



# **A**CROSS **T**HE **L**ANES

## **NORTH CAROLINA LMSC**

### **NEWSLETTER 2016 – SPRING EDITION**



## **USMS Spring Nationals 2016 Champion!**

*Editor's Note*

My apology as we chose to delay the publication our Spring Edition of the Newsletter. The reason is so that we can share with you all the fun and excitement through the photos of our NC Swimmers during the USMS Spring National Championships in Greensboro. NCMS was the largest team represented, with 331 of us registered and showing our NC pride with the neon green swim caps. Along with the many excellent individual swims, NCMS entered a total of 141 relays and one of which set a new USMS National Record. Congratulations and thank you to all NC swimmers, volunteers, and everyone involved!

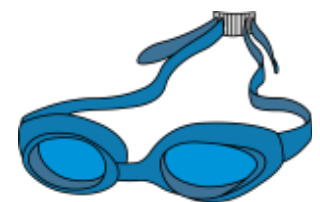


There are many exciting events yet to happen in our state of North Carolina in 2016, including the first-ever USA Masters Games this summer, also in Greensboro. Check out the upcoming events, and read about our new NC-LMSC Board members. I look forward to hearing from you, so continue to share any stories and news about NC Masters Swimming. Have fun this summer!



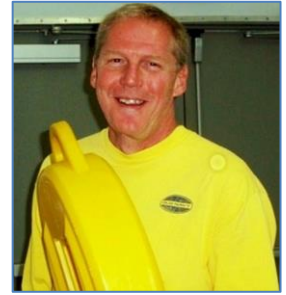
In this newsletter, you will find news and stories about:

- Chairman's Corner by Steve Weatherman
- Photos from the USMS Spring Nationals in Greensboro
- 2016 NC Swimming Hall of Fame induction ceremony
- Recap of Valentine's Masters Meet in Clearwater FL
- Recap of South Carolina SCY Meet at No. Myrtle Beach
- Photos from the Sunbelt Championships in Huntersville
- Our NCMS Outstanding Swimmers for 2015
- 2016 NC-LMSC Board members
- Upcoming Events...



# Chairman's Corner

*by Steve Weatherman*



WOW!!! What an exciting spring for NC Masters Swimming. Thanks to all the NC Masters Swimmers who attended, swam and volunteered at the 2016 Nationwide Spring Nationals. On behalf of my Co-Meet Director Don Gilchrist and LOC Chair Hill Carrow we would like to thank you for your efforts. Without your support this event would not have been the success it was. Special thanks to Jon Klein for arranging 141 relays. It was a great showing for NC Masters Swimming. Also a big congratulations to NC Masters Swimmer Erika Braun who was inducted into the NC Swimming Hall of Fame during the meet.

We have a new full board. Many thanks to Jerry Clark and Don Gilchrist for their years of service on the NC LMSC Board. We welcome new At Large Board members Trey Taylor, Todd Torres and Celia Wolff. Thanks to Kristen Jenko for stepping up and accepting the role of Vice Chair. The new Board held the 2016 Annual NC LMSC Board Meeting at Spring Nationals. At the meeting the Board set in place many new initiatives that include redesigning the NC Masters Logo, increasing the NC Masters Swimming footprint on social media, updating the "Places to Swim" in NC for the USMS website, developing a vision and mission statement for NC Masters Swimming, updating our current by-laws, and establishing a swim meet calendar with the NC LMSC offering to pay for a social at a meet for any team willing to host a meet. It was also decided at the meeting that as many members of the NC LMSC Board as possible should attend the Annual USMS Convention in Atlanta this fall to gain a better understanding of the workings of an LMSC and the national office.

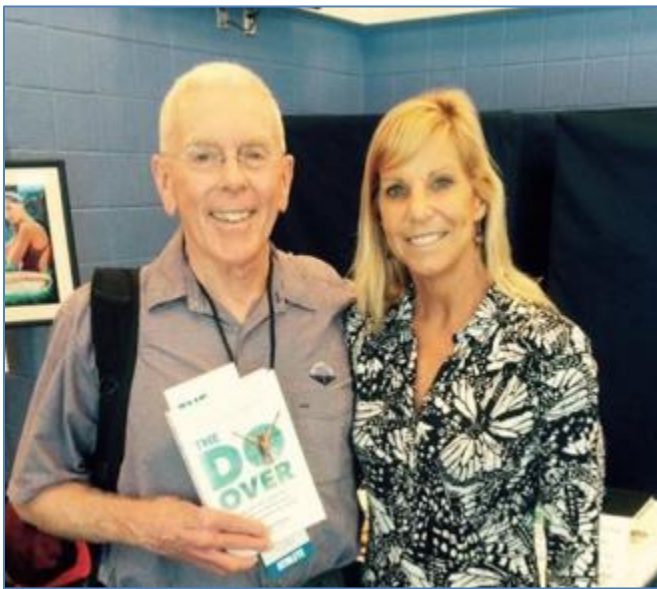
The summer still offers numerous opportunities for NC Masters Swimmers to compete or volunteer. The first ever US Masters Games will be held in Greensboro, NC with the swimming portion from July 21-24, 2016 and the Open Water Swim on July 25, 2016. I will be serving as Swim Meet Director and Board Secretary Joanne Wainwright will be heading up the Open Water Swim Competition. Both Joanne and I would love to see as many NC swimmers compete in one or both of these events. The Open Water swim has also been designated as the Dixie Zone Open Water Championship. Please consider swimming or volunteering for both of these events. If you can't make it to one of these events never fear. The NC Long Course Championships being hosted by Goldsboro has also been designated as the Dixie Zone LC Championships and will be held August 6-7, 2016. Also the USMS 1-Mile & 5K Open Water Championships will be held in Lake Lure, NC on August 12-13, 2016.

Applications are still being accepted for the USMS High Performance Camp to be held in Greensboro, NC, August 27-September 1, 2016. This is a week-long camp you'll be taught and analyzed by outstanding U.S. Masters Swimming coaches and professionals in the fields of sports psychology, physiology, biomechanics, nutrition, technique, resistance and flexibility training. This camp is lucky this year to have former USMS President Nadine Day serving as Head Coach. For more information or to apply please go to [www.usms.org/coach/highperformancecamp.pdf](http://www.usms.org/coach/highperformancecamp.pdf)

I hope everyone has a wonderful and safe summer. With so many meets and open water opportunities available to NC swimmers I hope to see you at some of these events. As always, if you have any questions or concerns about NC Masters Swimming please do not hesitate to contact me.



# The many faces of our NC Swimmers at Spring Nationals...











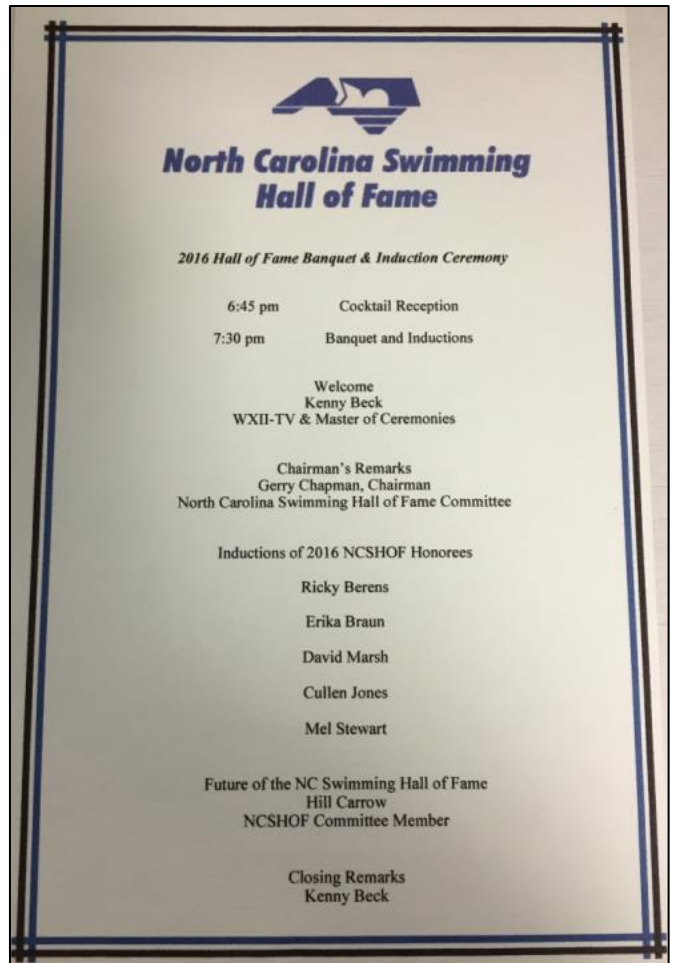
Let's rock to a new USMS National Record in the Mixed 35+ 400 Free Relay. Congratulations to **Henry Stewart, Erika Braun, Kerry Lindauer, and Van Fletcher**



# 2016 North Carolina Swimming Hall of Fame



On the evening of Friday, April 29, the North Carolina Swimming Hall of Fame held its 7<sup>th</sup> induction ceremony in Greensboro (in conjunction with the Spring Masters National Championships). This was the first in 25 years for the HOF Committee to recognize outstanding accomplishments and contributions across all aquatic sports. A full room of swimming guests, friends, and family members, we celebrated the induction into the NC Swimming Hall of Fame: **Ricky Berens, Cullen Jones, Mel Stewart, David Marsh, and our own masters swimmer Erika Braun.**





# 25<sup>th</sup> Annual Valentine's Meet in Clearwater FL

by Greta van Meeteren



There are only good things to say about the Valentine's Meet that was held in the Long Center in Clearwater, FL on February 13 and 14, 2016. This was the 25th year this meet was held and it was exceptionally well organized. The pool is a 50M pool, and the competition was held wall to wall in the width of the pool. 8 lanes were used for competition and another 9 lanes were available for continuous warmup/warm down for duration of the meet.

For us swimmers from North Carolina it was the right time to get away: the weather was glorious, with temps around 70°F during the day and sunshine when it was freezing "back home". Especially nice is the fact that the facility has glass walls and a glass ceiling (with palm trees surrounding it), so that it is nice and bright inside. The host team provided food and beverages for all swimmers, which is an extremely friendly touch.

174 Masters swimmers participated in the two-day event, four were from North Carolina: Michael Beachler, who was there for the Saturday morning because he was in the area, Jamie Miller and Hans and Greta van Meeteren. There was a lot of very good swimming from everyone in the meet. Our small group earned the second place among the visiting teams and we were given a very pretty trophy.



Left to Right: Jamie Miller, Greta and Hans van Meeteren.



I would recommend this meet to all of my swimming friends. You cannot go wrong going to FL this time of year and swimming in a great meet in this fabulous pool. Hope to see many of you there next year!



# South Carolina SCY Meet, Feb 19-21, North Myrtle Beach

by Alicia Uhl

NCMS made a strong showing at the South Carolina State Championships in Myrtle Beach on Feb 19-21.

26 swimmers swam for North Carolina and brought home the out of state champion award!

Earl Anderson, Misty Brown, Heather Drury, and Alicia Uhl were all high-point winners in their AGs.

Numerous best times, fast times, and national qualifying times were achieved.

Thanks to Grand Strands Masters for hosting such a fun, fast, and well run event.

We'll definitely be back next year! NCMS is geared up and looking good for Nationals!



Jim McFarland,  
Marion Chamberlin,  
Sarah Kwon,  
Alicia Uhl,  
Mike Treman,  
Misty Brown,  
Cindy Moore,  
Chris Moore,  
JR Bourget,  
Earl Anderson



Earl Anderson, Sarah Kwon,  
JR Bourget, Alicia Uhl,  
Sonny Nguyen, Misty Brown,  
and future masters swimmer  
Noah Anderson

My name is Earl and I like swimming with these ladies!





# 42<sup>nd</sup> Annual Sunbelt Championships, March 5-6, Huntersville NC

Look at all the NCMS workout groups represented...

From Rich Haney

Jon Perkowski, Peter Meyers and myself, members of the 1970 Westfield, N.J. High School swim team, at the Charlotte Sunbelt Masters Swim Meet in March 2016.



# NCMS Outstanding Swimmers for 2015

*Awarded at the Sunbelt Championships on March 5-6*

2015 Outstanding Male Pool Swimmer: **Ole Larson**

2015 Outstanding Female Pool Swimmer: **Kerry Lindauer**

2015 Female Open Water and Long Distance Swimmer: **Debbie Wilson**

2015 Outstanding Male Open Water and Long Distance Swimmer: **Trace Sauter**

*Picture below: Trace and Kerry*



## CONGRATULATIONS!

At the Sunbelt Championships on March 5-6, the team of **Steven Henson, Beverly Amick, Joanne Wainwright, and Mark Rubacky** (*picture below*) set a new state record in the Mixed 45+ 800 Free Relay.





# 2016 NC-LMSC Officers

*Thank you to Jerry Clark and Don Gilchrist for your years of service!*

New Board Members:

*Vice Chair:* Kristen Smith Jenó (HAWK)

*Secretary:* Joanne Wainwright (GSAM)

*At-Large Members:*

Trey Taylor (Gaston Gators), Todd Torres (ECAM), and Celia Wolff (FBM).

*Coaches Chair:* Trey Taylor (Standing Committee)

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

| Position                            | Officer & email                   | Town        |
|-------------------------------------|-----------------------------------|-------------|
| LMSC Chair                          | <a href="#">Steve Weatherman</a>  | Raleigh     |
| Vice Chair                          | <a href="#">Kristen Jenó</a>      | Wilmington  |
| Secretary                           | <a href="#">Joanne Wainwright</a> | Greensboro  |
| Treasurer                           | <a href="#">Jeff Murray</a>       | Charlotte   |
| Registrar and Webmaster             | <a href="#">George Simon</a>      | Raleigh     |
| At large member - Coaches Chair     | <a href="#">Trey Taylor</a>       | Gastonia    |
| At large member                     | <a href="#">Todd Torres</a>       | Greenville  |
| At large member                     | <a href="#">Celia Wolff</a>       | Fort Bragg  |
| Newsletter Editor- ex officio       | <a href="#">Sonny Nguyen</a>      | Mooresville |
| Records & Top 10 Chair - ex officio | <a href="#">Amy Waters</a>        | Raleigh     |
| Official's Chair - ex officio       | <a href="#">Tom Cox</a>           | Raleigh     |

*Picture from left to right: Sonny, Kristen, Tom, Celia, Steve, Trey, Todd, Joanne, George.*





# **MARK YOUR CALENDAR**

For upcoming swimming events:

[www.ncmasters.org](http://www.ncmasters.org)  
[www.usms.org/comp](http://www.usms.org/comp)



June 17-19, 2016 **South Carolina LCM Championships**, Greenville SC

June 18-19, 2016 **Powerade State Games - Swimming**, Raleigh NC

July 21-24, 2016 **USA Masters Games (Swimming)**, Greensboro NC

July 25, 2016 **Dixie Zone Open Water Championships**, Greensboro NC

August 6-7, 2016 **Dixie Zone Long Course Championships**, Goldsboro NC

August 12-13, 2016 **USMS 1-Mile & 5K Open Water Championships**, Lake Lure NC

August 17-21, 2016 **USMS Long Course Championships**, Gresham OR

September 21-25, 2016 **USMS Convention**, Atlanta GA

**HAPPY SWIMMING**