions challenged us to "brand" US Masters Swimming, so that we'd be able to promote the sport to other adults. At the end of that session, we recognized that Fun, Fitness, Friendship, Competition, and Inclusiveness could be catchphrases for our USMS "brand". I encourage everyone to think about why it is you have chosen to be a part of USMS - I'm certain at least one of the listed qualities will be among the reasons you choose Masters Swimming.

Similarly, I encourage every NC LMSC athlete to consider volunteering for USMS. Everyone has some asset to offer, and I truly believe that volunteering provides benefits both to the organization and to the individual. I was intrigued by a presentation on why people volunteer, based on Atkinson and McClelland's "Motivation Theory". Different motivators drive different volunteers. Once one's motivators are identified, that information might be used to ensure that each volunteer performs a service best matching his or her needs and interests. Improved task-to-volunteer "fit" improves the organization.

As part of the presentation, each of us answered a short questionnaire to analyze our own motivations. "Motivation Theory" enumerates three qualities of volunteers' interest. Achievement, Affiliation, and Power/Influence are categorized. In an organization such as ours, where competition and fitness are tenets, I expected a sea of hands to rise for the Achievement-oriented volunteer. (Frankly, I thought I'd score highest in that category). Yet, a surprising number of your national LMSC leaders have an Affiliation-based interest (myself included). A few categorized themselves in the Power/Influence sphere. As we learned of our motivators, I think we began to consider where our traits and interests might best help USMS. As a result of this summit, I truly believe that your leadership cadre will be more effective in our volunteer efforts.

For more information on the inaugural USMS Leadership Summit, please see the USMS website at: www.usms.org/admin/lmschb/2015lmscls01_welcome.pdf

SWIMMERS OF THE YEAR

Awarded during the 41st annual Sunbelt Meet at the Mecklenburg County Aquatic Center in Charlotte



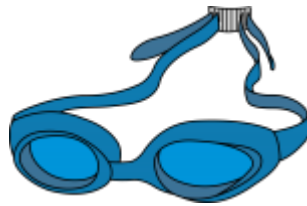
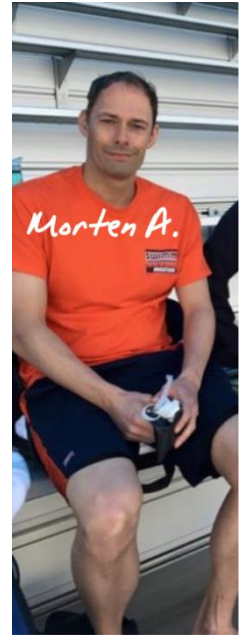
Outstanding Open Water and Long Distance Swimmers in 2014:

Greta van Meeteren and **Mark Rubacky**



Outstanding Pool Swimmers in 2014:

Erika Braun and **Morten Andersen**



OPEN WATER SEASON IS HERE

by Kristen Smith, our LMSC Coaches' Chair

The water temperatures are slowly rising and only going to get warmer. Here are some tips to start off:

- Master the art of sighting. My biggest rule of thumb is KNOW WHERE YOU ARE GOIN' :)
- Relax your stroke and don't fight the water.
- Make sure you always check to see what the tide is doing (if swimming near the ocean). Also know the wind direction as it will tell you what direction to expect water chop. All this will help with developing a plan of location and direction of swim.
- BODY GLIDE helps in salt water :) So lube up to avoid chaffing.
- Try wearing your goggles under your cap if they move around too much while swimming or they've been knocked off before.
- Always buddy up and swim with water safety when you can.
- Bright colored caps come in handy and help others see you.
- Start your first OW swims easy and build confidence before you swim longer distances.



2015 LONG DISTANCE RESULTS

by Greta van Meeteren

As many of you are aware, the USMS Long Distance Committee oversees and organizes 5 pool long distance National Championships each year, as well as 6 open water National Championships. The pool Long Distance events traditionally start with the One Hour ePostal Championship. This year 12 women and 11 men from North Carolina participated in this event. Participants who finish in the top 10 for this event score points towards the NC Long Distance and Open Water Swimmer of the Year award.

Below is a list of the swimmers who participated. The scoring for long distance events is 22 points for 1st place, 18 for 2nd, 16 for 3rd down to 2 points for 10th place.

Age Group	Name	Place	Points
Women			
40-44	Nicole Popovich	62	
45-49	Lynn Young	138	
50-54	Lisa Eagle	38	
55-59	Kathy Murray	17	
	Kathleen Hardison	61	
	Nancy Seay	101	
	Deb Ruebel	122	
	Jennifer Sperry	181	
60-64	Debbie Wilson	6	10
	Beverly Amick	13	
	Amy Lamy	65	
65-69	Camille Klotz	48	

Age Group	Name	Place	Points
Men			
25-29	Trace Sauter	7	8
35-39	Sean Pesrchy	6	10
	Brian Randolph	65	
40-44	Kevin Carny	50	
45-49	Mark Rubacky	14	
50-54	Tomas Beck	31	
55-59	Mark Doyle	23	
	Paul O'Brien	52	
60-64	Steven Henson	48	
70-74	Hans van Meeteren	23	
75-79	Norman Macartney	26	

This same point calculation is used for swimmers who participate in the National Open Water Championships.

The next pool Long Distance Championships are the 5k and 10k ePostal Championships. Below is an excerpt of the information for the 5k and 10k:

“Objective: To swim 5-kilometers and/or 10-kilometers in a 50-meter pool of your choosing, then submit your results online to compare yourself to other swimmers doing the same event. Some people do these events for competition, some do it for the challenge, some do it for fitness, and others do it for fun—all who wish to participate are welcome. Your submitted time determines the final order of finish.

Location: Swimmers must swim the 5-kilometer and/or 10-kilometer ePostal events in a 50-meter pool ONLY—no other length of pool please!”

Some swimmers find it challenging to find a 50-meter pool and a counter, but check with your team mates to see who would like to do the event and plan to enter the event together. If you are willing to count for them, I am sure they are willing to count for you. Put some of that famous swimmers’ team spirit into this!!

John Mangrum Swimming Career

By John Mangrum

For me it began in 1986. I had broken my wrist in a Martial Arts Tournament in Tampa Florida. I was a student of Hikaro Jujitsu for over 10 years and fighting in the second round of competition I broke my wrist. I had to fight one more round and finally lost out. Went to the hospital and had it set and now had a cast up to my shoulder.

Where I lived in Clearwater Florida, we had a community pool and they had a waterpolo team practicing there. Joe Biondi was the coach. I had played waterpolo in high school and college after swimming. I swam for Western Carolina University. Well after I got my cast off, I would go up to watch the guys play waterpolo and they asked me to join in with them. I had not been in the water since 1983 when I was in college. Even though I was in great shape from Martial Arts and going to the gym, I was not in any shape for swimming much less trying to play waterpolo.



Joe was also the Master's Coach for CAT (Clearwater Master's Team). He told me to join them and get in shape for waterpolo. So I joined, worked out with the team and got in shape. I did not really care about swim meets, as I cared more about playing waterpolo. Our team was pretty good and enjoyed playing in two different National Title games.

Joe convinced me to go the 1987 St. Pete Regional's Masters meet and I met Burwell Jones (aka Bumpy Jones). I was 24 and he was 51. I swam the same events as he did and he handed me my butt!! I could not stand getting beat by this gentleman, but he was a formal Olympic Champion and still very good. I became good friends with him and he really inspired me to become better. I tried really hard to stay with him in the 1650 or 1500m swims and the 400IM. In 1988 I finally beat Bumpy in the 1650 at the St. Pete Meet and he told me I had come a long way and was getting better.

While swimming in these Masters meets, I won everything I swam. Getting the "Bling" was pretty nice and not to mention it greatly improved my waterpolo speed as well. In 1988 I got moved to Boca Raton with IBM and joined Judy Meyer's team. Holme's Lumber was putting together a big team to go to the 1988 World Games in Brisbane Australia. I was good enough to be on the team, met with Rowdy Gaines and Summer Sanders and fell in love with International Competition. I did not bring home a medal but got really inspired to be as good as the athletes I saw there. All ages and the times they did were great. I came home and Judy set a course for me. Here, the new boyfriend and future husband John Bonning came back to America and also helped coach the team in Boca.

I continued to swim and play waterpolo in Boca while going to the different Masters Meets and Waterpolo Championships. I have competed in both Long and Short Course Nationals. I got moved again to Raleigh in 1996 with IBM and joined the RAM Team "Raleigh Area Masters". I trained with the team here and started going to meets again. I was a different kind of swimmer. I would always compete in 14 events: 10 individual plus the 4 relays. I was still racking up the ribbons and high point awards, but had not really gotten an International Medal. In 2002 I competed in both the World Masters Swim Championships in Christchurch New Zealand and the World Masters Games in Brisbane Australia.

I finally won an International Medal in the 200M Backstroke event at the New Zealand Championships. I had a good showing in Brisbane but no medals. I would meet my future wife Deborah May there, so I would come home a winner after all. After those games I would check other international meets that I could qualify and competed for the USA.

I have been to Swansea, Wales; Prague, Czech Republic; Paris, France; Riccione, Italy; Guernsey, England; Brisbane, Geelong, Canberra, Sydney, Adelaide, Alice Springs and Perth Australia; Christchurch and Auckland, New Zealand; and last year in Montreal Canada. I have competed in several World Games, World Swim Championships and Pan America Swim Championships. I now have well over 200 medals Gold, Silver and Bronze from international competition. Bumpy Jones never realizes what an impact he made on me. I hope that I have the same impact on other swimmers.

I have made some great friends while competing and still have those friendships today. Guernsey swim team invites me back to their meet every year. They wrote a really nice article about Jon Blank not showing up and leaving me there to pull the weight for the Americans at their meet. In fact I was the first America to compete in their meet also in Wales and Prague meets. They made a big deal and put me in the paper about coming over to swim. I walked away with a lot of medals both times now that I have competed in their meets. The Guernsey Barracudas sent Deb and I a card on our wedding day in Melbourne Australia.

I mentioned while competing in Australia I did meet my wife Deborah May in 2002. We got engaged at the Australian Masters Games in Geelong in 2009. We got married in October 2009 and then flew to Sydney so I could compete in the World Masters Games. There I swam and play water polo with an Australian team and we won the Bronze Medal.

I have been adopted by both the Guernsey and Australian teams. Australia wrote many articles about me coming over there to compete and lately about buying a house in Anakie. I have been the poster child for the Australian Masters Games and was selected to read the Athlete's Oath at the Australian Games in Adelaide in 2005. I was selected to carry the Swimming Banner during Opening Ceremonies at the Sydney Games.



Masters Swimming has afforded me many opportunities to travel and make friends. Not only is it great way of exercise but a great way to communicate. While traveling you represent yourself, your team and your country. I have always tried to do my best and show that Americans are nice people. But for me it goes a lot deeper than that since I have heart problems. I have been called the Bionic Man by several of my teammates for several reasons. I have competed in US Nationals in Hawaii with a ruptured disc L5S1. I swam the 200 fly in Christchurch, New Zealand after dislocating my left shoulder from the dive off the blocks, plus 400 and 200IM's in Nationals at Rutgers after having surgery and losing my legs due ruptured disc in my lower back.

I have had 4 shoulder operations 3 due to water polo and one due to computer rack falling on me at work. While swimming in the NC State Championships in May 2003 here in Raleigh, I had the Widow Maker's Blockage in my heart and had to have 4 stints put in after the meet. Again in May 2011 I had 3 more stints placed in my heart. February 2012 I had another stint placed in my heart and then in 2014 will swimming the 400 IM at the NC State Meet here in Raleigh I had a heart attack, where Duncan and my wife pulled me out of the water and had 2 more stints placed in my heart.

My teammates are aware of my situation and look after me. I now swim for fun and friendship and yes the BLING!! Deb and I will be moving to Anakie Australia next year. I will be coaching the swim team there and teaching the Ozzies a thing or two about being an American.

2015 NATIONWIDE USMS SPRING NATIONAL CHAMPIONSHIPS

by Sonny Nguyen

Twenty-four swimmers from all over our state of North Carolina competed on April 23-26 at the Northside ISD Aquatic Complex in San Antonio, Texas. A total of 1,888 swimmers entered the meet at the beautiful facility with two 10-lane 25-yard competition courses plus up to 30 warm-up lanes.

From the youngest competitor at 18 to 98-year-old Anne Dunivin (picture below), and Olympians like Matt Grevers and Anthony Ervin reunited with their swimming friends and lit up the pool deck while competing in up to six individual events plus multiple relays.

Combined team scores have The Olympic Club, The Masters of South Texas, and The Longhorn Aquatics finished first to third for the Local Clubs.

Colorado Masters took home the Regional Club title with our NC Masters finishing 7th out of 21 teams. Our Men placed 6th out of 19 teams and our Women placed 7th out of 17 teams. Well done, Y'All!



NCMS Swimmers	Age Group
Andersen, Morten	M40-44
Carrow, Hill	M60-64
Carter, Eddie C	W40-44
Dickey, Christa P	W45-49
Fletcher, Van	M35-39
Gass, Melissa	W45-49
Gilchrist, Donald B	M60-64
Hecimovich, Beth A	W45-49
Holland, Amy S	W40-44
Hollett, Peter G	M55-59
Klein, Jonathan E	M55-59
Larson, E Ole	M90-94
Lee, Lawrence B	M45-49
Lindauer, Kerry	W40-44
McCullagh, Mary K	W50-54
Meredith, Sara L	W45-49
Miller, Jamie A	M60-64
Moore, John	M50-54
Rhodes, JerrieLynn	W45-49
Ritter, Chris	M30-34
Robling, Steve W	M45-49
Townes, Maureen M	W40-44
Washburn, Jonathan W	M55-59
Wolff, Celia	W45-49



2015 NATIONWIDE USMS SPRING NATIONAL CHAMPIONSHIPS

Photos from the meet

Special Congratulations to our National Champion relays:

Mixed 35+ 200 Free Relay
(picture on right)

**Women's 35+ 200 Free Relay
And 200 Medley Relay**
(picture below)





MARK YOUR CALENDAR

FOR MORE INFORMATION:

www.ncmasters.org



- July 25: North Carolina LCM State Championships at Goldsboro YMCA
- August 15: Lake Lure Olympiad at Rumbling Bald Resort, www.lakelureolympiad.com

For Other Swim & Open Water Meets, please visit: www.usms.org

- June 13: 6-9-Mile National Championship (10K) Lake Del Valle CA
- June 14: 1-Mile National Championship, Lake Del Valle CA
- June 20: 9+ Mile National Championship (9.3 miles) Morse Reservoir, Noblesville IN
- June 27: 2-Mile Cable National Championship, Foster Lake, Sweet Home OR
- August 6-9: USMS Summer National Championship, SPIRE Institute, Geneva OH
- August 29: 1-3-Mile National Championship, (1.55 miles) Lake George NY
- September 12: 3-6 Mile National Championship, Lake Michigan, Chicago IL

As always, we want to hear from **YOU!** Please contact your North Carolina LMSC Officers with any comments/feedback and swimming news to be included in our next newsletter.

Our LMSC is represented by officers from all corners of the state

Position	Officer & email	Town
LMSC Chair	Jon Blank	Raleigh
Vice Chair	Steve Weatherman	Raleigh
Secretary	Jennifer Perrottet	Jacksonville
Treasurer	Jeff Murray	Charlotte
Registrar and Webmaster	George Simon	Raleigh
At large member	Jerry Clark	Charlotte
At large member, Coaches' Chair	Kristen Smith	Wilmington
At large member	Don Gilchrist	Greensboro
At large member, Newsletter editor	Sonny Nguyen	Mooresville
Records & Top 10 Chair	Andy Clark	Charlotte
Official's Chair - ex officio	Tom Cox	Raleigh

HAPPY SWIMMING