



# *ACROSS THE LANES*

*The Newsletter of North Carolina Masters Swimming*



Published quarterly by the Local Masters Swimming Committee for North Carolina  
3rd Quarter/October 2010  
WEBSITE: [www.ncmasters.org](http://www.ncmasters.org)

## From the Chairwoman's Lane...

Hello North Carolina Masters!

The 2010 USAS (United States Aquatic Sports) convention is behind us. Both Hans and I were proud representatives of our LMSC to the USMS section of this large convention together with Don Gilchrist, George Simon and Jerry Clark. It was once again a very busy schedule but also very informative.



I have been a member of the Fitness Education Committee for a couple of years now, and it is exciting for me to see that within USMS more attention is being given to the fitness swimmer. Not everyone enjoys competitive swimming, but we are all in this for fitness.

Our Go the Distance program has grown and we now have well over 2,000 participants! If you are interested in doing this: set up a Fitness Log (FLOG) online in the "my USMS" section on the web page and "join" GTD. The fitness log is not only for keeping track of your swimming but also of your other physical fitness activities. This is a members-only benefit.

A big boost for NC is the fact that Greensboro will be hosting the 2012 National Short Course Championships!! To read all about it, go to: <http://www.usms.org/news/newsitem.php?n=67> or <http://www.facebook.com/USMastersSwimmingFanPage>. A very good presentation was held by Don Gilchrist, Scott Johnson, deputy director of the Greensboro Coliseum Complex, and Hill Carrow.

In 2012 NC will also be hosting the USAS Convention in Greensboro and the 1-mile open water swim in Lake Lure – so that will be a very big year for our LMSC.

I hope everyone has discovered the new and improved NC Web page. There is now a section called "Around North Carolina", and in it news articles from various workout groups and individuals can be posted. Please check it out. And if you have contributions for this section, don't hesitate to send them to our Webmaster. It will be a good way to see what's happening in other areas than your own and new ideas might come out of this.

The 5k-10k postal championships are now closed as I'm writing this, but entries are still coming in, because relay entries can be submitted until October 5. It looks like the championship has been successful – more news to come on our Web page.

Very exciting is the fact that we will have a Short Course Meters meet in Charlotte on October 16 and 17. We have not had one of these in NC in about 4 years, so here is your chance to swim some new records! The meet will be held at Mecklenburg Aquatic Center with our own Jerry Clark as the meet director so we know it will be handled very well. Hope to see many of you there!

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More good news: in 2011 we will be having a one-day LCM meet at the Goldsboro YMCA on June 25. We have not had a LCM meet in NC in a long time – I hope many of you will be able to help make this meet a success.

This period (September 15–November 15) is the time to participate in the 3,000 / 6,000 yards postal championships. For more information on this, go to [https://www.clubassistant.com/club/meet\\_information.cfm?c=1287&smid=2250](https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=2250). Postal events are a fun way to participate in a "meet" in your own pool. Get your team mates together and make it a joint event for your workout group. Timing and counting for each other, and don't forget: depending on the time of day – have some breakfast, lunch or beer afterwards !

November will be membership renewal time. At this point we have over 1100 USMS members in North Carolina – an all-time high. I want to encourage everyone to make sure to renew their membership for the upcoming year, and to encourage some of your friends to do so as well. Let's keep swimming, swimming, swimming!!

## Greta

The entry deadline is this Sunday night at 11:59pm and will not be extended for our **Fall SCM Meet** to be held next weekend in Charlotte. Unfortunately the costs for this two day meet are \$4400, and currently with the number of swimmers who have registered there is a possibility that the meet will be canceled. If you are considering participating in this meet, please register now with the online [https://www.clubassistant.com/club/meet\\_information.cfm?c=234&smid=255\\_2](https://www.clubassistant.com/club/meet_information.cfm?c=234&smid=255_2) or from the <http://www.ncmasters.org/meets.html>

Note, a new feature for coaches to enter their relay teams has an entry deadline of Wednesday at 5pm. Please do not let our Short Course Meters meet be canceled, decide to participate now, Thank you!!

### LMSC - NC Officers and Staff

<i><b>Chair</b></i>	<i><b>Vice-Chair</b></i>	<i><b>Newsletter</b></i>	<i><b>Secretary/Past Chair</b></i>	<i><b>Treasurer</b></i>
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## Editor's Lane—by Joe Gosha

Did you hear about the Master's Swimmer whose 19 year old grandson thought he would be smart and tried to rib his granddad by asking, "So Gramps, boxers or briefs?" The granddad, more than up to the challenge, looked his grandson square in the eye and dead panned back, "Depends."

For me as an aging male master's swimmer the pertinent question is not "boxers or briefs?", but rather "jammers or briefs?" Our sister swimmers may not be able to relate to my column this quarter, but oddly enough this is an issue I think about almost every time I get in the pool. The reason is that I usually swim alone, and at hours when there are lots of other fitness or recreational swimmers around the pool(s) where I swim.

I am most comfortable training in a brief, but always wonder if the other folks at the pool are saying to themselves - or to one another when I am not in earshot - "Eewwh , what is that old guy thinking? Nasty!!!" (Just type 'old man in speedo' into the Youtube search bar and you'll see exactly what I mean.) So, usually I will put a jammer on over my briefs in the locker room, and then take it off when I get into the water. Doing that, however, then causes me to wonder if any folks who are around and see me think that I might be some kind of weirdo who likes to disrobe in public. What's an athlete to do?

I haven't talked to my friend Coach Patty Waldron about this issue, but I can just imagine her answer. I'm sure she would say, "You just need to come and train with us at SWIMMAC Masters - then you would be with lots of other master's swimmers, and it wouldn't matter. Nobody cares what you look like or what you wear. This is Masters! You could even wear a eurocut if you wanted. " I'd answer, "Oh Patty, you all swim way too early - we're talking '0 dark thirty' here, and the pool is almost an hour a way." She would immediately come back with, "That's an hour away in afternoon traffic, but less than 30 minutes at '0 dark thirty' when we train... besides, your underwater swimming REALLY needs work!"

The best solution I have arrived at so far is to lose weight. I know I must have been really gross looking to the uninitiated before I lost this last thirty five pounds, and also that I still have 25 more to lose, but maybe now I don't cause others to experience automatic spastic regurgitation any more. (Hey! I didn't think about this before, but I bet that losing more

weight will help my underwater swimming, too. What do you think, Coach Patty?)



### Health Benefits of Swimming...

Richard Weil, MEd, CDE, is an exercise physiologist and Certified Diabetes Educator, and is director of the New York Obesity Research Center Weight Loss Program at St. Luke's Roosevelt Hospital Center in New York City. He wrote the following from Medscape.com:

"There's no ground impact when you swim, and so you protect the joints from stress and strain...the [Arthritis Foundation](#) strongly recommends swimming and water activities ...Swimming improves endurance. In one study of sedentary middle-aged men and women who did swim training for 12 weeks, maximal oxygen consumption improved 10% and [stroke volume](#) (the amount of blood pumped with each beat which indicates heart strength) improved as much as 18%...In a study of men who completed an eight-week swimming program, there was a 23.8% increase in the triceps muscle mass...the resistance of the water makes the muscles work hard without the strain or impact that is experienced on land...Swimming burns lots of calories, anywhere from 500-650 per hour depending on how efficiently you swim and how buoyant you are (the more body fat you have, the more you float and the fewer calories it takes to swim)".

## Prestigious award for George Simon

*by Greta van Meeteren*

Our very own George Simon, Registrar for the LMSC for North Carolina, received a well-deserved award at the 2010 National USMS Convention: the Ted Haartz U.S. Master Swimming Staff Appreciation Award.

This award annually recognizes one individual who has demonstrated excellence in assisting and supporting the U.S. Masters Swimming staff in the national office with its professional duties of servicing, promoting, and building the membership. The award is named in honor of Ted Haartz. Since 1970, Haartz has been a leader in U.S. Masters Swimming, establishing the foundation by which U.S. Masters Swimming is evolving into a professionally run organization.

This award celebrates the organization's volunteer roots, as well as its future, specifically by recognizing efforts that support and assist the staff in its responsibilities. Members of the U.S. Masters Swimming staff nominates candidates. The staff is responsible for selecting one recipient annually.

George has spent many years as the registrar for North Carolina, but that is not all. He has been the chairman of the USMS registrar's committee for 6 years and he was instrumental in the creation of on-line registration, which makes life so much easier on members.



In the picture left to right: Tracy Grilli, Mark Gill, Rob Butcher, Ted Haartz, George (with his staff), Laura Hamel, Susan Kuhlman, Anna Lea Matysek, Jim Matysek, and Mel Goldstein.

**CONGRATULATIONS GEORGE!!**

# North Carolinians in the 2010 SCY National Top Ten

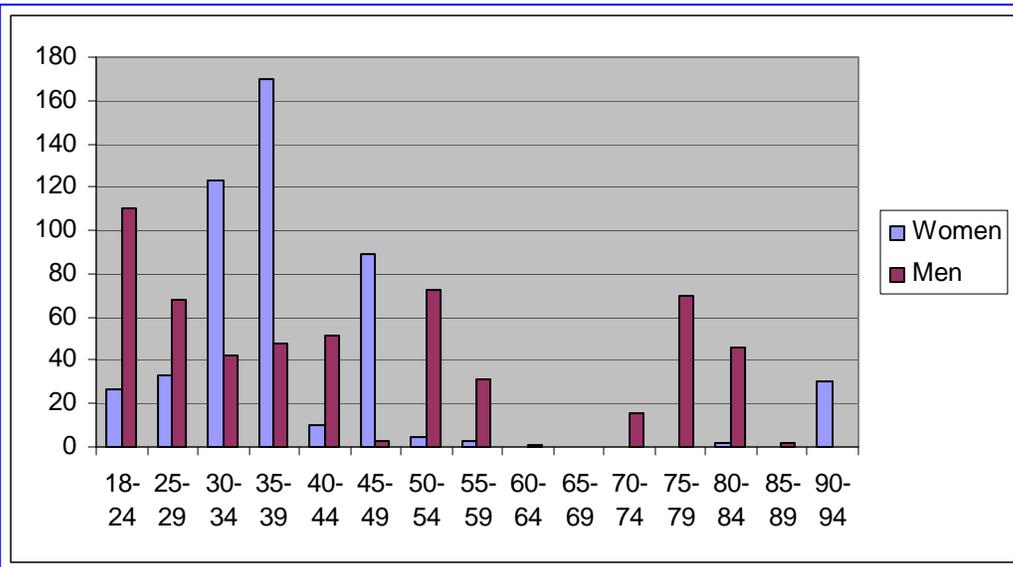
*By Hans van Meeteren, your NC records and top ten person*

The 2010 SCY National Top Ten is available on the USMS website. The Top Ten shows for each age group the ten fastest swims in each event swum in a swim meet during the 2010 short course yard (25 yard) season.

The Top Ten listing can be viewed by swimmer, by age group, and by LMSC (in our case North Carolina). While browsing through these listings you may wonder how well NC swimmers did compared to the rest of the nation. A simple way to look at this would be to count the number of NC entries and compare them to the total number of top ten entries. To keep it simple we will only look at individual swims (so relays are not taken into account). The total number of entries in the Top Ten listing is the number of events (18), times the number of age groups (15, from 18–24 up to 90–94), times 20 (men and women) equals 5400. There are some swimmers at the national level older than 94 but not in North Carolina. Of these 5400 entries, 177 (men 94, women 83) were claimed by swimmers from North Carolina. This equals 3.28% which is pretty good considering USMS has about 55000 members of which 1100 (2.0%) are in North Carolina.

Looking further into this you may think: “A first place is not the same as a 10<sup>th</sup> place in the ranking”. So 3.28% may not be so good. If we would give points to each entry depending on the placement (10 for a first place and one for a 10<sup>th</sup> place) then the North Carolina swimmers would score a total of 1053 points (men 561, women 492). The total number of points in the top ten is 30,240. So North Carolina claimed 3.48% of the total number of points. Again North Carolina scored much better than average.

The table below shows the scores per age group. The table also shows that there is a lot of depth in the women between 30 and 40 and a draught for almost all other age groups. For the men strength is more equally spread.



**Editor's Note—Great analysis, Hans! Thank you for your insightful work.**



## Greensboro To Host 2012 USMS Spring National Championships

September 20, 2010, Sarasota, FL –

U.S. Masters Swimming, the national governing body for adult competitive and fitness swimming, have awarded its 2012 USMS Spring National Championships to Greensboro, North Carolina. The event will be hosted by the Greensboro Sports Commission in cooperation with North Carolina Masters Swimming, the Greensboro Area Convention & Visitors Bureau and the Greensboro Coliseum Complex. The four-day U.S. Masters Swimming Summer Nationals competition will take place in the brand new Greensboro Aquatic Center. The swimming will begin on April 26 and conclude on April 29, 2012. Nearly 2,000 adult swimmers are expected to participate in the four days of swimming competition, including many former Olympians.

“While North Carolina has a long tradition of supporting Masters swimming, Greensboro is a new destination for our Nationals,” commented U.S. Masters Swimming Executive Director Rob Butcher. “The renderings for the new Greensboro Aquatic Center are spectacular. We know that Masters swimmers will enjoy racing in the new venue.”

“Landing this prestigious event was a true team effort by North Carolina Masters Swimming, the Greensboro Area Convention & Visitors Bureau, Greensboro Sports Commission and the Greensboro Coliseum Complex,” said Don Gilchrist, who will serve as the meet’s co-director along with Hill Carrow. “We look forward to this being the beginning of numerous national meets coming to Greensboro on an annual basis.” The 2012 USMS Spring National Championships is the first swim meet booked in the Greensboro Aquatic Center, which is scheduled to open in July, 2011.

“For the Greensboro Aquatic Center to be awarded an event like the USMS Spring National Championships prior to completion of construction is an incredible achievement,” said Greensboro Coliseum Complex managing director Matt Brown. “This is an outstanding indicator of how the facility’s state-of-the-art design and versatility will be highly sought after by top level national swimming and diving meets.” Said Greensboro Sports Commission president Kim Strable: “Bringing this event to Greensboro only enhances our city’s ‘Tournament Town,’ reputation. Having the U.S Masters Spring Nationals already on our calendar will allow us to attract even more meets in the future.”

The Greensboro Area Convention & Visitors Bureau projects an estimated economic impact of more than \$5.8 million for the four-day meet. “We looking forward to bringing a true sense of ‘southern hospitality’ to this event and making the thousands of competitors, their families and spectators feel like they will want to return to Greensboro as soon as possible,” said Greensboro Area Convention & Visitors Bureau president Henri Fourrier. Visitors planning to attend the meet can find hotel and local attraction information at [www.visitgreensboro.com](http://www.visitgreensboro.com). More coverage for the 2012 Spring Nationals will be made available at [www.usms.org](http://www.usms.org).

### ***About U.S. Masters Swimming***

*U.S. Masters Swimming, founded in 1970, is a membership-operated national governing body that promotes adult health, fitness, wellness and competition through aquatics. It does so by partnering with more than 1,000 adult swim programs across the country that offer swim fitness programs, promoting information via the bi-monthly member magazine, SWIMMER; monthly e-newsletter, STREAMLINES, and [usms.org](http://usms.org); and by sanctioning and promoting pool, open water and virtual competitions. More than 50,000 adults are registered members of U.S. Masters Swimming.*

### ***About Greensboro Aquatic Center***

*Scheduled to open in the summer of 2011, the 74,000-square-foot indoor Greensboro Aquatic Center (GAC) will be a state-of-the-art facility featuring leading edge concepts in aquatic design. This GAC will bring together all major aquatic sports – competitive swimming and diving, water polo, synchronized swimming and other unique sports all in one venue. The GAC will offer Greensboro the opportunity to host high school and collegiate events, USA Swimming meets, Master’s swimming and U.S. Water Polo events as well as a myriad of local, regional, national and international competitions.*

*The following notice was sent out by Hill Carrow and Don Gilchrist on Sunday, October 3, 2010 regarding the next steps they are taking to plan for the 2012 USMS SCY Nationals Meet that has been awarded to Greensboro. The information contained in the notice, and in the list/outline on the next page sets out ways that we will be able here in North Carolina to serve each other and the greater Masters swimming community in this endeavor.*

## **Re: April 25–28th, 2012 USMS Spring (SC) National Championships**

You have received this email if you are on the organizing committee or have expressed interest in helping with this event. I have included the USMS press release that went out two weeks ago. There was significant media coverage on Greensboro being given this event. It was very well received by the USMS House of Delegates where our event team gave a presentation.

Secondly, I have included an Event Plan Outline (first draft). It will get more detailed and longer as we progress, nonetheless I wanted to forward this to you so you could start thinking about a role you or your club may take on. The plan is not to burden anyone person knowing that everyone wants to swim in the event, but to divide the functions and tasks, therefore making it easy on all.

Most of the functions will require a leader/committee chairperson. You would be supported by other members, the meet directors, CVB and Coliseum personnel. We have already started with some of the functions. We will have USMS appointed Head and Administrative Referees along with HyTec and Colorado personnel.

We intend to use many local volunteers, but are requesting various masters teams to bring volunteer teams (5 to 10) to handle specific shift functions such as registration, awards, volunteer/timer instruction, hospitality and other. We will likely run two shifts per day, thus registration would require a 5 to 8 person team for 4 to 5 hours. Your volunteer team may only do one shift out of 10 shifts. The shifts will start on Wednesday and run through Sunday. Shift demand would start heavy with registration and later be moved to awards. Volunteer Training and Coordination will be consistent throughout the meet.

Please begin discussing this with your team members. We want to execute the best Nationals with much fun and are planning a fantastic social at the ACC Hall of Champions with a live Blue Grass Band. The Greensboro Aquatic Center construction is running ahead of schedule and we anticipate the venue to be up and running early July, 2011. Several swimming events are planned for the summer and fall of 2011. All kinks will be worked out prior to the USMS Champs.

Rally your team members, recruit new members, and get in competition shape.

Thanks for your cooperation

Don and Hill

**Key Functions requiring head coordinator/committee chair**

- Volunteers
- Registration
- Awards
- Social Events
- Hospitality/Gold Medal Services
- Vendor Coordination
- Attractions Coordination
- Transportation & Shuttle Services
- Sponsors & Advertisers
- Marketing/PR
- Graphics, Printing, Textiles
- Medical, Physical Therapist, Massagers
- Web Page Development/Communications
- Operations
- Technical Services
- Coach & Team Information/Coordination
- Event Information and USMS Coordination



POOL DECK LEVEL  
 SCALE: 1/8" = 1'-0"



GREENSBORO AQUATIC CENTER



**Volunteer Estimated Volunteer Numbers**

Timers	60/shift plus backup, 120 timers/day, 2 head timers/shift, 2 shifts/day
Marshalls	12 to start, cut to 6 per shift
Operations & Technical	4 per shift
Announcers	2 per shift
Administrative Support	6 per shift
Hospitality & Gold Medal	10 to 12 per shift
Information & Venue Hosts	10 to start, 6 thereafter
Deck Officials	20 per shift



**Key Tasks;** T Shirts, Logo Design, Heat sheets, Information Center/Booth, Vender set up, Tags, Music, Shuttle Coordination, Food Services, Gold Medal Club, Saturday Social, Pre meet social w/ officials & organizers, volunteers solicitation, meet information postings, deck set up, official solicitation & coordination.

**Key Contact Groups;** Greensboro Orthopedic, UNCG Dept of Kinesiology & Sports Medicine, UNCG School of Music, NC Zoo, Chamber of Commerce, Ovation Food Service & Catering, Friendly Shopping Center, local restaurants, Shuttle Services, Sheraton Four Seasons, Volunteer Groups; youth council, boy scouts, NCMS teams including RAM, SwimMac, Durham, WS, Triad, GYM.

# Charlottesville, VA – USMS 2-mile Cable National Championship

## A review from multiple perspectives

July 10, 2010

By: Harry DeLong, Kim Rice,  
Laurie Watson, and Heidi Williams

General introductory comments:

The Chris Greene 2-mile cable swim has always been an interesting swim. It's 8 lengths of a 440 yard cable (measured). Now that makes a 50-meter pool look short. After completing the swim I thought that a good way to review this for the North Carolina LMSC would be to get all North Carolina participants of the swim to make comments and put them all in to one document. This article is the result of that effort.

### **Harry DeLong**

The USMS 2-Mile Cable swim was held this July 10, at Charlottesville, Va in Chris Greene Lake. This swim was well run by Virginia Masters and well hosted by Dave Holland and the local rescue squad. The Chris Greene lake swim is one of the longer running open water swims in USMS. This year there were 156 competitors in two heats. Each heat is made up of waves of 10 swimmers sent off at 30 second intervals. The water was about 84 degrees, a tad warm, but if you plan to do open water swims, but in Virginia in July, no big surprise, probably an issue for the fast people, but for folks in my crowd, not a "hot" topic of discussion.

So how did NCMS do? I'd say pretty well. We had 5 swimmers, four very fast women, and me of a more relaxed pace. The fast swimmers were Kim Sarah Rice – DAMA, Heidi Williams – DAMA, Kacie Wallace – Duke, Laura B. Watson – out of Winston Salem. As for me, I swim out of Raleigh with RAM. This was my first competitive swim in about 5 years. It was also my first attempt to go any distance after a shoulder injury and rehab effort. Part of my relaxed pace was based on that, the other part is just plain natural desire to remain in a relaxed state and my normal inability to swim in a straight line. Got to know the cable well, at least when I wasn't trying to swim to who knows where. Believe me, swimming open water is a full body contact sport.

### **Kim Rice**

Die hard open water swimmers might say that swimming around a cable is lame and a wimpy excuse for an open water race. But let me tell you, there is nothing wimpy about the Chris Greene Lake 2 mi cable swim! I've done this race for the past 3 years and have always found it very intense. Yes, the cable eliminates much of the sighting (which is good for spazzes like me who tend to get lost). But it gives you a chance to practice other open water skills, like pack swimming, buoy turns, and drafting. Because the race runs in waves and involves laps around a cable, swimming off by yourself is not an option. You will not get lonely during this race!

### **Laurie Watson**

The only thing that I would add is that I personally had a wonderful time meeting some amazing people and some incredible athletes. I too have been out of Masters for several years, and this event reminded me of why I enjoy swimming with Masters so much.

(continued on page 9 following)

## Heidi Williams

Cable swims are sort of a hybrid between pool and open water swimming. You're sharing the course with no lane lines separating swimmers. There is still no black line or chlorine like open water, but sighting and navigating are virtually unnecessary. 50-meter pools cater to us distance people and allow us more than twice the distance of 25-yard pools before having to hit yet another wall. The cable swim is like ultimate long course. Finally, the ability to actually get into a groove and maintain it, the ultimate in distance swimming. While I also love open water, the cable format combines the best of both worlds.

The Charlottesville cable swim is a long standing extremely well run race offering clockwise and counter-clockwise courses (in separate heats) catering to both right and left-side breathers. This is my third time swimming here and I am sure I will return again.

### Results

#### Women 25-29

1<sup>st</sup> place: Rice, Kim Sarah – 43:47.35

#### Women 40-44

1<sup>st</sup> place: Williams, Heidi – 46:25.49

3<sup>rd</sup> place: Wallace, Kacie – 48:38.72

#### Women 45-49

2<sup>nd</sup> place: Watson, Laurie B – 51:13.10

#### Men 65-69

3<sup>rd</sup> place: DeLong, Harry P. – 1:10.12.37

This is a good open water swim for those who like distance and one that should see more swimmers in the future. I definitely recommend the swim. Plus, Charlottesville has lots of good food and beer. Try the Irish Pub downtown across from the campus. Just don't look at all those UVA shirts in the store windows.