

Swimming with the Chattanooga Open Water Swimmers (COWSA) is a trip.
WWW.COWSSWIM.COM.

I have swum some of their open water races and I recommend to everyone who wants to do open water swimming to give their events a chance. The Tennessee River and the Chickamauga Lake are the site of most of their swims. There are three masters' teams that operate with COWS. They are:

The McCallie River Rats Coached by Stan Corcoran at the McCallie School. They swim from 6-7:00 each day. Coach Corcoran is one of the premier high school coaches in the country. The McCallie School is located on the Lookout Mountain battlefield. Close to the school are the acres of graves from that battle. If you get a chance to visit the cemetery it is worth your time. It is an awe-inspiring sight. You can see it from the road after leaving the morning workout.

The walls of the beautiful McCallie Pool are covered with row upon row of All American certificates from swimmers who have passed through the program. The pool also uses ozone instead of chlorine to disinfect. Coach Corcoran is a real class act and is free with advice and help for any swimmer. He has turned out some amazing swimmers, in particular at the distance events. A distance swimmer who comes out of Coach Corcoran's program gets that attention of College recruiters. Karen Nazor, who is a teacher at the McCallie school also assists with COWS . She has swum the Channel and is training for a double crossing.

Dale Tillman who swam for UC Berkeley coaches **the Baylor Masters** program <http://www.baylorswimming.org/>. Coach Tillman has coached under some of the great Coaches like Frank Elm and Jack Nelson. The Masters program is usually coached in the evenings at 6:30 PM. The 50-meter Baylor Natatorium is absolutely state of the art. Head Coach Dan Flack is the Current Junior National Coach. The Baylor school has been first in the country numerous times in high school swimming.

<http://www.baylorswimming.org/bios.php> A Baylor swimmer went a 1:46.29, 200 IM this year.

<http://www.baylorschool.org/news/detail.aspx?pageaction=ViewSinglePublic&LinkID=1313&ModuleID=73&TeamID=1179&NEWSPID=1> there are some fast Hombres in the Baylor water.

Y Masters have two locations in Chattanooga. The Head Coach, Hallie McFadden swam for McCallie/GPS and is a practicing Attorney and avid marathon swimmer. The workouts are M-F from 6-7 AM. <http://www.ymcachattanooga.org/masters-swim-team>

All of the teams operate under the COWS umbrella for Open Water Swimming. COWS is petitioning to be a FINA approved marathon swimming association. As such expect more great open water swims that will be FINA approved. I'll try and keep everyone updated since I am in Chattanooga often.