

*See our newsletters, present and
past and lots of other good
information on our website:
<http://www.floridalmcsc.org>*



**Jillian Wilkins
FL LMSC Chair**

Happy Winter Fellow Swimmers

As we enter a new year with new goals that we set for ourselves, I wanted to share with you a goal that I have for this organization. What brings us all together is the love for our sport of swimming. And as we enter the season of LOVE with Valentine's day approaching I thought it was quite appropriate to talk about.

What is Love? Love is a force of nature. ... Love is bigger than you are. Love is something that makes you happy and makes you feel the most like yourself. Swimming is love for me whether it is teaching a new adult to swim or working an open water event. Every aspect of this sport makes me happy and makes me want to share it with others so they can experience what I do.



My goal for all of you is to share your love of the water with the people in your life. Find a creative way to show people why you love the water. Why do you love the sport of swimming? Why do you love the smell of chlorine? Why do you love swimming open water? What drives you to go to the pool or the lake? Let's share the love with others even if it is a post on social media that tells others why you love starting your day at the pool. Keep sharing your love of the water with others, because I couldn't imagine my life without it!



Just a reminder that the Florida LMSC offers scholarships to coaches for USMS courses that are offered. Here is a lists of courses that will be in our area in 2019:

- o Sat, Feb. 23 - Coach Cert Levels 1-2
- o Sat, Feb. 23 - Coach Cert Level 3
- o Sat, Feb. 23-Sun, Feb. 24 - Clinic Course for Coaches
- o Sun, Feb. 24 - USMS Stroke Development Clinic
- o Sun, Feb. 24 – ALTS Instructor certification



FL LMSC Registrar Update

From your FL LMSC Registrar, Meredith Moore



Early into 2019, we have: **1595** member registrations - **60** club registrations - **2** workout group registrations. 54% Men, 46% Women.

We have 1595 registered, and for the same period last year we had 1825. So, we are only at 87% of last year's total for the same period.



2019 U.S. Masters Swimming 1-Hour ePostal National Championship



*Tuesday, January 1 –
Thursday, February 28, 2019*
USMS Sanction : 219-S004
Postal Swim Registration



Objective: To swim as far as possible in one hour in any pool you choose that is 25 yards or longer. Event results are sent in electronically so you can compare yourself to other swimmers doing the same event. Some people do the 1-Hour ePostal event for competition, while others do it for fitness; all who wish to participate are welcome. The recorded distance (total yards swum) that you submit determines the order of finish. If two or more swimmers report the same distance, a tie will be declared.

https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=10953



2019 SmartyPants Vitamins USMS Winter Fitness Challenge

Dear Swimmers,

The [2019 SmartyPants Vitamins U.S. Masters Swimming Winter Fitness Challenge](#) is now only two weeks away! [Register today](#) and save -- the price will increase TOMORROW.

Today is also the final day to register to ensure your event logo swim cap and SmartyPants Vitamins samples arrive in the mail prior to the Winter Fitness Challenge starts on Feb. 15.

This 30-minute swim can be done in any manner desired: straight through, as a member of a relay, or even with fins.

Net proceeds benefit the [USMS Swimming Saves Lives Foundation](#) -- your participation helps other adults learn to swim. Win-win!



Event Dates: Feb. 15-28

Price Increase: Feb. 1

Entries Close: Feb. 28

[REGISTER NOW](#)

THANK YOU for your support of U.S. Masters Swimming!

Your Friends in Events and Programs

events@usmastersswimming.org | 941-256-USMS (8767)



NEWS FROM FACT

Joannie Campbell



The only meet held since our last newsletter was the Florida State Senior Games December 1 – 2 at the Long Center in Clearwater. We should apologize for the LONG

meet and any other problems you had. This apparently was the first meet run by the State with those acting as Meet Directors and they had a bit to learn. All your times will be submitted for Top Ten. Many of the FACT team participated – of course under the locale within the State. Several qualifiers from FACT will be traveling to Albuquerque for the National Senior Games. The swimming is scheduled for June 16th thru 19th. Florida now has its results of the State Games on the NSGA website and we are able to register. Hotels are filling up and suggest you look at Airbnb. They have several choices.

The Valentine's meet will be held in Clearwater February 9th and 10th. Remember there's a limit to the 1000 and don't get left out. The meet INSIDE at the Long Center is filling up quickly. Couldn't have anything to do with our cold weather, could it?

Also the YMCA Nationals are scheduled in April this year in Orlando, if you happen to belong to a YMCA group. This is always fun – each day's events usually end early and we can take part in fun activities offered in Orlando.

We sadly said goodbye to one of our famous "Oldies" November 29. Rogers (Tiger) Holmes passed away at the age of 97.

In picture, at right: Ed Graves, Tiger Holmes, John Corse, and Bill Adams.

Tiger was instrumental in getting our Holmes Lumber Jax Chapter going many years ago and is still a member of our World Record 2014 team and of many of our National record relays. I was very fortunate to visit him in September while I



was at Convention in Jacksonville. He was in good spirits and wanted us to think of something exciting to make our swim meets more interesting!! His autobiography, which I have a copy of, is an example of "exciting". He led an exciting life and will be missed by many. There are many tributes to his life on the internet – one of the best being on the ISHOF web site. In Jacksonville he was a successful champion of promoting swimming throughout the community. He had a particular influence on our LMSC through the Holmes Lumber Jax team he got together many years ago to compete in Australia. Many of our current members recall this. John Corse, 95, a current member of our FACT team and good friend of Tiger's summed up the feeling of those of us that knew Tiger well in a current writing:

"His success in almost everything he tried is well known, his generosity well honored, and his devotion to his family is truly cherished.

The quality which stands foremost in my mind when I think of Tiger is his ability to make and keep friends. He knew and cared about people in all walks of life.

“One of the greatest gifts I received in life has been Tiger’s friendship. He had the ability to bring out the best in me and others around him, such as Bill Adams and Ed Graves. Who would have thought that a bunch of ‘old goats’ who had abandoned swimming for many years and with many aches and pains acquired over those years, could be inspired (and still are) to get back in the pool and work hard. Without Tiger’s inspiration, example and friendship, we wouldn’t have abandoned our comfortable arm chairs and gone on to set World and National Records over the past 10 years. With his usual great sense of humor, he faced inevitable death with the comment: “ I don’t fear death – I just don’t want to be there when it happens.” Rest in Peace, good friend.”

Just FYI we are planning a trip to Medellin, Columbia in August 2020 for Pan Am Games. Keep it in mind. One of our team is from Guatemala and is planning on going, swimming and being our interpreter. We have several interested already and I hear that it’s very inexpensive!

HAPPY NEW YEAR – BEST WISHES FOR A SWIMMINGLY GOOD 2019!!

Please keep up to date with all the news on our website: www.factmasters.org



Shark Bites

By Jan Miller



<https://www.teamunify.com/TabGeneric.jsp?tabid=204931&team=flysst>

Happy New Year to all our swimmer friends. We hope you had a great holiday and have set your goals and adventures for the coming year.

Looking back:

We hosted our annual Shark Tank meet on November 3rd and 4th of 2018. We had a good turnout and we’re pleased to say it was a success. A potential world record was set in the 400 SC Meter Free Relay by Rick Walker, June Carson, Julianna Holbrook and Bob Couch. Saturday evening the Shark Masters hosted a fundraising event at Spanish Point as part of the ongoing improvements to the Shark Tank. Good food, good company, it was a success! We are looking forward to a new pool liner in 2019.



Congratulations to Bambi Bowman and Tommy Schwartz. On November 4th they braved rough currents, wind and jellyfish to conquer the TriFloyd's 8 Mile Swim from Clearwater to Tampa. Bambi took fourth and Tommy tied for fifth overall! Shark pride!

December, Florida State Senior Games at the Long Center in Clearwater. The Shark Masters did very well with many qualifying for the National Senior Games in Albuquerque. NM in June of 2019. Congratulations to Pat Bond who set three Florida State Senior Games age group records in the 200 IM, 200 Breaststroke, and 500 Freestyle! And Congratulations to Kevin McCormack who set a new age group record in the 100 Butterfly. Julianna Holbrook broke her own record in the 50 Breaststroke and June Carson a record for the 200 Freestyle.

To close out the year, we had two fun-type workouts, the Christmas Eve and New Year's Eve workout. The New Year's Eve workout drew around 45 participants and of course we shared a pot luck lunch poolside afterwards.



Beginning, 2019, we would like to send a shout out to Carol Mitchell and June Carson. They swim one of the morning workouts. Carol and her husband Jack are snowbirds and when they are here, she along with June organize a monthly Shark breakfast get together. This month there were close to 30 at the Shark feeding frenzy.

Carol and Jack Mitchell split their time between Florida and Massachusetts. The following is an interesting and inspiring report of an event they swam in December: "Jack and I have swum the New England SCM championships, held every December, for over 15 years. There are around 450 swimmers each year at this meet. Initially, we were NE Masters and swam with a large team. For the past 6 years we have attended the meet as Sharks. NE traditionally gives High Point awards in 4 categories, large team, medium team, small team and squad (3 or fewer swimmers). Usually Jack and I are the only Sharks and each year we have finished 2nd or 3rd in the "squad" group. This year Jack is 79 and I am 69, difficult to be competitive in our age group, so we decided to make it interesting. Our goal was to achieve "Squad" high point even though several teams had 3 swimmers. Friday night we each swam the 800 Free. Saturday and Sunday, I swam 6 events each day; all the freestyles, all the backs all the breasts, 100 and 200 IM. Jack swam all the freestyles, all the backstrokes and the 50 breast. Twenty two events in total. Exhausting, but fun. We finished first in the Squad group! Second and third place teams each had three swimmers. Mission accomplished! Not sure we would do it again, perhaps when we are 74 and 84...Proof, age is just a number!"

February 2nd, our pool hosted the Gulf Coast Games for Life, part of the Florida State Senior Games series.

On January 20th the team held our annual awards banquet at the Field House in Sarasota. This event gives us the opportunity to get together, all age groups, morning sessions, evening sessions to socialize and show our Coaches our appreciation for the hard work they do.

Till next issue. Always be yourself. Unless you can be a Shark. Then always be a Shark.
Go Sharks!



St. Pete Masters

<http://stpetemasters.org/>



by Livia Zien

Just coming off the busy, action-packed Pan Ams meet in August, several SPMers continued competing through the end of the year. The idea of 25-meter races was very appealing, and we had a team of 12 participate in the Rowdy Gaines Classic. Women outnumbered the men, 9 to 3 with Paula Texel placing 1st in her distance free and sprint stroke events, and Sharon Steinmann winning her 800m. John Aversa, in his first meet as an SPM member, placed 1st in 7 of his 8 events. What a debut!



Carolina, Sharon, and Tricia
Paula, (Linda Visser), and Cheryl

A similar cast of eight swimmers participated in Sarasota's Shark Tank Meet in November. Carolina Ticeira, Henrietta Szeredi, Tabitha Brandt, Cheryl Kupan, Dawn Clark, Sharon Steinmann, Greg Salomon, and John Aversa, all had great swims and a fun time.



John, Phyllis, Karen, and Paula
Livia, Cheryl, and Gary



Karen—Game Changer!
(photo: K. Westerman)

In December, Cheryl Kupan represented SPM well in the Dixie Zone SCM

Championships in Coral Springs, swimming (and winning) all her favorite

events. Tabitha Brandt participated in her first 'senior' meet at the Florida Senior Games in Clearwater, along with teammates Karen Westerman, Phyllis Scheidt, and Sharon Steinmann. Mike Smith came back after months of recovery from a shoulder injury with fast swims. And, we have a new celebrity in our midst. Karen Westerman was selected as Humana's game changer. Watch her

[interview](#) on WFLA TV — Congratulations, Karen!

Aside from the meets, fourteen team members signed up for the Go the Distance Challenge 2018, a fun way to track our swimming progress. Bill Specht logged the greatest distance at 809.43 miles — congratulations, Bill! Brooke Bowman finished with 681.53 miles and Lisa Flanagan, 511.66.



Paula, Patty, Cheryl, (Greg), and Dan

One more SPM holiday celebration is in the books! Many thanks to Dan and Patty Nardozzi hosting our holiday party this year. The menu was replete with yuletide nosh from barbeque brisket to *pancit* (Suzzette's famous Filipino noodles), from salads to fudge. No one went home hungry, and a good time



Regina, Hank, Charlotte, Jos, Sheila

was had by all with the "As Seen on TV" White Elephant gift exchange our theme. Eric Herman and Sean Gerrard seemed to know how to pick the gifts, although they never seemed to be able to hold onto them.



The Judge and the Juvenile

Starting off the new year, Judge Bob Beach swam his 1-Hour Postal, 'racing' young Sawyer Hansen, a future Masters swimmer (a distant future). Two years ago, Sawyer was determined to help St. Jude's Hospital after seeing commercials of children undergoing cancer treatment, he set out to raise money the hospital by swimming 100 lengths of the pool. Now a seasoned swimmer at the ripe old age of 7, he was joined by our very own esteemed Judge. They swam for an hour and competed for distance on Sunday, January 9, surrounded by adoring fans. See them in a [news clip](#) on ABC Action News.



John Doolittle handing off the Naked Warrior Award to Zane Forte (photo: John Doolittle)



Ryan, Kern, Dawn, and Brooke (photo: Dawn Clark)

On January 13, Brooke Bowman, Chris Quilty, Dawn Clark, Johannah Hall, John Doolittle, Kern Davis, Noelle Ponce, Pat Marzulli, Ryan Rager, Victoria Kirkman, and Anthony Sullivan, and swam the 10th Annual Tampa Bay Frogman 5k Swim to raise money for the

Navy SEAL Foundation which benefits the families of wounded and fallen SEALs. With the support of their kayaker, each swimmer takes on the cold waters of the Tampa Bay to honor a fallen soldier. A special congratulations to Pat Marzulli who was

recognized for 10 consecutive years of swimming and top fundraising.



Kathy Selles and Dawn Clark (photo: Kathy Selles)



Pat Marzulli receives his award (photo: Tampa Bay Frogman Swim)



Teddy, Chris, and Eric

Ted Bradley, Chris Burke, and Eric Herman have been busy hitting the books as well as hitting the water the past few years. Congratulations to Teddy on his Masters in Business Administration from the University of Florida, Chris on his Bachelor of Arts from the University of South Florida, and Eric for his Masters of Science in Information Technology from Florida State University.



(photo: Sarah Swoch)



(photo: Josh Smith)

Finally, we are always reminded of how lucky we are to swim at the North Shore Aquatic Complex and witness some of the most amazing sunrises. Thanks to Sarah Swoch and Josh Smith for capturing so much of the beauty!



VILLAGES AQUATIC SWIM TEAM

VAST News

Mary Rose Rowan



There is never a dull moment for the swimmers in the VAST workout group. Our regular practice sessions are Tuesday, Thursday, and Saturday. And now our coaches and board have devised Fabulous Fridays.

Trice Hurr, our Aquatic Specialist, plans and coaches stroke clinics on most Fridays. Her teaching methods, along with several volunteer assistant coaches, a videographer and a recorder, provide a unique and very valuable experience for all individuals on our team.

Trice and the coaches meet a few days before each stroke clinic. She reviews, with the assistant coaches, the specific stroke skills that will be emphasized and also the drills that will be used to reinforce these skills.

The day of the clinic, Trice explains to the participants the specific skills to be strengthened and the drills that will be used. Participants then practice the drills while Trice and the 3-4 assistant coaches, who are on deck or in the water, give feedback to the swimmers.

While all others continue to practice, one swimmer at a time moves to lane eight and continues to swim. Trice observes and comments about their stroke. The recorder writes these comments for the swimmer and for the swimmer and coach to discuss later. Then that swimmer is videotaped from above and under the water. All other swimmers continue to drill and practice with the guidance and feedback of the assistant coaches.

All the participants eventually rotate into lane eight and get individual stroke analysis and videotaped. Written notes and video are given to each swimmer who can review them anytime in order to help them recall the details and to use as a focus for the regular practice sessions. These may also be shared with Coach Bob Jennings who observes the swimmers during practice and can inform

them of their progress toward their individual goals. At our ages, it is difficult to physically get much stronger. But we are blessed to have this opportunity to swim smarter, and hopefully faster.

Trice, and assistants Andrea Bradley, Todd Dickson, and Dave Wilson are all USMS certified level one and two. Bill Vayens is our videographer and Linda Stoll and Kathy Tittle share the recording duties. They all volunteer so that everyone can learn and have fun on these fabulous Fridays.

But wait, wait there's more! One Friday each month there is a different type of team activity. These activities are planned by Dave Jarvis and began with a 1650 swim. Each swimmer had a partner who counted laps and recorded the time for each 50 yds. Many swimmers had never done the 1650 at a meet and now have learned about pacing and have established a "personal best" for that distance. We are also excited to know that there will be an intra-squad swim meet, as well as a meet consisting of relay events. Fridays are indeed fabulous.

Most swimmers are planning to use their sharpened skills in various meets this winter. The Valentine Meet on February 9th and 10th in Clearwater is one of our favorites. We hope to see you there.



Upcoming Events

❖ The Tampa Bay Marathon Swim

April 20, 2019

For more information, contact:

Distance Matters, Inc.

Ron Collins, Race Director

727.531.7999 | www.DistanceMatters.com

Email: Collins@TampaBay.rr.com

❖ Swim Around Lido Key

Saturday, April 27, 2019

Lido Key, Sarasota, FL

7-Mile Open Water Race around the island of Lido Key. Solo, 2-person, and 3-person relay teams allowed.

Event information and registration:

<https://www.swimwithoutlimits.com/event-information/>

❖ Hurricane Man

Sunday, May 4, 2019

1000m and 2.4 mi

St. Pete Beach

http://stpetemasters.org/?page_id=148

❖ Tropical Splash

Sunday, May 12, 2019

Siesta Key, Sarasota, FL

1K, 2.5K, and 5K Open Water Race on Siesta Key beach.

Event information and registration:

https://www.clubassistant.com/club/meet_information.cfm?c=1290&smid=11112

❖ Fontana Lake - Best Dammed Lake - 5K, 10K, 15K

Saturday, July 20, 2019

Almond, North Carolina (near Bryson City)

Dave Miner, Race Director

Event information and registration:

<https://www.swimwithoutlimits.com/event-information-fontana-lake/>

❖ For more swims- pool events as well as open water, go to
www.dixiezone.org



High Altitude Swimming – How to Prepare



The 2019 National Senior Games

Karen Klisch PhD.¹ 1/14/2019

Going from sea level to above 5,000 feet elevation may have some impact on your ability to perform hard exercise, i.e. swim. The highest point in the Florida peninsula is slightly higher than 300 feet. Albuquerque, New Mexico, the site of the 2019 National Senior Games, is 5,312 feet above sea level.

Anyone going from any place in Florida to Albuquerque will experience about a mile increase in altitude.

The CONCERNS!

A major factor in maintaining one's level of athletic performance at a mile increase in altitude is getting enough oxygen into the blood to feed the muscles. Performance is completely dependent on an adequate oxygen supply.

Going from sea level to a mile higher in elevation reduces a person's ability to absorb oxygen.

- The atmospheric pressure at higher altitudes is lower than at sea level. The lower air pressure makes it more difficult for oxygen to enter the vascular system. The result is hypoxia or oxygen deprivation. The red blood cells that carry oxygen to the muscles and organs do not carry enough oxygen to adequately supply the need.
- One way the body acclimates to a higher altitude is by increasing the number of red blood cells. Your body needs iron to help make more red blood cells.
- If you do not have enough **iron** in your body, your body will not be able to make adequate amounts of hemoglobin, a protein in red blood cells that aids in carrying oxygen to the muscles.
- At high altitude, the heart beats faster. The stroke volume is slightly decreased and non-essential bodily functions are suppressed.

The only way to fully and effectively acclimate to high altitude is to spend time at that high altitude.

The minimum time to begin to get acclimated when arriving at a higher altitude is about four to five days. It takes the body about four to five days to create new red blood cells. The greater the number of red blood cells, the larger quantity of oxygen can be absorbed and transferred to the muscles. Fully acclimating, however, requires days or even weeks. Existing research points to seven to ten days as being the "optimal" amount of time to be reasonably prepared for performing well at higher altitude.

¹ Dr. Karen Klisch, PhD. Exercise Physiologist, Professor, Graduate School, University of Maryland. USMS swimmer for many years. FACT member.

What to do BEFORE getting to Albuquerque.

Be as prepared as possible for the metabolic demands and physiological changes that will occur going from sea level to 5,312 feet in elevation.

- **Iron – eat food high in iron content.**²
 - fortified cereals
 - liver
 - spinach
 - oysters
 - lentils
 - seafood - to name a few

Alert!!---If you do this – make sure you get enough vitamin C. Vitamin C helps the body absorb iron.

- **Or – Consider taking an iron supplement**, but **check with your Physician before you do this**. Doing this could maximize metabolic benefits. You may decide to supplement your diet with iron before you arrive in Albuquerque. Supplementing with iron before will help maximize metabolic benefits such as increased red blood cell counts and EPO production. EPO, erythropoietin (a hormone) triggers the production of more red blood cells and increases endurance.³ However, you should **consult with your doctor** to get an iron test if you're thinking about iron supplementation. **WARNING - Too much iron in your body can be dangerous.**
- **Antioxidant – take one.** Hard exercise at high altitude will be degraded to some degree because of an increased production of free radicals in the muscles. These free radicals contribute to fatigue and slow recovery. To combat the effects of these free radicals, begin taking an antioxidant such as a multivitamin or Vitamin E before you head to the mountains. This may ward off some free radical damage. **But only take the required daily amount. More is NOT better.**

What to do while in Albuquerque?

- **Eat – ingest more.** More calories are burned for the same workload at high altitude. However, because the body is adjusting to the need for oxygen the digestive system will be a bit depressed – do make sure that you eat, and eat enough.
- **Don't be afraid to swim slowly.** When above 5,000 feet, you should (and may be forced to) slow your pace.
- **Sleep – get more.** Recovering and sleeping at higher altitudes are more difficult by the free radical damage and the thin air. This prevents the body from getting into a deep sleep, which

² (CDC) recommends getting 8mg of iron per day for men and 18mg per day for women.

³ The synthetic form of this is illegally used by athletes wanting to improve their endurance.

has a negative impact on your ability to recover from hard exercise. Try to give yourself some extra sleep time.

- **Drink – extra fluids.** Fluid intake is vital when swimming/competing at higher altitudes. The thin air makes your breathing more shallow and frequent, which creates greater fluid loss through the respiratory system. In addition, high altitude locations are very dry with low humidity. This can result in some measure of dehydration.
- **Alcohol – avoid it.** Drinking alcohol results in dehydration.

Some SIMPLE SAFE TIPS.

1. Make sure your nutritional status is good before you go.
2. Eat a diet high in iron content and get enough vitamin C.
3. **Drink water** – be hydrated before you go and be vigilant while you are there – **DRINK**.
4. **Cut out the beer.** Alcohol consumption causes dehydration.
5. Training – do some sets of hard interval training for a few weeks before the meet. **Be miserably out of breath doing this.**
6. By all means taper well the week before the meet.
7. Get to the high altitude city at least four days before the meet – even better, ten days.



Karen Klisch has a PhD from the University of Maryland in Physiology of Exercise. She grew up in Florida and has been a competitive swimmer off and on since junior high school.

Karen was Chair of a college department of physical education, recreation and athletics and Director of Aquatics for years. She coached intercollegiate swimming. She has also coached Masters swimming, and is currently a Professor for the University of Maryland University College – She teaches online, that is how she can live in Florida.

She continued to swim for years until five years ago when a careless driver caused a devastating car crash which broke her back.

Karen was a member of VAST for the last eight years during which time she worked with the swimmers on stroke correction. Most recently she decided to do what she could to swim so she got back into swimming. She is not able to swim in a lane with others – too risky because of her injury so she is no longer a member of VAST. She swims on her own and is still a member of FACT. -ed



To Swim Again 50 years later by Thomas Keller

What was I thinking? This is way too hard. Oh my God. Keep breathing, keep breathing. Alright, alright it's been awhile. Just keep going. Reach, breathe, reach, breathe. This couldn't possibly be this difficult. I grew up swimming like a fish in a family of competitive swimmers. My return to swimming is a lot more difficult than I had expected, hoped for, or even dreamed it would be.

Let's see, I'm currently 63 years old and I last swam competitively around 1966 when I was 10 or 12 years old. Come on Thomas, I said to myself, that's 53 years ago! What was I thinking? Calm down and just swim slowly and keep going. There's gotta be some rhythm in there somewhere.

Truth be told I swam numerous times in my life since childhood but none of it competitively. Vacations, pool time, that type of swimming. The only reason I'm in the pool today is because when I started running 5k's 3 years ago to stay fit I told myself if anything goes wrong or if it hurts too much I'll just flip to biking or swimming or something I can compete in.

Well I raced numerous 5k's and did very well winning or placing in local events. But recently my back had glitched a couple of times so much so that I knew I needed to follow through on my original statement. After much resistance I did give up running and made my 53 year return to competitive swimming.

I've been in the pool for two weeks, three times per week. I no longer feel like I'm floundering but the strength, endurance and rhythm is still a dream away. I am just beginning to feel a little above water so to speak. I can remember the beauty of swimming. The floating and gliding almost like flying. Dreams of being dolphin-like as I attempt to swim 25 yards of butterfly. That definitely hurts too much right now. Not yet. How about half a length of butterfly? How about two or three strokes? Or four? Or five?

I dream of swimming with ease, being fluid like the water. I see a hint of joy within myself. The thrill of a new journey: competitive swimming as an senior.

I've enrolled in my first swim meet since 1967, The 49th Annual Bob Beach Championship in St. Petersburg, Florida on March 24th. Keep your fingers crossed!

Thomas is new to US Masters Swimming. and wrote this article about his return to competitive swimming after 53 years.

-ed

Contact Thomas Keller at:

ThomasKellerArt.com

[Thomas Keller Artist](#) at Facebook

[Artistic Creative Construction](#)

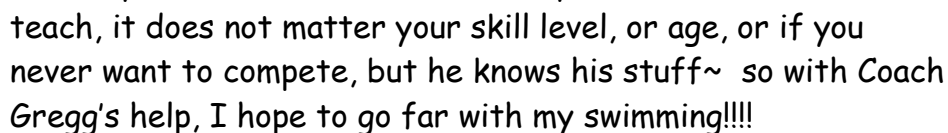
[Artistic Creative Construction](#)



A letter from a Citrus County Swimmer

Hi I am Cindy Jansususzewski. I just wanted to tell you about our wonderful Coach we have out here in Citrus County to get anyone else who may want to start swimming with us. We swim at the YMCA in Beverly Hills Florida. Coach Gregg Tye can take a beginner and make a swimmer. He has coached me for actually I can say years now. Any muscle that does not feel good and I mention it, he knows exactly which drill to do to help the

I swam most of my life with a few years off here and there. If you want to learn he can

[illegible]

Please send newsletter articles to Me

(sheilacv@verizon.net or fishtail@usms.org)

If you have questions about format, or content, be sure to ask me!

[illegible]

(* Elected positions)

guman1953@yahoo.com; ***Treasurer**, *Nancy Kryka*, nkryka@gmail.com;

***Records & Top 10, Anna Lea Matysek, kugrad@yahoo.com;**

***Sanctions, Anna Lea Matysek, kugrad@yahoo.com; Senior Games Liaison: To be appointed**

Long Distance, David Miner, dminer02@gmail.com;

Official's Chair, John King, john@kingllc.com; Coaches Chair, Scott Bay, scottbay@usms.org;

Fitness, *Connie Greb*, kgreb@netzero.net;

Social & Awards Chair, Erin Condon, erin@gatorswimclub.com; **Webmaster**, Meegan Wilson, meegan@kodhaus.com; **Safety Chair**, Patty Nardozzi, pnardozzi@hotmail.com

