

Montana Masters Swimming Newsletter



Welcome to our first issue of the Montana Masters Swimming newsletter. In these newsletters, you will find information on upcoming swimming events, results from past events, and stories of interest. We hope you find these newsletters informational, inspiring, and fun.

New Website Format

Perhaps you have noticed a few changes to our Montana Masters Swimming website? Our new Webmaster is Annie Kirklin. While this is a volunteer position, Annie is amazing at what she does and will help our LMSC website become easier to navigate and better suited to our community. So, check out our website at [Montana Masters Swimming - Montana Masters Swimming \(swimmontana.org\)](http://swimmontana.org)

Logo Competition

We are looking for Montana Masters Swimming logo ideas. Are you creative? Put your creative juices to the test and see if your logo wins. If you win, we cannot offer you a new car, but it will be for bragging rights and some USMS schwag. We encourage all USMS swimmers to submit a logo. We will present the results in the next quarterly newsletter. Please send the logos to Karen@bigskyendurancesports.com.

Past Events

March 18-19, 2023, Montana State Master's Swim Meet

There were 59 swimmers from three states who signed up for our annual state meet in Butte, Montana. The youngest participant was 18 years old, while Montana's oldest, but still young at heart, competitor was 101 years young. Many records were broken in many age groups. For complete results, please go to <https://swimmontana.org/2-0-competition/2-4-resultsandrecords/>

We are in the process of developing the 2024 Montana State Swim Meet, so please stay tuned.

April 27-30, 2023, USMS SCY National Championships - Irvine, CA

Montana had four swimmers representing at the 2023 Short Course Yards National Championships. Almost 2500 swimmers attended the national championships in Irvine, CA. All four Montana swimmers placed in the top ten in at least one event, and several had top five finishes. Wow! Way to go!

Wendy McNamara, Whitefish, MT had the following results: 5th 50 Yard Freestyle, 8th 100 Yard Freestyle, 2nd 50 Yard Back, 2nd 100 Yard Back, and 3rd 200 Yard Back.

Patrick Murtagh, Bozeman, MT had the following top ten finishes: 4th 50 Yard Butterfly, 5th 100 Yard Butterfly, and 10th 100 Yard Freestyle.

Kitrick Rhodes competed in 3 events had the following top ten finishes: 6th 1650 Yard Freestyle and 8th 1000 Yard Freestyle

Brady Baughman, Helena, MT, had a top ten result in the 8th 400 Yard IM

For full meet results go to <https://www.usms.org/events/national-championships/pool-national-championships/2023-pool-national-championships/2023-spring-national-championship/2023-spring-nationals-results-and-records>

May 19-21, 2023 Bozeman Smiles May Classic LCM

This was a dual sanctioned swim meet between USMS and USA-Swimming at the Bozeman Swim Center. There were some great races by both USMS and USAS swimmers. There were several USMS teams represented. For results, please go to

https://www.gomotionapp.com/mtms/UserFiles/Image/QuickUpload/2023-bozeman-smiles-may-classic-complete-results-with-masters_052676.pdf

October 14-15, 2023, Helena Lions Swim Team Jamie Turner Memorial Meet

For results for the Jamie Turner Memorial Swim Meet held in Butte, MT, please go to:

https://www.gomotionapp.com/mtms/UserFiles/Image/QuickUpload/2023-hlst-jamie-turner-memorial-complete-results-with-masters_002995.pdf

Upcoming Events

November 3-5, 2023 Mining City Classic – Butte, Montana

The Butte YMCA Swim Club will hold a dual sanctioned meet – 2023 MT BYSC Mining City Classic November 3-5 at the Butte YMCA. This swim meet is USMS sanctioned and all USMS paper entries need to be emailed to the Meet Director and Meet Registrar, Susan Huckleby, at shuckeby@msn.com by 10pm, October 27th. There is no online registration for Master's swimmers. Please use a USMS registration form. For more information go to

<https://swimmontana.org/event/mining-city-classic-meet/>

November 18-19, 2023 Ron Johnson Invitational at Arizona State University

This is a great opportunity to meet new friends and swim in the sun! The Phoenix greater area has fantastic restaurants and November usually has great weather! This is a well-run swim meet at ASU. Bring a buddy and come swim in the sun! For more info click on the link below:

<https://www.usms.org/events/events/2023-ron-johnson-invitational-arizona-state-championship-scm-meet-and-ultra-distance-extravaganza?!D=9874>

December 1-3, 2023, SPMS SCM Championships hosted by LB Grunions

Another fantastic swim meet to attend with your swim friends and just have a great time is the Southern Pacific Masters Short-Course Meters Championships. The warmup pool invites a lot of great conversation with new friends. The swim meet is being held at Long Beach City College Pool. Sanctioning is coming soon! Check the USMS website soon for more information.

Coaches Corner by Paul Landes

Welcome to Coaches Corner for our first newsletter.

I'm Paul Landes and I'm serving as the Coaches Chair for our LMSC. In the upcoming newsletters, I'll be offering up some pointers, workouts, interesting/helpful articles, and hoping to hear from many of you about what we can provide to meet your swimming needs.

We live in a large state which makes it difficult for many of us to get together to share swimming opportunities and to get to know each other better. One small step to help is to organize a group of swimmers who are interested in a "coached" session where you could be filmed and critiqued. Mark Johnston ran a film/critique session at our recent State Meet and the feedback Mark, and I received was nothing but stellar. So, as a coach, if you're interested in this with your team or, if you're a group of swimmers without a coach, please reach out to me and we'll find a way to make it happen.

Lastly, the internet has unlimited swim videos that we can all use to improve our technique. With this said, *caveat emptor!* I encourage my swimmers to look at videos and study them. My suggestion is to look for sites that are run by skilled and knowledgeable swim professionals. My favorite sites for videos are USMS, USA Swimming and The Race Club. Here's a recent Video published by The Race Club entitled – *Five Traditional Swimming Techniques We Should Abandon* - [The Race Club Video](#)

Happy Swimming and please feel free to reach out to me about anything swimming (or fly fishing)

Club Updates

Big Sky Montana Masters (BSMT) – by Bill Hughes

BSMT would like to acknowledge the contribution Peggy Stringer has made to the swimming community in Montana, especially her efforts here in the Helena area. Peggy has been a relentless advocate of providing access to quality swim coaching, building a supportive swimming community, and being a promoter of the USMS and associated events.

As a swimming enthusiast, Peggy has always been supportive of getting new members into the BSMT, regardless of their ability. Her passion for swimming helped create a cohesive swimming community that has benefited all of us in the BSMT. Peggy's support of the swimming community has gone beyond the pool, and she has helped numerous members with their personal and health challenges based on her sincere compassion as a good and caring person. When we left the Seattle area four years ago to move to Helena my wife Elisabeth, an active master's member for over 10 years, was lamenting on leaving a swim community with a multi-pool aquatic center, a 160+ member master's community, and a swim coach that had won multiple national and regional awards for her master's coaching. She quickly changed her tune when she joined the master's club in Helena. Great coaching and a great community that we both loved, although the facilities are lacking. Peggy and Paul were both very welcoming and there was a great swimming community that was embracing and supportive.

The good news is that even though Peggy has stepped down as President, she will continue to be active in the swim community and Masters.

Poolside Chat

by Jeanne Ensign, Montana LMSC Board President

Fall has arrived, and the cooler days are here, less sunshine and more rain have brought a new look to the landscape. The vibrant fall colors can create an energy within us. The MT LMSC board had an in-person meeting in early May and we, too, are newly energized. One of the results is this newsletter you are reading. We hope to keep you inspired, provide information about upcoming swim opportunities and events, and help you stay more connected with your Montana swim pals.

We have several newly elected and appointed members, along with our continuing board members. I encourage you to let them know how we can help improve your swimming life.

I am the newly elected (and returning) chair, Mark Brooke is our new Vice Chair. Karen LeFebre, Secretary, whose ideas, and efforts bring you this newsletter – Thank You, Karen! Other newly elected posts include Abby Thane Davis, Treasurer; Phillip Luebke, Sanctions Chair; Josh Huckleby, Top Ten and Records Coordinator; Gayle Phillips, Membership Coordinator; and Annie Kirklin, Webmaster. Continuing board members include Donn Livoni, Immediate Past Chair; Paul Landis, Coaches Chair; Susan Huckleby, Officials Chair; and our club reps: Bill Hughes (Big Sky Montana Masters), Suzette Harkin (Bozeman Masters), and Brady Baughman (Missoula Masters).

A huge thank you to our retiring board members: Dick Weber, vice chair (8 years); Marcie Bochman, Membership Coordinator (4 years); and Mackenzie Jones, Webmaster and Secretary (2 years). Donn Livoni has served as chair for several years – by my count at least 11 years, and while he continues as Immediate Past Chair, he gets to embrace being our sage mentor. To all of you, we deeply appreciate your combined years of service to Montana Masters.

Meanwhile – Just Keep Swimming!