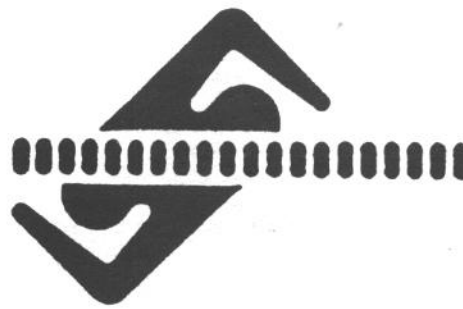


# LMSC



*United States  
Masters  
Swimming*

Chairman & Sanctions . . . . John P. Maguire  
Registrar . . . . . Catie Cooper  
Treasurer . . . . . Lynn Brownstein  
Top Ten . . . . . Paul Endres  
Secretary . . . . . Enid Uhrich  
Editor-Dixie Zone Chair . . .  
Frank Tillotson

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# FLORIDA LOCAL MASTERS SWIM COMMITTEE

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

FLORIDA LMSC JANUARY 1990

MEET SCHEDULE

January 6 Baton Rouge La Scott Rabalais 950 so Foster Dr 35  
 Baton Rouge La 70806  
 7 St Petersburg Fl Dev Meet Harold Ferris 1146 44 Av NE  
 St Petersburg Fl 33703  
 21 Boca Raton Fl Mission Bay (MB) Judy Meyer-Bonning 10333 Diego Dr So  
 Hour swim Boca Raton Fl 32428 (Also St Pete this date)  
 27-28 Charlotte NC Ceil Blackwell POB 19845 Raleigh NC 27619  
27-28 Tampa Fl USF Brian Wilder 16407 Ashwood Dr Tampa Fl 33624  
 27-28 Rock Hill SC Steve Wycoff 1115 Cornelia RD Anderson SC 29621  
 29 Ft Lauderdale FL Open Water June Krauser 2308 NE 19 Ave  
 Ft Lauderdale FL 33305  
 End Jan /1st Feb Atlanta GA Lisa Watson 2104 Howell Blvd Duluth GA 30136

February 7 St Petersburg FL Dev Mt Harold Ferris  
 17-18 Z Charleston SC Steve Wycoff  
 23-25 Z New Orleans LA Mardi Gras Meet Dick Bower 600 Haring RD  
 Metairie La 70001  
~~24-25 Tampa Fl FHA Milt Bedingfield Jr 18302 Pleasant Rdige Pl  
 Lutz Fl 33549 Canceled-Pool unavailable~~

March 4 St Petersburg FL Dev Mt Harold Ferris  
 10 Boca Raton FL Boca Masters Pentathlon June Krauser  
 17-18 Z Atlanta GA Dynamo Club St Patrick's Day Meet Lisa Watson  
 23-25 Z Nashville TN Tracy Caulkin's Center Mary-Lee Watson  
 6613 Rolling Fork Dr. Nashville TN 37205

30,31Apr 1 St Petersburg Fl 20th Annual SC Championship Harold Ferris  
31 " " " " **LMSC MEETING PM**  
 30,31Apr 1 Greensboro NC Ceil Blackwell

April 7-8 Jacksonville FL Amberjax Dave Williams 115 8th Av So # F  
 Jacksonville Bch FL 32250  
 21-22 Spartanburg SC State Champs Steve Wycoff  
 21-22 Boca Raton FL Judy Meyer-Bonning  
 21-22 Z Raleigh NC Ceil Blackwell

May 4- 6 Z Ft Pierce FL Indian River CC Fred Robertson 5061 North A1A  
 #401A Ft Pierce FL 34949  
 13 St Petersburg FL Dev Mt LCM Harold Ferris  
 18-21 Stanford Univ S C Nationals Ed Bartch 203 Kennedy Athletic Ctr  
 Los Angeles Ca 90089

August 7-12 3rd FINA/MSI World Champs ABMN Av Pres Vargas 418/801 Rio de  
 Janeiro Brazil  
 17-20 Woodlands TX L C Nationals Del Hanson 10 North Timbertop Dr  
 The Woodlands TX 77380

September 19-23 Pittsburg PA USMS National Convention

Recorders

Florida LMSC Paul Endres 6010 20th Ave So Naples FL 33999  
 Dixie Zone Bob Anderson 4549 H Northside Pkwy Atlanta GA 30339

Florida LMSC

Chair John P Maguire 222-2nd St No St Petersburg Fl 33701  
 Registrar Catie Cooper 2601 NW 23rd Blvd # 104 Gainesville Fl 32605  
 Editor  
 Zone Chair Frank H Tillotson 2494 13th Av No #46 St. Pete Fl 33713

## Ransom Arthur Committee

This year, for the second time in two years, we have a new Chairman, Edie Gruender, of the Ransom Arthur Committee. The Arthur award is given each year to someone who has made substantial contributions to USMS. Judge Robert E Beach (Bob) resigned a year ago after 20 years as chair after founding the Award. Bob deserves our thanks for his 20 years of effort toward Masters Swimming starting with a hand full of members growing now to almost 30,000. We salute you.

## Pan Pacific Masters. Indianapolis.

This Short Course Meters Event was extraordinary for its plethora of new World Records. It was not well attended and there were many scratches. Those who took part reported a good well run meet with plenty of time for the events and more than enough time to do anything planned or your choosing. The long distance section found water almost too cold to swim and the longer events were shortened. Water Polo doesn't seem to be a Masters choice, really, I'm told, not enough to play the game. Synchronized however did well. One swimmer caught everyones eye.. Rowdy Gaines, who had told us some time ago that he would swim Masters when the time was right. Showed he was up to it by going 50.51 for the 100 free. Aside from this meet, Mike Bottom 33, swam in the US Open in Orlando Dec 4 and turned a 55.93 for the 100 meters fly. L.C. Who's next? A Master in the Olympics????

This is our traditionally "dry" season. With Holidays filling many minds. Things will get going after New Year. Our first major meet will be the University of South Florida annual meet. Draws over 200 and is a nice one locted pretty well for all our LMSC swimmers.

Next is Dick Bower's Mardi Gras meet in New Orleans mid February. This is one of the biggest party meets in the year, anywhere. Its fun and more fun mixed with some serious swimming. Everyone reports this to be a highlight of the season. Try it.

A moment for USS Swimmers..... Florida has several Nationally ranked swimmers, indisputedly the best of these is Nicole Haislett of St Petersburg. Senior in High School and a ranking member of the US National Team. Set a new H S record in the 100 yard free of 49.34 a few weeks ago. Climbed two 14,000 mountains in Colorado with a leadership group on a "Camp" trip. At the US Open in Orlando the first weekend in Dec Nicole won the 50 meter free, 100 meter free and the 200 meter free. Top swimmers competed including Janet Evans.

Swimming---when ?

3000B.C. "Swimming" depicted on Egyptian bas-reliefs of Nagada.

36B.C. Emperor Sugiū introduces swimming competitions in Japan (Continued)

Ray Burns reports that he had a call from George Bole saying that he, George, had a cold and his Daughter convinced him to see a Doctor. Result was that George admitted he had been having more numerous and severe angina pains for some time. The Doctor made it clear to George that he was not leaving England until his medical problem was more stable, not for a month at least. We hope that George will abide and be able to join us again early in the new year.

This note was taken from an advertisement for the Univ of California, Berkley Health news letter.

### **Right way to warm up**

It is a crisp winter day, and before you begin your morning jog you lean against your favorite tree to begin your stretching. This is the way you always start off, and you're confident it's the right way. Well, you're wrong. Athletes and doctors are now convinced that stretching cold muscles, especially on a cold day, can lead to injuries. . . . The best way to prepare for jogging, bicycling, squash, or any other exercise is to warm up the muscles gently, and *after that* do your stretches. .

an example from San Diego

The Mission Beach Masters Swim club

the newly renovated and historic Mission Beach Plunge,  
located at 3115 Ocean Front Walk in Mission Beach.

Morning Program workouts are held Monday through Friday, 6:00 - 7:30 a.m.  
Evening Program workouts are held Monday through Friday, 6:30 - 8:00 p.m.

Monthly fees are \$35.00

\*Above cost is only for either morning or evening program only, not both.

### **. . . Advantages of Swimming Masters:**

1. Organized warm-up and complete workout sessions.
2. A coach to respond to your needs both physically and mentally.
3. Stroke analysis and drills to swim more efficiently.
4. It's more fun to swim with a group.
5. Most important—you will improve faster!

FREE  
FOOD

FAST POOL  
5 National Records  
1988 & 1989

FREE  
MASSAGE

TAMPA OPEN MASTERS SWIM MEET  
OFFICIAL ENTRY FORM

Name: \_\_\_\_\_ Sex: Male \_\_\_\_\_ Female \_\_\_\_\_  
Address: \_\_\_\_\_ Age (as of January 27, 1990) \_\_\_\_\_  
Birthdate: \_\_\_\_\_  
Telephone: ( ) (home) ( ) (business)  
Team Affiliation: \_\_\_\_\_ Current USMS Number: \_\_\_\_\_

**YOU MUST SEND A COPY OF YOUR REGISTRATION CARD OR PRESENT IT AT THE REGISTRATION DESK. YOU CAN'T SWIM WITHOUT IT.**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the Clubs, host facilities, meet sponsors, meet committees or any individuals officiating at the meet or supervising such activities, as a condition of my participation in Masters Swimming. I hereby agree to abide and be governed by the rules and regulations of USMS and Florida, LMSC Swimming.

Signed: \_\_\_\_\_

Competitors 19 to 24 years of age should be advised that by competing in any Masters swimming competition he/she may jeopardize his/her amateur status as outlined by FINA (in GR1) and collegiate governing bodies.

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

Event Roster

Saturday, January 27  
11:00 a.m.

Sunday, January 28  
8:00 a.m.

<u>Women</u>		<u>Men</u>		<u>Women</u>		<u>Men</u>
1	200 free relay	2		19	200 medley relay	20
3	100 free	4		21	200 free	22
5	200 fly	6		23	50 breast	24
7	100 back	8		25	100 IM	26
9	200 breast	10		27	200 back	28
11	50 fly	12		29	100 fly	30
13	200 IM	14		31	50 free	32
15	50 back	16		33	100 breast	34
17	500 free	18		35	400 IM	36

FEES:

Events \_\_\_\_\_ x \$2.00 each = \$ \_\_\_\_\_  
Results @\$2.00 = \$ \_\_\_\_\_  
Surcharge = \$ 4.00  
TOTAL = \$ \_\_\_\_\_

DEADLINE: January 20.

MAIL TO:

Brian Wilder  
16407 Ashwood Drive  
Tampa, FL 33624

Fax Number - (813) 530-7702

PAY FOR RELAYS AT THE MEET.

SANCTIONED BY USMS, INC. AND LMSC OF FLORIDA. Sanction No. 90-2.

SEEDING FORM

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

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

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

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

REMINDER

There will be a General Membership meeting of St Pete Masters Inc on the fourth of February after the development at North Shore Pool. All members are urged to attend.

Please remember that when you swim a meet outside our Florida LMSC you are responsible for getting those times to Paul Endres and Bob Anderson. The best way is to get a copy of the results and send them to the recorders. Second best is to send them place, date events and times. The recorders need the times for Zone top 7 and LMSC top 5. It hasn't worked to expect meet directors to send results to every team represented in a meet. Usually you can purchase same.

**MASTERS SWIM COACH IN SEARCH OF A TEAM.  
I HAVE RECENTLY MOVED TO FLORIDA  
FROM CALIFORNIA, WHERE I COACHED THE  
NATIONAL CHAMPION WALNUT CREEK MASTERS.  
IF YOU ARE LOOKING FOR A COACH, OR  
LOOKING TO START A TEAM,  
CALL JOHN ABRAMI AT 813-726-2302.**

# SWIM ZONE

918 4TH ST N  
ST PETE, FL 33701  
(813)-822-SWIM

---

## SPECIAL X-MAS HOURS

10-7 P.M. MON-SAT  
STARTING DEC 18 - DEC 23

LIMITED NUMBER OF  
SWIM PARKAS

\$59.95 ADULT

\$56.95 YOUTH

## SPECIAL LOW PRICES

FOR X-MAS ON ENGRAVABLE  
ITEMS. WE ENGRAVE BRASS  
& PLEXIGLASS KEYCHAINS,  
BUSINESS CARD HOLDERS,  
PILL BOXES, ETC. ALL  
ENGRAVING FREE  
WITH PURCHASE.



10% OFF ANY  
PURCHASE OF  
\$20 OR MORE

WITH THIS COUPON

\*COUPON GOOD

THRU ~~DEC~~ JAN. 29, 1990