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## LOCAL MASTERS SWIMMING LEADERS RECEIVE NATIONAL AWARDS AND RECOGNITION

**Mark Rubacky** of Raleigh, President of the Raleigh Area Masters Swim Team, has been presented with the **USMS National Championships Meet Award** by United States Masters Swimming (USMS) in recognition of his significant contributions to USMS national championship meets. Mark served as the Meet Director for the 2021 U.S. Masters Swimming Short Course National Championships which took place in North Carolina in July.

In addition, **Hill Carrow** of Morrisville, volunteer CEO of the Triangle Sports Commission and a member of the Raleigh Area Masters Swim Team who served as Local Organizing Committee Chairman for the championships, was honored by USMS with the **Dorothy Donnelly Service Award**, given to those organization members who have made significant contributions to Masters Swimming on the local, regional, and national level.

“It was obviously still a challenging environment when we hosted U.S. Masters Swimming’s first national championship-level competition in two years in July,” said Mark Rubacky, “but everyone felt it was very important to try to bring back top-level events, and I can truthfully say I have never seen the athletes more grateful and appreciative to be able to compete once again. I was very proud of our Raleigh Area Masters Swim Team, which has now hosted five U.S. Masters Swimming National Championships, and our large contingent of volunteers. Without their great help, the success of the meet, and winning the National Championships Meet Award, would not have been possible.”

The Triangle Sports Commission led the recruitment of the **2021 U.S. Masters Swimming National Short Course Championships** to North Carolina and supported the efforts of the **Raleigh Area Masters (RAM) Swim Team** to host the event, July 21-25, 2021. It was the first United States Masters Swimming (USMS) national championship-level competition since 2019, and the meet was staged without spectators and under a series of Covid 19 protocols to keep the athletes, coaches, officials, and volunteers as safe as possible. The meet received widespread praise for

the smooth conduct of the event under such circumstances, and the more than 500 volunteers for the event were recognized by U.S. Masters Swimming for their award-winning staging of the championships.

“It is such an honor to receive the Dot Donnelly Award,” said Hill Carrow. Dot Donnelly was one of the icons and a long-time early leader of the adult or Masters swimming movement. Obviously it takes a substantial team effort, and many, many years of active engagement, to be given such recognition, so I am very grateful to all my fellow teammates on RAM who always pitch in on so many projects and have supported me in numerous huge endeavors throughout the years.”

The recognition of these two Masters Swimming leaders comes at an opportune time as the Raleigh Area Masters Swim Team is celebrating its 40<sup>th</sup> Anniversary during 2021, since its founding in 1981 by Hill Carrow.



Mark Rubacky



Hill Carrow

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### **About the Raleigh Area Masters Swim Team**

Currently celebrating the 40th Anniversary of its founding in 1981, the Raleigh Area Masters Swim Team, also known as RAM, is one of the largest adult swim programs in the state of North Carolina. RAM is a 501(c)(3) charitable non-profit organization whose mission is to promote health, fitness, competition, and the sport of Masters Swimming for adults in the greater Raleigh, North Carolina, area. Team members range from just-beyond-beginner lap swimmers to Olympic Trials qualifiers and all abilities in between. Masters Swimming covers ages from 18 to 100+. The team and its activities and events are sanctioned through North Carolina Masters Swimming and United States Masters Swimming, the national governing body for the sport in the U.S. While the team has won numerous competitions and awards, it is proudest of its extensive partnership with, and community service to, the City of Raleigh Parks & Recreation Department, where it helps lead and support programs that engage local residents in safe and healthy aquatic activities and events. RAM provides an environment of camaraderie that is safe, fun, and respectful for teammates, coaches, and competitors. For more information on the Raleigh Area Masters Swim Team, visit [www.swimram.org](http://www.swimram.org).

### **About the Triangle Sports Commission**

Founded in 2001, the Triangle Sports Commission is the sports commission for the Triangle region of North Carolina consisting of Wake, Durham, and Orange Counties. A 501(c)(3) charitable, non-profit organization and long-time Community Olympic Partner of the U.S. Olympic & Paralympic Committee, the TSC focuses on the hosting of Olympic and amateur sports events and activities that help develop athletes, promote

the local market, and foster positive branding and economic impacts for the region. The TSC recruited, and secured over \$13 million in funding commitments for, the relocation of USA Baseball's Headquarters and National Training Complex, as well as more than \$10 million for the expansions of other destination facilities such as WakeMed Soccer Park and the Cary Tennis Park. The TSC has served as host organization for the U.S. Olympic Trials-Table Tennis, Collegiate Rugby National Championships, ACC Baseball Championships, and the world's first-ever Rugby 7's Olympic Qualification Tournament, among others. Currently the TSC is helping head North Carolina's bid for the 2027 Summer World University Games. For more information on the TSC, visit [www.trianglesportscommission.com](http://www.trianglesportscommission.com)

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