

# MINNESOTA MASTERS SWIMMING

## APRIL 2017 NEWSLETTER

2017 scy State Championship Meet: [Results](#)

2017 Record Breaker List: [Link](#)

### Adult Learn To Swim (ALTS) Update

All lessons are being held at the Butler Center Pool and Recreational Center at St. Catherine University

Sunday, April 23 1-3 PM

Sunday, April 30 7-9 PM

No lessons April 16---Easter

Flyer with more information: [Link](#)

### SPRING NATIONALS IN RIVERSIDE, CA April 27-30, 2017

USMS Information Page: [Link](#)

21 swimmers from Minnesota Masters Swimming are participating.

### Are You a UC30 or UNATTACHED SWIMMER?

#### Help us form 100 Relay Teams for 2017 Summer Nationals!

When registering for USMS in the State of Minnesota, you have the option to join a Club or designate yourself as Unattached. Unattached swimmers have all the rights and privileges of USMS membership yet they cannot swim on legal relays. It is our hope that everyone that would like to swim at our Summer Nationals join a club. If you are not directly aligned with any certain location for workouts, the default Club to join is Minnesota Masters Swim Club. There are no extra fees associated with this. If you would like to switch from UC30 (Unattached in Minnesota) to MINN (Minnesota Masters Swim Club) you simply need to email your friendly Registrar ([email](#)) and she will switch you to where you would like to be. If you have any questions, use the same email. Even if you don't plan to swim at Nationals in August but would like to swim on a relay at a smaller or our State Meet, this is a change you should make. Pretty simple!

### 2017 Postal Swimtathlon League Jan. 1 – Dec 31, 2017

[Information and Registration](#)

## Upcoming Events

**June 24, 2017** Long Course Meters meet at U of M Aquatic Center

**2017 Half Marathon Open Water Swim series dates listed here:** [Link](#)

**Registration will be open soon.**

Saturday June 17 Lake Harriet 1 and 2 mile swims

Saturday July 15 Lake Rebecca 5 K swim

Saturday August 12 Lake Minnetonka 5 mile challenge

Saturday Sept 9 JJ Hill Days 1 and 2 mile swims

# 2017 U.S. Masters Swimming Summer National Championship at the Jean K. Freeman Aquatic Center at the University of Minnesota August 2 – 6, 2017

## Sponsorship Opportunities

- Gold Medal: Signage, Listed in program, announced at meet, goody bag opportunity - \$500 and above
- Silver Medal: Signage, Listed in program, announced at meet - \$250
- Bronze Medal: Listed in program, announced at meet - \$100
- In Kind Donation: Listed in program
- Individual event sponsors: Listed in program, announced at meet - \$50
- Other opportunities: Provide bags for athlete goody bags, swim caps

Contact Carrie: [carinjoe@aol.com](mailto:carinjoe@aol.com) for more information.

United States Masters Swimming (USMS) is a national membership-operated nonprofit organization for Masters swimmers (i.e. aged 18 years old and over) that has over 60,000 members across the country.

- Member Demographics
  - Average age is 46. Age range is 18 to 100+
  - 52.9% Male, 47.1% Female
  - 95.3% have earned a college degree or higher
  - 55.2% have a household income over \$100,000
  - 82.3% own their own home
  - 84.1% are the primary decision maker in their household
  - 97.9% purchase products via the internet

At the 2017 U.S. Masters Swimming Summer National Championship, we expect to have over 1,000 swimmers participating throughout the 5 day meet. We anticipate approximately 250 of those swimmers to come from Minnesota and 750 plus to come from the rest of the United States. A small number of international swimmers will also participate. In addition, we expect approximately 300 volunteers helping to host. The event will be held in the Olympic-sized pool at the University of Minnesota Aquatics Center with the pool setup in 50 meter or 'long course' configuration.

Contact Carrie: [carinjoe@aol.com](mailto:carinjoe@aol.com) for more information.

## Shoulder Study Update

Justin Staker is still looking for few more subjects to complete data collection for his PhD shoulder study. He is offering new participants 2 \$25 gift cards for individuals who are able to complete the study. An updated flyer is attached to this email.

### Qualifications:

We are looking for competitive swimmers 18-55 years old with shoulder pain and no previous surgeries. We need individuals who train at least 3 hours per week and swim about 2 miles per workout when healthy. Data collection involves receiving a clinical exam of your shoulder from a physical therapist and moving your arm while we use fluoroscopy to record your motion. Additionally we have qualifying participants undergo an MRI. There are no injections involved. All results of the clinical exam will be shared with the participant.

Interested participants can contact Justin for further details: [stak@umn.edu](mailto:stak@umn.edu). Alternatively you can complete the online questionnaire regarding your shoulder pain (link: [U of MN Shoulder Study Questionnaire](#)) and he will follow up once he gets results. Individuals who qualify for the fluoroscopy will receive a \$25 gift card and when they complete the MRI they will receive another \$25 gift card. Total time commitment is typically under three hours over 2-3 visits.