



## **MAY 2023 FACT NEWSLETTER**

A whole month without a swim meet!!! I don't believe this has occurred in over a year and great opportunity to do a workout without tapering or untapering. Also gave me an opportunity to do some clean-up work of files and to unearth a multitude of memories. Among these memories were our workouts from our super Coach, Joe Biondi. Joe was the initial winner of Coach of the Year for the Florida LMSC back in 2009 – after an absence of this award back to 1992. Joe coached over 30 World and US Record Holders swimmers in addition to thousands of Top Ten international and national individual recognitions. He has graciously offered to share many of the workouts that we followed for years – assigned in four difficulties and IM, Distance and Sprint pages. If anyone is interested I have about 500 pages of them in duplicate and itemized form – just drop me a note with your wishes and address. ([jcampb10@tampabay.rr.com](mailto:jcampb10@tampabay.rr.com))

Now to the news of the day: The St Pete Meet is the 8-9 of July. You have until July 5th to enter. The last day to sign up for Nationals in Sarasota is the 10<sup>th</sup> so times met at this meet can be used as NQT. Summer Nationals are August 2 – 6. NQT for the 1500 is required. Other than that you may swim three events without qualifying – you can enter relays – and qualify for any additional events up to 6 events. This is a great opportunity for us – USMS Nationals are not held locally very often and you'd be surprised what the adrenaline can do to your times!!

The Dog Days Meet in Clearwater September 9 gives us an opportunity to end the Long Course season with an event you missed or want a better time. Our financial situation did not change. When it comes to relays if we have a large number I'll have to ask for your assistance. I believe this will be needed only for the Nationals.