



NEBRASKA MASTERS

Swim the Good Life

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

March 2014

Greetings from the Chair

Hello Swimmers,

We have begun another exciting year for swimming in Nebraska. With one swim meet already completed (Common Ground on January 26th) and a few more in the works, this looks to be a good year for Masters swimming. You will have plenty of opportunities to test yourself not only during your workouts but in a swim meet environment. Be sure to read this newsletter in its entirety; we have included lots of good information to keep you swimming during 2014.

I am excited to announce that Governor Dave Heineman will be the first of many governors to Proclaim the month of April as Adult Learn to Swim Month. Nebraska is leading the states in this initiative. Read the newsletter article for more info. I hope to see many of you at the signing ceremony in March.

We are in the process of organizing multiple free Adult Learn to Swim sessions – both in Omaha and in Lincoln. Volunteers will be needed to help with the lessons. More details can be found on page 2 of this newsletter.

Included in the newsletter is a synopsis of each of the Masters programs in the state. Find out where to swim, coaching information and hours of practices. Also, check out the list of LMSC Officers. Welcome to our newest officer, Cait Hopkins. Let your officers know that you appreciate the time and effort they put into making the Nebraska LMSC the best (in our humble opinion).








Stay Wet! Erin Sullivan, your Chair

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GOVERNOR HEINEMAN to DECLARE APRIL as ADULT LEARN TO SWIM MONTH

Nebraska Governor Dave Heineman will sign a Proclamation on Thursday, March 13, 2014 recognizing that April is Adult Learn to Swim Month. The Proclamation will be presented to the Nebraska LMSC. USMS and the Nebraska LMSC are recognized in this proclamation for our Adult Learn to Swim programs. All Nebraska LMSC members are invited and encouraged to attend the signing ceremony. Here are the details:

-  The signing ceremony is scheduled to begin at 10:30 AM. The signing ceremony will be held in the Warner Chamber of the Nebraska State Capitol Building in Lincoln. The Warner Chamber is located on the second floor of the Capitol across the Rotunda from the Norris Legislative Chamber.
-  An easel displaying the signing ceremony agenda will be set up near the entrance of the Warner Chamber. We will check the agenda upon arrival and take note of our proclamation's number as well as the name of the proclamation directly in front of ours.
-  Please stay aware of the movement down the list so that our group is ready to meet with the Governor as soon as the proclamation directly in front of ours is called. Erin Sullivan will organize our group three to five proclamations in advance to make sure everybody from the Nebraska LMSC is in the Warner Chamber during the signing of the proclamation directly in front of ours.
-  We can bring our own cameras to the signing ceremony. However, we have been advised to bring along someone who will not be in our picture to take pictures of the Nebraska LMSC group. Photography courtesy of the Office of the CIO will also be available for viewing and downloading within 48 hours of the signing ceremony.
-  This is a really nice recognition by our Governor. It began as an idea here in Nebraska and has gone national. Nebraska will be the first of many states to have a Proclamation made declaring April as Adult Learn to Swim Month.
-  Please consider attending the ceremony. Car pool with your swimming buddies. We can all go out for lunch and celebrate after the ceremony is complete. More information about our lunch destination will be available soon.
-  So...we do not have to notify the Governor's office if there will be 50 or less people attending the ceremony. It would be awesome if we have to notify them that we will, in fact, be more than 50. If you are planning to attend, please notify Erin Sullivan so we can keep a head count. (email Erin at NBChair@usms.org)

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 4 and April 11. There will be two 45-minute sessions beginning at 6:00 PM. **Volunteers are needed**. If you would like to help, please contact Erin Sullivan or Sue Nutty.

Fast Swims & Fun at Common Ground Masters Meet

Nebraska Masters and Common Ground Masters co-hosted a "Pre-Super Bowl" Masters swim meet on Sunday, January 26th at the Common Ground Community Center in Elkhorn. Almost 50 swimmers participated! Four of the five Nebraska Masters clubs were represented, and several Iowa Masters 'crossed the bridge' to join us at the meet. Everyone seemed to enjoy themselves, whether they were new to Masters swimming or seasoned veterans. There were lots of great swims at the meet!

Congratulations to the following swimmers who set new Nebraska LMSC state records:

Raynee Buckley (Women 18-24): 500 Free

Dianna Carda (Women 55-59): 400 IM

Meredith Colombo (Women 18-24): 200 Back, 1000 Free

Barb Edgar (Women 50-54): 50 Back, 100 Back, 50 Breast

Stan Kubicek (Men 55-59): 50 Back, 50 Fly, 100 IM

Amanda Larsen (Women 35-39): 500 Free

Becky Mantonya (Women 40-44): 50 Back, 100 Back, 200 Back, 400 IM

Katie Mendlick (Women 35-39): 200 Back

Drew Olson (Men 25-29): 50 Fly

Gina Samland (Women 45-49): 500 Free

Sandra Stenglein (Women 70-74): 100 Free, 200 Free, 500 Free, 1000 Free, 50 Back

Travis Stensby (Men 25-29): 50 Back

Erin Sullivan (Women 55-59): 500 Free, 1650 Free

Check out the official results on our Nebraska Masters Swimming Web site at:

<http://www.nebraskamastersswimming.org/meet-results/>

Special thanks to ACE Otters Coach Jay Thiltgen, Elkhorn High School Swim Team Coach Chris Jenson and his swimmers, Common Ground Community Center Recreation Supervisor Levin Collins, Referee Betsy Purcell, meet officials Ted Smits, JB Barr, Diana Meyer and Gary Kuhn for their outstanding support of the Masters swim meet!



Club Spotlight

Five Nebraska Masters swimming Clubs are registered with Nebraska LMSC for 2014:
(listed largest to smallest):

1. Omaha Masters Swimming (OMAH)

Facility: College of St. Mary, Omaha, NE; 6 lanes x 25 yards;

Swimmers: 134 swimmers registered in 2013

Coach: Todd Samland, 402-554-2346, todd_samland@unomaha.edu

Workout times: Monday, Wednesday and Friday –5:30 to 6:30 am
Tuesday and Thursday – 6:00 am to 7:00 am
Saturday – 7:00 to 8:00 am
Sunday, Wednesday and Friday – 5:30 to 6:30 pm

USMS membership required; \$5 drop-in fee.

Club website: <http://www.omahamastersswimming.com/>

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2. Common Ground Masters (CGCC)

Facility: Common Ground Community Center, Elkhorn, NE (Omaha); 8 lanes x 25 yards

Swimmers: 41 swimmers registered in 2013

Coach: Craig Kersten; 402-290-0564, cmkersten@cox.net

Workout Times: Monday, Wednesday and Friday — 5:00 to 6:00 am

USMS membership & Common Ground Community Center membership required

Club Website: www.elkhornmastersswimming.com

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Club Spotlight

3a. Lincoln Masters and Others (LMAO – YMCA)

Facility: Downtown YMCA, Lincoln, NE; 6 lanes x 25 yards

Swimmers: 27 swimmers registered in 2013 (LMAO total)

Coach: Gary Bredehoft; 402-560-8280, coach@tigercoaching.com

Workout Times: Tuesday & Thursday 5:30 to 6:30 am, Sunday 4:00 to 5:00 pm

USMS membership required; \$25/month for Y members; \$50/month for non-Y members.

Club Website: <https://www.facebook.com/SwimLMAO>

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3b. Lincoln Masters and Others (LMAO – Devaney)

Facility: Devaney Sports Center (UNL), Lincoln, NE; 10 lanes x 25 yards

Swimmers: 27 swimmers registered in 2013 (LMAO total)

Coach: Becky Mantonya, rmantonya@me.com

Workout Times: Monday to Friday 6:30 to 8:30 pm, Saturday 11:30 am to 1:30 pm

USMS membership required; \$40/month; Sat practice may be cancelled due to UNL swim meets.

Club Website:

http://www.teamunify.com/SubTabGeneric.jsp?team=mwna&_stabilid_=4950 (Nebraska Aquatics)

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Club Spotlight

4. Greater Nebraska Swim Team (GNST)

Facility: Lincoln Northstar High/Lincoln Northeast High; Lincoln, NE; 8 lanes x 25 yds

Swimmers: 5 registered swimmers in 2013

Coach: Steve Eppens, 402-5255822

Workout Times: Monday – Thursday 5:00 to 8:00 pm

Club Website: <http://www.gnst.org>

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5. Blair Universal Masters (BUMZ)

Facility: Blair Family YMCA; Blair, NE; 6 lanes x 25 yds

New club for 2014

Coach: Craig Folkers, 402-306-3730, folkersca@gmail.com

Workout Times: Tuesday & Thursday 5:45 to 6:30 am

Club Website: <http://www.blairymca.org/aquatics.htm> (Blair YMCA)

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Upcoming Masters Swimming Events

March 22, 2014	<p>2014 Iowa Masters State Short Course (SCY) Championship Meet, University of Iowa Campus Recreation and Wellness Center in Iowa City, IA.</p> <p><i>* Meet information/entry form pending.</i></p>
April 26, 2014 1 pm	<p>Omaha Masters Swim Meet – Short Course Yards (SCY) College of St. Mary's, Omaha Nebraska</p> <p>Entry form will be available on Nebraska LMSC website at later date. Nebraska LMSC members will also receive e-mail notification.</p>

Your Nebraska LMSC Officers

<u>Position</u>	<u>Name</u>	<u>E-mail Address</u>
Chair	Erin Sullivan	NBChair@usms.org
Coaches	Erin Sullivan	NBCoaches@usms.org
Editor	Sheila Wrobel	NBEditor@usms.org
Officials	Brinker Harding	NBOfficials@usms.org
Open Water	Sue Nutty	NBOpenWater@usms.org
Postals (Long Distance)	Sue Nutty	NBLongDistance@usms.org
Registrar	Sue Nutty	NBRegistrar@usms.org
Sanctions	Dave Wells	NBSanctions@usms.org
Top Ten	Becky Mantonya	NBTopTen@usms.org
Treasurer	Lynn Ingraham	NBTreasurer@usms.org
Webmaster	Dave Wells	NBWebmaster@usms.org
Secretary	Sandra Stenglein	NBSecretary@usms.org
At-Large	Cait Hopkins	