



Stretching For Sinkers

If you've tried every trick in the book to help your body stay level and balanced while swimming and your legs still continue sinking to the bottom of the pool, your coach may affectionately refer to you as a "sinker." Strength / conditioning coach and USMS Sports Medicine Committee member Lisa Hiller offers up some simple stretching to help you become a balanced swimmer.

Masters Coach Certification Classes in Colonies Zone

US Masters Swimming has recently finalized schedules for the Level 1 and Level 2 Coach Certification classes in Colonies Zone. The improved courses are meant for all full-time, part-time or volunteer coaches. Level 1 discusses programs and management, while Level 2 concentrates on stroke development.

The schedule for Colonies Zone:

- March 31; Alexandria, VA
- May 12; Great Barrington, MA
- May 13; Boston, MA

Colonies Zone Short Course Meters Records Updated

Individual records for swimmers in the Colonies Zone have recently been updated to include times from the Canadian Masters Swimming Championships held in May 2011. Our zone is now accepting times for our record books from any FINA meet.

In addition, record keeper Chris Stevenson has separately listed all 90 new zone records that were set by zone swimmers in 2011. Congratulations to all.

Zone Meeting at Zone Championships, April 15

There will be a 2012 Spring Meeting of the Colonies Zone on Sunday, April 15 at 8:30am, prior to warmup at the Colonies Zone SC Championships, George Mason University pool.

Get Notified of Zone Events

The Colonies Zone web site is now sending out email notices of new events when they are added to the zone calendar. Send your email address to the [webmaster](#) to be added to the email list. When a new event is added to or updated in the calendar, a message will be sent to the list.



Alternately, for those who use a news feed, the same information will be available through an

RSS feed. Click on the orange feed icon in the left menu for the subscription through Feedburner.

SCY Zone Championship Results

458 swimmers entered the 2012 Short Course Yards zone championship meet at George Mason University during the weekend of April 13-15. In all, three new national records were set along with 51 new individual championship meet records and two relay championship meet records.



Congratulations to Leslie Livingston (Patriot Masters Swim Team) for her new national record in the 50 butterfly at 26.63, and to Clay Britt (Montgomery Ancient Mariners) for his new records of 56.06 in the 100 IM and 53.77 in the 100 backstroke.

First places for the club scoring were:

Large team: Binghamton Masters

Medium team: Patriot Masters Swim Team

Small team: Spring Valley YMCA Masters

Dot Donnelly Award Nominations Accepted

The purpose of our Dot Donnelly award is to recognize and honor swimmers in the Colonies Zone who exemplify the spirit of Dorothy Donnelly in their love of participation in the sport and their work to further Masters Swimming in their LMSC and the Colonies Zone.

One person each year will receive this award. Any Masters swimmer in the Colonies Zone may nominate someone from the Zone. Nominators fill out an application form giving details of the nominee's work. A selection committee is appointed by the Zone Chair, with the award made at the USMS convention in September.

This year's award nominations are now being accepted, with an August 15 deadline for submission. Submission instructions are on the form.

Coaches Level 1 & 2 Certification in New Jersey

New Jersey LMSC will be hosting the Level 1 & Level 2 USMS Masters Coach Certification Course this fall. The course will be held in a one day session on Saturday October 13 at the Cranford Community Center in Cranford, NJ.

The cost will be the same as other courses at \$120, and registrants need to be ASCA members.