

LMSC

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**United States
Masters
Swimming**

Non-Profit
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St. Pete, FL
33730

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FLORIDA LOCAL MASTERS SWIM COMMITTEE NEWSLETTER

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Meet Entry Form Enclosed

Frank H. Tillotson

Editor
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FLORIDA LMSC DIXIE ZONE

SCHEDULE

December 1990

| | | | | |
|-----------|----|---|-----------------|-----|
| December | | | | |
| 15-16 | | New Orleans LA U of NO Southern Championships | | SCM |
| '91 | | | | |
| January | | | | |
| 06 | | St Petersburg FL Development Meet | 813-896-0250 | SCY |
| 05-06 | | Charlotte NC Tentative | 919-855-8715 | SCY |
| 19-20 | | Tampa FL Univ So Fla | 813-932-5417 | SCY |
| 27 | | Boca Raton FL Mission Bay ! Hour Swim | 407-488-2001-36 | SCY |
| February | | | | |
| 03 | | St Pete FL Dev Mt | 813-896-0250 | SCY |
| 08-10 | Z | New Orleans LA Mardi Gras Meet bolts | 504 456-9569 | SCY |
| 09-10 | | Ft Pierce FL Indian River CC Open Pract & Coach | 407-465-8385 | SCY |
| 15-18 | | Clearwater FL "The Center" | 813-462-6097 | SCY |
| 16-18 | | New Orleans LA Southern masters Champs | 504-456-9569 | SCY |
| 16-18 | | Charleston SC Annual winter Meet | 803-225-6447 | SCY |
| 16 | | Ft Lauderdale FL Hall of Fame | 305-523-0994 | SCY |
| March | | | | |
| 02-03 | | Spartanburg SC | 803-225-6097 | SCY |
| 03 | | St Pete FL Dev Meet | 813-896-0250 | SCY |
| 09 | | Boca Raton FL Meadows Park Pentathlon | 407-395-9564 | SCY |
| 16-17 | Z | Atlanta GA Dynamo Swim Complex | 404-497-6447 | SCY |
| 16-17 | | Ft Pierce FL Stanton Cragie Memorial | 407-465-8785 | SCY |
| 23-24 | | Greensboro NC | 919-855-8715 | SCY |
| April | | | | |
| 05-07 | Z | St Petersburg FL 21st Annual Championship | 813-896-0250 | SCY |
| 20-21 | | Raleigh NC State Championships | 919-787-8324 | SCY |
| 26-28 | | Boca Raton FL Mission bay | 407-488-2001-36 | SCY |
| May | | | | |
| 05 | | St Pete FL Dev Meet | 813-896-0250 | SCY |
| 16-19 | | NASHVILLE TN NATIONAL SHORT COURSE | 615-353-1632 | SCY |
| June | 02 | St Pete FL Dev Meet | 813-896-0250 | LCM |
| ? | | Chapel Hill NC | 919-787-8324 | ? |
| 08-09 | | Ft Pierce FL IRCC | 407-465-8385 | LCM |
| 29 | | Orlando FL | 407-422-0160 | ? |
| July | | | | |
| 05-07 | Z | Boca Raton FL (Possible date change) M B | 407-488-2001-36 | LCM |
| 19-21 | | St Pete FL Annual Southern Championships | 813-896-0250 | LCM |
| 19-21 | | Nashville TN Maryland Farms Annual | 615-353-1632 | LCM |
| 27-28 | | Atlanta GA Emory Univ | 404-497-1901 | LCM |
| 27-28 | | Sheffield AL | 205-386-0222 | SCM |
| August | | | | |
| 04 | | St Pete FL Dev Meet | 813-896-0250 | LCM |
| 15-18 | | ELIZABETHTOWN KY NATIONAL LONG COURSE | 502-76903946 | LCM |
| September | | | | |
| 08 | | St Pete FL Dev Meet | 813-896-0250 | SCY |
| 18-22 | | Louisville KY USMS National Convention | | |
| 27-29 | | Sheffield AL | 205-386-0222 | SCM |
| October | | | | |
| 06 | | Orlando FL | 407-422-0160 | ? |
| 19 | | Location Later ANNUAL FLORIDA LMSC MEETING | 813-823-3794 | |
| 26-27 | | Bristol TN | 615-968-2602 | SCM |
| November | | | | |
| 03 | | St Pete FL Dev Mt | 813-896-0250 | SCY |
| 08-10 | | Clearwater FL | 813-462-6097 | SCY |
| December | | | | |
| 06-08 | | Boca Raton FL Mission Bay | 407-488-2001-36 | SCM |

Tenth Annual Tampa Open Masters Swim Meet

- Meet Director:** Milt Bedingfield **Dates:** January 19 and 20, 1991
Saturday and Sunday
Short Course -- Indoors
- Information:** Milt Bedingfield Phone: 932-5417
- Sanctioned By:** Sanction # 91-3 by Florida LMSC inc. 1509 Bunker Hill Dr. S.C.C. Fl. 33573
- Sponsored By:** University Swim Club Masters in conjunction with Forest Hills Aquatics with the cooperation of the University of South Florida
- Eligibility:** All athletes 19 years of age and older as of January 19, 1991 and registered with USMS, Inc. Non U.S. citizens should have a letter of introduction from their own swimming association.
- Facilities:** University of South Florida indoor pool, eight lanes with half-lane washes on both sides. Six lanes will be used, with remaining area for warm-up and warm-down. Full electronic timing. There are dressing rooms, showers, and outlets for hair dryers. Even though the enclosed pool area is heated, please do bring adequate clothing to keep any chill away between your events.
- Schedule:** Warm-up Saturday at 10:00 A.M., meet begins at 11:00 A.M.
Warm-up Sunday at 7:00 A.M., meet begins at 8:00 A.M.
- Seeding Times:** Please show your best short course (25 yard pool) times during the past two years. Heats will be seeded by time regardless of age, with the slowest heat first in each event. The five Hundred free and the four hundred IM will be deck seeded. You must submit a time.
- Entries and Fees:** Swimmers must pre-enter by mail. Maximum of five individual events per day. Send the completed and signed entry form. Each event entry, must be submitted on the entry form, filled out completely with your name, club, age, event description, event number, USMS registration number and seeding time. The scoring of the meet will be computerized. Please be sure all information and signed waiver are filled out on the entry form. \$2 per individual event, \$4 surcharge for computer scoring and electronic timing and \$2 per relay team. Relay teams can be deck entered during the meet both Saturday and Sunday.
- Age Categories for individuals are 19-24,25-29, 30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,75-79,80-89,90+. Age categories for relays are 19+, 25+, 35+, 45+, 55+, 65+, 75+.
- Only team members registered for this meet may swim in a relay.
- You Must send a copy of your registration card or present it at the registration desk. You can't swim without it.**
- Make checks payable to: Forest Hills Aquatics. Send entry form, event entries and fees by January 12 to:
- Milt Bedingfield
11110 Carrollwood Drive
Tampa, Fla. 33618
Phone: (813) 932-5417
- Heat sheets and results:** If you enter but must cancel, a full refund will be given as long as you contact Milt Bedingfield before 1:00 P.M. on Friday, January 18.
- Awards:** Heat sheets are free. Results will be \$2 with a complimentary copy for each team represented. Payment for the results can be included with the entry form or can be made at the meet.
- Points:** Ribbons for 1st, 2nd, and 3rd in each event. Individual high-point awards for 1st, 2nd, and 3rd in all age groups. Team trophies for combined men and women 1st, 2nd, and 3rd,
- Rules and Officials:** 7-5-4-3-2-1 for individual points.
Double for relay points.
- Directions:** Current masters swimming rules will govern. There will be a certified stroke and turn judge, starter and referee for all events.
- USF is at the very north end of Tampa. Find Fowler Avenue, follow it to main entrance of USF, 2.5 miles east of I-275 or 1/2 mile west of 56th street (50th street exit from I-4). USF indoor pool is located in the back (east) side of the gym, which is the nearest building to the Sun Dome. Park by the gym and enter through the glassed-in end of the pool.

YOU MAY USE THIS FOR YOUR SEEDING FORM
 COPY OF YOUR ENTRY 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) | |
| | | |

*For Your Information of Events
Do Not Mail This Sheet*

*For Your Information of Events
Do Not Mail This Sheet*

Tampa Open Masters Swim Meet

Official Entry Form

featuring free food, free massages and a fast pool that had 5 national records set in 1988 & 1989

You Must send a copy of your registration card or present it at the registration desk.
You can't swim without it.

Attach a copy of your registration card here.

Age: _____ Telephone: (____) _____ (home) Telephone: (____) _____ (work)

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 individual 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

Event Roster

Saturday, January 19 11:00 A.M.

| Women | | Men |
|-------|----------------|-----|
| 1 | 200 free relay | 2 |
| 3 | 100 free | 4 |
| 5 | 200 fly | 6 |
| 7 | 100 back | 8 |
| 9 | 200 breast | 10 |
| 11 | 50 fly | 12 |
| 13 | 200 IM | 14 |
| 15 | 50 back | 16 |
| 17 | 500 free | 18 |

Sunday, January 20 8:00 A.M.

| Women | | Men |
|-------|------------------|-----|
| 19 | 200 medley relay | 20 |
| 21 | 200 free | 22 |
| 23 | 50 breast | 24 |
| 25 | 100IM | 26 |
| 27 | 200 back | 28 |
| 29 | 100 fly | 30 |
| 31 | 50 free | 32 |
| 33 | 100 breast | 34 |
| 35 | 400 IM | 36 |

Fees:

Events _____ X \$2.00 each = \$ _____
Results @ \$2.00 = \$ _____
Surcharge = \$ 4.00 _____
Total = \$ _____

Pay for relays at the meet.

Deadline: January 12

Mail To:

Milt Bedingfield
11110 Carrollwood Drive
Tampa, Fla. 33618
Phone: (813) 932-5417

Sanction # 91-3 by Florida LMSC inc. 1509 Bunker Hill Dr. S.C.C. Fl. 33573

SEEDING FORM

NAME _____ AGE _____ BIRTHDATE _____ SEX _____
 CLUB LETTERS _____ CURRENT REGISTRATION # _____
 CLUB NAME _____

| EVENT # | EVENT NAME | TIME |
|---------|--|------|
| | FRIDAY | |
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| | | |



KEEPING FIT

PATRICK J. BIRD

Drinking water

Question: Should swimmers be encouraged to drink something during a workout? If so, what is the best fluid to drink?

Answer: Getting fluid into the body during a hard workout is as important to swimmers as it is to runners. Swimmers lose fluid in training and competition at approximately the same rate as runners — roughly 1½ quarts during a hard one-hour workout. But they often are unaware that they are getting dehydrated.

Unlike runners, swimmers can't see the sweat pouring off as they exercise. And feeling thirsty is not much help. It comes too late; we normally do not feel thirsty until we have lost 1 to 2 quarts of fluid.

If athletes do not drink enough fluids during workouts, their blood volume decreases. As a result, not enough blood is circulating to transport all the oxygen needed by muscles or to carry heat from the muscles to the skin where it can be dissipated.

Consequently, in time, the muscles do not function properly, body temperature rises, heat cramps may develop and performance suffers.

Swimmers should drink a cup of cold water just before and every 15 minutes or so during long, intense workouts. Water is adequate for most workouts. But soft drinks and juices should be avoided. The body stores enough sugar to last through even the hardest workout, and too much sugar in a drink slows the absorption of fluid into the system.

Cold drinks are preferred to warm ones. It is said, although not well documented, that the cold temperature causes the stomach muscles to contract and squeeze the fluid into the intestines more rapidly.

Write with questions to Dr. Patrick J. Bird, Dean of the College of Health and Human Performance, University of Florida, Gainesville, Fla. 32611.

Q. WHAT ARE THE BASIC GUIDELINES FOR MASTERS WORKOUTS TO ASSURE USMS LIABILITY INSURANCE COVERAGE?

A. ** The workouts must be supervised, either by a United States Swimming (USS) certified coach or by a USMS member. Coverage generally starts when the coach takes control of the workout, and ends when the coach gives up control.*

** All participants in the workout must be either USS or USMS members (except for a 30 consecutive day grace period for registration of new swimmers).*

** The activities must be consistent with the normal activities of a swim team, and certain activities are prohibited, such as diving off other than a starting block or the pool deck.*

Q. HOW IS INSURANCE COVERAGE DIFFERENT FOR "SANCTIONED" VERSUS "APPROVED" EVENTS?

A. *At "sanctioned" events, only USMS members may participate. Both the medical accident and liability coverages are in effect. "Approved" events allow non-USMS members to participate. Only USMS members at an approved event have USMS medical accident coverage; USMS liability coverage would not be extended to the event sponsors' facility.*

Q. ARE THE DRYLAND PARTS OF MY SWIM TRAINING COVERED?

A. *The concept still holds of a supervised activity that is part of a normal swim training. So if, for example, your weight or stretch program meets the supervision and participation guidelines above, it is covered.*

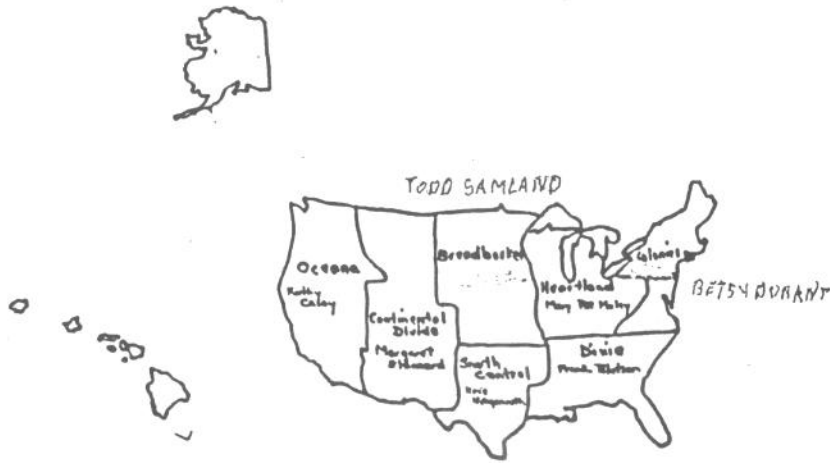
Swimming to a different beat

One of the great things about aerobic exercise is that you don't need fancy gadgets to tell you how you are doing. You have a built-in monitor—your heart. Whether you're a jogger, cyclist, or race walker, you must work out at a level of exertion that raises your heart rate to its training range to get any cardiovascular benefit. This range is usually taken to be 60 to 80% of your maximum heart rate, which you get by subtracting your age from 220. If you are 40 years old, for example, your maximum rate is 180 beats per minute, and your training range is 108 to 144.

For swimmers, however, there's a catch. Studies have shown that people have a lower maximum heart rate when swimming than when running. This difference—averaging 13 beats per minute—must be subtracted from the age-related maximum heart rate, if swimming is your means of training. Thus a 40-year-old swimmer would subtract 40 *plus* 13 from 220 and get a maximum rate of 167, and then take 60 to 80% of that to get a training range of 100 to 134.

Why is swimming different? Physiologists have a couple of hypotheses. A swimmer's heart rate may be lower because of the body's horizontal position, which helps to distribute blood more uniformly. Also, the cool water leads to a more rapid dissipation of heat, so the heart may not have to work as hard to keep body temperature stable.

So if you are a swimmer, don't worry if you aren't reaching a landlubber's heart rate—you have 13 beats to spare.



SOUTHEASTERN

LOCAL MASTERS SWIM COMMITTEE

WORLD MASTERS CHAMPIONSHIP

Rio de Janeiro

August, 1990

by John C. S. Smith

(Editor's Note: John Smith lives in Nashville, but competes with the Holmes Lumber Jax, of Jacksonville, Florida. Our chairman asked him to write an article about his experiences in Rio)

As I waited for my events I noticed the three armed guards milling around the spectator area. No automatic weapons today. A British backstroker tells me that twenty percent of his team has been mugged thus far. We stayed in a safer part of town and as far as I know nothing like that happened to any of our group. We do see our share of pick pockets and groups of men hanging out. We're careful. The travel agent warned us to leave our expensive watches etc. at home and don't look wealthy. That was easy.

On a distant hill the famous Rio landmark statue of Christ was veiled by pollution which rolls in with the morning prevailing breezes. Thankfully the competition pool looked clean and bright this morning. The officials change their routine for the first time in five days and allow us to warm up in it. The diving well used for warm downs looks greener than normal.

Yesterday had been an off day for most of us. Andy Sears and I took a bus into the town center. It's winter in Rio. Pleasant 70 degree plus weather. We walk around and check out the waterfront flea market; pretty nice leather goods. Stumbled into a small but very busy restaurant, and as no one spoke English, pointed to a fish and rice lunch some guy is eating and have the same.

Today is my last day. I have two individual events plus a relay. The 100 meter backstroke goes well. A second slower than at Brisbane but according to our latest pool-side formula we are physically declining about 5/10 of 1% per year, or about 1 second per hundred every other year. This is probably not true but it makes me feel better and worse at the same time. The 50 meter Fly is OK, but I get a slow start and miss the touch pad in this tall flat-sided pool, as the pad doesn't extend down much under water. Maybe I should start racing with goggles. A judges decision is called for. Finally the 200 meter men's relay. There are a lot of good South American sprinters here and they pretty much blow us out of the water. For the first time some Russians are attending the meet and they are fast but not much relay depth, yet. It's over and I am going home. And I am not coming back.

Note: The meet attracted about 1600 swimmers, less than half the Brisbane World meet in 1988. Perhaps fifty U. S. swimmers attended, with the Holmes Team out of Jacksonville, Florida the largest contingent.

PROGRAMS FOR THE FITNESS SWIMMER

REPORT OF THE AD HOC COMMITTEE ON FITNESS

9/19/90

In its initial discussion, this committee recognized three major factors: 1 - USMS offers a fitness program superior to most individual swimmer's lap swimming because it incorporates both aerobic and muscle strengthening into its workout programs.

2 - Most lap swimmers are not aware of USMS's programs and tend to equate USMS only with competitive swimming.

3 - That neither of the above two factors have been addressed sufficiently by the standing committees presently in existence.

To meet this need, this committee identified four areas for further action by this committee in conjunction with various standing committees, particularly Marketing, Sports Medicine and Coaching.

- 1 - Disseminating information about the USMS program
A packet should be produced on the national level that would serve the LMSCs. It should contain as much material as reasonable so that each LMSC could abstract that which is meaningful to a fitness program designed primarily for the non-competitor and one that would lead those swimmers into a competitive program only if they wished to compete. The material in this packet should help each LMSC to design a complete program adapted to its available pools, coaches, clubs, isolated swimmers, etc. Some of the ideas to be developed are:

- *Introductory and novice stroke drills - including 'What is a workout and How do I start'
- *Log book planner as well as a list of places to swim so that the LMSC could use to abstract those places in its area or zone.
- *Medical checklist a swimmer can give his doctor who can check off those levels the doctor feels best suited to his patient, whether post stroke, arthritic, post operative, etc.
- *Target groups to send posters and literature - such as: USS 15+ age swimmers and USS swimmers' parents; Tri-fed organizations, Health clubs, Physio-therapists, Hospitals, Booths at clinics and fairs, Corp. games, Park & Rec depts, Heart, Arthritis and other specialty health organizations, Red Cross, etc.

- 2 - Types of Workouts and Practices and Fun Events

- *Super Set Saturday - one per month from program planners. Completion of various levels could allow the swimmer to buy different color T-Shirts or badges.

*Workout menu for one month that could be purchased or supplied to each individual

*National 'Butterfly' Month or similar program to encourage swimmers to stretch beyond crawl and sidestroke

* A drill book for individuals without coaches and coaches not yet attuned to the beginning swimmer - not exhausting or scaring them - and then progressing on in very easy stages. It was agreed that both in this area and the area of information to be given on Health and Nutrition we should not assume these swimmers come equipped with any background knowledge.

* A service be offered by willing coaches at a reasonable fee or cost basis that would permit a swimmer to use a home video camera to produce a tape of his techniques. This tape would be then sent to the coach for evaluation, critique, and suggestions for improvement. Such a process by the coach might also include a voice-over for the swimmer to listen to while watching the tape.

*Arranging to leave a workout on a poolside bulleting board for swimmers to use during any lap swim period during the day.

Creation of a pool log sheet and end-of-the-month recognition for swimmers achieving preset goals.

3 - Recognition Techniques

*Recognition for distances swum: Red Cross 50-mile program or swim across program, Presidential Sports Award program, Individual or team totalling of distance per workout that takes them from one point to another (From Tallahassee to Tampa, From San Francisco to Hawaii etc.) and individual certificates or badges that recognize each achievement. Some suggestions were to have the goal city's Chamber of Commerce send a congratulatory letter or discount coupon to that swimmer - to have the goal country's Ambassador send a letter of achievement - to hold a party suggestive of a team's achievement (a luau for reaching Hawaii, etc.)

*Recognition for time swum: A certificate stating that the swimmer swam for 20 minutes, 40 minutes, 60 minutes etc. without stopping, (Aerobic) and that a certain number of laps were done in that time. A swimmer could get another certificate either for a greater number of minutes or stating that at least a 10% improvement in the number of laps swum in that same time (learning to push rather than steady swim).

*Recognition of these non-competitive achievements at a club dinner, an LMSC dinner, an award dinner, publishing of names & achievement in a newsletter, a photo on a pool bulletin board, etc.

4 - Motivating Techniques

Buddy system - put a newcomer with an experienced swimmer, give each new swimmer an experienced swimmer to critique his work (if the newcomer wants this).

*A 'bring a friend' day for easy fun in the lanes.

*A workout for newcomers only with experienced swimmers helping from the deck

*An Aquatic 'PAR' course rather than using a meet approach - with lots of fun stations

*Potluck relays at the end of a practice with fun relays where names are drawn out of a hat

Lots of team socials - after practice breakfasts or suppers, etc.

A RESOLUTION FOR THE HOUSE OF DELEGATES:

THAT THE 1990-91 SEASON BE DECLARED THE YEAR OF THE FITNESS SWIMMER

TO: LMSC Chairs
FROM: USMS Ad Hoc Fitness Committee, September 21, 1990
RE: Services for, Invitations to and Recruitment of Lap/Fitness Swimmers

Out of the concern that USMS has not recognized nor catered to the unique, and often different, needs of its majority non competitive members, the attached suggestions were proposed.

We suggest that you duplicate these suggestions for distribution to the clubs or teams in your territory. Where teams do not exist as an integral part of your constituency, try sending them to the pools where small groups of swimmers do workout. Direct this information to the manager, director of aquatics or anyone who might be able to implement some of the suggestions.

If none of the above applies, have a coach select workouts, a member design a swim destination and include with a newsletter.

It is vital that we begin to produce material relevant to this neglected segment of our membership. Successful service of this kind can decrease your turnover rate and increase participation in your organization. Try it!

Sincerely,



Dore Schwab, Jr.
Chairman

2 Enclosures

P.S. The coaches committee is vitally interested in this area of masters swimming. Contact them through the national office for more ideas.

From the USMS Ad Hoc Fitness Committee

SOCIAL/MOTIVATIONAL IDEAS

1. BRING A BUDDY WITH YOU TO WORKOUT NIGHT
Workout geared to novice ability level
2. ADOPT A SWIMMER
Advanced swimmer works one-on-one with a less accomplished swimmer
3. POTLUCK RELAY
Random teaming of all swimmers of varying ability levels and ages
4. REDEYE BREAKFAST
Breakfast together at dawn
5. FRIDAY NIGHT PIZZA AND BEER
6. FUN RELAYS
Mixed bag of assorted activities; inner tube, T shirt, tennis shoes, spoon & egg - you can dream up more crazies!
7. DEVELOPMENT /NOVICE MEETS
25-50 YD. and fun events for non competitive swimmers
8. AQUATIC PAR COURSE
A series of stations to perform:
 - Wall Kicks
 - Water Jogging
 - Dolphin Swim
 - Elementary Backstroke
 - Treading
 - Deep Water Drills
 - Jumping Jacks
 - Cross Country Skiing
 - Lane Line Ducking
9. FILMING FRIDAY - Videotaping
Coach or advanced swimmer critiques stroke in voice over audio. (More beneficial with underwater equipment)
10. NATIONAL (OR LOCAL) STROKE OF THE MONTH
Emphasize transition from side to breaststroke to free, your choice!

From the USMS Ad Hoc Fitness Committee

RECOGNITION IDEAS

1. PRESIDENT'S SPORTS AWARD
CONTACT: Presidents Sports Council
AAU House
P.O. Box 68207
Indianapolis, Indiana
46268-0207
2. SUPER SET SATURDAY
Once a month achievement check against goals on certificates
Achievement program info and certificates
CONTACT: Nancy Ridout
580 Sunset Parkway
Novato, California 94947
3. TIME SET SWIMS
Prepare certificates for interval swims of 20-40-60 minute
swims with yardage achievement. Recognized improvement with
gold stars
4. BANQUET OR CLUB DINNER
Includes and awards participation
5. POOL/PROGRAM PORTRAIT BOARD
Recognizes chosen achievements, displayed at pool

DESTINATION IDEAS

1. DESTINATION SWIM
Choose a spot in your state to which you wish to swim. By
accumulating yardage/mileage, either team, where possible, or
individual swim to this goal. Track it with attractive
graphics in a prominent location
2. RED CROSS "SWIM ACROSS" PROGRAM
Charted mileage with certificates of completion
3. RED CROSS 50 MILE PROGRAM
Mileage swims with recognized patch

Fund raiser for distance group a club