

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



**Jillian Wilkins**  
**FL LMSC Chair**

[Wilkins.Jilliananne@gmail.com](mailto:Wilkins.Jilliananne@gmail.com)

Can we believe it is fall already? Kids and parents are getting ready to go back to school and we are all looking forward to cooler weather, in a few months of course. When August approaches each year I always look forward to getting back into the routine, especially my morning workouts. I don't always enjoy jumping into the water at 6:30 am but I do thrive on the feeling afterwards. Of course looking forward to breakfast with my team doesn't hurt either! 😊

So as we all join back into our routines I wanted to leave my favorite workout with you. It is quick and easy and leaves you plenty of time for breakfast before work.

200 Easy Swim  
100 Kick  
100 Pull

24x50 @:15-20 seconds rest  
Repeat 4 times (one of each stroke)  
#1 drill  
#2 swim perfect stroke  
#3 kick  
#4 swim build  
#5 swim all out  
#6 easy free  
100 easy  
24x25 @:5-10 seconds rest  
Repeat 6 times (choice of stroke)  
# 1 kick strong  
#2 swim build  
#3 fast focus on underwater breakout and finish  
#4 easy swim



200 warm down (or stand there and talk with your teammates and pretend you warmed down)

I hope everyone has a great fall. Don't forget we have our annual meeting on the Saturday October 12, 2019 at about 4:00pm. It will be held at the YMCA Aquatic Center after the Saturday session of the 11th Annual Rowdy Gaines Masters Classic. Anyone is welcome and we would love for you to join us.

I look forward to seeing you on deck soon!



### **FL LMSC Registrar Update**

From your FL LMSC Registrar, Meredith Moore



The Florida LMSC has 2171 registered swimmers. We had 2352 registered swimmers in 2018, so we are about 8% below last year. National USMS is down 7%, We have 69 Clubs registered for 2019.

### **5K/10K National USMS ePostal Championship**

There is still just over a month to complete the 5K/10K National USMS ePostal Championship. It must be swum by Sunday, September 15th and must be done in only a 50M pool. **You MUST be a currently registered member of USMS or a FINA member National governing body on or before the day of your swim!**

Swim First with someone taking your splits on the [official split sheet](#), then enter the 2019 USMS 5K/10K ePostal Nationals by submitting your results [here](#).

When entering, have your split sheet handy - you will need to enter select splits to complete your entry.

2019 Swim Window: Your 5K and/or 10K ePostals swims must be completed between May 15 and September 15, 2019

#### **2019 Entry Deadlines—ONLINE ONLY:**

- All individual entries must be submitted by 11:59PM on September 23, 2019.
- All relay entries must be submitted by 11:59PM on September 26, 2019.
- Completed split sheets for individual National Record swims must also be received by the Event Director by September 26.
- Your online entry is not complete until you have received a confirmation of your entry by email. If you do not receive this confirmation following your entry, please contact the Event Director.

**Event Description:** You complete a timed swim of 5 kilometers and/or 10 kilometers in a 50-meter pool of your choice, then submit your times online. Some people swim for

competition - to compare themselves to other swimmers doing the same event, some for the challenge, some for fitness, and others do it for fun — all who wish to participate are welcome. Your submitted time determines the final order of finish.

Please note: The 5K and 10K swims are separate events and you need to swim twice to enter both. Split times from 10K may not be used for entry into the 5K.

For more information on the 5K/10K, go to this

link: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1246&smid=12291&q=2.54453676.508687255.1564240912-971090247.1563744652](https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=12291&q=2.54453676.508687255.1564240912-971090247.1563744652)



To see upcoming meets in the FL LMSC, pool and open water, go to [www.dixiezone.org](http://www.dixiezone.org) for the rest of 2019 with links to entry information and results.

Happy laps, Meredith Moore, FL LMSC Registrar



### **When Your Home Pool is Closed— --An Introduction to Nomadic Swimming**

By Daphne Elliott

LMSC Fitness Chair

Sarasota Sharks Masters Coach

In mid-July the Sarasota Shark Tank closed for a \$450,000 pool renovation. For six weeks, our Sharks Masters traveled to various area pools to “just keep swimming.” During this time, we have experienced the joys and struggles of “nomadic swimming.”

On the positive side, we really enjoyed trying out different facilities. In advance, our coaches sent out numerous possible locations to swim independently around town as well as the times and locations of organized practices that were staffed by a coach. The list included locations, times, fees and a brief description of the facilities. Workouts were emailed out the night before each workout. We found that this enabled swimmers to meet with different people to swim together. We received positive feedback about the workouts being emailed. We heard many stories about new friendships forming because swimmers were meeting new people and training with different partners. We had several people watch us at workouts and inquire about how to get involved. What a gift it was to be able to share the love of our team and sport! We had more swimmers trying open water swimming too.

Despite these joys, “nomadic swimming” was not without its challenges. Forming new routines was a real struggle! Different travel times required trial and error as well as adjusted schedules. This was especially tough when it required getting up earlier! Sometimes lanes were crowded and required us to swim with folks that were not our first choice for lane mates. We experienced some frustrations with unexpected lane limitations at pools that had posted open swim lane availability, but then did not have what was advertised.

Based on our experiences, these proactive measures are suggested for other “nomadic swimmers”:

- 1) Have a positive, flexible attitude! Our team approached this experience with a sense of fun and adventure. This helped us all deal with minor frustrations with a smile.
- 2) If you are joining a Masters workout with a different team, contact the coach in advance to find out what you need to do before getting in the water. Some teams require proof of USMS membership, a signed waiver, etc. It's much better to do this before arriving to prevent disrupting practice.
- 3) If possible, make a firm plan to meet someone to train together. The accountability and companionship will make the workout more likely to occur and much more enjoyable
- 4) Give yourself some extra time to commute to the pool, get changed, find a lane, etc.
- 5) Be prepared to be self-sufficient. Print your workout in advance. Make sure the print is large enough to read without your glasses! Place the workout in a ziplock bag. Bring any equipment that you might need since the pool might not offer the kickboard or pull buoy that you need.
- 6) Pack your bag with some extra stuff! When our routine is different, we tend to forget important things. Tucking an extra pair of goggles or underwear into your bag can be a real lifesaver!
- 7) Be ready to adjust the workout! Sometimes the water is too warm for that full sprinting set. Perhaps the lanes are too crowded to do butterfly. Expect to make simple changes to make the available space work.
- 8) Be a gracious guest! We tried to always be friendly and grateful visitors. We shared our positive experiences and fielded many questions about our program and pool.

Many USMS members travel for work and make a happy habit of “nomadic swimming.” For some of us it was a new experience. Like all new experiences, it required some flexibility and preparation. We look forward to returning to the Shark Tank in August, but are grateful for the opportunity to grow as swimmers and people.





## NEWS FROM FACT

*Joannie Campbell*



Starting off the summer season with a short course yards meet is rather unconventional, but that's the way the cookie crumbles. The National Senior Games in Albuquerque was an SCY meet, as are all National Senior Games now, and also are treated age group wise as a meter meet – the age for these meets is the age at the end of the year. Are you confused yet?? Interestingly enough, these meets for several years were Long Course. Also, historically, we are back to all age groups at the same time, which I was happy to see. For a number of years the younger age groups were scheduled for certain days and older age groups on later days. We missed seeing people that we knew for years and rooming with older or younger friends. I'm happy to see the changes for the better. Personally I enjoyed seeing some of the people I swam with back in 1989, 1991, etc. It's so much fun to renew old friendships.

FACT had several participants and the altitude of +5,200 feet did not seem to be a deterrent. We heeded the information given to us and went out there four days early to adjust to the conditions. Also it was a bit of a test to see what we would need to do in Medellin, Columbia for Pan American Games next June – the altitude there is about the same. Please let me know if you are interested in attending the PanAm Games next June.

Results have not been published yet for the Senior Games, but I do know of two new National records – Martha Henderson broke the 2017 80-84 400 IM record by 4 minutes and I broke the 2011 500 free 85-89 record by 2 minutes. Many of the VASF group did very well as did Paula Cunio from our UNAF registrants. Look for results at:

<https://nsga.com/2019results>.

Back to Long Course season and the Bumpy Jones meet in Sarasota. Too close to New Mexico trip for most of us, but we did get in the 800m free and a few practice swims. The most recent St Pete Long Course set a record I think – not a single flash of lightning and all went smoothly!! Our four women had a total of 225 points. Not a bad showing.

The Dog Days Meet at the Long Center August 24<sup>th</sup> will be our last Long Course of the season. Be sure to enter the 1500 early – there's a limit of 24 entries.



We will have one representative in Mission Viejo – John Cornell in the 90-94 age group will have two competitors. Go get ‘em John!!!

The Rowdy Gaines SCM meet is October 11-13 this year – hopefully cooler than last year. Let’s see a good representation for FACT. They will not have a 1500 so save that for Sarasota on November 9-10<sup>th</sup>.

We’ve had several inquiries about the FACT team – still seems to be a mystery to some. The explanation of the Florida Aquatic Combined Team is on the [www.floridalmcsc.org](http://www.floridalmcsc.org) web site and the [www.factmasters.org](http://www.factmasters.org) web site. The 65 teams that comprise the Florida LMSC had several small teams and limited groups. FACT welcomes them all – either as a workout group or individually. We were formed to create a combined team at many of the meets throughout the State that have just a few people competing for their Club and no chance for relays or for comradery. Take the time to read the information and inquire.

Our next year schedule includes: Short Course Nationals in San Antonio April 23; the Pan American Games in Medellin, Columbia June 17<sup>th</sup> through 27<sup>th</sup> and the USMS Long Course Nationals in Richmond, Virginia August 12<sup>th</sup> thru 16<sup>th</sup>. Plan on joining us!!

Keep up to date with all the news on our FACT website: [www.factmasters.org](http://www.factmasters.org)



### **Shark Bites**

By Jan Miller



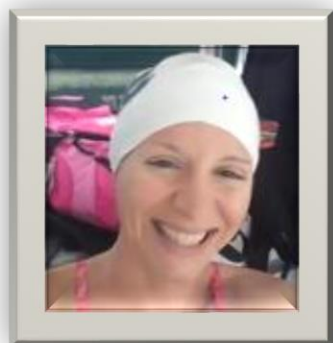
<https://www.teamunify.com/TabGeneric.jsp?tabid=204931&team=flysst>

The National Senior Games, a 20-sport, biennial competition for men and women 50 and over, is the largest multi-sport event in the world for seniors. In 2019, Albuquerque, New Mexico, hosted 13,750 athletes from 50 States and 6 international nations. Numerous Sarasota Masters Sharks swimmers qualified to compete at the National Games by swimming at sanctioned Florida State Qualifying Swim Meets in the top four of their age division or by meeting Minimum Performance Standard (MPS). A contingent of Shark Masters traveled and competed with 853 swimmers in the 4 day competition.

Albuquerque was an outstanding host city, from Saturday's lighting of the torch to Wednesday's Parade of Athletes, the city provided friendly and excellent support to the Games. The swimming venue at the West Mesa Swim Aquatic Center was outstanding Meet

Director, Bill Tingley and Meet Referee, Teddy Decker, were superb; Teddy Decker, NMMS, organized and managed numerous credentialed Officials from different States providing well organized, efficient, on time, safe and fair competition for the 4 day, 7 sessions Meet. Spectators and swimmers agreed that Teddy Decker's leadership directly contributed to the success of the swimming competition portion of the Games.

Sarasota Shark Masters plan to send a large contingent of swimmers to the 2021 National Senior Games in Fort Lauderdale.



**St. Pete Masters**

<http://stpetemasters.org/>



News from the Outside Lanes...  
by Regina Novak



**Mesa National Team**

Linda Felton. Supermom Tiffany Weidner swam some personal bests with her proud mom, husband and sons there to cheer her on. Valerie Valle earned a top 5 in every event and Charlotte captured gold in 3 of her freestyle events. Cheryl Kupan and Livia Zien made

Twelve of our SPM swimmers competed in the Spring Short Course Nationals Meet and achieved some impressive results. Representing SPM were Suzzette Seril, Valerie Valle, Sherrie Bogue, David Stiles, Cheryl Kupan, Eric Herman, Paula Texel, Charlotte Petersen, Livia Zien, Sean Gerrard, Tiffany Weidner and



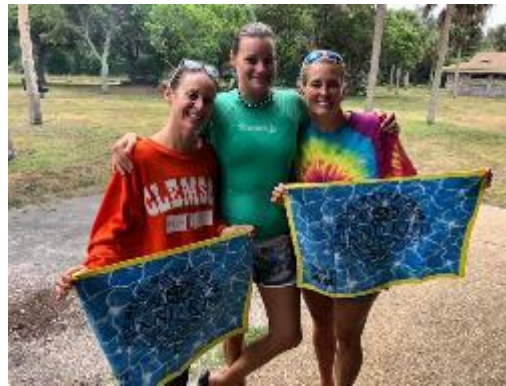
**Mike Smith's hardware at NSG (photo: G. Smith)**

sure the moments were captured and the team was properly outfitted. Former Olympian Matt Grevers joined in for a team photo!

Our team's success continued at Bumpy Jones in June, and Mike Smith traveled out to Albuquerque for the National Senior Games and had an impressive 1<sup>st</sup> place finish in the 50yd freestyle, and 3<sup>rd</sup>s in the 100yd IM and 50yd breaststroke.



**1st place relay finish – Tampa Bay Marathon Swim (photo: C. Bruner)**



Tabitha and her cheering squad (photo: T. Brandt)

Outside the pool, our team continues to push themselves. In the open water events, Christie Bruner celebrated her 40<sup>th</sup> birthday by entering the 24 Mile Tampa bay Marathon



Valerie, John, and Marina – Hurricane Man

Swim. John Aversa posted a 4<sup>th</sup> place finish in the Lido Key swim with his wife kayaking beside him. Hurricane Man was a huge success, with Marina Falcone finishing first for the women in the 2.4 mile race, while first in their

age group wins were earned by John Aversa, Valerie Valle, Bryant Davies, Jonathan Hartwell, Emma Quinn, Anne Page, Sharon Steinmann, Aaron Peter, Robert Melsom, Veronica McCumber, and Sheila Carpenter-vanDijk. A big thanks to all the volunteers who make the wonderful event happen every year! A few SPMers swam in Swim Across



Dawn, Sharon, and Tabitha at Madeira Beach (photo: S. Steinmann)

America, including a few “Angel” swimmers who stayed alongside a child competing in their first open water race, to make sure they finished safely. In back to back weeks, Tabitha Brandt took first place finishes, in the ½ mile at Madeira Beach and then 1<sup>st</sup> in her age group for 1 mile at Sand Key, joined by teammates Dawn Clark and Sharon Steinmann at Madeira and Veronica McCumber and Regina Novak at Sand Key also with strong finishes. Tori Kirkman and Sarah Kwon took on the swim around Key West and Chelsea Nauta completed her 3<sup>rd</sup> 10K Flower Sea Swim in the Cayman Islands with an impressive 7<sup>th</sup> overall and 2<sup>nd</sup> for women finish. Dawn Clark did double duty in the St. Anthony's triathlon this year, winning both her sprint distance individual event and her women's 50+ relay.



Just a few of our many volunteers!

Congratulations are also due to Charlotte Petersen. In addition to her full-time job, training, impressive competition results, and countless volunteer hours for SPM and St. Pete Aquatics, she completed her Bachelor of Science in Nursing. Way to go Charlotte!





by Holly Neumann

SARASOTA – From ALTS to the English Channel to Ironman, Sarasota Tsunami members are making waves across the spectrum of Masters swimming.

Seasonal members Tracy Grilli and Karen Einsidler were among the Mighty Mermaids relay team that crossed the English Channel on July 22 in 10 hours, 36 minutes, the first-ever successful six-person relay team with members all over the age of 60.

On May 11, member Jane Fulton celebrated her first half-Ironman distance race at the Ironman Gulf Coast 70.3 in Panama City Fl. She was accompanied by Coach Jeff Waddle, who was no slouch, himself, at fourth out of the water.

In June, Shawn Johnson ran his first full Ironman, not only did he have a great race running a 9:40 but he also qualified for Kona this coming October!

Coach Jeff has been hustling with adult learn-to-swim activity, too, expanding the Tsunami program to a second pool in the city, and launching his own ALTS-heavy venture, Waddle's Adult Swim Academy. WASA will offer ALTS, Masters 101, and private coaching. He will be assisted by Tsunami members Lena Coleman, Nancy Kunzle, Kristen Seymour and Holly Neumann.

He also made a TV appearance on the morning show "Suncoast View," with one of his ALTS students, Henry Spencer, to spread the word about the importance of learning to swim at any age.

The Tsunami group participated in the SmartyPants Vitamins USMS Summer Fitness Challenge on July 16 and 17, with most opting to swim the entire 2K without stopping.

Looking ahead, Tsunami Masters will transition to its school-year schedule, offering nine workouts a week.



## VILLAGES AQUATIC SWIM TEAM

### WHAT WE DID ON OUR SUMMER VACATION

By Mary Rose Rowan



The VAST swim team kicked off the summer schedule with our third annual recognition party. Swimmers and their families and friends gathered in May to celebrate a successful year of swimming and fellowship.

INDIVIDUAL		RELAY	
SWIMMER	TOP 10's	SWIMMER	TOP 10's
John Cornell	11	David Jarvis	2
Jeanne Hackett	3	Gail Grossman	3
William Zani	1	Gordon Ralph	2
		Jeanne Hackett	3
		John Cornell	7
		Karen Early	2
		Karen Panker	2
		Larry White	1
		Mary Rose Rowan	1
		Phil Lindsay	1
		Rae Suttie	1
		Vicki Lacoppola	1
		William Early	1
		William Zani	3

The team recognized our three individual swimmers who achieved the honor of being ranked in the FINA World Top Ten. John Cornell, Jeanne Hackett and Bill Zani recorded a total of 15 swim times that were among the top ten in the world in LCM and SCM.

In addition, 14 swimmers competed in 30 different relays that are now listed by FINA as among the 10 fastest relays in the world. Congratulations to all!

We also recognized Alan Walker, a team member who goes "Above and Beyond" in his efforts to contribute our team. Todd Dickson, Gail Grossman and Steve Jasper are swimmers who "Made a Difference" in the life of another team member. VAST also recognized Judi Meyers who is not a member of our team but who is always happy to help out with various projects.

Barry Burtnett, a founding member and former VAST president, received the Kathy O'Leary Award for Excellence. Andrea Johnson earned the President's Award and Bill Vayens received our newly created Rookie of the Year Award.

VAST is fortunate and unique to have a designated and convenient time in our pool and officers and coaches who are constantly learning new swimming techniques and communicating information to all members of the team. This has resulted in the top ten times, individual achievement, medals and records. We also have created a family atmosphere among our team which encourages everyone to enjoy and to participate in all of the team activities. So each year we are happy to recognize our ordinary members who do extraordinary things ; who go above and beyond or make a difference in someone's life.

Early this summer, Bob Jennings got out of the pool long enough to travel to South Carolina and win his age group in the Charleston River Swim. He then traveled to Norway and competed in The Land of the Midnight Sun half marathon. The entire Jennings family participated in this trip and enjoy sharing their summer vacation by including these athletic events and fun family experiences.

Nate Leech has also reduced his time in the pool this summer. Nate has taken on the challenge of Triathlon competition. While vigorously training, he competed in local triathlons of

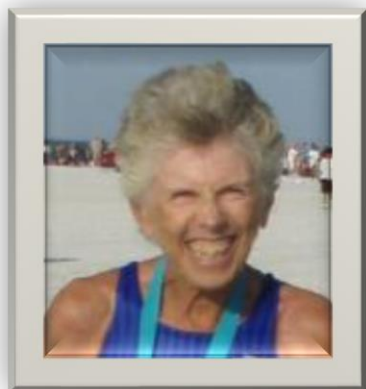
varying distances. Then this spring, Nate competed in the North American Triathlon Championship in Texas. He won first place in his age group and promptly signed up for the world championship in Sweden, another event in France and the Iron Man in Hawaii. Nate is enjoying his summer vacation.



Six members of VAST spent part of their summer vacation in Albuquerque, New Mexico. Jeanne Hackett, Trice Hirr, Marilynn McKenney, Karen Panker, Kathy Tittle and Bill Zani competed in the Senior National Summer Games. 13 medals were won, Trice broke the record for the 50 fly, some traveled and camped together, all "hung out" together, met new friends and had a great VAST family vacation.

Dave Wilson whose summer vacation includes a three month RV tour of the West, met our swimmers in Albuquerque. Beside participating in the Vast fun, Dave coached, encouraged and calmed our swimmers and all of our participants are very grateful for his presence.

VAST will meet again for our September ice cream social. Summer adventures will be discussed along with plans for the fall swim training and competitions. See you at the meets and we can discover what you did on your summer vacation.



### **THE ELEPHANT ON THE DECK AND IN THE POOL**

Dr. Anne Simonsen & Dr. Karen Klisch

**Authors' note:** Between the two of us over *the last forty plus years swimming on USMS teams we have been aware of, and party to, many conflicts. From lane-mates having a spat over who goes first; who is swimming down the center of the lane; who is standing in the way at the turn; and did the coach put swimmers in the right lane, conflicts arise. The coach*

*and the leadership are frequently frustrated with swimmers who are late to practice; who do not follow the practice program; and sometimes argue with the coach. If these conflicts occur, swimmers and the leadership cannot focus effectively on the practice.*

*One of the worst outcomes of poorly managed conflict is the swimmers and coaches engaging in the "silent treatment". And there sits the elephant.*

*There are so many instances of conflict on a Master's swim team that it behooves the leadership to know how to handle conflict effectively. Managing conflict well results in a smoothly operating team and minimal stress/frustration. Allowing any conflict to linger can result in ineffective practices and embarrassing and hurtful public outbursts. **If there is genuine care and concern** for all team members to experience a well run team in an atmosphere of friendly cooperation, there is a way to deal with the inevitable conflicts.*

## **CONFLICT!!!!**

That word alone is enough to bring on an adrenalin rush. The red lights start to flash in our head and the AVOID! AVOID! AVOID! sign goes up. When sensing a situation is fraught with conflict, most of us want to run and hide --anything to avoid having to deal with it.

In today's world, most of us realize that conflict is going to be a part of most everything in life. Conflict is normal. Some of us even understand that conflict has many positive side effects. Conflict has the potential to enhance the quality of decisions; clarify values; increase the group cohesiveness; stimulate creativity; reduce tensions; and reduce dissatisfaction. It can even be fun! Wow! Imagine that!

The problem with conflict is that most people lack skills to manage it effectively. When we lack the necessary skills for anything, we fear it. And when we fear something, we make every attempt to avoid it. Managing conflict is no different from any other situation -- if we don't know how to manage it, we experience great anxiety when it is present.

When we find ourselves in a "conflict situation", in order to be successful, there are several things we should do. These include:

- use rational arguments
- act in a way that is as cooperative as possible
- involve everyone
- value all contributions from all people
- try to understand views other than our own

We also know that we should not take other peoples' opinions personally. However, in the midst of a conflict, it is very difficult to step back, retain objectivity and remind ourselves to do all the things listed above. And let's face it – in the heat of the moment – and especially in the pool or on the deck there really is no time to address a conflict before the next interval set. So we must put a hold on it and deal with it after practice. However if the conflict is a raging blast – it should be dealt with immediately.

**Question:** How, then, can we handle conflict and controversy successfully - where everyone wins, the problem is solved, and the outcome is the best one possible?



**Answer:** Get some **CLASS!**

CLASS is a system whereby a person who is embroiled in a conflict or a controversy can remind herself or himself of how to handle this kind of situation. It is, essentially a "recipe". What is CLASS? It is an acronym that stands for: Communicate + Listen + Adjust + Solve = SUCCESS.

Expanding upon the CLASS concept, one can utilize and apply the following tenets:

**COMMUNICATE CLEARLY**

If we want to *Communicate Clearly*, then we must use common terminology, so that everyone knows what is meant by certain words, phrases and actions. We should also try to keep things as simple as possible - not complicating the situation by adding superfluous information. We need to be specific in our requests and responses. We need to make sure that our non-verbal behavior is in "sync" with our verbal behavior. (For example, do not smile or laugh lightly when saying something serious.) Last, we must assume nothing - which is often the most difficult part of communicating clearly.

**LISTEN LONG**

How do we *Listen Long*? First, we have to look at the speaker and listen carefully. Listening carefully means thinking only about what the speaker is saying, not planning tomorrow's activities or writing the grocery list and NOT starting our own response to the speaker before he or she is finished.

If no other piece of information from this article sticks with you -- try to remember this: Keep your mouth shut until the speaker finishes her/his commentary. In other words "SHUT UP!" until the speaker is finished. Then -- and only then -- open your mouth.

After the speaker has finished make every attempt to communicate to the speaker that you have understood his or her point. Do this by paraphrasing the speaker's message before responding with your points. It includes non-verbal body language that says "I am listening", and it may mean clarifying the speaker's points to be sure that we understood everything as the speaker intended. And last, like communicating clearly, we must assume nothing.

**ADJUST ATTITUDE**

*Adjust Attitude?* What does that mean? To adjust our attitudes, we must first, keep an open mind. No matter how wedded we are to our own beliefs, it is important to really try to consider all other points of view and to not make a decision until all information has been carefully considered. It is necessary to make a genuinely sincere effort to understand the other points of view. And here is a really important rule - focus on the issue, NOT on the person! This is one of the hardest things to do. We also need to avoid being defensive. And finally, we must, when merited, dare to give up our viewpoint and change our minds.

## SOLVE SITUATION

Then we can *Solve the Situation* by finding points of agreement and clarifying differences. We might have to take a time out to rethink and come back together for more agreement and clarification, but all of this will lead to a situation where everyone wins. That is really what we wanted in the first place - right?

## SUCCESS

Doing all this will result in *Success*. All parties are satisfied. With success comes decreased tension, increased efficiency and, in many cases, a resolution that is better for all than it could ever have been if the conflict had not been addressed in the first place. The conflict is resolved, and the road ahead is smooth.

OK, all this is nice - but how does it work in the real world? When you find yourself in a conflict situation, the first thing to do is to engage in a bit of self-talk. You might even want to say, "Time for CLASS." These words can remind you of the steps for handling a conflict. If you are lucky enough to be working with another person who knows CLASS, then you might even want to say "It's time for CLASS" or "Let's break for CLASS here" or simply say the words, "CLASS TIME!" In this way you can remind yourself and the other parties that you need to step back for a moment and review how conflicts can be handled most effectively so that problems can be solved and success can be realized.

Remember -- If you manage conflict effectively -- You've got **CLASS!!!**. And dealing cooperatively with teammates and coaches rather than adversarily just may allow the focus on swimming to lead to better times.



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





Please send newsletter articles to Me  
**IN WORD FORMAT PLEASE!**  
 (sheilacv@verizon.net or fishtail@usms.org)

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

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## (\* Elected positions)

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For pool events as well as open water, go to: [www.dixiezone.org](http://www.dixiezone.org)

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# 11th Annual Tampa Bay Frogman Swim

5k Open Water Swim & Fundraiser

January 12, 2020



NAVY SEAL  
FOUNDATION

*Honoring our warriors. Supporting their families.*

**Come out and swim to support the  
Navy SEAL Foundation**  
*and help us “never leave a man behind”*

All net proceeds go towards supporting the mission of the  
[Navy SEAL Foundation](http://www.navyseal.org)

The Navy SEAL Foundation has earned a coveted Four Stars and a 100% rating from Charity Navigator. In 2017, 94 cents of every dollar went towards programs.

***Registration opens August 6<sup>th</sup> at 7am!!***

*Swimmer registration typically sells out in less than 15 minutes!*

[info@tampabayfrogman.com](mailto:info@tampabayfrogman.com)

Register at  
[www.tampabayfrogman.com](http://www.tampabayfrogman.com)