



ACROSS THE LANES

OUR NC-LMSC NEWSLETTER

2019-2020 Winter Edition



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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!!



3rd Annual IM MADNESS ePostal March 1 - March 31, 2020

1. Choose an event: Sweet 8, 12, or 24 (see back)
2. Have someone record your time and splits.
3. Start the clock and swim madly. Rest as much as necessary or not at all.
4. Complete sub-events combining them into a single event.
5. At the end of the event, stop the clock and record your cumulative time.
6. Enter online after you swim. \$10 per event.
7. Visit <https://www.ncmasters.org/>



https://www.clubassistant.com/club/meet_information.cfm?c=2442&smid=11038

Chairwoman's Corner

By our NC-LMSC Chairperson



We are full swing for short course season. We have a bunch of meets coming up in the great state of North Carolina. Check out the bottom of this newsletter to see them all. NC is fortunate enough to host the Dixie Zone this year, so if you haven't, come join us in March. This is a great meet in preparation for Nationals a little over a month later. The board has been busy trying to improve and update our By-Laws to make them more streamlined and informative. The By-Laws are a great resource for how our state operates as a LMSC. If you haven't checked them out yet, head to our website and read them over. It really helps you understand who we are, what we do, and more importantly how we strive to improve USMS swimming for our state.

On a personal note I've been in the Wilmington Fire Academy for about a month now and things have been going well. We dove right into EMT school and should finish that in the middle of March. We then start fire training which should last the remainder of the time. I take one day at a time and try to soak it all in. It's a privilege to be in the seat I am and very excited for this journey.

Has anyone been swimming Open Water? A bunch of Wilmington swimmers having been out in the channel/ocean without wetsuits. We have a strong group of swimmers who love swimming open water year-round here. Open water is quite the adventure and if you haven't tried it, I would highly recommend it. We have a few events in NC that are great for novice to experienced swimmers. Between lakes, rivers, channels, and the open ocean you have excellent options here in NC.

Interested in becoming a coach or in USMS Adult Learn to Swim? We are hosting a class February 22nd. Charlotte is a great place and the course is highly recommended if you want to help out your local team or just learn.

Happy Swimming

-Kristen Jenó

November 17th, 2019: St. Nicholas Invitational (SCM)

Contribution from Karen Stump

In August of 1997, I swam in my last age group meet at the Southern Zones in Atlanta, GA. It was the summer after the Atlanta Olympics, and I was so excited to get to swim in the same pool as Amy Van Dyken and Gary Hall, Jr. We didn't have big aquatic centers readily accessible back then—this was the biggest, fastest, most advanced pool I had been to. I really don't remember much about that meet—I probably swam 100 fly—but I do remember how amazing it felt to be there.

Fast forward 22 years to November 17, 2019. The St Nicholas SCM Invitational was being held in the same pool and the nostalgia (plus a late season SCM meet) enticed me to make the drive from Wilmington. Along the way I picked up my mom, Sandra Stump, age 72, for her 2nd swim meet ever. Her presence at this meet means more to me than any Olympians ever will.



I started swimming around age 5 and my mom was a constant presence at the pool. Not as a coach or swimmer, but just about everything else. For years she was the team treasurer, computer person, goggle and cap supplier, ribbon person and probably a lot of other things I didn't pay attention to as a kid. She kept spreadsheets of my times before excel and took down splits back when our meets had only one little scoreboard that very quickly scrolled through each lane. She drove me to practice and to meets all over country—15 hours to Des Moines, IA on her vacation time—she deserves a medal just for that! Eventually she did make it in the pool and continues to swim to this day.

Last year for Christmas, I bought her entry to her first meet, the January Sunbelt Meet in Charlotte (ask forgiveness, not permission). She did amazing especially considering she never once competed and trains alone, her closest masters team hours away. Again without asking, I signed her up for a full schedule in Atlanta. She just said, "Ok, what am I swimming?" We made the drive, reminisced through Olympic Park, got splashed at the aquarium, and had a great time together before the meet. Come race day, I really just wanted to swim 50 fly and nurse the nasty cold I picked up along the way, but the meet directors had put the tantalizing Snow Globe High Point Awards out on display. I knew we had to go home with those! We both had good swims, fun relays, and great companionship with other fellow North Carolinians! Our matching snow globes will be reminders of an amazing meet--one shared not with Olympians, but with my mom!

Results are now posted on the Georgia Masters site: https://www.georgiamasters.org/GAM/meet_results.cfm

In addition to **Karen Stump and her mom Sandra Stump**, *other NCMS Swimmers competed at this meet:*

**Irish Holland,
Erika Braun,
Kerry
Lindauer, Sara
Dunn, Violetta
Gratsou-Zodl,
Kurt Havens,
Michael
Dellanoce,
Sonny Nguyen,
Steve Robling,
Mark Rubacky,
Graeme
McGufficke,
Jon Klein, Greg Sanchez, and Neal Vestal.**



**Congratulations to our *individual Age-Group High-Point winners:*
Michael Dellanoce, Sonny Nguyen, Steve Robling, Karen Stump, and Sandra Stump.**



39th Annual VMST Fall Meet November 2nd, 2019

Virginia Beach: Our NCMS Team was well represented with

Mary Dore, Joanne Wainwright, Beverly Amick,

Joseph Walter, Robert Pardo, Stratton Smith, and Jamie Miller

on Saturday 11/02/2019 at the 39th Annual Fall VMST Meet in Virginia Beach.

With just over 100 swimmers, representing 22 clubs, there were plenty of fast swimming.

Congratulations!!



USMS 5K/10K ePostal Nationals 2019

From the Raleigh Area Masters Swim Team:
Congratulations to our ePostal swimmers!!



Kathleen Pelczynski finished 2nd in the Women's 5K (1:17.21) and 5th in the Women's 10K (2:41.45).

Mark Rubacky finished 4th in the Men's 5K (1:08.40) and 3rd in the Men's 10K (2:23.47).

Additionally, North Carolina Masters Swimming relays competed:

Paul Kern, Eric Carlson, and Mark 2nd in the Men's 5K Team

Joanne Wainwright, Debbie Wilson, and Kathleen 3rd in the Women's 5K Team

Debbie Wilson, Eric Carlson, Mark and Kathleen 2nd in the Mixed 5K Team



Dr. Charles van der Horst Water Safety Initiative

Swim For Charlie Hello fellow masters swimmers,

As you know we lost a fellow competitor, dear friend, humanitarian, social justice activist, public health crusader, and philanthropist when Charlie died after completing his 4th leg of the marathon Hudson River swim this past summer.

In keeping with Charlie's love for swimming, values and interest with youth, the NC masters swimming community, fellow swimmers and friends of Charlie have formed the Dr. Charles van der Horst Water Safety Initiative also known as Swim For Charlie, a non profit 501 (c) 3 tax exempt charitable organization to provide funding along with coordination, development and implementation of youth based water safety/swimming skills programs which aim to provide the opportunity for every child to be safe in and around the water.

We are partnering with the Orange County Schools (OCS) and the Orange County Sportsplex to transport 2nd graders during the school day to the pool for water safety/swimming instruction. Working with the schools will allow us to reach the greatest number of children. The program will use the NC Healthful Living Standards and will be part of the Physical Education curriculum.

The Initiative will be duplicating the highly successful Guilford county model where the Greensboro Aquatic Center in partnership with Guilford County Schools have created an excellent Learn To Swim program.

In Orange County the initial classes from 3 schools with 230 students will begin Feb 3, 2020. Schools will be added in subsequent years prioritizing those with the highest percentage of students in need of instruction.

The mid term plan is to add the rest of the OC elementary schools next school year, followed by expansion to surrounding school districts. Our ultimate goal is for this Initiative to grow statewide so it is the norm for all 2nd graders in NC to be water safe. We expect the initiative to continue for the long term over decades and have a profound effect upon youth health and lives matching Charlie's broad vision.

At this time of year when you are considering your charitable gifts to worthy causes we hope you will make a donation to:

Swim For Charlie, 1821n Hillandale Road, Suite 1B #126, Durham, NC 27705

Or on-line at www.swimforcharlie.org

To those of you who have already donated thank you for giving the gift of swimming to the many children who do not have access to swim lessons.

For those of you who are thinking how to bring a program like this to your school district please contact me, by email: jeklein0089@gmail.com

Jonathan Klein, MD, MHS

Chairman of the Board, Dr. Charles van der Horst Water Safety Initiative



Featured NCMS Member:

Irish Holland



During my swimming age group glory days I was a fairly successful middle distance swimmer (200/400/500 - totally my jam), and I rarely sprinted thus I wasn't a draft pick for relays. Regardless Y-Spartaquatics produced several elite sprinters so the relays were already pretty killer at meets. So, my age group relay experiences were limited but still awesome. My favorite age group relay memories are from the SC State Championship in 1993. My teammates and I, just a fearless group of 12 year olds, crushed two SC state records. The records stood for quite some time, which is rare for an age group relay record. I'll have to dust off my old Swimming World magazines to confirm, but I'm confident we made a strong impression on the national top 16 list.

Fast forward a couple of decades later. So now we are in 2017. I started US Masters Swimming at the recommendation of a counselor who felt my obsessive personality and constant need to be fixated on something should be redirected to something else. Joining USMS is by far the best decision I've ever made after a series of questionable decisions. Swimming does save lives in more ways than one.

I was able to pick up training rather quickly and also fell back in love with my old school favorite events. The first two years of my masters journey was a fantastic concoction of establishing a new lifestyle routine, traveling to meets, and fostering new friendships. The tricky part was learning how to properly race again. The best solution is participate in as many meets as possible. Added bonus: I have met some of the most wonderful people on Earth. Seriously. Like, people that I now can't imagine not being in my life.

Unlike age group glory days one cool thing about USMS is there is a relay for everyone, and they are FUN! Sometimes it's all about the post race photo opportunity, or other times when someone accidentally swims the wrong stroke but it doesn't really matter - we are all smiling, laughing, and we are wildly supportive of each other.

Fast forward to 2019. So now I'm into the groove and it's time to go "beyond psycho." If I ever write a book then I have the title nailed down. At the beginning of 2019 I started an intense training schedule. We are talking yardage that I did as an age group swimmer plus weights plus running. My body always hurt. But, that didn't matter. I was fixated on my goals. 1. Winning an event at short course nationals. 2. Owning an age group top individual time in one event in short course yards.

Well, neither happened. Crushed. Left wondering if anything good would result from this fixation. I wanted to take a small break but honestly I didn't feel like I deserved it. So, I allowed myself one day off and then I was back in the water and setting new goals.

Now it's summer 2019 so it's time for long course. My favorite! Because this season is so short and there are fewer meets to attend, I knew I would need to travel to have the best chance of reaching my goals. A small group from NCMS ended up traveling to a great meet at Texas A&M.

My dear friends Sara Dunn, Kerry Lindauer, and Erika Braun and I put together a plan to attempt to break a FINA World Masters relay record at this meet. Pretty much everyone involved in masters swimming knows these names. Absolute legends in the pool for starters but more importantly three of the kindest, most supportive teammates of all time. We made the trip to College Station, TX, experienced the tiniest airport ever, had dinner at an amazing winery, laughed nonstop, and we were super pumped to race. While we didn't break the record, we still had a great time.

The Texas experience is where I had an epiphany. My individual goals were still important and not abandoned by any means but my fixation completely shifted. There are no words to express how badly I wanted an epic achievement with Sara, Kerry, and Erika. Now I understood why Team USA Olympians consistently produce faster relay splits than their individual swims. Honestly that concept baffled me for decades. Something powerful happens when a performance isn't about "me" and you are emotionally invested in three amazing friends.

Once we were home we immediately started chatting about our next record attempt. I have to hand it to Sara, Kerry, and Erika. Normally I would throw myself a pity party, but all three of my friends were ready to move forward and knew we could still do this. Their optimism was infectious.

We quickly formulated a new plan. We found a meet in Atlanta in November at the 1996 Olympic pool, and we would simply try again. While Erika flew in from Raleigh, Sara, Kerry, and I made the journey from Charlotte to Atlanta in Kerry's awesome minivan. Seriously, it's awesome. Y'all are missing out if you road trip in anything else. The four of us along with several other terrific NCMS teammates had the best dinner at a steakhouse with a deejay. Similar to the Texas experience we laughed until we hurt, and we were so excited to race the following day.



I have to give major praise to the meet director and volunteers from Georgia LMSC. Our neighbors to the west couldn't have been more supportive of our attempt. Our fellow NCMS teammates were heavily invested, and their positive reinforcement was the extra reassurance I needed. No matter where we go the masters swimming community is something special.

Sara, Kerry, Erika, and I came together and achieved an extraordinary goal. We broke a FINA World Masters relay record. All four of us produced splits faster than our commitments. These ladies are impeccable teammates and simply legends in and out of the pool. While I'm so unbelievably proud of this accomplishment it would be less meaningful without my friends.



Relays are indeed special. They provide elements to a mostly individual sport where we develop trust, display the highest level of sportsmanship, and form forever bonds.

That's my relay story.
-Irish Holland

Congratulations to our team of Kerry Lindauer, Sara Dunn, Irish Holland, and Erika Braun for setting the Women's 4x100 SCM Medley Relay, 160-199 Age-Group, FINA World Masters record in a very fast time of **4:31.32**

Heat place 1		4:31.32
HEAT 1	LANE 8	
SPLITS		
50 Free	32.42	32.42
100 Free	35.96	1:08.38
Kerry Lindauer		1:08.38
150 Free	35.56	1:43.94
200 Free	40.98	2:24.92
Sara Dunn		1:16.54
250 Free	31.83	2:56.75
300 Free	36.48	3:33.23
Irish Holland		1:08.31
350 Free	27.87	4:01.10
400 Free	30.22	4:31.32
Erika Braun		58.09



USMS-Sponsored National Championships in 2020

USMS Spring Nationals: April 23–26 in San Antonio TX.

must register by March 23, 2020

USMS Summer Nationals: Aug. 13–16 in Richmond VA.

USMS Long-Distance Open Water Nationals: June 13 in Livermore, Calif.

USMS Sprint-Distance Open Water Nationals: June 27 in Santa Barbara, Calif.

USMS Middle-Distance Open Water Nationals: July 18 in Lake Erie in Ohio

USMS Ultramarathon-Distance Open Water Nationals: July 25 in Newport, Vt.

USMS 2-Mile Cable Open Water Nationals: Aug. 15 in Lake Placid, N.Y.

USMS Marathon-Distance Open Water Nationals: Aug. 22 in Hague, N.Y.

USMS 1-Hour ePostal Nationals: Jan. 1–Feb. 29

USMS 5K/10K ePostal Nationals: May 15–Sept. 15

USMS 3000/6000-Yard ePostal Nationals: Sept. 15–Nov. 15



USMS Education coming to North Carolina

USMS is excited to bring two educational offerings to our members (coaches and adult swim instructors) **in Charlotte** and surrounding areas:

[Feb. 22](#): USMS Coach Certification Classes (Level 1, Level 2)

[Feb. 22-23](#): USMS Clinic Course for Coaches

[Feb. 23](#): USMS Stroke Development Clinic

[Feb. 23](#): USMS ALTS Instructor Certification

North Carolina Swimming Hall of Fame

Class of 2020 Honorees and 2020 Induction Ceremony

Cary, NC: The North Carolina Swimming Hall of Fame has announced its Class of 2020. This year's inductees are **Peter Carney, Sid Cassidy, Pat Earey, Beth Harrell, and Fritz Lehman**. "Our Class of 2020 North Carolina Swimming Hall of Fame Inductees represent standouts in all levels of swimming competition, coaching, and administration. They represent accomplishments in Swimming, Open Water Swimming, and Masters Swimming, and we are delighted to recognize their achievements in, and contributions to, the sport of swimming," said Ceil Blackwell, Co-Chair of the NC Swimming Hall of Fame Committee. Erika Braun, fellow Co-Chair added, "I am thrilled this year to see the amazing achievements of individuals who have led, or are continuing to lead, our sport, both in the pool and out. With all the assembled aquatics sports talent, our Induction Ceremony in March promises to be quite an event."

The 2020 N.C. Swimming Hall of Fame Induction Ceremony will be held at the Embassy Suites Hotel in Cary, 201 Harrison Oaks Boulevard, Cary, NC 27513, on Saturday, March 21, 2020. The evening's festivities will start with a Cocktail Reception at 6:30pm, followed by Dinner & Ceremony beginning at 7:30pm.

The Induction Ceremony is being held in conjunction with the North Carolina Masters Swimming State Championships (and Dixie Zone Championships) in Cary during the weekend of March 21–22, 2020.

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

ABOUT The North Carolina Swimming Hall of Fame:

The North Carolina Swimming Hall of Fame was founded in 1985 to recognize outstanding achievements in, and contributions to, the sport of Swimming in North Carolina. From 1985 to 1991 the NC Swimming Hall of Fame conducted six induction ceremonies honoring 27 inductees, but subsequently went on a long hiatus. In 2015 a new NC Swimming Hall of Fame Committee came together to re-establish the NC Swimming Hall of Fame. The 2016 Induction Ceremony was the first in 25 years. Under the new Committee, the Hall aims to recognize outstanding accomplishments and contributions across a broader spectrum of aquatic sports including Swimming, Diving, Synchronized Swimming, Water Polo, Masters Swimming, and Open Water Swimming. In particular, the Committee seeks to honor those individuals or groups that have achieved at a high level and/or made a significant positive difference in aquatic sports in North Carolina.

Hall of Fame Committee members involved in the selection process include Ceil Blackwell, Erika Braun, Gerry Chapman, Kathy McKee, Trish Martin, Collins Lowder, Paul Silver, Kevin Thornton, Alan Toll, and Jonathan Watson.

For more information on the North Carolina Swimming Hall of Fame visit www.ncswimhalloffame.com.

NORTH CAROLINA LMSC OFFICERS

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

Position	Officer	Town	Email
LMSC Chair	Kristen Jenó	Wilmington	kbs1011@gmail.com
Vice Chair	Trey Taylor	Gastonia	gatorsmasters@gmail.com
Secretary	Steve Weatherman	Raleigh	ssweatherman@aol.com
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	Mooresville	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



Sunbelt Championships (SCY)

February 8 - 9, 2020

Mecklenburg County Aquatic Center, Charlotte NC

Frank Clark Memorial Meet (SCY)

Sunday, February 23rd, 2020

UNCG Kaplan Wellness Center, Greensboro NC

3rd Annual IM MADNESS ePostal

March 1 to March 31, 2020

Any Pools

Coastal Masters FUN-vitational (SCY)

Saturday, March 14th, 2020

UNCW, Wilmington NC

Dixie Zone / North Carolina

March 21 - 22
2020



State Meet (SCY)

Triangle Aquatics Center,
Cary NC



HAPPY SWIMMING

