

Nebraska Masters Swim the Good Life

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



Spring 2015

Greetings from the Chair

Hello Swimmers,

The mission statement of USMS is: To promote health, wellness, fitness, and competition for adults through swimming. I recently attended a USMS Leadership Summit and we were reminded of our mission statement and its importance. We were also asked how we might tweak the statement. The one thing that every person in attendance said should be added to the mission statement was “to bring happiness and joy to all participating in a masters swimming program.” I, for one, will tell you that no matter how tired or grumpy I may feel when I arrive for a swimming workout, when I am finished I feel both invigorated and happy. I always leave a swimming workout with a smile.

It is not only the fact that I am swimming that makes me feel better, it is the fact that I get to share this awesome activity with my fellow swimmers. This newsletter focuses on all of the programs and swim practices that are available to adult swimmers in Nebraska. If you have been swimming on your own, you should visit one of the listed programs. After all, it is much easier to jump in the water at 5:00am or 6:00am or even 5:30pm if there is someone else to join you in getting wet.

Be sure to check out the Calendar of Upcoming Events if you are interested in participating in a pool event or an open water event. Visit our website for more information; check out our Facebook page.

Adult Learn-To-Swim - it is the most important program that our LMSC provides. Did you know that 37% of the US adult population cannot swim the length of a pool? That 10 people drown every day in the United States? Please consider volunteering to help with our swim lessons - to be held at the Kroc Center on April 10 and 17. More details provided in the newsletter.

If you ever have any questions; if you would like help with a swim meet or swim lessons; if you want to know more about U.S. Masters Swimming - please, do not hesitate to contact me. Keep in mind the fact that real athletes swim...the rest just play games.

Remember - stay wet, keep swimming and be happy ☺

Erin Sullivan, your LMSC Chair

Newsletter Contents

Adult Learn to Swim Programs	2	Upcoming Meets	6
Letter of Appreciation	2	Swimming Quotes	7
Club Spotlight	3	NB LMSC Officers	7



ADULT LEARN-TO-SWIM PROGRAMS

The Nebraska LMSC will, once again, offer FREE adult swim lessons at the Kroc Center in Omaha. The lessons will be held on 2 consecutive Fridays – April 10 and April 17. There will be two 45-minute sessions beginning at 6:00 PM. **Volunteers are needed- no teaching experience necessary.** Don't worry; there will be a short training session each evening before the swim lessons begin. If you want to share your love of swimming, please consider giving back. Volunteer to help with our Adult Learn-to-Swim program. If you would like to help, please contact Erin Sullivan or Sue Nutty.

LETTER OF APPRECIATION

Dear Wendi (USMS swimmer);

Thank you so very much for your patient swim instruction these past Friday evenings. I appreciate it more than you can know. My background? At age nine, I took swim lessons at Tech High. After a time it was decided that the class would jump off the diving board in the deep end. I was not ready. I wouldn't go. But the teacher did not take no for an answer. Forced to go off the board, I was terrified and barely managed to grab onto the extended pole in order to save myself. Ever since then I have been afraid of the water.

Realistically, I guess I'm OK until I get in water over my shoulders. As you know from our first meeting, I'm not comfortable even dunking my head while standing in the shallow end. When the USMS swim lessons were offered at the Kroc this spring and the advertisement said it didn't matter if you were an old person like me and afraid of the water, I felt there might be hope! It was pretty hard to make myself attend. I had to talk to myself quite firmly!

I continue to gradually push out the boundaries of my swimming comfort zone. Please accept my heartfelt thanks!

Dianne

**ADULTS ASPIRE
TO SWIM
MORE THAN ANY OTHER
ACTIVITY...**

**...YET, 37% CAN NOT
SWIM THE LENGTH
OF A POOL**

Club Spotlight

Blair Universal Masters Swim Club (BUMZ)

Location: 1278 Wilbur Street, Blair, NE 68008

Lap swim/workout times: Tuesdays and Thursdays, 5:45 am to 6:30 am

Contact: Craig Folkers, phone: 402-306-3730; e-mail: folkersa@gmail.com

Website: <http://www.blairymca.org/aquatics.htm>

Common Ground Masters (CGCC)

Facility: Common Ground Community Center

Location: Elkhorn, NE

Address:

1701 Veterans Dr.
Elkhorn, NE 68022



Pool: 8 lanes x 25 yards

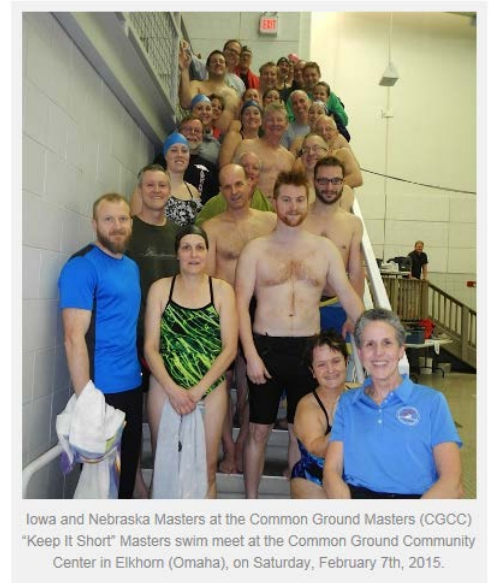
Coach: Craig Kersten (Level 2 USMS Certified Coach)

- E-mail: cmkersten@cox.net
- Phone: (402) 290-0564

Workout Times: Monday through Friday - 5:00 to 6:00 A.M.

Club Website: www.elkhornmastersswimming.com

Club Facebook page: <https://www.facebook.com/pages/Common-Ground-Masters/221707104704977>



Notes: Swimmers must have a current USMS membership and either be a member of the Common Ground Community Center, or purchase a daily guest pass (\$8.15) or frequent visitor card (\$30.50 for 5 visits) to participate in our Masters swimming program.

Seven lanes are reserved for Masters practice on Mon-Wed-Fri. Two lanes are reserved for Masters practice on Tuesdays and Thursdays. (On Tuesdays and Thursdays, we *may* get an additional lane, depending upon how many lap swimmers show up and the number of ACE Otters age group swimmers who attend their practice. Additionally, the Aqua Fit water aerobics class gets two lanes from 5:30-6:30 am.)

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Fremont Area Swim Team (FAMS)

Workout Times: Wednesday's: 5:45am-6:45am or 7:30-8:30pm

Location: Fremont Family YMCA, 810 N. Lincoln Ave, Fremont, NE 68025

Contact Info: Coach David Struble davidsomaha@gmail.com

Program Director: Claire Wray clairep@fremontfamilyymca.org

Lincoln Masters and Others (LMAO)

LMAO in Lincoln has several workout options. Some LMAO masters swimmers workout with Nebraska Aquatics. They swim from 7pm-9pm at the Devaney pool on the UNL campus from November to March. From March to November there are practices held at 2 locations - North Star High School and Southeast High School. Please check the Nebraska Aquatics website for specific times and dates <http://www.nebraskaaquatics.com>.

Becky Mantonya rmantonya@me.com is the contact person.

UNL Swim Club (NESC)

To be a member of the UNL Swim Club, you must be a current student at the University of Nebraska-Lincoln. For more information, please contact:

Devin Jensen unlswimclub@gmail.com
308-830-2547

Inside USMS

Volunteer Profile: Erin Sullivan

A socially-minded
swimmer and volunteer

Be sure to read your March-April 2015 issue of Swimmer magazine. Check out the Volunteer Profile on page 46. That's our very own LMSC Chair.

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Omaha Masters Swim Club (OMAH)

Website: www.omahamastersswimming.com
Facebook: [Omaha Masters Swimming](#)



Who (You!): open to adults capable of completing one length of the pool. This is for all abilities, with or without prior participation in a swim program as a youngster. You must be a current USMS registered swimmer. (We do offer a one-time 30-day trial USMS membership.)

What (SWIM!): this is a structured fitness program. Swimmers are placed in a lane with others of similar speeds. Group participation helps keep a person on task & accountable - resulting in achievement and much more fun.

Why (It's So Good for You!): to offer a challenging workout engaging the cardio and muscle endurance a person needs with no weight bearing stress. Did we mention it is fun!

Coaches (On Deck & Qualified): Todd Samland is the Head Coach for the Omaha Masters Swim Club. He has been coaching Masters swimming for 31 years. Todd is also the head coach for the UNO Women's Swim Team. Erin Sullivan is a Level 3 USMS Certified Coach. Sue Nutty is a Level 3 USMS Certified Coach. Amber-Sky Green is a Level 2 USMS Certified Coach. Melanie Chapman is the newest edition to our coaching staff and is our triathlon guru.

Contact Info: For more information, visit our website or contact Todd Samland via phone at 402-554-2346 or e-mail at tsamland@unomaha.edu

The month of April or May is free for current & past USMS members!

Where and When (Details):

Facility	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Kroc 2825 Y St		5:30-6:30a	6:00-7:00a	5:30-6:30a	6:00-7:00a	5:30-6:30a	8:00-9:00a
College of St. Mary 7000 Mercy Rd	5:30-6:30p		5:00-5:50a	5:30-6:30p	5:00-5:50a	5:30-6:30p	
DiVentures 4303 S. 121 Plaza		6:15-7:15a		6:15-7:15a		6:15-7:15a	

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Be sure to "like" our Facebook page - Nebraska Masters Swimming

Southwest YMCA (SWYO)

Location: Southwest YMCA. 13010 Atwood Ave, Omaha, NE 68103

Contact Info: Breann Lundblad, 402-334-8487, blundblad@metroymca.org

All are welcome - non-YMCA members pay an extra fee.

Southwest Iowa Masters (SWIA)



Location: Kirn Pool, 100 North Ave, Council Bluffs, IA

Workout Times: casual group workouts Monday & Wednesday 5:30-7:00 PM; Tuesday & Thursday 5:00-7:30 AM; Saturdays 7:00-9:00 AM

Contact Info: Melissa Chapman mchapman@metroymca.org 402-917-0032

Practices are free for Y members, non-members \$30/month

Mention this newsletter and your first week is FREE with SWIA!

Upcoming Masters Swimming Events

Details at: <http://www.nebraskamastersswimming.org>

SCY/SCM/LCM	Open Water
April 11, 2015 – SD Masters Swim Meet, Pierre, SD April 11-12 – MN Masters Short Course State Championships, St. Paul, MN	Race Omaha May 28 & June 4: Youngman Lake, Omaha July 9 & July 16: Lake Cunningham, Omaha Aug 13: Lake Manawa, Council Bluffs, IA
April 25 – Iowa Masters SCM meet, Kirn Pool, Council Bluffs, Iowa April 26 – Omaha Masters SCY meet, Kroc Center, Omaha	June 14 – Swim the Sun 5k, 2 mile, 1 mile; Potosi, MO
June 14 – Iowa Senior Games West Des Moines, IA	June 20 – Extreme ND Watersports Endurance Test – 36 miles in Red River
July 4-9 – National Senior Games Minneapolis, MN	Aug 1 – State Games of America, Holmes Lake, Lincoln, NE
Aug 1 & 2 – 2015 State Games of America Lincoln, NE	Aug 9 – Swim the Bridge, Saylorville Lake, IA
Aug 8 – Nebraska Senior Games, Kearney, NE	Sept 13 – Swam that Race Lake Okoboji, IA

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Swimming “Quotes”

- ✓ “Swimming is a confusing sport, because sometimes you do it for fun, and other times you do it not to die. And, when I’m swimming, sometimes I’m not sure which one it is.”
 - Demetri Martin

- ✓ “Only when the tide goes out do you discover who’s been swimming naked.”
 - Warren Buffett

- ✓ “I actually love swimming but just hate jumping in the water.”
 - Natalie Coughlin

- ✓ “Hitting is like swimming. Once you learn the stroke, you never forget it.”
 - Stan Musial

- ✓ “Somehow I kept my head above water. I relied on discipline, character and strength that I had started to develop as a little girl in her first swimming pool.”
 - Esther Williams

- ✓ “The water is your friend. You don’t have to fight with water, just share the same spirit as the water, and it will help you move.”
 - Aleksandr Popov

- ✓ “A day without swimming is like a day without sunshine.”
 - Lindsey Kline

Your Nebraska LMSC Officers

Position	Name	E-mail Address
Chair	Erin Sullivan	NBChair@usms.org
Vice-Chair	Sue Nutty	NBVicechair@usms.org
Secretary	Sandra Stenglein	NBSecretary@usms.org
Treasurer	Lynn Ingraham	NB Treasurer@usms.org
Registrar	Sue Nutty	NBRegistrar@usms.org
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Postals (Long Distance)	Sue Nutty	NBLongDistance@usms.org
At-Large	Cait Hopkins	



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