

## Southeastern LMSC Newsletter

### A HAPPY Thanksgiving Workout

Looking for a way to work off that turkey and dressing? Chris Powers of CAMS offers up a tried and true favorite that includes a little dryland work thrown in for good measure.

warm up:

- 300 choice swim/kick/pull
- 8 x 50 in's and out's (hard down / med return to wall)
- 5 dips (toes on edge of gutter. Dip heels into water.)
- 5 rockets (squat at bottom of pool, shoot up in stream line position, dolphin when you reach apex)
- 10 push ups
- 1 plank for count of 30

main set

- 6 X 75 Free Drill (25 six kicks to a pull/25 Long & Strong/ 25 swim)
- 3 x 200 Free Swim @ race pace plus 20 sec
- 1 x 50 ez recovery
- 4 x 100 IM Swim @ race pace plus 25 sec
- 1 x 50 ez recovery
- 6 x 50 Free Swim @1:15 sprint

warm down 1 x 300

### Upcoming Meets and Events

#### Pool meets:

- November 18: 7<sup>th</sup> Annual NAC Masters Sprinting Turkey. [Information.](#)
- February 10-11, 2018: 2018 Auburn Masters SCY Invitational. [Information.](#)
- March 10, 2018: 4<sup>th</sup> Annual SCY Sewanee Masters Invitational. [Information.](#)

### ANNUAL MEETING AT SEWANEE!

Be sure to mark your calendars for the Sewanee meet in March. We'll have our LMSC annual meeting after that meet in conjunction with the social event.

The annual meeting is your chance to connect with LMSC officers, hear any updates of ongoing projects the Board of Directors is working on, budget updates and other news.

If you have any topics you'd like to discuss in March, projects you'd like to see us take on between now & then or anything else you'd like covered, email Chair Allison Ware at [SEChair@usms.org](mailto:SEChair@usms.org).

### First-Time Reflections on USMS Convention

*We asked Southeastern LMSC board members and committee chairs who attended the recent USMS Convention this fall to share their impressions of the experience, as first-timers at a USMS event. Rick Schumacher shares his experience, below.*

I'm the new recorder for our Southeastern LMSC. For those of you that don't know what the job of recorder entails, it is a behind-the-scenes volunteer job where I validate meet results and pool measurements and then load and validate those results on the USMS web site, to make sure everyone's swim results are properly recorded.

Since I'm a new officer in our LMSC, the board thought it would be worthwhile for me to attend the annual USMS convention, which was held in mid-September in Dallas, TX. I was intrigued as to how an event like this – with close to 300 volunteers from around the country – would be run and whether it would be productive and worthwhile, or whether it was more of a boondoggle like so many other conferences and trade shows that I've been asked to attend in the past. I am pleased to report that it was definitely the former. I came away particularly impressed by the dedication of so many of the LMSC volunteers – from the board of directors, to folks from other local Masters districts performing similar jobs to what we do in the Southeast.

I realized that there was going to be a good amount of work involved at the convention as I was traveling there, when I opened up the delegate "survival guide" and found 223 pages of information pertaining to the event. I was impressed by the breadth of subject areas to be covered, and throughout the convention, I was equally impressed with the depth of discussion and thought that went into each subject area. The convention breaks up into a number of working sessions focused on specific subjects, and they are quite varied – championship competitions, coaches, history and archives, fitness education, and long distance (i.e., open water) among others – all with a focus on how to improve and provide the best service and experience possible to USMS members.

*Continued, Page 6*



## Team Profile: Sewanee

The Sewanee Masters team – headquartered at the University of the South in Sewanee, Tenn. – is small but mighty. Made up of community members and faculty and staff members at the University, all with varying swim backgrounds, the Sewanee Masters affiliated as a formal masters' team in 2013.

Team members range from those who've been competing since 8-and-unders to those who found the sport late in life. Alex Bruce, the club's leader, actually swam for Sewanee in the 1980s before returning to the University -- and to the pool -- after a 25-year-break from competitive swimming. Sam McNair, associate dean in Admissions, took up swimming in his 50s and has found a passion for distance, especially marathon and ultra-marathon open water swims. He has competed multiple times in Swim the Suck in Chattanooga, done the Swim Around Key West both in a relay and on his own, the Big Shoulders 5K Swim in Chicago, and the Border-Buster 15-mile swim in Vermont, among others.

Because of the small team size and the small college campus town, the team has a close collaborative relationship with the university swim team – McNair regularly volunteers as an announcer for college meets and other team members help as timers and officials. College team members return the favor by stepping up as timers for the Masters' meets, with Head Coach Max Obermiller serving as master of ceremonies and announcer as well.



The masters' team practices at Sewanee's Fowler Center pool located on the picturesque 13,000-acre Domain of the University of the South; outdoor swims are at nearby Lake Clifftops. The club hosts two masters' meets a year: the Sewanee Masters SCM Meet each fall, and a Sewanee Masters SCY meet each spring – which have both become popular meets on the Southeastern LMSC circuit, with as many as 90 registered swimmers, including several former Sewanee alumni.



**We hope to see you in Sewanee at  
the next meet in March!  
It's also our LMSC annual meeting!**



## Sewanee Swimmers Compete in Open Water “Kingdom Swim”

On Saturday, July 29, 2017, four members of the Sewanee Masters swim club competed in the ninth annual Kingdom Swim hosted by the Northeast Kingdom Open Water Swimming Association in Vermont. The event was held at Lake Memphremagog, on the border between Vermont and Quebec, and getting there and back was a 30+ hour road trip each way, with stops for a quick swim at Lake Erie on the way up and for midnight sightseeing at Niagara Falls on the return.



Zach Blount and Sam McNair competed in the longest race, the 25-kilometer (15.5-mile) “border buster,” which called for competitors to swim into Canada and back. Each swimmer had a pilot or “yacker” who kayaked the distance with them, keeping the swimmer on course and motivated while supplying sustenance (mostly energy drinks and easily digestible carbohydrates) for the duration. Yackers also carried passports for themselves and their swimmers, in case they had to make an emergency stop in Canada! Blount’s yacker was Sewanee teammate Ritchie Wai. (McNair reconnected with an old college friend as his pilot for the event.)

The day was nearly perfect, with 72-degree water and clear blue skies; around noon a breeze picked up and created a light chop, but fortunately in the direction the swimmers wanted to go. More than 35 swimmers from across the country—and a few from abroad—waded into the lake at 6 AM to begin the long swim.

Blount finished fifth for the men and ninth overall, with a time of 7:32:06. Notably, this was his very first open water competition; his longest distance prior had been a solo 10-mile qualifying swim at the lake at Clifftops. Blount was determined to finish, saying, “I decided early on that I would either finish the race or be forcefully removed from the water.” Blount noted the importance of the group effort in a solo sport: “Ritchie kept me safe, motivated, and on course the whole way, and the reunion with my fellow swimmers on shore was worth all of the challenges in the water. I owe everything to the team that kept me going both throughout training and during the race.”



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### *Kingdom Swim (Continued from Previous Page)*

Wai noted the challenges of being a yacker: "I had a couple of anxious moments, like finding Zach in the morning fog right at the start and navigating between markers that were far apart. I definitely wanted to keep him on the right course to minimize distance." In addition to providing drinks, Wai provided distraction; to give Blount something to think about, Wai "asked Zach for a solution to the Malthusian curse concerning population growth and food availability, but have yet to receive an answer." Wai also highlighted the joys of yacking, saying, "Piloting is a heck of a lot of fun. You enjoy a beautiful lake and experience the weather in the fullest, you also have the opportunity to practice a little maritime navigation by chart, compass, and line of sight, and you have the satisfaction of aiding the deranged individual in the water."



An open-water veteran, McNair has multiple marathon and ultramarathon swims to his credit, including a 3-person relay swim around Key West in 2014, the 10-mile "Swim the Suck" on the Tennessee River in 2015 and 2016, a solo swim around Key West (12.5 miles) in 2016, and Open Water Nationals on the Tennessee River in 2017. Of this swim, his longest competition to date, McNair said, "This was by far the hardest thing I've ever done, but that was the point of it. If you've ever wondered what it would be like to do something truly audacious, then I highly recommend you get off the couch and do it." He finished with a time of 9:07:43.

The other Sewanee swimmer, Alex Bruce, competed in his first open water event, swimming the mile and finishing third for the men with a time of 23:23. "I'm not sure I have lake water in my blood like Sam and Zach do," Bruce said, "but it was a fun challenge. And I got homemade beef jerky as my third-place prize, so I think I was the big winner for the weekend."

Since participating in "Swim the Kingdom," McNair and Blount have gone on to compete in other open water events this fall: Blount competed in the Big Shoulders swim in Lake Michigan, and both participated in "Swim the Suck" 10-mile open water event in Chattanooga. McNair and Blount also swam several days with Andreas Fath, a German professor and swimmer who swam the entire length of the Tennessee River this summer, testing water quality along the way. The two continue to seek out longer distances and greater challenges.

### *First-Time Reflections on USMS Convention (continued from first page)*

There were also a number of roundtables during "break" times (i.e., lunch), focused on such diverse subjects as how to bring more excitement to swim meets, the technology tools that are available to USMS members and coaches and how to use them to make for a better experience, and a session on various tips and tricks to turn fitness swimmers into "meet monsters." Each session was entertaining and informative.

There were a number of sessions that focused on rule changes. One of the more interesting, and controversial, discussions pertained to a proposed rule change that would allow a participant to receive assistance from a craft /vessel, during an open water swimming event, as long as forward progress wasn't made. There were so many interesting points of view that were brought up on this one subject alone. At the end, the delegates voted to accept the rule change (primarily for safety and participation reasons), but with an amendment that allowed an individual race director a choice on allowing this or not, to satisfy some of the open water "purists" who want USMS rules to be more similar to traditional marathon swimming rules as opposed to USA triathlon rules. Regardless of your opinion on this, I found the process that resulted in the end rule to be rigorous, disciplined, well thought out -- and the best thing (unlike the political climate of today) was how respectful people were of each other's opinions. It was a very refreshing experience.

There were plenty of opportunities to meet fellow USMS enthusiasts from around the country, which made the convention a lot of fun. I'm thankful that I was offered the opportunity to attend and represent the Southeastern LMSC.

-Rick Schumacher

## Calling All Coaches ...

SE LMSC Coaches: Do you need some advice on how to grow your team? Would you like some help in constructing specific types of workouts? Are you curious about coaching certification levels and how to get attain them? Would you be interested in learning the items involved in hosting swim meets? .....

As the new chair of the SE LMSC Coaches Committee, I want to reach out to all coaches to offer my assistance with any coaching-specific questions. I will get back to you with information you need or direct you to someone else who can help with the specifics. Please feel free to contact me – Chris McPherson – by emailing [mcphersonc@ensworth.com](mailto:mcphersonc@ensworth.com).



## Southeastern LMSC Represents at Rowdy Gaines Masters Meet!



Several Southeastern LMSC swimmers attended the recent Rowdy Gaines Masters Classic IX in Orlando, Florida, October 13-15, 2017. The meet typically draws more than 300 swimmers of all ages and abilities, from Special Olympics to former Olympians, in a fun, friendly and fast short course meters meet.

The Orlando Masters SCM meet was a staple on the calendar through the 90s then lost support and went away. In 2008, Rowdy Gaines agreed to bring the meet back, naming it the Rowdy Gaines Masters Classic, hoping with his energy and enthusiasm, the Masters community would get excited, show up and swim.



Meet Directors Jillian Wilkens and Scott Bay are the two heroes that make the meet happen. Gaines, Wilkens and Bay offered 25s the first year. A meet highlight is a complimentary clinic for attendees with Rowdy Gaines himself. The swim includes relays with Special Olympics and the World Record in the 360+ relay age group has been broken multiple times, and inspired everyone who has attended. 2017 was the 9th year, and the meet attracts masters' swimmers from all over the country because of its reputation for fun.

## Newsletter Submissions & Comments

Please submit items for the next newsletter by Thursday, February 1, 2018. E-mail submissions to [SEEditor@usms.org](mailto:SEEditor@usms.org). Submissions should be relevant to the entire LMSC.

This newsletter will evolve depending upon submissions, feedback, and editors. Please feel free to help in the evolution process with comments to: [SEEditor@usms.org](mailto:SEEditor@usms.org)

### To get in touch with your Board:

Allison Ware [SEChair@usms.org](mailto:SEChair@usms.org)  
Stuart Wiley [SEViceChair@usms.org](mailto:SEViceChair@usms.org)  
Isaac Silver [SETreasurer@usms.org](mailto:SETreasurer@usms.org)  
Alex Bruce [SESecretary@usms.org](mailto:SESecretary@usms.org)  
Chris Powers [SERegistrar@usms.org](mailto:SERegistrar@usms.org)

## From the Chair, on closing out 2017...

It's hard to believe that it's mid-November already, that Christmas is right around the corner & that we're already planning our 2018 race seasons. It seems like time is flying by faster and faster each year. I feel like every facet of life is now on an accelerated pace and we rarely get to stop to enjoy the little things as much as we should.

Life rarely makes as much sense as it does when my head is in the water & my arms are moving in circles. I love getting to see my chlorinated family at practice. I love that we have conversations 10-20 seconds at a time, that we hardly recognize each other in "real" clothes and that we can share in the misery (and glory) of hard sets. I love that we'll never have better cheerleaders than the other people in that pool on any given day and that we're all in it together. (As a coach, I also love that I can be equally hated by such a diverse group at once. 😊)

I want to encourage everyone to take some time to be present & enjoy some quality time with loved ones this season, wet or dry. We all have more on our plates than we can ever accomplish between families and work and school and...well, life.

The greatest joys we will ever find are in the smallest moments with the people around us. The rest of it will always still be there, waiting. Happy Holidays, from my pool to yours.