

KENTUCKY WAVES

Spring/Summer 2005

Let's Get Acquainted, SKY!

By Joanne Tingley

Kentucky LMSC

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Susan Ehringer, CHMS
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Wally Ferrier, HAM
Lindsey Gutmann, BUMS

Joan Hopkins, COLA
Janice Kregor, WILD
Pam Luebbe, LAKE
Tom Mester, CHMS
Gail O'Malley, WILD
David Oyen, EMS
Mark Rogers, WKGG
Robin Segnitz, WILD
Kent Waide, MYM
Michelle Ward, CHMS

Our club, SKY, is made up of 14 teams (or workout groups) throughout Kentucky, all registered with Kentucky Masters Swimming. Here are the team names, locations and contact person for you to know. A few teams are large, and many are smaller. Getting acquainted with our clubmates can only be an advantage at in-state meets as well as out-of-state meets. Just ask those who have attended a national championship!

- Ashland Y Masters (AYMS), Shane Strait, sstrait@alltel.net
- Baptist East Swim Team (BEST), Mary Duke Connell, mdconnell@baptistmilestone.com
- Bellarmine University Masters (BUMS), Lindsey Gutmann, lgutmann01@bellarmine.edu
- Colonel Aquatic Masters (COLA), Joan Hopkins, joan.hopkins@eku.edu
- Crescent Hill Masters (CHMS), Tom Mester, tjmester@bluegrass.net
- Eagles Masters Swimming (EMS), David Oyen, d-oyen@morehead-st.edu
- Highbridge Aquatics Masters (HAM), Wally Ferrier, wferrier@uky.edu
- Lakeside Masters (LAKE), Mary Graves, mtgraves@lakesideswim.com
- Madisonville YMCA Masters (MYM), Kent Waide, rucoblox@bellsouth.net
- Northern Kentucky Masters (NKYM), Marcie Stander, nkymasters@yahoo.com
- Owensboro Marlin Masters (OMM), Bob Adams, adamsrw@prodigy.net
- Paducah Area Masters (PAMS), Paul Murphy, swimdownhill@aol.com

- Western Kentucky Green Gators (WKGG), Mark Rogers, rocketrog@aol.com
- Wildcat Masters (WILD), Meg Smath, megsmath@bluegrass.net

And remember our independent swimmers, who are registered with USMS as members of SKY, but not affiliated with a local team. You know who you are—let us meet you!

And remember to use your club/team ID on each meet entry!

Scoring at Kentucky LMSC-sanctioned meets with more than 10 events is by team. Relays, when identified as SKY, will be scored as such. All Top 10 and national records will be listed as SKY.

Let's get acquainted and enjoy each other's company at meets! 🏊



Photo by Meg Smath

SKY swimmers getting to know each other at last year's Short Course Nationals in Indianapolis.

Kentucky Waves
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Definitions:

SKY (Swim Kentucky) is the Masters *club* you belong to. SKY is registered with United States Masters Swimming Inc.

The group you work out with is a *team*. The team is registered with Kentucky Masters Swimming, which is a division of USMS Inc.

Meets sanctioned in Kentucky with more than 10 events are scored by *team*. Mini-meets (meets with fewer than 10 events) are scored as SKY.

All meet results go to the national records chair as SKY.

You are listed in the national database as being a member of SKY.

On entry forms for Kentucky sanctioned meets, indicate SKY/team.

National Dates to Remember

August 10–14:

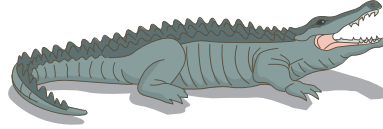
National Long Course Championship, Mission Viejo, Calif. Contact Mark Moore, m.w.moore@cox.net

September 11–18:

USMS National Convention, Greensboro, N.C. Kentucky delegates: William Tingley, Mike Lemke, Meg Smath, Joanne Tingley, Tom Mester, Susan Ehringer, Mark Gill.

WKGG Meet Biggest Yet!

Ninety-five swimmers hit the water in Bowling Green on January 29, 2005! This was the largest meet the Western Kentucky Green Gators have hosted since the inception of the meet in the late 1980s. Nine clubs were represented from five states: Kentucky, Indiana, Illinois, Alabama and Tennessee. The Kentucky club, SKY, was well represented by seven of the 13 teams that make up SKY. These



teams are located in several cities throughout the commonwealth, and are scored separately in Kentucky sanctioned meets.

Overall club winners were Middle Tennessee Swim Club of Hendersonville, Tenn., coached by Ron Chiasta, which won the large club trophy. Another new club, Vanderbilt Masters, with six swimmers, took home the small club trophy. Congratulations to the trophy winners—we hope to see you next year! 🏆

Records Set at Wildcat Meet!

Thanks to everyone for coming to the Wildcat Masters Invitational. We hope you had a great time!

We had 120 swimmers from Kentucky, Indiana, Tennessee, Ohio, Alabama and West Virginia participate in the meet. Congratulations to Crescent Hill Masters, winners of the large visiting team trophy; Charleston Family YMCA, winners of the medium visiting team trophy; and Western Kentucky Green Gators, winners of the small visiting team trophy (by only 1 point over Colonel Aquatics Masters!).

The following meet records were set (* indicates also an LMSC record):

Women

30-34 50 back: 30.68, Alexandra Nieto (CHMS)
40-44 1650 free: 21:42.85, Marci Casey (WILD)*
45-49 100 free: 1:01.62, Cindy Ciampa (PAMS)
45-49 200 free: 2:13.41, Cindy Ciampa (PAMS)*
45-49 500 free: 5:55.56, Cindy Ciampa (PAMS)*
45-49 100 fly: 1:11.24, Cindy Ciampa (PAMS)*
50-54 50 free: 33.53, Wendy Medley (LAKE)
65-69 1650 free: 26:06.83, Susan Bradley-Cox (WILD)

Men

30-34 200 fly: 2:05.34, Scott Dick (CHMS)
35-39 1650 free: 17:22.52, Rob St. Jean (CFYM)
35-39 100 back: 57.33, Rob St. Jean (CFYM)
35-39 200 back: 2:02.72, Rob St. Jean (CFYM)
35-39 100 breast: 1:01.56, Abraham Solano (LAKE)*
40-44 200 free: 1:54.40, Rick Van Dyke (SWOM)
40-44 500 free: 5:13.27, Rick Van Dyke (SWOM)
40-44 100 fly: 56.38, Rick Van Dyke (SWOM)
40-44 100 IM: 57.44, Rick Van Dyke (SWOM)
40-44 200 IM: 2:07.34, Rick Van Dyke (SWOM)

40-44 400

IM: 4:38.81,

Rick Van Dyke (SWOM)

45-49 50 breast: 30.90, John Voorhees (CHMS)

45-49 400 IM: 5:04.67, Cork Haberek (AYMS)

55-59 100 free: 56.04, Lynn Olson (WKGG)

55-59 200 free: 2:08.79, Lynn Olson (WKGG)

60-64 100 free: 1:03.12, Tom McTernan (SWOM)

60-64 100 breast: 1:15.70, Terry Palmer (HUNT)

60-64 200 breast: 2:47.36, Terry Palmer (HUNT)

65-69 50 breast: 37.17, Ralph Johanson (CHMS)*

70-74 1650 free: 25:54.43, Dick Chisholm (SWOM)

80-84 100 free: 1:39.46, Doug Strong (DOC IU)

80-84 200 free: 3:44.97, Doug Strong (DOC IU)

80-84 400 IM: 11:54.34, Doug Strong (DOC IU)

Relay

Mixed 55+ 200 medley relay: 2:34.07, Wildcat Masters (Bill Sturm, Tita Arnold, Denny Hamilton, Susan Bradley-Cox)

Thank to our officials—Jan Goff, Bob Walker, Bob Adams, and Mike Lemke—for standing out there on that concrete all those hours. We couldn't have the meet without them! Thanks also to our volunteer timers; Clifton Cox for T-shirt design; Tracy Elton and Pat Luther for being clerks of course; and Sarajane Doty for hospitality.

Again, thanks for coming, and we hope to see everyone back next year! 🏆



Registration Reminders

By Joanne Tingley

Meet Entries. To help your registrar, Top 10 chair, meet directors, and clerks of course, remember to sign all meet entries with the exact same name that is on your USMS card—if your card says "Michael," do *not* sign "Mike"!

Meet Identification. This is vital for the USMS registration administrator and Records and Tabulation Committee chair, along with our Kentucky registrar, Top 10 chair, and meet directors. On each meet entry, identify yourself as SKY/team. First because you are a member of Swim Kentucky Masters (SKY), the club registered with United States Masters Swimming, and second because you are a member of a Kentucky team or workout group, registered with Kentucky Masters Swimming. SKY swimmers not affiliated with a team are SKY/INDE (independent).

USMS Card. If you happen to misplace or lose your card, please contact the registrar immediately. There is a \$1 charge to replace the card and mail it to you. Here's a good idea: make copies of your USMS card!

Change of Address. Please send promptly to the registrar so that the Kentucky and national databases will be updated, and *USMS Swimmer* magazine and renewal forms can be sent to your new address.

30-Day Tryout Form. This form allows a swimmer to participate in a structured workout only. To compete in a sanctioned meet, you must be a registered member of USMS, by completing the registration form and paying the appropriate dues. 🏊

SKY All-Americans, 2004

Short Course Yards:

- Christina Sheets (25-29 women: 50 breast, 100 breast, 200 IM)
- Jennifer Clifford Cox (25-29 women: 200 breast)
- Dorothy Riordan (90-94 women: 50 back)
- Lance Asti (19-24 men: 100 free, 50 back, 100 back)
- Craig Pickering (25-29 men: 400 IM)
- Men's 19+ 200 free relay: Lance Asti, Craig Pickering, John Stratman, David Sheets
- Men's 25+ 800 free relay: Dale Mercker, Robbie Allen, Jerrod Kappler, Craig Pickering

Long Course Meters:

- Dorothy Riordan (90-94 women: 50 free, 100 free, 50 back, 100 back)
- Jerrod Kappler (25-29 men: 50 free, 100 free, 50 fly)
- Abraham Solano (35-39 men: 200 breast)
- Women's 100-119 800 free relay: Jennifer Kappler, Lauren Minto, Katie O'Brien, Leslie Weeter
- Women's 200-239 800 free relay: Diane Bellafronto, Denise Furnish, Anne Huntington, Linda Hubbuch
- Men's 76-99 800 free relay: Daniel Burford, Chris Tingley, Conrad Rodas, Nils Lofgren
- Men's 100-119 800 free relay: Jerrod Kappler, Craig Pickering, Jeremy McGrew, Jose Manuel Nieto
- Mixed 100-119 400 free relay: Lauren Minto, Katie O'Brien, Jose Manuel Nieto, Keith Adams

SKY swimmers at Y Nationals

Congratulations to our four SKY swimmers who competed at YMCA Masters Nationals in Indianapolis April 21–24. Bill Cox, Mark Etter, and Cork Haberek, all of Ashland Y Masters, competed in the 45–49 age group, and Mark Gill, of Crescent Hill Masters, competed in the 35–39 age group. Extra congratulations to Cork, who broke two LMSC records in Indy (indicated by *). Their results:

Bill Cox: 1650 free, 5th, 19:43.88; 200 fly, 4th, 2:35.07; 200 back, 7th, 2:32.33; 200 breast, 8th, 2:39.09; 200 IM, 12th, 2:26.48; 500 free, 12th, 5:45.85

Mark Etter: 100 back, 4th, 1:01.93; 200 back, 5th, 2:20.99; 50 back, 4th, 28.17

Mark Gill: 400 IM, 4th, 5:26.57; 200 free, 9th, 2:05.85; 100 back, 8th, 1:07.47; 100 free, 10th, 53.63; 50 fly, 5th, 25.78; 500 free, 9th, 5:57.21; 50 free, 7th, 23.99; 100 fly, 6th, 1:00.33

Cork Haberek: 400 IM, 5th, 4:54.94*; 50 breast, 5th, 31.10; 100 IM, 13th, 1:03.23; 200 breast, 5th, 2:31.88; 100 breast, 5th, 1:08.07; 200 IM, 8th, 2:16.29*

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Dates to Remember!

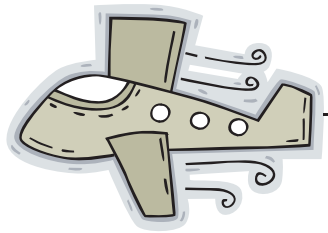
June 18–19, long course meters meet hosted by Crescent Hill Masters at Mary T. Meagher Natatorium, Louisville. Contact Mike Lemke, mcl@bluegrass.net

July 10, long course meters mini-meet (for Kentucky LMSC members only). Lakeside Swim Club, or a pool in your area. Contact Tom Mester, tjmester@bluegrass.net

August 6–7, long course meters meet hosted by Lakeside Masters at Lakeside Swim Club, Louisville. Contact Joannee Tingley, jtging78@bellsouth.net

FYI: Open-Water Swim

The 2005 Eastern States 2-Mile Cable Swim will be held at Chris Greene Lake, Charlottesville, Va., Saturday, July 16. This is a 2-mile swim around a quarter-mile straightaway cable. There will be two heats. For safety reasons, swimmers who cannot complete the 2 miles in two hours should not enter. For further information, contact Dave Holland, Race Director, phone: (804) 282-6224, email: dholland@nmc.edu.



SKY Writings

Welcome two new SKY teams!

Paducah Area Masters Swimming. Coach Paul Murphy came from a swimming background in St. Louis, Mo. He swam as an age-grouper and Masters swimmer, where he enjoyed the 5:00 a.m. workouts that jump-started his day, and wants to bring that same aquatics experience and enthusiasm to the Paducah area. The PAMS group started with three swimmers and currently has 11 on the roster. Two swimmers have competitive experience, while the other swimmers are experiencing the thrill of training with a team. Two have adopted the butterfly as their favorite stroke! Most are reaching their desired fitness level within weeks. "Seeing the results that our swimmers achieve validates what I do, which is to dedicate my full energy to coaching the sport of swimming," states Coach Paul.

Highbridge Aquatics Masters. Founded by Alma and Wally Ferrier, this new team is based in the Lexington-Nicholasville-Wilmore area. The team is composed of the parents of swimmers

on the Highbridge USA team, which includes assistant coach Holly Jackson and head coach Chris Fugmann. The team works out at the Luce Center at Asbury College in Wilmore for the short-course season and will use Tates Creek pool for the long-course season. They're looking forward to upcoming meets in the area.

Bellarmino University Masters Swimming. From Lindsey Gutmann: BUMS has finally been approved as a club sport sponsored by the athletic department of Bellarmine University! After four years, we have convinced Bellarmine that swimming would be a great addition to our university. Our ultimate goal is to be recognized as an NCAA sport so that we can represent our school, just like other athletes who meet the requirements set up by the athletic director and adhere to academic standards and the code of conduct established by the NCAA and the university. We thank Masters swimming for your support during this endeavor.

Crescent Hill Masters. Tom Mester reports on

the USMS National One Hour Postal Swim: "The event was held in January as a national championship and fitness event. Our club, SKY, placed fifth in the medium team group and eighth overall. Our total yardage swum in the event was 201,310 yards! Congratulations to third-place finishers Susan Bradley-Cox (65-69), Robbie Allen (35-39), and Jerrod Kappler (25-29). Two SKY relays placed in the top 10: Men 25+, fourth (Eric Atnip, Jerrod Kappler, Kirk Buese, 14,605 yards) and Men 35+, second (Robert Holmes, Dale Mercker, Robbie Allen, 15,580 yards). Way to go, SKY!

Lakeside Masters. At the Wildcat state championship meet in Lexington, Wendy Medley broke the women's 50 yard free record set by Lakeside Masters swimmer Carol Ferguson in 1987, in a time of 33.53. Well done, Wendy!

Western Kentucky Green Gators. Mark Rogers reports from Bowling Green that team member Jeff Stein ran the Boston Marathon on April 18 for the eighth time. As in years past,

his run was sponsored by a number of donors to raise money for the LAM Foundation, which benefits patients with a certain rare lung disease. Jeff's cousin, who has the disease, watched the run from the sidelines. Even after the race, Jeff gladly accepts donations to the cause from any who may be interested. SKY is proud of our athletes who use their talents for such good causes.

After thinking it over for 13 years, veteran WKGG swimmers Lynn Olson and Julie Walker have decided to tie the matrimonial knot on April 30. Afterwards, the couple will reside at 811 Covington Street in Bowling Green. No final word yet on what name Julie will take, but we're pretty sure Lynn is keeping his name.

Wildcat Masters. We're still a fertile bunch in Lexington! T.G. Shuck and his wife recently had their second daughter, Stephen Gedney and his wife had their sixth child (a girl), and Claire Sweeney and her husband just had their first child (a girl). At the same time we celebrate with T.G., Stephen, and Claire, we

—Continued on page 6

New LMSC Records

Short Course Meters

Women

Age Group	Distance/Stroke	Name	Time	Team
25-29	50 free	Sarah Beltrame	28.62	CHMS
25-29	400 IM	Leslie Weeter	5:45.61	CHMS
35-39	200 fly	Michelle Ward	3:17.51	CHMS
45-49	50 fly	Pamela Borah	36.59	LAKE
50-54	50 free	Wendy Medley	37.02	LAKE
50-54	100 free	Wendy Medley	1:22.29	LAKE
50-54	50 back	Joey Blake	45.21	BEST
50-54	50 breast	Wendy Medley	49.94	LAKE
50-54	100 breast	Debbie Utz	1:49.27	LAKE
50-54	50 fly	Wendy Medley	43.36	LAKE
50-54	100 IM	Wendy Medley	1:36.04	LAKE
50-54	200 IM	Wendy Medley	3:26.28	LAKE
65-69	400 free	Susan Bradley-Cox	6:54.68	WILD
65-69	800 free	Susan Bradley-Cox	13:57.85	WILD
65-69	1500 free	Susan Bradley-Cox	26:17.71	WILD
70-74	50 breast	Mary Jane Mullins	1:06.41	LAKE
90-94	50 back	Dorothy Riordan	1:44.56	LAKE
90-94	50 breast	Dorothy Riordan	2:24.11	LAKE
90-94	100 IM	Dorothy Riordan	4:43.61	LAKE

Men

Age Group	Distance/Stroke	Name	Time	Team
25-29	200 free	Craig Pickering	2:01.99	LAKE
25-29	400 free	Craig Pickering	4:21.18	LAKE
30-34	100 free	Scott Dick	56.21	CHMS
30-34	400 free	Scott Dick	4:27.74	CHMS
30-34	50 fly	Scott Dick	28.06	CHMS
30-34	400 IM	Scott Dick	5:08.84	CHMS
35-39	1500 free	Dale Mercker	17:47.42	LAKE
35-39	100 breast	Abraham Solano	1:09.40	LAKE
35-39	200 breast	Abraham Solano	2:31.69	LAKE
40-44	200 free	Robert Holmes	2:10.74	CHMS
40-44	400 free	Robert Holmes	4:35.87	CHMS
40-44	800 free	Robert Holmes	9:41.63	CHMS
50-54	50 back	William Tingley	32.91	LAKE
50-54	200 back	William Tingley	2:40.24	LAKE
50-54	100 breast	Mark Kraemer	1:24.32	BEST
55-59	50 free	Jon Shastid	27.23	CHMS
55-59	50 fly	Jon Shastid	29.69	CHMS
55-59	100 fly	Jon Shastid	1:08.91	CHMS

Long Course Meters

Women

Age Group	Distance/Stroke	Name	Time	Team
45-49	100 free	Melinda Schmitt	1:09.96	LAKE
45-49	50 back	Sandra Marlowe	41.37	WILD
45-49	200 back	Mary Chris Curl	2:58.48	LAKE
45-49	50 fly	Pam Martin	34.23	LAKE
45-49	100 fly	Pam Martin	1:17.67	LAKE

—Continued on page 6

—"SKY All-Americans,"
continued from page 3

Short Course Meters:

- Dorothy Riordan (90-94 women: 50 free, 50 back, 50 breast)
- Abraham Solano (100 breast: 200 breast)
- Women's 100-119 800 free relay: Leslie Weeter, Katie O'Brien, Beth Hoyle, Lauren Minto
- Men's 120-159 200 medley relay: William Tingley, Abraham Solano, Mitchell Reinhart, Craig Pickering
- Men's 200-239 800 free relay: Michael Neal, William Tingley, Thomas Messter, John Graham
- Mixed 100-119 400 medley relay: Alexandra Nieto, Leslie Weeter, Jose Manuel Nieto, Scott Dick

Congratulations to all Kentucky national champions! Contact Tracy Grilli at usms@usms.org for your patches! 🇺🇸

USMS National Championships 2005

SKY T-shirts will be available for the 2005 USMS championship meets. Contact Pam Luebbe at luv2swim4497@msn.com or (502) 426-4497 to get your shirt and cap!

Need a roommate for Nationals? Contact Tracy Grilli at the USMS National Office (usms@usms.org) or Meg Smath (megsmath@bluegrass.net).

Kentucky Waves

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—"SKY Writings," *continued from page 4*

sympathize with Lynn Phillips, whose father passed away earlier this spring.

Like the Green Gators, we also had a teammate run in the Boston Marathon. Justin Saunders finished the course in a time of 3:21.18, competing in the very tough open division! 🇺🇸

—"LMSC Records," *continued from page 5*

Age Group	Distance/Stroke	Name	Time	Team
45-49	200 IM	Pam Martin	2:54.74	LAKE
50-54	50 free	Wendy Medley	37.05	LAKE
50-54	200 free	Wendy Medley	3:01.86	LAKE
55-59	50 breast	Anne Huntington	49.93	CHMS
90-94	200 back	Dorothy Riordan	9:08.20	LAKE

Men

Age Group	Distance/Stroke	Name	Time	Team
25-29	50 free	Jerrod Kappler	23.60	LAKE
25-29	100 free	Jerrod Kappler	53.05	LAKE
25-29	200 free	Craig Pickering	2:01.46	LAKE
25-29	400 free	Craig Pickering	4:22.82	LAKE
25-29	50 fly	Jerrod Kappler	26.01	LAKE
25-29	100 fly	Jerrod Kappler	1:00.43	LAKE
35-39	50 breast	Abraham Solano	32.25	LAKE
35-39	100 breast	Abraham Solano	1:10.59	LAKE
35-39	200 breast	Abraham Solano	2:35.29	LAKE
35-39	400 IM	Dale Mercker	5:13.67	LAKE
40-44	200 IM	Mike Neal	2:28.71	CHMS
45-49	100 breast	Keith Shepherd	1:16.51	INDE
45-49	50 fly	John Voorhees	29.57	CHMS
45-49	100 fly	John Voorhees	1:07.71	CHMS
45-49	200 IM	Keith Shepherd	2:39.18	INDE
55-59	50 breast	David Bates	38.81	WILD
55-59	50 breast	Jon Shastid	38.81	CHMS
55-59	100 breast	Jon Shastid	1:27.85	CHMS
55-59	50 fly	Jon Shastid	30.09	CHMS
55-59	100 fly	Jon Shastid	1:12.71	CHMS

