



ACROSS THE LANES

NORTH CAROLINA-LMSC

2021 Winter-Spring



Stay Safe and Healthy!

It's 2021! Even though we are still dealing with some of the same challenges as 2020, I hope everyone is adjusting well and taking care of themselves. I know many of our swimmers have not been able to practice with their teams since the pandemic started, and we haven't had nearly as many meets and events that would allow us all to get together. However, many of these meets have been postponed to later in the year, as you'll see at the end of the newsletter, and I hope we have a great turnout with everybody eager to get back in the water!



You will find in this Winter Edition of our Newsletter:

- Featured Recipe
- Chairwoman's Corner by Kristen Jenó
- Recent Swimming Meets recap:
 - South Carolina SCM State Meet in Charleston, SC
- Fitness Article: Preventing Injury, by Scott Dallamura
- Results are In! NC SCM FINA TOP TEN 2020
- Open Water Updates, from Lisa Hoff
- Featured Submission: The Joys of Swimming Outdoors...in the Winter! – Amanda Law, Cary IMPS Masters
- COVID Relief Summary, from Trey Taylor
- USMS and North Carolina LMSC-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!! Reach out on our Instagram, Facebook, or directly to Whitney at whitneyhauser21@gmail.com.

No Bake Energy Bites

I think we've all heard of these, and maybe even packed some in our swim bag for energizing during our meets! (Ah, memories). The great thing about these is you can customize based on your preferences and diet – different nut butter, remove coconut, etc. While we wait on the rescheduled meets to get here, try making these before a practice and see if it gives you an energy boost to beat your best practice time!



Recipe from <https://www.gimmesomeoven.com/no-bake-energy-bites/>

Ingredients

- 1 cup old-fashioned oats
- 2/3 cup toasted shredded coconut (*sweetened or unsweetened*)
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup semisweet chocolate chips (*or vegan chocolate chips*)
- 1/3 cup honey
- 1 tablespoon chia seeds (*optional*)
- 1 teaspoon vanilla extract

Instructions

1. **Stir everything together.**
2. **Chill.** in the refrigerator for 1-2 hours
3. **Roll into balls.** Roll into mixture into 1-inch balls.
4. **Serve.** Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.

We're still in this Together

By Kristen Jenó



Kristen Jenó (NC-LMSC Chairwoman):

Happy soon to be Springtime swimmers. I hope this finds you well and of course swimming! As most pools are open, I know it can be difficult to find space as most lanes these days are reservation based. With that being said, make plans, get a few friends to join, and

keep swimming. Don't forget we (NC LMSC) does offer a COVID relief grant for those teams who meet the qualification and apply. It's important to us to take care of you all.

While some meets have been on hold there have been some taking place. Don't forget to use the USMS website to find meets to attend. If attending meets are an option for set up something with a friend, like a 500TT (that's just my favorite event). You can always find ways to challenge yourself without a meet. Pick a date, some events, and start training. Having direction and focus will help keep you sane while giving you a purpose to train.

I don't know about you guys, but here in Wilmington we swim OW year-round. That is a great substitute to pool space or lack there of. Do we just give up swimming for the time being? Unlike other cross-training activities like cycling, we can't just slip on a swimsuit and paddle out the front door. Plus, installing an indoor pool at home is likely not an option for most and not nearly as easy or affordable as setting up a treadmill or bike trainer.

But if there's one thing that this pandemic has taught us, it's that we can—and must—be adaptable with our daily routines, including our workout regimes. Things like practicing your stroke with resistance bands or doing yoga moves inspired by swimming are great ways to keep the active as a swimming. At the end of the day, don't stress too much about it as we can't control the uncontrollable.



North Carolina Masters Place Second South of the Border!

Contribution from Celia Wolff, Coaches Chair

The excitement level was high as the Palmetto Masters hosted the South Carolina SCM State Meet December 4-6, 2020 in Charleston, SC. Twenty-five of our North Carolina Masters Swimmers pulled out their tech suits and made the trip, south of the boarder! Placing second, only to the host team, Palmetto Masters, NCMS proved that the year of COVID-19 would not keep them from competing. NCMS Swimmers



included: Mort Anderson, Margaret Collins, Scott Dallamura, Michael Dellanoce, Paul Denison, Beth Donahue, Sara Dunn, David Dunson, Violetta Gratsou-Zodl, Carol Gregory, Kurt Havens, Irish Holland, Brenda McLuskie, Jennifer Mihalik, Chris Moore, Sonny Nguyen, David Ruff, Stratton Smith, Karen Stump, Chandler Thomas, Alicia Uhl, Maria Vazquez, Joseph Walker, Tim White and Celia Wolff.



The meet was held at the newly opened North Charleston Aquatic Center. All of the participants were just excited to be in the pool and able to compete. This meet was so well-run. Even with social distancing guidelines in place, the natatorium had more than enough room for the maximum 150 competitors and volunteers to safely swim, cheer and rest during the events. NCMS came charging out of the gate on Friday with our swimmers in each of their age-groups finishing in first or second place in the 400 IM and the 1500m free. Saturday and Sunday were no different with North Carolina Masters placing in the top three spots in all but two events!

This team of swimmers came together and brought the hammer down on South Carolina Swimming! North Carolina swimmers were age group high point winners in six of the twenty-five categories. Your age group champions were: Mort Anderson (50-54), Michael Dellanoce (35-39), Paul Denison (60-64), Violetta Gratsou-Zodl (50-54), Chris Moore (55-59) and Alicia Uhl (40-44). With so few meets and even fewer short-course METER meets, our North Carolina swimmers were striving for the highest heights and the desire to rank on both the USMS and FINA World Top Ten lists as well as set some new NCMS state records. They did not disappoint as 24 state records fell! This meet was a great opportunity to not only test the waters but to

SCM Records broken at Charleston		
Women 40-44		
Irish Holland	800 Free	10:04.97
	400 IM	5:24.80
Jennifer Mihalik	100 Back	1:04.56
	200 Back	2:19.09
Women 45-49		
Sara Dunn	100 Breast	1:17.90
Women 50-54		
Celia Wolff	50 Breast	44.28
Women 55-59		
Maria Vazquez	200 Back	2:49.87
	100 IM	1:21.43
	200 IM	2:56.65
	400 IM	6:13.86
Men 30-34		
Chandler Thomas	200 Breast	2:29.10
	200 IM	2:16.89
Men 35-39		
Michael Dellanoce	400 Free	4:21.95
	800 Free	9:10.01
	1500 Free	17:18.59
	100 Back	1:03.90
	200 Back	2:17.01
Men 50-54		
Morten Anderson	400 Free	4:40.51
	200 Fly	2:23.35
	200 IM	2:23.43
	400 IM	5:17.30
Men 60-64		
Paul Denison	50 Fly	29.55
Men 65-69		
Tim White	1500 Free	22:34.68
Women 160-199		
Alicia Uhl	400 Free Relay	4:54.91
Margaret Collins		
Celia Wolff		
Karen Stump		

dominate events and demonstrate the power and strength of North Carolina Masters Swimming. Congratulations to all of our swimmers!

New NCMS State Records



Fitness Article from our Fitness Chair

Contributions from Scott Dallamura, LMSC Fitness Chair

Preventing Injury

Swimming makes us feel good. Exercise is great for our bodies and our minds. However, as with any physical activity, we have to be careful that we're taking the time to be safe. Injuries due to repetitive motion (with poor technique) and strength imbalances can sideline even the strongest swimmers. I had two shoulder surgeries before I turned 40, and while they both turned out fine, I wish I hadn't needed them at all! It's a risk and a lot of stress that we should all avoid as much as possible. Fortunately, there are lots of stretches and dryland exercises that we can do to help out. And most of them can be done at home with no special equipment.

Warming up

Think of your muscles as rubber bands. When they're warm, they're nice and stretchy and springy. When they're cold... not so much. So make sure you're moving around for a bit before you start. After a swim is a really good time to stretch and do some injury-prevention exercises, but it's not necessary. A brisk walk for two or three minutes is fine. Get your arms moving a bit too. Basically, you should move whatever muscles you want to exercise. For example, if you plan to do some stuff with bands, use a really light band (or no band at all, just go through the motions) for just a few reps as part of your warmup. It'll make a huge difference.

Exercises

You can find tons of exercise and stretching ideas on the internet, but I recommend asking a physical therapist or coach to show you exactly what to do and help with technique. This is a great idea as we're all unique and have different areas that we need to focus on. Just as in swimming, **technique is literally the most important thing** when it comes to any dryland or injury-prevention exercise.

For me, I sit at a desk for around eight hours a day so my lower back is pretty much constantly talking to me. I also have a history of shoulder problems, due mostly to years of swimming with poor technique. So I like to focus on shoulder stability exercises, torso mobility and stretching, especially in my hamstrings and hip flexors. My routine looks something like this:

- Warmup

- Quadruped t-spine rotation: this is a nice way to loosen up your back without putting strain on the lower part. I'm much more flexible going to the right, so I do a few extra on the left.
- External shoulder rotation: you can do these with bands, cables, or weights. For our purposes: start small. Really small. I use three-pound weights for this (you can search for "sidelying external rotation" to see videos).
- Scapular retraction with bands: again, you don't need a lot of resistance here. For me I concentrate on keeping my shoulders "back and down". It really helps to have a mirror.
- Kneeling hip flexor stretch: especially when my back hurts. It's amazing how much tightness in the front of your hips affects your lower back.
- Hamstring stretch: there are a million ways to do this. Personally my calves are really tight so I like to do one leg at a time, otherwise the calves get in the way.
- T-spine extension with a foam roller: take your time on this one. I'm pretty sure I'm an inch taller when I'm done.

I try to do this two or three times a week.

Wrapping up

Drink some water and rest a bit, you've earned it!

Staying injury-free is a huge part of fitness. When we're injured, we have to take time off to heal, which makes it a lot harder to do the things we love. And improving your strength and flexibility will improve your performance. Just a few minutes a week of simple stretching and injury-prevention exercises can go a long way.



RESULTS ARE IN!

Congratulations to the members below who achieved NC SCM FINA TOP 10 in 2020! Number 1 rankings are highlighted.

NC SCM FINA TOP TEN 2020

Contribution from Sara Dunn, Records & Top 10 Chair

Name	Age Group	Event	Place	Time
Alicia Uhl	W 40-44	200 Free	8	2:16.98
Irish Holland	W 40-44	800 Free	2	10:04.97
Jennifer Mihalik	W 40-44	100 Back	1	1:04.56
Jennifer Mihalik	W 40-44	200 Back	1	2:19.09
Irish Holland	W 40-44	200 Back	7	2:36.84
Irish Holland	W 40-44	200 Breast	6	2:56.07
Alicia Uhl	W 40-44	100 Fly	9	1:10.36
Irish Holland	W 40-44	200 Fly	4	2:34.02
Alicia Uhl	W 40-44	100 IM	8	1:10.81
Alicia Uhl	W 40-44	200 IM	4	2:36.08
Irish Holland	W 40-44	400 IM	2	5:24.80
Erika Braun	W 45-49	100 Free	1	59.18
Erika Braun	W 45-49	50 Breast	2	35.44
Sara Dunn	W 45-49	50 Breast	3	35.66
Sara Dunn	W 45-49	100 Breast	1	1:17.90
Sara Dunn	W 45-49	200 Breast	3	2:51.90
Erika Braun	W 45-49	50 Fly	4	29.49
Maria Vazquez	W 55-59	200 Back	8	2:49.87
Maria Vazquez	W 55-59	400 IM	10	6:13.86
Michael Dellanoce	M 35-39	1500 Free	2	17:18.59
Michael Dellanoce	M 35-39	200 Back	7	2:17.01
Scott Dallamura	M 40-44	100 Fly	10	1:00.94
Morten Andersen	M 50-54	200 Fly	5	2:23.35
Morten Andersen	M 50-54	200 IM	10	2:23.43
Morten Andersen	M 50-54	400 IM	5	5:17.30

Paul Denison	M 60-64	100 Free	4	1:00.36
Paul Denison	M 60-64	200 Free	4	2:15.94
Jonathan Klein	M 60-64	50 Back	3	31.23
Jonathan Klein	M 60-64	100 Back	3	1:06.96
Paul Denison	M 60-64	50 Fly	2	29.55
Paul Denison	M 60-64	100 Fly	7	1:10.47
Paul Denison	M 60-64	100 IM	10	1:10.49
Paul Denison	M 60-64	200 IM	10	2:39.86

Women	W 160-199	400 Free Relay	7	4:54.91
Alicia Uhl				
Margaret Collins				
Celia Wolff				
Karen Stump				

Mixed	200-239	200 Medley Relay	2	2:00.03
Jonathan Klein				
Sara Dunn				
Scott Dallamura				
Erika Braun				

Mixed	200-239	400 Medley Relay	1	4:26.88
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Jonathan Klein
Sara Dunn
Scott Dallamura
Erika Braun



Open Water Updates

Contributions from Lisa Hoff, LMSC Open Water Chair

Now is the time to select and register for those open water swim events that interest you and make any necessary travel arrangements. At the bottom of the USMS home page, under “Pool and Open Water Events”, you will find the new *Open Water Central*. Once there, under “Events”, you will see descriptions of eleven open water events throughout the country. Under “National Championships”, you will see the six 2021 Open Water National Championship events. These are excellent events but most are fairly far from North Carolina. With that in mind, I pulled together a list of open water events closer to home (except for Key West and Ocean City which are just great events). Ray’s Notebook at <https://raysnotebook.info/ows/schedules/The%20Whole%20Shebang.html> is also a good source of open water events throughout the U.S. but some of his data is out of date so you will need to do more research on races you find there that interest you.

Here are several good open water swim events in or close to North Carolina:

Charlotte Open Water Swim Series

- 2021 O’CRUD open water race is the kickoff for this swim series.
- The series consists of the O’CRUD, the mid-summer event and the Charlotte Open Water Championships in the fall.
- O’CRUD (Open-water Catawba River Up & Down) will be Saturday, May 8, and offers 2.4-mile and 10k options starting at Mount Holly Boat Landing, 724 Elm Ave., Mount Holly, NC.
- The Charlotte Open Water Championships is a 2-mile loop course on the Catawba River on Saturday, October 9, 2021.

2021 Down River Rip

- 4.4 mile and 2.5 mile river swim with the current
- Midlothian, VA
- Saturday, May 15, 2021

Stoked to Go Out

- 1.7 mile pier to pier ocean swim
- Wrightsville Beach, NC
- Saturday, May 22, 2021

Lake Lure Open Water Swim

- 1.5 and 3 mile lake swim
- Lake Lure is near Chimney Rock State Park in NC
- Early June 2021 but check FB: @lakelureolympiad

Swim Around Key West

- 12.5 mile ocean swim
- Key West Harbor, Cow Key Channel
- Saturday, June 26, 2021

Ocean Games

- 9-mile and 3-mile ocean swim
- Ocean City, Maryland
- Saturday, July 17, 2021

Triangle Open Water Series

- Jordan Lake in Pittsboro, NC
- Due to uncertainty regarding Covid restrictions and safety in general, this series is only planning an October swim in 2021. They will update us on a date once planned.
- Facebook: @triangleopenwater

Pier-to-Pier

- 1.7 mile ocean swim
- Wrightsville Beach, NC
- Mid-September 2021

Low Country Splash

- 2.4 mile and 6 mile swims in the Wando River and Charleston Harbor
- Mt. Pleasant, SC
- Saturday, September 18, 2021

Swim the Loop/Motts Channel Sprint

- 3.5/1.3 mile harbor swim
- Wrightsville Beach, NC
- Late September/early October 2021

Charlotte Open Water w/Swim Across America

- 2, 1, and 0.5 lake swims
- Camp Thunderbird (1 Thunderbird Ln, Lake Wylie, SC 29710)
- Sunday, October 3, 2021

Swim Around Charleston

- 12.5 mile swim in the Charleston waterways and harbor
- The swim begins at Remleys Point in Mount Pleasant, SC, proceeds across the Cooper River to the Charleston side, parallels the peninsular city and proceeds north up the Ashley River to the finish point at I-526.
- Sunday, October 31, 2021



The Joys of Outdoor Swimming...in the Winter!

Contributions from Amanda Law, member of Cary IMP Masters

It's been one year since I rejoined a master's team after sustaining a non-swimming related injury in 2019. In February of 2020, I started swimming with the IMP Masters under Coach Laura Goodwin at the Cary Swim Club. As we all know, swimming and life came to an abrupt halt when Covid hit, but my decision to join this team at the time I did was more beneficial than I knew at the time. This team is unique in that our practice location is outdoors.



Swimming outdoors has always been my preference and especially now since it seems to be a less risky option during the pandemic. Being surrounded by nature and fresh air is infinitely better than a stuffy indoor pool. I've been known to train solo during the summer months, whether it be at my club pool or a lake just to enjoy the great outdoors.

Joining the IMPS when I did afforded me the ability get back in the water sooner rather than later. When pools started opening up last spring, we were in a unique position in that safety procedures were already in place due to year-round team WAVE successfully holding practices at the same facility. Initially, we were limited days, times and amount of people allowed per lane. During the week, we swam from 9-10PM! Sundays were better as we had a late morning slot that provided a nice dose of Vitamin D. Once the pool

closed to its membership in September, more options became available and currently we have ten practices/week to choose from.

Swimming outdoors is all well and good until the season changes. Cary Swim Club has been operating as a year-round, outdoor facility for many years and is equipped with heaters and covers to contain the

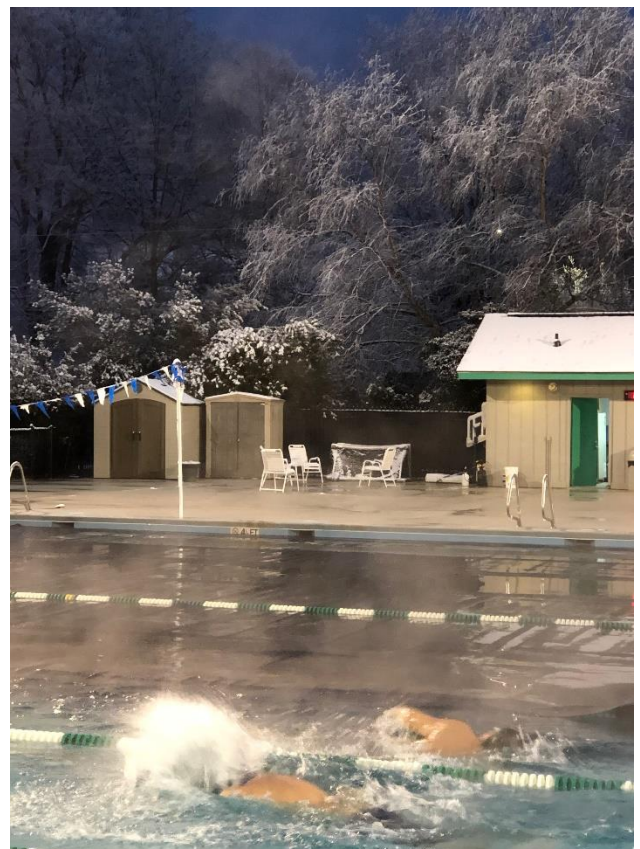


warmth. There were a few cool autumn days but nothing unbearable. It wasn't until mid-November that I had to start rethinking my trips to the pool. It was at that point that I finally invested in a fleece-lined parka. I started carrying two pairs of shoes: flip flops for the walk to and from the pool and sneakers and socks to change into for the drive home. I have a bit of a drive to this pool, so I like to be as comfortable and warm on the return trip as possible. We don't have access to locker rooms to change, so I'm always driving home wet (except for that one time I when changed in the car...never again...at least it was dark when I did that!)

Another way I keep warm is by wearing two swim caps.

This is something I've always done when racing, but never for practice. It serves two purposes: 1) retains heat and 2) keeps my hair relatively dry. Wet hair and cold air are not conducive to staying warm on the journey home.

Once I'm in the pool, I warm up quickly. Coach Laura is great at tailoring practices to weather conditions. Colder days are more distance focused (yay for me!) and on warmer days we do more drills/technique work, dryland and racing off the blocks. The best practices are the foggy, rainy ones because coach can't see how bad I swim certain strokes (ahem, fly and back). I missed the



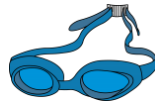
one and only snow practice, but trust that I've swam through some nasty conditions.

The worst part of practice is the end and not just because it's over. Once cool down is completed, we need to put the covers back on. To be honest, I don't even know why I cool down as this task just gets the heart rate up all over again! Then I have to get out of the 80-plus degree water and sprint to my towels and parka. There goes the heart rate again!

Despite all the extra stuff I have to do and carry, I'm more committed to swimming than ever before. I have a consistent schedule that I stick to no matter what weather is happening outside my window or what temperature is mocking me on my cars' dashboard. Swimming keeps me sane and healthy, not to mention race ready whenever those return. To have a safe, outdoor space to do what I love with others' who have similar goals makes it easy to show up day after day.

Today as I leave the house for practice, it's a glorious sunny day with temps in the lower 60's complete with a cloudless Carolina Blue sky. I'm leaving the extra shoes, towel and parka at home. Better days are ahead, my friends. Stay healthy and swim on!

If you'd like to get more information on the Cary IMPS team, visit this site: <https://easytotri.com/services/>



COVID Relief Summary

Contribution from Trey Taylor, LMSC Vice President

North Carolina LMSC Membership,

The NC LMSC Board is pleased to announce we were granted Matching Funds from the USMS National Office to use towards a COVID-19 Relief Grant.

NCMS was able to provide \$1,142 in direct stimulus to our teams (workout groups) with a hope to provide more direct relief in the near future.

5 teams received grants for a total of 92 NCMS members.

Teams that received grants were East Carolina Aquatic Masters, Gaston Gators, Enfinity Masters Swim Team, North Carolina Aquatic Club Masters, and Triad Masters Swimming.

-The NC LMSC Board

USMS and NCMS-sponsored Swimming Programs

MASTERS SWIMMING

HIGH PERFORMANCE CAMP
10th Anniversary, Greensboro 2021

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.trianglportscommission.com/usms-hpc/

This will be the final HPC ever, so get registered today!
August 21-26, 2021

HOSTED BY: _____



NC Swimming Hall of Fame Induction Rescheduled for 2021

Cary, NC: The North Carolina Swimming Hall of Fame has again pushed back the Induction Ceremony. With the current climate still unsafe, we have made the decision to push back to 2021 from our most recent date for the Ceremony of Friday, September 18, 2020 (previously rescheduled from the original NCSHOF Induction Ceremony date in March). The new date will most likely coincide with next year's 2021 US Masters Spring

Nationals, which is scheduled for April 29 - May 2 at the Greensboro Aquatic Center in Greensboro, NC. More details to come.

If you previously bought tickets to the Ceremony, you are all set for next year.

If you have further questions, please reach out to the contact below.

Collins Lowder - clowder@trianglesportscommission.com

NORTH CAROLINA LMSC OFFICERS

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

Visit our NCMS Website: www.ncmasters.org

www.facebook.com/NorthCarolinaMastersSwimming

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At large member - Open Water Chair	Lisa Hoff	Raleigh	LisaJHoff@gmail.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	Whitney Hauser	Gastonia	whitneyhauser21@gmail.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



DON'T MISS THESE EVENTS

for your swimming calendar:

SouthEastZone.org

NCmasters.org



Our Dixie Zone is now Southeast Zone:

SouthEastZone.org

2021 USMS Short Course National Championship (SCY)

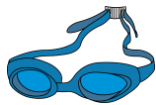
July 21-25, 2021

Greensboro, NC

USMS Long Course National Championship

October 6-10, 2021

Geneva, OH



HAPPY SWIMMING

