

NEBRASKA MASTERS

Swim the Good Life



The Newsletter of the USMS Nebraska LMSC
<http://www.nebraskamastersswimming.org>

Fall 2013

Greetings from the Chair

Hello Swimmers,

Hot off the press!! The Nebraska LMSC website has been named the USMS Really Cool Website of the Month. If you have not visited our website recently, you really should. It is chock full of good information.

I have so much to report that I do not think I can fit it all in this newsletter. Rather than repeating all of the news that you will receive from the USMS National office, I encourage you to read the October 2013 edition of Streamlines. Look at the Really Cool Website of the Month.

The USMS National Convention was held in September. There are a few rules changes that will be sent to the membership in an email as a separate document. All USMS Convention news can be found in the press release posted on the USMS website – this includes new officers elected, coach of the year and various other awards. Please take the time to look at the press release. It can be found at <http://www.usms.org/articles/articledisplay.php?aid=2763>.

The Free Adult Swim Lessons that we offered at the Kroc Center were a resounding success. We had about 15 adults for each session of the lessons. Those of us who volunteered received just as much satisfaction as our students. It was awesome to see how much improvement was noticeable after only 2 short swimming lessons. I hope to make this a biannual event. Please consider volunteering for our next sessions.

Registration for your 2014 USMS membership will begin November 1. You will receive a reminder email.

I hope to see many of you at some of the upcoming swim meets. STAY WET! Erin

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Nebraska Masters Swimming the Good Life

This column features two Nebraska Masters swimmers who had extraordinary swimming achievements this summer. And, a third story about a first open water swim.

Diana Carda, Common Ground Masters Swimming (CGCC)

Diana competed in the 2013 World Dwarf Games in Lansing Michigan in August. She competed in swimming and several other events for many hours a day over an 8-day period. Diana won nine medals and completed in the follow events:

- 5 gold medals: 3 swimming - 25m free, fly, back with new world records in the fly and back; 1 archery, 1 power lifting (she gave one gold medal away)
- 2 silvers- Badminton singles, breaststroke
- 2 bronze- 100 meter track, table tennis
- Diana also competed in air pistol shooting, mixed doubles badminton, boccia singles, and field events -- Congratulations Diana!



I am an athlete. I am competitive. I am in great shape. I am disabled. I am healthy. I want to win. I want to be the best. I want to keep winning. I don't want to stop. My passion for wellness and winning have helped me find my destiny in the wellness field of life. I have found my sweet spot of balance in life. It's a win-win situation for me. – Diana Carda

Molly Nance, Lincoln Masters and Others (LMAO)

Molly Nance competed in the END WET 27-mile swim on the Red River on July 13, 2013. According to the END-WET website, the Extreme North Dakota Watersports Endurance Test (END-WET) is a down-river swim ultra-marathon where solo or relay swimmers travel from rural North Dakota into East Grand Forks, Minnesota, on the mighty Red River of the North. The length and difficulty of the course makes the event one of the longest swims in the country.

Twenty-six swimmers aged 17 to 68 completed. Molly completed the swim in 8 hours, 1 second, finishing 13th. An amazing feat of endurance! Molly plans to swim the English Channel in July 2014.



"So, what's it like to swim in a river? It's awesome. Although I couldn't see anything in the murky water, it's wonderful to watch the trees go by at every breath and get a generous push from the current. I asked Dave (support kayaker) to let me know if he spotted any bald eagles. There weren't any during the swim and I didn't see any fish, either. . . Getting to the finish was the best feeling in the world. I clocked in at 8:01. Dang - if I'd picked up my pace a little sooner, I could have made it in under 8 hours. But that's OK. My mission to finish was accomplished." -- Excerpts from Molly's blog



Sharessa Gutierrez, Omaha Masters (OMAH)

This year I met one of my personal goals of swimming in an open water event. I have always wanted to try open water swimming but, like many pool swimmers, I like to be able to see where I am swimming and who/what I am swimming with. The unknown was what intimidated me. This year I decided to challenge myself and step outside of my comfort zone. My first open water swim was at the Cornhusker State Games where I swam my first 3k. I followed that up with a second open water swim, the Swim the Bridge where I swam my first 5k.

There were people of all ages and all swimming abilities at the open water events I attended. The beginning of an open-water swim is a little overwhelming. You have many people all rushing into the water, swimming very close to each other; and, you are not sure where the next swimmer is. However, after a couple of minutes the crowd thins out as each swimmer sets her/his own pace. There are no black lines at the bottom of a lake or lane ropes for guidance, instead there are huge buoys to keep you on track. I discovered that there are no lake creatures that you see/feel and that you do not think about "what" you might be swimming with because your mind is focused on efficiency and effort. Open water swimming is exhilarating, challenging, relaxing, and an awesome workout. There is something special about swimming without black lines, walls, and lane ropes. Open water swimming seems more peaceful, rhythmic, and enduring. When you finish an open water swim there is a great sense of accomplishment and, for me, there was a need/desire to swim more and swim farther. I plan on swimming many more open water events next year and hope that my Masters teammates will participate with me. My next open water swim goal is to complete a 10k swim.

DID YOU KNOW?

- There are nearly 60,000 USMS members
- That 37% of American adults cannot swim the length of a pool
- That swimming has continually been identified as one of the best ways to exercise – especially as we age
- That there are 6 USMS clubs in Nebraska – 3 in Lincoln and 3 in Omaha
- That USMS offers workouts on its website
- That when you are visiting other cities, you can swim with USMS clubs throughout the country. Just check out the Places to Swim page on the USMS website.
- That USMS was officially founded in 1970
- That the Omaha Masters Swim Club is the oldest continual USMS club in Nebraska. It was founded in the fall of 1983.
- That the Nebraska LMSC is always looking for folks who want to host a swim meet, volunteer at a swim meet, be on a committee – get involved. Contact any one of the LMSC officers for more information.

Upcoming Masters Swimming Events

<p>October 12, 2013</p> <p>Meet is open to both USMS and non-USMS members.</p>	<p>SWIA Masters Fall Meet – Short Course Meters (SCM)</p> <p>Kirn Pool YMCA, 100 North Ave, Council Bluffs, IA</p> <p>Distance events 10:00 AM; all other events 1:00 PM</p> <p>For more info contact Melissa Dean: mdean@metroymca.org</p> <p>(From your newsletter editor: Nebraska has an away game so you all should come to the swim meet.)</p>
<p>November 9, 2013</p> <p>Must be a USMS member to enter this meet.</p>	<p>Gladstone Masters Meet – Short Course Yards (SCY)</p> <p>Gladstone Community Center, Gladstone, Missouri</p> <p>Distance events 2:00 PM; all other events 3:30 PM</p> <p>For more info contact Doug Hayden: dhayden@bfdsmidwest.com</p> <p>Event information and registration is available online:</p> <p>https://www.clubassistant.com/club/meet_information.cfm?c=1603&smid=4895</p>
<p>September 15 – November 15, 2013</p>	<p>USMS 3000/6000 Yard Postal Swim</p> <p>Individual and Relay Entries (or both).</p> <p>Swim at your convenience during the dates listed.</p> <p>Event information, entry form and registration is available online:</p> <p>https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=4664</p>

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