

Southern Masters Swimming



We don't get old, we just age up

April 2014 Lanes

Top Ten Awards at SCY Championships

The Crawfish Aquatics hosted another well-attended (49), efficiently run Southern Masters Swimming SCY Championships on March 23/24, 2014. The regional SMS team won first place and Elmwood second. Between events on Saturday, Nan Fontenot presented eighteen SMS swimmers (eight men and ten women) who swam 50 Top Ten USMS times in 2013 with a bath towel with their initials in a superman emblem. The SMS Outstanding Female Swimmer was Edna Pau (age 30) with 53 Top Ten Points and the SMS Outstanding Male Swimmer was Karl Lehmann (age 28) with 24 top Ten Points.

After Saturday's competitive record setting relays, and the 1650 every-one enjoyed jambalaya spaghetti, salad, and bread pudding prepared by Tim Thigpin. SMS held their Annual Meeting during lunch which was open to all members. Officers as shown in the column on the right were reelected and USMS Convention delegates chosen. SMS is deeply indebted to Nan Fontenot, Crawfish Aquatics coach and meet director, Jeff Maynor, entry director, , starter and stroke judge Kevin Fambrough, the St. Joseph girls who timed for the meet, Coach Steve Panzram, age group coach in Thibodeaux, for taking free underwater stroke videos on Saturday, Chef Tim Thigpen for preparing lunch on Saturday, Chris Frederic for conducting the SMS Annual Meeting, and Cullen Talley for the Sunday devotional.

The four relays races were very competitive with more teams than usual and lots of loud cheering, but the most applause was for Special Olympic swimmers, the elderly, and those who finish last which is traditional at master's meets. Congratulations to those who swam Top Ten times, set SMS records, swam personal best times and those competing in their first masters swim meet. Everyone had fun, and felt good for having competed with others who swim regularly.

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SMS Officers
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Vice Chair
Rob Cambais,
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Doug Holmes,
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Pat Arnold,
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Coaches Chair
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at Lrg
Doug Holmes,
Lane Lines
Editor



Are You in the Top 10? USMS publishes the official Top 10 swims for each age group, both individual and relay, for SCY, SCM, and LCM on the USMS website three times annually. If you are among the Top 10 and if you'd like to commemorate your accomplishment, you can order an official USMS Top 10 patch. Most years back to 1982 are available. See order form at USMS.org Top Ten

Southern Master's Records

Ever wonder what the record time is in an event that you swam or plan to swim? If you want to see whether you have any SMS records or what time you would need to swim to set a record in a particular age group stroke or relay you can easily find out. Just go to www.southernmastersswimming.com and click on Records to view the various records for Southern Masters Swimming. You will note there are SMS records for all strokes, age groups, relays, and event distances typically swum in SCY, SCM, and LCM Championship meets. Recent SMS meet results for many USMS sanctioned meets in Louisiana and Mississippi are also listed. Vicki Buccino keeps the SMS individual and relays records up to date on the Website. She also sends in SMS Top Ten times for SCY, SCM, and LCM distances to the USMS and the Dixie Zone Top Ten Chairs who post them on USMS.org and Dixiezone.org so swimmers can see how they ranked among the other Top Ten in the USA. Vicki Buccino recently compiled the initial SMS Records for the five Long Distance Postal Events sponsored by USMS. These USMS National Postal events are the 10K, 5K, 6000 yard, 3000 yard and One Hour Swim. Postal events can be swum in your club pool.

SMS Masters Swim Meet Calendar

April 5 Free Spring Tri Clinic Nicholls State University Pool Thibodaux, La

April 9-13/SCY: YMCA Nationals Sarasota, Fl

April 26/SCY: Stephen Billeaud Memorial Pentathlon, Lafayette, La

June 27-29/LCM: Dixie Zone and SMS LCM Championships, Tupelo, Mississippi

August 2-9/LCM: USMS FINA Masters World Championships, Montreal, Ca

August 13-17/ LCM: USMS LCM Championships, College Park Md

NOW IS THE TIME TO PLAN A FAMILY WEEKEND TO VISIT THE BIRTH PLACE OF ELVIS PRESLEY AND TO SWIM IN THE DIXIE ZONE AND SMS CHAMPIONSHIP LCM MEET IN TUPELO MS JUNE 27-29 2014
INVITATIONS ONLINE AT SOUTHERNMASTERSWIMMING.COM, USMS.ORG, DIXIEZONE.ORG

Meet SMS Coaches Chairperson, Nan Fontenot

Nan Fontenot is a native of Lake Charles, La. She graduated from Louisiana State University with a bachelor's degree in Education in 1980. Nan was on the Louisiana State University Swim Team from 1975-1976 and has been coaching and teaching swimming since 1973. Her first coaching job was coaching the 8 and under with her mom in 1973. After her mom's death in 1975, she was the head coach in Lake Charles during the summer months from 1976-1980. She coached with LSU Bengal Tigers from 1985-1988, then started her own swim program at the Wallbanger Court club from 1988 – 1994. In 1994 her family moved to Kemerovo, Siberia for missionary work. Coach Nan joined the Crawfish Aquatics staff full time in 2006 with a focus on developing the Masters Swim Program, which currently boasts over 180 adult swimmers of all fitness levels and swimming experience. As Associate Director of Swimming Lessons she oversees the daily operations of the Swimming Lesson program.

Nan coached high school swimming from 2002 - 2010. She served as the coach for Christian Life Academy, Parkview Baptist, Dunham, and Walker High School swim teams. She was voted Female Team High School **Coach of the Year** for the Capital City Swim League in 2005 and again in 2008. *She served as SMS Chair from 2008 to 2011 , and Coaching Chair/Web Master since 2011.* Nan, her husband Randy, and daughters Katie and Chavanne, lived in Kemerovo, Siberia for eight years doing missionary work. Her family continues to do missionary work in Siberia, Africa, and Mexico. Nan made trips to Africa in 2011 and 2012.

4th Annual Stephen Billeaud Swim Meet Saturday, April 26 in Lafayette

This meet is dedicated to a local hero and resident of Lafayette who's life was cut short. Through this meet we hope to capture and help carry on his love of swimming and most of all his love of FAMILY. What better time to celebrate friends and family, than during Festival International De Louisiane, one of the biggest festivals in South Louisiana. The swim meet is hosted during this Festival and gives the local swimming community a chance to gather, race and share a morning of competition (warm up at 9 AM and meet at 10 AM) amongst friends and family before heading to the Festival to enjoy Lafayette hospitality at it's finest. We encourage Master's swimmers of all ages and abilities to participate. This a great opportunity for family and friends to see what you have been working towards in all those early morning and late night practices! Spectators can hang out in upper deck of our breezy pavilion, while they watch swimmers rack up on best times in our state of the art Olympic size swimming pool, complete with starting blocks and touch pads! Are you ready to celebrate? [See entry form for details on last page or southernmastersswimming.com.](#) **Thomas Clavier, coach and meet director.**

Festival International de Louisiane started 28 years ago with a mission in mind to enrich the community by organizing a celebration of its native cultures through music and other arts, educate the public to the historical achievements and artistic expressions of related global cultures while developing an appreciation for the arts, develop culture and tourism, and enhance economic development by expanding Louisiana's reputation as an arts center.

4th Annual Stephen Billeaud Memorial Swim Meet

Saturday April 26, 2014 at 107 Susan St. Lafayette, La.

Name: _____ Age (as of 4/26/2014): _____ Sex: _____

Address: _____ City/State: _____

Zip Code: _____ Phone: _____ USMS #: _____

Team Name: _____ Team Abbreviation: _____

Email Address: _____

Swimmers may swim a maximum of 5 races. Warm ups 9AM, Meet 10 AM

Event Name	Event Order	Entry time (approximate)
100 IM	1	
200 Butterfly	2	
100 Back	3	
50 Breast	4	
200 Free	5	
100 Fly	6	
50 Back	7	
200 Breast	8	
100 Free	9	
50 Fly	10	
200 Back	11	
100 Breast	12	
50 Free	13	
200 IM	14	
Choice of 500,1000 or 1,650	15	

LIABILITY RELEASE: "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise, informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES, INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS FOR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature: _____ Date: _____

Mail completed entry form, copy of USMS card, and check to Crawfish Aquatics, ATTN:4th Annual Stephen Billeaud Memorial Swim Meet, 107 Susan Street, Lafayette, LA 70506. Entries may also be submitted via email to thomasplavier@gmail.com. Please be sure to attach a scanned copy of entry form along with signature on waiver. For payment just pay the entry fee when you arrive to the meet. Thomas Clavier Meet Director, 504-236-4005