

## Southeastern LMSC Newsletter



Participants at the 4<sup>th</sup> Annual SCY Sewanee Masters Invitational on March 10, 2018.

**Southeastern LMSC Annual Meeting Update:** The annual meeting was held at Sewanee on March 10, 2018, following the 4<sup>th</sup> Annual SCY Sewanee Masters Invitational. [Minutes are available on our website.](#)

Also newly available: [Information on how to host a meet.](#)

### Coaches' Workout: Get Ready for LCM Season!

Long course season is coming! Isaac Silver, masters swimmer and masters coach in Florida (and our LMSC Treasurer!) shares a workout from his notebook used to help build endurance for long course racing for masters, college and USA Swimming stroke swimmers, and 200 and 400 IM swimmers. Isaac says, "I have to train in a short course pool, so I try to write sets that up the yardage a little while still allowing me to break up the swims and maintain intensity. At 6,300 yards, this is a long workout, too long for many of our swimmers, so I tell our local masters team to drop every other 900 yard group in the main set and do them over two separate stroke training days within a week. I primarily train for breast, 100 and 200 distances. For long course, I concentrate on sets to build the endurance for the 200 -- the 100 & 50 tend to come along for the ride."

#### Warmup (1000)

400 loosen swim  
200 kick  
3x50 free :40/:45  
1x50 EZ  
2x50 free :35/:40  
1x50 EZ  
1x50 free fast!

#### Kick Set (900) (mix up free/stroke to meet goals)

4x50 1:00  
2x75 1:30  
4x100 2:30 (Fast!)  
50 EZ  
4x25 :30

#### Main Set (4200)

300 (75 stroke smooth, 75 free build to 200 pace, 50 Stroke 200 pace, 25 free EZ, 25 Stroke fast)  
4x150 (75 stroke build, 25 kick, 50 Stroke long and smooth DPS)  
300 (75 stroke smooth, 75 free build to 200 pace, 50 Stroke 200 pace, 25 free EZ, 25 Stroke fast)  
6 x100 Free descend 1-3 & 4-6 on an interval so that you have 10 seconds rest on the 1<sup>st</sup> and 4<sup>th</sup> ones  
300 (75 stroke smooth, 75 free build to 200 pace, 50 Stroke 200 pace, 25 free EZ, 25 Stroke fast)  
8x75 (4xprimary stroke, 4xsecond stroke) (Fins Optional)  
Twice Through on 1:20 or 1:30  
75 Stroke Smooth  
25 Skull/50 Fast  
75 kick smooth  
75 build  
300 (75 stroke smooth, 75 free build to 200 pace, 50 Stroke 200 pace, 25 free EZ, 25 Stroke fast)  
12x50 (fins optional)  
4 Primary stroke @ 200 pace 1:00  
4 Second Stroke build to 200 pace 1:05  
4 Third stroke smooth 1:10  
300 (75 stroke smooth, 75 free build to 200 pace, 50 Stroke 200 pace, 25 free EZ, 25 Stroke fast)  
24x25 in groups of 6, IMO or alternate stroke/free by round  
Four times through  
25 half way streamline kick underwater  
25 strong breakout  
25 100 pace  
25 scull  
25 drill  
25 sprint!

#### 200 Cool Down

**Total: 6300**

## 20<sup>th</sup> Annual Auburn Masters SCY Invitational

Auburn Masters Swimmers hosted the 20<sup>th</sup> annual Auburn Masters SCY Invitational on the weekend of February 10-11, 2018. There were a total of 190 registered swimmers representing 38 different clubs and 14 different LMSCs. Georgia Masters Swimmers (GAJA) won the overall high point team trophy with 1,157 points, barely edging out the Gulf Coast Pirate Swimmers (948 points), who captured the high point trophy for medium sized teams. The Madison Titans (748 points) and the Sarasota Y Sharks (500 points) were second and third in the medium sized team category. The small team category was won by Northwest YMCA Grayfins (301 points) followed by a new group that joined us this year, the University of Mississippi Campus Recreation team (290



Photo Credit: John Reed



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points). Central Alabama Masters Swimmers (275 points) rounded out the top three. High point trophies were awarded to men and women for all age groups represented, which ran up to 80-84 for men and 90-94 for women.

Among the many highlights of this meet were two national records set by Bruce Kone (M-60-64) of Rice Aquatic Masters, who swam a 50 yard breaststroke in 28.30 and a 50 yard fly in 24.36. Our oldest swimmer was Marjorie Stone of the Gulf Coast Pirates. Our newest swimmer was Jordan Towns who started swimming with the home town team three weeks before our meet and has totally embraced the positive attitude of our sport. June Baima of Georgia Masters was the oldest (83) to swim the 1650.



Photo Credit: John Reed

## Sewanee Hosts 4th Annual SCY Sewanee Masters Invitational

The Sewanee Masters hosted the 4<sup>th</sup> annual Sewanee Masters Invitational on March 10, and the LMSC turned out for the event – with 89 swimmers registered, the largest group in the history of the meet. The meet attracted swimmers from across the LMSC and from as far away as Maryland and Virginia. A fun meet highlight was the return of several Sewanee swim team members from the great 80s – some back in the water for their first meet in 30+ years.

Each year Sewanee hosts a SCM meet in the fall and SCY meet in the spring, with something for everyone: all strokes, 50-100- 200; the 100-200-400 IMs; and the 400/500 and a distance Free event, relays (women, men and mixed): 200 medley and 200 free relays. The SCY meet has featured two fun challenges for the crazy and competitive-minded folks: "Build a 1650" (swim the 1000, 500, 100 and 50 free) and the 800 IM (swim the 200 fly, back, breast and free), with Sewanee swim swag and eternal fame for the winners of both events. This year, though no swimmers attempted the 800 IM, 15 swimmers did complete the Build a 1650 challenge: Julie Colbert (CMAQ); Kathi Lindstrom (ENSW); Matt Jones (AWLM); Tim Smith (HUNT); Alex Bruce (SM); Eric Edwards (UC15); Randy Wilhite (JMST); Robert Eldridge and Pete LaRoche (YCHA); Grace Schwartz and David Schumann (TNAQ); and Anne Kendrick, Michael Long, Gale Moore, and Allison Ware (NASH).

Following a meet social at the infamous Tiger Bay Pub on Sewanee's campus, Sewanee hosted the annual meeting of the Southeastern LMSC.

Sewanee will host its SCM meet this fall, in late September or early October (depending upon the school football schedule). Stay tuned and come join in! For information, get in touch with Alex Bruce, Sewanee Masters and Southeastern LMSC Secretary.

## Sam McNair: Top 10 Wild Swimmers of the Year



Photo Credit: <https://www.instagram.com/p/BaJ2DGCjPyt/?taken-by=swimstory>

## Upcoming Meets and Events

### Pool meets:

#### LCM:

June 16, 2018: NAC Masters Summer Solstice. Nashville, TN. [Information.](#)

#### Open Water:

June 1-2: 2018: Chattanooga Swim Fest. Chattanooga, TN. [Information.](#)

September 16, 2018: Swim Hobbs Island. Huntsville, AL. [Information.](#)

September 30, 2018: Bridges to Bluffs 10k. Knoxville, TN. [Information.](#)

October 13, 2018: Swim the Suck. Chattanooga, TN. [Information.](#)

Congrats to Sam McNair for being honored among The Wild Swimming Club's "Top 10 Wild Swimmers of the Year," honoring notable open water swimmers around the world.

The Wild Swimming Club is a Britain-based organization, founded by a trio of open water swimmers and brothers: Calum, Jack and Robbie Hudson. It celebrates, encourages and connects open water athletes around the globe with information about wild swims and beautiful spots to explore.

Sam will join the brothers overseas to swim the Thames Marathon, a 14km bridge to bridge endurance swim, in August.

## Team Profile: Kingsport Aquatics Masters (KAC)



Kingsport Aquatics Masters (KAC) is a group of swimmers with all levels of skill and experience. The team practices at the Kingsport Aquatic Center competition pool Monday-Friday from 5:30 a.m.-7 a.m. Swimmers can attend practice as little or frequently as their schedules allow. We make it fun! The Kingsport group has a motto: “60% Social, 40% Swimming.” This tradition started with a regular “social kick” time at the end of practice and evolved into a breakfast after practice, social gatherings at team member’s homes, or eating after a swim meet.



We often travel to meets around the Southeastern area – especially nearby North Carolina and Tennessee – and you’ll see us at USMS Nationals as well, proudly representing the great state of Tennessee! This year, we had several members attend the Steve Barden Memorial Meet in Asheville, NC (with a favorite event for all swimmers being the t-shirt relay!), the Sunbelt Masters Challenge in Charlotte, NC, the Frank Clark Classic in Greensboro, NC, and the USMS 1-hour postal swim.



The team currently has 24 members of all ages and abilities – from former college swimmers to those new to swimming or who’ve discovered swimming from other sports (we even have a professional golfer on the team!) We’re always looking for people who are interested in joining, and we also welcome visitors. If you are in the Northeast Tennessee area, stop in and splash with us! You might even attend in the summer when we participate in a lazy river workout.

The Kingsport Aquatic Center is also home to a water park which includes a 900 foot lazy river. During the summer, the KAC Masters will host a lazy river Saturday morning workout before the water park opens. We swim with the current and against the current (think endless pool), while the current can be fast and furious, going against the current can feel like a snail! The best part is the water slides at the end of practice.



Submitted by Detra Cleven, KAC Masters

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**Newsletter Submissions & Comments**

Please submit items for the next newsletter by Friday, June 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)