

The logo for the Florida Association of Local Masters Swim Committee (LMSC) features the letters 'LMSC' in a bold, green, sans-serif font. To the right of the letters is a stylized green swimmer in mid-stroke, with its body forming a series of curved lines that suggest movement and water. The swimmer is positioned as if it is about to enter a pool, with the water surface represented by a wavy line below the swimmer's body.

# LMSC

FLORIDA ASSOCIATION LOCAL MASTERS SWIM COMMITTEE  
VOLUME I NUMBER 1 NOVEMBER 1984

## *From The Poolside...*

By: George E. Bole

*Lap Lines* again! They come 'round faster than the satellites. Since the last issue, there have been two meets which have served as indicators regarding our progress. Unfortunately, not more than 20% of those in training chose to perform. I was given one or two reasons – justifiable ones, I might add – but in the main, many chose not to put their "goods" on show. Considering these meets (the developmental at North Shore and the Clearwater Meet) did not involve travel, I am at a loss to know why so few decided not to participate.

To work as hard as most of you have worked during my stay here, and not want to test the results of the work, does not add up to sound sense. I am aware that many of you are not in the program for competition; but I am also very much aware that many of you are *naturally* competitive. At least you are seemingly conscious of what the others are doing in training and very knowledgeable as to where your friends are rated in the scheme of things.

In the St. Petersburg Masters we now have a very large number of swimmers in most of the age groups

that rate highly in the region. I know that if we could get such people to compete in the meets that are scheduled for the coming season, St. Petersburg Masters would rank amongst the top clubs in the United States. One of the reasons that has resulted in my staying with the Club is to develop the potential within its membership until it becomes the nation's Number One.

This is not a dream. It is a very real possibility if given your cooperation, interest and, most of all, your participation. We should be able to fill all ages of relays to help the team gross the points for success. Swimming is (and should be) fun! Part of the fun for the competitive amongst us is in belonging to a winning team.

So please read the notice board, find out if you are available to swim. If you are available to swim, have a go at it and help us to put S.P.M. in first place. The club's showing at the Clearwater meet in capturing the Visitor's High Point Trophy (using only about 15 swimmers) demonstrates what a force it could be if fully representative of its current strength.

Our next meet is on November 24 and 25 at Fort Lauderdale. It will be held in the world famous Hall of Fame pool. Check to see if you are available to swim, then try to make the meet. You train hard – why not try and find out if it's worth it?

**Back to the training program** – It is very clear from the results obtained from the two meets that 90% of those taking part have improved almost dramatically. Several lifetime bests have been achieved and quite a few of the times would qualify for the Top Ten. I would predict that "you ain't seen nothing yet" would be the best answer to those who wonder how good you can become. I am more than happy with the response to my bullying, cajoling, begging and beseeching. North Shore pool during Masters' training time is a very quiet and subdued workplace (disturbed sometimes in the early light by the splashing sounds of a well-known member of the judiciary). It is so good to work in the cathedral-like silence, with only the panting prayers of a triathletic personality to break its solemnity.

Remember: "Train, Don't Strain".



## HOW TO PREPARE MEET RESULTS

### 1. MEET IDENTIFICATION

TOP LEFT: Name of your meet; state and sanction number of meet; date(s) of meet and length of pool.

TOP RIGHT: Name of meet director; address of meet director; phone number of meet director.

### 2. FORMAT OF MEET RESULTS

a.) Last Page: (unless not required by your LMSC Top Ten Chairman) List names of all swimmers writing their name EXACTLY as it appears on their USMS card. Also list their USMS number. The listing can be by club, by age, or alphabetically, as you wish. In many associations, this list is also a page of the heat sheets and can be reattached to the official results copy that is sent to the Top Ten Chairman. It has been found that the swimmers prefer to see the listing by age/sex groups rather than by clubs.

(Please Note: All out-of-association swimmers who list "pending" on their entries MUST be identified by their association name instead of the missing number.

b.) REMAINING PAGES: Here is the order in which the events must appear:

1.) Start with Women Under 24, listing all of their events in the following order: 50, 100, 200, up to the longest freestyle, shortest to longest back, breast, fly, i.m. (do not include relays here). List the fastest swimmer first continuing down to the slowest. If there are no swimmers in an event, you need not list that event. If there is only one swimmer in the age group, you may write the name and age just once, then list the events (with the time next to each event) in the correct order.

2.) After listing all of the events for Women Under 24, continue on with womens' events in the age groups of 25-29, 30-34, etc. through 90+. Use the same order to list the events as was used for Women Under 24.

3.) Now list the Womens' Free Relays in the order of the youngest women to the oldest women in each group. Also list the Womens' Medley Relays in the same order.

4.) List the Mixed Free Relays, then Mixed Medley Relays – again in order of the youngest to the oldest in each group.

5.) List the Mens' Relays using the same order as the Womens' Relays.

6.) Sample entries.

**Note:** Be sure to include yards or meters. Do not skip lines between events or age groups. The format used for WOMEN 35-39 is the format to be used when there is only one swimmer in an age group. At the bottom of the page or end of meet results, list the explanation for \* (foreign swimmer) or + (non-registered swimmer).

#### WOMEN 30-34

##### 100 Yd. Freestyle

Mary I. Smith, 32 1.01.42

\* Nancy T. Jones, 34 1.03.48

Minnie S. Mouse, 33 1.10.55

##### 200 Yd. Backstroke

Minnie S. Mouse, 33 2.20.20

+ Jessica J. Jones, 32 2.24.23

#### WOMEN 35-39

Marian M. Moore, 39

100 yd. back 3.33.33

100 yd. breast 3.45.67

#### WOMEN FREE RELAYS

25+

NEW ENGLAND – A 3.54.33

June A. Little, 25

Martha M. Middle, 33

Berta B. Big, 40

Babs S. Tiny, 26

\* = foreign swimmer

+ = non-registered swimmer

### 3. TIME TO SEND IN RESULTS:

Please send in results as quickly as possible. If there are any questions about results, the meet will be fresh in your mind and you will be able to find the paperwork and get us the answers. If your meet is near the end of the season for that course (the last day of the National Championship) it is very important to get the results to your local Top Ten Chairman since all results MUST be received for National Top Ten within 35 days from the end of the season. Your local Top Ten Chairman needs your cooperation to meet this deadline.

### 4. NEW NATIONAL U.S. AND OPEN RECORDS:

You have received a copy of the national U.S. records along with your sanction. If a record is broken by either a USMS or a foreign swimmer, you will have to send in an application with all the necessary information for national record. You should have received a copy of this form and should make as many copies of it as you need for all records broken.

## CLEARWATER MEET

The 15 SPM swimmers who ventured to Clearwater managed to carry off the Visiting Team Trophy. As George says, if we can do that with 15 what could we do in a real big meet if we get our act together??

Of the ones who attended, these had super times: Ray Burns, Mary Drexler, Lynn Brownstein, Beverly Tucker, Jim Acker, Peter Berzer and Francis Cichanski. If others had times to mention let us know and we'll recognize it in the next newsletter.

It was good to get the relays together. In a sense, we are not a centralized team and relays do get us together and earn lots of points toward a trophy.

## DEVELOPMENT MEET

### October 21, St. Pete

Except for one meet mid-winter, we seem to have beautiful Sunday mornings for development meets. October 21st was no exception. Twenty eager swimmers showed up to swim. Thankfully, several swimmers came to lend a hand... that is appreciated.

George Odiorne had a good 500 free. Ray Burns had a "best" 100 I.M. Kay Schimpf also had a good I.M.

Just to prove that his award as amateur athlete of the month in July was well earned, Jack Pyhel was the first finisher (from Pinellas County) in the Florida Triathlon. Jack finished fourth overall of 308 entries. For all his swimming prowess, Jack was well back at the end of the swim. When it comes to Cardiology (Jack's profession), he is never back in the pack.

Mark Morris (a Pediatrician) – also in the 40-age group – was runner-up to Jack. That's mighty good competing!

### 5. WHERE TO SEND MEET RESULTS:

Your sanction packet should give you the address of the local Top Ten Chairman who should be sent a copy of the meet results. Send one copy to:

Millie Hupp  
667 Walkup Drive  
Orlando, FL 32808  
(305) 293-3943



SPM DEVELOPMENT MEET  
 St. Petersburg, Florida  
 October 21, 1984  
 SANCTION NUMBER: 84-10

MEET DIRECTOR: HAROLD FERRIS  
 1116 44th Ave. N.E.  
 St. Petersburg, Florida 33703  
 TEL: (313) 896-0250

WOMEN 25-29  
 Linda Bingler 26 SPM  
50 YD FREESTYLE 31.99  
100 YD FREESTYLE 1:07.32  
200 YD FREESTYLE 2:26.25  
500 YD FREESTYLE 6:35.09

WOMEN 30-34  
 Mary Drexler 34 SPM  
200 YD FREESTYLE 3:18.38  
500 YD FREESTYLE 7:23.37  
200 YD BREASTSTROKE 3:12.89  
50 YD BUTTERFLY 42.74  
100 YD I.M. 1:25.84

WOMEN 35-39  
100 YD FREESTYLE  
 Lynn Brownstein 38 SPM 1:07.78  
200 YD FREESTYLE  
 Lynn Brownstein 38 SPM 2:26.47  
500 YD FREESTYLE  
 Lynn Brownstein 38 SPM 6:35.47  
 Carolyn Bates Smith 38 SPM 9:28.52  
200 YD BACKSTROKE  
 Lynn Brownstein 38 SPM 3:09.49  
100 YD I.M.  
 Lynn Brownstein 38 SPM 1:21.87  
200 YD I.M.  
 Lynn Brownstein 38 SPM 2:56.22

WOMEN 45-49  
 Bev. Tucker 49 SPM  
50 YD FREESTYLE 38.87  
100 YD FREESTYLE 1:32.85  
500 YD FREESTYLE 9:05.04  
50 YD BACKSTROKE 47.74  
50 YD BREASTSTROKE 45.17  
200 YD BREASTSTROKE 3:49.02  
50 YD BUTTERFLY 45.43  
100 YD I.M. 1:39.88

WOMEN 50-54  
 Joy Clingman 50 SPM  
500 YD FREESTYLE 9:07.95

WOMEN 60-64  
 Enid Uhrich 62 SPM  
50 YD BACKSTROKE 1:12.11  
50 YD BREASTSTROKE 1:27.86  
100 YD I.M. 3:15.59

WOMEN 65-69  
 Kay Schimpf 67 SPM  
50 YD FREESTYLE 41.08  
50 YD BACKSTROKE 54.16  
50 YD BREASTSTROKE 51.93  
50 YD BUTTERFLY 54.01  
100 YD I.M. 1:51.19

WOMEN 70-74  
 Celia Ballard 74 SPM  
500 YD FREESTYLE 10:34.29

MEN 25-29  
100 YD FREESTYLE  
 Mike Van Gilder 26 SPM 1:06.94  
200 YD FREESTYLE  
 James Acker 25 SPM 2:09.57  
 Mike VanGilder 26 SPM 2:26.26  
500 YD FREESTYLE  
 Mike VanGilder 26 SPM 6:35.14  
100 YD I.M.  
 James Acker 25 SPM 1:09.33  
200 YD I.M.  
 James Acker 25 SPM 2:26.13

MEN 35-39  
50 YD FREESTYLE  
 Chip Jones 36 SPM 25.17  
100 YD FREESTYLE  
 Chip Jones 36 SPM 59.44  
 Bruce Boyer 37 SPM 1:01.94  
200 YD FREESTYLE  
 Bruce Boyer 37 SPM 2:24.23  
500 YD FREESTYLE  
 Bruce Boyer 37 SPM 6:28.00  
50 YD BREASTSTROKE  
 Chip Jones 36 SPM 34.41  
50 YD BUTTERFLY  
 Chip Jones 36 SPM 30.50  
200 YD I.M.  
 Chip Jones 36 SPM 2:52.12

MEN 40-44  
 Mark Morris 41 SPM  
500 YD FREESTYLE 7:10.30

MEN 45-49  
100 YD FREESTYLE  
 Colin Smith 48 SPM 1:12.52  
50 YD BUTTERFLY  
 Raymond S. Burns Jr 49 SPM 30.31  
100 YD I.M.  
 Raymond S. Burns Jr 49 SPM 1:09.34  
200 YD I.M.  
 Raymond S. Burns Jr 49 SPM 2:37.83

MEN 50-54  
50 YD FREESTYLE  
 Harold Ferris 53 SPM 29.36  
 Arthur S. Friedland 54 UNA 31.73  
100 YD FREESTYLE  
 Harold Ferris 53 SPM 1:13.49  
 Arthur S. Friedland 54 UNA 1:15.00  
 Edw. Allen 54 SPM 1:24.84

MEN 50-54 Cont.

<u>200 YD FREESTYLE</u>			
Edw. Allen 54	SPM	3:06.91	
<u>500 YD FREESTYLE</u>			
Arthur S. Friedland 54	UNA	7:44.82	
Edw. Allen 54	SPM	8:18.56	
<u>50 YD BACKSTROKE</u>			
Arthur S. Friedland 54	UNA	38.09	
Harold Ferris 53	SPM	41.16	
<u>200 YD BACKSTROKE</u>			
Arthur S. Friedland 54	UNA	3:03.67	
Edw. Allen 54	SPM	3:33.17	
<u>50 YD BREASTSTROKE</u>			
Harold Ferris 53	SPM	45.44	
<u>200 YD I.M.</u>			
Edw. Allen 54	SPM	3:44.52	

MEN 60-64

<u>500 YD FREESTYLE</u>			
George S. Odiorne 63	SPM	9:00.96	
<u>50 YD BACKSTROKE</u>			
Bill Uhrich 64	NEM	39.38	
<u>50 YD BREASTSTROKE</u>			
Abrasha Brainin 61	SPM	39.29	
Bill Uhrich 64	NEM	40.92	
<u>50 YD BUTTERFLY</u>			
Bill Uhrich 64	NEM	35.61	
<u>100 YD I.M.</u>			
Bill Uhrich 64	NEM	1:28.39	
<u>200 YD I.M.</u>			
Bill Uhrich 64	NEM	3:17.49	

MEN 65-69

<u>50 YD FREESTYLE</u>			
Kermit Hotvedt 69	SPM	35.45	
<u>100 YD FREESTYLE</u>			
Kermit Hotvedt 69	SPM	1:17.99	
Frank H. Tillotson 69	SPM	1:39.27	
<u>200 YD FREESTYLE</u>			
Kermit Hotvedt 69	SPM	3:00.00	
<u>500 YD FREESTYLE</u>			
Kermit Hotvedt 69	SPM	8:20.00	
<u>50 YD BREASTSTROKE</u>			
Frank H. Tillotson 69	SPM	49.34	
<u>100 YD I.M.</u>			
Kermit Hotvedt 69	SPM	1:47.84	

MEN 70-74

<u>50 YD FREESTYLE</u>			
Wm. Molloy 74	SPM	35.52	
J. F. Mitchell 72	SPM	40.13	
<u>200 YD FREESTYLE</u>			
Wm. Molloy 74	SPM	3:19.99	
J. F. Mitchell 72	SPM	3:29.93	
<u>50 YD BACKSTROKE</u>			
Wm. Molloy 74	SPM	50.52	
J. F. Mitchell 72	SPM	51.27	
<u>200 YD BACKSTROKE</u>			
J. F. Mitchell 72	SPM	4:15.20	

50 YD BREASTSTROKE

Wm. Molloy 74 SPM 50.02

200 YD BREASTSTROKE

Wm. Molloy 74 SPM 4:04.88

MEN 75-79

50 YD FREESTYLE

Earnest H. Briscoe 77 SPM 38.02

100 YD FREESTYLE

Earnest H. Briscoe 77 SPM 1:29.75

200 YD FREESTYLE

Bill Stinson 75 SPM 3:24.93

500 YD FREESTYLE

Bill Stinson 75 SPM 9:52.69

50 YD BACKSTROKE

Bill Stinson 75 SPM 47.02

Earnest H. Briscoe 77 SPM 58.29

200 YD BACKSTROKE

Bill Stinson 75 SPM 4:03.44

50 YD BREASTSTROKE

Earnest H. Briscoe 77 SPM 1:06.29

200 YD BREASTSTROKE

Bill Stinson 75 SPM 4:30.56



## NOTES FROM THE ANNUAL MEETING

No major changes. *Catie Cooper* has taken over registration from *Chris Carey*, who is now in charge of Publicity. *Lynn Brownstein* succeeds Natalie as the new Treasurer. Natalie reports that she likes the school and her job in Crystal River.

Teams were lightly represented at the Annual Meeting – the *one time* when decisions that effect everyone are made by the few teams who **do** attend. *Each team* should be represented and take an active part in making decisions.

Registration this year was a little confusing because of the change to October 31 as the end of the year. The change was made to coincide with the National Masters End of Year. Actually, it's the end of the year for Long Course Records and the start of the new Record Year. In order for your times to be recorded, your 1984-1985 registration number **must** be on an entry card and meet the entry deadline. The number will be 145-\_\_\_\_\_.

**LONG RANGE** – We will be offering help to the Indian River Community College Masters in staging the 1986 Short Course Nationals. Although 1986 seems like a long time off, time has a way of creeping up on us... and we should keep it in mind. The meet has the cooperation of the Ft. Pierce community and the city's business people, as well as the College. It's going to be one of the "good" Nationals. *June* mentioned that folks should be aware that this meet is in the **Florida Association** area and not in her Gold Coast Association.

*Chris* would appreciate one person from each team to volunteer as that team's Publicity Representative.

**EDITOR'S COMMENT** – The best publicity he has seen lately is a **GOOD** Coach. Hear Ye, George Bole.

**CLEARWATER-LARGO YMCA MEET** – This Annual Fall meet is well supported by approximately 100 entrants. Perhaps the Y-organization behind the meet is the reason it is so well supported by the community in the form of sponsorship and on-deck help. Although the YMCA isn't everyone's favorite pool, it is a good meet. There were also a noticeable number of new swimmers on hand.

## PICNIC

After the team meeting, a few turned out for the picnic at the home of Betty and Harold Ferris. There was good food and drinks, photos from Nationals, and some good discussion. We have fun at the picnics... let's have *at least* as many people at the next meet as we have at the picnic *after* the meet. You'll like it.

### From Ray Burns

There will be a Team Meeting (St. Pete) immediately after the Development Meet on Sunday, December 9.

## TOP 10 ANNUAL MASTERS BANQUET

Friday, December 14th

Pierside Restaurant

(The Pier, St. Pete)

Cash Bar (\$1.25) 6:00

Dinner (\$10.00) 7:00

*Reservations and choice required by December 9th*

### CHOICES:

Black Grouper

(Broiled or Fried)

Shrimp Lovers Feast

(Stuffed,

Almondine, Scampi)

Filet Mignon

### CALL

(after 5:30 p.m.)

Pam . . . 397-4926

Ray . . . 896-3770

*Brash any time after 6:00 a.m.*

Pam also asks that you who swim from 4:30 on, please sign in at the First Aid Room. It's to the team's advantage to do so.

## EVENTS FOR DECEMBER 9

400 I.M. 9:30	200 Fly 10:45
100 Free	200 Free
200 Back	100 Back
100 Breast	200 Breast
50 Free	100 Fly
	1000 Free 12:00

John P. Maguire, *Chairman*  
4033 12th Street N.E.  
St. Petersburg, FL 33703  
(813) 823-7116

Catherine Cooper, *Registration*  
39 N.W. 39th Ave., #43  
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St. Petersburg, FL 33713  
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# CALENDAR OF UPCOMING MEETS

NOVEMBER	24-25	Swimming Hall of Fame Pool, Ft. Lauderdale
DECEMBER	2	"Swim Is Fun" Clinic, North Shore Pool, St. Pete
	8	Second Wind, Delray Beach
	9	Development Meet, S.C., St. Pete
	9	JCC Pool, North Miami Beach
JANUARY	13	Development Meet, St. Pete
	19-20	University of South Florida Swim Club, Tampa
FEBRUARY	10	Development Meet, St. Pete
	16-17	Clearwater-Largo YMCA, Clearwater
	24	North Florida Masters, Tallahassee
MARCH	3	Development Meet, St. Pete
	??	Justice Aquatic Center, Orlando
	29-31	Southern Regional Championships, St. Pete
APRIL	27-28	InterBay Masters, Tampa
MAY	10-13	National Short Course, Brown Deer, Wisconsin
	17-20	Canadian Short Course (25 meters), Winnipeg, Manitoba
	26	Development Meet Long Course, St. Pete
JUNE	15-16	Suncoast Masters Swim Club
JULY	12-14	Southern Regional Long Course Championships, St. Pete
AUGUST	4	Development Meet, Long Course, St. Pete
	8-14	World Masters Game, Toronto, Ontario (Etibocoke)
	17-20	National Long Course, Brown University, Providence, Rhode Island
SEPTEMBER	14-15	Decathlon Meet (NOTE: date changed), Tallahassee

## ST. PETERSBURG TOP 10 SHORT COURSE (Relays Not Included)

WOMEN: Margaret (Peg) Morrison, All American; Marian McKechnie; Celia Ballard; Win Kennedy; Kay Schimpf.

MEN: William (Bill) Stinson, All American; Earnest Briscoe; James Pierce; Eugene Jennings; Peter Betzer.

Bill Stinson made it in both 70-74 and 75-79 age groups. Long course not yet available.

## "Swim Is Fun" Clinic

On Saturday, December 1 there will be a "Swim Is Fun" Clinic sponsored by the Leisure Services Department and St. Pete Masters. Although the clinic is for non-Masters, anyone who is interested is welcome to attend. George Bole will be in charge of the clinic. George would like volunteers from the Masters to lend a hand for the clinic.

## SWIM CLINIC FOR FLORIDA ASSOCIATION

Sponsored by:  
the City of St. Petersburg  
and St. Pete Masters  
Conducted by George E. Bole,  
F.B.S.C.A. and British Nationally  
Qualified Coach

There will be NO CHARGE for the clinic, nor will there be a pool fee.  
PLACE: North Shore Pool, St. Pete  
TIME: 9:00 a.m. till 1:00 p.m.  
DATE: Sunday, December 2

### SCHEDULE:

9:00-9:30 Introduction to all aspects of Masters Swimming  
9:30-10:00 Freestyle  
10:00-10:30 Backstroke  
10:30-11:00 Breaststroke  
11:00-11:30 Butterfly  
11:30-12:00 Starts and turns  
12:00-1:00 General work

Each session will include practical in-pool work, allied drills and discussion on the stroke.

From 1:30-3:00, a discussion and video of the strokes will be presented at Harvey's 4th Street Grill. You are free to eat much, little or none. Harvey's is located on 4th St. North at the corner of 31st Ave. (leaving North Shore Pool, Harvey's is on the right side of 4th St. N.). Parking area is in front of the restaurant.

We hope to see a big turnout for this interesting and informative clinic.

**Frank H. Tillotson**  
St. Pete Masters  
2494 13th Ave. North #46  
St. Petersburg, FL 33713

Bulk Rate  
U.S. Postage  
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