



News Splash December 2011

Greenville Splash YMCA Masters

It has been a wonderful month full of swimming participation! We had a record turnout for our 3rd annual Thanksgiving workout with 25 participants. Check out our pictures on Facebook. We are continuing to have new swimmers join us in workouts and our workouts are full of fabulous people and even better swimmers. Thanks so much to *Carolyn Harrell* for hosting our team Christmas party! We had a lot of fun visiting and getting to know each other outside of the pool! Our big team news this month is the engagement of *Carolyn Harrell and Rick Moore*!! Congratulations to both of them and we wish them much happiness in their future journey together.

Splashing Accomplishments

We had 25 swimmers that came out to swim our annual Thanksgiving workout! We had 2 lanes of swimmers completing 100 x 100's, 3 lanes of swimmers going 75's and a lane of swimmers completing 50's. The following swimmers came out to join the fun: **Anne Kinsman, Bobby Nachman, Carlton Manning, Jim Thomas, Jen Kaminska, Paige McArthur, Andrea Beaver, Jenni Wakeman, Andrea Helm, Herb O'Donnell, Doug Loudermilk, Allan Byer, Jenny Pierce, Greg Masse, Doug Long, Carolyn Harrell, Jim Osbourne, Mark Kothe, Steve Stuart, Clay Brown, Janice Hebel, Alex Ziegler, Leslie Scott, Phil North and Alexandra North.** It was really fun to swim together as a group and enjoy our 2 minute breaks. The group was really lively until the last break! Congratulations to everyone for completing such a grandiose accomplishment, especially our first timers! Enjoy your bragging rights and spread the word for next year! It was great to see Alex who came back to visit us from Alabama! Thanks to the Y for preparing a fabulous breakfast!

Upcoming Events

- Dec. 26 Informal Workout at GHS 9:00am (All other workouts cancelled for this day)
- Jan. 21 Swim Clinic with Karlyn Pipes Nielson in N. Myrtle Beach
- Jan. 28-29 SCY Charlotte Sunbelt Championships (Big Team Event)
- Feb. 10-12 SCY Swim Meet, Myrtle Beach
- March 10 Greenville Splash hosts Relay Meet at Middle Tyger YMCA (even bigger team event)

Mar 17-18 SCY Swim Meet, Savannah, GA
April 26-29 USMS Short Course Nationals, Greensboro, NC
May 19 Charleston Lowcountry Splash 2.4 Open Water Swim

Holiday Schedule

All Masters workouts will remain the same throughout the holidays except for Monday Dec. 26. We will have one informal workout only at 9:00am at GHS.

The Y is open Christmas Eve 7-1, New Year's Eve 7-1 and New Years Day 12-7.

The GHS building and pool will be closed 5:00pm Thurs. Dec. 29 and reopen 7:00am Sat. Dec. 31. (This is to move cardio equipment)

Charlotte Swim Meet

This is our big team event! We won first place last year and we would love to defend our title! This year our goal is to have 25+ swimmers. This swim meet is for everyone! You do not have to be a superstar swimmer with a college swimming background. There are swimmers of all ability levels and age groups. Last year a woman in her 90's swam the 500 free and many other events. Every swimmer will contribute team points especially in the relays! We had tons of fun last year, just ask around! We have quite a few first timers going including **Doug Loudermilk** so come on out and join him and us! The meet is 2 days, you can come to one day or both. We usually have a team dinner after the Saturday events. If you are a triathlete this is a great opportunity to come and swim the 1,000 or the 1,650. Info can be found on our website. You must be registered with USMS and entries are due online by Sun. Jan. 22. So far the following swimmers are planning to attend: **Mark Kothe, Mark Leonard, Kelly Gillig, Deb Gambon, Andrea Beaver, Doug Long, Steve Stuart, Jim Osbourne, John Yennie, Neal Vestal, Bryan Rice, Carolyn Harrell, Leslie Scott, Tom Dudley, Bobby Nachman, Jenni Wakeman, Jen Kaminska, Lara Hoshko, Doug Loudermilk, Paige McArthur, Cheryl Quinn, Sarah Long, and Jen Drewes.** These swimmers need a little arm twisting: Logan Metcalfe, Phil North, Clay Brown, Bertrand Maillet, Chris Harrigan, Chase Allen, Zac Haar, Sara Bopp, Carlton Manley, Herb O'Donnell, Jim Thomas, Craig and Melissa Coleman and Casey Crisp. Don't miss the fun!! If you have any questions about this event, ask Leslie or one of our veteran swimmers!

Greenville Splash Relay Meet

We will be hosting this new event at Middle Tyger YMCA. Mark your calendar to join us on March 10. This event will take place at 1:00pm. (So all the triathletes can get their run or ride in!) We will need everyone to participate by swimming or volunteering. It really will be a blast! There is no swim longer than a 100 and there are many relays where you can swim 25's! I promise you this is way better than the Thanksgiving workout. We have **Jim Keogh** as our starter and referee. **Rick Gantt** will be our host disc jockey providing us with lots of fun music! Meet information can be found on our website.

Swimmer Highlight of the Month

Ginnie Freeman has been swimming regularly 3 times per week at GHS. She started the Masters program last year by going to Carolyn's workouts at the Golden Strip to see what Masters swimming was all about. She is a fantastic athlete and enjoys learning new skills and cross training. She has shown great perservance by learning all the four strokes. She is a dream to coach in workouts because she listens intently and incorporates that with her swimming. Ginnie is a fabulous runner and was a runner in college at Furman. She had a great running season this past year and is still

running personal best times. She had a personal record in the 10 mile race at Green Valley in a time of 1:06. She was the 3rd overall female! Ginnie is married to Scott Freeman who is a pastor at Grace Church. She has three small children: Drew, Lilly, and Luke. She has a wonderful servant's heart. Ginnie and her husband are actively involved in their church which will be opening a new site in Simpsonville soon. Recently, Ginnie participated in Relay for Hope, a six person 52 mile run. This run was to raise money for the Project Hope Foundation which is designed to help families deal with the challenges of autism by providing information about autism spectrum disorders. This run was made special for Ginnie by having her daughter, Lilly hug her at the end!

USMS Registration

Now is the time to register for USMS for 2012. Swimmers may join online at www.usms.org. There is a red button on the right to guide you through the process. Once registered you will receive Swimmer magazine and the Streamlines e-newsletter which includes information on technique, nutrition, dryland exercises, training, and more. USMS is offering sponsor discounts for those members who register through Dec. 31. Once a member registers they will receive coupon codes via email from many swim sponsors. If you plan to enter our Relay Meet in March and other USMS sanctioned events go ahead and join up now to receive all the great benefits!

Swim Clinics

We are planning to offer swim clinics next year for a nominal fee on various aspects of swimming such as: flip turns, breaststroke, open water swimming, butterfly, beginner freestyle and more. If you are interested please give me feedback on what days and times are good for you.

Quote of the Month

"If there is magic on the planet, it is contained in the water." - Loren Easley, The Immense Journey
1957

**Greenville Splash wishes you a very special holiday season and a swimmingly
New Year!**

May Santa bring you lots of swimming toys!

**Leslie Scott
Masters Coach
Greenville Splash YMCA Masters**

"Make a splash in life, swim!"

Contact info:

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