

# MINNESOTA MASTERS SWIMMING

## FEBRUARY 2017 NEWSLETTER

### Relaying For Fun At The Ice Breaker

*By Marc Anderson*

What a way to start off the year with a strong competitive showing at our January 22<sup>nd</sup> IceBreaker meet - 140 swimmers!! And what better way to start off the year with a few relays. There were 28 relay team swims, representing many Clubs / Workout Groups, five different age groups and including all categories; Women, Men and Mixed.

Relays are a way of coming together with “Clubmates” and building some camaraderie. It is a way to practice racing if you have been out for of the water for a while, or just started racing, or just because it is fun. One can dive off the blocks, dive from the deck next to the blocks or water start. Also, one can finish and get out of the pool, or just stay in the water by hanging on the lane line. Isn't the flexibility of Masters great?!!

At IceBreaker, for the first time in Minnesota Masters swimming history there were relays in the 75+ age group. These men in “Club” Minnesota Masters; Pete Magee, Bill Kansas, Niel Petersen and Dave Arlander; swam all five relays. Four swims were successful and set MN LMSC records. One swimmer was so aggressive in the 400 free relays that he left the blocks early and disqualified the team. Such has become a great excuse for repeating their attempt at a future meet. The biggest debate for the “75+ers” was who could swim 100 yards of butterfly in the 400 Medley Relay. The volunteer turned out to be the oldest in the group, Bill Kansas, who is 80 years young. And his form was great!!

“Club” Minnesota Masters also combined workout groups to create, for the first time, Women's 65+ 400 and 800 free relays. And the 65+ Minnesota Masters Men were again strong, beating three of their existing MN LMSC records, which by the way, were USMS Top Ten times last year. Additionally, there were relay teams all the way from Duluth representing the Nort'landers Club, from St Cloud from their YMCA workout group and from Woodbury from the SEMS workout group.

Relay your way to fun in 2017. Besides upcoming meets we have a great relay opportunity this year by hosting the Long Course National Championships in early August at the University of Minnesota Aquatic Center. Don't be intimidated by a national meet. In Masters, everyone gets to participate. Being there, feeling the energy, being able to say you swam at Nationals is a life changing experience. Let's put 100 relays together for that meet. *By Marc Anderson*

## **LODGING FOR SPRING NATIONALS IN RIVERSIDE, CA**

Minnesota Masters has reserved a block of 9 double rooms at the Double Tree in San Bernardino from Wednesday, April 26-Monday, May 1. The rate is \$129/night which includes 2 buffet breakfasts per room per day. The hotel is 15 minutes from the pool. Parking is free and the hotel is on restaurant row...so lots of dinner options within walking distance.

If you are interested in staying at the Double Tree in San Bernardino with Team Minnesota, call (909) 889-0133 before April 14th to reserve your room. Ask for the Minnesota Masters Swimming block. Or book via the link [http://doubletree.hilton.com/en/dt/groups/personalized/S/SBTDTDT-XMS-20170423/index.jhtml?WT.mc\\_id=POG](http://doubletree.hilton.com/en/dt/groups/personalized/S/SBTDTDT-XMS-20170423/index.jhtml?WT.mc_id=POG) using the group code "XMS"

Any questions, contact Alyssa Walsworth at [alyssa.walsworth@gmail.com](mailto:alyssa.walsworth@gmail.com)

We will provide more information about signing up for Team Minnesota soon.

## **Are You an club 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!

## **FEBRUARY MEET** hosted by Edina Masters

**Feb. 26, 2017 (Sunday) Edina Gator Meet** at University of St. Thomas

1000/1650 Events 9:30 – 10:40 AM All other events: 11:30 AM – 2:30 PM

Advance Registration: Register by Thursday Feb. 23 11:59 PM

Deck Entries taken until: Sunday Feb 26 10:30 AM for all events excluding 1000/1650.

Deck Entries taken until: Sunday Feb 26 9:15 AM for 1000/1650

Link: [Information and Registration](#)

"Relay Only" registration is also available for this meet.

# USMS POSTAL SWIMS

**2017 Speedo USMS One Hour ePostal National Championship**  
January 1 – February 28, 2017 **NEW: 2 month period to complete this!**  
[Information and Registration](#)

**2017 Jon Steiner Postal Pool Mile** Jan. 1 – Feb 28, 2017  
[Information and Registration](#)

**2017 February Fitness Challenge** Feb 1 – 28, 2017 [Information](#)  
Great Opportunity for Fitness Swimmers

**2017 Postal Swimtathlon League** Jan. 1 – Dec 31, 2017  
[Information and Registration](#) [2016 Results](#)

## Upcoming Events

**April 8 – 9, 2017** - Minnesota Masters State Meet at St Thomas – We hope to have Information and Registration available by Feb 17. Watch the website for updates.

**April 27 – 30, 2017** - USMS Spring Nationals in Riverside, CA [Link with info](#)

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

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

**Saturday June 17** - Lake Harriet 1 and 2 mile swims

**Saturday July 15** - Lake Rebecca 5 K swim

**Saturday August 12** - 26<sup>th</sup> Annual Minnetonka Challenge 5 & 10 mile

**Saturday Sept 9** - JJ Hill Days 1 and 2 mile swims

**August 2 – 6, 2017 (Wed – Sun)**

**USMS Summer Nationals at University of MN Aquatic Center.**

**We need sponsors.** Minnesota Masters is holding the 2017 Long Course Summer Nationals at the University of Minnesota on August 2 – August 6. We will be hosting around 1000+ swimmers, not only from the United States but also from beyond our country's borders as well. We, as a steering committee, are counting on you, the members of Minnesota Masters, to help make our meet a success!

Right now we are looking for connections to companies/businesses that might be interested in sponsoring the meet with in kind (i.e. product, meals, samples, printing or other services) or cash donations.

Thinking BIG (Target, BestBuy, TCF/USBank, 3M etc.) and small (independently owned service, sales, and professional enterprises) We need them all!! ...and everything inbetween (coffee shops, bagels, restaurants, etc.)

Please contact Carrie at [carinjoe@aol.com](mailto:carinjoe@aol.com) with your name and any such connections that you might have.

**Minnesota Masters Swimming will be offering swim lessons for Adult Learn to Swim Month (ALTS) in April 2017.**

Interested in participating as an instructor or have any questions about ALTS? Contact Amy Mead, co-chairman of the MN Masters ALTS committee. [akraussmead@gmail.com](mailto:akraussmead@gmail.com).

**Joint Swimming Study:** Justin Staker, PT, is still seeking individuals with shoulder pain for his graduate work at U of M. You must be 18-55 years old, swimming 3 hours per week and other qualifications. Email [Justin](mailto:Justin) to see if you can participate.



[www.minnesotamasters.com](http://www.minnesotamasters.com)



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