

Greenville Splash News

Charleston Swim

We had a great turnout for our annual team event to the LowCountry Splash, a premier open water swim event in Charleston . The following swimmers had spectacular swims: **Boby Nachman, Scott Jones, Clay Brown, Doug Morris, Rick Gantt, Steve Stuart, Doug Long, Sarah Long, Stephanie Morris, Jennifer Gosnell, Janice Hebel, Sally Long, and Leslie Scott!** The swim is 2.4 miles and swimmers start at Hobcaw Yacht Club then swim under the Cooper Bridge and finish at Patriot's Point. There were 480 swimmers in the race. The swimmers all start in the water together in one mass start. The water temperature was perfect and it was a gorgeous day. The waves got a little rough about half way through which just made all the stories at the end that much better. Everyone waited for all our team members to finish their race on the pier. The best part was hearing everyone describe their race. Steve Stuart wins for best story. He heard horns which he thought were seagulls. Well those were volunteers with blow horns trying to warn him, he was swimming right into a boat! He did swim head first right into the boat! (Next year we will practice sighting and have a blow horn ready at all the open water practices!) This race has the best post race party! The following swimmers were age group award winners: **Doug Long, 2nd, Janice Hebel, 2nd and Leslie Scott, 2nd.** For all those naysayers, we did not encounter any sharks or gators! The only thing we saw all weekend was beautiful dolphins! Thanks so much to Jennifer for organizing a really fun social at Vickery's Restaurant and thanks to Doug for picking up packets. It truly was an amazing fun weekend spending time together as a team. At the end, everyone was already talking about going again next year!

USMS 1 Mile Open Water Championship

This fabulous event was held at Latta Plantation in Gar Creek which was a part of Lake Norman right outside of Charlotte . The event was well organized and had buoys set up every 300 - 500 meters. The lake was beautiful and the temperature was perfect. The race was started in waves of 20 which were done by seed time. That was a great way to start! Age group winners were **Steve Stewart, 6th and Leslie Scott, 3rd.** This is definitely a great race to do again next year.

Upcoming Events

June 10

The Upstate Triathlon Club Meeting is at 7:00pm Caine Halter YMCA

The June club meeting will feature some experts in swimming and triathlon coaching. Coach Jeni Schumacher of RoadWaves Fitness, Coach Jamie Church of Tri Your Best Coaching and Coach Jim Keogh of Greenville Splash will lead a panel discussion on the pool deck at the Caine Halter Family YMCA. Special guests will be Olympic caliber swimmers to demonstrate proper swimming form. Members of the audience will be asked to swim also so the panel can critique your swim form too.

June 12

Death Valley Open Water Swim

It's not too late to enter and it is close by! Swimmers can choose distances of 5K, 3K, 2K, 1K or .5K. This event is held at Lake Hartwell

June 19

Caine Halter YMCA Sprint Triathlon

June 26-27

SC Long Course Championships at Westside Aquatic Center

June 27

Ridges 5K Open Water Swim Hiawassee , GA

July 16-18

Total Immersion Swim Clinic at Caine Halter YMCA

Friday night at 6:00pm will be a 1 hour free introductory session explaining the TI method. Saturday will be the easy swimming clinic with 4-5 hours of in and out of water swimming instruction including video taping, cost is \$150. Sunday will be the advanced easy swimming clinic, cost \$100. Slots are limited and there are only a few left. If interested please email Jeff Dishner at jeffdishner@charter.net.

July 17

Open Water Championships Georgia State Games, Lake Acworth

For information to any of the above events please visit our website: www.greenvillesplash.com

Welcome to the following new members:
Claire Nagel and Eric Scott

Miscellaneous

If you have any suggestions or ideas of how to make the program better, please let me know. I am working on some new ideas and fitness challenges for the fall.

If you took any pictures at Nationals or other recent events please send them to me and we will put them on the website.