

Southeastern LMSC Newsletter

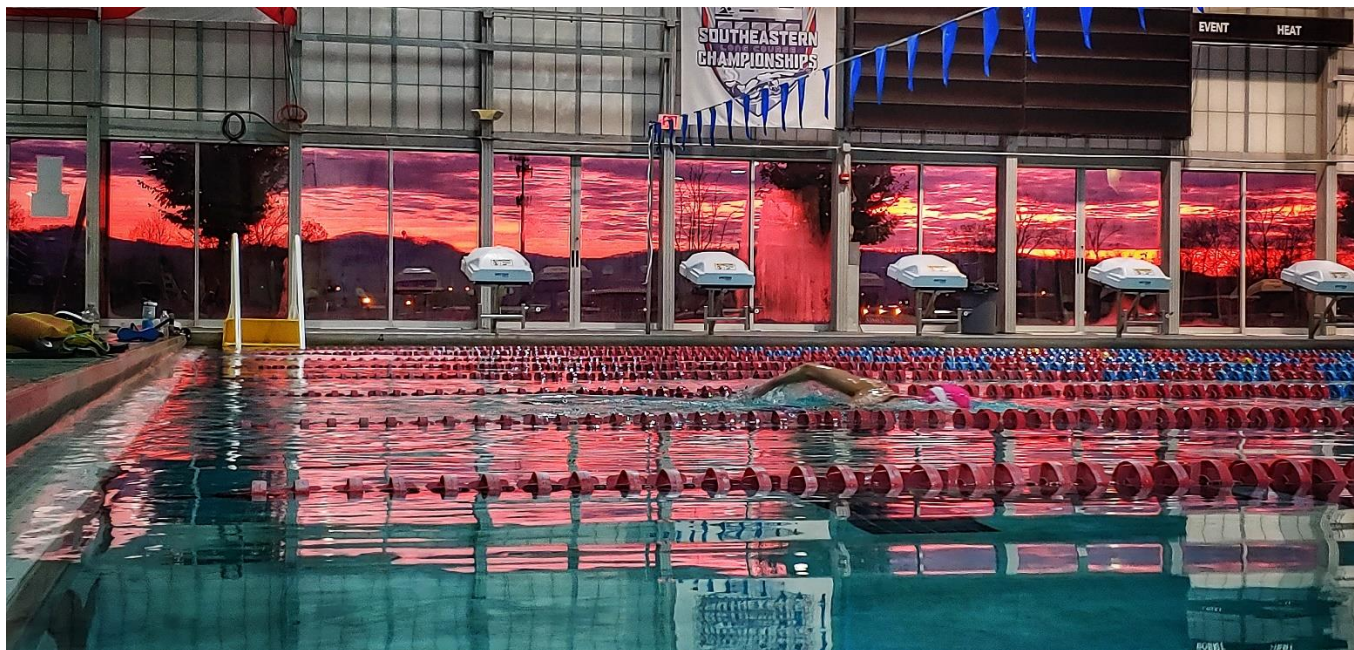


Photo Credit: John Fox

Upcoming Meets and Events

Pool meets:

February 12 – 13, 2022: Auburn Masters SCY Invitational, Auburn, AL.

March 12, 2022: St. Patrick's Day Invitational, Kingsport, TN. For more [information](#).

Open Water:

September, 2022: Swim Hobbs Island (1, 2, or 5 miles). Huntsville, AL. For more [information](#).

September, 2022: Bridges to Bluffs (10K). Knoxville, TN. For more [information](#).

October, 2022: Swim the Suck (10K) Chattanooga, TN. Tentatively: Signup opens February 1, 2022 at Noon, EST. For more [information](#).

Other Southeast Zone Meets & Events:

<http://www.southeastzone.org/meets.html>

SE LMSC NEWS!

The 2021 USMS Annual Meeting was held Friday, September 24th – Sunday, September 26th via Zoom. A BIG congratulations to Chris McPherson of Ensworth Aquatics Masters who was selected Coach of the Year. It is very exciting to have that honor go to someone in our LMSC. If you know of someone else deserving of the recognition, consider preparing a nominations packet for 2022.

There was discussion of membership which peaked in 2016 around 65k. It has stayed close to that number through 2019, when there were 60k members. With nearly two years of pandemic restrictions, the National Office expects to finish 2021 with around 50k members.

In an effort to strengthen LMSCs and volunteer capacities, the USMS Board of Directors put together a task force to investigate a meeting focused on LMSC and volunteer training (see [here](#) for proposal details). The Board also recommended that the 2022 meeting be virtual. Two-thirds of the attendees preferred the meeting be in-person. The Board will consider options for methods of holding an in-person training meeting, annual meeting, or combination.

**ST. PATRICK'S DAY INVITATIONAL
MARCH 12, 2022**

Come join the Kingsport Aquatic Center Viperfish on Saturday, March 12th, 2022, for the St. Patrick's Day Invitational. This meet will be held in the HMG competition pool at the Kingsport Aquatic Center. This is a great opportunity to try for Spring National qualifying times (click [here](#) for information on Spring Nationals). For more information on the St. Patrick's Day Invitational, contact madisongump@kingsporttn.gov.



Kingsport Aquatic Center Viperfish

Photo Credit: Madison Gump

AUBURN MASTERS SCY INVITATIONAL DESIGNATED SOUTHEAST ZONE SCY CHAMPIONSHIPS

Auburn Master Swimmers will host our 23rd annual SCY Invitational February 12-13, 2022. This meet was chosen to be the Southeast Zone SCY Championships for 2022. As always, we will greet Saturday gradually, with the first splash in the 1650s tentatively scheduled for 10:45. The main session will start at 1:15, wrapping up around 5:00. Sunday will start at 9:30 with the 500s; the second event of the day will start an hour or so later, and we usually wrap up the day by 2:00. We anticipate entries will open by the middle of December. For more information, contact the Meet Director, Conner Bailey (cbailey@aq.auburn.edu).

WORKOUT

For those of you who would really like to do a workout, but are short on imagination, please remember that Wito Vanheyste has graciously provided us with numerous [workout ideas](#). Note that they are presented in pairs so if you want to workout with a friend who is slightly faster/slower, you'll be able to swim together. Here is one that focuses on freestyle, and some speed (from page 4 of the 2200-2800 SCY set).

Warm-Up (1000)

- 2 x 400 SKP
- 8 x 25's FR on :25

Main Set (1800)

- 4 rounds of [8 x 50's FR] w/ 60s rest between rounds
- Round 1: 70% effort on :55
- Round 2: 80% effort on :60
- Round 3: 90% effort on 1:05
- Round 4: best avg on 1:10

200 pull

Cool-down (500)

- 2 x
- 4 x 25's scull on :50
- 100 social kick on 2:00
- 50 double-arm BK on :60

Total: 3300 yards

Warm-Up (750)

- 2 x 300 SKP
- 6 x 25's FR on :35

Main Set (1100)

- 4 rounds of [5 x 50's FR] w/ 60s rest between rounds
- Round 1: 70% effort on 1:15
- Round 2: 80% effort on 1:20
- Round 3: 90% effort on 1:25
- Round 4: best avg on 1:30

100 pull

Cool-down (250)

- 4 x 25's scull on :50
- 100 social kick on 2:00
- 50 double-arm BK on :60

Total: 2100 yards

A Return to International Swimming

By Jim Johnson (Vice-Chair)

2021 has seen the return of international swimming. First, there were the Olympics, and then there was the regular season of the International Swim League. During the month of September, I had the opportunity to be the physician for all 10 teams in the International Swim League regular season in Naples, Italy. The format was exciting, the racing was fast, and the athletes were very happy to be competing.

As an event physician, I was responsible for the general health and well-being of the participants, coaches, and staff at the competition. When traveling with teams, most of what I see is typical everyday illness that may limit, but not prohibit, training and competition for the athletes. Generally speaking, with swimming, traumatic injuries are rare and most of the athletes that have musculoskeletal injuries are already receiving treatment for those. The most that I usually need to do in those cases is refill medication or help them tweak their rehab program. However there are always lots of upper respiratory infections when you get big groups together from all over the world. In this case the most difficult thing was distinguishing a typical cold from a case of COVID-19. Fortunately, at the ISL, we had an ironclad COVID protocol which involved testing every three days, and testing following the appearance of a number of typical cold symptoms. It also helped that Italy was proactive about preventing the transmission of COVID in their country. First, just to get into Italy, we had to have proof of vaccination and proof of a negative PCR COVID test within three days of arrival. Then, while there, all of us were tested every three days with a PCR test. Finally, before we left, we were required to receive another test. All people in Italy, citizens and visitors alike, are required to show their vaccine card when entering any venue including museums, restaurants, and sporting events. The result was that while I was in Naples, the case rate was seven cases per hundred thousand people; at the same time, in Tennessee, the case rate was 800 per hundred thousand people. Needless to say, most of us felt safer while in Italy than we do here in our own country.



Kosuke Kitajima and Jim Johnson

Photo Credit: Jim [Johnson](#)

On the competitive side of the experience, I was impressed with the way the swimmers were able to compete at a high-level so soon after the Olympics, and to compete at a high-level for the entire six weeks. The training was usually done in small cycles of days instead of weeks. When a team had 10 days between competitions, they would train hard for 5-7 days and then complete a 3 day mini taper. When a team had only 3 to 5 days between meets, they would train hard for one to two days, have one day of activation type short sprint training, and one day of recovery. The coaches were very professional and worked with groups and individuals depending on their needs. There were some athletes who liked to train with a small group; coaches would provide specific plans for those groups. There were other athletes that had a plan from their home coach; ISL coaches at the meet would help monitor the training of those athletes, and make adjustments as they saw the need. My take away from this experience was that swimmers from many teams and countries could come together in a collaborative way, perform at their highest level, and have both a highly competitive and a highly educational experience that will make them better athletes, better coaches, and better citizens of the world.

USMS Coaches "Code of Conduct" Webinar

By Roger von Jouanne

On November 18, USMS hosted a webinar entitled "USMS Coaches Code of Conduct". The main purpose of the webinar was to encourage local clubs to adopt a "code of conduct" to which their members would agree. Insights regarding a "code of conduct" were provided by three members of the national USMS Coaches Board.

A recommended template for a "Code of Conduct" is provided by USMS. Go to: <https://www.usms.org/club-central/club-marketing-resources>). After the page loads, select "Code of Conduct Template" which will download a simple 2-page "code of conduct" template containing all the elements that you might need, including a spot for the club members to sign and date to show concurrence to these behavioral standards.

The host coaches went through several examples highlighting the value of having an official Code of Conduct. The examples included ...

- Belittling talk during swim practices
- "Talking over a coach", and not doing the specified practice/set
- Throwing a tantrum on deck after a bad performance at Nationals
- Harassing someone with differing political or religious viewpoints

Some of the coaches in the audience questioned whether a formal "Code of Conduct" is really necessary, stating: "Can't we just expect basic decency from our members?" Meanwhile, other coaches attending the webinar gave additional examples where the existence of a code would be advantageous. There were several questions. As the USMS pointed out, we just don't know what can come up out of thin air, in the middle of a swim practice, or at a meet. In case of a conflict, wouldn't it be better to calmly enforce a signed Code of Conduct, than face a judge in a lawsuit? As such, USMS recommends that local clubs strongly consider adopting an official Code of Conduct for their membership.

Fitness Corner

By Cheryl Corvo (Fitness Chair)

If you've ever had a practice that was intense enough or long enough, you've probably once or twice run smack-dab into the dreaded "wall of fatigue". You know the wall: When you hit it, you feel like you have nothing left to give, everything basically sucks, and you couldn't possibly complete another set. Yeah... that wall.

Your body needs fuel to function, especially if you're asking it to run, cycle, swim, or lift weights. What is this magical fuel your body needs? CARBS!

When you train at a high intensity, fatigue sets in as you use up the stored carbs (glycogen) in your muscles and your circulating blood glucose. If you begin a workout with an already dwindling tank, you'll hit the wall even earlier in your practice or worse during an endurance race.

Once you've depleted a certain amount of muscle glycogen, your body stops trying to free energy from glycogen and circulating glucose, and focuses on conserving energy. The result? Increased fatigue, as well as decreased focus, power, and strength.

This is where intra-workout carbs come into play and can help. By adding carbs during a particularly long or demanding practice, you can shift your body's focus back to using energy rather than conserving it. During a workout, you actually want liquid carbohydrates so that digestion is easy and not bothersome. USMS is sponsored by Infinit which is a great fuel resource.

Below are some research articles that go into the science behind proper fuel for your body and how to keep yourself fueled so your body can perform.

Nutrition in Endurance Athletes

<https://books.google.com/books?hl=en&lr=&id=x9KYCgAAQBAJ&oi=fnd&pg=PA33&dq=intra+workout+carbohydrates+triathlon&ots=m9K-IXiM8c&sig=968dqm003r5JVWv-NnIWSDPHzvU#v=onepage&q&f=false>

The Use of Carbohydrates During Exercise as an Ergogenic Aid

<https://link.springer.com/article/10.1007/s40279-013-0079-0>

Fueling the Triathlete: Evidence-Based Practical Advice for Athletes of All Levels

https://journals.lww.com/acsm-csmr/fulltext/2017/07000/fueling_the_triathlete_evidence_based_practical.12.aspx

Head Coach Wanted!

Kingsport Aquatic Center, in the mountains of northeastern Tennessee, is searching for a Head Coach for their KAC Viperfish Masters Team, a registered club with U.S. Masters Swimming. The Head Coach is responsible for running the daily operations of the Masters Swim program and will report directly to the Operation Supervisor of Programming. This position requires the Head Coach to coordinate and supervise daily workouts, attend swim meets, and perform other club functions. The Head Coach will work to retain existing members and encourage growth by marketing and recruiting new members. For more information, or to apply to be the Head Coach of the KAC Viperfish Masters Team, please visit <https://www.swimkingsport.com/employment-opportunities/>

Meet More of Your Board:

Roger von Jouanne: I was born and raised in Renton, Washington, and my parents (immigrants from Germany) put all of us four kids onto the swim team when I was 10 years old (1971). I attended Southern Illinois University on a swimming scholarship from 1978 to 1982, set a new American Record in 200 Fly in 1980, and married Pam Ratcliffe (also a Southern Illinois Saluki) in 1984. After participating in the 1980 and 1984 Olympic Trials and representing the United States several times in international competition, Pam and I retired from swimming and began careers with The Boeing Company. Boeing moved us to Huntsville, Alabama in 1985, to work on the International Space Station Program ... I retired from the Space Station Program 35 years later. Pam and I have 3 children, who are now all grown and have their own children 😊

In 2000 I felt inexplicably called by God to re-enter the world of swimming, so I reluctantly joined our club team (Madison Swimming Association) and began to train with the high schoolers. I started to thoroughly enjoy the challenge and the camaraderie, and was also helping the coach, so he asked me to become his assistant coach. The following year I met a few swimmers my age, and we began to train together and decided to venture into a Master's swim meet in Auburn. So we joined USMS and formed the Madison Titans, where I've been a swimmer and volunteer-coach for the past 20 years. My wife is now the head coach of the Madison Swimming Association, and I'm one of her assistant coaches. I also teach classes at various churches and at the Limestone Correctional Facility, and have served on boards at our church and at the Downtown Rescue Mission in Huntsville. I look forward to serving on our LMSC Board.

SE LMSC Board

LMSC Chair*: Conner Bailey, Auburn Masters Swimmers, Auburn, Alabama.

Vice Chair*: Jim Johnson, Ensworth Aquatics Masters, Nashville, Tennessee.

Secretary*: Claire Letendre, Gulf Coast Pirate Swimming, Pensacola, Florida.

Membership Coordinator*: Pia Vanheyste, Auburn Masters Swimmers, Auburn, Alabama.

Treasurer*: Helen Naylor, Vanderbilt Swim Masters, Nashville, Tennessee.

Coaches Chair: Roger von Jouanne, Madison Titans, Madison, Alabama.

Competition Chair: John Fox, HSA Masters, Huntsville, Alabama.

Officials Chair: Frank Odell, About Time Masters Swimming, Cullman, Alabama.

Fitness Chair: Cheryl Corvo, Eastern Shore Masters Swimmers, Fairhope, Alabama.

Top 10 Chair: Rick Schumacher, McCallie School Masters, Chattanooga, Tennessee.

Communications Chair: Barbara Calhoun, Vanderbilt Swim Masters, Nashville, Tennessee.

Open Water Chair: Karah Nazar, Chattanooga Open Water Swimmers, Chattanooga, Tennessee.

*Indicates the position is elected. Please contact the [Southeastern LMSC Chair](#) if you are interested in an appointed position or a committee.

The LMSC Board meets quarterly: January, April, July, and October.

The LMSC Newsletter will be published quarterly (or so): February, May, August, and November. Please submit pictures or articles of interest to sewebmaster@usms.org by the beginning of the month of publication.

For the 2020-2021 Season, as of late-November, we have [978 members and 35 clubs!](#)