

Southern Masters Swimming

We don't get old, we just age up



Lane Lines Sept 2013

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Upcoming Masters Meets

The second annual Mandeville Pelican Athletic Club Masters Meet will start on **Saturday September 28** at 10:30 AM (allowing time for swimmers to drive to pool that morning). Charlie Hoolihan runs a low key, fun, competition (\$20) in all strokes in 50, 100, and 200 yard events plus the popular 1000 yard free that was followed by lunch last year. This SCY meet is sanctioned by USMS for those trying for Top Ten times.

On **Sunday October 20** the 2013 Louisiana Senior Olympic/Dick Bower Memorial SCY Meet will be held at the UNO Arena for those over 50 who registered prior to Sept. 13 for \$30 to compete in three sports. Times recognized for USMS Top Ten, and a great opportunity to earn a medal in the La. Senior Olympics Games.

On **Saturday November 9th** the Turkey Leg Meet (\$20) will be held in Mandeville at Francos Athletic Club. This unsanctioned developmental meet features 50, 100, and 200 yard events plus open relays and a turkey leg for lunch. This meet is popular for first-time competitors who get a medal and for fitness swimmers to participate in a low key fun master's meet. This meet is timed so swimmers can join USMS for 14 months after November 1st and before November 9th @ southernmastersswimming.com.

The SMS SCM Championships will be held on **December 14 & 15th** at the UNO Arena. This sanctioned SCM meet offers team trophies, relays, and each master swimmer an opportunity to swim a personal best and possibly achieve a USMS Top Ten SCM time. This two day meet has all strokes and distances including the popular 1500 meter free.

SMS officers appreciate coaches who sponsor swim meets and encourage all triathletes and adult swimmers to enjoy one of these pool swims. All these meets allow participation in five individual swim events per day which are low key, fun, and inexpensive. Entry forms and information can be accessed on Southernmastersswimming.com, and USMS.org.

Master's Swim Meet Calendar

Sept. 28--SCY--Pelican Athletic Club, Mandeville, La. USMS sanctioned
Oct. 20--SCY--Louisiana State Olympic Games, Dick Bower Memorial Meet, UNO Arena, New Orleans, USMS recognized
Nov. 9 --SCY--Turkey Meet at Francos FINMs pool, Mandeville, La. unsanctioned developmental meet
Dec 14&15--SCM--SMS Championships at UNO Arena in N.O., sanctioned
January--SCY--HUB Fins, Hattiesburg, Mississippi

Lane Lines

SMS Officers

Chris Frederic,
Chair

Ellen Hall, Vice
Chair

Rob Cambais,
Treas.

Doug Holmes,
Sec.

Doug Kopp,
Registrar

Pat Arnold,
Sanctions

Vicki Buccino,
Top Ten

Chris Frederic,
Meet Officials

Nan Fontenot,
Coaches Chair &
Web Master

Doug Holmes,
Lane Lines
Editor

A Personal Look at Our SMS Chairperson



Chris Frederic and her three children, Jeanne, Matthew and Thomas, joined Crawfish shortly after they moved to Baton Rouge in 2006, with the full support of Chris' husband, Keith. Chris, a high school All-American and university of Kansas scholarship swimmer, is finishing up her second year as the SMS Chairperson, and will represent SMS for the third year in a row as a USMS Convention Delegate. A part-time Crawfish Aquatics Master's coach, she finds time to

hold down a full time job as Senior Project Manager at a local pharmaceutical company, be a meet official at age group meets, and attend most SMS and many USMS Championship swim meets. If she missed a SMS meet, it's because she is watching her kids swim at an age group meet. Chris has 26 Individual and five relay Top Ten finishes and 30 SMS records in the past five years. In 2013, as Chairperson she officiated at SMS first Open Water 1K & 3K Swim. More importantly, she proposed and organized a very successful Swim Clinic sponsored by SMS at Crawfish Aquatics pool where she trains. She successfully enlisted Susan Ingraham, USMS Coach of the Year in 2008, who ably conducted an excellent full day swim clinic. Chris said, "I took a 20 year break from swimming. I knew I missed it, but did not realize just how much. I am so glad to be back in the water and part of this wonderful organization. I have swimming friends all over the country, but the ones I am closest to are right here in Louisiana and Mississippi."

Southern Masters 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 in SCY, SCM, and LCM distance 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 recently compiled SMS Records for the five USMS Long Distance National Postal Events (the 10K, 5K, 6000 yard, 3000 yard and One Hour Swim). For Postal entry information go to USMS.org. If any SMS swimmer believes they have an SMS age group distance record and can document their results, Vicki will make the appropriate changes to the records.

News flash from 2013 National Convention !!!! The **new Tupelo Aquatic Center (with 8 lane/50m pool)** will host the 2014 SMS LCM Championships concurrently with the **Dixie Zone LCM Championships** scheduled for June 27, 28 & 29, 2014. Barbara Aquirre, Tupelo's Shock Wave Master's coach, presented and won the competitive bidding in the Dixie Zone Meeting also attended by SMS Delegates Chris Frederick and Doug Holmes. More info in future *Lane Lines*, but put this meet on your calendar.



**Meet
Southern
Masters
Swimming
Registrar
Doug Kopp**

Doug Kopp's favorite Facebook self quote: "Never a dull moment unless you want one." Kopp, 64, swims with Crawfish Aquatics in Baton Rouge and is the SMS Registrar who handles club and member registrations, answers e-mails, and notifies SMS members of upcoming regional swim events. His real job is head Internal Auditor for the Louisiana Department of Economic Development and Doug has been a correspondent for the Houston based Texas Runner & Triathlete magazine for twenty four years.

Doug's accomplishments in the last four years include seven Ironman finishes, eight half or 70.3 Ironman finishes (five in the top ten of his age group) and a fifth place podium finish at the 2012 Ironman 70.3 New Orleans race, plus finishing the 2012 Ironman 70.3 World Championship in Henderson, Nevada. He was in sixteen USA Triathlon multisport championships, including six times as a member of USA Triathlon's TEAM USA in International Triathlon Union (ITU) World Championships in places like France, Hungary, Germany, Spain, Australia and China. He has two top ten world age group finishes in the swim-run aquathlon (2010 in Budapest and 2011 in Beijing), and made TEAM USA for the seventh time to be held at the 2014 ITU World Championship Aquathlon in Edmonton, Alberta next August.

Southern Masters Swimmers 9th Ranked Team in LCM Nationals

Congratulations to our five SMS swimmers who were the ninth place team at the 2013 Summer Nationals in Mission Viejo, California. The SMS members are Pat Arnold, Dale Williams, Rebecca King, Karl Lehmann and Marcel Jaubert. Chris Frederic said it best "a ninth place finish with only five swimmers is a great accomplishment!" Pat Arnold got gold in the 200 breast and four other medals (2,4,5,&7). Medals are given to the top ten places and Rebecca King won four medals (2,4,4,6,&11) as did Dale Williams with a bronze medal and three more in the top ten. Karl Lehmann, age 28, won two silver in freestyle and a fourth place medal. Marcel Jaubert, at the top of the 45-49 age group, placed just out of the medals in three events. No relays were swum by SMS. We are proud of each of you for representing us so well.

Pelican Athletic Club Master's Swim Meet Date: September 28th, 2013 Sanctioned: Southern Masters, Inc. for USMS, Location: Pelican Athletic Club 1170 Meadowbrook Blvd. Mandeville, La 70471

Course: 8 lane outdoor heated pool, 25 yards, 6 competition lanes to be used. Designated warm-up and cool-down lanes available in the 6-lane pool. Stop watch timing with two watches per lane.

Time: Warm-up from 9:30-10:15 a.m. Meet starts at 10:30 a.m. No swimming equipment (paddles, kickboard, etc.) will be allowed during warm-up.

Rules: USMS rules will govern this meet. A current USMS card is required. All events will be timed finals, and will be seeded slow to fast. One day USMS registration will be available.

Entries: Entries dropped off, mailed, faxed or emailed on or before Thursday, Sept. 26, 2013. faxed and email entries must be paid by credit card payment.

Use a consolidated card. Enclose a photocopy of your 2013 USMS Registration Card. Fee is \$20. Late and deck entries will be charged \$25. Fees payable: Make checks payable to: Pelican Athletic Club

Deliver to: Pelican Athletic Club 1170 Meadowbrook Blvd., Mandeville, La 70471. FAX: 985-626-3050. Email: swim@thepac.com

Check-In: All swimmers must check in by 9:30 a.m. Late registration closes at 9 a.m. Age Groups: Standard Masters age groups apply. Scoring: Points will be awarded as follows: Individuals: 9-7-6-5-4-3-2-1; Limit of Events: Five events maximum. Results Results will be emailed to individual or team director/coach. Please designate email for results on entry blank. They will also be posted on the PAC Aquatics website.

Meet Directors: Vic Moore, (770) 624-3141, swim@thepac.com or Charlie Hoolihan, (985) 966-9594, Charlie@thepac.com Referee: TBA

MEET ENTRY FORM

Saturday, Sept. 28, 2013, Pelican Athletic Club, Sanction

Name _____ Date of Birth _____ Age (as of 09/28/2013) _____ Sex _____
Address _____ City/State/Zip _____
E-Mail _____ Phone _____ - _____ - _____ USMS# _____
Team Name _____ Abbreviation _____ Team Rep email _____

Please circle desired event numbers for all individual entries. List the best recent short course yards times in the space provided. Use a "NT" if you have no time for an event. Relays are automatic for teams with a sufficient number of swimmers entered. **Entry must be received by Thursday, Sept. 26, 2013. Late entries taken at discretion of meet director.**

Women	Men	Event Time (yards)	13	14	50 breast
1	2	50 free _____	15	16	200 Fly _____
3	4	100 Back _____	17	18	100 free _____
5	6	200 breast _____	19	20	200 back _____
7	8	100 fly _____	21	22	100 breast _____
9	10	200 Free _____	23	24	Fly _____
11	12	50 back _____	25	26	1000 free _____

Pelican Athletic Club 3rd Annual Master's Swim Meet Liability Release Form:
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 of 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 or damages caused by the negligence, active or passive of the following: United States Masters Swimming, Southern Masters Swimming, Pelican Athletic Club, meet sponsors, meet committees or any individuals officiating at the meet or supervising such activities. In addition, I agree to abide by and be governed by the rules of USMS. (rule book article 203.1)

Signature _____ Date _____
Fees: \$20.00 _____ (payable to Pelican Athletic Club) Late Fee: \$25 (After Thursday, Sept. 26, 2013) Check number _____ Credit Card - Type _____ # _____

Proof of USMS membership (a copy of your current USMS registration card or a copy of your USMS application form) AND a filled out application form with check must accompany this entry form. You must sign the liability release and include check with your entry. All entrants who list a correct e-mail address will receive confirmation when their entries are received.