

## Southeastern LMSC Newsletter



Pictured: Cheryl Corvo & Sara Wolf; Photo Credit: Caleb Whitehe

### Upcoming Meets and Events

#### Pool meets:

June 29-30: TN Senior Olympic State Finals.  
Brentwood, TN. For more [information](#).

#### Open Water:

June 6<sup>th</sup>: 14<sup>th</sup> Annual Chattanooga Rat Race (5K).  
Chattanooga, TN. For more [information](#).

September 12: Swim Hobbs Island (1, 2, or 5 miles).  
Huntsville, AL. For more [information](#).

September 26<sup>th</sup>: Bridges to Bluffs (10K). Knoxville,  
TN. For more [information](#).

October 9<sup>th</sup>: Swim the Suck (10K) Chattanooga, TN.  
For more [information](#).

#### Other Southeast Zone Meets & Events:

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

#### Other USMS Meets & Events:

[http://www.usms.org/comp/event\\_search.php?utm\\_campaign=top\\_nav&utm\\_medium=events\\_and\\_results](http://www.usms.org/comp/event_search.php?utm_campaign=top_nav&utm_medium=events_and_results)

### SELMSC NEWS & LOGO CONTEST!

Welcome to the Spring edition of the 2021 SE LMSC newsletter. Your SE LMSC administration is busy this spring planning our Annual Meeting set for Thursday, June 24<sup>th</sup> at 6 pm Central time, and planning electronic elections, tentatively scheduled for the following week. Please see the bottom of this page and page 2 for more on the Annual Meeting and the elections.

We have extended the [Southeastern LMSC Logo Contest!](#) Do you have an idea for a Logo? One that incorporates the nuances of our states (TN, AL, FL)? Even better if it uses colors that complement those of the [USMS logo!](#) Please send your submission(s), in jpeg or pdf format, to [SEChair@usms.org](mailto:SEChair@usms.org). The winner will have their fees reimbursed (\$60). Deadline July 1, 2021.

### ANNUAL MEETING

In accordance with our bylaws, we are giving 30 days notice for our Annual Meeting. It will be a virtual meeting held Thursday, June 24<sup>th</sup>, at 6:00 pm Central time. Please come!

The SE LMSC Annual Meeting agenda will be:

- Roll call (Board of Directors only).
- Reading, correction, and adoption of minutes from last year.
- Reports of officers.
- Reports of committees.
- Unfinished business.
- Information about elections.
- New business.
- Resolution & Orders.
- Adjournment.

For a sneak peak of how the elections will work: they will open on, or around, June 28th, and will be held electronically.

## NOMINATIONS FOR SE LMSC (Followed by the Vote)

### By the Nominations Committee

U.S. Masters Swimming (USMS) has four levels of organization: the national office (USMS), the zone (e.g., our Southeast Zone), LMSCs (e.g., Southeastern LMSC) and, of course, our clubs. LMSC stands for “Local Masters Swim Committee”. Southeastern LMSC includes all of Alabama and Tennessee, as well as the Panhandle of Florida. All LMSCs are served by elected officers in addition to appointed committees.

According to our LMSC bylaws, elections are to be held every two years. We are writing as members of the Nominations Committee to solicit nominations (including self-nominations) for any of the positions listed below. Nominations are due by Thursday, June 3, 2021. The election will be conducted online starting the last week of June.

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## USMS SE LMSC CHAIR Message from Michelle Smith



As your current LMSC Chair, I put on many faces throughout the week—Wife, Mother, soon-to-be Grandmother, Masters swimmer, Age group triathlete, USMS Certified Swim Coach, ESMS Club Volunteer Coach, USA Triathlon Certified Coach, City of Fairhope Recreation Board, Tri Hearts Triathlon Club President, SE LMSC Board, and most recently, Functional Medicine Certified Health Coach and Entrepreneur. And that’s just scratching the surface... but why, you might ask, am I so involved with sports, health & fitness, and recreation? I guess it is in my blood. I started swimming before age 10, started playing tennis at 15, started coaching swimming around age 17, swam in college, started triathlons at age 40 and at age 49 became a certified swim and triathlon coach. Now, at age 60, I’ve started a new career in health and wellness. Whew!

In 2020, at the beginning of a pandemic, while retiring one coaching business to start another, and with very limited experience on the inner-workings of USMS, I found myself promoted from LMSC Vice Chair to LMSC Chair due to the resignation of our recently elected SE LMSC Chair. I was like a deer in headlights. I had recently joined the board, intending to get my feet wet and learn more about how USMS works. I was not planning to head up the LMSC! Luckily the Southeastern LMSC has some very dedicated people who have volunteered with USMS year after year. Conner Bailey and Helen Naylor were my two greatest supporters. Between them, they’ve served in various capacities on our LMSC board, on and off, for 25+ years. They absolutely know their stuff and have weathered many ups and downs with USMS. They are still here and happy to give guidance, thank goodness!

So, I guess when all is said and done, the message from me is that it is really fun and rewarding to work with a group of people in our LMSC who are so passionate about swimming and swimmers. If you want to learn more about the inner workings of the USMS, or just give back, consider a position on the Board, either as an elected officer, or as an appointed committee member. As members of USMS we are a unique group of athletes who can participate in our sport from a young age to well into our twilight years, and thrive. At the end of the day, I think we all just want to help and encourage people to do what they love doing, for as long as they can do it—SWIM for fun, fitness, and competition... Next!

## Spotlight on a Team: Kingsport Aquatic Center

By Madison Gump

Kingsport Aquatic Center is home to the KAC Viperfish, which is made of a diverse group of individuals ranging from 18 to 68 years old. This team consists of 22 swimmers of various abilities and includes new adult swimmers as well as former high school swimmers, USA age group swimmers, collegiate swimmers, triathletes, open water swimmers, and IRONMAN competitors. We are always searching for people who are interested in joining. If you ever visit Kingsport, TN feel free to stop by the Kingsport Aquatic Center and join the Viperfish for a morning swim! We strive to embrace a fun and positive learning environment that will help all individuals accomplish their goals.



Members can attend practices as little or frequently as their schedule allows and practices are structured for all swimming abilities. The team currently practices at Kingsport Aquatic Center HMG Competition Pool Monday-Friday from 6:00am-7:00am. During summer practices, the KAC Viperfish host morning practice in the 900 foot Lazy River before the waterpark opens. In the winter time the KAC team hosts a Holiday Saturday practice with a breakfast and gift exchange following practice.



The team participates in a variety of events including swim meets throughout the United States and virtual meets hosted by USMS. They also host their own swim meets at Kingsport Aquatic Center. With the group motto being: "60% Social, 40% Swimming" the team also participates in many social gatherings which include breakfast after practice, team meals after swim meets, and social gatherings at Kingsport Aquatic Center.

### Need Some Help Creating a Workout?

Wito Vanheyste is a swimmer and coach for Auburn Master Swimmers in Auburn, Alabama, and is a Level 2 USMS-certified coach. He has graciously shared some of his workouts with us. They are divided into three groups based on overall yardage for each workout. Within each group, there are pairs of workouts ("A" and "B"), often with differing yardage and intervals to accommodate different skill levels. Certain drills and terms like "thunder thighs" (short powerful stationary kicking on the wall, typically followed immediately by a swim) may not be known by all swimmers. When in doubt, check out Championship Productions on YouTube for helpful, informational videos, or develop your own creative interpretation! To access the workouts, go to the SE LMSC website: <https://www.southeasternlmsc.com/more.cfm?artid=11795&pagetitle=Documents>.

## UPDATE ON USMS RETURN TO COMPETITION GUIDANCE

By Conner Bailey (Sanctions Chair)

Soon after our last LMSC Newsletter was published, USMS issued Phase 2 of the Return to Competition Guidance which can be found at <https://www.usms.org/events/covid-19-event-resources>. Future updates will be posted there when available. The Phase 2 Guidance reflects cautious optimism and recommendations that suggest competitions might safely be held for more than the total of 50 participants recommended in Phase 1. Rather than setting a specific number, the Phase 2 Guidance recognizes that not all venues are the same, and that while some facilities might safely accommodate 100 swimmers or more, plus volunteers, others might not. Event directors need to operate within state, municipal, and facility requirements in order to host an event and are required to submit safety plans to the sanctions chair for review before receiving a sanction or recognition from a LMSC. Those attending events need to complete the USMS COVID-19 Participant Screening Form and undergo a temperature check upon arrival, and follow social distancing at the venue. USMS encourages all USMS members to be vaccinated for COVID-19.

Those interested in hosting pool or open water events later this year are encouraged to contact our LMSC Sanctions Chair (Conner Bailey, [cbailey@aq.auburn.edu](mailto:cbailey@aq.auburn.edu)) who can share safety plans used in recent events and help you develop a safety plan that fits your conditions.

## NOMINATIONS (continued from page 2)

Please send nominations to: [Nominations.2021.SELMSC@gmail.com](mailto:Nominations.2021.SELMSC@gmail.com). You may also use that address for questions or comments you wish to address to the Nominations Committee.

Thank you in advance for your involvement and support!

2021 Southeastern LMSC Nominations Committee:

Frank Odell, About Time Masters Swimming – ATMS (Cullman, AL)  
 Charles Eick, Eastern Shore Masters Swimming – ESMS (Fairhope, AL)  
 Madison Gump, Kingsport Aquatic Center – KAC (Kingsport, TN)  
 Chris Powers, Central Alabama Master Swimmers – CAMS (Montgomery, AL)

- **WHAT IS INVOLVED IN MAKING A NOMINATION?**

Nominations must include (1) name of the nominee and (2) position nominated for. If you wish to nominate someone, please confirm with them that they are interested before making the nomination. Self-nominations are allowed. Each nominee will be asked to prepare a brief statement of interest in the position (~75 words) and some background as to the nominee's experience with USMS (e.g., years involved, service in varying roles).

The nominations and election process will be governed by our LMSC bylaws, which can be found online at [https://www.clubassistant.com/c/5129A5D/file/Bylaws/BYLAWS%20-%2011\\_20\\_16.pdf](https://www.clubassistant.com/c/5129A5D/file/Bylaws/BYLAWS%20-%2011_20_16.pdf).

- **NOMINATIONS ARE SOUGHT FOR THE FIVE POSITIONS LISTED BELOW (other positions are appointed):**
  1. **Chair** – The LMSC Chair shall be responsible for the day-to-day management of the business affairs of the LMSC. He/she shall call meetings when and where deemed necessary and shall preside at all meetings. He/she shall appoint committee chairs and, where necessary, members of both standing and special committees that may be necessary to fulfill the duties and responsibilities of the LMSC, all with the advice and consent of the Board of Directors.
  2. **Vice Chair** – The Vice Chair will serve to assist the LMSC Chair in the LMSC Chair's duties, and fulfill those duties in the event that the LMSC Chair is unavailable due to absence or unable to serve due to issues of health, eligibility, or other reasons that require the Vice Chair to provide necessary leadership.

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## NOMINATIONS (continued from previous page)

3. [Secretary](#) – The Secretary shall be responsible for keeping a record of all meetings, preparing official correspondences, issuing meeting notices, and keeping minutes of all meetings. The Secretary shall also make official reports available to the national office as required by the USMS Rule Book.
4. [Treasurer](#) -- The Treasurer shall be responsible for preparing the annual budget for review and approval by the Chair and Board of Directors. The Treasurer shall receive all monies and pay bills approved by the Board of Directors or authorized by the budget approved by the Board of Directors. The Treasurer shall maintain all financial records, including for bank and checking accounts, and shall be responsible for making timely reports (at least annually) to the Board of Directors.
5. [Membership Coordinator](#) – The Membership Coordinator of the LMSC is responsible for coordinating swimmer and club registrations for the LMSC with the USMS National Office and being a resource for swimmers, clubs, meet directors and LMSC officers regarding membership inquiries and rosters.

Thank you,  
The Nominations Committee

## SOUTHEASTERN LMSC VOLUNTEER POSITIONS:

**LMSC Chair\***. Michelle Smith, Eastern Shore Masters Swimmers, Fairhope, Alabama.

**Vice Chair\***. Vacant

**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**. Cheryl Corvo, Eastern Shore Masters Swimmers, Fairhope, Alabama.

**Sanctions Chair**. Conner Bailey, Auburn Master Swimmers, Auburn, 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**. Helen Naylor, Vanderbilt Swim Masters, Nashville, Tennessee.

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](mailto:sewebmaster@usms.org) by the beginning of the month of publication.

Consider a position with the LMSC. For information on LMSC Volunteer Roles, please see:

- [Chair\\*](#)
- [Vice-Chair\\*](#)
- [Secretary\\*](#)
- [Treasurer\\*](#)
- [Membership Coordinator\\*](#)
- [Communications Chair](#)
- [Top Ten Recorder](#)
- [Sanctions Chair](#)
- [Coaches Chair](#)
- [Officials Chair](#)
- [Open Water Chair](#)
- [Fitness Chair](#)
- [Awards & Recognition Chair](#)
- [Safety Chair](#)
- [Affiliated Organization Liaison](#)

\*Indicates the position is elected. Please contact the [Southeastern LMSC Chair](#) if you are interested in an appointed position or committee.

For the 2020-2021 Season, as of mid-May, we have [756 members and 35 clubs!](#)