



ACROSS THE LANES

NORTH CAROLINA-LMSC

2020 Spring Newsletter



Stay Safe and Healthy!

Editor's Note from Sonny Nguyen

Coronavirus Disease 2019 (COVID-19) news is everywhere right now; and this pandemic has significantly altered and impacted our (swimming) communities. Among other difficult decisions, U.S. Masters Swimming has canceled the 2020 USMS Spring National Championships and suspended all education courses through at least the end of May because of COVID-19 concerns.

While it is important to stay-at-home or shelter-in-place, try to make time -even just 30 minutes outside everyday- to step away from the constant updates to focus on something else, which can make a big difference in your anxiety.

As you practice social distancing, remember *to wear your mask and please wash your hands!!*

Our hearts are with you and all NCMS Members near and far.

We will see you... *poolside*... very soon...

You will find in this 2020 Spring Edition of our Newsletter:

- **We're All in This Together** with NC-LMSC Board Members
- Recent Swimming Meets recap:
 - South Carolina SCY Championships
 - Sunbelt SCY Championships
 - Albatross SCM Open
- Featured Members: Judith Downing *and* Liza Williams
- USMS and NCMS-sponsored swimming programs
- North Carolina LMSC Board of Officers
- 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 All in This Together

By our NC-LMSC Board Members



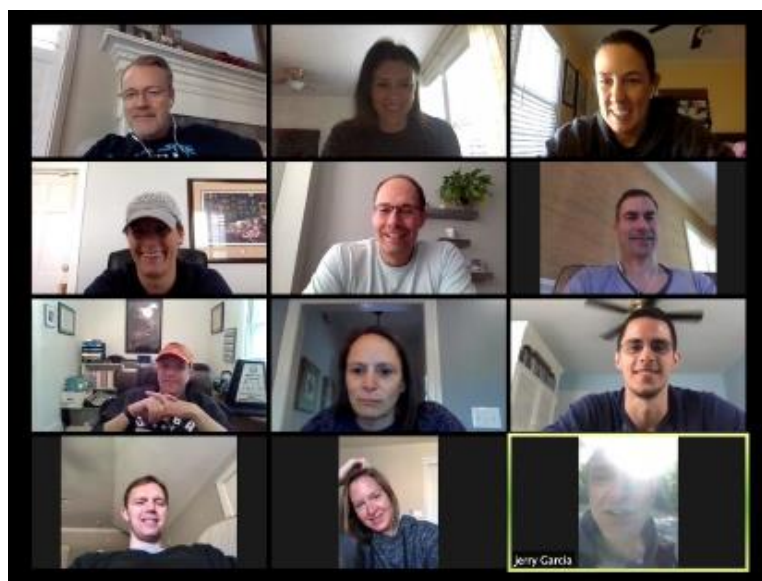
Kristen Jenó (NC-LMSC Chairwoman): *As we move towards the end of April, spring time is really knocking on our doors = nicer weather makes it easier to get outside. I know space is limited and we all are on some sort of restriction, but we all can make the best of the situation. I'm fortunate enough to live at the coast and have private access to the channels. I've missed swimming so much that I jumped in and swam 3.5 miles around Harbor Island. I've been hungry for days and my shoulders were confused and sore (my last swim over 2000yds was months ago). The moral of the story is to get outside, create fun times, be respectful of the situation, and keep finding ways to swim :)*

Joanne Wainwright (Registrar, OW, Sanctions Chair): *I have always been a "quote" person, just ask my swimmers. I am one of those coaches who creates the workout, types it on a word document and makes a copy for each lane. Each day, there is a different quote at the top of the page usually related to the workout.*



These days, I miss the water, the lifeguards, my master swimmers, and sounds of the pool while on deck and when in the water. If I had to pick my favorite place, it would be the pool and if I were to pick a quote for today would be: "Accept what is. Let go of what was. Have faith in what will be." My best to everyone. This too shall pass.

Bill Luse (Officials Chair): *Since being told to stay at home, I have taken advantage of working around the house, both inside and out. I cut down a couple of trees at the back of the lot and trimmed a few others. I've caught up on some office work and even started recording and watching the swimming part of the 2016 Olympics in Rio. Michael Phelps still won the 200 Fly, 200 IM, and all 3 relays. Still tied for 2nd in the 100 Fly. Still fun to watch. I've had time to start exercising again. Lost a couple of pounds and have trimmed my waist. Finally starting to look like my old self from 20 years ago. My wife and I started practicing social distancing from the very beginning and have gotten really good at it. We practice every day at 10:00, 12:00, 2:00 and 4:00. We just achieved the professional level. Miss blowing my whistle at meets and watching all of you swimming as well as all of the NC swimmers. See you sometime and stay safe.*



Sara Dunn (Records & Top10 Chair): *Here in Charlotte, our pools closed the week of March 16th. We all miss swimming so much, but more, we miss seeing our teammates and friends. At SwimMAC, we go to breakfast every Saturday after practice. Many of us call this breakfast the best part of the week. Since the lockdown, we've been having zoom breakfast. It's so amazing how much this hour brightens our spirits. During this time, I encourage everyone to do what they can to still see your teammates and friends! Stay safe and healthy!*

We're All in This Together

By our NC-LMSC Board Members



Celia Wolff (Coaches Chair): *How long have you been out of the pool? How are you dealing with the imposed social distancing? It is more of a physical distancing as we reach out and try to stay socially connected with our friends, family members and team mates. You may be feeling depressed, alone, anxious or scared. These are all normal feelings. How are you going to ensure that you are taking care of yourself?*

Reach out to people around you. Stay connected with your family and friends. There are so many ways to talk; via phone and various video chat apps. Find out what your team is doing to stay engaged with its swimmers. At HAWK masters, we host a zoom call two days a week for about 30 minutes. Anyone can call in and chat, talk about how they are dealing with day-to-day issues and, of course, swimming! We also have had a Virtual Happy Hour! These are just a few ideas for keeping in touch with your team mates. Contact your coach and see if your team is doing anything to keep the team connected. If not, why not volunteer to set something up?! If you don't have a team, drop me a note! HAWK Masters would be happy to have you join us, virtually! We love to meet new people!

Remember that we are all going through the same struggles. Everyone deals with the stress in different ways. Figure out what works for you and keep chugging along. It may seem easiest to disconnect completely, but that is probably not going to be the best for you in the long run. Stay active. Stay connected. Stay positive! We've got this, one day at a time!

As you practice social distancing, remember you're not alone.
Just like your friends and family, we're here for you
—with helpful resources and care if you need it—



February 7-9: South Carolina SCY Championships

Contributions from Celia Wolff

North Myrtle Beach, SC: A small but determined group of NCMS swimmers took North Myrtle Beach by storm and, once again, swept up the First Place Out-of-State Team Award with only ten swimmers! Representing North Carolina for the win were: **Jim Boston, Paul Kern, Jamie Miller, Chris Moore, Keith Nelson, Cath Old, Shawn Post, Mary Anne Savage, Karen Stump and Celia Wolff.**

Bringing home the age-group high point awards were **Jamie Miller** and **Chris Moore.** The meet also featured additional challenges. Winners of the **Beast Challenge** (swim the 1650, 200 fly, 500 free and the 400 IM) included **Mary Ann Savage.** Winners of the **Sprint Squad** (swim the 50 free, fly, back, breast and the 100 IM) from North Carolina were **Chris Moore, Jamie Miller and Mary Ann Savage.**



Congratulations to all of our swimmers! Way to represent!



Results are now posted on the Dixie Zone site:
<https://dixiezone.org/Results/2002n-myrtle-beach.pdf>



February 8-9: Sunbelt SCY Championships

Photos from social media

Charlotte, NC: With 237 swimmers entered, there were plenty of fast swimming at the 46th Annual Sunbelt SCY Championships, which took place on February 8th and 9th at the Mecklenburg Aquatics Center in Charlotte.

Results are now posted online: <https://www.clubassistant.com/c/8C9F32E/file/2020%20Sunbelt%20results.pdf>





Congratulations to the Top 10 Combined Teams:

Place	Team	Points
1	SwimMAC Masters - Charlotte	1,740
2	Greenville Splash Masters	1,036
3	Mecklenburg Swim Association M	1,011
4	Charlotte SwimMasters	729
5	Gaston Gators - Gastonia NC	540
6	North Carolina Masters Swimmin	394
7	Lowes YMCA	348
8	Tac Titans	251
9	Palmetto Masters	226
10	Enfinity Aquatic Club	188

Congratulations to Kerry Lindauer, Mike Dellanoce, Scott Dallamura, and Erika Braun
in the Mixed 35+ 400 Medley Relay event which set a new
USMS National Record time of 3:47.70



February 29th: 28th Annual Albatross (SCM) Open

www.ancientmariners.org/albatross.htm

North Bethesda, MD: Montgomery Ancient Mariners hosted the Albatross Open on Saturday 2/29/2020 at the Kennedy-Shriver Aquatic Center, just north of Washington DC. Germantown won the combined team score again this year with 635 points, Montgomery Ancient Mariners placed 2nd with 465 points, and Reston Masters came in 3rd with 268 points. Our North Carolina Masters Swimming (NCMS) combined team was 5th out of 36 scoring teams.

Congratulations to new Albatross Meet Records:



Erika Braun (100 Free, 50 Breast),

Jon Klein (50 Back and 100 Back),

and **Irish Holland** (200 Breast).

Results are now available online: <https://pvmasters.org/results/ancm0220.pdf>

See pictures from this event:

www.ancientmariners.org/ANCMbyyear/2020/ANCM2020Albatross.pdf

Our NCMS Swimmers competed at this meet: Erika Braun, Jamey Chapman, Scott Dallamura, Sara Dunn, David Dunson, Violetta Gratsou-Zodl, Seth Hall, Irish Holland, Jon Klein, Jamie Miller, and Sonny Nguyen.

Thanks to Erika, Irish and Sara for these photos:





Featured NCMS Member1:

Judith Downing



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

I have been swimming since I was 3 years old and swam competitively in my earlier years. Since 2017 I have been mentoring swimming with Tri It For Life. TIFL (triiitforlife.org) is a non-profit organization with the vision of empowering women of all ages, sizes, backgrounds, and abilities to develop healthier lifestyles through triathlon training, mentorship, and community. This year alone, over 130 women in South Charlotte chapter will be training to do their first sprint triathlon in June. This is a huge accomplishment for many of the women as many have not done any physical activity in years. Over 25% of these women have no swimming skills at all and most of those are just starting to learn to put their faces in the water.

Since I have a strong swimming background, it can be difficult for me to understand the women's fears, reservations, and need for special care and empathy to get them to progress, however it is some of the biggest joy I get when those ladies learn how to relax in the water enough to put their faces in, blow bubbles and float. At the end of the season almost all are able to swim (some on their backs) 200 yards without assistance. Those ladies work so hard and by accomplishing this, they also have removed other barriers in their lives. They believe in "Yes I Can". (Tears of joy come to my eyes as I write this.)

Morgan Lattimore and the ALTS course was so beneficial to me as I learned tips, techniques and strategies to enable the women to get over their fears enough to allow them to learn and progress. Things as simple as keeping my goggles on as a model to the student so that they can see more of what is around them and not fear getting water in their eyes. I had not understood the value of having the student face the wall verses the wide open water when learning to float, glide, etc. I feel fortunate to have these new skills and be able to practice them immediately.

Thank you so much for the opportunity to take the course and be assured that it will go to benefit many women in the Charlotte community.





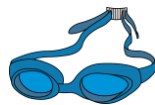
Featured NCMS Member2:

Liza Williams



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

I've been swimming since a very young age. I have two sisters and they also learned to swim at a young age. We swam from elementary school through high school. My sisters didn't have that love of swimming as I had, but we now all see the benefits and importance of swimming. It is one of those life skills that we all want to impart to our children. I have continued to swim now with the masters team at the Lowe's YMCA in Mooresville, NC. Our team has been growing and we have been participating as a team in a few of the local swim events. I took this course because I'm interested in coaching others for fitness or competition, and not just being the swimmer. I enjoy the camaraderie of swimming with other master swimmers, but I would also like to expand, learn, teach and coach others. I would also love to teach those adults who don't know how swim, but would very much desire to have that skill, be it for their health, overcoming their fear of water, being able to enjoy swim time with their family, or whatever reason they have. Swimming is a great sport to be part of.



USMS and NCMS-sponsored Swimming Programs

Rescheduled or postponed below:

MASTERS SWIMMING

HIGH PERFORMANCE CAMP
10th Anniversary, Greensboro 2020

10TH ANNIVERSARY
EDITION OF HPC!

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



Kerry O'Brien



Nadine Day



Susan Ingraham



Cokie Lepinski



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 22-27, 2020*

HOSTED BY:



GREENSBORO AQUATIC CENTER



TRIANGLE
SPORTS COMMISSION



greensboro
NORTH CAROLINA
Convention & Visitors Bureau



NC Swimming Hall of Fame Induction Rescheduled to Sept. 18, 2020



Cary, NC: The North Carolina Swimming Hall of Fame has settled on a new date for this year's Ceremony. The Induction Ceremony will be Friday evening, September 18, 2020, in Cary, NC with a reception beginning at 6:30pm followed by dinner and the Induction Ceremony at 7:30pm.

If you previously bought tickets to the Ceremony, you are all set for the newly rescheduled date of September 18th.

Individual Tickets are available for \$60 by visiting ncshof2020.eventbrite.com Sponsored Tables of 10 are \$800 and are available by contacting:

Collins Lowder - clowder@trianglesportscommission.com

NORTH CAROLINA LMSC OFFICERS

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

POSITION	OFFICER	CITY/TOWN	CONTACT EMAIL
LMSC Chair	Kristen Jenó	Wilmington	kbs1011@gmail.com
Vice Chair	Trey Taylor	Gastonia	gatorsmasters@gmail.com
Secretary	OPEN		
Treasurer and Webmaster	Todd Torres	Greenville	toddtorres@gmail.com
Registrar, Open Water, and Sanctions Chair	Joanne Wainwright	Greensboro	joswims@twc.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	Sonny Nguyen	Mooreville	snguyen925@yahoo.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



Visit our NCMS Website
which has a new look:

www.ncmasters.org

www.facebook.com/NorthCarolinaMastersSwimming

2018 Regional Club of the Year Award



North Carolina Masters Swimming



DON'T MISS THESE EVENTS

for your swimming calendar:

dixiezone.org/Meets.htm

www.ncmasters.org



3rd Annual IM MADNESS ePostal

March 1st extending to July 31st, 2020
Send in your entries by 8/10/2020.



www.clubassistant.com/club/meet_information.cfm?c=2442&smid=12791

Dixie Zone / Bumpy Jones Classic (LCM)

June 6 – 7, 2020
Sarasota, FL

Powerade State Games Swim Meet (SCY)

June 13 – 14, 2020
Huntersville, NC

ncsports.org/event/poweradesg_swimming

South Carolina State Championships (LCM)

June 20 – 21, 2020
Greenville, SC

USMS Summer Nationals (LCM)

August 13 – 16
Richmond, VA



HAPPY SWIMMING

