

# Greenville Splash News

## USMS Nationals Recap

Now that all the nervous jitters are gone it's time to reflect on the past weekend of the USMS Short Course Nationals. USMS celebrated it's 40 year anniversary of this event. It was held at Georgia Tech University Aquatic Center which was an outstanding venue. The competition took place in 2 25 yard pools with 10 lanes and an additional pool for warmup. There were a record 1,976 swimmers from 18 to 93 years of age representing 48 states and 8 countries. Among the entrants were Olympians such as Rowdy Gaines, Cullen Jones, Mark Gangloff, Josh Davis, Roque Santos, David Sims and many others. USMS Nationals is the premiere event of adult swimming competition, swimmers of all abilities get to race within their age groups.

### Highlights from our swimmers:

**Doug Long** - Doug swam the most perfect 100 back race, 1:05.9! It was sensational, he nailed the start and every turn. He had the speed and stamina of a 20 year old. He was so strong in this event and he swam like a professional swimmer which earned him a national medal. (Remember no more 5 mile hikes the day before Nationals!)

**Janice Hebel** - Janice's 50 and 100 breaststroke events were awesome! Her events exemplified her perseverance, tenacity and determination she shows throughout all her workouts and in life. She has an amazing positive attitude that rubs off on all the other team members.

**Steve Stewart** - Steve had an unbelievable meet! He got the state record in the 50 breast, 29.8 and dropped five seconds in the 100 breast, 1:05.5. Steve showed true team spirit by watching every swimmer's race and videotaping. I am naming him our new honorary coach!

**Kelly Gillig** - Kelly's 100 fly was breathtaking! She got a medal with a 1:08.8. Her powerful athleticism is incredible. She makes butterfly look effortless. I could watch this race a 100 times and never get tired of it.

**Deb Gambon** - Deb swam a fantastic 200 free, she dropped 8 seconds from her time! She is always so complimentary of others and modest of her accomplishments. I applaud her strength and courage in swimming through adversity.

**Bryan Rice** - Bryan had a superb meet! Every event was terrific. Bryan has better starts than most college swimmers. He swam the 100 IM in 1:00.9 a 2 second drop and the 100 free in 51.58 an 8 second drop. He has marvelous focus, mental preparation, and drive. His family showed great support and love by watching him during 3 days of competition.

**Mark Kothe** - Mark had an excellent meet! He was able to channel his nervous energy into remarkable vigorous efforts especially in the 50 fly, 25.6, and 100 fly, 57.3. He had stellar performances in 100 free, 51.5 and 200 free 1:54.0. (Mark is still old school - wearing the traditional speedo, which is an accomplishment all by itself!)

**Tom Dudley** - Tom had a smashing 75 fly! He had enormous enthusiasm going into the race. Don't worry Tom, we are working with the championship committee to include the 75 in the meet format next year.

**Leslie Scott** - Every race was fabulous, just for being there and finishing, especially the 400 IM! I am most proud of being the coach of a great group of swimmers. It was exciting to be able to watch all of the events of my teammates who are my friends.

**Other favorite moments and highlights:** Cullen Jones and Nick Brunelli battled it out with a huge crowd watching them swim the 50 free in 19.1 and 19.4 respectively. If you would like to see this race go to [www.usms.org](http://www.usms.org) and click on youtube. Rich Abrahams set the national record in the mens 65-69 50 free with a 22.1. Mark Gangloff set a national record in the 100 breast with a 52.3, he took 3-4 strokes per 25. My new swimming idol is Doris Russell, 90 years young swimming 6 events including the 100 fly and 500 free! It was so much fun to be at this event and feel the energy and vibe of all these swimming enthusiasts!

### Splashing Accomplishments

Of course I don't want to overlook our awesome triathletes that have been busy competing. **David Russell** came in 3rd place at the Clemson Triathlon and completed the Mt. Mitchell 102 mile ride just for fun! (David, I think there are better ways to have fun!)

**Josh Roach and Brent Stallos** had stalwart performances at the Clemson Tri. **Heather Haley** is having fun experiencing the open water in her recent triathlons at Greensboro and Clemson.

### Upcoming Events

**June 5 Charleston Open Water Swim \*\*\*THIS IS OUR BIG TEAM EVENT\*\*\***

Entries accepted online until the day before the race

Most of the morning workout swimmers are going. So far the following swimmers are going for certain: **Rick Gant, Bobby Nachman, Doug and Sally Long, Janice Hebel, Steve Stewart, Sarah Long, Andrea Beaver, David Russell, Clay Brown, Doug and Stephanie Morris, Jennifer Gosnell, Josh Roach and Leslie Scott.** I have heard some talk about getting together for dinner on Friday evening before the race. Let me know if you have any ideas or suggestions for where to meet.

**June 12 Open Water Swim Lake Hartwell**

**June 19 Caine Halter YMCA Triathlon**

**Welcome to our new member Greg Monn!**

### Announcements:

The Y is changing the weekend hours starting June 5: Saturday 7am-7pm and Sunday 12-7

See you at the pool!

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