

Southeastern LMSC Newsletter



Photo Credit: Michelle Smith

Upcoming Meets and Events

Pool meets:

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

March 19 – 20, 2022 (rescheduled): Auburn Masters SCY Invitational, Auburn, AL.

Open Water:

September 11, 2022: Bridges to Bluffs (10K). Knoxville, TN. For more [information](#).

September 18, 2022: Swim Hobbs Island (1, 2, or 5 miles). Sign-up opens April 15, 2022. Huntsville, AL. For more [information](#).

October 8, 2022: Swim the Suck (10K) Chattanooga, TN. Signup opens April 9, 2022 at Noon, ET. For more [information](#).

Other Southeast Zone Meets & Events:

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

Other USMS Meets & Events:

[Click here!](#)

SE LMSC NEWS!

The first two LMSC swim meets of the year will be occurring in March, one in Kingsport, TN, and the other in Auburn, AL. There is still time to sign up for both of them – see below. In addition, the sign-ups for several Open Water swims will be opening soon.

AUBURN MASTERS SCY INVITATIONAL DESIGNATED SOUTHEAST ZONE SCY CHAMPIONSHIPS

Auburn Master Swimmers delayed their meet for a month due to the ever-evolving pandemic. But now it is coming, and there is still time to sign up! They will host their 23rd annual SCY Invitational March 19-20, 2022. This meet was chosen to be the Southeast Zone SCY Championships for 2022. As always, they 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 they usually wrap up the day by 2:00. [Entries](#) are being accepted until Sunday, March 13th.

In addition, during the meet, Frank Odell, Chair of the Officials Committee of Southeastern LMSC, plans to hold a clinic for those interested in becoming, or becoming more proficient, as a swim official at Masters meets. The clinic will be held Sunday morning starting at 9:00 am and will last less than one hour. The clinic will overlap with the 500 free but there will be adequate time for swimmers to warm up after the clinic while the 500 continues.

If you are interested in participating in this clinic (or you know someone else who is), please contact Frank directly at fodell1950@gmail.com.

**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 and is a great opportunity to try for Spring National qualifying times (click [here](#) for information on Spring Nationals). Act now, the deadline is approaching (March 6th for regular entries; March 10th for late entries). For more information on the St. Patrick's Day Invitational, see the [USMS Event Site](#) or contact madisongump@kingsporttn.gov.



Kingsport Aquatic Center Viperfish

Photo Credit: Madison Gump

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 butterfly (from page 5 of the 2200-2800 SCY set).

Warm-Up (700)

- 300 Swim
- 100 Kick
- 6 x 50 pull on :50

Pre-Set (900)

- 10 x 25 Fly Kick (w/ fins) on :25
- 18 x 25 Fly drill
 - #1-6: scull (with snorkel)
 - #7-12: 3 sculls / 1 stroke
 - #13-18: skate (with fins)

- 8 x 25 Fly (perfect technique)

Main Set (500)

- 3x100 (fins optional) on 1:40
(75 fly / 25 easy free)
- Broken 200 Fly (strong)
 - 20 seconds rest after each 50

Cool-down (200)

- 200 Choice

Total: 2300 yards

Warm-Up (500)

- 200 Swim
- 100 Kick
- 4 x 50 pull on :60

Pre-Set (850)

- 8 x 25 Fly Kick (w/ fins) on :35
- 18 x 25 Fly drill
 - #1-6: scull (with snorkel)
 - #7-12: 3 sculls / 1 stroke
 - #13-18: skate (with fins)

- 8 x 25 Fly (perfect technique)

Main Set (400)

- 4 x 75 (fins optional) on 1:40
(50 fly / 25 easy free)
- Broken 100 Fly (strong)
 - 20 seconds rest after each 25

Cool-down (150)

- 150 Choice

Total: 1900 yards

NOTE TO ALL COACHES:

USMS is looking for coaches to help facilitate the warm-ups at Nationals in San Antonio, April 27th – May 1st. If you are interested and are attending the meet, here is the link to [sign up to be an On Deck Coach](#). You will even be compensated with ... drum roll ... a super-bright yellow t-shirt and a meal voucher for the day!

Additionally, we are hoping to have a coach or two available to monitor the warm-up pool *during* the meet. This will allow us to have a block open for starts throughout the day, but will require more volunteers. Thanks for your consideration!

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 2021-2022 Season, as of late-February, we have [744 members and 33 clubs!](#)