



FACT NEWS - AUGUST 2025

Joannie Campbell

Our LOCAL MASTER SWIMMING COMMITTEE is floridalmsc.org. We have a Workout Group: Clearwater Long Center Fact. In addition many swim as just FACT. Our Zone is Southeast Zone: southeastzone.org. Our National Organization is United States Masters Swimming: usms.org.. Our facility at the Long Center on Belcher Road in Clearwater is closed for the year and thus our Long Course pool to practice is not available. Many of us are using other Clearwater facilities such as Ross Norton and Morningside (all outside and short course) and I run into other swimmers at facilities outside the Clearwater area – anyplace with a warm pool and a place to SWIM.

The facilities this year for Long Course meets were Sarasota in June and St Pete in July. Attendance has been sparse – **Joan Campbell** and **Claire Lohrbach** in the Sarasota Meet and **Claire Lohrbach** in the St Pete Meet – both with good results!! Some of our older members have had problems this year but hopefully cooler weather and larger meets will prevail.

The Senior Games Nationals are in Des Moines Iowa from July 25th thru 28th. You must have prequalified last year. The Long Course Nationals are to be held in Federal Way Washington ,August 6th through 10th. I've attended a couple of those and they have been great fun. Washington is a great host. See you at the pool – in a new age group (95-99). Will wait till July for Bob Beach to catch up (haha).

I've had some requests to do a blurb on age groups and Meegan thought this month is a good one for it. I'm still alive (haha), but my ideas for a longer life manage to change as circumstances present themselves. I have been very fortunate to have maintained good health for the last 95 years and in the future have rules that I believe have helped. I did not seriously swim competitively for the first 59. Had a family of three boys and a daughter – all took swimming seriously and my daughter Deborah just missed Olympic Trials in 1980 – ended up everyone missed them that year. They were fortunate however to have George Breen and facilities at University of Pennsylvania. They encouraged me to compete and of course they then retired to a busy family life.

I fortunately retired and joined the Clearwater team with several good Masters coaches and specifically Joe Biondi for most of my swimming career. Rules to be followed: Involve yourself in not only the swimming but in becoming a part of the program, even to the part of volunteering for the local Club, the Region, and the National Organization. Being aware of these makes your endeavor interesting. In addition, I became active in the YMCA and Senior organizations – amazing the different swimmers you become acquainted with in each separate organization, and the number of jobs you end up taking on (haha).

In addition don't limit yourself to swimming – make an effort to walk at least 45 minutes three or four times a week. Involve yourself in YMCA classes or equivalent three times a week for at least another 45 minutes. Concentrate on balance and be aware of your limitations as you get older. Realize that 85 is getting older – 90 also follows along – and 95!!!! The pool is my friend – can't bang yourself up with the water. This is where I have to watch myself. I love the water – always have and always will. Make sure it's your friend!!! Hope this helps you.