

### SMS Records Fall at SCM Championships

Fifty-four swimmers (26 women and 28 men) from 12 teams competed in Southern Masters Swimming SCM Championships at the UNO Arena Pool on December 14 & 15, 2013. It was the largest turnout in the last few years for any SMS Championship meet which was surprising being so close to Christmas. The Elmwood Sharks under coach Dave Hinyup were four fold winners over the Southern Masters Swimmers and HUB Fins coached by Kyle Joplin. Having these coaches on deck at a meet and promoting SMS meet participation definitely makes a difference in their teams swimming performance. In appreciation these two coaches received a cash bonus from SMS for bring so many swimmers to the meet. Everyone appreciated Ellen Hall's coordination of the food and drinks at the meet, especially since she didn't even swim!

Due to the great participation, 18 SMS Records were set, many USMS Top Ten swims were recorded, and 24 swimmers won individual high points in their age group at this meet. **Stephanie Stone from Plano Wildcats probably won four All-American titles** (fastest USMS times this year in her 45-49 age group for SCM) in the 200 & 400 Free & the 200 & 400 IM. **Edina Pou**, age 30, Elmwood Shark and formerly on the Hungarian Olympic team set SMS Women's 30-34 Records in the 1500 Free, 50 Breast, 100 Breast, and 400 IM. **Heidi Hendrick**, age 32, Elmwood Sharks, set SMS Women's 30-34 Records in the 200 Free, 400 Free, 100 Back, and 200 Back. **Dale Williams**, age 61, set SMS Women's 60-64 Records in the 200 Free, 50 Back, 200 Back, and 200 Free Relay. **What a race it is going to be for SMS Outstanding Female Swimmer for 2013 which will be presented at the SCY Championships at the Crawfish Aquatics Pool.** However, we won't know who wins until the SCM Top Ten times are published at the end of February since Outstanding SMS awards are based on person receiving the highest Top Ten score for the year.

Cecile Manny, Elmwood Sharks, at the top of her 55-59 age group, set the SMS Woman's 55-59 Record in the 800 Free. Mariela Saucier, Red River Masters, set SMS Women's 50-54 Record in the 100 Back. The only male to set an individual SMS Records was Steve Fischer, Elmwood Sharks, in the 800 and 1500 Free. Note all the SMS Individual Records were set by Elmwood Sharks who as a team also ran away with the #1 team victory. There was spirited completion by 18 teams in the six relay events. SMS Records were set in Women's 200 Free Relay (240-279 age total) by Sharon Hughes, D. Williams, Vicki Buccino, and Word Beckstrom, and the 200 Mixed Medley Relay (280-319 age total) by Pat Arnold, Michael Gordon, Doug Holmes, and Vicki Buccino .

Thanks to John Roth, meet director, Chris Frederic, starter, and Vicki Buccino, SMS Records and Top Ten Chair for getting the SCM Records for publication.

The First Place Elmwood Sharks Team

Picture by Dave Hinyup



### 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

**Barbara Aguirre, Ms**  
Brd Member  
at Lrg

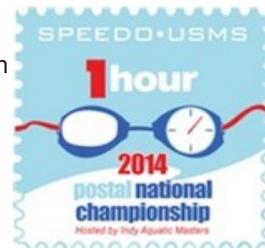
**Doug Holmes,**  
Lane Lines  
Editor

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- Did you know?** 1) 17% of your \$46 dues that goes to National USMS covers your insurance. 2) \$11 of your \$46 USMS dues is returned to SMS and primarily supplements the costs of our three SMS Championship meets, and last year's open water event and all day swim clinic. 3) Coaches get \$5 for each swimmer they bring to SMS meet and \$10 for first time competitors.

**More than 5.5  
million miles  
logged by USMS  
members**



**Speedo 1-Hour Postal Cham-  
pionship** Just swim as far as you can in one hour this January, and have someone write down your splits, [submit your results](#), and be ranked with everyone in your age group across the country



***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***

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*Vicki Buccino, SMS Top 10 Chair and SMS Records Keeper*

*Vicki Buccino learned to swim at age 5 in a 20 yard pool at a swimming club in Wilmington, Delaware. She "play" swam with her friends each summer, swimming one summer, at age 11, on the club swim team where she specialized in the 20 yard butterfly. After that, it was all tennis and badminton until 1978 when the parents of age groupers in Metairie started swimming 50's at the AAU meets behind their children. Then in 1982 she joined Bill Babcock's Masters team and everyone went to SCY Nationals at the Woodlands. After she placed 8th in the 35-39 50 yard butterfly, she was hooked on swimming. She started to practice diligently and peaked at age 43. Her most exciting moment was when she flew to Barbados in 1991 and broke the published World Record in the SCM 1500 45-49. However, the World Record did not last long, so her most memorable achievements in USMS were her 1st place at age 50 at LCM in the 800 free, her All American at age 50 in the 10K swim, and her 1st place and All American at age 51 in the 1500 free at USMS LCM Nationals. After those swims, and a total of 150 individual Top 10 times, she has slowed down dramatically due to failure to practice caused by various injuries.*

*As a volunteer for USMS, Vicki wrote the newsletter in 1988 and '89 and has been keeping the SMS records and submitting our times to USMS Top 10 Chair since 1992.*

## SMS Masters Swim Meet Calendar

Feb 15-16/SCY: Auburn Masters Invitational, Auburn, Alabama

March 22-23/SCY: **SMS SCY Championships, Baton Rouge, La.**

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

June 27-29/LCM: **Dixie Zone/SMS LCM Championships, Tupelo, Ms**

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

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

## YMCA HUB FINS Winter Sprint Masters Meet

The Petal YMCA near Hattiesburg Mississippi was a well attended, well run, fun swim meet that according to meet director **Dewey Case** will become an annual event. Thirty two masters swimmers competed on a sunny cold Saturday on January 11, 2014. **Kyle Joplin**, the Masters coach for the Hattiesburg Y and **Vanessa Eldrige** for the Petal YHUB FINS had their team out in full force. With the help of **Chris Frederic**, SMS Chair, and **Corey Coon-Cassily's enthusiastic age-group timers**, all 23 individual events, including the 500 Free, mile, and six relays, were run off between 11:15 AM and 3 PM in the 25 yard pool with only four starting blocks. Four lanes of competitors allowed for cool down lanes on either side of the pool and slowed down the timing of events so swimmers could catch their breath.

The 11:15 AM meet start allowed swimmers from Elmwood Sharks and the north shore to drive up and back home in one day. Dewey Case, his wife, the YHUB FINS, and age group timers were good hosts and are talking about having another meet at the Petal YMCA possibly in September. Everyone had a good time and hopes to come to the next meet here. With the LCM Dixie zone championships in Tupelo and possibly two meets here in 2014, masters swimming is alive and well in Mississippi.

## Southern Masters SCY Championship Meet

On Saturday and Sunday **March 22-23**, 2014 Southern Masters SCM Championships will be held at the Crawfish Aquatics pool in Baton Rouge, which has been the site of SMS most popular meet of the year for a long time. This meet hosted by Nan Fontenot's Crawfish Aquatic team is known throughout the Dixie Zone as the **best organized and most fun meet in the Dixie Zone**. This may be due to their great Cajun lunches served after the Saturday events which will have some hungry folks after the mile swim. During the weekend Chris Frederic will be presenting Top Ten swimmers in 2013 their awards.

Because most masters swim in yard pools the **relay and team competition is greatest for this meet**. It attracts master swimmers from Texas and the rest of the states in our Dixie Zone. You can send in the entry form found on the last page or enter online. This is what most people do and is encouraged by USMS and is easier on the meet director, Jeff Maynor, who has volunteered his time to run this meet for several years. Jeff is a very good swimmer too, and holds several SMS records and Top Tens. Log on to southernmastersswimming.com, USMS.org, or Dixiezone.org to enter, and check the events and costs on page 6 of Lane Lines.

**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.



## SWIMMING LAKE PONCHARTRAIN

**On November 2, 2013 at 3:17 AM, Tim Root, a member of SMS and Crawfish Aquatics, walked into the Tchefuncte River to begin an attempt to cross Lake Pontchartrain. After months of planning, and almost \$5,000 raised for Our Lady of the Lake Children's Hospital, the attempt was made to swim from the mouth of the Tchefuncte River across Lake Pontchartrain to New Orleans. The water temperature was 69, and the air temperature started at 53 degrees and decreased until sunrise. Despite a bit of a chill, once the morning sun warmed the air, the temperature was not nearly as much of an issue as the chop resulting from the 15 knot NNE wind. Ultimately, the conditions proved extremely unfavorable, and after 4 hours and 45 minutes, in three foot waves, Tim abandoned the swim after covering 9 miles grueling miles.**

**He gives a special thanks go to Crew Chief Amanda Root, Captain Pearce Wood of the Elmwood Sharks, crew members Alice Root, Jim Root, Paul Nance, and Molly Nance of Lincoln Masters in Nebraska, Mandy Leach in New Orleans, and Coach Nan Fontenot at Crawfish Aquatics. Dive and Rescue from New Orleans provided on water safety support, and Michael Favaloro of Crawfish Aquatics and Aaron Cherry paddled through the rough waters to support Tim. Without any of these people, a swim like this would not be possible. Teddi Hessburg was a key contact with the Our Lady of the Lake Hospital Foundation.**

**At midnight on May 2, 2012, Mathew Moseley, age 46, and Glynde Mangum, age 50, swam all 23 miles of Lake Pontchartrain as a two man relay team. Both members of US Masters Swimming and having grandmothers as sisters from Louisiana, they flew in from Colorado for Jazz Fest. Moseley swam the first 13 miles in the dark, through white-capped swells ranging from 2-5 feet. "Because the lake is so shallow, it can get very turbulent real fast. It was banging all around us. It almost felt like the boat would land on me." Moseley had to deal with the wildest waves, but Mangum got the driving rain. Mangum began his swim at 6:25 and powered through the swim despite constant downpours. Together, thanks to being pushed around by the weather, they actually swam 26.1 miles in 12 hours and 23 minutes. They did it as a fund raiser for the Lake Pontchartrain Basin Foundation.**

## Improved USMS Insurance Practices and Regulations

USMS continues to take steps to improve our risk management practices with a goal of safeguarding USMS for everyone's benefit. Some important risk management steps we have taken include hiring Entertainment & Sports Insurance eXperts (ESIX) as our risk management partner (ESIX is the risk management provider for many governing bodies including USA Triathlon and USA WaterSki); expanding use of the online sanction database so we have information on the events we are sanctioning; and clearly defining who we want to insure and what activities we want to insure. Below is an update and summary of our 2014 risk management expectations:

- All participants in a USMS activity (pool, open water, clinics, practices, etc.) must be a USMS registered member, guest member or one-event participant;
- Adult swimming programs promoting a USMS or Masters Swimming relationship must register as a USMS club or workout group;
- Organizers of pool or open water events desiring a sanction must apply via the USMS online sanction program (clinics are an "approved activity" under our insurance and must abide by checklists published at the USMS website, but they are not required to have a USMS sanction);
- Excess accident coverage is now extended to guest members (trial members, approved foreign members, etc.);
- Combined USA Swimming and USMS practices are permissible provided the coach on deck is both USA Swimming registered and USMS registered;
- Clubs or workout groups needing a certificate of insurance should contact Tracy Grilli in the National Office;
- A report of occurrence should be prepared for any claims or incidents and submitted to Tracy Grilli in the National Office.

### **Open Water Risk Management and Insurance Update**

- LMSCs are the first line of approval for open water sanctions, with the USMS Executive Director, or his designee, having final approval for open water sanctions;
- LMSCs will be billed \$1,000 by USMS for each open water sanctioned event it approves;
- Open water event directors must host a pre-race event meeting and distribute checklists as available on the USMS website;
- Boat operators must attend the mandatory pre-race boat driver meeting and those approved to be on course for open water sanctioned events or practices must have a propeller guard OR a dedicated onboard swimmer spotter (neither the boat operator nor swimmer spotter may swim in the event or practice);
- Boat operators (volunteer or hired) must provide proof of insurance to the event director. Municipality and government owned/operated boats are not required to provide proof of insurance.

### **Southern Masters Swimming on Facebook**

Ann Walton of Crawfish Aquatics Masters has set our Southern Masters Swimmers region LMSC with a Facebook page. The Facebook page name is "Southern Masters Swimming formerly know as Crawfish Aquatics Masters".

The Crawfish Aquatic Masters Facebook page was originally set up by Ann as a test. That worked out very well she is expanding this to become a regional LMSC Facebook page. Doug Kopp, SMS registrar, sent e-mail notices of this Facebook page to all SMS members and to all of the primary club/workout group contacts.

**\*\*ENTRY FORM\*\***

**CRAWFISH AQUATICS**

**SHORT COURSE YARD CHAMPIONSHIP**

Sanctioned by Southern Masters Swimming for USMS Inc.,

Name: \_\_\_\_\_ Age (as of 3/22/2014): \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ City/State: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_

USMS #: \_\_\_\_\_ Team Name: \_\_\_\_\_ Team Abbreviation: \_\_\_\_\_

Circle desired event numbers and list seed time in yards (NT for no time). Limit of five individual events per day. Relays deck entered.

**Saturday, March 22, 2014**

**Sunday, March 23, 2014**

Warm-up 9:00 a.m. Meet 10:00 a.m.

Warm-up 9:00 a.m. Meet 10:00 a.m.

**W M Event Seed Time**

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1 2 400 IM  
3 4 100 Free  
5 6 200 Breast  
7 8 50 Back  
9 10 100 Fly  
11 12 100 IM  
13 14 200 Back  
15 16 50 BR  
17 18 200 Free Relay xxxxxxxx  
19 20 200 Mixed Medley Relay xxxxxxxx

23 24 500 Free  
25 26 100 Back  
27 28 200 IM  
29 30 50 Free  
31 32 200 Fly  
33 34 100 Breast  
35 36 50 Fly  
37 38 200 Free  
39 40 200 Medley Relay xxxxxxxx  
41 42 200 Mixed Free Relay

21 22 1650 Free \* There will be a short break between relays and distance swims on Saturday.

**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 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, 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: \_\_\_\_\_

**Entries must be received by Fees: Payable to Crawfish Aquatics by Saturday March 15, 2014**

Mail entries to: Jeff Maynor Crawfish Aquatics SCY Championships

PO Box 85080 Baton Rouge, LA 70884

\$35.00 per swimmer for the full meet

\$20.00 per swimmer for one day