

Southern Masters Swimming



We don't get old, we just age up

May Lane Lines Special Edition Promoting Dixie Zone/SMS Championships at Tupelo MS

Not even a recent tornado will deter Tupelo from having the best Dixie Zone LCM Championship in recent history. Make your plans now to take a road trip to Tupelo MS for all three days (Fri. 6/27-Sun. 29) of the LCM Championships for both the Dixie Zone and Southern Masters. We want to support the Shockwave Masters and their coach Barbara Aguirre, who is also SMS MS Board Member and Program Director of the Tupelo Aquatic Center, and Joy Kellum, the meet director, who has designed an exciting meet and activities for our enjoyment. The 50 meter Myrtha completion pool (type pool used in the Olympic trials) has 8 lanes, two Colorado time system scoreboards, a warm up/cool down pool, large locker rooms, and seating for 970 (visit ww.tupeloaquatics.com). An offsite party for swimmers on Saturday, time to visit Elvis Presley's birthplace, the Tupelo Automobile Museum, Zoo, and Kids Museum are entertainment options (tupelo.net). Quality motels are available and array of restaurants. The 800m free and relay events on Friday are a good way to get warmed (less poplar events = USMS Top Ten time).

If this is your first masters meet trip, you could not select a better one. You may get to compete against some swimmers from other states in the Dixie Zone but it will still be a low key masters swim meet. Talk it up among your workout group, with your coach (SMS coaches get \$5/\$10 for each swimmer they bring) and plan on entering a relay. We need to support masters swimming, new pools, meets in Mississippi, and the SMS/Dixie Zone/USMS. So enter at southernmastersswimming.com, USMS.org or Dixiezone.org. See draft of Tupelo invitation on page 5. SIGN UP TODAY!!

5K/10K National Postal Championships

Attention all triathletes and lap swimmers: You can be in a National Postal Championship by swimming either the 5K or 10K **on Saturday August 2 at the Crawfish Aquatics 50m pool**. If interested, check out the entry form on USMS.org for information and contact Scott Fleming, ssmfleming@yahoo.com. (this is how you enter to swim). Postal event cost is \$12 and the first ten finishers in each age group or relay receive medals (if enough swimmers in the same club commit to swim you may be included in a relay). Check out results of 2013 5K/10K Championships and see how easy it may be for you to get a National Championship medal. Each swimmer would provide a combined timer/lap counter on August 2 and be at the pool for warm ups at 11 AM. If insufficient interest is expressed to Scott by July 19th the event will be canceled.

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& **Edina Pou**

Annual SMS Meeting Notes

For complete minutes of the 2014 Annual SMS Meeting go to southernmastersswimming.com, Administration for past minutes of annual and board meetings. Current officers and chairpersons were reelected and appointed along with Scott Fleming as Distance and Open Water Chair and Edina Pou as co-editor of *Lane Lines*. Scott is the on deck coach for the Franco FIN Masters in Mandeville who also swam in the recent SCY Championships. Edina Pou is the 2013 SMS Outstanding Female Swimmer and spark plug of the Elmwood Sharks who have won the last two Championships. Chris Frederic and Doug Holmes will represent SMS at the USMS Convention as Delegates. Highlights of last year included SMS's first Open Water Swim Event and a day long Swim Clinic conducted by former USMS Coach of the Year Susan Ingraham. The three SMS 2013 Championships were all priced low because of good participation and costs supplemented by SMS. We enjoy a healthy financial position in which our income from USMS (\$11 of each member's annual dues) and SMS event registration fees exceeded our expenses in 2013 by about \$1000 with about \$25,500 remaining in our check account.

SMS Masters Swim Meet Calendar

May 17 USMS 2.4 Mile Open Water Nat. Champ. Chattanooga, Tn.

Speedo-USMS 5K/10K Postal National Championships (50 meter pools only) May 15-September 15

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

August 2 5K/10/K 11 AM at Crawfish Aquatics 50m pool

August 2-9/LCM: USMS FINA Masters World Champ 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

Swim on Business or on Vacation Trips by Doug Holmes

Going out of town for an extended period results in missing your regular workouts with your master's workout group. Most of us do not feel right without that routine of swimming exercise. We do not feel as good and swiftly fall out of shape depending how long we are out of the water. Master swimmers are like prehistoric amphibians who do not fare well when they are out of water for too long.

The good news is that you can often find a Masters workout group and pool in many of the larger cities where you can swim as a guest or for a small fee. This can be a fun social experience where you will not only keep in shape but pick up some new stroke techniques as well as friends. Search on [USMS.org/local places/](http://USMS.org/local_places/) clubs to swim, locate a pool by supplying the zip code, call the club or coach and make arrangements to practice during your vacation or business trip. If you can not find a master's workout group, make reservations in a hotel or motel that has a pool for swimming laps and set aside some time to practice daily. You will feel better by exercising on your trip and will not be out of shape when you return home.

In the 1970s hotels and motels with lap pools were rare as were master's clubs, so I would swim in a friend's lap pool when I went to Houston on business for long research assignments or training. I would sometimes schedule a swim meet during a family vacation. In April of this year, I visited my daughter and three grandchildren in Tampa, during spring break, so I could swim in the Florida Masters Championships in nearby St. Petersburg one weekend and the YMCA Nationals in nearby Sarasota the next weekend. I swam with a crazy but dedicated bunch of 26 master swimmers from the Cedar Rapids Iowa YMCA. Wives and teammates wore custom tee shirts and yelled for each swimmer at the end of their racing lane, plus lots of food, drink, and fun. Enjoy swimming on your next trip out of town.

Warm-up to Success by Fay Lachney

Warm ups are more than a pre-competition ritual. Warm-ups prepare your muscles and heart for the physical activity to come, and help to prevent injury to muscles, which can be more susceptible to injury when cold. Warm-ups physically prepare your body and psychologically prepare your mind for the demands of the competition.

Warm-ups should be challenging, but should ensure sufficient recovery prior to competing. Factors that should be considered are the events to be swum, the length of time until the first event, and the fitness level of the swimmer. While each swimmer may have a favorite or optimal warm-up, some guidelines apply to all swimmers.

Section 102.4.2 of the 2014 USMS Code of Regulations and Rules for Competition states that, "Swimmers must enter the pool feet first in a cautious and controlled manner. Diving shall be permitted only in designated lanes. No hand paddles are allowed." Generally towards the end of the warm-up period, the meet referee will designate a diving lane. No diving is allowed at any other time. This includes backstroke starts. This is a very important safety rule that should be strictly enforced at all meets.

During warm-up, swimmers should circle swim which allows more than two people to share a lane. Try to swim in a lane with swimmers who swim at a similar pace. Be courteous of others. Don't block walls which prevents swimmers from practicing turns. Also, move to the side to allow faster swimmers to pass. The efficacy of a warm-up can impact the performance of the swimmer. Awareness of the swimmers around you and the adherence to these guidelines can ensure the safety of all swimmers and enhance the opportunities for optimal performances.

Stephen Billeaud Memorial Meet a Success By Chris Frederic

On Saturday, April 27, the fourteen swimmers entered in the 4th Annual Stephen Billeaud Memorial Swim Meet were greeted by perfect weather and a beautiful blue sky with just enough cloud cover to block out the sun on backstroke events. Temperatures in the upper 70s made for a very comfortable venue, and the crystal clear water set the stage for a great meet. With a small turn-out, this meet was an intimate, fun way to get some exercise, test our abilities, and honor the memory of our friend and former Southern Masters teammate, Stephen Billeaud.

Stephen Billeaud was one member of the well-known Billeaud swimming family. He swam competitively for LSU and went on to compete at the national level of US Masters Swimming. Most will remember Stephen for his great smile, his love of life and his enthusiastic attitude behind the blocks. Of course, he could quickly turn on the intensity when it was time to compete, or as his daughter Alexis said, when it was time to be serious as a father. Stephen competed in the last meet of his life as a member of the SMS National Team at the USMS National Championships held in Austin, Texas May 1-4, 2008. He died two weeks later in a water-skiing accident on May 18, 2008. Those of us who had the privilege of knowing and swimming with Stephen will forever miss his passion for life, swimming and his family.

The 4th Annual Stephen Billeaud Memorial Swim Meet began with a short remembrance of Stephen by Meet Director and Crawfish West coach, Thomas Clavier, as well as comments by Stephen's daughter Alexis Billeaud. Stephen's granddaughter Zoe also swam in the meet. We had a fun mother-daughter showdown as Alexis and Zoe raced it out in the 100 Free. Mom Alexis out touched Zoe at the end, but not by much.

Competing in their first USMS meet were Jordan Robert , Kathleen Ahluwalia, Stuart Huntsman, Troy Seaux & Chris Zumbek, all from Crawfish Masters. Chris Zumbek embraced his first competition head on, placing second in the 1650!

Perhaps the highlight of the day was the new SMS records set by Pat Arnold as she celebrated her 75th birthday. She shattered her mother's records in the 50 Breast, 50 Fly and 200 IM, with incredible swimming. [Note; Pat subsequently set new 200 Breast and 100 breast records at USMS Nationals in Santa Clara, CA on May 1-4.] Congratulations Pat, you are an inspiration!

Special thanks to Crawfish West (and Coach Thomas) for hosting the meet, and to Crawfish West swimmers who acted as timers and cheerleaders: Max Pesacreta, Melissa Pesacreta, Anna Barry, Anni Clavier, Misha Norris, Sophie Sierveld, Emily Webre and Marie Noel. SMS Chairman Chris Frederic said this was the most fun she has had at a swim meet in a while, and the best part was enjoying the friendship of fellow SMS members. If you missed the meet this year, make plans to attend this low-key meet next year. In your plans, include time after the meet to attend the Festival International de Louisiane, a fun, family oriented of Louisiana's native cultures through music and the arts.

Dixie Zone/SMS LMC CHAMPIONSHIP ENTRY FORM

JUNE 27-29, 2014 at TUPELO, MISSISSIPPI, Aquatics Center USMS Sanction #244-S004

NAME: _____ SEX: M ___ F ___

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

AGE: (as of 12/31/2014): _____ PHONE: _____

EMAIL: _____

USMS #: _____ TEAM NAME: _____

TEAM ABBREVIATION: _____

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 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 Entries by 6/20/14 to: Joy Kellum 4825 Redbud Drive Belden, MS 38826 Fees: Payable to **SHOCKWAVE AQUATICS \$50.00 per swimmer for the full meet**, \$30.00 for one day, **Include copy of 2014 USMS registration card** with entry fee.

Questions to joykellum@gmail.com Off-site party after Saturday events. Details TBD.

Can enter maximum of five individual events per day plus relays

Event Entered Seed Time (meters) Friday, June 27, 2014 Warm-Up: 4:00 PM; Competition start: 5:00 PM

1	Men	800m Freestyle Relay	Women	2
3	Mixed	800m Freestyle Relay		
4	Men	800m Freestyle	Women	5

Saturday, June 28, 2014 Warm-Up: 9:00 AM; Competition start: 10:15 AM

6	Men	400m Free	Women	7
8	Men	50m Fly	Women	9
10	Men	100m Breast	Women	11
12	Men	200m Free Relay	Women	13
14	Mixed	200m Free Relay		
15	Men	200m Back	Women	16
17	Men	100m Free	Women	18
19	Men	200m Fly	Women	20
21	Men	50m Back	Women	22
23	Men	200m IM	Women	24
25	Men	400m Medley Relay	Women	26
27	Mixed	400m Medley Relay		

Saturday, June 28, 2014 Warm-Up: 8:00 AM; Competition start: 9:15 AM

28	Men	200m Free	Women	29
30	Men	100m Fly	Women	31
32	Men	50m Breast	Women	33
34	Men	200m Medley Relay	Women	35
36	Mixed	200m Medley Relay		
37	Men	100m Back	Women	38
39	Men	200m Breast	Women	40
41	Men	50m Free	Women	42
43	Men	400m IM	Women	44
45	Men	400m Free Relay	Women	46
47	Mixed	400m Free Relay		

Total ___ events and ___ relays (can enter relays on deck)