



# ACROSS THE LANES

*The Newsletter of North Carolina Masters Swimming*



Published quarterly by the Local Masters Swimming Committee for North Carolina

Autumn/November 2009

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

## From the Chairman's Lane...

Hello Fellow NCMS Swimmers. At last report, we had 1,056 members, an all time high for our Local Masters Swim Committee. Thank all of you for joining USMS, and I hope everyone who is now a member will go to [www.usms.org](http://www.usms.org) starting November 1<sup>st</sup> and renew his/her membership. Please ask a friend to join also.

Not only has our membership grown this year, but we've successfully implemented a new system of governance by changing the cumbersome team rep board to one with nine members. This has proved to be beneficial because we now have nine passionate and active people from across the state devoted to improving Masters swimming in North Carolina. Thanks to fellow board members Ruth Battle (Asheville), Greta van Meeteren (Merritt), Elizabeth Nowak (Durham), Andrea Stephens (Durham), Joe Gosha (Concord), Don Gilchrist (Greensboro), Chris Bowker (Winston-Salem) and George Simon (Raleigh) for their time and effort throughout this year. We will continue to solicit new board members each year in order to keep fresh ideas coming in plus keep a geographic diversity in the composition of our board. Nominations for board members can be made to any current officer; the prospective nominee must complete an information form and must state on it that he/she will serve if elected. This form is included in this newsletter and our nominating committee will thoroughly review every form that is received.

We have a good many short course yards meets in the early part of the year, but we lack having a long course meters meet and a short course meters meet; hopefully we can generate at least one of each of the latter two in 2010. One day meets and clinics have proved to be popular. We encourage any of you to contact any board member to discuss having a meet or clinic in your home pool.

North Carolina Masters Swimming is a Club, and within this Club, there are currently 30 Workout Groups across the state. The USMS board will soon have a task force which will investigate, analyze and make a recommendation to our board about Workout Groups throughout the country. Clubs have stature in USMS, while Workout Groups have no formal stature. There are approximately as many Workout Groups as

Clubs throughout the country - both have some large groups and some very small groups. Clubs usually have their pools listed in *Places to Swim* on the USMS website, but Workout Groups don't. Clubs pay \$30 per year while Workout Groups pay nothing. Clubs are eligible for any and all services from the national office, while Workout Groups are not. At national championship meets, Workout Groups affiliated with a single Club (as is the case in NC) can join together as a single team - for the duration of my USMS membership, I've found deep and enthusiastic support of teaming up together at national meets and I hope we continue this system in our state. We'll see what comes out of the study done by the aforementioned task force.

We continue to have roughly 220 people in NC request a paper copy of our newsletter. We realize some of you have either no computer or a dial up connection to the internet (which means that downloading our newsletter is a slow process), but for the others who ask for a paper copy, we plead that you help us (a) save money and (b) become greener, by not requesting a paper copy. Thank you for considering this.

Next May, the USMS short course yards national championship meet is at the Georgia Tech pool in Atlanta. The meet director has openly told me that the Georgia folks have already begun to recruit people to train for and enter that meet - so they can beat the North Carolinas team! When the USMS long course meters meet was held in Savannah in August 2004, the final team scores read: **1. NCMS (North Carolina Masters Swimming) 2,151 points** **2. GAJA (Georgia) 1,933 points** **3. FACT (Florida Aquatic Combined Team) 1,567 points.** This is why they want revenge. My recall is that we had 66 people entered in that meet and 63 showed up. For those who like to race, let's commit to a training period beginning now, go down there in May and show the GAJA folks that we still dominate the Regional Team division!

Best wishes to all for the upcoming holiday season.

Jerry

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**Make sure to help our Club save money by going to [www.ncmasters.org](http://www.ncmasters.org) to complete your 2010 USMS registration!**

## NEW MEET IN THE TRIANGLE!!!

North Carolina Aquatic Masters is hosting their First Annual NCAM "Fall Brawl" Masters Meet. This is a short course yards meet held in Koury Natatorium on Saturday afternoon, November 21st. For detailed meet information and entry form, download at <http://www.ncmasters.org/forms/139-07.pdf>

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The following is excerpted from an email written by USMS Executive Director Rob Butcher to the USMS Board. It highlights a great resource for swimmers not only in the Mid-Atlantic region of the country, but also—due to the fact that it is a web-based resource—to swimmers everywhere. Visit the site and peruse the stories as a means of showing your gratitude to the Washington Post for supporting our sport!

"We all recognize how important media coverage is, especially in these non-Olympic years... [reachforthewall.com](http://reachforthewall.com) is a site owned and published by the Washington Post. It is tremendously encouraging to see a major media outlet dedicate resources and coverage exclusively to swimming and Masters swimming. Our staff has been proactive in funneling mid-Atlantic regional stories to the editors for their follow up. As an example, they recently published the attached about Curl Burke Masters in both [Reachforthewall.com](http://reachforthewall.com) <http://reachforthewall.com/2009/09/20/one-really-big-happy-family-curl-burke-masters/> and the Washington Post <http://www.washingtonpost.com/wp-dyn/content/article/2009/09/21/AR2009092103320.html>."

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**A USMS sanctioned One Mile Postal** swim begins in December and ends in January. They offer a team division and awards. Asheville and DAMA had a big showing last year and it would be great for many of our other workout groups as well. You can find more information at <http://www.tammasters.org/PoolMileEntry/1650Form.php>.

### TECH SUITS LAST STAND?

The FINA Masters Committee has recommended that the FINA Bureau, meeting in mid-January, approve its recommendation that Masters swimmers be governed by the same swimsuit rules as the elite pool swimmers. If the Bureau approves the committee's recommendation, it is anticipated it would go into effect after the Bureau meeting. If this recommendation becomes policy with the FINA Bureau, USMS will implement it for our sanctioned swim meets.

For the time being and until the FINA Bureau issues its policy for Masters, the June 1, 2009 ruling that allowed technical suits in USMS swim meets is still in effect. If you choose to compete in a USA Swimming sanctioned meet, you must follow USA Swimming rules.

## SWIM THE 2009 BRUTE SQUAD

Postal Swim  
1650 or 1500 Freestyle  
400 Individual Medley  
200 Butterfly

**Where:** Your short course pool, in your hometown

**When:** November 1 – December 31, 2009

**What:** Swim the three events in one workout or meet, in any order you choose, with as much rest in between as you want (must be swum in one 24 hour day).

**Cost:** \$25 includes a long sleeve t-shirt, or \$35 for a hoodie sweat-shirt.

**Divisions:** Fitness and competitive divisions, (untimed and timed), men and women by USMS age groups.

**Recognition:** Awards for competitive division, club scoring as well!

**Forms & Info:** Entry forms and additional information available at: <http://www.BruteSquadSwim.com>

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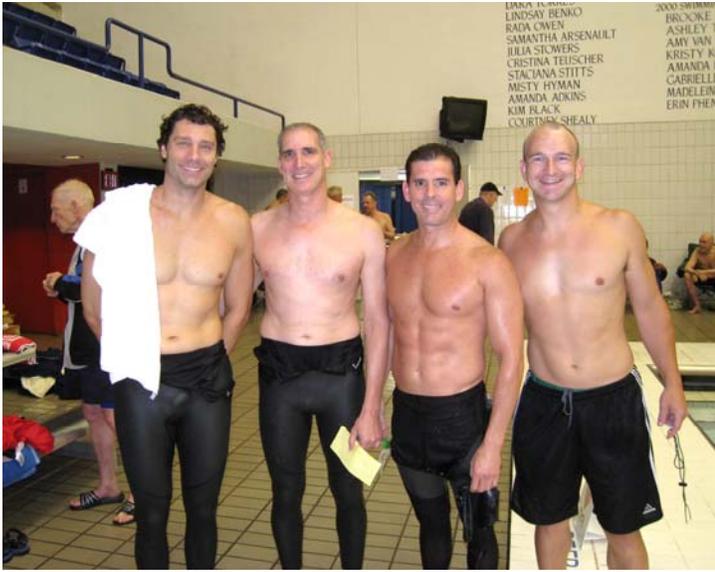
North Carolina Masters Swimmer Dick Webber (right) congratulating 90 year old Washingtonian John Tatum who swam a 44 second fifty free at this past summer's National Senior Games.

### For useful information...

including announcements and entry information for upcoming Masters Meets, and the results of recent meets, make [www.ncmasters.org](http://www.ncmasters.org) a favorites on your internet web browser! When you go there, be on the lookout for information regarding the Charlotte Sunbelt Masters meet coming up in January.

Also make sure to regularly check out [www.usms.org](http://www.usms.org) for everything you need to know about the growing world of Masters Swimming in the US. Recent changes to the USMS website have made it a must see for any and all members of our NCMS community!

**Train locally – Compete nationally!** Here are some of the North Carolina Masters Swimmers who competed at this past summer's USMS LCM National and Senior Games meets.



## SWIMMING FOR FUN AND FITNESS

There are so many different reasons why people swim, but let's face it: we are basically all fitness swimmers, whether you swim to lose weight, to get in shape, to train for a triathlon or a swim meet, or for a different personal goal. Masters' swim teams or "workout groups" are such a great way to get into a regular swimming routine.

Did you know that USMS has several fun fitness programs available? One of these programs is called: "Go the Distance". The idea behind this program is that you keep track of your yardage on line.

On the USMS Website there is a section "My USMS", which is where you can set up your personal account on the web. That will give you the possibility to participate in discussion forums and also to set up your FLOG. Oh my ... there are some interesting explanations for that word:

*flog* (fl g, flôg). tr.v. *flogged*, *flog*-ging, *flogs*. 1. To beat severely with a whip or rod. 2. Informal To publicize aggressively...

Well, that is not the idea behind the USMS FLOG. Let 's look it up according to Master Swimmers...

Flog (fl g, flôg) n. 1. f(itness)log, abbreviation for U. S. Masters Swimming fitness log. An easy way to track all of your workouts online. Log a workout: swimming, weights, running, walking, cycling, spinning, yoga, pilates or other workout. You can also log your fitness measurements if you like: weight, resting heart rate. You can log as many or as few things as you like.

So, how do you FLOG with USMS? It's easy and fun. Just log on to the [www.usms.org](http://www.usms.org) web site. Take a moment to get a free account in order to participate. Here's how: Click on "Discussion Forums" on the left side of home page, under "In This Section"

Click on "Register" near the top, left side of the page

Enter your date of birth and hit "Proceed"

Read the rules of the forum, click the box to agree to the rules, then click "Register"

Enter some more details and click on "Complete Registration"

A message will be sent to your email account which you registered. You need to follow this link in order to activate your new account. So much for the technical details.

The fun part of having a fitness log is, that you can monitor where you are in your goal for the year. The results of your swimming efforts get added up in a monthly "GTD" (Go the Distance) report, so that during the year you can see how far along you are with that goal.

But not only that: the results for your particular workout group are also listed. This means that you can also set a distance goal for the year as a group.

The Twin Rivers YMCA Masters (TRYM) of New Bern, NC, set itself a goal of 3,000 miles for 2009 (18 swimmers in the group have signed up for GTD). To date, (the end of August 2009) we have swum 2573 miles, so we are well underway. It is a great team builder! Our progress is posted on a simple bar graph each month on a bulletin board in the pool, and a list of individual swimmers and their distances swum is also posted. I hope this gives you and your workout group an idea!!

Greta van Meeteren (NC) and Jon Olsen (FL)

## This is a schedule of events for next year's USMS SCY Nationals Meet to be held at Georgia Tech University in Atlanta, Georgia— May 20 to May 23rd 2010.

If you have not yet competed in a USMS Nationals meet, this would be the perfect meet to be your first. Atlanta is convenient for all of us in North Carolina, and the more of us who choose to go, the more relay opportunities there will be for us all. We are providing this list now, so that you can begin to train for the specific events you hope to swim in. Please note that while there are qualifying time standards for all USMS Nationals meets, and registrant can swim in at least three individual events per meet, whether or not they meet the qualifying time standards.

**Thur, May 20:** 1000 free

1500 free

**Fri, May 21** 400 IM

200 free

50 breast

200 back

100 fly

200 mixed free relay

**Sat, May 22** 500 free (men only)

200 mixed medley relay

100 breast

50 fly

200 IM

100 free

50 back

200 free relay

**Sun, May 23** 500 free (women only)

200 medley relay

100 IM

200 fly

100 back

50 free

200 breast



Photos from the Georgia Tech Aquatic Center in Atlanta, Georgia

### The box is red, but we're in the Black!!

According to the NCLMSC Summary Financial Report as of September 30, 2009 prepared by our LMSC for NC Treasurer, Elizabeth Nowak, and presented at the last Board Conference Call Meeting held on October 12th, 2009, our NC LMSC is in healthy financial condition. Our receipts for the first nine months of 2009 exceeded our expenses for the same period by \$6,072, leaving us with combined fund balances as of 9/30/2009 of \$21,149.00. Elizabeth noted that since the 4th quarter of the year is the largest quarter for revenue coming into the LMSC related to membership renewals as well as related expenses, it was hard to estimate what the final impact will be for 2009. Currently there are no large variances in actual vs. budgeted expenses except for the savings made in the quarterly newsletter production (a BIG thank you to everybody who has chosen the green option!!). You can help us lock in these savings permanently by choosing to forego hard copies of this newsletter, electing rather to receive the link to the online version of it via email and/or on [www.ncmasters.org](http://www.ncmasters.org).

Our greatest income every year, again, is realized in the fourth quarter of the year and is related to registration renewals. Be sure to go online soon to renew your USMS membership at [www.usms.org](http://www.usms.org).

## REPORT ON 2009 AQUATHLON NATIONAL CHAMPIONSHIP

by Dan Murphy

The 2009 Aquathlon National Championship took place in Canton NC on August 2. NC Masters swimmers had a significant impact, winning 4 of the 25 individual age group national championships.

An Aquathlon combines swimming and running. The National Championship is sponsored by USA Triathlon. This was the 4th annual Aquathlon Nationals, but the first held on the East coast. Usually, it is a run/swim/run format, but this year it was swim/run. The swim was 1500M, a triangular course in beautiful Lake Logan, followed by a 5K run. It was part of a weekend multi-sport festival at Lake Logan (there were also 2 triathlons).

152 athletes pre-entered the race, with 133 finishing. Of the finishers, 39 were from NC. 15 of the NC athletes are registered NC Masters Swimmers. Winning National Championships were the following 4 NC Masters Swimmers (age group and times follow names): Ann Sims, Asheville/AMS (W55-59, 45:59); Aaron Kiefer, Cary/OSBC (M25-29, 39:30); Jay Carmine, Leland/NCMS (M30-34, 42:28); Dan Murphy, Chapel Hill/NCAM (M65-69, 49:41). 5 other National championship winners were from NC, but not masters swimmers.

Other good performances by NC Masters Swimmers: Melinda Yelton, Charlotte/CSM, 3rd overall, excellent time of 42:22, only 31 seconds behind the overall National Champ (that time would have won her age group by 3 minutes); Lori Dawson, Waxhaw/CSM, 3rd overall masters, 44:19, also with a time that would have won her age group; Virginia Hall, Durham/NCAM (3rd, W35-39, 50:03); Regina Gillman, Mooresville/MAC (4th, W40-44, 52:31); Ann Brady, Mebane/DUKE (5th, W50-54, 55:15); Filippo Porco, Carrboro/DUKE (4th, M30-34, 48:26); John Hurt, Carrboro/NCAM (4th, M35-39, 49:02); Larry Hartley, Asheville/AMS (9th, M45-49, 52:48); Bob McKee, Matthews/MAC, (9th, M50-54, 55:10); Dale Less, Valdese/BUMS (10th, M50-54, 1:02:03); and Tim Kerr, Charlotte/NCMS (2nd, M55-59, 45:25).

This is an exciting event that masters swimmers might consider in future years. In particular, the Lake Logan format for the Aquathlon was the first multi-sport event ever, to my knowledge, that gave swimming equal emphasis. Triathlons always "gyp" the swimmers. Even most aquathlons give running the edge over swimming, but the Lake Logan race was wetsuit legal, causing a format change. The new distances, actually would give swimmers a slight edge, but the wetsuit advantage (probably 3 to 4 minutes) made the swim and run as equally weighted as possible.

And, good news: In 2011, the event may return to Lake Logan, probably going back West next year. According to USAT, no contracts have yet been signed. It is an exciting event in a beautiful setting. No qualifying or seeding, just enter. And it feeds into the ITU's (International Triathlon Union) World Aquathlon Championship. Would you like to be on Team USA? If you are a swimmer looking for a good opportunity to transition into multi-sport at a high level, this is it! Hope to see you at Lake Logan in 2011.

**Nomination Form  
for Becoming A Member of the  
LMSC of NC Board of Directors**

The Local Masters Swim Committee for North Carolina (LMSC of NC) is a part of United States Masters Swimming. It has a Board of Directors comprised of 5 Officers (Chairman, Vice Chairman, Secretary, Treasurer and Registrar), the Past President and 3 at-large members. Each Board member must be registered with USMS as a North Carolina member. The term for each Board member is three years, commencing on January 1<sup>st</sup>.

We are seeking nominations for three (3) Board positions to begin January 1, 2010 and to last for a 3-year term (through December 31, 2012):

If you have an interest in being a candidate for a board position or would like to nominate an individual, please respond to the questions listed below by November 22, 2009. You can email your answers to our Board Secretary Greta van Meeteren at [gvanmeeteren@gmail.com](mailto:gvanmeeteren@gmail.com). The Nominating Committee will review all responses. All nominees must state that they will serve the 3-year term if elected. The elected individuals will be informed / announced by December 15, 2009.

Any questions regarding this process and/or the positions, please email Jerry Clark at [jerryclark@bellsouth.net](mailto:jerryclark@bellsouth.net)

Thank you for your interest.

- Name, address, email address, phone number:
  
- Why would you like to be a LMSC for NC board member?
  
- How do you see yourself getting involved at either the local (NC LMSC) or national (USMS) levels? Describe your areas of interest and your areas of expertise.
  
- List any other information you would like the Nominating Committee to consider when reviewing your nomination form.

**CHARLOTTE SUNBELT MASTERS**

The 2010 short course yards Sunbelt Masters meet will be held Sat January 30 and Sunday January 31, 2010 at the Mecklenburg County Aquatic Center in Charlotte. As before, the distance events will be Saturday morning, then there will be an open pool warmup period before the other events commence.

A link to the online entry system will be posted on [www.ncmasters.org](http://www.ncmasters.org)

We are shooting for 100% online entries this year!



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Be sure to check out the following websites for specific information regarding upcoming events in particular, and for news and features in general relative to Masters Swimming in North Carolina, across the nation, and even around the globe.

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