

Ozark LMSC Newsletter – January 18, 2010

Hello fellow swimmers,

Hope your 2010 is off to a great start. If you are looking for a swim meet not too far away, our Missouri Valley LMSC neighbors are hosting a meet January 24th in Lawrence, KS. I swam this meet last year and the pool is nice and fast. Look for the meet information at the Missouri Valley LMSC website:

<http://www.movymasters.org/events.html>

February meets include our annual distance meet (1000 and 1650 yards) to be held February 7th at Ladue High School, hosted by CSPM. The meet information and entry form are available for download at www.OzarkLMSC.org. Be sure to note that no deck entries are permitted and the deadline for receipt of entries is Friday, January 29th.

Other February meets in neighboring states include the Indiana University-Bloomington, IN meet February 13 <http://www.grinswim.org/meets.html> and the Auburn, AL meet February 13-14 <http://www.ag.auburn.edu/~bailelc/2010.meet.entry.pdf>. Auburn is the site of the 2011 USMS LC Nationals.

Have you checked out the MY USMS section of the USMS website <http://www.usms.org/myusms/>? It's a great place to check your times and other neat stuff. Also the USMS Fitness pages have some wonderful motivational events like Go The Distance with awards like Nike-branded merchandise (cap at 50 miles, swimsuit at 500, gift certificates for higher-volume achievements) available for GTD participants meeting milestones. Daily totals are summed for all participants, and according to sex/age group. Sign up here: <http://www.usms.org/fitness/content/gothedistance>

Well, I'm off to the pool.

Stay wet and well.

Mary Pohlmann

Ozark LMSC Chair