

# Southern Masters Swimming



*We don't get old, we just age up*

*January 2013*  
*Lane lines*

## SMS Championship at UNO

Good attendance and good times were evident at the Short Course Meter Championship meet for Southern Masters Swimming held December 8 & 9 at UNO. About 50 master swimmers and twelve clubs enjoyed the two day competition. The weather was foggy on Saturday but warm and sunny when the meet started at 11 AM with Chris Frederic's remarks and the National Anthem. Everyone appreciated the hospitality of the SMS Board and UNO Arena Pool staff, especially John and Janice Roth, who put on the meet each year, including the jambalaya lunch on Saturday organized by Ellen Hall.

It was especially encouraging to see full heats of relays after Saturday's individual events in spirited competition. This year the 1500 meter free had two heats even though it was held after the relays on Saturday instead of on Friday night as in the past. The 1500 meter is a popular event for triathletes who train with an SMS club to work on swimming skills, and find out they can place high in SMS Championship meets in the longer individual events. That includes Bill Jennings, age 73, who has run 99 marathons, in all fifty states, and on each continent.

The winning team was Elmwood Sharks, and many personal best times, SMS record times, and Top Ten times were swum by several participants. At the 2011 SCM Championships, fifty two Top Ten records were set. SMS meets reward master swimmers for working out all season, competing in their first USMS meet, achieving a personal best time, going for a SMS record, or a Top Ten time in their age group. Some come to enjoy a fun weekend in New Orleans with their team and others who regard the health, exercise, practice, and socializing with other swimmers important.

This was the first masters meet for two of the five women in their twenties from the YMCA Hub Fins Masters of Hattiesburg. It was good to see the City of Mobile Swim Association team participate again this year. The Red's club from Lafayette stayed for two nights in New Orleans finest hotels and ate dinner at Emeril's. The Red's men's and mixed relays with Scott Snyder, 55, Alan Appley, 54, Chip Michials, 59, Cecil O'Halloran, 51, Greg Ellison, 60, Mary Helms, 46, and Julie Broussard, 43, and Mariela Saucier, 52, scored well in the relays on Saturday. However, they must have partied too long in the French Quarter because they were "no shows" on Sunday. Obviously, everyone enjoyed themselves, so keep training and come to the **SCY Championship Meet March 1-3 in Baton Rouge.**

### SMS Officers

Chris Frederic, Chair

Ellen Hall, Vice Chair

Rob Cambais, Treas

Doug Holmes, Sec.

Doug Kopp, Registrar

Pat Arnold, Sanctions

Tim Root, Open Wtr

Vicki Buccino, Top Ten

Chris Frederic, Meet  
Officials

Nan Fontenot, Coach-  
es Chair & Web Mas-  
ter

Doug Holmes, News-  
letter Editor

## SMS/USMS Master's Swim Meet Calendar

Upcoming meets that you may want to enter include Auburn Masters and the SMS SCY Championships at Crawfish Aquatics in Baton Rouge. A complete calendar of meets and entry forms can be found at USMS.org. You should check out the revised format on the USMS web site with a new improved format and more articles for pool swimmers, distance swimmers, and triathletes.

Jan 1-31	your club pool	One Hour USMS Postal National Championships
Feb 16-17	Auburn University	Auburn Masters SCY Invitational
March 1-3	Ketchum Pool, B.R.	SMS SCY Championships, host: Crawfish Aquatics
Apr 27	Crawfish/Lafayette	Stephen Billeaud Memorial Pentathlon
May 4	Zachary, LA	SMS Tri Lakes Open Water Swimming Carnival
May 9-12	Indianapolis, In	2013 USMS Spring SCY National Championships
Aug 7-11	Mission Viejo, Ca	2013 USMS Summer LCM National Championship

## SMS Financial Report

At the end of 2011 SMS had a positive checking balance of \$26,750, and with 2012 registrations up to a new high of 686 we are in good financial shape according to our SMS treasurer Rob Cambias. USMS spent \$28 of your \$40 registration in 2011 for insurance, staff, national meets, *Swim* magazine, and convention expenses. The USMS National Office returned \$12 of your \$40 registration for SMS use. Revenues received by SMS were \$15,970 from USMS in 2011. SMS expenses included: other USMS expenditures of \$ \$4,194, three SMS Championship meet expenses (SCY \$900, LCM \$1633, SCM \$1847), Club Assistant and administrative expenses \$897, convention delegates \$2210, coaches incentive program \$300, and national championship participation incentive \$1614.

Fortunately, SMS received \$2000 from USMS after Hurricane Katrina. because in 2006 our SMS membership declined 50% to 300 which was our average membership in the 1980s. By December 2012 our membership of 686 exceeded our 2004 pre-Katrina membership of 684. Your SMS board has tried to use the USMS gift of \$2000 to help our members and to promote SMS and masters swimming in Louisiana and Mississippi. We voted to keep the USMS/SMS registration fee at \$40 for six years after Katrina and only raised the fee to \$44 for 2012. We offer \$200 incentive to clubs/workout groups that host a one day sanctioned swim meet, stroke clinic, or developmental meet to promote swimming in local communities for first time USMS competitors and non-USMS swimmers to introduce them to the benefits of masters swimming in a low key meet. Actually, most USMS meets are fun and low key, but until a new swimmer experiences a masters meet they don't know that.

The SMS board also instituted a coach's incentive program of paying on deck coaches who attend a SMS Championship meet \$5 for each swimmer they bring and double that if it is their first masters meet. The National Championship Participation Incentive Participation Program reimburses Southern Masters Swimmers for their entry fee (\$74), relay fees, and a team dinner. Twelve Southern Masters Swimmers got fifth place at the 2011 Summer National Meet at Auburn University. Our Treasurer, Rob Cambias, is always ready with the SMS check book to promote SMS swimming. He not only measures the pools with bulkheads at SCM and LCM Championship meets so your record breaking times will be official, but he swims in those meets and many national USMS meets. What you may not know is that he is perhaps the only SMS members who works out with a USA Aquatics team and swims in many of their meets. Back in the National AAU (pre-USMS) days, the only way to compete was in AAU meets as a senior. Now with USMS clubs and coaches, few master swimmers have the need, much less the speed and stamina, to practice with USA Aquatic/ high school teams.

## Southern Masters Top Ten and Outstanding Swimmers Awards for 2011

Nine women and thirteen men from SMS were among the ten fastest swimmers in their age group in one or more strokes in the country in the 2011 (names are listed below). USMS recognizes these records annually and each Top Ten Swimmer can receive a Top Ten Patch. SMS recognizes their achievement with a gift or plaque. Last year at the SCY Dixie Zone meet Nan Fontenot listed the USMS Top Ten winners on a banner and presented them with their award in between events. An Outstanding Male and an Outstanding Female Swimmers are selected each year for SMS and announced at the SCY Championship Meet in March. An SMS Outstanding swimmer is selected from the USMS Top Ten rankings in SCY, SCM, and LCM by scoring of all the SMS swimmers so ranked using the same point system as used in a swim meet (11 points for first place, 9 points for second, 8, 7, 6, 5, 4, 3, 2, 10). All the points are add up and the SMS male and female with the most points wins for that year (see point totals below). A swimmer can only be the Outstanding Swimmer one time while in each age group. This gives the younger SMS swimmers a better chance at the Outstanding Swimmer award since they usually have to compete against more and better competition in the USMS Top Ten than the older swimmers. For instance in 2011 Fay Lachney was the Outstanding Female Swimmer with 24 points since Pat Arnold with 35 points had won in 2009 and was not eligible. Doug Holmes with 148 points won the 2011 Outstanding Male Swimmer Award and would not be eligible until he turns 80.

If you want to check your time in an event in a past SMS Championship meet or any USMS sanctioned meet you can find the meet, your event, your place and your time. Just go to [www.usms.org](http://www.usms.org) and click on Events and Results to get the results of the meet you swam in. If you wonder whether you placed in the USMS Top Ten or want to see what time you would have to swim to make it into the Top Ten next year, Click on Event Rankings to see how you are ranked in any given event in the US. You can see how many Top Ten times you or any one has by searching for Top Ten times.

We are indebted to Vicki Buccino who has been SMS's Records and Top Ten Chairperson for at least twenty two years. She keeps the SMS records up to date as well as submits SMS times for Top Ten rankings and performs the calculations that determine SMS's Outstanding Male and Female Swimmers annually. From 1989 to 2001 SMS recognized the Most Improved Male, the Most Improved Female, and the Outstanding Service Award. These awards were voted on at the Annual SMS Meeting and were presented at a SMS Awards Banquet in the early 1990s along with "Best Male Physique" etc. until the rules for selection were changed in 2001.

### The 2011 Southern Masters Swimming USMS Top Ten \*

Women	Age	SCY	LCM	SCM	Total Points	
Patricia F Arnold	72	11	11	13	35	won in 2009 and not eligible
Rebecca L King	31		13	6	19	
Christine Frederic	47		18	4	22	
Fay V Lachney	50		10	14	24	Outstanding Swimmer 2011
Vicki Buccino	65		6	14	20	
Sarah Beth Slinkard	22			2	2	
Sara Phelps	27			4	4	
Alison G Cascio	33			6	6	
Kendra E Wilson	30			13	13	

Men	Age	SCY	LCM	SCM	Total Points	
Tiago Barreira	30	6			6	
Karl M Lehmann	26		2		2	
Timothy S Root	29		4		4	
Jeff D Maynor	33		8		8	
Kenneth G Malone	47		2		2	
Bill A Jennings	72		4		4	
Douglas A Holmes	75	45		103	148	Outstanding Male Swimmer
Dave Barnett	19			29	29	
John Henry H Dasinger	24			23	23	
Eric Olesen	23			17	17	
Kendrick Gibson	27			1	1	
Christian P Clausen	31			6	6	
Steven R Fisher	49			5	5	

\*For past SMS Top Ten, Dixie Zone Top Ten, and USMS Top Ten go to [southernmastersswimming.com/TopTen](http://southernmastersswimming.com/TopTen)

**Enter now** for **SCY Championships** in **B.R.** on **March 1-3** on [southernmastersswimming.com](http://southernmastersswimming.com)