

Southeastern LMSC Newsletter



Photo Credit: Benis Arapovic

Upcoming Meets and Events

Pool meets:

August 2nd – 6th, 2023: USMS Summer Nationals, Sarasota, FL. For more [information](#).

Open Water:

July 15, 2023: Marathon distance Open Water Championship, Applegate, OR. For more [information](#).

August 20, 2023: Swim Hobbs Island (1, 2, or 5 miles). Sign-up opened May 1, 2023. Huntsville, AL. For more [information](#).

September 17, 2023: Bridges to Bluffs (10K) Knoxville, TN. Signup opened May 1, 2023 at Noon, ET. For more [information](#).

October 7, 2023: Swim the Suck (10 miles) Chattanooga, TN. Signup opened April 8, 2023 at Noon, ET. For more [information](#).

Other Southeast Zone Meets & Events:

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

SE LMSC NEWS!

There's lots going on right now in the Southeastern LMSC where it is "Try Masters Swimming" month. We have upcoming elections for the new board, we have coaching clinics, we have new rules, and we have some new committee chairs and committees. Please read on to learn what your teammates are doing and find opportunities of interest. The USMS Annual Meeting will be September 8-10 and will be hybrid (virtual and in person) held in Houston, TX. For more [information](#).

July is "Try Masters Swimming" Month

It's hot and the water is beckoning. Let your family, friends, and colleagues know: The month of July is "Try Masters Swimming" Month. As part of the celebration, the Year-Plus membership option started July 1st. You may now join through December 31st, 2024!

- [Volunteer information page](#)
- [Club information page](#)
- [Member information page](#)
- [General TMS page](#)
- [2022 webinar recording](#) - overview of "Try Masters Swimming" and some ideas from coaches on how to engage

Or consider coaching!

For those who are already USMS members, have you considered coaching? The Southeastern LMSC has scholarships available for members interested in Coaching or Adult Learn-to-Swim certifications.

Consider Coaching!

By Katherine Weathers

Chair, Diversity & Inclusion

If you haven't ever considered being a coach for your Masters team or you've considered it, but you just don't think you're ready, let me nudge you towards doing it. I wasn't sure I was ready, and started with baby steps. I now have USMS Coaching Levels 1 and 2 and took a Clinics Course in April. I have not regretted any of it, and actually look back and think how happy I am I did it.

USMS offers a number of courses in coaching. The Level 1 course is a virtual course which makes it a great way to take the first step without having to travel. It consists of an online portion followed by a Zoom meeting with all those completing the course. The Level 2 certification is held in-person and allows you to meet other folks working towards their certification. Some have had years of coaching experience and have decided to coach Masters, and others, like myself, have had very little coaching experience. If you are like me, there is an intimidation factor that you feel – “These folks are going to think I don't know anything.” “Everything I learned was years ago and so much has changed.” You don't need to worry about that – everyone is learning and coming with different levels of experience. Bill Brenner taught the course and provided some great insight into coaching adults.

I swam competitively for many years back in the 70s and 80s. So much changed since then regarding the strokes and turns, disqualification rules, and even the terms for drills and sets. It seemed like everything I knew about swimming was out the window. Which made the idea of coaching scary.

My husband and I moved to Auburn, Alabama in the fall of 2019. I hadn't been working out consistently for years. I would train for an event, usually a sprint triathlon, and then once that was over, my enthusiasm waned. With two kids and a full-time job it was easy to come up with excuses. I had also been lukewarm with Masters swimming over the years. I had suffered that well experienced burn-out in my early 20s and found it hard to commit to swimming. And even though I had dabbled with different Masters clubs over the years, none of them ever gave me that sense of belonging to a team. I never felt committed to the team. I never felt connected to the team. I never felt a sense of belonging.

That changed when we moved to Auburn and I found the Auburn Master Swimmers. With the Auburn club I felt a commitment, I felt connected, and I felt like I belonged. Why does my relationship with the team matter to coaching? Because I have had the opportunity to get to know the other swimmers over the past couple of years, which has helped my commitment to not only my own improvement and development, but to theirs too. I also feel a sense of obligation to them. I want to be there for them because I know how I feel as a swimmer. When I practice, I want my coach to provide not only my workout, but feedback and encouragement. If I want and expect those things, then I need to give those things.

I am a believer that pushing ourselves helps keep us physically and mentally healthier. When Conner Bailey explained that Auburn University's beautiful outdoor 50 meter swimming pool, that we have access to, is limited by the availability of lifeguards, I knew that if I became a coach and I wanted to be outside, then I also needed to have my lifeguard certification. I knew I couldn't, and I didn't want to, depend upon one of the University lifeguards. I found a Red Cross class, went, and received my certification. Then I started on my USMS Level 1 certification. I just wanted to be there to fill in when a coach might be unavailable. I filled in once and then, it just so happened, the team needed a part-time coach. I was able to start putting what I had learned into practice and it's been a lot of fun. I hope that some of you are encouraged by my experience and try your hand at coaching. I think you'll truly find it to be rewarding. If I've increased your curiosity, you can find more information on coaching at the following USMS website: <https://www.usms.org/coach-central/coach-certification>. Scholarships for the September Level 2 and Level 3 coaching certification courses, as well as the Adult Learn-to-Swim certification, in Richmond, VA are available through the Southeastern LMSC. Just let the Southeastern Coaches Chair know: SECoaches@usms.org!

The ELECTIONS are HERE!

The Elections for the Southeastern LMSC Executive Board are here! The Nominations Committee (Katherine Weathers, Frank Odell, and Ali Meeks) has been hard at work, finding qualified and interested members to serve on the Board. Keep an eye on your favorite e-mail box for information regarding voting and a link to the ballot – it should be arriving later this week. A BIG THANK YOU to the Nominations Committee and to the members who were willing to be nominated and serve on our Board. And thank YOU for your participation in the elections process! The following is the proposed slate:

Roger von Jouanne (Chair): Roger has been a USMS swimmer/coach for the past 22 years, beginning when a small group formed the Madison Titans in 2001. Since that time he's coached 3-5 days per week, in addition to coaching several days per week as an Age Group Club Coach (Madison Swimming Association) and a High School Coach (Westminster Christian Academy). The Madison Titans have participated in at least one USMS meet per year (typically the annual Auburn Masters Invitational ... and also several trips to the USMS Nationals). Roger is currently serving as the Southeastern LMSC Coaches Chair (2021-present).

Chris Shrader (Vice Chair): Chris began his swimming career at age 7 in Findlay, OH, swimming for the local YMCA and later for Findlay High School and Miami University. He started with Masters swimming in his late 20s with an Indianapolis team. In 2016 he moved to Fairhope and joined Eastern Shores Masters Swimming. He currently serves as President of ESMS. They host an annual swim meet, and are developing an ALTS program and a youth swim program with the local Rotary Club.

Helen Naylor (Treasurer): Helen has been a USMS member and coach for more than 25 years. She has served in various roles with the LMSC, including as Chair. Currently, she is treasurer, and is happy to continue in that role. She has experience managing budgets and forecasts for several nonprofit organizations, including her department at Vanderbilt University Medical Center. She is a level 4 coach, and a USA & USMS open water and pool official.

Conner Bailey (Secretary): Conner swims with Auburn Master Swimmers and has been the meet director for their annual SCY meet for 24 years. He served for nearly as many years as Sanctions Chair for the Southeastern LMSC, and most recently served two years as Chair, stepping aside after this election. He is willing to continue serving our LMSC as Secretary for the next two years.

Pia Vanheyste (Membership Coordinator): Pia started coaching in 2009 (USAS certified) and discovered USMS in 2015. She occasionally practices with the Auburn Masters. In the fall of 2019 she was certified as a Level II USMS coach and had the opportunity to meet many interesting people, including several LMSC Board Members. She became the Interim Membership Coordinator in January of 2021 and was elected to serve a full term in the summer of 2022. She had so much fun she is now running for a second term.

Auburn 2023 Meet Recap

By Conner Bailey

Chair, Southeastern LMSC; Meet Director & General Factotum (look it up!)

Auburn Master Swimmers hosted its 24th annual SCY invitational the weekend of February 11-12, 2023. We had 160 swimmers at our meet from 28 different clubs and 10 different LMSCs. In addition to neighboring LMSCs, we had swimmers from Oregon, Michigan, Indiana, Texas, Washington, D.C., and New England. Southeastern LMSC teams racked up 4,454 points, followed by Georgia LMSC with 1,480. (By way of comparison, as of March 22, 2023, Southeastern LMSC had 811 registered swimmers compared to 670 for the Georgia LMSC.)

This year the Large Team Trophy was won by the Madison Titans with 1,189 points, followed by Georgia Masters (773 points), and Central Alabama Master Swimmers (676.5 points). The host team scored 907.5 points but thinks it bad form to compete for trophies in our home pool. The City of Mobile Masters won the Small Team trophy with 309 points, barely edging out the Atlanta Water Jocks (306 points) and the Gulf Coast Pirates (284 points), showing that even one extra swimmer or one extra race can make a difference.

Ray Ascherfeld did his part for the Pirates, scoring 63 points and at age 87 was our oldest swimmer and high point winner for men 85-89.

Congratulations to Ray and all the other swimmers. Consider joining us in 2024!

New Breaststroke and Backstroke Rules!

By Gregg McAdams

Officials Chair

Backstroke: A sentence was added to the STROKE section [101.4.2] (not the finish section) of the backstroke rules. **Once some part of the head of the swimmer has passed the 5 meter mark (long course and short course meters) or 5 yard mark (short course yards) immediately prior to reaching the finish, the swimmer may be completely submerged prior to the touch.**

The finish section [101.4.4], remains the same: Upon the finish of the race, the swimmer must touch the wall while on the back.

You might watch the rules in case there is some clarification regarding the meaning of "immediately prior".

Breaststroke: Both USA Swimming and USMS have changed their breaststroke rule such that, "All movements of the arms shall be simultaneous without alternating movement." There is no longer a requirement to keep that "alternating movement in the same horizontal plane."

Shout Outs!

By Alex Roberts (Coach Lifetime Swim Southeast) and Pia Vanheyste (Membership Chair)

The SE BSL Jack Barncastle Invitational took place the weekend of June 2nd – 4th. The meet was a first-time dual-sanctioned meet between USA Swimming and USMS.

One of our own LMSC members, Annemieke Blackman (45), swam at this meet, and was on a mission to set a new record for the 200 LCM Breaststroke. Note that she is also the Head Age Group Coach for Lifetime Swim Southeast.

On June 3rd at the Crossplex in Birmingham, Alabama, Annemieke broke the World Aquatics (formerly FINA) Masters 200 LCM Breaststroke record for women 45-49. With the local crowd cheering her on, she put an impressive 2:43.20 on the board, just under the record time of 2:43.73 held by H. Morris-Eyton of the RSA that had stood since 3/15/2013. Annemieke's splits per 100 were 1:16.36 and 1:26.84.

I am sure that her age groupers will talk about this for quite a while!

WAY TO GO COACH Annemieke!

While we'd like to keep Annemieke in the spot light, as well as her coach Alex Roberts, we'd also like to give a shout out to Dan Phillips of AMS for his performance at the Spring Nationals in Irvine, California. Dan took home three gold medals. And a shout out also to Sara Wolf of AMS, who completed a 21 mile swim at night from Fairhope to Fort Morgan in 15 hours 51 minutes 44 seconds.

There are sure to be many more of you with performances worth sharing so please let us know!

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 speed (from page 9 of the 2200-2800 SCY set).

Warm-Up (600)

600 Choice

Pre-Set (1100)

2x(9x50 variable effort on 1:10)
(easy/build; build/easy; build; sprint by 25)

1st round free; 2nd round non-free

200 pull

Main Set (1100)

All Free; all Fast

2x

100 on 1:15

50 on :40

4x25 on :20

:30 rest

200 pull

2x200 Free relay (1 with fins; 1 without fins)

Cool-down (100)

100 Choice

Total: 2900 yards

Warm-Up (400)

400 Choice

Pre-Set (800)

2x(6x50 variable effort)

(easy/build; build/easy; build; sprint by 25)

1st round free on 1:30; 2nd round non-free on 1:45

200 pull

Main Set (800)

All Free; all Fast

2x

50 on 1:15

4x25 on :30

:30 rest

100 pull

2x200 Free relay (1 with fins; 1 without fins)

Cool-down (100)

100 Choice

Total: 2100 yards

There are many ways for you to get involved with USMS, your Zone, or your local LMSC. Links of Interest courtesy of the [Southeastern Zone](#):

August

- [Summer National Championship \(LCM\) August 2-6, Sarasota FL](#)
- [FINA World Masters Championship August 2-11, Kyushu Japan](#)
- [Middle Distance \(1-3 mi\) Open Water Championship August 12, Lake Oahe, SD](#)

FUTURE VOLUNTEER MEETINGS

- [Annual Meeting September 8-10, Hybrid \(Virtual or In-Person in Houston\)](#)
- [Relay 2023: "Event Development" October 20-22, In-Person only, Houston Airport Marriott](#)

FUTURE COMPETITION EVENTS

- [2-mile Cable Open Water Championship June 3 Charlottesville, VA](#)
- [Ultramarathon Distance \(> 9mi\) Open Water Championship July 8, Portland OR](#)
- [Marathon Distance \(6-9mi\) Open Water Championship July 15 Applegate Lake OR](#)
- [Summer National Championship \(LCM\) August 2-6, Sarasota FL](#)
- [FINA World Masters Championship August 2-11, Kyushu Japan](#)
- [Middle Distance \(1-3 mi\) Open Water Championship August 12, Lake Oahe, SD](#)
- [Sprint Distance \(1 mi\) Open Water Championship September 15, Lake Mission Viejo, CA](#)
- [Long Distance \(3-6 mi\) Open Water Championship September 16-17, Lake Mission Viejo, CA](#)

RECENT MEETING MINUTES

- 4/17 [Board of Directors Meeting Minutes](#)
- 4/18 [Investment Committee Meeting Minutes](#)
- 5/8 [Coaches Committee Meeting Minutes](#)

RECENT WEBINARS – presentation links & zoom recording links

- 3/30 [LMSC Community: LMSC Inclusive Culture & Volunteer Development \(+Awards\)](#)
- 4/6 [LMSC Treasurer Peer-to-Peer Presentation](#)

UPCOMING WEBINARS ([Webinars Page](#))

- [Annual Meeting September 8-10, Hybrid \(Virtual or In-Person in Houston\)](#)

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.

Sanctions Chair (Competition): John Fox, HSA Masters, Huntsville, Alabama.

Diversity & Equity Chair: Katherine Weathers, Auburn Masters Swimmers, Auburn, Alabama.

Officials Chair: Gregg McAdams, Madison Titans, Madison, Alabama.

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

Top 10 Chair: Rick Schumacher, Chattanooga, Tennessee.

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

Open Water Chair: Jack McAfee.

*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 2022-2023 Season, as of early-July, we have [937 members and 33 clubs!](#)