

Southeastern LMSC Newsletter

News from USMS...

At the 2015 National Convention, the House of Delegates passed a motion to charge a National Sanction fee for all pool and open water events. The fee for pool events is \$50. Instead of the open water surcharge fee, a \$100 National sanction fee plus \$5 per participant charge will be applied for all open water events. The total will be capped at \$1000 for each event. We have updated our LMSC meet incentive policy to reflect these changes. That document can be found [here](#).

Welcome to the resurrection of the SE LMSC Newsletter. In an attempt to improve communication with our membership, we will try to publish this semi-regularly (quarterly). Regular features of the newsletter will include upcoming meets and open water events, updates from USMS, and a section dedicated to answering your questions and addressing concerns. We welcome all submissions. We will also have a coach's corner, so for anyone who has a favorite set, drill, or even a question for a coach, please submit.

We finished the 2014-2015 season with 44 teams and 1,283 members. In 2015, the Southeastern LMSC had [top 10 swims](#) in 168 individual events (SCM: 64; LCM: 46; SCY: 58) and 16 relay events (SCM: 11; LCM: 4; SCY: 1). Way to go!!

We recently held our annual meeting after the Saturday afternoon session at the Auburn meet. The minutes are posted on both the USMS website ([here](#)) and the Southeastern LMSC site ([here](#)). Due to a communication breakdown, the

announcement did not go out to our general membership, but only to those who entered the meet. Our apologies! To rectify this, we are working on setting up another date to convene the general membership to discuss ideas, issues and concerns. As soon as we have a firm plan, we will send an announcement. Please be on the lookout.

At the meeting, we asked for an editor to help us put together this newsletter. If you are interested in the position, please let us know!

We also solicited ideas for an LMSC logo. If you are artistically inclined (or even if you aren't), we would welcome your ideas.

Upcoming Meets and Events

Pool meets:

SCY:

March 19: MTSU Blue Wave Raiders SCY. Murfreesboro TN Invitational [Information and entry](#). *Entry deadline: Friday, March 18*

April 9: Chattanooga River Rats Invitational. Chattanooga TN. [Information & entry](#). *Entry deadline: Monday, April 4*

April 28 – May 1: [2016 Nationwide US Masters Swimming Spring Championships](#). Greensboro, NC. *Entry deadline: March 28, 2016.*

LCM:

June 2: NAC Masters Spring Chicken Classic. Nashville TN. [Information & entry](#). *Entry deadline: Monday, May 30*

Open Water:

June 11: Rat Race, Chattanooga, TN. <http://www.chattanoogaaratrace.com/>

August 28: Splashville Open Water Swim, Nashville, TN. www.splashvilleswim.com. Details coming soon.

October 8: Swim the Suck, Chattanooga, TN. <http://www.swimthesuck.org/>

Clinics:

March 20: Open Turn Clinic with Coach Melissa (NASH). Open to any USMS member, \$25.

April 3 - May 31: Introduction to Freestyle Course with Ashley Whitney (NASH).

Other Dixie Zone Meets & Events: <http://dixiezone.org/Meets.htm>

Other USMS Meets & Events:

http://www.usms.org/comp/event_search.php?utm_campaign=top_nav&utm_medium=events_and_results

A Meet in Review

Auburn SCY Invitational Resembles a
Mini-Nationals

Auburn Masters hosted the 18th annual Auburn Masters SCY Invitational on February 13-14, 2016. We had 185 swimmers in the water representing 15 different LMSCs, with swimmers from as far away as New Mexico, Rhode Island, Ohio, and New York.

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Team in Review

As Nashville Aquatic Club transitions from winter to spring, we're looking forward to using our fitness from off-season training in the warm months of 2016.

Winter Season is coming to a close. Sunday afternoon swims at Centennial Sportsplex will turn into Sunday morning lake swims. Riffing off of our Sunday afternoon multi-sport sessions in the winter, we'll be incorporating multi-sport activities into the mix at the lake this summer.

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11th Annual Rat Race Overview April 9, 2016

The 11th Annual Chattanooga Rat Race is an open water swim hosted by the City of Chattanooga and the McCallie Masters Swim Team. Participants will compete in either a 4.5 mile or a 2.2 mile downstream swim in the Tennessee River on June 11, 2016. More than 200 participants from the surrounding area are expected. Proceeds from the event provide scholarships for inner city lifeguard and swim lesson programs. To enter the race please visit the website chattanooga.ratrace.com. For questions or more info please call Stan Corcoran at 423-493-5536 or corcoran@mccallie.org

Stan Corcoran
Aquatics Director - McCallie School

A Meet in Review (cont.)

The Georgia super team, GAJA, had the most swimmers (45) and won the high point trophy for large teams. The 19 Pirates of Pensacola (Gulf Coast Pirate Swimmers) won the high point trophy for medium sized teams, followed by the 12 swimmers from the Panama City Swim Team and the 10 from Central Alabama Master Swimmers. The Sarasota Y Sharks won the high point trophy for small sized teams followed by the Madison Titans and the Magic City Masters.

Post-meet analysis of team scores shows that the Georgia LMSC scored a total of 2,224 points, led by GAJA, but including the points won by swimmers from the Atlanta Water Jocks, the Atlanta Rainbow Trout, and a contingent of eight unattached swimmers.

No other team is able to marshal the numbers that come from GAJA, but when the points of Southeastern LMSC were tallied the total was 2,903. We might be able to claim home pool advantage but most of our LMSC's swimmers drove 3-4 hours to get to Auburn, further than swimmers from the Atlanta metro area.

We love having the GAJA swimmers join us, as well as swimmers from all over the country. But maybe we should have not only team trophies but also LMSC trophies in the future! Maybe we can get our LMSC President to put down a bet with the Georgia LMSC President for next year?

Conner Bailey
Auburn Masters

Team in Review (continued)

Keep your eyes open for trail and road runs and road and mountain bike sessions. We'll also be partnering with Nashville Paddleboarding to add paddleboard and flow-yo sessions after our swims. Mark your calendars, NAC Masters at Percy Priest Lake start Sunday, April 17.

NAC and Music City Masters (at Maryland Farms YMCA) merged in late 2015! We are excited to have new training partners and to add a second NAC Masters location on Nashville's South side. One added bonus in this new relationship is that we'll be spending some time in the Maryland Farms 50 meter outdoor pool this summer (Memorial Day-Labor Day)! Do you know how much I love swimming sunrises at that pool!? Come join us and find out!

Our coaching staff and swimming family. Our masters swim program includes more than 250 regular swimmers, 17 practices each week, and 3 locations. In 2015, we welcomed several new coaches to the team who are also active NAC Masters swimmers. Look for them on the deck and in your lane. Our practice schedule offers a lot of variety, but we also meet monthly to provide a cohesive training and coaching experience. Ashley Whitney, Melissa Cooper, Chelsea Fourakre, Jeff Ockerman, Allison Ware, Tony White

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Team in Review (continued)

Upcoming Events:

- Ongoing Clinics: Video Analysis with Coach Thad Beaty
- March 13: Open Water Clinic with Ashley Whitney and Allison Ware
 - Open to any USMS member, 12-3pm, \$75
- March 20: Open Turn Clinic with Coach Melissa is open to any USMS member, \$25
- April 3 - May 31: Introduction to Freestyle Course with Ashley Whitney
- April 17: Mark opening weekend of open water season for NAC Masters
- June 4-5: Summer Solstice Masters Meet @ Centennial Sportsplex
- November 19-20: Sprinting Turkey Swim Meet
- December 3: Red and Green Meet/Clinic - Free. Open to any USMS member
- December 18: 3rd Annual 100 x 100 - \$10 drop in fee. Open to any USMS member
- We are always adding Sunday clinics. Please check the website for updated schedule. swimnac.com

It's Turkey Time! On November 19-20, Nashville Aquatic Club Masters will host the 6th anniversary of its annual Sprinting Turkey Classic. The meet has been designated the Dixie Zone Championships. Many of you are looking forward to the signature Grand Finale, **the Battle of the Sprinting Turkeys**. The male and female winners of these 4 ALL-OUT 25's (back, breast, fly, free) will be named our 2016 Sprinting Turkeys! For those who are more distance oriented, we will offer the **Distance Dodo competition**. The male and female swimmers with the lowest cumulative time in the 400 IM, 1500 FR, and 400 FR will be named the 2016 Distance Dodo champions.

The Tracy Caulkins Competition Pool at Centennial Sportsplex (222 25th Avenue North Nashville, TN 37203) is within walking distance of hotels, restaurants, and Nashville landmarks. If you're looking for an excuse to visit Music City, the Sprinting Turkey Classic is just the ticket. We hope to see you in November for a great weekend of swimming and competition. So, put the Sprinting Turkey Classic on your calendar and start visualizing turkeys in the water. Swimmers can enter up to 8 individual events for a flat rate of \$60.

Last but not least, Nashville Aquatic Club is proud of its growing number of swimmers competing in swim meets and placing in the top 10 in the Dixie Zone and Country.

2015 SCY: 2 swimmers placed in the top 10 in the US
2015 LCM: 7 swimmers and 3 relays placed in the top 10 in the US
24 swimmers place in the top 10 in the Dixie Zone
2015 SCM: 13 swimmers and 6 relays placed in the top 10 in the US
39 swimmers place in the top 10 in the Dixie Zone

Submitted by Ashley Whitney
Nashville Aquatic Club

Board:

Chair: Helen Naylor
Vice-Chair: Conner Bailey
Coaches Chair: Cheryl Richardson
Long Distance: Ashley Whitney
Officials: Douglas Alban
Registrar: Chris Powers
Sanctions; Conner Bailey
Top Ten: Judd Jones
Treasurer: Allison Ware
Webmaster: Barbara Calhoun

Newsletter Submissions & Comments

Please submit items for the next newsletter by Wednesday, June 1, 2016. E-mail submissions to SEWebmaster@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: SEWebmaster@usms.org