

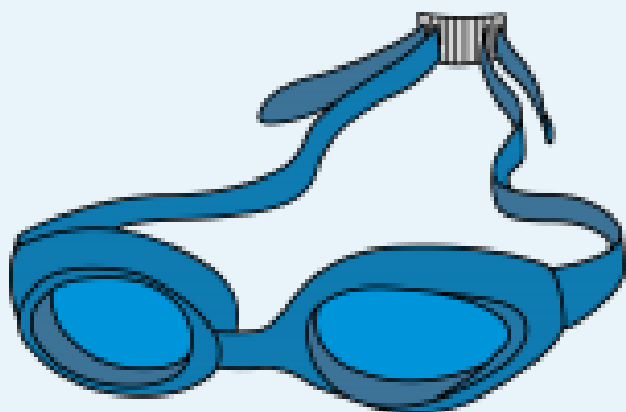
SUMMER 2022

# ACROSS THE LANES

## NORTH CAROLINA LMSC

### WHAT'S INCLUDED:

- Announcements
- Nationals Recap
- Upcoming Events and Opportunities
- Recipe



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 Elise at [elise.shank@gmail.com](mailto:elise.shank@gmail.com).



# SPRING NATIONALS



NCMS had 32 swimmers attend Spring Nationals with a final score of 760 points earning them a second place victory!

## JUST KEEP SWIMMING

Erika Braun broke FIVE USMS records at Spring Nationals. Go Erika! Some other big wins were brought to NCMS by Jennifer Mihalik (Women's 40-44 50 and 100 Yard Free, 100 and 200 Yard Back, 100 yard Fly), Katie Gilbert (50-54 500 Yard Free), , the Mixed 35+ 200 and 400 Free Relay and so many more!



**SAN ANTONIO,  
TEXAS**

**SHORT  
COURSE YARDS**

# SUMMER NATIONALS

## **NORTH CAROLINA WINS BIG! FIRST PLACE TEAM AT NATIONALS!**

What an amazing and thrilling Long Course National Meet in Richmond, VA! A battle royal ensued over the five day meet as NCMS and Club Tribe exchanged the lead for the un-awarded title of highest points with North Carolina coming out victorious! It was a total team effort to nab top honors as NCMS walked away with the Regional Team title as well! The team was supported by Coach Steve Robling, giving support and updates from afar, Earl Anderson, Kerry Lindaur, Mark Rubacky and Celia Wolff. The relays could not have been successful without our Relaymeister, Jon Klein, on the job. We thank these people for sharing their enthusiasm and talents with us. Unless I missed something, every NC swimmer that attended scored at least 1 point !! Way to go!

The North Carolina team pulled together to remake some of the 33 USMS Records broken. (not including Willard Lamb. / He broke and won everything in the 100-104 age group). Six out of the 33 now belong to North Carolina and one of those is a new World Record by Erica Braun in the 50m Fly [24.97]



**RICHMOND,  
VIRGINIA**

**LONG COURSE  
METERS**

# SUMMER NATIONALS

## USMS RECORDS

- Sara Dunn, North Carolina Masters Swimming: women's 50-54 100 breaststroke -- 1:22.09 (USMS record)
  - Erika Braun, North Carolina Masters Swimming: women's 50-54 50 backstroke -- 32.30 (USMS record)
  - Erika Braun, North Carolina Masters Swimming: women's 50-54 50 freestyle -- 27.38 (USMS record)
  - Erika Braun, North Carolina Masters Swimming: women's 50-54 100 freestyle -- 1:00.70 (USMS record)
  - Cheryl Murray, North Carolina Masters Swimming: women's 70-74 400 IM -- 7:10.49 (USMS record)
- NCMS had North Carolina State individual and relays records fall as well . . . . .



**RICHMOND,  
VIRGINIA**

**LONG COURSE  
METERS**

# SUMMER NATIONALS



**FOR MORE PICTURES, CHECK OUT OUR NATIONALS PHOTO ALBUM!**

[HTTPS://DRIVE.GOOGLE.COM/DRIVE/FOLDERS/IMZG3IYADFJDUZ2Z9LB8\\_T-\\_AJIC-ELFA?USP=SHARING](https://drive.google.com/drive/folders/IMZG3IYADFJDUZ2Z9LB8_T-_AJIC-ELFA?usp=sharing)

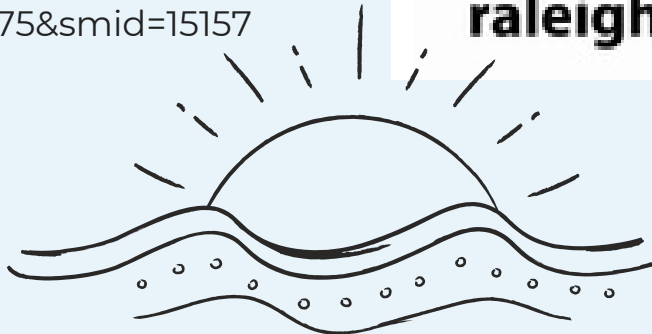
# ANNOUNCEMENTS

READ ALL ABOUT IT

## RAM'S LAST CHANCE LCM MEET - AUGUST 20TH

REGISTRATION CLOSES  
SUNDAY, AUGUST 14TH! Sign up  
now for only \$45 (\$7/event,  
\$5/relay). There will be NO deck  
entries.

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1475&smid=15157](https://www.clubassistant.com/club/meet_information.cfm?c=1475&smid=15157)



### CALLING ALL COACHES

Are you currently coaching a USMS workout group? We want to add YOU to our coaches contact list. No need to be a USMS certified coach (but we can point you in that direction if you are interested)! Our Coaches Chair, Celia Wolff, will reach out to you monthly with updates from the national coaches committee as well as include training opportunities, clinics and more. Celia is also a resource for you to help find answers to questions, issues and concerns with your practice group and coaching problems. We would love to have you as part of the NCMS coaching team! Email your name, club or workout group and location to [ikeepswimming@gmail.com](mailto:ikeepswimming@gmail.com). Be sure to request to join our soon-to-be-coveted Facebook group: North Carolina Masters Swim Coaches! Do not forget to answer the questions when joining!

# ANNOUNCEMENTS



**NATIONAL COACHES CLINIC IS OCTOBER 7-9 IN LAS VEGAS!!! SCHOLARSHIPS ARE AVAILABLE. APPLY NOW!**

NC Masters Swimming is thrilled to offer a Scholarship for this year's National Coaches Clinic October 7-9 in Las Vegas!

Please see this link to learn more about the speakers and the program as a whole <https://www.usms.org/coach-central/national-coaches-clinic>

NCMS will offer \$350 to 4 Coaches to be chosen by the NCMS Board. Please get your Submissions in by August 24th so the board has time to review submissions before the early bird deadline.

All that will be required of you is to submit an article to be used in the NCMS Newsletter about your experience.

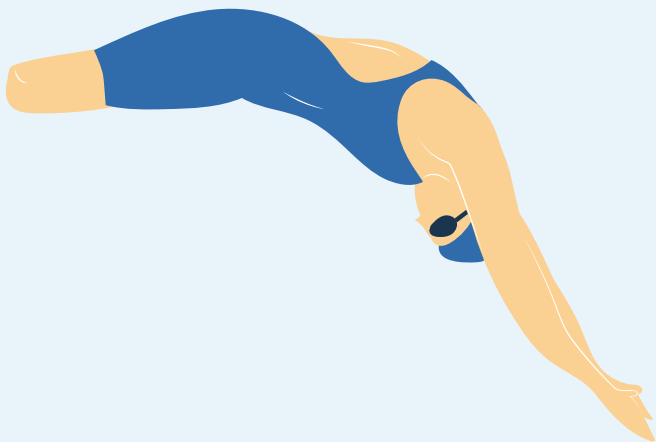
If interested, send a paragraph saying what you feel you will gain from the experience to [gatorsmasters@gmail.com](mailto:gatorsmasters@gmail.com) NO LATER than August 24th. See you in Vegas!



# UPCOMING EVENTS

- **RAM'S LAST CHANCE MEET: AUGUST 20 IN CARY, NC**
- **USMS LEVEL 2 & CLINIC COURSE FOR COACHES, ALTS INSTRUCTOR CERTIFICATION, & STROKE DEVELOPMENT CLINIC: SEPTEMBER 10-11 IN CHARLOTTE, NC**
- **ANNUAL MEETING: SEPTEMBER 16 - 18 IN DENVER, CO**
- **NATIONAL COACHES CLINIC: OCTOBER 7-9 IN LAS VEGAS, NV**
- **2022 FUNVITATIONAL SWIM MEET: OCTOBER 22 IN WILMINGTON, NC**

**CHECK [NCMASTERS.ORG](https://ncmasters.org)  
FOR MORE INFORMATION**





# RECIPE: CHIA SEED PUDDING



This tasty snack (or breakfast) can be customized in so many ways. It is easy to make, filling, and high in fiber! The texture is not for everyone, so I've added a modification for those of you who might be a bit pickier.

## Ingredients:

- Chia seeds
- Milk/liquid of choice (I choose coconut milk)
- Sweetener (honey, maple syrup, jam, Nutella)
- Toppings (nuts, berries, coconut flakes)

Step 1: Add 2 tablespoons chia seeds and 1/2 cup milk to jar or bowl. Mix well. I prefer to add to Tupperware and shake!

Step 2: Add 1 tablespoon of preferred sweetener.

Optional step: Pour mixture into blender and blend on high for approximately 30 seconds.

Step 3: Cover and place in fridge overnight.

Step 4: Add toppings and enjoy! Or add a spoonful to smoothies, oatmeal, or yogurt for additional protein and fiber.

**Have ideas or news you  
would like to share? Send  
an email to Elise!**



**[elise.shank@gmail.com](mailto:elise.shank@gmail.com)**

*Thank You*