



January 2017 Newsletter

United States Masters Swimming is an organization of sportswomen and sportsmen founded in 1970 and dedicated to the premise that the lives of participants will be enhanced through aquatic physical conditioning. USMS supports and encourages competitions among its members and those of other nations.

Mission Statement

To promote health, wellness, fitness and competition for adults through swimming.

Vision Statement

USMS will be the premier resource for adult aquatic fitness in the United States and will make fitness through swimming available for as many adults as possible.

Goals and Objectives

- To encourage and promote improved physical fitness and health in adults.
- To offer adults the opportunity to participate in a lifelong fitness and / or competitive swimming program.
- To encourage organizations and communities to establish and sponsor Masters Swimming programs.
- To enhance fellowship and camaraderie among Masters swimmers.
- To stimulate research in the sociology, psychology, and physiology of Masters swimming.

Core Objectives

Service the membership.

Educate the membership.

Build the membership.

2017 U.S. MASTERS SWIMMING RULE BOOK - PAGE IX



North Texas Local Masters Swimming Committee Meeting Minutes

Our last NT LMSC meeting was on Saturday, January 28th, 2017 in Frisco, TX. The topics of discussion included the “Go The Distance” results from 2016 and how to handle 2017. The Vice-Chair position was separated from the Registrar position, and Richard Garza was elected to fill in as Vice-Chair until June when all board positions reopen. The board will reconvene at the end of February to finalize how GTD awards will be handled in 2017. Keep logging your distance!

National recognition

In August of 2016, USMS had a competition for their Year Plus Membership. The clubs with the highest growth in the nation would win a free pace clock from Colorado Timing. Two of our local clubs placed in the top 5. White Rock Masters (WRMS) placed 3rd and Texas Ford Aquatics Masters (TFAM) placed 4th.



In November and December, USMS again had a contest for the highest retention and highest growth for clubs and workout groups in the nation. Team Ridglea (RIDG) placed 5th in the 75+ member tier for retention, and 3rd for growth. Texas Ford Aquatics Masters (TFAM) placed 4th again for growth.

Free Stroke Clinics

Bill Brenner, the Education Director for USMS, and Mel Goldstein, the FINA liaison for USMS, conducted a free stroke clinic for the general public on December 2nd. Over 30 people participated in the 3 hour clinic hosted by Texas Ford Aquatics Masters. The following day, Bill and Mel conducted a Level 3 Coaches Certification course in Dallas. North Texas paid the fee for three of our members to attend and get their level 3 certification: Lynn Morrison, Carlos Rodriguez and Gigi Goesling. The North Texas LMSC will typically pay the tuition fee for any USMS Coaches Clinic or Adult Learn to Swim Certification clinic for any NT LMSC member.



On October 19th, 2016, the North Texas LMSC conducted a free stroke clinic at the Westside Aquatics Center in Lewisville. Lynn Morrison

provided a talk about Ultra Short Race Pace Training (USRPT) and how it can be used for every type of swimmer. Richard Garza spoke about when and which training equipment to use. After the presentations, all 50+ participants jumped in the pool into various workout groups and trained alongside fellow

North Texas masters swimmers, all representing the various clubs throughout North Texas.



The marathon of swimming

On Christmas Eve, Texas Ford Aquatics Masters hosted the 100x100s, open to all members of North Texas. Over 25 people participated, 13 finished!

Coaches Certification

An Adult Learn To Swim certification course is being offered on February 4th in El Paso Texas. And a Level 1&2 Coaches Certification course will be offered on September 13th just before the national convention.

Meets

Texas Ford Aquatics Masters hosted the Last Chance meet in September. Dallas Aquatics Masters hosted a Short Course Meters meet in November. Texas Ford Aquatics held our most recent meet, the Winter Sprinter, in January.



2017 Meet / Event Schedule*

March 4th, Highland Park High school, DAM Spring meet - SCY
 March 24-26, The Woodlands, Houston TX. South Central Zone Champs - SCY
 April 27-30, Riverside CA. Spring Masters Nationals - SCY
 June 10-11, Texas Ford Aquatics, Masters Challenge - LCM
 July 14-16, Texas A&M at College Stations, South Central Zone Champs - LCM
 August 2-6, Minneapolis MN, Summer Masters Nationals - LCM
 August 14-20, Budapest Hungary, XVII World Masters Champs - LCM
 September 13, Dallas TX, Coaching Levels 1&2 certification
 September 14-16, Dallas TX, USMS National Convention
 September 23-24, Texas Ford Aquatics, Last Chance Meet - LCM

**SCHEDULE IS SUBJECT TO CHANGE.*

USMS Convention

The 2017 USMS National convention is in Dallas this year. We need help preparing to host over 300 volunteers from across the nation, each representing their own LMSC. It is a tradition that the hosting LMSC provide hospitality for all visitors at the hotel, provide a social experience showing off the best the area has to offer, and provide pool space in the mornings for an early morning workout.

We are looking for pools that would be open having some, or all of their lanes rented for a for only an hour the mornings of September 14th, 15th, and 16th 2017. Please contact Richard Garza at CoachRichard@TexasFordAquatics.com if you are interested.

If you have any ideas for a social that can support 100 Masters swimmers on a Friday night close to the Hyatt Regency in Dallas, please contact Richard Garza at CoachRichard@TexasFordAquatics.com.

2016 National Top Ten Results - Individual

Congratulations to the following North Texas Masters swimmers who placed in the Top Ten in the Nation in their respective events for their age group.

Congratulations to Leslie Livingston and Tom Barton for setting Masters National and World Records.

Age Group	Name	Age	Club	Place	Event	Time
W18-24	Courtnei C West	19	TFAM	8	800 Free	12:40.38M
W18-24	Alexis A Dewey	23	DAMM	9	200 IM	2:45.39M
W25-29	Evangeline N Rivera	29	NTXL	9	800 Free	11:03.24M
W30-34	Valerie R Hoops	30	DAMM	9	50 Free	29.87M
				9	100 Free	1:04.40M
				6	100 Fly	1:12.30M
				10	200 IM	2:44.00M
W40-44	Maureen Rea	40	NTXL	4	100 Free	1:02.64M
				2	50 Fly	29.66M
				1	100 Fly	1:07.15M
				4	400 IM	5:59.25M
W40-44	Laura Henson	43	RIDG	8	800 Free	11:15.09M
				7	50 Back	36.45M
				6	100 Back	1:21.44M
				10	50 Breast	41.06M
				9	200 IM	2:53.70M
W45-49	Stephanie Stone	49	RAM	6	50 Free	29.94M
				3	100 Free	1:04.50M

Age Group	Name	Age	Club	Place	Event	Time
				1	200 Free	2:18.29M
				1	400 Free	4:50.10M
				1	800 Free	10:12.34M
				1	100 Back	1:12.07M
				1	200 Back	2:31.18M
				1	200 IM	2:40.25M
				1	400 IM	5:40.76M
W50-54	Trin A Campbell	52	RIDG	3	200 Free	2:25.41M
				4	400 Free	5:01.54M
				3	800 Free	10:20.85M
W55-59	Kristin W Henderson	56	NTXL	8	50 Free	30.64M
				10	50 Breast	42.25M
				4	50 Fly	33.78M
W55-59	Leslie C Livingston	55	RAM	1	50 Free	28.80M
				1	50 Back	33.08M
				1	50 Fly	30.52M
				1	50 Breast	38.73M
W55-59	Monica M Bailey	55	NTXL	4	50 Back	36.40M
				2	100 Back	1:18.86M
				4	200 Back	2:56.24M
				8	200 IM	3:00.33M
				5	400 IM	6:21.91M
W60-64	Janie Cole	63	NTXL	5	50 Free	32.02M

Age Group	Name	Age	Club	Place	Event	Time
				8	50 Fly	36.00M
W60-64	Krissy Maccurdy	64	NTXL	7	50 Breast	43.40M
				4	100 Breast	1:33.88M
				6	200 Breast	3:30.39M
M18-24	Austin M Krohn	18	NTXL	10	400 Free	4:49.73M
				10	100 Back	1:09.32M
				8	200 Fly	2:44.06M
M25-29	John A Aselton	25	PCAT	5	50 Back	28.50M
				7	100 Back	1:02.19M
M35-39	Joaquin A Anon Suarez	36	FAST	5	50 Back	31.37M
				4	200 Back	2:30.24M
M35-39	Jeremy Shepherd	37	RAM	6	100 Fly	1:03.99M
M45-49	Stewart A Carroll	46	RAM	6	200 Free	2:11.78M
M45-49	Bill White	46	RAM	5	50 Breast	32.75M
				4	100 Breast	1:12.50M
				4	200 Breast	2:46.40M
				7	200 IM	2:27.42M
M50-54	Rick P Van Dyke	51	NTXL	5	400 Free	4:42.95M
M50-54	Michael B Doyle	52	NTXL	9	200 Fly	2:39.99M

Age Group	Name	Age	Club	Place	Event	Time
M55-59	Ross Myers	57	DAMM	10	50 Back	34.00M
				7	100 Back	1:11.73M
				4	200 Back	2:34.65M
M55-59	Jim Amick	55	RIDG	7	200 Fly	2:55.25M
M60-64	Tom Barton	60	NTXL	2	50 Back	31.56M
				1	100 Back	1:07.85M
				1	200 Back	2:28.37M
M60-64	Richard Neville	60	FAST	1	50 Breast	33.09M
				2	100 Breast	1:17.71M
M60-64	Berry Hamilton	63	NTXL	6	100 Breast	1:21.94M
				2	200 Breast	3:02.26M
M60-64	Robert Kelsoe	63	NTXL	6	100 Fly	1:12.70M
M60-64	Berry Hamilton	63	NTXL	10	200 IM	2:43.75M
M70-74	Bob Welty	72	NTXL	6	50 Back	40.77M
				5	100 Back	1:28.82M
				4	200 Back	3:17.19M

2016 National Top Ten Results - Relays

Congratulations to Stephanie Stone, Krissy Mccurdy, Maureen Rea, and Kristen Henderson for setting a world record in the Women's 200-239 400m Medley relay!

Age Group	Club	Place	Event	Time	Swimmers (Age)	
M100-119	NTXL	9	200 Free	1:52.48M	Austin M Krohn (18)	Peyton Stone (18)
					Trey P Van Dyke (24)	Mark W Glass (42)
M100-119	NTXL	4	400 Medley	4:45.55M	Trey P Van Dyke (24)	Peyton Stone (18)
					Rick P Van Dyke (51)	Austin M Krohn (18)
M200-239	NTXL	10	400 Free	5:10.72M	Michael B Doyle (52)	Ken Woolley (58)
					Peter J Calabrese (50)	Robert Kelsoe (63)
M200-239	NTXL	9	400 Medley	5:34.93M	Ken Woolley (58)	Peter J Calabrese (50)
					Michael B Doyle (52)	Walter R Accessor (44)
M240-279	NTXL	6	200 Free	1:59.04M	Tom Barton (60)	Gary Cates (65)
					Michael B Doyle (52)	Berry Hamilton (63)
M240-279	NTXL	6	200 Medley	2:11.52M	Tom Barton (60)	Berry Hamilton (63)
					Robert Kelsoe (63)	Ken Woolley (58)
M280-319	NTXL	3	400 Free	6:04.75M	Gary Cates (65)	Ken Pipkin (72)
					Thomas J Dillon (75)	Bob Welty (72)
M280-319	NTXL	1	400 Medley	6:47.52M	Bob Welty (72)	Ken Pipkin (72)
					Robert Kelsoe (63)	Thomas J Dillon (75)
W160-199	NTXL	6	200 Free	2:09.52M	Monica M Bailey (55)	Lauren M Van Allen (36)

Age Group	Club	Place	Event	Time	Swimmers (Age)	
					Maureen Rea (40)	Stephanie Stone (49)
W160-199	NTXL	4	400 Free	5:07.66M	Stephanie Stone (49)	Monica M Bailey (55)
					Lauren M Van Allen (36)	Kristin W Henderson (56)
W200-239	NTXL	5	200 Medley	2:28.81M	Monica M Bailey (55)	Krissy Maccurdy (64)
					Kristin W Henderson (56)	Janie Cole (63)
W200-239	NTXL	1	400 Medley	4:58.86M	Stephanie Stone (49)	Krissy Maccurdy (64)
					Maureen Rea (40)	Kristin W Henderson (56)
X120-159	NTXL	6	200 Medley	2:10.68M	Stephanie Stone (49)	Peyton Stone (18)
					Maureen Rea (40)	Mark W Glass (42)
X120-159	DAMM	9	200 Medley	2:11.64M	Ross Myers (57)	Jeffrey Alley (34)
					Meredith F Rubin (28)	Alexis A Dewey (23)
X200-239	NTXL	6	200 Free	1:57.04M	Mark W Glass (42)	Tom Barton (60)
					Monica M Bailey (55)	Kristin W Henderson (56)
X240-279	NTXL	10	200 Free	2:08.87M	Berry Hamilton (63)	Robert Kelsoe (63)
					Krissy Maccurdy (64)	Janie Cole (63)
X240-279	NTXL	10	200 Medley	2:25.53M	Monica M Bailey (55)	Berry Hamilton (63)
					Gary Cates (65)	Janie Cole (63)

2016 Go The Distance Challenge

Congratulations to our quarterly and annual award winners!

Individual Results		
1Q		
David S Gregory	PCAT	165.77
Keith A McCain	DAMM	137.03
Jim Amick	RIDG	134.46
2Q		
Stephanie Stone	NTXL	155.53
Steven L Unruh	RAM	142.93
Michael B Doyle	NTXL	137.45
3Q		
Gary W Kovacs	O2	153.92
Kari Kennedy	O2	144.04
Michael B Doyle	NTXL	132.31
4Q		
Richard Cody	UC26	132.67
Stephanie Stone	NTXL	128.94
Michael B Doyle	NTXL	123.75
2016		
Stephanie Stone	NTXL	548.49
Gary W Kovacs	O2	524.57
Michael B Doyle	NTXL	518.62

	Team	Distance	# of registered swimmers	Average distance per swimmer
1Q	NTXL	695.07	32	21.72
2Q	NTXL	730.45	38	19.22
3Q	NTXL	821.65	43	19.11
4Q	NTXL	602.95	44	13.70
2016 - 1st	NTXL	2850.12	44	64.78
2016 - 2nd	O2	1966.79	44	44.70

Individual Results

**2016 winners should expect to receive their gift card soon
GTD will be continued for 2017 with info coming out shortly**

Stay connected

For more up-to-date information about events and North Texas, please visit our website.

www.NorthTexasMasters.org

Or visit our Facebook page.

<https://www.facebook.com/NTLMSC>