



ACROSS THE LANES

YOUR NC-LMSC NEWSLETTER



2018 Spring/Summer

Editor's Note

Welcome back! I hope you had a great summer. As we suit up and jump back into the pool for a new season, be sure to check out the many upcoming and ongoing swimming events through the end of this year. There is something for everyone to set and reach goals. Maybe it is your first 30-minute swim without stopping, or a new opportunity to meet people by going to a swim meet. While you are focused on improving best times, start times, lane assignments, we have listed here some tips to keep everyone safe at swim meets.

- Feet First Only – When warming up, enter feet first – no diving. There have been injuries caused by diving into the warm-up lane, e.g., dislocated jaws.
- No Equipment – You are not permitted to use paddles, fins, etc. when warming up at a meet. The use of these can result in injuries.
- Say Something If You See Something Not Safe – If you see a swimmer doing something unsafe, gently inform them of the breach of safety. If that doesn't work, inform the lifeguard or the Meet Director.

Back to this newsletter, we're going to recap the excited swimming activities involving many of you, our NCMS swimmers, during the late spring thru the summer season and to tell you of our upcoming swimming events.

For this Newsletter, you will find our news & updates:

- Chairman's Corner by Steve Weatherman
- 2018 North Carolina Swimming HOF
- 2018 Swimming Meets recap:
 - North Carolina SCY Championships in Cary
 - Coastal Masters Invitational in Bolivia/Wilmington
 - USMS Spring National Championships in Indianapolis IN
 - South Carolina LCM Championships in Greenville SC
 - Pan American Masters Swimming in Orlando FL
 - Pan American Masters Open Water at Daytona Beach ==>
- High Performance Camp in Greensboro
- Swim Across America Charlotte charity swim
- Our NC-LMSC officers and Social Media links
- Upcoming Swimming Events



If anyone would like to contribute to your NC-LMSC Swimming Newsletter, please email me. Swim stories, favorite workouts, interviews, open water or pool, training techniques, favorite pre- or post-swim recipes. All swimming ideas are welcome. And thank you!

Chairman's Corner

by Steve Weatherman



I hope all NC Masters Swimmers had a great summer. With Hurricane Florence heading our way this week we hope all swimmers are cautious of the devastating affects a storm like this can have on our state. Please be SAFE.

The NC LMSC will be launching a new website this fall. We are working out the final kinks to bring this live. All the same information plus more will be there in a different, easy to navigate format. We will drop a note to all swimmers when we go live with the new website address. After going live if you try to access the old site it will automatically redirect you to the new web page.

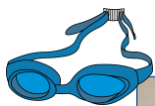
An unfortunate event has taken place this year in NC Masters Swimming. The Top Ten times and records from the Charlotte Sunbelt Meet in January of 2018 have been disallowed by USMS. The meet was sanctioned to be swam bulkhead. At the last minute it was decided to change to swim the meet wall to wall. The Mecklenburg Aquatic Center had never been certified wall to wall by USMS. The meet sponsors failed to get wall to wall measurements to USMS by the deadline and therefore the Top Ten times and records from this meet could not be considered. The NC LMSC officially appealed this decision as well as the meet director and all appeals were denied by USMS. The meet times will however appear in the USMS database for any swimmer's use in qualifying for other meets or for use in signing up for other meets. This was an extremely disappointing happening. I know the meet director has sent out a note to all participants concerning this. As Chair of the NC LMSC I would also like to apologize to any swimmers this affected. The NC LMSC is taking steps to ensure that this does not happen again. We are in the process of updating the Meet Director's Handbook and highlighting major steps that a meet director must take. We will also at the Board's discretion be exercising our right by USMS rules to require more stringent sanction requirements up to and including cash bonds where poor past performance and sanction violations have occurred. The LMSC wants to make sure that if you as a swimmer enter a meet sanctioned by the NC LMSC that you can rest assured that ALL USMS rules and requirements will be followed. Hopefully through the combined efforts of the LMSC and all meet directors something like this will not occur again.

September 26 through September 30, 2018, four of your LMSC Board members will be attending the 2018 USMS National Convention. They will be able to meet with other USMS volunteers from across the country in Jacksonville, Florida to discuss issues pertaining to masters swimming. We will get a report from them and post it on our website after the convention. Have a great fall. -Steve Weatherman

2018 NC Swimming Hall of Fame



Cary, NC: The 2018 NC Swimming Hall of Fame induction ceremony was held at the Embassy Suites Hotel in Cary on April 14. The evening's festivities started with a Cocktail Reception, followed by the Dinner & Ceremony, to celebrate our NC Swimming Hall of Fame class of 2018 inductees: **Eugene Godsoe, Jilen Siroky Bouwer, Chip Peterson, Frank Comfort, and Hill Carrow.**



Happy NCMS'ers after swimming 1st day of Powerade State Games on June 16, 2018 at Greensboro, NC

2018 North Carolina SCY Championships

Cary, NC: Raleigh Area Masters once again hosted our North Carolina SCY State Meet at the Triangle Aquatic Center on April 14-15. Single-strap backpacks with this year's meet logo were awarded to individual high-point winners in each age group, male and female. Team awards were also given for first through third place for NCMS workout groups and first through third place for teams from outside of North Carolina.



2018 Coastal Masters Invitational

Bolivia, NC: The annual Coastal Masters Invitational returned to the Gore Fitness and Aquatic Center at Brunswick Community College on Saturday, April 28th. Directed by Alicia Uhl and our own NCMS Vice Chair's Kristen Jenó, the meet had 82 swimmers entered and included the rock-paper-scissor throw down. Congratulations to the Top 3 teams: Hawk Masters (NC), Grand Strand Masters (SC), and TAC Titans (NC).



2018 USMS Spring National Championships

Indianapolis, IN: The 2018 USMS Spring National Championships took place on May 10-13 at the storied IUPUI Natatorium. This year's event was the largest turn out of 2,378 swimmers, from all walks of life, including a total team effort from all 38 NCMS swimmers. According to LeeAnne Q. "it was such a wonderful weekend filled with sportsmanship, camaraderie, and encouragement. Seeing old friends, making new ones, and being a part of the NCMS team made this weekend totally worth every minute."

Congratulations to our new USMS Record in the Women's 45+ 200yd Medley Relay (1:51.83) set by **Jennifer Buckley, Sara Dunn, Erika Braun, and Amy Holland.**



2018 South Carolina LCM Championships

Greenville, SC: The 2018 South Carolina LCM Championships returned to the Greenville County Aquatic Complex (Westside) on June 16-17. Saturday's session started with the 1500m Free and followed with various regular LCM Events including the 400m Medley Relay, where our NCMS Team of **Jon Klein, Neal Vestal, Greg Sanchez, and Henry Stewart** set a new World Record. The competition continued on Sunday with Donuts for Dads (happy Fathers' Day) and the rest of the LCM Events. A total of 37 NCMS swimmers competed with many personal bests, and set multiple North Carolina state records.



New World Record for the Men's 4x100m Medley Relay (4:36.68)



2018 Pan Am Masters Swimming July 28 - August 4

Orlando, FL: You may recall that neither the Dixie Zone or USMS National LCM Championships would be held this year to focus on this UANA Pan American Masters LCM Championships. Our NCMS Team was well represented with 31 swimmers during the week-long pool competition at the Rosen YMCA Aquatic Center. Overall, there were 1717 swimmers registered for the meet, including one-day only for relays; and we had a total of 13 NCMS relays, of which 5 relays set new UANA relay records.





2018 Pan Am Masters Championships August 5th (Open Water)

The Open Water portion of the 2018 Pan-Am Masters Championships took place on the east coast of Florida at Daytona Beach. Shuttle buses were provided to accommodate everyone traveling from Orlando to this Open Water event in Daytona. There were over 400 swimmers registered for either the 1.5K or 5K competition, and our NCMS was represented by:

1500m Race:

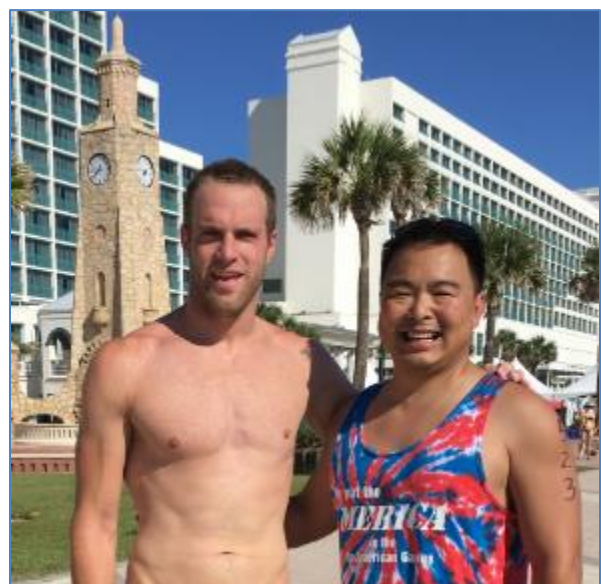
Sonny Nguyen 6th (35-39 AG)

Bruce Diel 6th (70-74 AG)

5000m Race:

Michel Heijnen 3rd (30-34 AG)

Congratulations!!



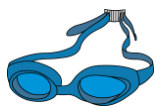
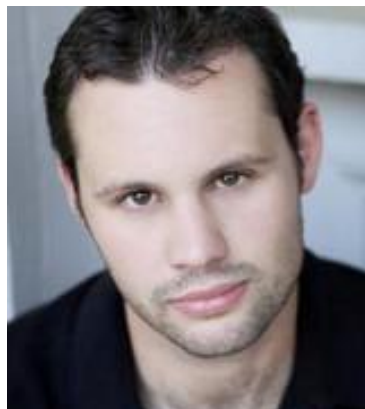
2018 HIGH PERFORMANCE CAMP

The U.S. Masters Swimming (USMS) High Performance Camp (HPC) announced its USMS Coaches for the 2018 camp today. This year's edition of the camp will be held Saturday, August 25th to Thursday, August 30th, 2018, at the Greensboro Aquatic Center, Greensboro, NC.

The coaching staff will be led by Bill Meier, head Coach of the Simon's Rock PaceMakers Masters club in Great Barrington, Massachusetts. Bill will be assisted by Trey Taylor, Head Coach of Gaston Gators Masters in Gastonia, North Carolina; Mike Hamm, Head Coach of Kroc Masters in Coeur d'Alene, Idaho; and Lisa Brown, Founder and Head Coach of Zionsville Aquatic Masters, Zionsville, Indiana.

Hill Carrow, Director of the USMS HPC since the launch of the current edition of the camp in 2011, said, "The USMS High Performance Camp has consistently featured top tier coaches and instructors, and this year is no exception. Our 2018 participants can count on an outstanding camp experience."

Pictures below: Bill Meier (Head Coach), Trey Taylor (Assistant Coach), Mike Hamm (Assistant Coach) and Lisa Brown (Assistant Coach).



2018 Swim Across America – Charlotte Charity Swim

Swim Across America has been hosting charity swims for 31 years with all the proceeds funding cancer research. Saturday, September 15th is the second annual SAA—Charlotte. The schedule offers a 3 mile, 1.5 mile or 1/2 mile swim.

Registration is \$75 (which is tax deductible). Adults are required to raise \$400 and under 18 are required to raise \$250 by the swim. SAA is self-insured and USA Swimming or USMS membership is not required to participate. Olympians Ricky Berens, Ryan Held, Klete Keller and the Queens University NCAA Champion college swim team are anticipated to participate.

Due to Hurricane Florence, this Saturday's SAA—Charlotte swim is cancelled and rescheduled for September 29th



2018 NC-LMSC OFFICERS

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

Position	Officer & email	Town
LMSC Chair	Steve Weatherman	Raleigh
Vice Chair	Kristen Jenó	Wilmington
Secretary and Open Water Chair	Joanne Wainwright	Greensboro
Treasurer	Todd Torres	Greenville
Registrar and Webmaster	George Simon	Raleigh
At large member - Coaches Chair	Trey Taylor	Gastonia
At large member - Fitness Chair	Scott Dallamura	Angier
At large member	Celia Wolff	Fort Bragg
At large member - Communications Chair	Sonny Nguyen	Mooresville
At Large Member - Records & Top 10 Chair	Amy Waters	Raleigh
At large member - Official's Chair	Bill Luse	Jacksonville

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Instagram



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Like us on Facebook

www.facebook.com/northcarolinamastersswimming

NC Masters Swimming social channels are open: Like us, Follow us, Tag us, Tweet us!

Be sure to check out all the NCMS Podcasts:

NCMastersSwimming.Podbean.com



DON'T MISS THESE EVENTS

for your swimming calendar:

www.ncmasters.org
dixiezone.org/Meets.htm



September 15th, 2018: Upstate Splash Charity OW Swim, Salem SC

September ~~15~~-29th, 2018 (not a meet): Swim Across America, Charlotte NC

September 26-30 (not a meet): *USMS Convention, Jacksonville FL*

October 7th, 2018: Eastern Masters Invitational (yards), Greensboro NC

October 12-14, 2018: Rowdy Gaines Masters Classic 10 (SCM), Orlando FL

October 19-20 (not a meet): *USMS National Coaches Clinic, College Park MD*

November 9-11, 2018: South Carolina Championships (SCM), Columbia SC

December 1-2, 2018: Dixie Zone Championships (SCM), Coral Springs FL

January 19-20, 2019: Sunbelt Championships (yards), Charlotte NC



HAPPY SWIMMING



Happy GCY Masters after swimming 76 X 50 @ :60 LC on July 4, 2018 at City Lake Pool in Jamestown, NJ