



SPLASHLINES

June 2013

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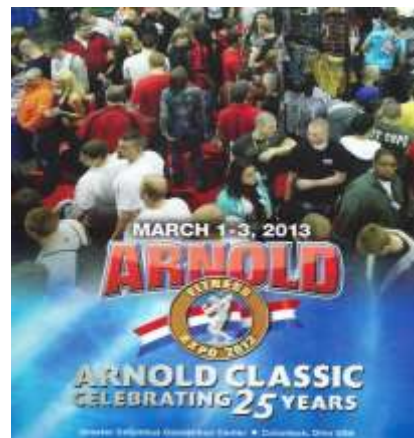
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UPCOMING MEETS – 2013

1. **June 30th** - Anderson Meet Long Course Meters, ME Lyons YMCA
https://www.clubassistant.com/club/meet_information.cfm?c=1559&smid=4489
2. **July 19 to Aug 1** - Senior Games, Cleveland, OH (17,000 Athletes)
More participants than the Olympic Games!
3. **July 27th – 24th** Annual Lake Erie Open Water Classic; ½ Mile, 1 Mile & 2 Mile Open Water Races
https://www.clubassistant.com/club/meet_information.cfm?c=1236&smid=4674
4. **August 7 to 11** - USMS Long Course National Championships; Mission Viejo, CA
5. **September 7th** - USMS Great Lakes Zone Open Water Championship
<http://www.bigshoulders.org/>

SAVE THE DATE – 2014

1. **March 1 & 2, 2014** - 1st Annual Arnold Swimming Championships, Columbus, OH



Swim to Stay Fit: Recreational Swimming

Recreational Swimmers... The Ohio LMSC wants to serve you too! Even though racing seems to take all the limelight, we are very committed to encouraging all the recreational (*non-competitive*) brother and sister swimmers in the state of Ohio.

Each of us has a different answer to the question: What motivates me to swim? We can only guess what your personal reason(s) might be.

Here are a few possibilities:

- Love for the feel and texture of water
- Being outside in the summer experiencing sunshine and getting a suntan or just warming up by a pool
- Being fit and how this allows us to look great in the stylish swimsuits we get to wear
- The mental aspects of a clearer mind and positive outlook that come from the relaxation we gain from this low impact sport
- Going to new locations and enjoying the discoveries of each place where a swim event may be hosted
- Being a part of a study group on how swimming positively decreases the effects of aging
- The social aspect of meeting new friends who share our passion for swimming, and of course
- For many of us... the challenge of completion - individually or as part of a team - competing against ourselves and others in our age groups.

There are probably other reasons, all of which lead us to the realization that we need to encourage and motivate **all** of our local Ohio Recreational Swimmers ... in addition to our competitive members.

One such program developed by the USMS in conjunction with Nike is the 2013 USMS National Nike Challenge. It's not too late to consider joining the Challenge this year... It's not competitive – Everyone wins!

There are awards for milestones – If you swim 50 miles (88,000 yards... that's 1,700 per week) then you will get you a swim cap; 250 miles; a swim bag and 500 miles; a swimsuit. Details on this program can be found at <http://www.usms.org/nike-swim-gtd>.



In addition to the National Nike Challenge, we're considering a special challenge just for the Ohio LMSC. If you have any ideas on how we might motivate and inspire our recreational swimmers in Ohio, please send them to Davetristar@yahoo.com.

We hope to announce the details of our exciting new program in the very near future. Any suggestions you might have will be greatly appreciated.

Swimming for a Cause

Save the Dates... March 1 & 2, 2014 ... The Ohio LMSC will be sponsoring one of the newest premier swimming competitions in the world.

The final details are being worked out... but don't wait! Go to your calendar and block out Saturday March 1, 2014 as the date to be in Columbus, Ohio for the 1st Annual Arnold Swimming Championships.

The host team will be the Columbus Area Sharks with 100% of the proceeds going to the Huntington's Disease Foundation. The meet will be part of the Arnold Sports Festival which has been held in Columbus, Ohio for 25 years.

The Arnold Sports Festival is the largest multi-sport event in the nation and should easily be one of the greatest sports-fitness experience of your life! The Festival welcomes more than 18,000 athletes annually who compete in more than 45 sports & events, including 12 Olympic sports. The addition of the USMS Sanctioned Arnold Swimming Championships will bring the total to 13 Olympic sports.

More than 175,000 fitness enthusiasts attend the Arnold Sports Festival each year to experience thrilling moments of sports competition and fitness entertainment.

Fitness shoppers enjoy the 700 booth Arnold Fitness EXPO offering the biggest names in health & fitness who present the latest trends in fitness apparel, supplements, and training equipment. Those who register for the Arnold Swimming Championships will automatically receive passes to the Arnold Expo.

Attendees enjoy the regular sightings of sport personalities, film stars, and the Weekend's namesake Arnold Schwarzenegger, who plans to make a personal appearance at the swimming venue during competition.

Our plan is to hold the event at the Ohio State University [McCorkle Aquatics Pavilion](#) which is one of the nicest and most accessible pools in Ohio.

We want to make sure this new event does not interfere with another of the area's best and most respected events... the Mardi Gras event that's normally held in Mid-February at Miami University. We will send a news release when all the details (*dates & venues*) are finalized.

Until then... **Save the Dates... March 1 & 2, 2014**

Contact Us!

- Please send any information regarding upcoming meets to OHSanctions@usms.org.
- Have an interesting article or fact (or two!) to share? Send it to OHEditor@usms.com