

# LMSC



## FLORIDA LOCAL MASTERS SWIM COMMITTEE

VOLUME III

OCTOBER 1988

NUMBER IV

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

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### FLORIDA LOCAL MASTERS SWIM COMMITTEE, INC.

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ST. PETERSBURG, FLORIDA 33703  
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904-376-0662

**FRANK TILLOTSON - Dixie Zone Chairman**  
Editor  
2494 13th AVENUE N., #46  
ST. PETERSBURG, FLORIDA 33713  
813-327-1492

Mark your calendar for October 7-15, 1989, and set your sights on Indianapolis, when the city will roll out its red carpet for the 1st FINA Pan Pacific Aquatic Games — the first international Masters meet ever held in the United States!

Over 3000 swimmers from more than a dozen countries are expected to be on hand for eight days of rousing competition in swimming, diving, long-distance swimming, water polo, and synchronized swimming. Indoor events will take place in the world-class Indiana University Natatorium, a state-of-the-art facility featuring one of the fastest competition pools in the world. Long-distance swimmers will compete in the natural splendor of Eagle Creek Park — the only internationally certified rowing course in the United States.

## Tentative Schedule of Events:

### October 7

Long Distance Swim Event, Eagle Creek Park Reservoir  
Diving Event, IU Natatorium

### October 8

Diving Event, IU Natatorium  
Synchronized Swimming Event, IU Natatorium

### October 9

Diving Event, IU Natatorium  
Synchronized Swimming Event, IU Natatorium

### October 10

Swimming Events, IU Natatorium  
200 Back, 50 Breast, 400 Free  
Water Polo Games, IU Natatorium

### October 11

Long Distance Event, Eagle Creek Park Reservoir  
Swimming Events, IU Natatorium  
200 Fly, 100 Free, 50 Back, 200 Mixed Relay  
Water Polo Games, IU Natatorium

### October 12

Swimming Events, IU Natatorium  
400 IM, 50 Free, 100 Breast, 200 Medley Relay  
Water Polo Games, IU Natatorium

### October 13

Long Distance Event, Eagle Creek Park Reservoir  
Swimming Events, IU Natatorium  
100 Back, 200 Free, 100 IM, 50 Fly, 200 Free Relay

### October 14

Swimming Events, IU Natatorium  
200 IM, 100 Fly, 200 Breast, 200 Mixed Medley Relay

### October 15

Swimming Events, IU Natatorium  
800 Free

## M.S.I. NEWS

the official newsletter of M.S.I.

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# DIXIE ZONE SCHEDULE

OCTOBER 1988

October	1-2	Bristol, Tn. - Rocky Motter
	2	Bonita Springs Bch., Fl. - 2nd Annual Open Water - Doug Messineo
	2	Slidell, La. - Peggy Fleck
	8-9	Boca Raton, Fl. - (Boca Masters) - Judy Meyer
	15	Metarie, La. - Peggy Fleck
	29-30	Oak Ridge, Tn. - Southeastern Championship - Eileen Schappel
November	4-6	Clearwater, Fl. - Bruce Page
	9-10	Longwood, Fl. - Golden Age Games - Swim "Games" - Drawer CC - Sanford, FL 32772 NON SANCTIONED
December	10-11	Boca Raton, Fl. - (Boca Masters) - SCM - Judy Meyer
December	4	St. Petersburg, Fl. - Dev Meet - Chris Truhol
1989		
January	8	St. Petersburg, Fl. - Dev Meet - Chris Truhol
	+ 28-29	Tampa, Fl. - USF Swim - Contact: Brian Wilder 16407 Ashwood Dr. Tampa, Fl. 33624 Ph. 813-961-9126
	29	Boca Raton, Fl. - (Mission Bay) - Hour Swim - Judy Meyer
February	5	St. Petersburg, Fl. - Dev Meet - Chris Truhol
March	5	St. Petersburg, Fl. - Dev Meet - Chris Truhol
	11-12	Boca Raton, Fl. - S C - Judy Meyer
	18-19	Atlanta, Ga. - (Dynamo Swim Club) - Condit Lotz
	+ 31	St. Petersburg, Fl. Annual Championship - Chris Truhol
April	1-2	St. Petersburg, Fl. Annual Championship - Chris Truhol
May	+ 4-7	Boca Raton, Fl. - (Mission Bay) - USMS National Short Course Championships
June	4	St. Petersburg, Fl. - L C Dev Meet (if no SMS LC)
	23-25	St. Petersburg, Fl. Annual Long Course Championship
	17	Boca Raton, Fl. - (Mission Bay) - L C - Judy Meyer
July	23	St. Petersburg, Fl. - L C Dev Meet
August	20	St. Petersburg, Fl. - L C Dev Meet
	17-20	Grand Forks, North Dakota - USMS National Long Course Championships
December	9-10	Boca Raton - (Mission Bay) - Short Course Meters

Development Meet dates subject to change for major conflicts.

We would all be well served if any and all would send me future meet dates as soon as possible so that we may avoid conflicts which limit swimmers from entering meets.

F H T

There will be an Officials Clinic October 29, 1988. It will be Level 1 and Level 2 at the Clearwater YMCA/NCAA. Those wishing may also be trained in Stroke and Turn Judging/USS.

Clinic Instructors: Pat Eckelkamp and Al Soltis.

Contact Pat Eckelkamp at 461-9622 for more information.

## Breathing

In the August issue of ULTRASPORTS by Bob Plunkett, there was an article on work done by Ian Jackson offering interesting thought on breathing techniques. While no mention was made of swimmers, John D Johnston, who brought this to our attention tried the forced exhalation during his specialty (besides diving) the breaststroke. He reports definite advantage to it. At John's suggestion I tried it and to my surprise found that it worked very well. I suspect, and John agrees, that I had been tending to hold my breath and not having time to let air in.

The following are excerpts from Plunkett's article.

### Breathing?

According to Ian Jackson, who has coached Grewal et. al. on his controversial "BreathPlay" technique, consciously reorganized breathing can greatly boost athletic performance.

The major component of BreathPlay is what Jackson calls "UpsideDown" breathing. It calls for an active out-breath, or exhalation, using abdominal and thoracic muscles to squeeze air from the lungs and create a partial vacuum so inhalation takes care of itself passively. In effect, you *push* the old air out and *let* the new back in. Jackson has discovered that when you actively force air from the lungs by this method, you also flatten the stomach, lift the pelvic bone as you tuck the tail bone and, ultimately, flatten the lower back. He calls this process "spinal breathing," and maintains it creates an ideal posture for athletic or any type of physical activity.

The most extensive testing of BreathPlay's effectiveness occurred earlier this year in a study conducted at the University of Toledo, Ohio, where a group of seasoned cyclists and triathletes were tested before and after using Jackson's breathing techniques. In virtually every instance, researchers observed improvements in physiological functions as related to performance. After practicing BreathPlay techniques for a week, the test subjects were able to reduce both their blood pressures and pulse rates by 10 to 15 percent while performing at the same work rate. Their  $VO_2$  max indicated similar increases, and they were also apparently able to burn fats at a slower rate, postponing the point of total fatigue.

"BreathPlay for me is not just a set of skills that makes life work better," Jackson writes in the conclusion of his new book, *The BreathPlay Approach to Whole Life Fitness* (Doubleday). "It is also a philosophy." Using BreathPlay techniques, Jackson encourages his students to experiment, learn and grow: "You can teach yourself how to use the ceaseless flow of air within to make your life work better." ■

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*Bob Plunkett is a freelance writer living in Little Rock, Arkansas. He has written for publications including Running, The Runner and The Washington Post.*

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## 1988-1989 Registration

Catie expects that it will be some little time before she is programmed to handle new and renewal registration. Therefore she will do, by hand, those who need new numbers for the Clearwater Largo YMCA meet in November. Remember that your CLUB must be registered before your individual membership may be renewed or started. Contact your Club registrar for new forms. If you are going to the South Pacific and won't be here to get your new number "pending" will suffice on your meet entry.

The National dues are now \$9.00. Increase for added insurance cost. Florida LMSC dues remain at \$8.00. Club dues vary from Club to Club.

# ST. PETERSBURG MASTERS ANNUAL TOP 10 AWARDS DINNER

St. Petersburg Masters Annual Top 10 Awards Dinner will be held Sunday, December 4th.

We will be dining at the St. Petersburg Yacht Club in the Gold Room. Reservations must be made and a check for \$15.00 per person given or sent to Beverly Tucker, P.O. Box 90, St. Petersburg, Florida 33731, by Dec. 1st.

Other competent members of the team may also accept your money and reservations to convey to Beverly.

Gene Cipriano will be playing the piano, courtesy of Bill and Beverly Tucker.

Cocktails (Cash Bar) 6 p.m.  
Dinner 7 p.m.

UNITED STATES MASTERS SWIMMING, INC.  
REGISTRATION APPLICATION — NOV. 1, 1988 - OCT. 31, 1989  
PLEASE PRINT OR TYPE INFORMATION

\* ENCLOSE A STAMPED SELF ADDRESSED ENVELOPE \*

OFFICE USE ONLY

**"FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS"**



149-

THANK YOU

THIS IS A

RENEWAL of my 1988 USMS No. is \_\_\_\_\_  NEW REGISTRATION

**PLEASE NOTE THE CHANGE(S) FROM MY 1988 REGISTRATION**

ADDRESS  NAME \_\_\_\_\_  CLUB/DISTRICT \_\_\_\_\_ (PREVIOUS)  
 OTHER \_\_\_\_\_

Last Name	First Name	Initial
Street Address		
City	State	Zip Code
Telephone No.	Date of Birth	Age
Club/District	Date of Application	
<b>ST. PETE MASTERS, INC. (SPM)</b>		

MAKE CHECK  
PAYABLE TO St. Pete Masters, Inc.

MAIL TO ► Abrasha Brainin  
2910 Pass-a-Grille Way,  
St. Petersburg Beach, Florida 33706  
(813) 367-1080

\* ENCLOSE A STAMPED SELF ADDRESSED ENVELOPE \*

U S M C fee \$9.00	L M S C fee \$8.00	S P M fee \$10.00	Total \$27.00
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I hereby agree to abide by and be governed by the rules and regulations of USMS and the Local Masters Swim Committee.

X \_\_\_\_\_  
APPLICANT'S SIGNATURE

St. Pete Masters, Inc.  
August 18, 1988

City of St. Petersburg  
North Shore Pool

As we have in the past, we wish at this time to make a donation to North Shore Pool in appreciation of our many benefits from the City. Accordingly, enclosed find our check for \$500.00.

This could help defray costs of competitive swimming equipment when needed, such as, starting blocks, line dividers, lane designation signs, sun screens, etc...

Sincerely yours,

James F. Mitchell  
Acting President -  
St. Pete Masters, Inc.

\$500 Donation to the City of St. Petersburg

I consulted the City of St. Petersburg Dept. of Leisure Services as to procedure to make our donation. They had Cliff Footlicke, who is in charge of St. Pete Pools call me. He said to give the check directly to NorthShore Pool and that they appreciated the gift.

We then talked about starting blocks and Cliff pointed out that slanted starting blocks were not practical for NorthShore due to the twelve inch wide gutter and the six inch high curb. Also, he stated a slanted starting block would cost \$800 (which I had my doubts about). However, one thing they planned to do was secure all present starting blocks with new bolts as necessary. He indicated that he would talk with George and myself sometime about lane requirements and about other improvements.

I hand delivered the check with long-hand written letter, as shown herewith, to Nanacy at the pool. She stated the money would go in the pool trust fund.

James F. Mitchell

ST. PETE MASTERS, INC. - ANNUAL MEETING  
=====

The ANNUAL Meeting of St. Pete Masters, Inc. will be held on Sunday, November 20, 1988. At this time, we will vote for the 1989 CLUB Officers'. The slate of Officer's presented to the membership by the Nominating Committee is as follows:

PRESIDENT: BEVERLEY TUCKER  
V.P.-MEN: JACK NICKEL  
V.P.-WOMEN: PAM GEIGER  
TREASURER: WAYNE REILLY  
SECRETARY: MARY BOAZ

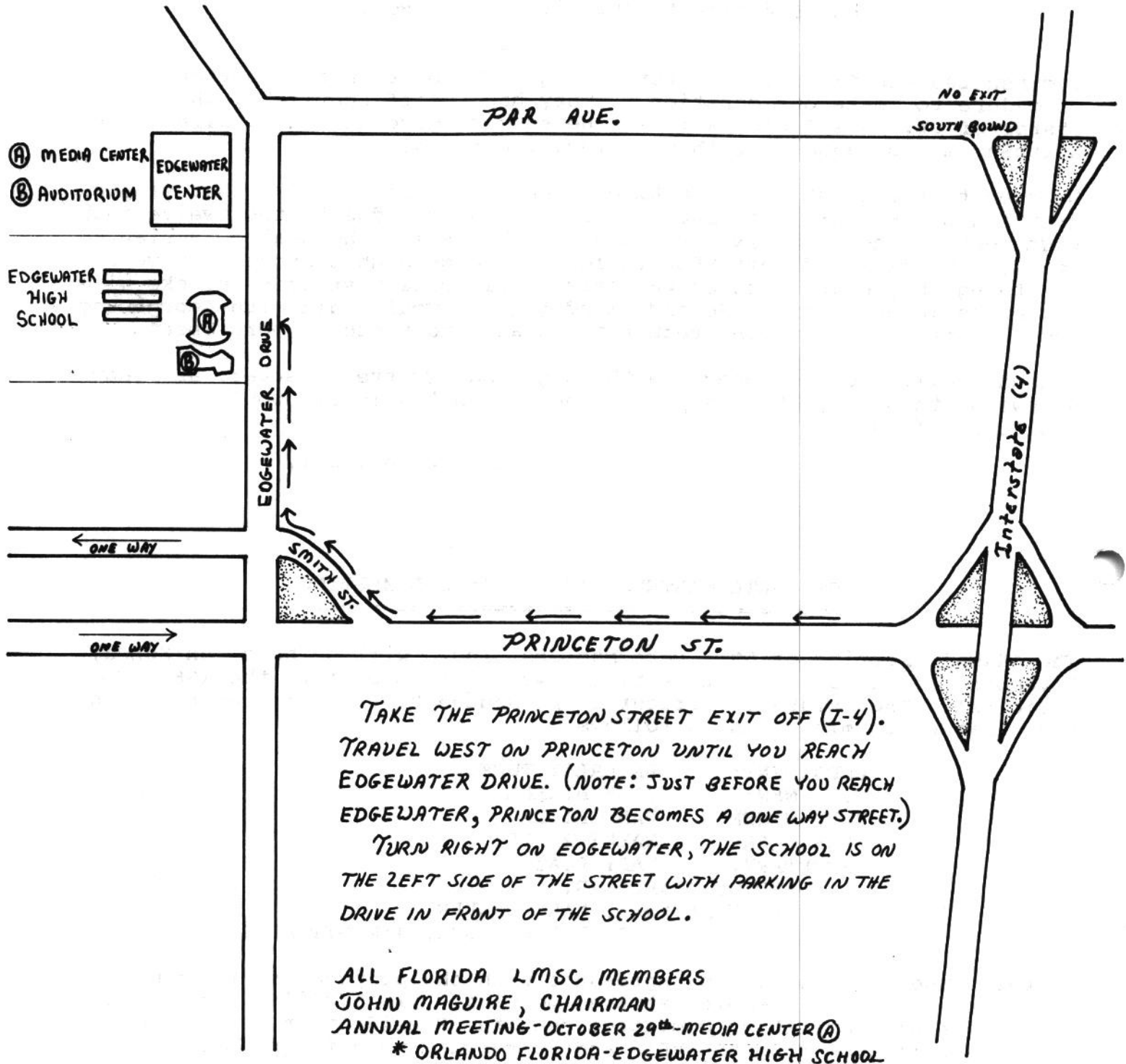
BOARD OF DIRECTORS:

LESLY JAFFRAY, MARY BARKER  
BOB ATWOOD, GEORGE ELIASON, JIM MITCHELL

If the membership is not in agreeance with the proposed slate, they may nominate additional people at the meeting. In addition, it is the feeling of the Nominating Committee that the President St. Pete Masters ask for assistance from the VP's and Board with more frequency.

REMINDER: ANNUAL MEETING - SUNDAY, NOVEMBER 20th at 11:30 am  
\*\*\*\*\*

ANNUAL MEETING  
 SATURDAY, OCTOBER 29th - 10:30 A.M.  
 ORLANDO, FLORIDA





**CLEARWATER LARGO Y MASTERS  
SWIMMING CHAMPIONSHIPS  
SHORT COURSE - OUTDOORS**

NOVEMBER 4,5,6 1988  
CLEARWATER, FLORIDA

Sanction Number: 888

Sanctioned By: USMC INC. and LMSC

Sponsored By: Clearwater Largo Y Masters, in cooperation with the Clearwater Recreation Department and Clearwater High School

Meet Director: Bruce Page

\*\*\*\*\*

**ELIGIBILITY**

The meet is open to all registered athletes 19 years of age as of 11-04-88. A registration number **MUST** accompany each entry form. Swimmers must possess and present at the meet a 1988-89 association registration as specified by Masters Swimming. International swimmers need a letter of introduction to the meet director. Competitors 19 to 24 years of age should be advised that by competing in any Master swimming competition he/she may jeopardize his/her amateur status as outlined by FINA (in GB1) and collegiate governing bodies.

**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.

**POOL FACILITIES**

Clearwater High School (Bobby Walker Pool) - 540 S. Hercules, Clearwater (Phone 813-462-6028), outdoor 8 lane pool, with diving area to be used for warm up and warm down. Six lanes will be used for competition except 8 for the 1,000 and 500 free style and 400 I.M.. Automatic electronic timing (Buzzer start with touch pads, push button back up) There are dressing rooms, showers, and outlets for hair dryers, picnic area, grassey section and uncovered bleachers. Food, soft drinks and juices will be available at poolside. McDonalds, Arbys, Rax, 7-11 etc. are within walking distance. For those interested, a 1/4 mile track, basketball and tennis courts are adjacent to the pool area and available for your use.

**ENTRY FEES**

Entry fees shall be \$2.50 for each individual event and \$3.00 for relay teams.

**ENTRIES DUE**

Entries shall be in the hands of the meet director no later than October 24, 1988. **ENTRIES RECEIVED BEFORE OCTOBER 14, 1988 WILL GET 2 FREE ENTRIES (\$5.00 DISCOUNT).** NO DECK ENTRIES; EXCEPT RELAYS!!!! All money must accompany an entry form. If a swimmer is unable to attend the meet, call Bruce Page at 813-892-4959. A full refund will be given as long as you contact us before 1:00 P.M. on Thursday, November 3. Upon meet check-in you will be required to show your 1988-89 U.S.M.S. registration card, or purchase one at the meet.

## **ENTRY FORMS**

Please complete and return the entry form, seeding form, and a signed waiver. Late entries will not be accepted, as they could not be seeded or scored. Enclose a self addressed, stamped post card if you wish to receive verification that your entry was received. NO IBM CARDS ARE NECESSARY.

## **SEEDING**

You are required to enter times for all events entered. Submit best competitive times in meets not more than two years previous in a 25 yard pool. Heats will be seeded by times, not by age groups. Events are time finals. All heats will be seeded slowest to fastest. The 500 and 1,000 freestyle and 400 I.M. will be deck seeded, combining men and women. Individual swimmers must check in in person. Names of swimmers entered in the 1,000 freestyle will be called until the last heat is seeded. Swimmers arriving late will be placed in the next available heat.

## **SCRATCH PROCEDURE**

Swimmers not reporting to the block when the event is called, will be scratched. It will be helpful if scratches are reported as soon as known.

## **WARM-UP**

Warm-up will be one hour prior to the first event of each day. On Friday, the 1,000 freestyle will start at 5:00 P.M.

## **AWARDS**

Ribbons will be awarded for first through sixth places. Special Awards will be awarded for the following:

1. First, Second, and Third place individual High Point for men and women in their age group.
2. First, Second and Third Overall High Point Team Trophies will be awarded to the teams accumulating the most points.

A competitor must swim in a minimum of 5 individual events to qualify for high point. Relay points do not count for individual high point awards.

## **SCORING**

First-7, Second-5, Third-4, Fourth-3, Fifth-2, Sixth-1. Double points will be given for relays.

## **SOCIAL**

After the meet Saturday (6:00 P.M.), we will meet at Copagna's Dugout (1653 Gulf to Bay Blvd.) for a social. Copagna's has the best pizza in Clearwater, great beer, casual atmosphere and most importantly, is willing to put up with us swimmers. Copagna's is a mile from the pool and directions will be given Saturday.

**NOTE:** Masters swimming is a strenuous athletic activity and each participant is advised to consult his/her personal physician before undertaking the program.

CLEARWATER LARGO Y MASTER SWIM MEET  
SEEDING FORM

NAME \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ SEX \_\_\_\_\_

CLUB LETTERS \_\_\_\_\_ CURRENT REGISTRATION # \_\_\_\_\_

CLUB NAME \_\_\_\_\_

EVENT #.	EVENT NAME	TIME
	FRIDAY	
1 / 2	1000 YARD FREESTYLE	
	SATURDAY (MAXIMUM OF 5 EVENTS)	
3 / 4	200 YARD MIXED FREE RELAY (DECK ENTERED)	
5 / 6	200 YARD FLY	
7 / 8	50 YARD FREESTYLE	
9 / 10	200 YARD BACKSTROKE	
11 / 12	100 YARD BREAST	
13 / 14	200 YARD FREE	
15 / 16	50 YARD BREAST	
17 / 18	50 YARD BACKSTROKE	
19 / 20	400 YARD IM	
21 / 22	200 YARD FREESTYLE RELAY (DECK ENTERED)	
	SUNDAY (MAXIMUM OF 5 EVENTS)	
23 / 24	200 YARD MIXED MEDLEY RELAY (DECK ENTERED)	
25 / 26	200 YARD BREASTROKE	
27 / 28	50 YARD FLY	
29 / 30	100 YARD FREE	
31 / 32	100 YARD IM	
33 / 34	100 YARD BACKSTROKE	
35 / 36	100 YARD BUTTERFLY	
37 / 38	200 YARD IM	
39 / 40	500 YARD FREE	
41 / 42	200 YARD MEDLEY RELAY (DECK ENTERED)	

ENTRY DEADLINE: OCTOBER 24, 1988!!!!!!!!!!!!!!!!!!!!!!

CLEARWATER LARGO Y MASTERS SWIM MEET  
OFFICIAL ENTRY FORM

NAME \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDAY \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_  
 ZIP \_\_\_\_\_ HOME PHONE \_\_\_\_\_ TEAM \_\_\_\_\_  
 1988 REGISTRATION NUMBER \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_  
 MEET IS SANCTIONED BY: USMS, INC. AND LMSC

NUMBER OF EVENTS \_\_\_\_\_ X \$2.50=\$ \_\_\_\_\_  
 RESULTS \_\_\_\_\_ X \$1.00=\$ \_\_\_\_\_  
 ELECTRONIC TIMING \_\_\_\_\_ \$ 5.00 \_\_\_\_\_  
 TOTAL \_\_\_\_\_ \$ \_\_\_\_\_  
 Discount \$5.00 if received before 10/14/88 \_\_\_\_\_ \$ \_\_\_\_\_  
 TOTAL \_\_\_\_\_ \$ \_\_\_\_\_

+++++  
 BIRTHDATE AND AGE GROUP AS OF NOV. 4, 1988(PLEASE CIRCLE)  
 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64  
 65-69 70-74 75+  
 RELAY AGE GROUPS-19+ 25+ 35+ 45+ 55+ 65+ 75+  
 +++++

FRIDAY 11/4/88 5:00PM  
 +++++  
 WOMEN MEN  
 1 1,000 FREE 2

SATURDAY 11/5/88 10:00AM  
 +++++  
 WOMEN MEN  
 3 200 MIXED FR. RELAY 4  
 5 200 YD FLY 6  
 7 50 YD FREE 8  
 9 200 YD BACK 10  
 11 100 YD BREAST 12  
 13 200 YD FREE 14  
 15 50 YD BREAST 16  
 17 50 YD BACK 18  
 19 400 YD I.M. 20  
 21 200 YD FREE RELAY 22

SUNDAY 11/6/88 10:00AM  
 +++++  
 WOMEN MEN  
 23 200 MIXED MED. RELAY 24  
 25 200 YD BREAST 26  
 27 50 YD FLY 28  
 29 100 YD FREE 30  
 31 100 YD I.M. 32  
 33 100 YD BACK 34  
 35 100 YD FLY 36  
 37 200 YD I.M. 38  
 39 500 YD FREE 40  
 41 200 MEDLEY RELAY 42

+++++  
 MAKE CHECKS PAYABLE TO: CLEARWATER LARGO Y MASTERS  
 SEND ALL ENTRIES TO: BRUCE PAGE  
 2156 WATERSIDE DRIVE  
 CLEARWATER, FLORIDA 34624

WAIVER OF LIABILITY CONCERNING PARTICIPATION IN THE CLEARWATER  
 LARGO Y MASTERS SWIM MEET

In consideration of the acceptance of my entry for participation in the Masters Swim Meet dated November 4-6, 1988, I hereby waiver any and all claims for myself and my heirs against agents, officials, administrators, employees, sponsors, and any other person connected with the aforementioned Masters Swim Meet, and I hereby release said individuals and entities from all liability that may result from my participation in, or my traveling to and from said Swim Meet.

I fully understnad that partaking in the Masters Swim Meet involves accelerated work outs and competing in races which can be both mentally and physically stressful. I further state that I am in proper physical condition to participate in this Swim Meet and I willingly and knowingly execute this Waiver of Liability.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_