

Southern Masters Swimming

We don't get old, we just age up



Lane Lines July 2013

Southern Masters LCM Championships

By Chris Frederic

Southern Masters held its Long Course Meters championships on June 22-23, 2013 at Crawfish Aquatics pool in Baton Rouge. 22 women and 13 men from several Louisiana teams competed, including Elmwood Masters, Red River Masters (Shreveport), Riptide Masters and Crawfish Masters, as well as teams from outside the state: Houston Cougar Masters and Mobile Southpaw Masters. It was great to see old friends and swim new races. Several SMS records were broken (see below).

Edina Pou - Women's 30-34 400 IM

Chris Frederic - Women's 45-49 200 Breast

Fay Lachney - Women's 50-55 100 Free & 100 Fly

Cecile Many - Women's 55-59 1500 Free & 50 Back

Dale Williams - Women's 60-64 200 Back

Steve Fisher - Men's 50-54 1500 Free

Bob Seagraves - Men 55-59 1500 Free

Exciting relays ended each days events as a blend of swimmers from across the state competed as Southern Masters Swimmers. When the anchor leg relay swimmer had to go to work, Keith Randall substituted at the last minute that ended in a neck and neck heat. A mother-daughter relay was a highlight on Sunday when Claire Sabatier swam on the same relay as her mom Diane Sabatier. There were no team trophies, but Elmwood would have won the meet if team score had been kept. The meet focused on swimming fast and having fun!

SMS Open Water 1K and 3K Swims

by Tim Root

On May 4, 2013, Southern Masters Swimming staged its first open water event in some time. The event was held at Bennett's Tri-Lakes Ski and Wakeboard school in Zachary, LA. Swimmers were met on race day with unseasonably cold conditions, with air temperature in the mid-40s at the start of warm up, and 64 degree water. 12 competed in the 1000m distance, while 7 completed the 3000m swim. Leigh Ann King was the overall winner in the 1000m with a very quick time of 15:44. Lisa Rogers won the 3000m swim with a time of 1:06:23. Special recognition go to Paul Cunningham and Doug Kopp for completing both races.

page 1 of 4

SMS
Officers

Chris Frederic,
Chair

Ellen Hall, Vice
Chair

Rob Cambais,
Treas.

Doug Holmes,
Sec.

Doug Kopp,
Registrar

Pat Arnold,
Sanctions

Vicki Buccino,
TopTen

Chris Frederic,
Meet Officials

Nan Fontenot,
Coaches Chair
& Web Master

Doug Holmes,
News-letter
Editor

USMS Provides two types of insurance to registered members 1) Excess Personal Accident Insurance

Every registered USMS member is provided \$25,000 of excess personal accident insurance. The USMS insurance is secondary the member's primary insurance. In the event the member has no insurance, the USMS insurance is primary up to \$25,000. The excess medical insurance includes \$5,000 of accidental death or dismemberment and \$50 a week up to 13 weeks of temporary disability. Expenses incurred by a USMS member must be a direct result of an injury incurred in a USMS activity. Treatment must begin within 90 days of the accident. Such expenses must be incurred within 1 year from the date of the accident. Every individual in a swim practice or event must be USMS registered for the USMS excess personal accident insurance to be in effect. Masters coach overseeing the practice place the insurance coverage for registered USMS members in peril when they allow non-registered USMS members to swim within a practice or event. The only exception is when an individual swimming with your practice signs a 30-day trial waiver. You may obtain a trial waiver from your LMSC registrar. No insurance is provided for that individual while they are swimming under the 30-day trial. Registered USA Swimming members, who are not-registered USMS members, may participate in USMS practices without voiding coverage. If a USA Swimming member is involved in the USMS practice, it is necessary that a USA Swimming coach be supervising the practice.

2) General Liability Insurance

USMS provides \$1,000,000 of general liability insurance to USMS, LMSCs, clubs, and sanctioned events (including volunteers who are supporting the event), and USMS coaches who are supervising a practice so long as all the participants in the practice are USMS registered or USA Swimming registered. Facilities are not automatically covered for liability unless the meet host is required by contract to hold the facility harmless for the host's negligent acts and must name the facility as an additional insured on the USMS policy; or the meet host is required to name the facility owner as an additional insured. USMS does not provide liability coverage for the following activities; abuse or molestation, diving, synchronized swimming, water polo, intentional acts, operation or ownership of an automobile vehicle, any obligation or liability under workers compensation, or unemployment compensation or disability.

The editor asked the USMS insurance provider the following questions and got this response :

1. Amount of dues paid that goes to pay for USMS insurance. Contact USMS Headquarters.
2. How many USMS members were awarded/received an insurance payment over the past year and for how much? This is privileged information.
3. How did USMS members benefit from insurance last year? Several made claims under the excess accident coverage-peace of mind.
4. How much have the rates increased in the last ten years? There were minor rate increases in years one through nine. Rating increased is 400% for current year.
5. What is the future rate expected to be? Future rating will be based on loss experience and the number of members.

USMS Insurance: newly adopted open water guidelines Increased insurance premiums for 2013 are primarily related to and will impact open water events. The insurance premium includes a charge of \$1,800 per sanctioned open water event. The new insurance policy contains conditions on the conduct of open water events and safety regulations explained in the [Open Water Sanction Guidelines](#).

A new workout insurance has been put into effect by our insurance carrier. Effective immediately, for a workout to be covered by USMS insurance, the person supervising the workout must be a USMS member.



In Memory of Coach Dick Bower

New Orleans swim coach Dick Bower, a former Tulane head swim coach, died on Sunday June 23rd after complications from a recent stroke. Bower, 83, coached the Green Wave in the 1970s, leaving the university in 1979 to set up the New Orleans Bolts, who won 38 Louisiana state swimming championships. He also coached St. Martin's High School, before moving to Houston after Katrina. Bower has won a National High School Coach of the Year honor and multiple "Coach of the Year" awards in Louisiana and received the Lifetime Achievement Award for contributions to Collegiate, Scholastic, and US swimming in 2009 NISCA Awards Banquet (see picture of Dick and wife Barbara). Dick Bower was the early moving force in both Senior Games and Southern Masters in Louisiana. He swam most years in the La. Senior Olympic Games and

SMS Championships from age 50 until age 81. Dick still holds 63 SMS individual records (predominately in freestyle in SCY, SCM & LCM) and 11 SMS relay records. He had 155 Top Ten USMS finishes including two firsts (All American) from 1984-2007, and 22 Top Ten relay finishes including a first place at age 81 in 2011. He won first place in his age group in District, State and National Senior Olympic Games virtually every time he swam in freestyle events.

SMS Hosts One Day Stroke Clinic

By Chris Frederic

Southern Masters Swimming will host a full day masters swim clinic with 2008 USMS **Coach of the Year Susan Ingraham** on **Saturday, August 24**. Those who don't know Susan will appreciate her knowledge and warmth. She is widely recognized as one of the best coaches in Masters Swimming, often chosen to coach masters workouts at the US Aquatic Sports Convention, give ASCA Masters Coaching training and work as an on-deck coach at USMS National Championships. I have had the privilege of training under Susan at Convention and attending her classes. Not only does she know the proper techniques, she has creative drills that I use weekly. She gives sets that are creative yet challenging. On a personal level, Susan is warm and friendly. As a masters swimmer herself, Susan understands the challenge of having limited time to train yet setting high goals. Susan continues to swim faster, probably the result of her focus on technique. Even though she is a highly successful coach, she still attends swim clinics given by other coaches to work on her own technique and learn new skills. The swim clinic is will be **held at Crawfish Aquatics pool in Baton Rouge**. **Thomas Clavier** from Crawfish Lafayette will be on-site at 7 PM Friday evening for a video clinic. We will film swimmers on Friday evening and review the videos during lunch on Saturday. The clinic will include both in-water drills and classroom instruction. Lunch is included. The cost of the swim clinic is \$25 for Southern Masters Swimmers, \$60 for non-members. It is **free for coaches who want to shadow Susan on deck and help the swimmers in the water**. **Any swimmer traveling 100 miles or more is eligible for a \$25 rebate**. The cost of the video clinic is \$20. The registration form for the clinic is attached.

Southern Masters Swim Clinic

With Coach Susan Ingraham 2008 USMS Coach of the Year

Saturday, August 24, 2013 Crawfish Aquatics Pool

9:00 AM – 5:00 PM in Baton Rouge

Schedule

- 9:00 Intro
- 9:30-11:00 Freestyle
- 11:15-1:15 Lunch, Video review
- 1:30-3:00 Fly, Back, Breast
- 3:15-4:00 Classroom

Fee: \$25.00 for SMS Members*

\$60.00 for non-SMS Members

*Southern Masters Swimmers traveling more than 100 miles are eligible for \$25.00 clinic rebate

Please note if you are eligible for this rebate in the Memo section of your check.

-----REGISTRATION (DUE AUGUST 20)-----

NAME: _____ USMS # _____

E-MAIL: _____

MASTERS CHAMPIONSHIP 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, 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. (rule book article 203.1)

Signature _____ DATE _____

Fees: SMS Member [\$25.00] _____ Non-SMS Member [\$60.00] _____ Video Clinic (Aug 23) [\$20.00] _____

Coach [Free, please identify club] _____ Total Fee: _____

Send registration and check (payable to: Southern Masters Swimming) to:

Southern Masters Swim Clinic
1589 Pollard Pkwy.
Baton Rouge, LA 70808
