

Nebraska Masters Swim the Good Life



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

2016

Greetings from the Chair

Hello Swimmers,

Can you believe it? Omaha is, once again, gearing up to host the Olympic Swim Trials. Unfortunately, U.S. Masters Swimming will not be hosting Summer Nationals in the trials pool. If you did not attend the Trials in 2008 or 2012, you should really try to go to at least one of the sessions this year. It is a swimmer's dream. The atmosphere is electric. The swimming is outstanding. The show is unbelievable. I get goose bumps just thinking about the fast swims that I will witness as our next group of potential Olympic swimmers goes head to head in a pool right here in Omaha, Nebraska. If you are not going to purchase tickets, consider volunteering. U.S. Masters Swimming will have a booth in the Aqua Zone so I will pester you again as the Trials date gets closer. We will need volunteers to help with the booth. Let me know if you are interested.

This newsletter has information about all of the Masters Swim programs that are available to adult swimmers in Nebraska. If you have been swimming on your own, you might consider trying out 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. And, it is so much easier to workout with others.

The Adult Learn-To-Swim (ALTS) campaign addresses the fact that 37% of the US adult population cannot swim the length of a pool; that 10 people drown every day in the United States. April is Adult Learn to Swim Month. The Omaha Masters Swim Club will be offering free adult swim lessons at the Kroc Center in Omaha. If you would like to volunteer please let me know (no teaching experience required).

The Calendar of Events that is included in this newsletter has lots of events listed – both past and future. Keep it and use it as your annual event reference. It includes many events that are in and around Nebraska for an entire year. Detailed information about the events can be found on our website. Our website guru, Dave, keeps the website updated. Visit both our website and our Facebook page often to find detailed information about upcoming events.

I hope you all have a fantastic 2016. Do not hesitate to contact any of the LMSC officers if you have any questions. Remember to always Stay Wet and Smile☺

Erin Sullivan, your Nebraska LMSC Chair

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ADULT LEARN-TO-SWIM PROGRAMS

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

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

According to the Centers for Disease Control and Prevention, 37 percent of American adults can't swim the length of a pool, which puts them at risk of being one of the 10 people who drown every day in the United States.

The Omaha Masters Swim Cub will, once again, offer FREE adult swim lessons at the Kroc Center in Omaha. The lessons will be held on 2 consecutive Fridays – April 8 and April 15. 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.

If your Masters Swim program is interested in hosting adult swim lessons, please contact Erin Sullivan or Sue Nutty for more information.

Breaking News! Governor Ricketts will issue a proclamation declaring April as Adult Learn to Swim Month. The proclamation ceremony will be held April 6, 2016 at 10:00am at the Nebraska State Capital. If you are interested in attending, please contact Erin Sullivan for more information.

MAY 22nd ANNUAL MEETING

The Nebraska LMSC will hold its Annual Meeting in conjunction with the Omaha Masters Spring Swim Meet. The meet is currently scheduled for Sunday, May 22 at the Kroc Center in Omaha, NE. The annual meeting will take place during the break after the completion of the distance events. Please plan to attend. More information will be posted on the Nebraska LMSC website.

What is U.S. Masters Swimming?

USMS is a national membership-operated nonprofit organization that provides membership benefits to nearly 60,000 Masters swimmers across the country. These benefits include insurance, SWIMMER magazine, sanctioned events, discounts and many others. USMS and its 52 Local Masters Swimming Committees (LMSCs) provide direct support to more than 1,500 Masters Swimming clubs and workout groups. Structure and organization of USMS programs vary and are driven by factors such as pool availability, instructor or coach availability, community support, and finances. The majority of locations offering Masters Swimming programs have coaches on deck. Coaches write workouts and provide feedback and instruction.

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
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, Wednesday, Friday – 5:00 to 6:00 A.M. & 6:00 to 7:00A.M

Club Website: www.elkhornmastersswimming.com

Club Facebook page:

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



Iowa and Nebraska Masters at the Common Ground Masters (CGCC)
"Keep It Short" Masters swim meet at the Common Ground Community Center in Elkhorn (Omaha), on Saturday, February 7th, 2015.

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.

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

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: www.swiaswim.com

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

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.

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	7:00-8:00a
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	

Nebraska Masters
Swim the Good Life

BASIC LANE ETIQUETTE

1. **Introduce Yourself.** If you're new to a lane, introduce yourself.
2. **Time Your Entry.** Being on time for a workout is the best option, but if you do arrive late, take a moment and find a convenient time to join the lane.
3. **Circle Swim** – always the rule unless there are only two of you and you agreed to split the lane.
4. **Pass With Courtesy.** If you need to pass the swimmer in front of you, lightly tap the swimmer's foot once, and then back off. The swimmer in front should take the tap as a notice that you swim to the far right corner of the lane at the wall. Or, when that current swim is finished just ask if you can jump in front of the swimmer.
5. **Observe the 5-Second Rule.** Drafting is a pet peeve of many swimmers. Be fair to the swimmer in front of you and wait 5 seconds before pushing off the wall.
6. **Make Yourself Small.** When you finish to the wall, slide over and let all of the swimmers behind you also finish to the wall.
7. **Start in the Back and Learn the Lane.** When you are new to a group/lane, it is common courtesy to start in the middle or the back of a lane. Learn the lane's flow; learn where you fit in the flow; then move up.
8. **Count Religiously.** Whether you are leading the lane or not, you should always know where you are in the set. Count. Count. Count.
9. **Improve Your Lane Awareness.** Eventually you will develop a sixth-sense for knowing where everyone else is in your lane. It will make turns and the flow of the workout so much better.
10. **Communicate With Your Lanemates.** Miscommunication is the root of all lane etiquette breaches and most interpersonal conflict. Talk. Talk. Talk. Know who will/should lead. Know who the better kicker is. Know who the best breaststroker is. Let the right person lead when it is their time to lead.
11. **HAVE FUN!!!** Seriously, your swim workout should be a happy time. Enjoy both the activity and the folks that you get to swim with.

Your Nebraska LMSC Officers

<u>Position</u>	<u>Name</u>	<u>E-mail Address</u>
Chair	Erin Sullivan	NBChair@usms.org
Vice-Chair	Sue Nutty	NBVicechair@usms.org
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Treasurer	Lynn Ingraham	NB Treasurer@usms.org
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At-Large	Cait Hopkins	