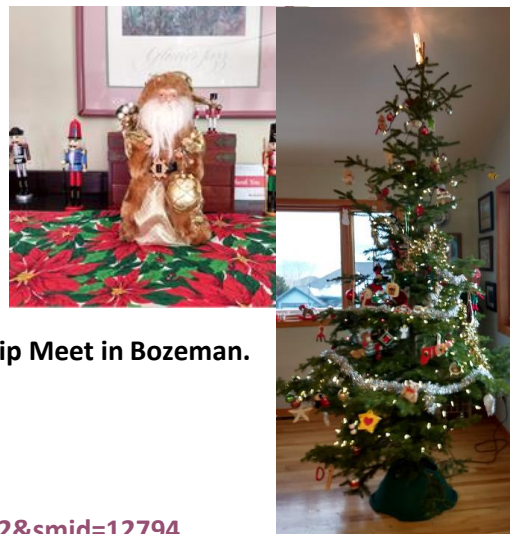




BIG SKY MASTERS NEWSLETTER DECEMBER 19, 2019 HAPPY HOLIDAYS!

Butte Swim Meet perfect for swimmers
who have not swam in a meet before or

swimmers looking for a warmup meet before Montana Championship Meet in Bozeman.



Saturday, January 25, 2020

Montana Masters Swim Meet Sanction # 310-S004

Swim Meet Registration closes Jan 22, 2020

https://www.clubassistant.com/club/meet_information.cfm?c=2532&smid=12794

EVENT SCHEDULE

Warm-ups start at 12:00 PM

Meet starts at 1:00 PM

Meet is estimated to end at 4:00 PM

#	Sex	Event
1	Mixed	200 Y Free
2	Mixed	200 Y IM
3	Mixed	100 Y IM
4	Mixed	50 Y Free
5	Mixed	100 Y Fly
6	Mixed	50 Y Fly
7	Mixed	100 Y Free
8	Mixed	500 Y Free
9	Mixed	100 Y Back
10	Mixed	50 Y Back
11	Mixed	100 Y Breast
12	Mixed	50 Y Breast



Mark your Calendars

Montana Masters Championship Dates February 29 and March 1, 2020

Hosted by Bozeman Masters Swim Club at the Bozeman Swim Center short
course (yards) meet

Link to Montana Masters Records

[Short Course Yards Montana Masters Records](#)

Bozeman, Big Sky, North Carolina and New England Masters "Mix it up at Teddy Bear Classic"



Age Group Meet on December 14-15, 2019 in Bozeman

Pictured Left to Right top: Peggy Stringer BSMT, Suzette Harkin BSMT, Charlotte Sanddal BSMT, Guro Lindgren BOZE, Connor Flanery BOZE

Pictured Left to Right bottom: Lori Rosolowsky BOZE, Janelle Munson-Mcgee NE, Dana Greene TAC-NC

Big Sky Master Swimmers'

Peggy Stringer & Charlotte Sanddal set 4 new Montana Masters Records

Peggy: 100 Free 1:17.18, 100 Fly 1:36.17, 50 Breast :48.08, 50 Free :34.13

Charlotte: 100 Back 3:13.92, 200 free 7:29.45, 50 Back 1:34.05, 200 Breast 9:56.37



The Ed Kellner Mile Swim will be held New Year's Eve December 31st, 2019. The YMCA Mile Swim is held in honor of Ed Kellner who inspired others to swim by mapping his miles swam along several U.S. waterways, including all 2,341 miles of the Missouri river.

All proceeds from the event are donated to the Helena Family YMCA Aquatics Department.

December 31st, 2019

[Click here to learn more & register!](#)



Congratulations Lydia

The Helena Ridley Workout Group presented Lydia Kuderna with the Charlotte Sanddal 2019 Inspirational Swimmer Traveling Trophy. Lydia received the trophy for encouragement and support for swimmers (aka Ridley's number one cheerleader) and for becoming a USMS stroke and turn official.

WANT TO BE A STROKE & TURN OFFICIAL?

Lydia Kuderna is the contact for Big Sky Masters to help people become a USMS official. Becoming an official is easy and you don't have to be a USMS member. Spouses, friends, swimmers can text Lydia for information at (406) 227-6028.

**USMS Level 1 & 2
Coach Certification
Saturday, May 9, 2020
8 a.m.–3 p.m.**

[LEARN MORE](#)

A course for full-time, part-time, volunteer coaches or anyone interested in becoming a Masters coach or starting and supporting a Masters program. From understanding the adult learner to writing workouts and coaching triathlon and open water swimmers. This certification course gives participants the skills and confidence needed to become a better coach.

**USMS Clinic Course
for Coaches**

**Sat. & Sun., May 9 & 10, 2020
2-part course**

[LEARN MORE](#)

This course instructs the Masters coach how to conceptualize, organize and deliver a stroke development clinic for swimmers. This course is only available to registered USMS certified coaches and may be taken along with the Level 1-2 course.

USMS Stroke Clinic

**Sunday, May 10, 2020
8:15 a.m.–12 p.m.**

[LEARN MORE](#)

USMS stroke development and improvement clinic for swimmers of all abilities. The goal is to help swimmers improve stroke technique and teach drills that will enable the continued refinement of strokes.

