

2020 was essentially a loss year for USMS and SMS Championship Meets as none were held due to

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Plans for USMS and SMS for 2021

Like with many sports COVID 19 which caused the cancellation of most USMS sanctioned pool swim meets in 2020. The SMS planned a meet in Biloxi Ms for April 2020 was essentially a loss year for USMS and SMS Championship Meets as none were held. The Senior Olympic National SCY competition was canceled in 2020 and rescheduled for May, 2021. Also canceled were the LCM and SCM Championships for SMS in 2020 and the Spring SCY and Fall LCM National USMS Championships for 2020.

As of the time of publication of this *January Lane Lines* the host team and dates for SMS SCY Championships are unknown. We have approached the Pelican Athletic Club in Mandeville. They have hosted the popular SCY sanctioned meet for eight years usually on the last Sunday in September. Charlie Hoolihan, past SMS General Chair, is the starter, and Don Carroum is the Meet Director of this fun, low key swim meet. The SMS board is also working on a host team and tentative dates for the LCM and SCM Championships. Only the five USMS e-Postal events have been scheduled plus the USA Master Games for June 24-27 in Grand Rapids Michigan (see swim meet schedule on page 4).

Hopefully, each of our Southern Master Swimmers has been able to swim with a team or at least on your own during 2020, and are planning to compete in meets in 2021. Your SMS officers, as shown in the right column, have been working diligently to obtain a host team and pool for the SCY Championships which will have to be held probably in June or even July. The place and dates of the LCM Championships is also in question as well as for the USMS LCM Nationals, but Biloxi is a possibility for SMS LCM Championships. It is anticipated that both SCY and LCM National USMS Championships will be held in 2021.

In past years, USMS has held about 500 meets each year for those 50% of the members who say they compete. If you are one of those who has competed before, you have missed competing to improve your time, place, help the team win points on a relay, get in the Top Ten or set an SMS record. If you haven’t competed in a USMS or local SMS meet you are missing out on low key, fun competition as well as socializing with other team members or lap swimmers who swim because they enjoy feeling fit plus eating and drinking without guilt.

Look for entry forms for the SMS SCY Championship meet in your email sent by Rick Hartman, the Sanction chairman when they become available.

# Swim Meet Schedule 2021

One Hour e-Postal 25-yard pool January and February 2021

3000 & 6000-yard e-Postal 25-yard pool May 15 - August 15 2021

SMS SCY Championships Possibly Mandeville TBD

USMS Spring SCY Nationals TBD TBD

La. Senior Games (LSG) LSG in N. O. May - November 2021

2020 USA Master Games Grand Rapids Mi June 24-27 2021

SMS LCM Championships TBD TBD

USMS Fall LCM Nationals TBD TBD

5k & 10k e-Postal 50m pool Sept 15 – Nov15 2021

Pelican Athletic Club 25-yard pool TBD usually last weekend in Sept.

2022 National Senior Games Ft. Lauderdale Fl. May 10-24

Meet SMS Lane Line Editor Doug Holmes

Doug Holmes began masters swimming in 1972 when it was a sub-committee of AAU, and swam in his first National Masters Meet in 1978. Doug organized master’s meets in the Hurricanes’ pool in Slidell in the 1970s and swam in events with other adult swimmers in AAU age group meets around the state. In 1982 the USMS separated from AAU and formed its local masters swim club (LMSC) SMS covering La. and Ms., and Doug became the first SMS Treasurer. He was the SMS Secretary and *Lane Lines* Editor from 2010-17 and frequent SMS delegate to the Annual USMS Conventions.

Doug grew up in Columbus Indiana across the street from a public 50m pool, swam in summer AAU meets, in high school and at DePauw U. He has swum masters with Northshore Masters, Franco’s Fin Masters, Crawfish Masters, and Southern Master Swimmers. He has 162 Individual Top Ten times (plus 17 relays), including seven All-American times (first in his age group in the country in 100m breast, 400m IM, 200m Fly, 200m Fly,10K, 6000 yd & Men’s 200 IM Medley Relay). He held one USMS National Record in the 100 Breast (SCM at age 50 in 1986), several Top Ten times (including two second places) in FINA (world masters), 200+ Dixie Zone Top Ten places, and 250+ SMS records of which he still holds 89 from age 55 through 84. Doug holds SMS distance records in 5K, 10K, 3000yd, 6000yd and One Hour swim in 70-74, 75-79 & 80-84 age groups. He was SMS Outstanding Male Swimmer in 70-74 & 75-79 age groups. He has a trunk full of gold, silver, and bronze metals from USMS National Championships, Senior Olympic State and National Games and YMCA Nationals. His times plummeted 24% after he suffered A-Fib at age 75, but he still competes and is looking forward to being the youngest guy on the blocks at age 85. He cross trains and has competed in many Crescent City Classics and Corporate Cups as well as a few marathons. He has competed in triathlons and has record finishes in 75-79 and 80-84 age groups in Crawfisherman Triathlon, and sixth place in 75-79 age group in USA National Triathlon and a position on Team USA. Doug is the oldest finisher in the USMS Butterfly Nuts (swim 500+ yds of butterfly) and Franco’s Ice Man Splash (5K run and swim in the always cold Tchefuncte River on New Year’s Day).

Doug wants to help the SMS and USMS to survive and grow after Covid19, and thinks he can help by communicating with the SMS members and keep them informed by issuing Lane Lines quarterly which has not happened for the last three years after he retired in January 2017.

Your SMS Board needs volunteers to fill positions on the Board. The following SMS Board positions are open:

Vice Chair: This is an elected position so only until the next elections. Vice Chair helps General Chair and fills in for his absence at SMS board meetings, conference calls, and annual meetings. Both help schedule meets, timers, greeters, caterer and coordinate with Officials Chair for heat sheet, entry forms, obtaining starter/officials, electronic timing/watches, personal to take times on site for USMS/SMS sanctioned published records.

Top Ten Chair: This is an appointed position. When a SMS member swims a Top Ten time in their age group at any sanctioned USMS swim meet the chair would make sure they are recognized by the USMS and/or Dixie Zone for swimming a Top Ten time during the calendar year. The chair is also responsible for keeping the SMS records up to date for pool, open water, and e-Postal events. The SMS member who swims a Top Ten or a SMS record time should inform the Top Ten Chair, who is responsible for updating the records on the SMS website. Responsible for publishing outstanding SMS male and female swimmers (based on most Top Ten swims annually), SMS coach of the year and Hall of Fame inductees if any nominations.

Webmaster: The Webmaster is responsible for keeping the SMS southermastersswimming.com website current with upcoming meets, SMS meeting minutes, officers and coaches’ contact data, Lane Lines, SMS records, etc.

Sanctions Chair: Responsible for working with meet directors to sanction SMS swim meets, ensure USMS rules are followed and results submitted to USMS etc.

If you are interested in volunteering for one of these positions, please contact Aaron Schneider, our General Chair, at [southernmastersswimming@gmail.com](mailto:southernmastersswimming@gmail.com)

Remembering Rob Cambias by Aaron Schneider 

Rob Cambias, our LMSC Treasurer, passed on November 25, 2020 at age 52. Rob was known for his love of swimming, music and food, but mostly for his love of life and the people he came across. The common thread throughout Rob's life was swimming. His swimming career started during the summer league at Green Acres Country Club at age 9 and continued throughout his life. He was a Great White Shark at age 10 and a Bolt from age 12 to 17 at the Metairie YMCA. Additionally, he worked as a lifeguard both at Green Acres Country Club and the Metairie YMCA, throughout high school and into college. The high point of Rob's long swimming career came in 1988 when he was a member of the LSU SEC Championship Men's Swimming & Diving team (the only SEC Championship Team in LSU Swimming & Diving history). Rob and his teammates were honored on the field in 2018 celebrating the 30th Anniversary of this Championship.

After college, Rob continued to compete in US Masters Swimming and rose to several leadership roles in SMS, holding board positions for nearly 20 years, thus fostering swimming competition for adults. Since 2008, Rob served as the Southern Masters Swimming LMSC Treasurer and was largely responsible for the outstanding financial position that our LMSC is in today. He also recently served as an LMSC Championship Meet Director and was also a national USMS Delegate at Large for the annual USMS National Convention. Prior to his role as treasurer, he served in multiple other volunteer roles for our LMSC.

In addition to Rob’s volunteer leadership roles in masters swimming, he was also known throughout the country as a top-level masters’ competitor. Throughout his years of swimming Rob amassed over 10 National Top 10 performances in his age groups (usually in the sprint Freestyle and Breaststroke events). When researching the South East Zone Top 10 performances, Rob’s name was a near permanent fixture. Year in and year out, Rob continued to achieve top level performances in the pool never appearing to slow down with age. Rob competed in 8 USMS National Championship Meets in both individual events and relays. When traveling for work or fun, Rob would seek out local meets wherever he visited. Not satisfied with the challenge of just masters swimming, Rob continued to compete in the USA Swimming Louisiana State Championship meets against swimmers 18 and 19 years old, until age 50, racking up 32 state meets in his career – a record that will likely not be broken for a long, long time... One of his dreams became reality when he competed against his own sons and nephew at the state level in the same event, giving them a good run for their money.

Rob wasn't content with just competing, so he strove to help other people to become better swimmers. He was a USA Swimming certified coach, a USMS Certified Coach, as well as a certified High School Coach. He was the co-founder and coach of Riptide Masters Swimming at the UNO Lakefront Aquatic Center and helped this program grow from just two swimmers to over 40 in just two years. He led stroke clinics and helped to recruit new USMS members. Rob also served as Ursuline High School's Head Swim Coach for the past two years, where he had the opportunity to coach his daughter.

Rob will be missed by all of us in the swimming community, as his dedication and passion for swimming, coupled with his genuine caring personality made him a true ambassador for masters swimming!

**How SMS Teams Manage COVID-19 contributions by Aaron Schneider, Nan Fontenot, Mia Erickson Stevens, and Amanda Janszen**

We surveyed the coaches of some of the larger teams and workout groups in our LMSC to learn how different groups were managing the COVID-19 pandemic. The teams and workout groups that were surveyed included Gulf Coast Multi Sport in Slidell, YMCA of NW Louisiana in Shreveport, Crawfish Masters in Baton Rouge, and Riptide Masters in New Orleans. We found a lot of similarity across each group’s protocols, but also some differences. The goal of this summary is to simply share what different groups are doing to managing the COVID-19 pandemic across our LMSC, so we can all learn from each other.

What similar policies are being followed:

* Do not come to practice if you are sick or feeling any possible symptoms of COVID-19.
* Masks to be worn while arriving and leaving the pool area and when standing on deck (basically anytime you are not swimming)
* Follow the CDC Guidelines if you have been exposed to or tested positive for COVID-19.
* No sharing of equipment while at the pool, bring your own equipment to and from each practice.
* Social distance while on the pool deck
* Limitations on the number of swimmers per lane – both similarities & differences here
* Coaches to wear masks while on the pool deck during workouts.
* Hand sanitizer and/or disinfecting wipes are made available at workouts.

What different policies are being followed:

* Use of locker room areas:
  + Some facilities have locker rooms completely closed (swimmers must arrive and leave in their swimsuits, bathroom area open for use, but no changing clothes in the bathroom area is permitted), some allow limited access (limiting number of people allowed in the locker rooms at one time), and others have locker rooms available for use.
* Reserving workout space/Contact Tracing:
  + One group requires online sign up in advance of workouts to control the number of people at a given workout due to lane space.
  + One group has electronic key fobs for “touchless” access to the pool area and contact tracing purposes.
* Returning to swim after a positive test, close contact with a COVID-19 positive (or presumptive positive) individual, or attendance at any gathering of 50 or more people:
  + One group requires a negative COVID-19 test prior to returning to swim if any of the above conditions are met. A copy of the negative test must be provided to the coach prior to returning to practice, regardless of the time that has elapsed since the occurrence.
* Sign in Sheets & Temperature Checks:
  + One group requires a sign in sheet at each workout, attesting to not having any COVID-19 symptoms, and temperature recorded prior to entering the pool
  + One group has temperature checks at the facility entrance.
* Number of swimmers per lane and social distancing while in the water:
  + One group only allows 2 swimmers per lane, while starting from opposite ends (unless the 2 swimmers in the lane agree that they can be at the same end)
  + One group has 1-2 swimmers per lane regularly.
  + One group regularly has 3 swimmers per lane (no more than 2 at one end and 1 starting from the other end of the pool, also no 2 swimmers can be on the same wall at the same time)
  + One group allows up to 3 people per lane (per state regulation)
* COVID-19 Waivers & Policies
  + One group requires all swimmers to sign a waiver/release of liability relating to COVID-19 and sign a separate COVID-19 Policy and Regulations form prior to participation.

As you can see from these policies, each group surveyed is managing the COVID-19 pandemic with both similar policies, as well as some differences. The goal of this survey was to share with our members what different teams/workout groups are doing regarding COVID-19 pandemic management.

What policies exist with your team, workout group, or facility?

On behalf of the Southern Masters Swimming LMSC Board of Directors we hope that you remain safe and well during these challenging times.