

LMSC



FLORIDA ASSOCIATION LOCAL MASTERS SWIM COMMITTEE

VOLUME II

NUMBER 3

FEBRUARY 1987

From Catie Cooper-LMSC Registration

As of January 27 membership stands at 627 . A surprising 71% of whom are renewals . Only 181 new members . This is accompanied by an increase in the younger age group.

There continues to be a problem , not serious , with registration in that individuals send in their applications rather than through their Clubs as is required . Personal checks are not accepted other than for a swimmer who wishes to be "Unattached" . Also forms are being sent without being completely filled in . We do forget sometimes and our addresses change or maybe just a phone number . That is why registration requires completely completed forms . Further, our News Letters are not forwarded and we'd like you to receive yours . And one more item . Swimmers changing Clubs must file a transfer form . In numbers registration is ahead of last season .

Catie

Over on the East Coast consolidation has occurred with Brevard in the Cocoa area and Cape Coast in the Melbourne area joining with Space Coast in the Melbourne-Melbkurke Beach locale to be on Club-Space Coast Masters. Diana Nighswonger is the Registrar . Hope we see them better represented at some meets this season .

Leesburg Swim Association is in limbo until March 1 when their pool is reopened and heated .

The H20 Marlins are half and half not being currently registered. Otherwise all Clubs are active , 25 in number .

Australia has 4,000 registered Master Swimmers

From the latest New England Masters News Letter .NEM
relays. The substantial cost of entering enough relay teams to win the Hawaiian Relays every year and the addition of 400 and 800 relays to official national masters relay competition have led President Lyndon and V.P. Grilli wisely to decide to skip the Hawaiian Relays this year and to schedule instead one or more Sunday morning relays-only sessions, so that NEMSC can go for many national top ten relay times. We are not likely to have at such sessions all of the NEM superstars who are expected to be at Palo Alto (such as Schlicher, Melick, Uhlir, etc.), but we should have many other NEMs who do not intend to go to California for the nationals but who would like (a) to swim on top-level relays and (b) to save their best efforts at the Zone Championships at Bentley March 20-22 for individual events.

FEBRUARY 1987

MEETS

AHEAD

February

8 St. Petersburg, Fl Dev. Meet North Shore 9:00 AM
14-15 Miami, Fl. Metro Miami Aquatic Club 1-305-274-7946 or 546-1789
21-22 Pensacola, Fl. Pensacola Jr College Steve Bultman-
1000 College Blvd., Pensacola, Fl. 32504
14-15 Charleston, S.C. Foster Park Pool-Michael Walsh POB 536
Folly Beach, S.C. 29439
20-22 Pine Hill, Fl (Orlando) 25 Meter SC Chris Carey 305-295-8285
28 Del Ray Beach Second Wind Games 50+

MARCH 8

8 St Petersburg, Fl Dev. Meet Chris Truhol 813-864-1140
14-15 Atlanta, Ga Dynamo Swim Ctr. Lisa Watson 2104 Howell Blv.
Duluth, Ga. 30136
27-29 St Petersburg, Fl Southern Regional SC Championships

APRIL

? ? St Petersburg, Fl Dev Meet
25-26 Boca Raton , Mission Bay FL Bill Kirkland 1300 NW 8th St
Boca Raton , Fl. 33432
25-26 Nashville, Tn. Zone SC Championships Mary Lee Watson
6613 Rolling Fork Dr. Nashville, Tn. 37205

MAY

? ? Tampa, Fl Boys Club Lisbeth Moore 813-837-1574
8-10 Milwaukee, Wis. Schroeder Y YMCA Nationals. 90 day
Membership & live within 50 miles of the Y.
8-10 Etobicoke (Toronto) Ont. Canadian 25 M. Championships
15-18 Palo Alto, Cal. (Stanford U.) NATIONAL SHORT COURSE
31 St Petersburg, Fl. Dev. Meet Long Course

JUNE

13-14 Venice or Sarasota Fl Annual LC Deb Walker 7223 Turnstone Rd
28 Sarasota, Fl. 34242
St Petersburg, Fl L C Dev. Meet

JULY

11-12 Goldsboro, NC Zone LC Championships Mary Lee above
24-25 Atlanta, Ga. Emory U. L C Championship
31 St Petersburg, Fl. Southern Regional LC Championships
Aug 1-2 The Woodlands, Tx. NATIONAL LONG COURSE
21-24

1988

Austin, Tx Buffalo, NY Brisbane, Australia

Some other events

APRIL

10-12 Raleigh, N C North Carolina State Championship

SEPTEMBER

? ? Boca Raton No information
23-27 Atlanta, Ga. National Aquatic Sports Convention

OCTOBER

3 Florida LMSC Annual meeting Orlando (Tentative)
9-11 Pine Hill (Orlando) Fl S.C. Meter meet

FOOD FOR THOUGHT by: Libby Poole

As a club we need to think about publicity and recognition. The way to get is to do what we do best: swim. Without much thought, I have already come up with several ways we can do this in a constructive way.

With little work we can have one Saturday morning a small swim meet or a one hour swim, asking a small fee and a donation of one can of food for a needy family. Just think: practice and community service all in one. Or, we could contact Frances Roy to see if she knows how many handicapped children swim. We could then put on a swim meet for handicapped children or assist with the Special Olympics.

Each of us has a gift and a special knowledge of swimming that we could share with someone. We need to project an image, and to do this we cannot think of ourselves, but must think of others. Any suggestion would be greatly appreciated. We just need to put them to good use.

I would like to challenge each of you to suport your club and don't leave all the work and the burden of decicions to a handful of us.

since many masters have no desire or time to swim with the masters team except on Saturdays, you will be charged \$2.00 to participate in our Saturday 9:00 to 10:30 am practices. T.J. is the coach during that period. the Charleston Masters Swim Club

THIS LETTER SUPERSEEDS ALL OTHERS

12-30-86

To All Our Masters Swimming Friends

As of the above date we will not be able to attend the YMCA Masters Nationals. The new rule designed to break up teams has gone into effect and will be enforced at this years Nationals. Your Executive Director will have to sign a form stating that all swimmers entered live within 50 miles of there Y. This obviously breaks up our team since most of our swimmers do not live within this distance. Therefore we will no longer support the YMCA Masters Nationals,

the South Hills Y of Pgh.

Michael Schneiderlochner
P.O. Box 15673
Pgh. Pa. 15244

TOP TEN PATCHES - Can be obtained from: Harry A. Fox, 710 Oxford Ave. NE, Massillon, OH 44646 (216) 883-9696. The patch and one stroke segment is \$5, additional stroke segments are \$1. Be sure to include your age, name, year qualified and stroke...





M.S.I. NEWS

1987 ONE HOUR SWIM

IT IS NOT NECESSARY FOR THIS TO BE A SPECIAL
SWIM. TIMES FROM ANY ONE HOUR SWIM MAY BE USED.

Eligibility: This is a GLOBAL POSTAL EVENT and is open to all adult swimmers who are registered members of their country's National Organization.
Age Groups: age on the day of the swim - 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+
Event: the greatest distance swum in ONE HOUR in any swimming pool, 25 yards/meters or longer.
Deadline: entries must be mailed by MARCH 1, 1987
Entry fee: US \$4.00; if results are required send US \$5.00.
Awards: Medallions for 1st, 2nd, 3rd in each age group. One M.S.I. Patch for each competitor. Please send self-addressed envelope for the patch.

ENTRY FORM

Swimmer's name _____

Address _____

Date of birth _____ Age on day of swim _____ Sex M F

Name of Official Verifying Swim _____

Qualifications _____

Swimmer's Registration No. _____ Affiliation _____

PLEASE ENCLOSE CHECK-OFF LIST SHOWING NUMBER OF LENGTHS SWUM WITH
COUNTER'S NAME

Entry fee	\$4.00	No. of lengths swum	_____
Results	1.00	Length of pool	_____ yd/m
Amount sent	\$ _____ IN U.S. FUNDS	Total Distance	_____ yd/m
		Pool water: Fresh	_____
		Salt	_____
		Salt added	_____

Mail entries and make checks
payable to:

Margaret Samson
49 North Altadena Drive, Pasadena, CA 91107, USA Tel: 818 793-2582



M.S.I. NEWS

the official newsletter of M.S.I.

Publicity Officer -

MARGARET G SAMSON
49 NORTH ALTADENA DRIVE
PASADENA CA 91107 USA

Subscription rate: \$5.00 in US Dollars for 4 issues - FIRST CLASS MAIL

IT IS NOW TIME TO RENEW/SUBSCRIBE

For Office Use

Your name

Date rec'd

Address

Amount paid \$

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. R

Please make your check payable to:
MARGARET SAMSON

Expiration

ORDER FORM

M.S.I. Patches (3") Qty. @ \$2.50 each \$

M.S.I. Pins @ \$3.00 each \$

1985 M.S.I. TOP TEN booklets:
LONG COURSE METERS @ \$3.00 each \$

SHORT COURSE METERS @ \$3.00 each \$

M.S.I. TOP TEN Patch-for those who qualify state: @ \$3.00 each \$

Year Age Group Event Amount of check \$ _____
(order as many as you wish)

For office use

Your name Date rec'd

Address Amount \$

. Mailed

Payment should be in US Dollars

Please make your checks payable to:
MARGARET SAMSON

SPECIAL NEWS from the U.S.A.

USMS NEWSLETTER

USMS also publishes an information packed semi-annual Newsletter, which is mailed to all USMS registered swimmers.

A limited number are available to interested overseas Masters. Please send \$3.00 to cover postage and handling. The June 1986 issue is now available.

Payment in US dollars.

USMS National Office, Five Piggott Lane
Avon, CT, 06001, U.S.A.

INTERNATIONAL CALENDAR

1987

FEBRUARY

08 Long Distance Sea Swim, Brazil
22 Long Distance Sea Swim, Brazil

JULY

01 Canada day Open Water 1 mile
swim-David Payne (416)883-9809

1987

JANUARY

31-Feb 1-6th Annual Tampa Open SC-
Brian Wilder, P O Box 4608,
Clearwater, FL 33518, USA

FEBRUARY

13-14 Swimming & Diving Championships, Univ. of Alaska-Ken Hickey, 905 Muldoon Rd A-35, Anchorage, Alaska 99504, USA

MARCH

14-15 (provisional) Welsh Masters, Cardiff
20-22 International Meet SC Hürth-Gert Fuchs, An der Ronne 192, 5000 Cologne 40, West Germany

APRIL

1-4 AUSSI Nationals, Perth-AUSSI,
P O Box 59, North Beach, W A 6020
Australia
?? Ontario Championships-Jim Miller,
137 S Hill St. Thunder Bay, Ont.
P7B 3T9, Canada
24-26 Open Swedish Masters Meet in
Stockholm-Sodertorns Simsällskap,
Box 508, S-136 25 Handen, Sweden
(25m x 8 lanes)

MAY

?? Japan Masters SC Championships-
JMSA, Showa Bldg 3rd Fl, 2-7-12
Kanda Jimbo-cho, Chiyoda-ku,
Tokyo 101, Japan
1-3 Brazilian Masters Championships,
Rio de Janeiro-ABMN, Av Presidente
Vargas 418/801, 20071 Rio de Janeiro,
Brazil
8-10 Canadian Championships SC-A1
Yarnell, 620 Lolita Gardens #2001,
Mississauga, Ont L5A 3K7, Canada
15-17 Scottish SC Masters-Ken McKay,
7 Willow Way, Hamilton, Strathclyde,
Scotland
15-18 USMS SCY Championships, Stanford,
Palo Alto-Los Altos Swim Club,
P O Box 809, Los Altos, CA 94203, USA

JUNE

?? English ASA
12-14 Hellas Super Masters International (50m x 8 lanes)-Solk Hellas, Nynösvägen 321, 122 34 Enshede, Sweden

AUGUST

15-16 Malmo Festival, Sweden
21-24 USMS LCM Championships, The Woodlands, Texas, USA

SEPTEMBER

14-18 1st European Masters
26-27 9th Chinese Taipei Masters Championships

OCTOBER

9-11 British Masters, Cardiff, Wales
30-31 Brazilian Masters Championships, Brazil

Ann Svanson sent me an interesting article for translation into layman-understandable English. The paper is entitled: "Muscle Changes During De-Training: What happens to muscle composition after training is stopped?" The authors are 6 people headed by Dr. Dave Costill, a well-known exercise physiologist and a top ten Masters swimmer in the 45-49 group. Since many collegiate swimmers take a month off after their conference championships, the question arises, "Is this good practice? Do the muscles go soft during the layoff?" The authors did a study to answer these questions.

Eight highly trained swimmers averaging 21 years of age and used to swimming 10,900 yards a day were the subjects. Their muscle composition and blood chemistries were measured during training and each week for 4 weeks after training was abruptly stopped. Somehow or other, Dr. Costill and associates persuaded the swimmers to have needle biopsies taken each week from their deltoid muscles. What this means is that a hollow needle is stuck into the muscle and a small piece (35-55 milligrams) is removed for microscopic and biochemical study. In addition, each week the swimmers did a 200 yd free at 90% followed by having their blood taken for measurement of lactic acid concentration.

The scientists found that after only 1 week of inactivity, there was a big drop in the muscle respiratory capacity, or Q_{O_2} . (The Q_{O_2} is the amount of oxygen which can be used by a given amount of muscle in an hour, and is a measure of how efficiently muscle can burn fuel.) This quantity went from 5174 to 2559 after only 1 week, and stayed low in weeks 2 and 4. For comparison, non-swimmers who never trained, had Q_{O_2} values averaging 1849. Another finding was that the de-trained swimmers had higher lactic acid levels after their 90% effort 200 yd free. Whereas they averaged levels of 4.2 when fully trained, after 1 week, the level was 6.3, and after 4 weeks, it was 9.7. This meant that the effort was more anaerobic and less aerobic. In other words, the body was less efficient in moving oxygen to the muscles, because with enough oxygen, less lactic acid would have formed. In addition, with better circulation, lactic acid is moved out more efficiently and metabolized.

The authors mention other people's data showing that de-training has little effect on the whole body oxygen uptake capacity of swimmers, expressed as VO_{2max} . This quantity is similar to the Q_{O_2} , but refers to the whole body; it is usually measured by having a person exercise on a treadmill. A highly trained person can move a lot of blood and oxygen through the lungs and will have a high VO_{2max} . The question then arises, how can the Q_{O_2} fall by more than 50% and there is no change in VO_{2max} ? The answer is probably that the VO_{2max} decreases more gradually and VO_{2max} is a reflection of muscles used in running. If the VO_{2max} were measured using only the shoulder muscles, there would be a drop in the swimmers.

The main conclusions derived from this study are: 1. muscle respiratory capacity drops markedly in 1 week after cessation of training. 2. oxygen transport is measurably decreased after 1 week and is still falling at 4 weeks. Glycogen content of the muscles was also noted to fall on de-training.

The implied significance of these findings is that it is not good to stop training altogether. Ann Svanson says that this "might be of interest to many of our swimmers, as I know many of them take several weeks off after Nationals -- or at other times."

While the paper is a very good one, I wonder whether the swimmers also recovered very rapidly from de-training. Perhaps it is even good to de-train and then re-train. When you carbohydrate-load, you are supposed to first deplete your system of glycogen and then suddenly eat a lot of spaghetti. The body tries to replace the glycogen and ends up storing a greater-than-usual amount. This "overshoot" phenomenon could conceivably operate when swimmers de-train and then re-train. However, we will have to await more studies from Dr. Costill or others. Parenthetically, one hopes that similar studies can be done without taking muscle biopsies frequently from such trained athletes. There are modern techniques using nuclear magnetic resonance and positron emission tomography which could possibly spare the subjects this kind of trauma.

(Reprinted from DC Masters Wavemaker)

(By way of New England Masters)

WHAT YOU NEED TO KNOW ABOUT A TRAINING DIET

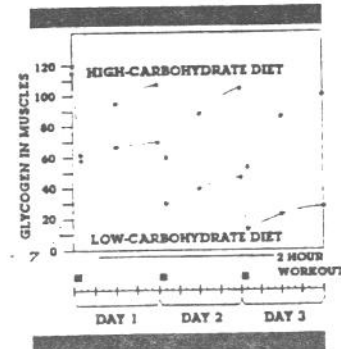
Eat a diet high
in carbohydrate
throughout the season
for energy to train
and to compete.

WHY IS CARBOHYDRATE IMPORTANT FOR PERFORMANCE?

Fatigue is common after hard physical training day-after-day especially when you work out twice a day. You might blame your exhaustion on a "bad day." But if you are always tired, it might be due to your diet!

When you exercise you draw on energy stored as carbohydrate in muscles. This energy comes from the foods you have eaten. During a two-hour workout you can easily use up all your stored carbohydrate. Unless you are eating enough foods high in carbohydrate the carbohydrate level in your muscles will not be replenished for the next day's training.

The chart below shows the difference in muscle carbohydrate levels between athletes eating a high-carbohydrate diet and the same athletes eating a low-carbohydrate diet.



Suppose you eat a diet low in carbohydrate. After just three days of two-hour workouts, your muscle carbohydrate can be nearly used up. You are a candidate for fatigue. However, on a high-carbohydrate diet after the same workouts, your muscle carbohydrate level can be almost as high as it was before you began training. So you can have the energy to train and compete at your top performance level by eating a diet high in carbohydrate throughout the season.

PLANNING THE TRAINING DIET

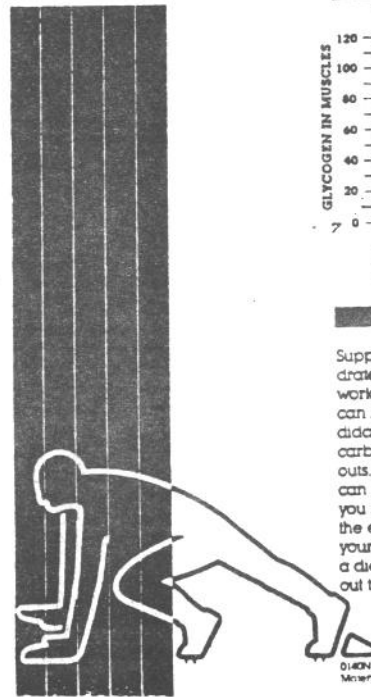
The main difference between the training diet and your normal diet is that the training diet is probably higher in carbohydrate. In particular the training diet includes more foods from the Grain Group and Fruit-Vegetable Group which are excellent sources of carbohydrate.

Of course, you still need protein, fat, vitamins, minerals and water in your diet. You get these nutrients as well as carbohydrate by eating a variety of foods from each of the Four Food Groups (Milk, Meat, Fruit-Vegetable, and Grain).

When planning a high-carbohydrate diet, remember:

- Cereals, breads, pasta, muffins, pancakes, rolls, and other grain products are high in carbohydrate.
- All fruits and vegetables are also good sources of carbohydrate.
- Yogurt, milkshakes, milk, cocoa, and ice cream, all contain carbohydrate.
- With the exception of dry beans and peas (like refried beans or blackeye peas), foods from the Meat Group are low in carbohydrate.
- Cakes, pies, cookies, soft drinks and other sugary foods are high in carbohydrate. However, they are low in most other nutrients. Select them only after you've eaten the recommended number of servings from the Four Food Groups.

To get specific training diet recommendations, ask for a copy of the handout **How to Select the Diet for You**. To help you plan your own training diet, use the handout **What You Need to Know about Food**.



FROM THE PRESIDENT: (S P M)

Happy New Year to all the members and many hopes for another successful season!!

A few thoughts came to mind over the holiday season that I wish to present to the membership. First, I hope all of you know that contributions to the newsletters are welcome and would be a nice addition to our monthly reading. If you have something you would like to share with the membership please submit it for print to either FRANK TILLOTSON or LESLY JAFFRAY.

SOUTHERN REGIONALS:

This years' Southern Regional Meet will be held the weekend of March 27, 28 & 29. This will be the 17th annual meet and I hope that with the assistance of the entire membership it will be as successful as the past sixteen were. Beware, we will be calling upon you to help out with the meet this year in some way, shape or form. Alas, we always are in need of timers to run a smooth meet and remember; all members are expected to participate in the competitive aspects of Masters Swimming - whether they are on the deck or in the pool. If you know of any way you can help us out ahead of time (Publicity, company sponsors, etc...), please get in touch with one of the officers or Jim Acker our meet director.

SUNDAY MORNING DEVELOPMENT MEETS:

I would like to thank all of you who participate and time at these monthly meets. I feel they are an important part of our weekly training and they help George know where we are at and discover problems he may not see in practice. After participating in the January meet (a cold one at that), I noticed a great lack of timers!!! It is very frustrating as a swimmer to have to jump out of the pool in fifty degree weather and grab a stopwatch in order to keep the meet going. If you don't feel like swimming because the weather is too cold or you are under the weather, please drop by to give us a hand on deck; your help is always appreciated.

On Sunday mornings, George has expressed interest in setting aside a few lanes at the beginning and end of practice for Stroke Instruction. If you would like to take part, just let George know. It is open to any St. Pete member and is free of charge.

I would also like to give special thanks to some of the following people for their time and contributions to our team during 1986:

ABRASHA BRAININ: Team Registrar
FRANK TILLOTSON: Editor of LapLines
FRANCES CICHANSKI: Past team record keeper
The LEADBETTER's: for organizing the 1986 Awards Banquet
WOODY McDANIEL: for starting and officiating our Sunday Development Meets (even if he does think we are all crazy)
and all the wives, husbands and other friends who show up to support our team throughout the year.

Again, let's hope for a wonderful 1987 season with hopefully even more success and support than we received in 1986.

SEE YOU AT THE POOL!!

COACH'S CORNER

I hope by the time you read this, that we are back at our North Shore headquarters making ready for the coming season. In passing, let me congratulate those hearty --obviously dedicated--swimmers who braved the 75 degree pool and the 73 degree showers. If a coach needed convincing of the quest for success of a team, those weather-defying members provided me with their committment.

Making ready for 1987--last year, 1986, was a most successful year for St. Pete Masters. It follows that this year must be even better. The team proved its worth as a collective unit capable of taking on the best. Where and how can the performances be improved? I believe that 1987 will find many more individual performances scoring points. There are many more swimmers now working out who are in the younger age brackets, and they are working out to very good effect--impressive to watch and coach. These are the people to whom I look for great results in 1987.

For many years, people have attributed the successes of St. Pete Masters to the fact they had so many of the older swimmers, who could score place points and relay sprints--and many of our younger members were content to leave it to these great swimmers. So much so, that in most meets, they failed to turn out. This year 1987, I want it otherwise. I know from poolside observation and coaching that we have potentially outstanding talent in our ranks. To train and be coached regularly and then fail to compete seems fruitless and we have so many exciting new additions to the team. I predict that many of them will make Top Ten and several All-American. To fulfill my predictions demands their competing. I feel sure they will not let me down.

Now, you stalwarts of the past successes, do not interpret this as a dismissal of your efforts. St. Pete Masters needed you before, St. Pete Masters need you even more to help to help the new-comers increase its deserved reputation. With the combinations of new and old, young and not-so-young, the 1986 season will be surpassed easily.

My sincerest thanks to all the team for their cooperation and endless kindnesses to me during 1986. My very best wishes to you all for 1987 and may we all continue our successes.

--George E. Bole

SPM Development Meet 11 Jan 87

Lake Vista Pool 50's 25 K NW

This was not a typical outdoor swim meet day . One was chilled at once upon leaving the water . Some didn't, swimming several events in sequence. We had a grand total of 11 swimmers 7 of whom swam the 1,000. No super times, although Ray Burns was pleased and Dawn turned in a 2:28 plus 200 back. With everyone timing we kept it legal . Several came and helped . Thank you.

North Shore Pool

We are finally back 'at home' and glad to be there . A long struggle which was in no way caused by Leisure Services, Recreation nor Aquatics. It was caused by neglect on the part of Engineering and the long term contract given to the installer who refused to accommodate anyone . We can do without him.

The 1 Hour Postal Swim

St Pete tackled this with our greatest effort, on the 18th and the 25th. Unusually we had plenty of deck helpers. THANK YOU ALL . 29 swam first day and 7 the second , with a few more to go this week . Jim Acke became our first swimmer to go over 5,000 and George remarked that "They did what I wanted them to do ." We wouldn't have as many if it weren't for George. He is more appreciated than he is told , thank you George . We are anticipating good relay results , especially the 25 and 35 women and the 45 men .

SPM Party & General Meeting 23 Jan

Lois and Ray Burns graciously hosted this gettogether attended by at best count , 24 members and 14 guests of assorted attachments . There was aplenty of various foods , enough for a meal, which it wasn't , a selection of drinkables and a delicious pecan pie by Lesly Jaffray . It seemed to be unusually convivial group which was slow to quiet down for the Club meeting . This meeting was quoted the dollar balances in our accounts , voted to donate \$500. to SPA and had some discussion on the not too far off Southern Regional in late March . Reckon party broke up shortly after 11

The following sentence arrived in a newsletter recently. I quote.
"If you haven't received this newsletter it is because you have not registered for 1987 "

Now perhaps someone will let us know what it means so we can print its meaning in the next LMSC letter May 1.

WE ARE GREATLY INTERESTED IN PRINTING CLUB INFORMATION IN THIS LMSC NEWSLETTER . PLEASE SEND ANYTHING YOU'D LIKE PUBLISHED TO YOUR EDITOR .

We will have our usual LMSC membership meeting on Saturday of the Southern Regional Meet in St. Pete. At least a representative of each of our 29 Clubs should attend , we welcome your input so all can be heard .

F H T

"GETTING READY"

With ~~twelve~~^{EIGHT} weeks to get ready for our Short Course Regional Championships, our thoughts should turn to preparing for that event. I understand that our supremacy of last year and the year before will be under strong challenge and I intend to have you ready to resist.

My work-outs before this period have been designed to build up yardage, so we will have a good background from which to work. For the next four weeks, the yardage will be slightly less--with little quality efforts added. During this time, too, attention will be paid to technique. The heavy yardage tends to play havoc with strokes and if we are to swim fast, we must first swim correctly. This technique attention is most important. So much importance do I place upon this that I intend to have a "stroke repair" session each Sunday at 11:30 a.m. when we return to North Shore Pool.

The following period of four weeks will emphasize more quality swimming with "quality" rests, so work-outs will consist of 50% endurance (short rest work) and 50% quality swims. Again, attention will be given to technique. We must perform efficiently at all times. This leaves us but four weeks before competition. Now, programmes will be much less in yardage (proportionately according to your events, viz sprint, middle-distance or distance). We will do a lot of broken swims, i.e., swims broken into components with 5, 10 or 15 seconds rests between. There will still be some aerobic work in the work-outs.

For the last two weeks of our preparation yardage will be reduced. Quality pace work will be stressed and designed for each individual member swimming. Intensity of performance will be greater. Efforts will be required that will hurt. Starts and turns worked on--streamlining from push and turns. Strategy of races will be discussed. All in all, if you want to swim at your best, everything will be done to assist you. IT'S UP TO YOU! G. E. D.

A last minute note

The 6th Annual University Swim Club meet finished Feb 1 and was the most successful in every respect of all. Brian Wilder and John Probst did an excellent job of putting the whole thing together for the 170 swimmers entered. John said he now knows how much work Jim Bell has been doing over the past 5 years.

For a change the entries were not dominated by the West Coast. The newly combined Space Coast Club made a good showing as did Sun City Center with representatives from both BOCA and Mission Bay.

A few representatives from North. Canada, Illinois, Ohio. Many familiar faces were not on hand, the old order changeth..... Who won? I don't know yet.

St. Pete Masters Development Meet
Saction #: 87-2
Lake Vista Pool - 1/11/87
Pool Length: 25 yards

Meet Director: Jim Acker
Phone: (813) 526-5056

WOMEN:

19-24

Chris Truhol - 24
100 Breast 1:32.20
400 I.M. 6:07.55

35-39

Judy Humbarger - 36
200 Back 2:39.53
100 Breast 1:31.50
100 I.M. 1:19.21
400 I.M. 5:43.35

45-49

Sandy Steer - 47
100 Free 1:42.50
50 Breast 52.22
100 Breast 1:56.35

MEN:

25-29

Jim Acker - 27
1000 Free 11:50.24
100 Breast 1:14.69
400 I.M. 5:09.69

35-39

Neil Kupfer - 35
50 Free 27.26
100 Free 1:00.39
50 Breast 36.50
100 Breast 1:14.37
100 I.M. 1:12.24

50-54

Ray Burns - 51
1000 Free 12:38.00
200 Back 2:58.17
100 Breast 1:16.74
200 Fly 2:53.04
400 I.M. 5:38.98

MEN:

55-59

Harold Ferris - 56
50 Free 29.27
1000 Freestyle
Bob Beach - 56 14:02.46
Harold Ferris - 56 15:46.21

60-64

Abrasha Brainin - 64
50 Breast 39.99

70-74

John Johnston - 71
50 Free 37.66
100 Free 1:24.66
Frank Tillotson - 72
1000 Free 18:49.27
Joh Johnston - 71
50 Breast 45.51
100 Breast 1:44.30
100 I.M. 1:39.99

75-79

Bill Stinson - 77
1000 Free 20:48.74
200 Back 4:42.16
200 Fly 4:34.20
100 I.M. 1:58.94

Pool Temp: 80.
Air Temp: 50 and windy

SWIM

ZONE

"all your needs for competitive and leisure swimming"

We carry Solar, Ocean, Arena, Speedo, Hind, and MacGregor.

sizes up to 42

all kinds of swimming, running, tri-athlon, casualwear etc.

All postage paid by SWIM ZONE 813-822-SWIM

SWIM ZONE will be at the Masters Tampa meet on Jan. 31

SWIM ZONE

922 4th St. N.

St. Pete Fl. 33701

owned and operated by Lynn Brownstein



MARCH 8th DEVELOPMENT MEET

WARM-UP: 9:00am the meet will start promptly at 9:30.

ORDER OF EVENTS:

- 50 Breaststroke
- 400 I.M.
- 100 Freestyle
- 200 Butterfly
- 100 Breaststroke
- 200 I.M.
- 50 Butterfly
- 200 Backstroke
- 1000 Freestyle

Remember, you must be a registered Masters Swimmers to participate in these meets. All meets are open to any member of any Masters Team with proof of registration.

HOPE TO SEE YOU THERE!!!!

HOTEL/MOTEL LIST

Beverley and Bill Tucker's Hotels--Identify yourself as a Master for best rates:

Bay Crest Hotel- 161 2nd Avenue North	822-4242
Bay Plaza Hotel- 135 1st Avenue North	823-0941
Penn Flora Hotel-443 2nd Avenue North	822-4763
Holiday Inn- 3000 34th Street South	867-1111
(Ask for Master Swimmer Rate)	
The Heritage-234 3rd Avenue North (New)	822-4814
Aloha Lodge- 6200 4th Street North	525-4868
Beach Park- 300 Beach Drive Northeast	898-6325
Best Western-2595 54th Avenue North	522-3191
EconoLodge- 5005 34th Street North	525-1181
Holiday Inn- 4601 34th Street South	867-3131
Quality Inn- 2260 54th Avenue North	521-3511
Rodeway Inn- 401 34th Street North	327-5647
Bayway Inn- 4400-34th Street South	866-2471

*Please note that all hotels and motels listed are in the 813 area code. Also, please be aware that the Edgewater Beach Motel is no longer in operation.

FRIDAY, MARCH 27, 1987-5:00 PM

WOMEN		MEN
1	1650 FREESTYLE	2
SATURDAY, MARCH 28, 1987-9:00AM		SUNDAY, MARCH 29, 1987-9:00AM
WOMEN	MEN	WOMEN
3	200 YD BACK	4
5	100 YD BREAST	6
7	200 YD FREE	8
9	100 YD I.M.	10
11	200 YD FLY	12
13	100 YD BACK	14
15	50 YD FREE	16
17	400 YD I.M.	18
19	200 YD FREE RELAY	20
21-22	200 YD MIXED FREE RELAY	
		23
		24
		25
		26
		27
		28
		29
		30
		31
		32
		33
		34
		35
		36
		37
		38
		39
		40
		41-42
		200 YD MIXED MEDLEY

SEVENTEENTH ANNUAL SOUTHERN REGIONAL MASTERS SHORT COURSE
SWIMMING CHAMPIONSHIPS
FOR MEN AND WOMEN NINETEEN AND OLDER

MARCH 27, 28 & 29, 1987
ST. PETERSBURG, FLORIDA

SANCTIONED BY: FLORIDA LOCAL MASTERS SWIM COMMITTEE
SPONSORED BY: ST. PETERSBURG DEPARTMENT OF LEISURE SERVICES
ST. PETE MASTERS, INC.
SUNCOASTERS OF ST. PETERSBURG, INC.

MEET DIRECTOR: JIM ACKER ASST. MEET DIRECTORS: HAROLD FERRIS and
CHRIS TRUHOL

ELIGIBILITY:

The meet is open to all registered athletes 19 years of age as of March 29, 1987. Swimmers can obtain registration cards and number from the Local Masters Swim Committee Chairman in his or her state or region. A registration number MUST accompany each entry form, card to be shown on request. Swimmers must possess a 1987 association registration as specified by Masters Swimming. International swimmers need a letter of introduction to the meet director.

RELAY ELIGIBILITY:

All relay members must be a registered member of the team they represent.

NUMBER OF EVENTS:

Competitors may enter and swim in no more than 5 individual events per day. Competitors shall be allowed to swim in only one freestyle relay and only one medley relay, one mixed freestyle and one mixed medley relay per meet.

ENTRY FEES:

Entry fees shall be \$2.50 for each individual event and \$8.00 for relay teams. There is a \$5.00 surcharge for the automatic timing and the heat sheet.

ENTRIES DUE:

Entries must be in the hands of the Entry Chairperson no later than Wednesday, March 18, 1987. NO DECK ENTRIES; EXCEPT RELAYS!!! All money MUST accompany an entry form. If a swimmer is unable to attend the meet, call an assistant meet director by March 27, 1987, and your money will be refunded. Chris Truhol (813) 864-1140 or Harold Ferris (813) 896-0250.

ENTRY FORMS:

Please complete and return both the ENTRY FORM AND THE SEEDING FORM. Late entries will not be accepted, as they could not be seeded or scored. Seeding and scoring is done by computer. Enclose a self-addressed and stamped post card if you wish verification your entry was received. NO ENTRY CARDS ARE NECESSARY!! WE REQUEST THAT ALL EVENTS ENTERED HAVE AN ENTRY TIME!!!!

SEEDING:

Submit best competitive times in meets not more than two years previous in a 25 yard pool. Heats will be seeded by times and not age groups. Events are time finals. All heats will be seeded fastest to slowest. The 1650 freestyle and the 500 freestyle will be deck seeded, combining men and women. NAMES OF ALL SWIMMERS ENTERED IN THE 1650 FREESTYLE WILL BE CALLED UNTIL THE LAST HEAT IS SEEDED. INDIVIDUAL SWIMMERS MUST CHECK IN IN PERSON - NO COACHES MAY CHECK IN SWIMMERS. SWIMMERS ARRIVING LATE WILL BE PLACED IN THE NEXT AVAILABLE HEAT. Swimmers in events 37 or 38 (500 yard freestyle), must be present at the start of event 33 (womens' 200 yard I.M.) to allow time for seeding. This will eliminate empty lanes.

POOL FACILITIES:

Northshore pool is located on the beach of Tampa Bay; 901 North Shore Drive, N.E., St. Petersburg, Florida. It is an 8-lane, 50 meter pool. Two 8-lane 25-yard courses will be set up in the 50 meter pool. Dressing rooms are available and the stands seat 500 people. The diving well in the center of the pool will be available for warm-up and warm-down during the meet. Non-turbulent lane markers will be used on both courses and in the warm-up area to assure optimum racing conditions. A buffer lane will be on each side of the warm-up area to prevent any rough conditions during competition.

SCRATCH PROCEDURES:

Swimmers and relays not reporting to the block when the event is called will be scratched in that event. Please report scratches as soon as known.

WARM-UP:

Warm-up will be approximately one hour prior to starting time.

TIMING:

Colorado Timing will be used with hand held back-up timing on each lane.

SCORING:

First - 9; Second - 7; Third - 6; Fourth - 5; Fifth - 4; Sixth - 3; Seventh - 2; Eighth - 1. DOUBLE POINTS FOR RELAYS.

AWARDS:

Special medals will be awarded for first through third place and ribbons for fourth through eighth place for individual events. First place relays will receive special medals, with ribbons for second and third. Individual high point awards, first through third place, will be given for men and women with the most points in their age group. A competitor must enter a minimum of 5 individual events to qualify. High Point Awards will ONLY be awarded post-competition on Sunday, after points are officially tallied. Swimmers departing early should leave an address and postage for mailing of their award.

OVERALL TEAM TROPHY:

An overall, rotating team trophy will be awarded to the team with the highest combined total points; men and women.

HIGH POINT VISITING TEAM AWARDS:

The visiting team with the highest combined total points, men and women, will take home a beautiful trophy. In addition; men and women high point visiting team trophies will be given. All awards must be picked up at the meet.

INFORMATION ENVELOPE:

Upon arrival, each competitor should check in at the information table and pick up his or her envelope, containing dinner tickets, meet information, etc.

HEAT SHEETS AND RESULTS:

A heat sheet will be furnished to each swimmer. Results may be ordered at \$2.00 per copy. One free copy will be sent to each team.

T-SHIRTS:

Meet t-shirts will be available at a cost of \$6.00 each with your entry. Please specify size on registration form. The price at the meet will be \$7.00 each. The t-shirt will feature a pelican logo.

REFRESHMENTS:

Refreshments will be available for purchase adjacent to the stands.

"SOUTHERN HOSPITALITY":

On Saturday, March 28, 1987, at 5:00pm, we will begin "Happy Hour" with dinner being served between 5:30 and 6:00pm. Our "Southern Hospitality" will consist of a spaghetti and meatless spaghetti dinner with salad, bread, soft drinks, beer and other goodies. Dress is casual. This will be at a location announced at the meet. Swimmer and guest tickets must be purchased with entry. COST \$6.50 per person.

SEVENTEENTH ANNUAL SOUTHERN REGIONAL MASTERS SHORT COURSE
 SWIMMING CHAMPIONSHIPS
 FOR MEN AND WOMEN NINETEEN AND OLDER
 MARCH 27, 28 & 29, 1987

SANCTIONED BY USMS, INC. &
 FLORIDA LOCAL MASTERS SWIM ASSOC., INC.

ENTRY FORM

NAME _____ AGE _____ BIRTHDAY _____ SEX _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

HOME PHONE (____) _____ TEAM _____

1987 REGISTRATION NUMBER _____

NUMBER ATTENDING HOSPITALITY _____ X \$6.50 = \$ _____

NUMBER OF EVENTS _____ X \$2.50 = \$ _____

AUTOMATIC TIMING EQUIPMENT AND HEAT SHEET \$ 5.00

T-SHIRT (S M L XL) NO. _____

CIRCLE SIZE AND INDICATE QUANTITY @ \$6.00 = \$ _____

TOTAL \$ _____

AGE GROUP AS OF MARCH 29, 1987

(PLEASE CIRCLE AGE GROUP AND EVENTS ENTERED)

19-24	25-29	30-34	35-39	40-44	45-49	50-54
55-59	60-64	65-69	70-74	75-79	80-84	85 +

FRIDAY, MARCH 27, 1987 - 5:00PM

WOMEN		1650 FREESTYLE		MEN	
1				2	
SATURDAY, MARCH 28, 1987 - 9:00AM		SUNDAY, MARCH 29, 1987 - 9:00AM			
WOMEN		MEN	WOMEN		MEN
3	200 YD BACK	4	23	100 YD FLY	24
5	100 YD BREAST	6	25	50 YD BREAST	26
7	200 YD FREE	8	27	50 YD BACK	28
9	100 YD I.M.	10	29	200 YD BREAST	30
11	200 YD FLY	12	31	100 YD FREE	32
13	100 YD BACK	14	33	200 YD I.M.	34
15	50 YD FREE	16	35	50 YD FLY	36
17	400 YD I.M.	18	37	500 YD FREE	38
19	200 YD FREE RELAY	20	39	200 YD MEDLEY RELAY	40
21-22	200 YD MIXED FREE RELAY		41-42	200 YD MIXED MEDLEY RELAY	

PLEASE MAKE CHECKS (NO CASH) PAYABLE TO ST. PETE MASTERS; AND SEND TO
 Chris Truhol, 6265 Sun Blvd - #502, St. Petersburg, FL 33715

RELEASE FROM LIABILITY: I, the undersigned participant, intending to be
 legally bound, do hereby waive all rights to claims for loss or damages
 against United States Masters Swimming, Inc., Florida Association, LMSC,
 Inc., St. Petersburg Department of Leisure Services, ST. PETE MASTERS,
 INC., City of St. Petersburg, or any officiating individual of the meet,
 as a condition of my participation in the meet.

DATE _____ SIGNATURE _____

ENTRIES DUE NO LATER THAN WEDNESDAY MARCH 18, 1987 !!!!

SEEDING FORM

NAME _____ AGE _____ BIRTHDATE _____ SEX _____

CLUB _____ 1987 REGISTRATION # _____

EVENT NUMBER

EVENT

TIME

FRIDAY

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SATURDAY

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ENTRY DEADLINE: WEDNESDAY, MARCH 18, 1987!!!!

MAIL TO: CHRIS TRUHOL 6265 SUN BLVD #502, ST PETE, FL 33715

OFFICIAL INTERPRETATION OF NEW USS STROKE RULES

In accordance with Section 514.1.1.A of the USS Code, the attached breaststroke and butterfly rules were approved by the USS House of Delegates meeting in Forth Worth, Texas, to become effective November 1, 1986. These rule changes will conform USS rules to those adopted by FINA at its quadrennial Technical Swimming Congress in Madrid. While the FINA rules do not take effect until February 15, 1987, it was felt that USS swimmers should begin to practice under these new rules as soon as possible.

What are the differences?

1. In both butterfly and breaststroke, swimmers will no longer be required to touch with both hands on the same level at turns or the finish. The hands still must touch simultaneously, and the shoulders still may not be dropped in long course before the touch, but the hands may now touch at different levels.
2. In breaststroke, the hands no longer must stay in the water on the recovery. They may be recovered over the water, as long as they move forward together from the breast.
3. The most significant change is in the breaststroke, where the head no longer has to stay above the water level throughout the race. After the first underwater arm stroke and stroke cycle. The head actually has to break the surface of the water, rather than just coming above the calm water level. This may change the way the stroke is swum, with the swimmer permitted to "dive" under the water during each cycle, as long as there is not a dolphin kick used to facilitate the diving action.

It is unclear, as the FINA rule is presently written, whether the swimmer can take up to two full strokes underwater at the start and each turn (one with the hands coming all the way to the legs, and a second where the hands may not go beyond the hip line). It was determined in Forth Worth that USS ought not to draft its own rules in a way which may be at odds with the eventual FINA interpretation. Therefore, until a clearer definition is forthcoming from FINA, USS will interpret its rules to require that **the head must break the surface of the water during the propulsive portion of the second arm stroke** after the start and each turn, and thereafter the head need come above the surface of the water only at some point during the stroke cycle. It is hoped that FINA will issue an interpretation in the spring of 1987, at which time the USS Rules Committee will further consider this USS interpretation.

USS Rules Committee
William A. Lippman, Jr., *Chairman*
September 25, 1986

FLORIDA ASSOCIATION, INC. LOCAL MASTERS SWIM COMMITTEE

JOHN P. MAGUIRE - Chairman
4033 12th STREET N.E.
ST. PETERSBURG, FLORIDA 33703
813-823-7116

ANGELA DICKEY - Secretary
2445-A SOUTH BUMBY
ORLANDO, FLORIDA 32806
305-898-8865

LYNN P. BROWNSTEIN - Treasurer
4913 BAYWAY PLACE
TAMPA, FLORIDA 33629
813-879-5949

CATHERINE COOPER - Registration
39 N.W. 39th AVENUE, #43
GAINESVILLE, FLORIDA 32609
904-373-9970

WALTER A. ROSENBAUM - Sanctions
2629 N.W. 10th AVENUE
GAINESVILLE, FLORIDA 32605
904-376-0662

CHRIS P. CAREY - Records
6421 CRESTVIEW
ORLANDO, FLORIDA 32810
305-295-8285

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