

Southeastern LMSC Newsletter

News from USMS...

The annual USMS Convention is being held September 13-17 in Dallas, TX. Information about the Convention is available [here](#).

Meet Your New LMSC Board!

It's a brand new year in the Southeastern LMSC and your newly-elected board has great things in store. We appreciate members' support of our recent elections and especially, our new Board members for their energy, enthusiasm, and dedication to making our LMSC great.

If you haven't yet met our 2017-2018 Board members at a meet, LMSC meeting or clinic, you'll be seeing them around as their terms get into full swing. Get to know your brand new Board a little better by reading their profiles starting on page 4.

Auburn Clinic a Great Success

The Southeastern LMSC hosted a clinic at Auburn University on May 20 with group and individual instruction by Auburn University swimming coaches and former Auburn Olympians. The day-long clinic was attended by 45 masters' swimmers from around the region and was, according to Conner Bailey, event director, "a resounding success."

Participants were broken into five groups. Brett Hawke, AU head coach and sprinter representing Australia in the 2000 and 2004 Olympics, took on the starts and turns group. AU Olympic Gold medalist Tyler McGill handled the fly group, associate head coach Lauren Hancock guided the backstroke group, associate head coach Sergio Lopez – 4th place finisher in the 1992 Olympics in Barcelona -- handled the breaststroke, and AU assistant coach Kirk Grand handled freestyle.

Eighteen of the 45 swimmers attending ranked the clinic a 9 or 10 on a 10-point scale. High points mentioned included the quality of coaches, the small groups, which enabled personal comments and individual feedback, the dryland warm-up routines and learning stroke progressions for each stroke. Suggestions for future clinic improvements included grouping participants according to ability, skill level and speed, and providing handouts on the drills so that clinic participants could refer to these, going forward, remember the drills learned and practice them.

"It was a real privilege to have coaches with their experience and expertise," said one participant. "The facilities are fantastic; the instruction was wonderful, and I don't know many other instances where I'll be able to receive coaching from former Olympians for free. It was beneficial to all Masters swimmers, not just those on one end of the skill spectrum or the other."

The clinic was the brainchild of Helen Naylor when she served as Chair of Southeastern LMSC. The Auburn venue was selected because of its relatively central location within the LMSC, and because of the interest of a high quality coaching staff in putting on a successful clinic. Future clinics may be held in the northern and southern ends of our large LMSC to serve the needs of our swimmers.

New Bylaws for Southeastern LMSC

The Southeastern LMSC revised our Bylaws over the course of 2016. The LMSC Board of Directors, at that time led by Helen Naylor, appointed a two-member committee consisting of Allison Ware of Nashville Aquatics (then Treasurer and now Chair of the LMSC), and Conner Bailey of Auburn Masters (then Vice-Chair of the LMSC) to create and present a new version of the document.

Preliminary drafts were shared with the full Board in May. Once comments from these individuals were addressed, the draft Bylaws were shared with all members of the LMSC in early June with a request for feedback by September 1. A few comments were received and a final draft of the new Bylaws was distributed to all members on October 13. The new Bylaws were adopted at a special meeting of the LMSC on November 20 that was held in conjunction with the Dixie Zone SCM Championships in Nashville.

Continued on next page (bylaws).

Team Update: Ensworth Aquatic Masters, Nashville, Tennessee

Ensworth Aquatic Masters in Nashville, Tennessee was founded in October 2015 and since that time, has grown to 96 members (as of our last count, this month!) We call the Ensworth Natatorium on the Ensworth School's Devon Farms high school campus in west Nashville home.

Team members range from 19 to 80, from new adult swimmers to former D1 college swimmers hailing from the University of Tennessee, Auburn University, Princeton University, and other college programs, a USA age group record-holder whose records have been standing for 35 years, an Olympian, and many other swimmers, triathletes and IronMan competitors. Our masters' team represents all abilities and goals, from bettering our strokes to swimming for fitness, to competition. We have a lot of fun and we're proud to be a part of the Southeastern LMSC.

Some team highlights over the past year:

- Six of our ENSW team members traveled to 2016 USMS Summer Nationals in Gresham, OR, this past August to represent our Southeastern LMSC. Not only did each one of our swimmers place in the top ten and swim personal bests in numerous events, but our 6-member team also placed 30th out of 150 teams in the combined scoring for the meet! Two of our team members attended USMS Spring Nationals in Riverside, California, and brought home top ten medals in the 50, 100 and 200 breaststroke and 400 IM in their respective age groups (30-34 and 45-49). We're gearing up for 2017 USMS Summer Nationals in Minneapolis, MN in just over a couple of weeks (time to start tapering!) and we hope to see many of you there.
- In December 2016, just after our first year anniversary, we were honored as Swim Outlet's Team of the Month, in recognition of our rapid growth.

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The new Bylaws were developed to be consistent with USMS standards for LMSC operations. Perhaps the most important feature of the new Bylaws is provision for electronic voting for LMSC officers. Under the old Bylaws, the voting was limited to those who were physically present at the annual meeting, usually held in conjunction with a swim meet. The last election using the old Bylaws was held at Auburn with perhaps 20 swimmers electing new officers. Our electronic ballot opens the voting to all members without requiring travel.

After adoption of our new Bylaws our LMSC held its first electronic election and 248 swimmers voted. This is clearly a step in the right direction, but it is important to note that this represents only 1 in 5 of the over 1,200 members of our LMSC. Moving forward, our hope is to find a way to encourage broader participation across the whole of our LMSC.

The approved Bylaws are available for review at any time by visiting the LMSC website at www.southeasternlmsc.com/ or the USMS website at www.usms.org/lmsc/bylaws/se_bylaws.pdf.

Upcoming Meets and Events

Pool meets:

SCM:

September 23: 4th Annual Sewanee Masters Invitational. Sewanee, TN. [Information.](#)

SCY:

October 14: ESMS Oktober Splash 2017 Invitational, Fairhope, AL. [Information.](#)

February 10-11, 2018: 2018 Auburn Masters SCY Invitational. [Information.](#)

Open Water:

September 17: Bridges to Bluffs, Knoxville, TN. [Information.](#)

September 17: Swim Hobbs Island, Huntsville, AL. [Information.](#)

October 13-14: Swim the Suck, Chattanooga, TN. [Information.](#)

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- In June, we partnered with [Swim Across America](#) (SAA) for a special team fundraiser to support SAA cancer research. SAA is a non-profit 501(c)(3) organization dedicated to raising money and awareness for cancer research, prevention and treatment by hosting open water and pool benefit swim events across the US. SAA has raised over \$65 million since its inception to support world-renowned hospitals, laboratories and clinics.
- We dedicated our June 12 practice to SAA cancer research with a "Swim 15" themed practice, mindful of the fact that every 15 minutes, someone in the U.S. is diagnosed with cancer. Our team goal was to raise \$10,000, and we crushed it, raising over \$20,000! Ensworth Aquatics Masters swimmers and their friends and family had a fun workout with guest coach Rob Butcher, CEO of SAA and our own head coach, Chris McPherson, SAA bling and giveaways, and most importantly, the reward of supporting a cause that has impacted all of us on the team, through a personal experience, a family member, or a friend. **Check us out!** We love USMS guest swimmers and are happy to include you in our workout if you are in town visiting. For information, go to www.ensworthaquatics.com online or contact Coach Chris McPherson at mcpersonc@ensworth.com.

Find us online:

<https://www.ensworth.com/page/programs/aquatics/masters-swimming>
<https://www.facebook.com/ensworthaquaticsmasters/>



Profiles of our New Board:

Allison Ware, Chair

Allison is a coach and masters' swimmer for Nashville Aquatic Club in Nashville, Tennessee. She's been a swimmer for about 30 years and a member of the LMSC Board since 2014, beginning as Treasurer and Long Distance Committee member (2015, 2016). Allison serves as race director for the Splashville Open Water Challenge. She's also a member of the Board of Directors for the Nashville Dolphins, a local aquatics program that provides year-round instruction, competition and camaraderie for children and adults with disabilities. She has served in leadership positions on the boards or committees of numerous athletic and professional organizations since 2005. On land, she wears the cape of employee benefits superhero/manager for Ardent Health Services in Nashville, Tenn.

"The Southeastern LMSC has a great history and some great opportunities in the future. We have an incredibly diverse population and broad geography, and I think we're uniquely positioned to encourage new growth and further development of current teams, as well as continue bringing swimming into new areas. I hope to see more athletes involved and new events throughout our region. I think we have the right people in the right roles to help move our organization forward and I see a lot of enthusiasm among our members."



Stuart Wylie, Vice Chair

Stuart grew up in Greensboro, NC where he swam "just enough to not drown," he jokes, but has since come to love swimming as an adult. He began swimming 10 years ago for fitness and had his first swim lesson at the age of 50. Since that time, he's competed at the national level, including three USMS Nationals. He was also selected as one of



20 swimmers for the 2012 USMS High Performance Camp where his love for swimming grew even deeper and he was inspired to get into coaching and take an active role in his home club. Stuart swims with, and is currently the President of, Tennessee Aquatics Masters Swimming (TNAQ). He's also a USMS Level 3 Coach, and Certified Adult Learn to Swim Instructor.

During his tenure as TNAQ club president, TNAQ has served as host club for the 2015 USMS Check-off Challenge and obtained a 2016 Swimming Saves Lives Grant for Adult Learn-to-Swim lessons in Knoxville.

"Having participated in numerous clinics and camps, I have realized the importance of sharing swimming knowledge with others to advance the sport of swimming," he says. "Relationships developed with other swimmers and coaches around the country inspired me to want to serve the Southeastern LMSC to help make better clubs, coaches, and swimmers of us all."

Stuart and his wife, Robin, currently live in Knoxville, TN and have two grown children, Douglas and Allison.

When on dry land, Stuart works as a Senior Mechanical Engineer with Bechtel and if he can squeeze it in, he loves working in the yard, antiquing, custom woodworking, visiting his children in NC and AL, breakfast dates with Robin, and spending time at the Outer Banks in North Carolina. And then there is that new pool project... Ask him about that next time you see him.

Isaac Silver, Treasurer

Isaac grew up in Nashville swimming for Nashville Aquatic Club (NAC) in high school (and a short stint with Excel Aquatics). In high school, Isaac swam from 7th-12th grade at University School of Nashville and in the state meet during grades 8-12. He swam one partial season at UT before having to retire due to injury, and specialized in sprint freestyle and breaststroke. Isaac continued swimming club and then masters after college and competed sporadically until 2011 when he started competing again regularly in both USA Swimming and USMS meets. He says, "I swim daily, both for health and to win! I like to win. ☺ "

Isaac splits time for both work and swimming between his home state of Tennessee and Florida. When he's not swimming or coaching, Isaac is in the sky or in the classroom, as a pilot and professor/Dean of Aviation Programs at Florida Institute of Technology in Melbourne, Fla. He attended Vanderbilt University, UT and Florida Institute of Technology and holds a



Rowdy Gaines and Isaac Silver

bachelor's in Physics/Astrophysics/Mathematics, a master's in Space Physics and a PhD in Astrophysics. He's been an airline transport pilot for 22 years.

"I began my career in the IT industry in the mid-90s with a small start-up company which I sold in 1997 and moved into the aviation industry, operating business jet maintenance and management companies in Nashville and Melbourne," he explains. He's currently Dean at Florida Tech running their flight training and aviation degree programs. His business interests in Nashville allow him to stay active in the Southeastern LMSC swimming community.

Isaac has been a member of several masters' swim programs over the years: Florida Aquatic Combined Team (FACT), Space Coast Masters (SPCO), both in Florida and now, Ensworth Aquatics Masters in Nashville, Tenn. A member of USMS since 2004, Isaac has ASCA and USMS

coaching certifications and has coached masters, age group and college teams (NCAA II). He is an ASCAA and USMS Certified Coach and coached for Excel Aquatics briefly in the 90's, coached club teams in FL, coached the Florida Tech NCAA Division II men's and women's swim team for the first three years of the program alongside another master's swimmer and experienced college coach, Jeni Ritter. He currently coaches the senior swimmers for Brevard Swim Club.

"I swim and coach because of the coaches I've had. Even as a child, I appreciated the hard work and time they put in with us. Mike Phillips at NAC and Bill Rodriguez at USN were two of the most influential coaches I had – they made swimming fun."

Alex Bruce, Secretary

Alex Bruce joins the LMSC Board as Secretary for 2017-2018. A lifelong swimmer, Alex swam as a child and through elementary and high school and in college – and returned to the sport several years later. He currently swims with and helps coach the Sewanee Masters (SM) team at the University of the South in Sewanee, Tenn.

“My first memory of a swim meet was when I was 5 or 6, swimming in the 100 IM,” he recalls. “I remember it so well because I forgot the order of the strokes: I thought the event began with backstroke, so when the gun went off I dove off the block, flipped to my back in mid-air, and flopped in the water. But there was a false start and they recalled the heat (this was about 1972, and rules were different), and fortunately the starter very clearly informed us all that the order was “first, butterflyAge group, summer league, and college swimming followed, and I coached with various high school and age group teams.”

Alex is a graduate of the University of the South with a bachelor’s degree in English and a Ph.D. in English from the University of Georgia. After a 25-year hiatus from competitive swimming, in 2013 Alex joined the brand-new University of the South Masters in Sewanee, Tenn., where he also works as an academic administrator and English professor, teaching courses in medieval literature.

Alex is married to his college sweetheart, Kathryn Gotko Bruce, and they have two daughters, Allison (20), a rising sophomore at Sewanee; and Carolyn (17), a high school senior.



“As a Masters swimmer, I’ve enjoyed swimming more events than I ever did in my younger (sprinter!) days,” he says. “One of my proudest ‘old man’ accomplishments was swimming every stroke in every distance during the 2015-16 SCY season. Along the way, I’ve enjoyed the discipline and exercise, the camaraderie of our little club, meeting swimmers from throughout the LMSC and competing in meets with new friends. My wife and daughters are very understanding of my commitment to swimming, and I’m delighted when they’re able to see me compete.”

Chris Powers, Registrar

Chris begins his 11th year of leadership with our LMSC as Registrar this year. He has served in this role, on and off, since 2006, guiding all administrative matters with a steady hand and providing continuity for the organization. Chris was asked to serve as LMSC registrar in 2006, and served in this role until 2010. He served on the national committee for the two years, as well, eventually resigning his position as registrar due to increased work duties. “When the next registrar left the role in 2012, I was asked to step back in, and I’ve been here ever since,” he says. During his tenure, he’s witnessed the conversion of manually keyed paper registrations to automatic registration online with USMS. Today, he handles all LMSC administrative matters, from registrations to club memberships and transfers.

Chris swims with Central Alabama Masters Swimming (CAMS) in Montgomery and has been running and coaching the club for



14 years. He's been a member of USMS since 1997, beginning his masters' swimming career on the board of the local youth team as the masters' representative while swimming with his first masters' team. He became a stroke & turn official for the youth team and when the masters' team split from the age group team, he was one of three founding members of CAMS. CAMS began with just six swimmers and today, has grown to 42 swimmers. He is a Level 3 USMS certified coach and a USMS certified Adult Learn-to-Swim Instructor.

A native of Henrietta, New York, Chris lives in Montgomery, Alabama and has been married for nearly 35 years to Ray. He's a computer systems analyst and a software engineer in his non-aquatic time. "I have been a computer analyst for the past 40 years and I have worked on/with practically every computer large and small – and I hope to retire in exactly one year!"

Questions? Great ideas for our LMSC? Or just want to chat?

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Newsletter Submissions & Comments

Please submit items for the next newsletter by Wednesday, October 1, 2017. E-mail submissions to 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:

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