

Southern Masters Swimming



We don't get old, we just age up

MAY 2015 Lane Lines

Annual SMS Meeting at SCY CHAMPIONSHIPS

The Crawfish Aquatics Team, Coach Nan Fontenot and Meet Director Jeff Maynor put on a great two day Short Course Yard Championship meet sanctioned by Southern Masters Swimming and USMS with a recent record turnout of 61 swimmers. Following a catfish and pasta luncheon on Saturday February 28, thirty SMS members approved the annual meeting reports. SMS had 752 members in 2014 (10 % increase over last year), 18 independent clubs (eight from Ms), and nine workout groups with the SMS regional club contributing about 50% of the SMS members. Six sanctioned meets (three SMS Championship Meets, and three one day meets) and two recognized meets were held in 2014. SMS 2014 financial statement ended with \$30,197 in the checking at the end of 2014, being \$4668 more than the beginning balance of \$25,529. Income from 752 USMS registrations (\$11 of each is returned to SMS) and from the SCM Championships was \$10,500 income less expenses of USMS convention (\$1566), Club Assistant charges (\$345), swim caps and awards (\$650), coaches and national meet incentives (\$310). The primary business conducted by Ellen Hall at the 2015 annual meeting was the approval of SMS Bylaw changes which brought the SMS in line with USMS national standards and requirements since the last revisions in 2006. Bylaw changes can be read in detail at the SMS website under Administration/Bylaws. Vicki Buccino, Top Ten and SMS Records Chair, announced the Outstanding 2014 SMS Female Swimmer (Pat Arnold, age 75, with 48 points) and the 2015 Outstanding Male Swimmer (Bob Seagrave, age 58, with five points). Nan Fontenot presented them with their awards and the Southern Master Swimmers who placed in the USMS Top Ten in at least one event (ten women with 41 Top Tens and three men with 11 Top Tens).

Outstanding SMS Coach of the Decade

Ann Walton awarded **Nan Fontenot**, as **Outstanding SMS Coach of the Decade**, for her service as SMS Chair for three years, and Coaches Chair and Webmaster for five years since then. Nan has coordinated the last eight SCY Championships for SMS as Meet Director with the help of the Crawfish Aquatics Masters swimmers which she coaches. A surprised Nan received the crystal award humbly after Ann read "What it means to be a Masters Coach" which epitomized some of Nan's many contributions to Southern Master's Swimming and the Crawfish Aquatics Master's Swim Team.

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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
Board Mem-
ber at Large
Scott Fleming
Distance Open
Water Chair
Doug Holmes
& **Edina Pou**
Lane Lines Co-



Larry Rapp, Karl Lehmann, Rebecca King, Pat Arnold, Chris Frederic and Rob Cambias (Kevin Switzer not shown) at Spring Nationals article by Chris Frederic

Seven swimmers from Southern Masters Swimming placed 13th in the Regional Clubs division at the 2015 Spring National Championships in San Antonio, Texas from April 24-27, 2015: Pat Arnold, Chris Frederic, Rebecca King, Kevin Switzer, Rob Cambias, Larry Rapp and Karl Lehmann. The meet was held at the brand new Northside ISD Aquatics Complex. This complex is part of a new high school independent school district on the northwest side of San Antonio. Everything about the area was new: houses, roads, schools, shopping centers. If it wasn't new, it was under construction. The aquatic complex, built on 15 acres of public school land, consisted of two 8-lane, 50 meter pools plus a 10-lane 25-yard diving well complete with 1-meter springboards and 3-, 5- and 10-meter diving platforms, and another 3-lane instructional pool. The competition pool was huge! They ran two heats at a time in the outdoor pool, with 10 lanes competing in each heat, plus two lanes in the middle to separate the two sides. The stands were as big as those at UT-Austin, but on both sides of the pool so they hold twice as many people. USA Swimming Nationals and Junior Nationals will be held at this same complex this summer. The weather cooperated. Although we were awakened early Friday and Saturday mornings to no power, booming thunderstorms and a huge lightening show, by the time the meet started, the skies had cleared and the weather was gorgeous. By afternoon, we were looking for cool spots in the shade to rest before our races. The meet was big, with 1888 swimmers. Several former Olympians were there, including Matt Grevers, Anthony Irvin, Josh Davis and others. Louisiana native Colin Babcock set 3 USMS national records and won 6 events in his first USMS Nationals meet. His team, The Olympic Club out of California, won the local team division. Our men's 200 Free Relay team of Karl Lehman, Kevin Switzer, Rob Cambias and Larry Rapp placed 9th in the 25+ division, averaging 23 seconds per swimmer. They won their heat by a couple body lengths and looked really fast! Pat Arnold, Chris Frederic and Larry Rapp set a total of 12 new SMS records at the meet. Records were: Larry Rapp (50 & 100 Free, 50 Back), Chris Frederic (50, 100 & 200 Breast, 50, 100 & 200 Fly, 200 & 400 IM), and Pat Arnold (1650 Free). Congratulations to seven SMS National Team.

Adult Learn-to-Swim Month

You may know of someone who doesn't know how to swim but wants to learn. The [Centers for Disease Control and Prevention](#) estimates that 37 percent of American adults can't swim the length of a pool. If you know someone in that 37 percent, you would be doing them a favor by reducing their risk for becoming one of the 8 to 10 people who drown every day in the U.S. If you know someone in your family or a friend who has put off learning how to swim because they think they're too old, or not at risk, tell them they're never too old to learn this lifesaving skill, and drowning can occur anywhere, especially in Louisiana. Now in its second year, the "[April is Adult Learn-to-Swim Month](#)" campaign from the [Swimming Saves Lives Foundation](#) and U.S. Masters Swimming continues as pools, lakes, and beaches start opening for the warmer months. USMS has also launched its [Adult Learn-to-Swim Instructor Certification Program](#) for adults who want to teach other adults how to swim. "Teaching adults requires a different approach than teaching kids, so we're going after this problem on two fronts: bringing awareness and training instructors" says [Rob Butcher](#), USMS's executive director. To learn more/find adult learn-to-swim program in your area, visit usms.org/learn to swim

SMS Masters Swim Meet Calendar

Speedo-USMS 5K/10K Postal National

**Championships (50 meter pools only) May 15–
September 15**

June 12-13: SMS LCM Championships, Thibodaux La

July 4-9/National Senior Games SCY Minneapolis Mn

**Aug 6-9/ LCM: USMS Summer National Championships
Geneva Ohio**

August 22: Southern Masters Swim Clinic in Baton Rouge

Crawfish Master Super Heroes Swim 60X100s on 1:30

by Chris Frederic Saturday, May 2 was Swim-A-Thon Day for Crawfish Aquatics, and the theme was **Super Heroes!** Remember when USA Swimming Clubs held Swim-A-Thons to raise money by swimming 200 laps (5000 yds) in a 25-yard pool in two hours to complete the challenge. The Crawfish Masters Swimmers took the Super Hero challenge to a whole new level by completing 6000 yards in one and a half hours. This means swimming 60 X 100 yds on 1:30. We started at 7:01 AM and finished at 8:31 AM. Those swimmers who can't make 100s on 1:30 swam 75s or a mix of 75s and 50s. Allison Gary, who is 5 months pregnant, started with 100s and dropped down to 75s and 50s when her heart rate got too high. Everyone completed all 60 of whatever distance they swam. It was great fun, with a bell lap and a small monetary donation for every 10th 100 completed, to remind us why we were there. We laughed and joked early on, and after a while we grew quiet, just swimming 100 after 100 in a rhythm, trying to keep count and stay on pace. Coach Nan Fontenot cheered us on during the middle sets when the end seemed far away. The laughter and joking picked back up for the last few 100s, as the finish came in sight. "Last one! Fast one!" Terry Jaynes yelled as we started number 60. A big cheer went out at 8:31 AM. It was over! **We did it! Some said it reminded them of college workouts. Others said they didn't remember ever doing something like that.** Everyone agreed it was a challenge, and the feeling afterwards was joyous. Confidence! Maybe we'll do it again next year! Maybe not.

SMS SWIM CLINIC SATURDAY AUGUST 22, 2015

Mark your calendars! Make your plans! The SMS Board of Directors is pleased to announce that Southern Masters will again sponsor a full day swim clinic at Crawfish Aquatics on Saturday, August 22. This year, we will have not 1, but 4 **nationally recognized coaches** to lead the clinic: **Tom & Carolyn Boak and Ross & Laura Koch Davis from The Woodlands**. Tom is former President of USMS, a 4-time All-American, a current USMS national record holder and a Level 3 Masters coach; Carolyn Boak is a world champion swimmer, 32-year All-American who currently holds 113 USMS national records and was inducted into the Masters Swimming Hall of Fame in 2013; Ross Davis is a Level 3 Masters Coach and a 9-time All-American; and Laura Koch Davis is a world class swimmer, 11-year All-American and current USMS record holder who excels in breaststroke, butterfly and IM. We will offer instruction in all four strokes, pace work and starts & turns. **Cost will be only \$25 for SMS members**, \$60 for non-members, with a \$25 rebate for SMS members traveling more than 100 miles. Look for entry form and more information in the next Lane Lines!

Where Have All the Swimmers Gone?

Masters Swimming celebrates its 45th anniversary this year. Swimming is still the most popular recreational activity in the USA and a sport that most of us have enjoyed. The USA has dominated the swimming events in the Olympics in the last half century and records have improved worldwide more than in any other sport. Running, the “other” aerobic sport, was popularized by Ken Cooper in the 1960s for cardiovascular health and like masters swimming, founded by Ranson Arthur in 1970, both have grown exponentially. USA Triathlon shares a close association with Masters Swimming during the last 40 years because they both involve swimming. USAT has 175,000 members to 60,000 for USMS. Southern Masters Swimming was formed in Louisiana and Mississippi in 1982 and is part of the seven-state Dixie Zone of the USMS. SMS had 300 members in the 1980s and drew over 100 to most Championship meets. USMS Top Ten times of Southern Masters Swimmers in all age groups is one way of determining their relative competitiveness. SMS individual Top Ten times rose to 222 by 1987, and maintained an average of 244 Top Tens per year during the decade of the 1990s but declined to 165 per year average for the five years before Katrina in 2005, and has only averaged 64 per year in the decade since Katrina. In spite of SMS membership increasing 150% from the 1980s to 752 members in 2014, the Top Ten times declined in 2014 to 52 (-370%) from the 244 per year average in the 1990s. So **where have all the competitive master swimmers gone** who grew up neighborhood, country club, YMCA, public or high school pools? Some swam on university swim teams and the best on the USA Olympic team. Where are the baby boomers and subsequent generations of swimmers who went from these pools to swim teams, possibly on to being a life guard, high school swimmer, coach, and parents of swimmers. With swimming a major part of their life, why didn't they embrace swimming as a life time activity where competition encourages regular training and aerobic fitness as well as a social activity? On USMS.org many inspiring stories are shared of adults who have resumed swimming as a master swimmer to lose weight, for exercise, to overcome a back or an impact sport injury, to rehab from heart or other medical problems or just to return to the joy of swimming regularly in a beautiful refreshing pool on a sunny day. Aren't you glad you made the choice to swim?

SMS Top Ten times for 2014

Females: Pat Arnold: 9 LCM and 4 SCY events Edina Pou: 8 SCM and 3 SCY events
Chris Frederic: 3 LCM and 2 SCM events Heidi Hendrick: 2 SCY events
Rita Tebbetts: 4 SCM events Kelly Crossen: 1 LCM event Fay Lachney: 1 SCM event
Cecile Many: 1 SCM event Rebeca King: 1 SCM event Addy Panzram: 2 SCY events
Males: Bob Seagraves: 1 SCM event Steve Fisher: 2 SCM events Doug Holmes: 5
SCM events, 2 SCY events and 1 LCM event

Crawfish-Nicholls State University to Host Swamp Paradise LCM Swim Meet in Thibodaux

By Chris Frederic and Steve Panzram

On June 13 & 14, 2015, Crawfish Masters at Nichols State University will host the **Swamp Paradise Long Course Invitational** at the Dr. J.J. Ayo pool on the campus of Nichols State University in Thibodaux, LA. The Ayo Pool, as the locals call it, is a gorgeous 8-lane, 50-meter outdoor pool. The pool was refurbished when Crawfish Aquatics expanded into the Houma/Thibodaux area in early 2013. As the picture shows, this pool is pristine! Parking is free; there are lots of spots directly in front of the facility. To get to the Ayo pool from LA-1, turn onto NSU Acadia Blvd, and follow it to the pool, which will be on your right. We will be competing in 7 lanes, with one lane open for warm-up and cool-down during the meet. There is plenty of deck space to spread out. Tents will be provided for shade, but you will need to bring your own chairs. Fruit, snacks, water and Gatorade provided. On Saturday, we will have lunch that reflects the fine cuisine of the area! Seafood / crawfish boil, grilled veggies, white beans and rice, and plenty of side dishes. There will be music and fellowship for all. The Houma Thibodaux area is known as the "bayou country" of Louisiana and has a heavy French influence. Crawfish Masters at Nicholls is a new program for Crawfish Aquatics and Southern Masters Swimming offering 30 members seven workouts each week! Steve Panzram, who has coached masters for 35 years, is the Head Coach for Crawfish Aquatics and Masters at Nicholls State University. He is meet director and host along with his wife Addy.

Warm-ups begin at 8:00 AM, and the meet starts promptly at 9:00 AM. For those who want to stay the night in Thibodaux, accommodations are available at the local Hampton Inn on North Canal Boulevard (Phone: 985-445-0900). Rooms have been reserved under "Swamp Paradise Masters" with a rate of \$99 per night. The hotel is less than five minutes from the pool. Downtown Thibodaux has various bars and restaurants that serve some great seafood and local cuisine. Meet entries are due Monday, June 8. Cost is \$35 for both days, \$20 for one day. All events will be seeded slow-to-fast, with men and women swimming separately. The 1500 Free will seed men and women seeded in the same event which is limited to the first 21 entries.

****ENTRY FORM****
CRAWFISH AQUATICS
SMS LCM CHAMPIONSHIP at Thibodaux La.

Sanctioned by Southern Masters Swimming for USMS Inc.,

Name: _____ Age (as of 12/31/2015): _____ Sex: _____
 Address: _____ City/State: _____
 E-Mail Address: _____ Zip Code: _____ Phone: _____
 USMS #: _____ Team Name: _____ Team Abbr: _____

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

Saturday, June 12, 2015

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

W	M	Event	Seed Time
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 deck seeded	
19	20	200 Mixed Medley Relay deck seeded	
21	22	1500 Mixed Free	

Sunday, June 13, 2015

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

W	M	Event	Seed Time
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 deck seed	
41	42	200 Mixed Free Relay “ “	

* There will be a short break between relays and distance swims on Saturday, and at other times upon request to the starter and meet director.

LIABILITY RELEASE:

The attached PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT must be signed and turned in before participating in the swim meet. Details, entry form, and waiver on Southernmastersswimming.com, and USMS.org.

Entries must be received by Fees: Payable to Crawfish Aquatics by Friday, June 5, 2015

Mail entries to: \$35.00 two day meet
 \$20.00 one day only

Crawfish Aquatics Masters Meet
 PO Box 7719
 Thibodaux, LA 70310

Send copy of USMS registration card.