



# **ACROSS THE LANES**

## **YOUR NC-LMSC NEWSLETTER**



### Summer 2019

Earlier this summer, one of our NCMS swimmers lost his life doing what he loved... Swimming! After completing the next-to-last portion of the Hudson River's marathon swim, Dr. Charles Van Der Horst went under water and did not resurface. We are deeply saddened by the news of his death.

Our NCMS Community is dedicating the upcoming swimming events to his memory.

- August 10<sup>th</sup>, 5K Swim ePostal Swim at Latin Pool in Charlotte (with SwimMAC Carolina Masters)
- August 17<sup>th</sup>, Dr. Charles Van Der Horst Memorial Meet in Cary (hosted by Raleigh Area Masters)

Please join us to celebrate his life. **WE SWIM FOR CHARLIE!!**

For the Summer Edition of our Newsletter:

- Chairman's Corner *by Kristen Jeno*
- Recent Swimming Meets recap:
  - YMCA Masters National Championships, Orlando FL *contributed by Eric King*
  - USMS Spring National Championships, Mesa AZ *contributed by Stephen Zubrod*
  - Dixie Zone / South Carolina Championships, Greenville SC *contributed by Elise Shank*
  - Other NC Masters Swimming Splashes
- Dr. Charles Van Der Horst Memorial swim meet
- USMS-Sponsored Education Programs/Events
- NC-LMSC board of officers & Social Media links
- Upcoming Masters Swimming Events

Join us for the Charlie van der Horst Memorial USMS 5K ePostal National Championship at Charlotte Latin.

Saturday, August 10th @ 6:00 AM-8:00 AM, 9850 Providence Road, Charlotte, NC,

In memory of Charlie van der Horst, a NCMS member who passed away during the 8 Bridges Hudson River Swim in June, SwimMAC will hold a 5K swim during Saturday morning practice, beginning at 6:00 AM practice at Charlotte Latin. This swim will be open to all SwimMAC Masters and 18+ swimmers in the community.

If not already a USMS member, you will be asked to complete a 30-Day Trial USMS membership form. We will also ask ALL swimmers to bring at least a \$10 donation for either the International AIDS Society or The Blue Card Fund (two causes close to Charlie's heart). You're welcome to donate more!

What is the Objective? To challenge yourself, as Charlie challenged himself physically and how he challenged us to empathize with our fellow men and women and to swim 5-kilometers in a 50-meter pool. Swim it how you'd like: straight; 50 x 100; 100 x 50; 5 x 100 IMs, etc. Then if you'd like, submit your results online at USMS to compare yourself to other

*If you would like to contribute to our next NC-LMSC Swimming Newsletter: swim stories, favorite workouts, interviews, open water or pool, training techniques, nutritional recipes, please message me. All ideas are welcome!!*



# **HAPPY SWIMMING**



# Chairman's Corner

*NC-LMSC chairperson Kristen Jenó*

Summer time is in full swing and boy has it been a hot one. We've had some new events pop of this summer. One of them an open water swim in Lake Fontana and the other a long course meet coming up in Cary. It's great to see some diversity in USMS events within our state. Don't forget you can always check out our upcoming meets and event information on our website [www.ncmasters.org](http://www.ncmasters.org)



Have you ever thought about helping out at a swim meet? Want to try something other than being a lane timer? We love to grow our official population and its super easy to get started. U.S. Masters Swimming certifies swimming officials to work USMS sanctioned meets. Officials certification is open to anyone 18 years of age or older. USMS certification is not required for currently certified USA Swimming, NCAA, NFHS (high school), or YMCA officials to work USMS meets. Membership in USMS is recommended, but not required, for certification as a Stroke & Turn or Starter official. There are TWO types of officials that don't require experience - STROKE & TURN OFFICIAL and STARTER. You must take and pass tests :) Contact me if you have questions, I'd love to help.

NC is very excited for convention this year. Its rare that most of the board is able to attend, but 2019 seems to be the year! This is a great time for us to get together (we all live in different towns throughout the state) and share/grow our common goal of making the NC LMSC better. I personally plan on taking the Adult Learn to Swim Program while I'm there as well. During the convention, the yearly budgets are approved, elections of officers may take place, organizational rules and bylaws may be amended, and the general direction of the organization is set for the coming year.

I'll update you all in the next newsletter on the happenings during convention.

Until then happy swimming!

**-Kristen**

# YMCA Masters National Championships 2019

Contributed by *Eric King*



**April 11-14 in Orlando, FL:** Early one Thursday morning this past April, I loaded up the pickup and headed down to the Charlotte-Douglas International airport. My destination was Orlando, Florida and the venue was the YMCA Masters National meet. Looking into the rearview mirror, I saw my competitive swimming days 25+ years in the past. The University of South Dakota and the historical North Central Conference were many miles behind me. Yet, as they say, the past is the past. I don't spend a lot of time there. It's time for the next race.

Masters swimming started for the King family just over three years ago. At that time, we were a two-income household and my wife and I were frantically doing our best to raise three children under the age of 10. Our eldest had joined competitive swimming and was doing well. Our middle child was just learning to splash around the pool. Our youngest was desperately following his siblings into the aqua world while we

circled around him for fear of him falling into the pool. One day, my wife Victoria asked me if I'd ever considered Masters swimming. I said that I'd love to race again, but I wouldn't do it by myself. If she liked it, then I would participate with her. That was three years ago and we've enjoyed masters swimming ever since.

Our three kids are now swimming at various levels and progressing nicely. I've retired from a corporate coaching job to become CEO of the King House. That's a fancy way of saying that I'm now a stay at home dad, assistant YMCA swim coach, YMCA soccer coach, full-time cook and husband to Victoria, a corporate doctor that I call, "the squirrel."

Training for masters swimming while wrangling kids now under the age of 12 is not for the faint of heart; yet we're no different than other swimming families that do the same thing. We joke that the "M" in Masters means modify and I think that our swimming family exemplifies that point. We swim in a small, four lane YMCA pool in Mooresville, NC and I do almost 90% of my practices alone. I swim at all hours of the day and night and we're fortunate to have built an Endless Pool in our garage. In October of 2018, I started looking for alternatives to my traditional training as I knew that there must be something different out there.

Enter USRPT. Next Race.

Now many of you seasoned Masters may be thinking, "USRPT has been around for a while, has this guy been hiding under a rock?"

Well.....yes. Actually, it's more like three rocks. Rock #1 is a twelve year-old 6th grader going on twenty. Rock #2 is an 8 year-old 3rd grade boy who likes to live life wide open. Rock #3, albeit smaller, is a 6 year-old kindergartener that is just about water safe.

I started reading anything I could about USRPT. I had heard about the success that the younger generation was experiencing. I was intrigued. I liked the fact that practices were shorter yet I saw they were consistently intense. As it turned out, USRPT would be much more intense than my current training approach. How would my 47 year-old body hold up to the intensity? Could it hold up? I had my doubts. Racing in practice they say! Sure, maybe at the very end of practice, but not for the whole thing. Were Masters swimmers using this approach? I had to find out more and headed to YouTube. A few clicks here and there brought me to a snippet by Josh Davis; an Olympic swimmer with an impressive background....yet more importantly someone in my own age group. I watched the short video and became even more intrigued. Hmm...USRPT, sounds hard. Maybe I'll try it out, but just as a supplement to my traditional training. I can't possibly sustain a race pace every day at practice. So, November and December of 2018 had a smattering of USRPT but I still wasn't convinced. I was waiting for my body to breakdown; which didn't happen. Yet, I wasn't ready to commit.

I kept reading about USRPT. I kept coming back to the YouTube video by Josh Davis. He sounded convincing. I needed to learn more as I continued to come out from under those rocks.

In early January 2019 I contacted Josh in the hopes that I could learn from someone my own age. I didn't know what to expect. Maybe I could get a few pointers to follow. Maybe this thing wasn't for me. I wasn't sure.

Josh contacted me back less than 24-hours after my inquiry. Not only was he willing to share his experiences, but he sent me his phone number with an open invitation to give him a call. I jumped and picked up the phone to dial the digits less than a day later. We spoke for about an hour and I listened intently. A working parent himself, I could relate to the time demands that he had with raising kids while sustaining a career. He shared his experiences and I took notes. Josh shared his training routine and I became even more interested. Josh said three words at the beginning and end of our call that helped me make the mental commitment that I needed. He said simply, "Eric it works."

Excited and inspired, I took a look at the calendar. I would have just over three months to train with USRPT before heading toward the YMCA Masters meet. Now traditionally, I swim a lot of backstroke, but I was curious how USRPT could help me with my overall swimming. I had elected to swim 9 events at the meet and would participate in backstroke, freestyle and IM events and built a training plan to suit the race distances (between 50 and 200 yards). With nervous excitement I began my training.

In the beginning, I was humbled and shocked by my inability to hold a "race pace" based on my goal times for any length of repetitions. More doubt crept into my swirling mind. However, I loved the swimming lifestyle enough to take the risk into the unknown. I followed the structure. I did a lot of 25's fast. I did a lot of 50's fast. I didn't do anything fast over a 50, which still seems weird even now. Then, about three weeks into my program, I started to see some improvement. I was able to hit my race pace times with greater consistency. I was able to swim more repetitions before missing my goal time. This USRPT thing seemed to be working. I kept going. I continued to split my time between Free, Back and IM training. I still had that thing called "doubt" in my head....but the word became smaller and smaller as the big meet approached in Orlando.

*CONTINUE ON PAGE 6...*



# Dr. Charles Van Der Horst Memorial swim meet 8/17/2019



**From Jon Klein:** As I am sure most of you know we lost a dear friend, swimmer, and humanitarian when Charlie died after completing 15.7 miles of swimming in his 4th leg of the marathon Hudson River swim.

Many of us have been personally touched by his love and caring, as well as we were awed by all he accomplished for the good of individuals and the greater humanity. The upcoming Saturday August 17th swim meet in Cary, NC at the Triangle Aquatic Center has been dedicated to his memory.

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1475&smid=12378](https://www.clubassistant.com/club/meet_information.cfm?c=1475&smid=12378)

I hope many of you will join me in celebrating his life at this meet. Thank you!



**www.wral.com:** "The family of Charles Van Der Horst of Chapel Hill, NC is deeply saddened to confirm the loss of our beloved Charlie," New York Open Water posted on Facebook. "Charlie exemplified living life to its fullest. He put all of his passion and zest into everything he did, from his love of his family, friends and community, to his swimming to his work on social justice and in the medical field."

"Dr. Charles van der Horst was a passionate and dedicated researcher, clinician and colleague during his many years at UNC," School of Medicine officials said in a statement. "He was an incredible force for good, and led by his example of dedication to science and service. Our UNC School of Medicine team is saddened by the news. Our thoughts are with his family."



*CONTINUE FROM PAGE 4...*

For me, the meet would be a three-day affair with an equal number of events each day. I was excited and ready to see how the experiment would turn out. After my warm-up that held a USRPT focus, it was time to go.

My first race was the 50 breaststroke. I chose the race so that I could get the jitters out. Now, you must understand that I swim the breaststroke like a wounded duck. I'm not a breaststroker...and am always amazed how people can swim the stroke so fast. I swam that 50 as fast as I could and slammed my hands on the touch pad. I was thrilled with what I saw on the scoreboard; a personal best time in my age bracket by ½ a second. I thought it could be fluke as I headed to the diving well to warm down, yet my confidence meter was on the rise. Next race I said to myself as I jumped in.

Up next was the 200 backstroke. I was nervous because I signed up for the 200 free right after. I swam the event and saw a best time for the current season by 4 and ½ seconds. It was not my best swim in my age group, but I'll take it. The 200 free would be up shortly. Time to get ready for the next race.

The 200 free...an event that we all know is challenging. Go out too fast and risk falling apart at the end. Go out too slow and risk not being able to make the big kick when needed. The 200 would be a real test for me. Could I hold my race pace consistently? The data and sets over the last 3 months said I could. Before I had time to pontificate further, the buzzer went off and I swam for all that I was worth. At the 100 mark, I wasn't dying. I told myself that I could hold my pace for another 50....then another 50. When I touched the wall, I'm shocked that I've taken just about 6 seconds off my 45-49 age group best time. Boom....the confidence factor has just gone through the roof. Not only has my plan worked, it's worked in all of my events for the day. Hmm...I wonder what day 2 and day 3 will hold. On cloud nine, I headed back to the hotel to re-fuel and re-hydrate, but not before sending some notes back to my team members in Mooresville.

On the second day, I have the 50 back, 100 IM and 100 free. After many years of distance swimming, I'm nervous about these sprints. Will I have the get up and go needed to succeed? Or, has the get up and go...gone up and went? I go through a condensed warm-up similar to the first day with a USRPT focus. Let's race.

After a morning of swimming, I'm excited beyond belief. I realized an in-season best time in the 50 back. I dropped a second and a half in the 100 IM for a PR in my age group. To wrap up the day, I take a second off my 100 free for another PR. Everything seemed to be working. I send some more notes to our small team in Mooresville. They keep me going. I'm excited to represent our 4 lane pool. After a warm down, I rush back to the hotel where Victoria and my middle child (Logan) have just arrived. Time to head off to the water park for some fun and family time and get ready for day 3.



By this time, my meet has been made. I'm floating on cloud 9. Victoria is here. My son, Logan, is here on a surprise trip. I get to the swim the 100 back, 50 free and 200 IM on day three. I can visually see my Mooresville YMCA team members cheering me on. One more day to prove it before catching a flight back home.

I blast off for the 100 back with just the slightest hint of trepidation. I wonder what those 3 hours at the waterpark will do for my times today. Next race I keep repeating to myself. Next race. I fade at the end, yet still come away with an in-season best time. Not quite as fast as my time at the Indianapolis USMS meet just under a year ago, but I'm still excited.

Next up was the 50 free. I take some deep breaths and give 'er all I've got as the buzzer goes off. I slammed my hand onto the touchpad and see that I've taken ½ a second off my best time. I can't believe it. I'm just a few tenths away from getting into the :23 second range....and I can't remember if I ever swam that fast. I was an IM'er and backstroker at South Dakota....not a 50 free sprinter.

My final race was the 200 IM, which I had not swam since November of 2017. It's the last event of the meet....some of you know where this is going. I get to the blocks. Victoria and Logan are at the other end to cheer. This is it. I look to my left....nobody there. I look to my right and see one other guy four lanes away. It's just the two of us in our age group. Cool I say to myself. It's going to be a clean water time trial. I dove in and pace the first 100 yards; committed to not falling apart on the breaststroke. With one final push, I hit the touchpad. I took almost 3 seconds off my time from my previous 200 IM.

Everyone has a story. This was my story just a short while ago. It's not a story about how fast I am....there are plenty of people that are much faster than I. As a matter of fact, I'm always amazed how fast masters swimmers are from the Carolina's. I appreciate what it takes to be that fast. I recognize the dedication and sacrifices that get made to keep swimming at high levels. Many times, these swimmers keep me motivated to do my best when I'm grinding out sets in my garage at 9:30 at night.

It is though, a story about how I found success with USRPT at 47 years of age. It's a story about willing to take a risk with a new training approach. It's a story about believing in the process; even if it's unproven to you. It's a story that isn't over yet though. I will continue with USRPT and see if I can use it with other events and distances. It's also a story that I'm willing to share if you are interested. Some things worked for me....some things didn't. I still did kick sets....I still did drill sets....to help with my recovery and to make sure that I didn't lose my lane (remember it's a 4 lane pool). I still lift weights about 2-3 days a week because I like how it makes me feel. As a member of NCMS, I'm willing to share. Feel free to contact me at [ESBK5297@yahoo.com](mailto:ESBK5297@yahoo.com) I'll send you my phone number so that we can talk.

Until then....Next Race.

Eric King

Lowes YMCA Masters Swimming  
Mooresville, North Carolina







## USMS Spring Nationals (SCY) 2019

*Contributed by Stephen Zubrod*

**Mesa, AZ:** This Spring Masters Nationals was a very special occasion for me and my son. My son Brendan is an F-16 pilot in the Sioux Falls Air National Guard. When he was deployed in Afghanistan we made a promise to “Meet in Mesa” for our first Masters Nationals together. Since my wife and I moved to Asheville, NC two years ago, I changed my Masters registration to North Carolina Masters but I

pretty much swim solo at the Asheville YMCA. When I started to get emails from Jonathan’s emails about the NC Masters tent and relay opportunities, I was very relieved we would actually meet some swimmer from North Carolina! What still shocks me is how incredibly gracious everyone was to me and Brendan. We suddenly felt like we were part of the team! After all these decades, I never thought I’d swim on a relay again!

Words cannot express how deeply grateful I am to all of you for making us part of your swimming family! Thank you from the bottom of my heart for helping me keep a promise to my son.

“FYI” I just turned 65, so I’ll see y’all in San Antonio next year. And this time I won’t slow down those young guys on the 45+ relay!”





# Our NCMS at USMS Spring Nationals 2019...



# Dixie Zone Championships (LCM) 2019

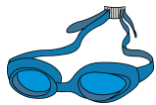
Contributed by *Elise Shank*

**Greenville, SC:** Not everyone who swims Masters wants to go to swim meets. What I love about my program is that my swimmers can be as competitive as they want. They don't have to race, but if they want to the opportunity is there. I love racing. As someone who is highly competitive, there is nothing more fun than trying to beat myself or beat the person next to me. As the Head Coach for Fort Bragg, I am around the pool all the time but have been struggling to find time to actually get IN to said pool. I decided to register for relays only since I was still recovering from an ankle injury. I attended the 2019 Dixie Zones Championship in Greenville, South Carolina with Fort Bragg Masters. Four of us made the four hour drive from North Carolina to race. I was lucky enough to have my husband drive me so I could sleep (Thanks Honey!). Although our team trains in a 50 meter pool, we do not get very many local opportunities to race long course. Upon arrival we found out that we were all on quite a few relays. Some of us were excited and some of us were a bit nervous. I saw my name on the 800 meter relay and died a little bit inside (Thanks Sonny!). When I stepped up to the block for my first relay all I could think was "Just don't DQ". My race strategy for any 200 Freestyle is to go out fast for the first 50, build the middle 100, then all out for the last 50. I swam 5 relays on Saturday! By the end of the day I was ready for a nap and some food. I love attending swim meets with my team because I get to see how my swimmers have progressed. Logan, who is also my Assistant Coach, swam in his first swim meet EVER! He had some pretty quick times, but most importantly he liked racing! He is training hard for the next swim meet in August. My other two swimmers hadn't competed in a long course swim meet in years, but swam some best times. My husband volunteered as a timer and had a good time pretending to be my coach. After the meet Fort Bragg Masters ate our way through Downtown

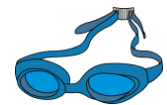


Greenville. I would have to say that the desserts we tried were my favorite part of the weekend. We are looking forward to the next swim meet so we can hang out with our North Carolina Swimming Peeps!



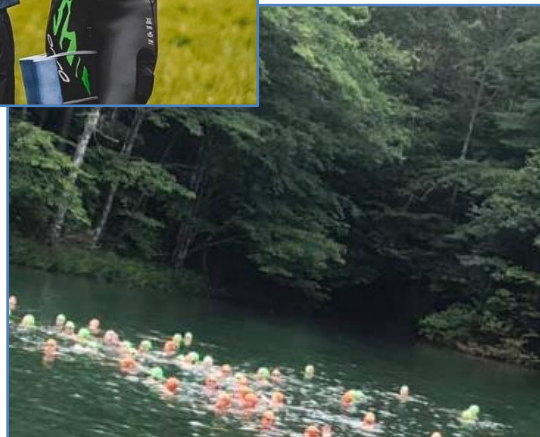


## Our NCMS making splashes



(at left) Chuck Norris Never Did a SwimRun team of **Alicia Uhl** and **Paul Denison** at SwimRun Lake James on April 20<sup>th</sup>

(below) Fontana Lake Swim at Almond (Western NC)







## 2019 USMS-Sponsored Education Programs and Events



Feb. 15-28	SPV USMS Winter Fitness Challenge
March 1-3	LMSC Summit @ Phoenix, AZ
April	Adult Learn-to-Swim Month
April 25-29	Spring Nationals @ Mesa, AZ.
May 31-July 31	Grant Application Window for SSLF
June 1-9	Try Masters Swimming Week
July 15-30	SPV USMS Summer Fitness Challenge
Aug. 7-11	Summer Nationals @ Mission Viejo, CA.
Aug. 9-18	FINA World Masters Champs @ Gwangju, South Korea
Jan. 1-Feb. 28	1-Hour ePostal
May 15-Sept. 15	5K/10K ePostal
June 1	Middle Open Water Nats @ Lake Berryessa, CA
June 15	2-Mile Cable Nationals @ Eagle Creek Park, IN
July 14	Ultramarathon Open Water Nats @ Portland, OR
Aug. 16	Sprint Open Water Nats @ Lake Willoughby, VT
Aug. 17	Long Open Water Nats @ Lake Willoughby, VT
Sept. 11-15	USMS Annual Meeting @ St. Louis, MO
Sept. 15-Nov. 15	3000/6000 ePostal
Sept 22	Marathon Open Water Nats @ Knoxville, TN



## 2019 USMS Summer National Championships at Mission Viejo CA

Our NCMS Team will be represented with Dana Greene, Kurt Havens, Jamie Miller, Greg Sanchez, LaJoya Smith, Maria Vazquez, and Warren White.

**Good Luck and Swim Fast!!**

# NORTH CAROLINA LMSC OFFICERS

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

Position	Officer	Town	Email
LMSC Chair	<a href="#">Kristen Jenó</a>	Wilmington	<a href="mailto:kbs1011@gmail.com">kbs1011@gmail.com</a>
Vice Chair	<a href="#">Trey Taylor</a>	Gastonia	<a href="mailto:gatorsmasters@gmail.com">gatorsmasters@gmail.com</a>
Secretary	<a href="#">Steve Weatherman</a>	Raleigh	<a href="mailto:ssweatherman@aol.com">ssweatherman@aol.com</a>
Treasurer and Webmaster	<a href="#">Todd Torres</a>	Greenville	<a href="mailto:toddtorres@gmail.com">toddtorres@gmail.com</a>
Registrar, Open Water, and Sanctions Chair	<a href="#">Joanne Wainwright</a>	Greensboro	<a href="mailto:joswims@twc.com">joswims@twc.com</a>
At large member - Coaches Chair	<a href="#">Celia Wolff</a>	Wilmington	<a href="mailto:ikeepswimming@gmail.com">ikeepswimming@gmail.com</a>
At large member - Fitness Chair	<a href="#">Scott Dallamura</a>	Durham	<a href="mailto:scott.dallamura@gmail.com">scott.dallamura@gmail.com</a>
At large member	<a href="#">Megan Lassen</a>	Winston-Salem	<a href="mailto:swim2win4u@gmail.com">swim2win4u@gmail.com</a>
At large member - Communications Chair	<a href="#">Sonny Nguyen</a>	Mooresville	<a href="mailto:snguyen925@yahoo.com">snguyen925@yahoo.com</a>
At large member - Records & Top 10 Chair	<a href="#">Sara Dunn</a>	Charlotte	<a href="mailto:sdunn102@gmail.com">sdunn102@gmail.com</a>
At large member - Official's Chair	<a href="#">Bill Luse</a>	Jacksonville	<a href="mailto:wclswim@ec.rr.com">wclswim@ec.rr.com</a>



Visit our NCMS Website  
which has a new look:  
[www.ncmasters.org](http://www.ncmasters.org)

2018 Regional Club of the Year Award



**North Carolina Masters Swimming**



## **DON'T MISS THESE EVENTS**

*for your swimming calendar:*

[dixiezone.org/Meets.htm](http://dixiezone.org/Meets.htm)

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



July 20<sup>th</sup>, 2019: Fontana Lake 5K – 10K – 15K Open Water Races, Almond NC

August 7-11, 2019: USMS Summer Nationals (LCM), Mission Viejo CA

August 17<sup>th</sup>, 2019: Dr. Charles Van Der Horst Memorial Meet (LCM), Cary NC

August 24-29: USMS National High-Performance Camp,  
Greensboro NC



Saturday, August 31<sup>st</sup>, 2019: Clinic Course for Coaches @ Charlotte NC

Saturday, August 31<sup>st</sup>, 2019: Stroke Development Clinic @ Charlotte NC

September 11-15, 2019: USMS Annual Convention Meeting, St. Louis MO

September 21<sup>st</sup>, 2019: Swim Across America (Charlotte), Lake Norman NC

October 6<sup>th</sup>, 2019: Eastern Masters Invitational (SCM), Greensboro NC

October 11-13, 2019: Dixie Zone Championships (SCM), Orlando FL



**HAPPY SWIMMING**

