

FLORIDA

newsletter

Vol. XII, No. 4

Local Masters Swim Committee, Inc.

November 1995

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ORLANDO GETS BID FOR 1997 LC NATIONALS

Larry Peck, representing Team Orlando Masters, and Julie Sundstrom, of the Orlando YMCA International Drive Aquatic Center, recently attended the USMS National Convention and submitted two bids for Championship meets which were both accepted. The YMCA Aquatic Center in conjunction with Team Orlando Masters has been awarded the 1997 Long Course National Championships as well as the 1996 Short Course Meters Dixie Zone Championship Meets.

The Dixie Zone Championships will take place during our regularly scheduled short course meters meet held annually on October 11-13, 1996.

The National LC Championship Meet is the first USMS Masters National Championship held at the Aquatic Center since 1985, and the first in our LMSC since the USMS Short Course Nationals were held at Indian River Community College in Ft. Pierce in 1986.

Although we are looking forward to the YMCA Masters Nationals next April 18-21, 1986, the USMS Masters LC National Championships is considered to be one of the two most prestigious meets held in masters competition in the U.S. Congratulations to Larry Peck and Julie Sundstrom for their hard work in getting these bids accepted!



1995-96 SWIM CALENDAR

DATE	PLACE	EVENT	CONTACT		
1995					
Nov	04	Delray Beach, FL	Aqua Crest SCM Masters Meet	Scott Barlow	407-278-7174
	04-05	Winter Haven, FL	SCY Meet	Greg Hoeker	813-299-7254
	18	Boca Raton, FL	SCY Boca Masters Meet	Kathleen Nord Schwartz	407-395-9168
Dec	01-03	Ft. Lauderdale, FL	SCY Hall of Fame Masters Challenge	Stu Marvin	305-468-1580
	03	St. Petersburg, FL	SCY Development Meet	Margie Hutinger	813-521-1172
	16	Coral Springs, FL	Relay Carnival at Coral Springs	Judy Bonning	305-345-5370
1996					
Jan	07	St. Petersburg, FL	SCY Development Meet	Margie Hutinger	813-521-1172
Feb	04	St. Petersburg, FL	SCY Developmental Meet	Margie Hutinger	813-521-1172
Feb	10-11	Clearwater	CAT SCY Valentine Meet	Cashel Mack	813-426-6097
March	03	St. Petersburg, FL	SCY Development Meet	Margie Hutinger	813-521-1172
March	29-31	St. Petersburg, FL	26th Annual SCY Championship		
April	18-21	Orlando, FL	YMCA SCY Nationals	Larry Peck	407-647-7793
April	27-28	Tallahassee	Joint USS - USMS SCY meet		
May	04-05	Ft. Pierce	IRCC 7th Annual SCY Craigie Memorial	Tom Harmon	407-465-8385
May	09-12	Cupertino, CA	SCY Nationals @DeAnza Community Col.		
June	08-09	Sarasota	Suncoast LCM T'shirt Meet	Deb Walker	813-923-3540
June	22	- July 2 Sheffield	VI World Masters	FAX 44-(0)	114-273-6731
July	?	St. Petersburg, FL	Annual LCM Meet	Margie Hutinger	813-521-1172
Aug	21-25	Ann Arbor, MI	LCM Nationals @ U of MI		
Sept	11-15	Orlando, FL	USMS Convention	Harold Ferris	813-896-0250
Oct	11-13	Orlando, FL	TEAM Orlando SCM - Dixie Zone Champ.	Larry Peck	407-647-7793
Nov	2-03	Winter Haven, FL	SCY Meet	Greg Hoeker	813-299-7254

Minutes of the Florida Local Masters Swim Committee Meeting October 7, 1995

The Florida LMSC Annual meeting was held at the International YMCA & Aquatic Center following the 400 I.M. of the SCM meet in Orlando. The meeting was called to order by Harold Ferris at 5:35 p.m.

Others present were: Charles Kohnken, Registrar; Jeff Perout, Records; Bill Uhrich, Sanctions, Meegan Wilson, Secretary; Kelly Bergdoll, FAST; Joan Glaraton, NJST; Larry Peck, ORLM; Bill Spect, Sandy Steer, Margie and Paul Hutinger, SPM; Brooke Bowman, SMS; Jerry Rutigliano, DSMC; Becky Haldeman, HCFY; Rich De Galan, CCMS; Al Rogerson, SPCO; and Jean Zulich, SCC. This gave representation for 10 out of 28 clubs.

- I. **Minutes** - The minutes of the July 15, 1995 meeting were accepted as they appeared in the August 1995 LMSC newsletter. One correction was noted, Catie Cooper is registered with SPM not FAM.

II. Reports of Officers

- A. **Registration** - Charlie Kohnken reported that we presently have 1,142 members, an increase of 129 over 1994, and a total of 28 clubs. Our newest club is from Tallahassee and has four members. There were over 300 swimmers registered in 1994 that did not reregister in 1995. Charlie will send out current rosters to each club as well as a list of those individuals who have not reregistered. Charlie requests that each club registrar try to reregister those individuals; and reminds clubs that their insurance is void if all members are not registered with USMS. Registration packages will be sent to all club registrars in a few weeks. The November newsletter will also have a registration form enclosed. Of the \$15 National fee, \$7 goes toward *Swim* magazine. Adding our \$8 LMSC fee your registration cost is \$23 plus your club fee.

'One event registration' will still be available through USMS which is optional for each LMSC. Our LMSC voted against this. If anyone is interested in having this ability, please contact the Florida LMSC board.

- B. **Treasurer** - Harold Ferris presented Chip Jones' report since he could not attend the meeting.

Florida LMSC Treasurer's Report Nine Months Ended September 30, 1995

Cash Balance - January 1, 1995		\$4,272.68
Revenues	Registrations	\$ 17,057.00
	Inter LMSC Transfers	81.00
	Out of LMSC Transfers	44.00
	Club Registrations	160.00
	New Club Registrations	180.00
	Sanction Fees	565.00
	Miscellaneous	188.88
Total Revenues		18,275.88
Expenses	Registrations	11,095.00
	Transfers	46.50
	Clubs	140.00
	Newsletter	2,629.80
	Postage	1,101.47
	Convention	2,213.80
	Rule Books	180.00
	Fees on Registrations	218.10
	Miscellaneous	286.73
Total Expenses		17,911.40
Total Cash - September 30, 1995		\$4,637.16

The Treasurer's report was approved.

1. **Budget** - The proposed budget for 1996 was presented. Larry Peck questioned whether \$2000 for convention expenses was enough since the convention would be held in Orlando in 1996. Harold Ferris and Charlie Kohnken said that the convention expenses would be paid for by USMS. Our LMSC would be responsible for obtaining sponsors and donations and volunteers. It was decided that the \$1000 in contingencies would give us enough flexibility for unforeseen expenses.

The following Budget was approved:

Florida LMSC 1996 Budget		
Revenues	Registrations, Net	\$9,000.00
	Other	500.00
Total Revenues		\$9,500.00
Expenses	Newsletter	4,000.00
	Postage	1,500.00
	Convention	2,000.00
	Other	1,000.00
Total Expenses		8,500.00
Excess Revenues	Available for Contingencies	\$1,000.00

- C. **Newsletter** - Harold Ferris presented Jim Donnelly's report since he was swimming at a Varsity-Alumni Meet at Northern Michigan, University. Jim congratulated everyone who has contributed to the Florida LMSC Newsletter this year. We finished in the top 5 out of 50 entries in the National USMS Newsletter Contest. Jim has his sights set for next year and asks for everyone's help.

The deadline for the November newsletter is October 13. He requests the following information: team reports from each club, 1995 registration form, National Convention report, calendar of events, TEAM Orlando SCM meet report and information on the 1997 Masters National meet in Orlando, Top Five vote results, questions for Mr. D.Q., and photo's etc.

- D. **Sanctions** - Bill Uhrich reported that the National YMCA Championships will be held in Orlando in April. Also, it has always been the practice for our LMSC to not issue sanctions to meets that are held on the same day. However, Tallahassee has no control over when they hold a masters meet since they hold joint meets with USS. Because of this, Bill will continue to issue sanctions or recognitions to Tallahassee even if there is a conflict. Tallahassee said that they rarely have outside swimmers.

Paul Hutinger would like to see an improvement in getting the rules changes to the proper individuals in a speedier time frame. Since the Orlando SCM meet falls so closely behind the USMS convention it is not always possible to follow the new rules. Larry Peck said that he cannot accept word-of-mouth but must wait for the official rule changes.

- E. **Records** - Jeff Perout said that he would have the LCM top 10 results to Walt Reed by October 20th. He apologized for some mistakes that were made on the Top 10 SCY results. He stated that he did not have the time to do a proper job for the LMSC and handed in his resignation. Jeff said that meets received on disk from the Colorado touch pad system were easy to incorporate but developmental meets were not. Paul Hutinger suggested that developmental meets be required to put their meets on disk. Jeff said that this would only introduce added human error. He requested the LMSC board to replace him before SCM results are due in February. Jeff's resignation was accepted. The board will search for a replacement.

III. Unfinished Business

- A. **Florida Top 5 Rule** - Meegan Wilson read a proposal in the August LMSC newsletter for changing the Top 5 Rule. Bill Spect felt that the proposal was good if the word permanent was removed before address. Discussion followed. Margie Hutinger felt that it shouldn't matter

where one lived if they pay the Florida LMSC registration fee. Paul Hutinger said that all the best times should count. Charlie Kohnken stated that one reason the rule was made was due to a large team, formed in Florida, that contained swimmers from all over the country. Charlie Kohnken moved that we accept the proposal with Bill's change. The motion was seconded and further discussion ensued. After minor changes the final proposal for changing the Top 5 Rule was:

A Florida LMSC member with a residence in the Florida LMSC can set a Florida record or Florida Top 5 time at any USMS sanctioned meet. A Florida LMSC member without a Florida LMSC residence must set the record or time inside the LMSC to be considered for the Florida Top 5. It is the responsibility of the swimmer to submit official results of meets outside of the Florida LMSC to our recorder.

The proposal was unanimously accepted.

Al Rogerson questioned whether the proposal was retroactive. Jeff Perout suggested that it should be retroactive for records only, not Top 5. Jerry Rutigliano moved that the proposal should be retroactive to January 1995 for records only. This motion was seconded and approved.

IV. New Business

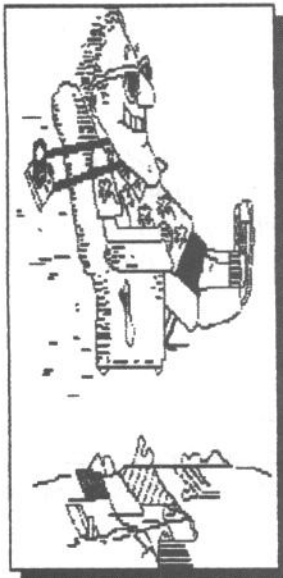
- A. **Insurance** - Harold Ferris said that Fitness events that are sponsored but not sanctioned by USMS do not require USMS registration and are therefore not covered by USMS insurance. US Masters and local clubs could be exposed to lawsuits. Therefore, all participants of fitness events must be USMS registered. Bill Uhrich said that some recognized events are not sanctioned and do not require USMS registration. This may be subject to change.
- B. **1995 Convention** - The convention was attended by Harold Ferris, Charlie Kohnken, Jerry Glancy, Frank Tillotson, and Catie Cooper.
1. The Officials Committee has drafted a manual for certification of USMS officials.
 2. USMS plans to adopt the USS rules on swimmers with disabilities.
 3. June Krauser was elected the new Chairperson of the Dixie Zone, replacing Scott Rabalais.
 4. The 1996 SCM Dixie Zone Championship will be held in Orlando on October 11-13.
 5. Walt Reed's Top 10 Computer program now includes LMSC numbers for swimmers. Florida's number is 14.
 6. A fee will be charged for swimmers who fail to submit a copy of their registration card with National meet entries or swimmers who arrive at Nationals without proof of registration.
 7. USMS LC Nationals will be held in Orlando in August of 1997. Larry Peck requests help from our LMSC.
- C. **Swim Calendar** - The 1995-96 Swim Calendar was set.

With no further business, the meeting was adjourned at 6:44P.M.

Respectfully Submitted,

Meegan Wilson

Meegan Wilson
Florida LMSC Secretary



The Chairman's Corner

Harold L. Ferris, Jr.

Insurance and Safety were the interlocking and main focus of the September 20 to 24, 1995 USMS Convention in Houston, Texas.

Liability problems and the resulting insurance and safety requirements have grown to the point of at least influencing every action we take at meets and even in practice sessions. We already know that **all competitors at a meet must be currently registered Masters**, as an unregistered swimmer voids our insurance. It is also necessary to be sure that **only Masters share lanes during practice**, except for the try-out period of up to 30 days during which a prospective member may swim with us. **Be sure to have him or her sign the standard waiver first.** If pool guards or supervisors do not keep other non-registered swimmers out of Masters lanes, the city or other owner of the facility becomes primarily liable in the event of a claim. The insurance Committee of USMS stated that **local or postal fitness events which are open to other than Masters jeopardize our insurance coverage and that any such events should avoid any indication of being sponsored by USMS or the local LMSC.**

In the interest of safety and to reduce the USMS also of insurance claims, it is necessary for meet managers to arrange for proper warm-up procedures before and during a meet. The Rule Book and the information you receive from our **Sanctions Chairman, Bill Uhrich**, will enable you to take the correct actions. I would like to emphasize the need to **clearly designate warm-up lanes** with signs that tell swimmers to **enter feet first with no diving or jumping.** One or two one way sprint lanes should be so designated to allow practice starts. One or more Marshalls should be on hand to monitor compliance. Our new **LMSC Safety Coordinator, Dick Avery**, will receive and distribute information from USMS concerning safety rules and will be able to answer your questions.

The next **USMS National Convention** will be held in **Orlando** during the week of **September 8 to 15, 1996.** We will be the **host LMSC** and will need to provide support in various ways, including volunteer workers before and during the convention. I would like to hear from anyone who would be interested in helping .

Orlando also hit the jackpot for the next year as well. **Team Orlando Masters** was awarded the **1997 Long Course National Championship Meet.**

It's Time To Register For the 1996 Season

The 1996 U.S.M.S Registration Application printed below is for **Unattached** swimmers only. Unattached swimmers should fill out this form and register through the **Florida Registrar** and make their checks for \$ 23.00 Payable to **FLORIDA L.M.S.C.**

Club (Team) swimmers should register through their club registrar, filling out the form supplied by their club, and make their checks payable to their club.

PLEASE REGISTER EARLY. Registrations can be accepted **November 1, 1995** for the 1996 season. Your 1995 registration runs out on December 31, 1995. Your insurance is voided if you swim with an un-registered swimmer.

Charles Kohnken
Florida LMSC Registrar

1996 ONE YEAR MEMBERSHIP APPLICATION



1996 Membership Application

- RENEWAL. My Current USMS No. Is _____
- NEW REGISTRATION

LMSC Fee	8.00
USMS Fee	11/1/95-12/31/96 15.00
Club Fee	
Total Fee	\$ 23.00

Membership expires 12/31/96

Register with same name you will use for competition. Print clearly.

Last Name		First Name		Init	For Office Use
Street				Apt	
City		State	Zip	Phone No. ()	
Date of Birth		Age	Sex	Today's Date	
Mo.	Day	Yr		Mo	Day
Club or Unattached					Yr

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 the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____
If you coach Masters Swimmers, please check here

Benefits of membership include: A subscription to SWIM Magazine during the length of the membership year (\$7.00 of the annual dues is designated for a Swim Magazine subscription), and periodic mailings from the Local Masters Swimming Committee.

- USMS Registered swimmers are covered with secondary accident insurance.
- 1) in practices supervised by a USMS member or a USS certified coach where all swimmers are USMS registered.
 - 2) in USMS sanctioned meets where all competitors are USMS registered.

Make check payable to: **FLORIDA LMSC**
 Charles Kohnken, 1258 Flushing Ave.,
 Clearwater, FL 24624
 Mail check to:

Florida Top 5 Will Include All USMS Sanctioned Meets

At the Annual Florida LMSC meeting in October, the Top 5 Rule was unanimously changed to:

A Florida LMSC member with a residence in the Florida LMSC can set a Florida record or Florida Top 5 time at any USMS sanctioned meet. A Florida LMSC member without a Florida LMSC residence must set the record or time inside the LMSC to be considered for the Florida Top 5. It is the responsibility of the swimmer to submit official results of meets outside of the Florida LMSC to our recorder.

This change is retroactive to January 1995 for records only. Please contact our Records Chair if you have a records change.

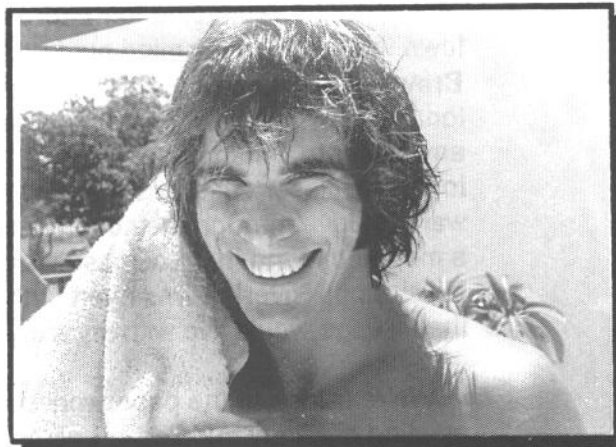
New Records Chair Needed

We regret to report that Jeff Perout submitted his resignation at the Annual LMSC meeting. He said that due to the pressure of business and family, the time commitment required for the proper execution of the job of Recorder were beyond his capacity at this time. We thank Jeff for the year he served as Recorder. If anyone is interested in filling this position, please contact Harold Ferris.

From The Editor's Swim Bag

How to Prepare For a Varsity-Alumni Swim Meet

Many of you Masters swimmers who swam in college may get the chance one day to swim in a Varsity-Alumni meet at your alma mater. Don't think that you can prepare for this meet as you would any other. No sir...eee! I'm not talking about working out hard and tapering for two weeks...it's much more complicated than that. There's months of planning involved before you even think about your meet strategy.



James M. Donnelly

Long Range Planning. The first thing to do is get your travel agent to lock in some good rates on airline travel. This has to be done at least 20 days in advance to get the cheapest rates. The problem I had was that my school is in such a God forsaken place that *you just can't get there from here!* **Northern Michigan University** is located in **Marquette, Michigan**. (You probably recognize the name from the Weather Channel as always being the coldest spot in the nation.) Marquette is located in the upper peninsula of Michigan, on **Lake Superior**, over 360 miles north of **Detroit**. Round trip to Detroit from Tampa was only \$ 224. But to fly the rest of the way from there would have cost me *another* \$ 360. on a puddle jumper that would make stops in **Grand Rapids, Saginaw, Traverse City, and Sault Saint Marie**, before landing in Marquette. I had my travel agent check on flying to **Green Bay, Wisconsin**, and sure enough, it was only \$ 50. more round trip from Detroit!

Green Bay is only 175 miles almost due south of Marquette so I planned on renting a car there and driving a nice 3 hour drive through God's country with the Fall colors just peaking. My agent got me a low \$33.95 a day rate with unlimited mileage with the weekend rate at only \$19.95 per day. "There's only one catch", my agent said, "for those cheap rates you can't take the car out of the state. So if they ask, don't tell them where you're really going." So I carefully researched a Wisconsin map and found that it would be reasonable for me to drive to Appleton, or Whitewater, which were nearby towns. And I'd better not tell the car rental guy that I'm going to a Homecoming at Lawrence U. in Appleton or U. of Wisconsin at Whitewater, because it would just be my luck that he would be an alum from there and start asking me a bunch of questions I couldn't answer. So if he asked I would say I was going to a reunion of my Army buddies that I served with in Germany, **yeah, that's the ticket!**

The Flight. It's Thursday morning, Oct. 5, dropped my son off at swim practice at 5 am, then headed to the airport. Parked at Thrifty Car Rental for only \$3 per day and they give you a limo ride to your gate and you bypass the extra security checks at the airport parking lot. Flew to Detroit through the remnants of that Hurricane that did all the damage to our panhandle... pretty bumpy ride. Got on my connecting flight and flew over the **Sleeping Bear Dunes** and **Lake Michigan** and arrived in Green Bay 15 minutes before I left Detroit. (Central Standard Time). Called the car rental place and waited outside for them to pick me up. It was freezing out there! I had to fish my ski jacket out of my bag.

The Rental Car Scam

Along came my turquoise Ford Escort...remember, Jim, you're *not leaving the State of Wisconsin*. The rental car guy started chit chatting with me as we drove to his office. "So...you going over to Michigan this weekend?", he bluntly asked, trying to catch me off guard. "Ahhhhh....no...I'm going to...**Lacrosse!**", I stupidly said. Why did I say Lacrosse? It was the first town that came to my mind but I don't even know where the hell it is! The **G. Hellmann's Brewery** is in Lacrosse. What was the name of the town I was supposed to tell him? Oh well, too late now, I'm getting in deeper and deeper. "Lacrosse?", he said, "You couldn't get a flight any closer to it than Green Bay?" "No", I replied, "it would have cost me a whole lot more for me to fly any closer...this was the best deal I could get on a flight." (Now that part was true!) "And I want to drive through the countryside and check out the fall colors." A few days later I checked a map and found that Lacrosse was way the heck on the other side of the state on the Mississippi River! It was even farther than where I was really going, but close enough so that the mileage would jive with my story when I returned the car.

We're filling out the paperwork back in the Rental car office, I've already told him about meeting my Army buddies in Lacrosse for our reunion, when he asks, "Do you have a number where you can be reached in Lacrosse?" "No," I simply replied. And I'm not answering anymore questions without my attorney being present, I said to myself.

The Road Trip. Finally, I'm on my way down **Vince Lombardi Blvd.**, a quick stop to buy a case of **Hellmann's Special Export** for only \$ 10. (Michigan has a 10 cent per can deposit that I didn't want to mess around with and beer is so much cheaper in Wisconsin!) The wind chill will cool it down nicely in the trunk.

The Maple trees were bright yellow, orange, and red Technicolor all the way to Marquette. It has been a long time since I've seen such colors. And there was *the* Lake...the largest body of fresh water on the earth. Only the oceans are as powerful as this body of water that never gets warmer than 56 degrees.

The Pool. Once safely checked in to my motel, I gathered my swim gear and headed to the pool in hopes of getting a good warm-up after my trip. I convinced the student security guard in the hallway that I was an important alumnus who needed to work out before the big meet on Saturday. I walked by a hockey game in the Olympic sized hockey arena that shared the same building with the pool. NMU is designated an Olympic Educational Center. It is the only Olympic Training Center where the athletes can go to school full time and get a degree while training for the Olympics in hockey, speed skating, skiing, and even boxing. Cathy Turner, Gold Medal winner in short track speed skating graduated from NMU. NMU's hockey team won the NCAA Div. I National title in 1991. Their Nordic ski teams have also won many National titles. Not bad for a school of only 8,000 students.

Sports Hall of Fame. It's Friday now and I'm looking forward for my old swim team buddies to come rolling into town from downstate. **Mike Matter**, an All-America 400 IM'er, and one of my teammates from 1967-71, was to be the first male swimmer inducted into **NMU's Sports Hall of Fame** tonight. Two other teammates were also coming, **Bill Bird**, an All-America diver and **Randy Ford**, an All-America 100 freestyler. Randy is the son of **Alan Ford**, the first man to break the 50 second barrier in the 100 freestyle. These three guys were also my fraternity brothers, so we looked forward to getting together. Our coach, **Don Trost**, was also there and invited all the swimmers to a brunch at his home on Lake Superior the following morning before the homecoming football game.

After the banquet, the swimmers hit a few of our old haunts, but the places had changed since our days, 25 years ago. Our favorite, Andy's Bar, was where you could get a 14 oz glass mug of beer for only 25 cents, and free peanuts! Andy's was torn down long ago, and the prices have gone up considerably every where else. Good thing I bought that case in Wisconsin!

The Game. Saturday morning came way too early for me. I regreted volunteering to attend a 9 am meeting with the editors of the **Alumni newsletter** so I could give them some input into their publication from an alumni's point of view. My reputation as editor of the **Florida Newsletter** must have transcended all those miles. Still a little *fuzzy* from the night before, we ended our meeting at 10 am and I was on my way to my coach's brunch!

Randy's girlfriend, **Joan Peto**, was the former women's swim team coach at NMU. She asked me what team I swam on in Sarasota and she asked me if I knew **Cindi Hain!** What a small world. It seems Joan swam with **Cindi** and **Deb Walker** at **Penn State**, and is Cindi's best friend.

Twelve thirty rolled around so we all piled in our cars and headed to the football game. It was not a nice day for football, 40 degrees and drizzling, but our homecoming game against unbeaten Ferris State, was in the **Superior Dome**, the **world's largest wooden domed structure!** We got to sit in the President's box seats because of Mike's induction into the Hall of Fame. We had nice chairs, free programs, food & drink. We lost a close game and had about an hour and a half before our Varsity -Alumni swim meet. I decided to head to the pool for a good warm up. The other guys downed two pitchers of beer and showed up 5 minutes before the meet.

Meet Strategy. I didn't come all this way and invest in all that yardage to blow it off like those guys did. O.K, so my long range planning has worked up to this point, I'm tan, in great shape, I'll have no problem beating my fellow alumni, but all I need is a size ten pair of fins and I'll have a good chance against **Xia Fujie**, the swimmer from China who won **four National NCAA Div. II titles** at last years Nationals in the 100 free, 100 breast, 200 breast and 200 I.M. while setting two NCAA Div. II records in the 200 breast and the 200 I.M. **Anne Goodman-James**, NMU's Women's swim coach, had set up special 50 yard events for us alumni to be swum between the regular events in their annual Green-Gold Intersquad meet. I told Anne that I didn't come all this way just to swim a few 50's against a couple guys who haven't swum in over 20 years! I told her I would swim the 100 breast against the girls and even the 200 I.M. if I could wear fins! My strategy worked in the 200 I.M. I swam a 2:14 and took a first against the Varsity girls! **Xia Fujie**, who goes 2:05 for that event, didn't swim that one. Good thing. **Randy Ford** chose to swim the 50 free in a blazing 27+ secs. He had to lay down on the swim bench with a towel over his head for quite a while after that swim. I don't think he's swum for over 20 years!

My next event was the 100 Breast. I wanted to take on the **National Champ, Xia Fujie**, in this event, but she wasn't there when they called us up to the blocks. Then suddenly she was standing on the block next to me wearing a t-shirt! "Are you going to wear that shirt when you swim?", I eagerly asked. "I always swim with a T-shirt", she replied. All right, I thought, she goes a 1:02 100 breast, but maybe I'll have a chance if she wears a shirt. I extended my hand to her to wish her luck and then just as we were to shake, I quickly withdrew my hand to scratch my head. Laughter erupted from all the gray hairs in the stands. Psych her out, was my strategy. "Take your mark", the starter commanded. It seemed like an eternity and then I was OFF! I was the first one to hit the water, or should I say the *only* one! The gun never went off. It was **Mike and Randy's strategy** to have Xia make me false start. They got me good! I repayed Mike by beating him at his own stroke in the 50 back. We finished off the meet with a 200 freestyle relay. Mike made his turn half way down the pool to give us a lead, and the alumni relay beat the varsity.

It was really fun to see my old teammates again. I only wish they were still swimming.



We Get Letters

**RE: Top Ten Recorder
In the Florida LMSC**

The role of a Top Ten recorder can be overwhelming. Since **Jeff Perout**, our present recorder, has resigned due to other commitments, I have a suggestion for the future. Why not have **two recorders**? One would be responsible for **Short Course Yards** meets and the other, for **Short Course Meter** and **Long Course Meter** meets. This would divide the immense work load in an LMSC that has grown as large as ours. Other large states have already implemented this plan, and Nationals will also work towards this goal.

Since Margie and I have the interest and time, we have volunteered for one of these positions.

Paul Hutinger, St. Pete Masters

**International Swimming Hall of Fame
1994 Inductee**

Dear Jim,

Just read through your **Newsletter** and I must say that I really enjoyed being in a 'centerfold'! First time ever. That was a very clever idea.

Also read all about the **Top Five Times debate**. Our World Top Ten and our National Top Ten are the FASTEST times done by that individual. So, your Top Five Times should follow suit. You can always have LMSC records for just your members and then have LMSC Open records for anyone swimming in your LMSC. Many different ways of doing these things.

Thanks for your great contribution to Masters Swimming!

**June Krauser, Gold Coast Masters,
Dixie Zone Chairperson**

Jim,

You do an excellent newsletter. It's really enjoyable to read.

Chip Jones, St. Pete Masters

Swimming Audio/Video Tapes Available

Video Tapes:

- ◆ Swim Smarter, Swim Faster...Quick & Kenney
- ◆ Swim Smarter, Swim Faster II..Quick & Kenney

Audio Tapes:

- ◆ Biokinetics...Doc Councilman
- ◆ Principles of Swimming...Ed Reese
- ◆ Making Swimmers Strong in the Water...Randy Reese
- ◆ Specificity...Dr. Jack Wilmore
- ◆ Nutrition...Dr. Robert Willix
- ◆ Breaststroke Mechanics...Paul Bergen
- ◆ Accelerated Recovery...Lothar Kipke
- ◆ Endurance Training...Mark Schubert
- ◆ Freestyle Fundamentals...Jack Nelson
- ◆ Butterfly Mechanics...Howard Firby
- ◆ Sprint Freestyle Training...Paul Bergen
- ◆ Goal Setting For Goal Achievements...Don Swartz
- ◆ Five Forms of Training Needed by Every Swimmer...Dr. Ernie Maglisco

There is a \$30. deposit required for a video tape; \$5. per audio tape. Your deposit will be returned when the tape/tapes are returned. All donations gratefully received.

Joan Glaraton
4590 Colonial Ave.
Jacksonville, Fl 32210-4204

USAS CONVENTION REPORT 1995

Hyatt Regency Hotel
Houston Texas

by Katie Cooper

Meetings Attended:

Rules Committee (Member)
Records and Tabulation (Recorder)
Fitness Committee
Rule Book Committee
Championship Committee
Coaches Committee
Sports Medicine Committee
House of Delegates

Rules: Our committee is reviewing the new **USS Adaptive Aquatics** section of their rule book which they just adopted at this convention. We will review and rewrite parts that are applicable to USMS and then submit it to the House of Delegates for approval at next years convention to include this section in the 1997 USMS Rule Book.

New guidelines are being prepared on writing and submitting rules \ legislation change proposals. Once completed, all LMSCs will receive a copy. **Remember:** all rule and / or legislation change proposals **must** go through **Harold (LMSC Chairman)** for approval **PRIOR** to being submitted to the **Chairmen of the Rules and Legislation Committees.**

Records and Tabulation: A swimmer going for a record has the responsibility of notifying meet officials of his intent to try breaking an existing record so that the proper number of watches and all necessary documentation is completed should the record be broken.

Fitness: USMS's legal counsel says that

all people who participate in USMS-sanctioned fitness events must be USMS registered. USMS would be opening itself up to major liability by allowing non-registered swimmers to take part in USMS-sponsored events. Therefore, **Bill Black** asked the Fitness Committee to withdraw its sponsorship of the **Century Swim**, which began January 1995, and allows participants up to two years to swim 100 times. There was concern expressed that the elimination of non-registered swimmers would defeat the "outreach" purpose of such events.

Rule Book: The USMS Rule Book will be spiral bound from now on.

Championship: A fee will be charged for each swimmer who fails to submit a copy of his USMS registration card with the entry and who "arrives at Nationals without proof of registration card".

Awarding of the 1997 National Championship Meets:

SCY: Federal Way
LCM: Orlando! (Thus, our LMSC needs to be prepared to help Larry Peck (Meet Director) in any way we can.)

Coaches: This committee will begin offering eight regional two-part "**Coaches Mentor Clinics**" (2 hours long) and "**Swimmers' Clinic**" (4 hours long) "to motivate and to train coaches, to educate swimmers, and to retain and increase membership in USMS. Each of the eight clinics will receive \$500 seed money" from USMS, and they discussed charging a small fee for their services. The mentors will come from the Coaches Committee.

The committee will purchase **two underwater cameras** "to service 24 clubs for one month each" throughout the year. "Programs hosting USMS-sponsored clinics will be given priority."

Respectfully submitted, **Katie Cooper**

Changing Negatives Into Positives

by Paul Hutinger, St. Pete Masters

The science of psychocybernetics is a servo-mechanism, or goal striving device, that is a useful technique for maximizing Masters swimmers potential. As swimmers age, a healthy, positive outlook in the face of obstacles, such as injuries and diseases is necessary to survive. For me, at age 70, it has meant swimming through six age groups since I started in Masters swimming at age 45.

This year, in May, I injured the extensor tendon of the third finger of my right hand, while doing yard work. This was the same hand that I had surgery on eight years ago, due to rheumatoid arthritis. I taped the hand to keep it functional. This worked for swimming, but not for dive-ins. I had watched some of the younger world class swimmers, such as Tom Jager, use a grab start with their hands between their feet. On the entry, they put hand on top of hand for a streamlined entry. I thought this style could prevent my hand from collapsing on my start. A dozen practice starts proved the technique achievable, even by a 70-year old. I used it at Orlando, SCM, with a :32.2 on a 50 m. free, 1 tenth from the National record. I had taken a negative and turned it into a positive.

My second challenge at Orlando, was infectious arthritis in my left elbow, which allowed me to pull at only one-half strength. How could I swim the 50 m. fly? Bill Specht, a 37-year old world class flyer with a :25.89 50 m. fly record, was my role model and inspiration. I had been practicing dolphin kick with fins, 25 yards under water across our pool, but never used the technique that Bill had perfected in his swimming, in a meet. I thought about scratching the fly, for a moment, then turned positive. What a great opportunity for me to use the new technique. Before my event, I rehearsed the procedure in my mind. When the starter's signal sounded, I was ready. I used eight dolphin kicks off the start and came up halfway down the pool, even with the other swimmers in my heat (I was in lane 8). Five strokes took me to the wall. Six kicks off the wall took me one-third of the way back, with a touch out in :36.9. I have the world record, :35.2, but with this new technique, I should do better as my arm heals.

There are also examples I observed in other SPM swimmers. Jo Ann Harrelson, 39, had an injured left shoulder. Breathing to her normal right side was painful, so, she tried opposite side breathing. It worked. Not only did that allow her to train and take stress off her injury, but it improved her technique and skills. Now, her stroke is more symmetrical and efficient.

Another example is Howard Brown, 50, who recently had surgery on his right pectoral muscle. His kick had been weak, but now, he has been forced to train mostly with kicking. His future swimming will be enhanced with these improved skills.

Margie Hutinger, 55, had arthroscopic surgery on her left knee in May. She had been rated in the Top 10 in her fly and 400 IM last year, but now, could not use her leg for breast and fly kick. She practiced free and backstroke with fins to improve her skills and also did 400 and 800 yards of timed stroke technique work. Her distance per stroke and fewer strokes per length demonstrated improvement. In the

800 m. free at Orlando, she improved over 60 seconds, while establishing a new P.R.. In LCM, she improved 23 seconds in her 200 m. back, for another P.R.. Since surgery, she has had 10 P.R.'s. What is more remarkable, is that her knee is not yet 100 %. She is still doing rehab, so she can swim the fly and IM. In the future, the carryover from the improved backstroke and free will enhance her IM.

In summary, use a positive and healthy mental attitude toward any obstacles and set-backs in your training and competition, by turning it around to a positive. Avoid negative statements as an ending to all aspects of your life. Have good thoughts about yourself and remember the successes you have had. Seek a more desirable goal or objective by taking advantage of your failures.

See ya at the pool!

Katie Cooper Volunteers For Interim Records Chair

Katie Cooper, former LMSC Records Chair, has agreed to take over the Records position from Jeff Perout on an interim basis until election of officers next fall.

She reminds us that with the recent change in our **Florida LMSC Top Five Times** rule, it is the swimmers responsibility to send documentation to her from any meet swum outside of our LMSC to be eligible for the Florida Top Five. This documentation must include a copy of the official results, including the meet sanction #, date of the last day of the meet, and place of swim.

If you swam in a SCM meet outside of our LMSC, the deadline is January 15, to get the results to Katie.

Also, the new Top Five rule is retroactive to January 1995 for Records only, so for instance, if you broke a Top Five record at the Nationals in Lauderdale, you need to get the documentation to Katie.

Why the Little Things Count ?

by Anthony Nesty

⇒ Starts
⇒ Turns
⇒ Finish
⇒ Stroke Counts

} **Perfection**

Do you sometimes feel that you will never improve your time again?

After I won the **100 Fly** at the **1988 Olympics, in Seoul, Korea**, I always thought that I would go faster than 53.00. Little did I know then that it would be the "little things" that would prevent me from achieving that goal. From 1988 on I worked harder and I could honestly say that I was in **better shape than when I swam my 100 Fly at the 1988 Olympic Games**.

So what went wrong? Let's take a look at every major race I had after my 53.00 seconds swim.

1990 - Goodwill Games: Bad start.

1991 - World Championships: Bad start and bad turn.

1991 - Pan - Am Games: Bad start and bad finish.

1992 - Olympics - Barcelona: Bad start, bad turn, bad finish. As a result of my bad start and turn, my stroke counts were off tremendously, which led to a bad finish.

Fortunately I won most of the races I swam in. But what if I had worked on my starts, turns, and finish.?

The *good news* is **it's never too late to work on the little things**. I should have back *then*. I know now why I did not go under 53.00.

One more thing . . . My swim in 1988 was a **perfect race**, because all the *little things* counted.

Swimming News From Around the LMSC



Stroke Clinic Held

Olympic backstroke hopeful **Derek Weatherford** hosted a Masters stroke clinic at the Cypress pool in late August. Instruction was given in freestyle and backstroke. He taught several new stroke drills emphasizing hip rotation as the leading momentum for shoulder roll. Everyone seemed very pleased with the new ideas and individual instruction he offered.

Derek is training for **Olympic trials** at **Stanford**. We wish him luck with his quest. He'll be returning to Ft. Myers in December and we'll try to get him to do a breaststroke and butterfly clinic at that time.

Gossip

Congratulations to **Mandy** and **John Schumbacker** who are expecting a baby in March. Also congrats to **Liz Weigley** and **Mike** on their recent engagement. Sadly the **Lizard**, (**Liz Edlund**) has moved to North Carolina. You will definitely be missed. SWIM FAST!!

Christa Gottschalk and **Keith DeWitt** are Swim Florida's first couple to be wed, July 29, 1995. The team celebrated by throwing Keith a frozen yogurt party.

Club Integration

We're hoping to combine the masters clubs at **Bonita Springs Community Pool**, **Cypress Lake Middle School**, **Naples Goldengate** and **Naples YMCA** under one charter this year for the purpose of meet competitions. Individual clubs will maintain their own identity, coaching and financial independence.

Examples of this type of charter include **Gold Coast Masters** (includes virtually all of southeast Florida), **Ohio Masters** and **Michigan Masters**. Each of these chartered teams include many different clubs. Each club has their own coaches and workout venues. Dues are paid to the particular facility at which you swim. For the purpose of meets though, everybody swims under one banner.

We'll have more and better relays, score more points and have more fun combined as one team. With good meet attendance we'll have a chance of beating clubs like **Gold Coast** and **Holmes Lumber Jax**.

Swim Florida Masters Place Fifth at Orlando SCM Meet

17 Swim Florida swimmers placed 5th overall out of 28 teams at the Orlando SCM Meet. The women placed 4th and the men 5th. Age group high-point awards went to **Jean Garbus**, **John Shumbacker**, **Megan McSheffrey**, and **Jack Thomas**. **Jean Garbus** had 8 first place finishes.



TEAM ORLANDO MASTERS

Record Attendance For Meet

Team Orlando wishes to thank the 240 competitors who descended on the **International Drive YMCA Aquatic Center** on October 7 & 8. This was a record attendance for our meet.

As far as records go, those in attendance continued to break them throughout the weekend. The final count was **38 listed records broken**, this includes **20 World Records** and **18 National Records**. Congratulations to all of those who had a hand in breaking so many standards. The person who did the most damage to the record book was **Florence Carr** from St. Pete Masters, who broke **7 World standards** in the 70-74 age group!

The social at **Lucky and Jacquie Melsenheimer's** was the best attended yet, and worth coming to Orlando in it's own right.

Next year our meet will be held on **October 11, 12 & 13, 1996** and has been named as the **Dixie Zone SCM Championship Meet**. We hope to see you all then.

Thanks again to all of you who supported our meet. All the profit from our meet goes to the Aquatic Center to help improve it so it will be better for your next visit.

Larry Peck



SPACE COAST MASTERS

In the August '95 Florida Newsletter we reported that **Bunny Cederlund**, age 73, was listed as an **All-American** for the 1994 year.

In 1995 Bunny attained seven (7) **TOP TEN rankings** for the short course season (SCY). Listed below are Bunny's placements:

- 3rd - 50 Back, 100 Back
- 4th - 200 Back
- 5th - 50 Free
- 8th - 100 Free
- 9th - 1000 Free, 1650 Free

Also, **Nate O'Connell**, age 78, had **two TOP TEN's** for the SCY season, in the 100 Back, 6th; and the 50 Back, 8th.

Al Rogerson, was the lone SPCO swimmer entered in the **Long Course Championships**, held at **Gresham, Oregon**, in late August. Al, age 70, fared well with four (4) places (3rd - 200 m I.M., 6th - 400 m I.M., 8th - 400 m Free, 1500 m Free) in the final 10 finishes.

Al Rogerson

For YMCA members needing a meet swum to be eligible for **YMCA Nationals**, April 18 - 21, 1996, in Orlando, they who attended **Orlando's SCM meet** in October have met that requirement, it was so designated.



The Best in the World - 1994

The F.I.N.A. Top Ten tabulations for World Masters Swimming (Long Course and Short Course Meters) has been published, and once more, **St. Pete Masters** take up quite a bit of space.

Firstly, the Long Course results for 1994 show that **Bill Specht** was the fastest 100 m flyer in the world - all ages. Secondly, with the addition of **Paul Hutinger**, **Jayne Lambke**, and **Kay Schimpf**, we had four people swimming faster than anyone in their age groups in the whole world.

Long Course Meters

Bill Specht (35-39) had 1st place in 50, 100 and 200 m backstroke, and 1st place in 100 and 200 m fly. He was 2nd in the 50 m free and 7th at 800 m free.

Paul Hutinger (65-69) 1st - 50 m backstroke, 3rd - 100, 200 m backstroke, 9th - 200 m I.M.

Jayne Lambke (55-59) 1st - 100 m fly, 2nd - 400 m free, 3rd - 50, 100, 200, 800 m free, 4th - 50 m fly, 4th - 400 m I.M.

Kay Schimpf (75-79) 1st - 100, 200 m fly; 7th - 100 m free; 6th - 200 m free; 7th - 400 m free; 8th - 800 m free; 9th - 50 m breaststroke; 5th - 100 m breaststroke; 4th - 200 m breaststroke;

4th - 50 m fly; 3rd - 200, 400 m I.M.

Short Course Meters

Bill Specht (35-39) Six first places at 50, 100, 200 m backstroke, and 50, 100, 200 m fly.

Paul Hutinger (65-69) 1st - 50 m backstroke; 2nd - 100, 200 m backstroke; 5th - 100 m I.M.

Paul Hutinger (70-74) 1st - 50, 100, 200 m backstroke; 1st - 50 m fly; 1st - 100, 400 m I.M.; 2nd - 400 m free; 5th - 50 m free.

Jayne Lambke (55-59) 1st - 800 m free; 2nd - 100, 400, 1500 m free; 2nd - 50, 200 m fly; 3rd - 50, 200 m free; 3rd - 100 m fly.

Elaine Bromwich (50-54) 1st - 50 m breaststroke; 1st - 200 m fly; 2nd - 100 m breaststroke; 2nd - 1500 m free; 2nd - 400 m I.M.; 4th - 200 m I.M.; 6th - 100 m I.M.; 8th - 800 m free.

Kay Schimpf (75-79) 1st - 100, 200 m fly; 3rd - 50 m fly; 4th - 100 m I.M.; 2nd 200, 400 m I.M.; 6th - 50 m free; 5th - 100 m free; 3rd - 200, 400, 800, 1500 m free; 8th - 50 m breaststroke; 4th - 100 m breaststroke; 6th - 100 m backstroke.

Other SPM swimmers who made the top ten in the world in either or both courses:

Sheri Predmore, Pam Gelger, Anne Page, Leslie Treat, Florence Carr, Doris McEwan, Gladys Olsen, June Reynolds, Win Kennedy, Marian McKechnie, Peter Betzer, Charlie Kohnken, Abrasha Brainin, Frank Tillotson, Fred Walbolt, John Johnson, Brian Valle, Theunis VanDerVeen, John Edwards, Harold

Ferris, Jim Mitchell, Kermit Hotvedt, Jack Pyhel, Bob Patten, JoAnn Harrelson.

Analyzing the results of both short and long course meters for 1994 shows that SPM had 27 first places in the world: 9 Long Course and 18 Short Course. Including all places in the top ten, SPM swimmers placed 149 times. That is quite a showing for St. Petersburg, Florida!

We salute you all!

George Bole
SPM Coach

Motivate Team Spirit With Relays

Special meets, such as a **relay or pentathlon meet**, stimulate enthusiasm, provide motivation and enhance the Masters program. To be successful, swimmers and coaches must not only plan ahead, but also make serious commitments to show up at the meet to support their relay teams.

Last year, SPM had no relay records and only one first place time in Short Course Meters Top Ten Times. We knew we had more swimmers capable of better performances. Early this year, we began planning with **Coach George Bole** to set up a Relay Meet. Many high school and college programs also use relay meets to provide enthusiasm and motivation to begin their seasons. **Walter Fuller Park**, with the newly installed starting blocks, was an ideal setting to kick-off the **Short Course Meters season**. After scanning the record book, making numerous local and long distance phone calls and

deliberating on deck and in the pool, we were ready. **Sixty swimmers** showed up and participated in **42 relays**. **WOW!!**

Four young men, from the newly formed **Bob Ruth Aquatic Team**, drove 250 miles, one way, from Tallahassee, to **set two national records**. Eight men and two women from SPM combined for **one world and six national records**. (See Record results on next page.) Other swimmers will place in the **Top Ten** and some will achieve **All-America** recognition. Congratulations on all the outstanding achievements!

Margie Hutinger, SPM

Jim Mitchell

It is with great sadness that I report the death of **Jim Mitchell**, aged 81 years on August 10th. Jim won many honors swimming with **SPM**. Some of the relay teams he swam on still hold the records set.

This last meet was the first time in my eleven years here that Jim did not compete. He was a great team man, gaining us many points - he was always ready to swim relays, regardless of his individual events.

I shall miss him, as will those who have had the good fortune to have known him.

SHORT COURSE METER RECORDS

September 10, 1995

<u>RELAYS</u>	<u>NEW RECORD</u>	<u>WAS</u>
200 m. Medley--Men (320-359) SPM--Kermit Hotvedt, Frank Tillotson, John Johnston, Fred Walbolt	4:01.38 National	4:04.37
400 m. Free--Men (160-199) BRAT--Glenn Woodsum, Bob Ruth, Chris Williams, Doug Schlak	3:52.66 National	3:53.30
400 m. Medley--Men (320-359) SPM--Hotvedt, Tillotson, Johnston, Walbolt	9:30.72 National	none
800 m. Free--Men (160-199) BRAT--Woodsum, Ruth, Williams, Schlak	8:45.81 National	8:58.69
200 m. Medley--Mixed (280-319) SPM--Paul Hutinger, Robert MacDonald, Florence Carr, Kay Schimpf	2:58.72 World & National	3:04.69
400 m. Free--Mixed (280-319) SPM--Schimpf, Carr, Dudley DeGroot, MacDonald	6:03.05 National	6:26.07
400 m. Medley--Mixed (280-319) SPM--Hutinger, MacDonald, Carr, Schimpf	6:54.87 National	7:28.57
800 m. Free--Mixed (280-319) SPM--Alan Maloney, Schimpf, Carr, MacDonald	13:32.79 National	14:35.74

SUNCOAST MASTERS Swimming

Recycle Those Old Bike Tubes

Everyone has put on a perfectly good pair of swim goggles only to have the strap break, usually at the start of or during a swim workout. There is an easy fix.

Save your old bicycle tubes or get them from your cycling friends. Cut out the valve portion, then cut the tube lengthwise so that you can roll it up and secure the roll with a rubber band. When you need to replace a goggle strap, just unroll enough material and cut to shape.

With my tubes (700 x 20-25c) I cut a length from half the width of the roll and

taper the ends to fit the goggles. **Bike tube material is much more resistant to sun and heat than the straps that usually come with goggles.** I've never had one of my "replacement" straps break.

Marv Norin

Don't Procrastinate

In an effort to get all our team members registered in a timely manner, we are again offering the incentive of a **free team swim cap** to anyone who sends their **1996 USMS registration** form in to our registrar before December 31, 1995. The rest of you teams should try something like that!

Edna Gordon

Meet Your Teammates:

Rick Walker

Rick Walker is one of the few truly native Floridians, born in Sarasota. He joined our team in 1985 and has been active ever since, particularly as **Social Chairman** providing food and drink for many of our social events. Rick has also held the office of **Vice President** of Suncoast Masters Swimming.

Rick graduated from the **University of Mississippi** in 1972 with a degree in **Business Administration**. Previous swimming experience includes swimming for **Sarasota High School**, but don't let the fact that he didn't have a college swimming career lull you into a slower pace when you are racing him...he regularly whoops up on ex-All-America swimmers in the breaststroke events! Rick with his wife, **Deb**, have two children, **Claudia** and **Matt**. Claudia is swimming for **Eastern Carolina University** as a freshman this year, and **Matt** is playing football and swimming for **Cardinal Mooney High School**.

Breaststroke is his favorite event with backstroke the least favorite. Rick has achieved both **Florida Top Five** and **National Top Ten**. The experience at the **World Games In Australia** and being part of a winning relay at **YMCA Nationals** two years ago, rank as his most enjoyable Masters experiences. Rick has been a valuable member of our team both in the water scoring points at meets and as a worker for SMS.

Aside from swimming, Rick spends a great deal of time and effort coaching **Pop Warner Football** which he has done since 1987. When not occupied with

sports, he is part owner of the family business, **Southern Grocery Company**, which was selected as **Small Business of the Year** by the Sarasota Chamber of Commerce recently.

Bob Coulter

Meet Your Coach

Deanne Hop

Five thirty in the morning comes around very fast when you're having a good time sleeping, but if that's your workout time of choice then you couldn't find a better a.m. coach to wake up to than **Deanne Hop**. Deanne coaches us **Suncoast Masters** at **Arlington Pool** in **Sarasota**, from 5:30 - 7:00 a.m.

Born and raised in **Minneapolis, Minnesota**, Deanne started competitive swimming her freshman year in high school and went on to become a **High School All-America Swimmer**. She was also on the **state champion Basketball team**.

Swimming for the **University of Minnesota**, under Coach Jean Freeman, Deanne was **Team Captain**, **NCAA qualifier**, **All-American**, and **Big Ten Champion** in the 4 x 100 Freestyle Relay-setting a Big Ten record.

After graduating with a degree in **Human Relations** in 1993, Deanne coached the Gopher Swim Team (developmental); helped coach the U. of Minnesota women's team; Asst. Swim Coach Minnetonka H.S.; **Mach III Flyers Age Group Coach**. After moving to Florida in March 1994, Deanne coached the **Hernando Family YMCA Swim Team**. She is currently the **Sarasota Y Sharks Head Age Group Coach & Masters Coach**.

(Her) Favorite Set:
10 x 100 (75 fast - 25 EZ on 3:00) Sprint Free.

See you in the Morning, Deanne!

Jim Donnelly

Monday, November 6, the morning after the meet.

Well, we did it! The **WinterHaven Stingray Masters** put on our first meet and it was a great success. We had a good turnout of fine athletes, a good time was had by all. The weather was super - some of us even got a little sunburned on Sunday. **Coach Jim Graizler** put together a fine schedule of events and there was a great competition in all age groups. (The competition was especially tough in my own age group, but hey, I always say that.) Everyone had fun at our social on Saturday. Special highlights were the **DunedIn Team's** and the **WIN Team's** cheering sections, **Lamar Edwards** famous award winning chili, and the "free" icy cold beverages. (If you had the time, we had the beverage, if you know what I mean.)



NOV. 4 & 5, 1995

**Rowdy Gaines Pool
Winter Haven, Fl.**

We appreciate each and every swimmer and team that participated in our **Inaugural Meet**. Please accept our gratitude to you for making it so special. We hope everyone who came will return next year. Those of you who missed it - please come in '96! We hope it will be a tradition for you and your teams - the **1st weekend in November - swim in Winter Haven**.

And now a personal, special thank you to **Charle Kohnken, Jim Donnelly, Harold Ferris,** and **Coach George Bole** for all their words of support and encouragement during the past year of planning.

Seen you all soon and happy swimming!

Laurie Zolnierowski

F.A.S.T. MASTERS

FAST Masters' triathletes have been very successful this year. **Keith Strudler** (20-24) finished 10th overall in the Power Man Florida; 10th amateur at St. Anthony's; 1st overall at the Clermont Sprint Triathlon, the Vermont Sun Triathlon, Lake Lanape Triathlon in New Jersey, and in the Intergalactic Triathlon in Houston; and 9th overall and 1st in his age group in the New England Tri Festival Ironman. **Kim Kazimour** (35-39) finished 4th in the Summer Sizzler and is training for an Ironman race on October 21st in Clermont, Florida. **Beth Bigelow** (35-39) finished 2nd in the Spring Sprint, 5th at Cypress Gardens, 3rd at Ponte Vedra, 3rd at the Summer Sizzler, and 6th at the Augustine Lighthouse Triathlon. **Chuck Bigelow** (35-39) finished in the middle of the pack in the following races: Cypress Gardens, Ponte Vedra, Summer Sizzler, and St. Augustine Lighthouse. Chuck and Beth will be competing in the Cayman Islands Pirate Week Triathlon on October 28. **David Stehle** (50-54) competed in a marathon (26.2 miles) at Disney World and had a PR time of four hours and 40 minutes. David said this was the first time that he was able to run a marathon without stopping. He is tied for third in the Gainesville City Biathlon.

Eight swimmers competed in the SCM Invitational in Orlando: **Kelly Bergdoll, Tim Dodge, Bob Franks, Trish Markey, Jeff Perout, Clinton Riley, Bill Rodenfels,** and **Laureen Welting**. All placed in the top 3 in at least one event. Laureen had 6 firsts; Jeff had 6 firsts and 2 seconds; Tim had 2 firsts and 3 seconds; Clinton had 2 firsts, 2 seconds and a third; Trish had one 2nd and one 3rd; Bill, one 2nd; Kelly, one 3rd; and Bob, one 3rd.

Meegan Wilson

I Know It's True...
I Asked
Mr. D.Q.
by Al Soltis,
Florida Officials Chairman

With so many of you Masters swimmers being so accomplished, it is a bit difficult to really zero in on major problems in the Stroke and Turn category.

This issue will be dedicated to those of you who have a **disability problem** or think you have one.

As we mentioned in the last issue, the **Referee has the privilege of making a stroke or turn exception**, if there is truly a disability, and it is recognized by the Referee and in turn is agreed with. Well, at the USS convention in September, it was discussed and then voted on and passed to **eliminate the USS Adapted Swimming Book**.

In it's place there will be an added Article, **Guidelines for Officiating Swimmers with a Disability in USS, in the 1996 Rule Book**. It will give the pro and con of what is and what is considered in the process for allowing for a disability for a swimmer. This article will also show figures of modified starting positions.

Masters already allow various forms for starts, and we have covered that. This Adapted Swimming Article, is intended for those of you that have physical disabilities, such as Deaf or

hard of hearing impairment, Blind or visual eye impairment, limb loss, limb deformity.

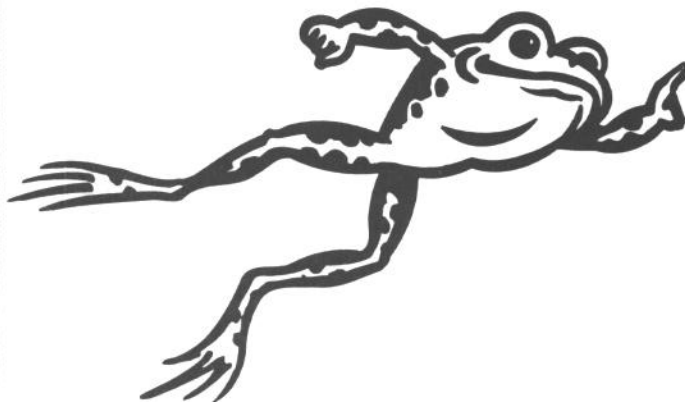
This is followed by an explanation of what considerations are to accrue to those who have disabilities. It explains other exceptions that should be made to accomodate swimmers.

Keep in mind that **the majority of Masters do not come under this exception** or rule as it relates to having a disability. Look it over and be sure you are in need of it before going to the Referee. Remember he must concur with your explanation to allow the exception.

Mr. D.Q.
Al Soltis

P.S.: For future issues, please send any questions or concerns you have to me so it can be addressed or answered for all Masters swimmers. Confidentiality is guaranteed.

**2101 Sunset Point Rd., # 702,
Clearwater, FL 34625**



TRAINING HINTS FOR THE ONE HOUR SWIM
by
Dr. Paul Hutinger, St. Pete Masters

ONE HOUR SWIM PACE

	<u>1:00</u>	<u>1:10</u>	<u>1:20</u>	<u>1:30</u>	<u>1:40</u>	<u>1:50</u>	<u>2:00</u>	<u>2:05</u>	<u>2:15</u>	<u>2:30</u>	<u>3:00</u>
100	1:00	1:10	1:20	1:30	1:40	1:50	2:00	2:05	2:15	2:30	3:00
200	2:00	2:20	2:40	3:00	3:20	3:40	4:00	4:10	4:30	5:00	6:00
300	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:15	6:45	7:30	9:00
400	4:00	4:40	5:20	6:00	6:40	7:20	8:00	8:20	9:00	10:00	12:00
500	5:00	5:50	6:40	7:30	8:20	9:10	10:00	10:25	11:15	12:30	15:00
600	6:00	7:00	8:00	9:00	10:00	11:00	12:00	12:30	13:30	15:00	18:00
700	7:00	8:10	9:20	10:30	11:40	12:50	14:00	14:35	15:45	17:30	21:00
800	8:00	9:20	10:40	12:00	13:20	14:40	16:00	16:40	18:00	20:00	24:00
900	9:00	10:30	12:00	13:30	15:00	16:30	18:00	18:45	20:15	22:30	27:00
1000	10:00	11:40	13:20	15:00	16:40	18:20	20:00	20:50	22:30	25:00	30:00
1100	11:00	12:50	14:40	16:30	18:20	20:10	22:00	22:55	24:45	27:30	33:00
1200	12:00	14:00	16:00	18:00	20:00	22:00	24:00	25:00	27:00	30:00	36:00
1300	13:00	15:10	17:20	19:30	21:40	23:50	26:00	27:05	29:15	32:50	39:00
1400	14:00	16:20	18:40	21:00	23:20	25:40	28:00	29:10	31:30	35:00	42:00
1500	15:00	17:30	20:00	22:30	25:00	27:30	30:00	31:15	33:45	37:30	45:00
1600	16:00	18:40	21:20	24:00	26:40	29:20	32:00	33:20	35:00	40:00	48:00
1650	<u>16:30</u>	<u>19:15</u>	<u>22:00</u>	<u>24:45</u>	<u>28:30</u>	<u>30:15</u>	<u>33:00</u>	<u>34:22</u>	<u>36:07</u>	<u>41:15</u>	<u>49:30</u>
HOUR	<u>6,000</u>	<u>5,150</u>	<u>4,500</u>	<u>3,950</u>	<u>3,600</u>	<u>3,300</u>	<u>3,000</u>	<u>2,850</u>	<u>2,700</u>	<u>2,400</u>	<u>2,000</u>

Start your training program by setting your goal. You can use your time for the 500 or 1650 as a base. You should be able to be close to the pace of your 1650 for the 1 Hour Swim. This chart will give you some ideas on what kind of pace you would need for a specific time. If, for example, you would like to do 22:00, then practice on 1:20 pace for a series of 20 x 100 yds. on 2:00. As you improve, decrease the rest time so you can do the 1:20 pace on the 1:30 (10 sec. rest) and increase the series to 40 x 100. This is an example of slow interval training. Use any of the distances and make up your own training schedules. You could do a set of 500 yd. repeats on the pace of 1:20 for each 100 yds. which would be a 6:40. Do 4 x 500 on 8:00 and try and average 6:40. Increase the number of repeats until you can do 10 x 500 at an average pace of 6:40 every 7:00 (20 sec. rest between each 500). As you progress in your training, try a challenge swim of 30 min. and use the pace as a goal for your 1 hour pace and time. This is an example of marathon training. this would give you 2250 yds. in 30 min if you maintained the 1:20 pace and give you a goal of 4500 yds. for the 1 hour swim.

When you swim the 1 hour event, you must hold back on the first part of the swim so that you can maintain your pace for the total time. Since the event is scheduled for your own pool any time in January, you could swim in a lane where you can see the pace clock and use that to keep track of your pace. The pace may seem slow in the first 15 min., but as you get into the last 15 min. you will realize how important it was to maintain a pace. Many swimmers are coached on doing negative splits so that the last 30 min. of your swim would be faster than the first part. This is a more efficient way to plan your event and you will achieve a better performance if you avoid going into oxygen debt. You have to maintain a pace that enables your body to supply the energy as a steady state and then the last part of the event can gradually be increased in pace. This puts you into an oxygen debt that can be paid back after your race.

In summary, the Master swimmer should use a variety of techniques for training. Set a goal time for yourself based on your best 1650 time. Establish a pace that you can maintain in a set of 40 x 100 yds. with 10 sec. rest or 10 x 500 yds. with 20 sec. rest. Take a 30 min. challenge swim to test yourself on your pace. Start training by Nov., so you have two to three months to get you ready for January. GOOD LUCK!!

- RELAYS** Relay teams may be deck entered at the meet both Saturday and Sunday. Only team members registered for the meet may participate in the relays. Age categories for relays are 19+, 25+, 35+, 45+, 55+, 65+, 75+.
- SCRATCHES** Scratches will be accepted, and full refunds will be given, if the Meet Director (Cashel Mack) is contacted prior to 4:00 p.m. Friday, February 9th.
- TIMING** A Colorado Timing System will be used with back up timing at each lane.
- SCORING** 9-7-6-5-4-3-2-1 for individual points. Double points for relays.
- AWARDS** Ribbons for 1st, 2nd, 3rd in each event. Individual High Point awards for 1st, 2nd, 3rd in all age groups. Team trophies for combined men and women 1st, 2nd, 3rd.
- HEAT SHEETS & RESULTS** A heat sheet will be furnished to each swimmer. Results will be offered at the meet for an additional \$4.00. Each team will receive one complimentary copy of the results (Team Representatives should indicate so on their entry).
- RULES & OFFICIALS** Current Masters rules will govern. There will be Officials, certified Stroke and Turn Judges, and a Starter and Referee for all events.
- INFORMATION** For further information, contact Cashel Mack (Meet Director) at 462-6097.

EVENT ROSTER

Saturday, February 10
11:00 A.M.

Sunday, February 11
9:00 A.M.

WOMEN		MEN	WOMEN		MEN
1	200 MIXED FREE RELAY	2	21	200 MIXED MEDLEY RELAY	22
3	200 BUTTERFLY	4	23	200 BREASTSTROKE	24
5	50 FREESTYLE	6	25	50 BUTTERFLY	26
7	200 BACKSTROKE	8	27	100 FREESTYLE	28
9	100 BREASTSTROKE	10	29	100 IM	30
11	200 FREESTYLE	12	31	100 BACKSTROKE	32
13	50 BREASTSTROKE	14	33	100 BUTTERFLY	34
15	50 BACKSTROKE	16	35	200 IM	36
17	400 IM	18	37	500 FREESTYLE	38
191	200 FREE RELAY	20	39	200 MEDLEY RELAY	40

CAT MASTERS VALENTINE MEET
OFFICIAL ENTRY FORM
Sanction # 146-002 ; Sanctioned by Florida LMSC Inc.
For USMS Inc.

PLEASE PRINT OR TYPE CLEARLY

NAME _____ AGE _____ BIRTHDATE _____ SEX _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

HOME PHONE _____ TEAM NAME _____ LMSC _____

1996 USMS REGISTRATION # _____

NUMBER OF EVENTS	_____ X \$2.50 =	_____
TIMING SYSTEM SURCHARGE		\$6.00

TOTAL _____

=====

WAIVER OF LIABILITY

"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 the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HERBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEETS SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS and the Florida LMSC."

DATE _____ SIGNATURE _____

EVENT ENTRY FORM

PLEASE CIRCLE AGE GROUP AS OF FEBRUARY 11

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 90-94 95+

Enter your time in the spaces provided before events. Your time will indicate an entry in that event. **NOTE: "No Time" entries cannot be accepted.**

Saturday, February 10th

TIME W/M

____ 1/2 200 MIXED FREE RELAY
(deck entered)
____ 3/4 200 BUTTERFLY
____ 5/6 50 FREESTYLE
____ 7/8 200 BACKSTROKE
____ 9/10 100 BREASTSTROKE
____ 11/12 200 FREESTYLE
____ 13/14 50 BREASTSTROKE
____ 15/16 50 BACKSTROKE
____ 17/18 400 IM
____ 19/20 200 FREE RELAY
(deck entered)

Sunday, February 11th

TIME W/M

____ 21/22 200 MIXED MEDLEY RELAY
(deck entered)
____ 23/24 200 BREASTSTROKE
____ 25/26 50 BUTTERFLY
____ 27/28 100 FREESTYLE
____ 29/30 100 IM
____ 31/32 100 BACKSTROKE
____ 33/34 100 BUTTERFLY
____ 35/36 200 IM
____ 37/38 500 FREESTYLE
____ 39/40 200 MEDLEY RELAY
(deck entered)

ATTACH A COPY OF USMS CARD HERE

IT IS SUGGESTED THAT YOU HAVE YOUR USMS CARD WITH YOU AT THE MEET.

February Fitness Challenge '96



Purpose: To promote fitness through swimming by encouraging participants to swim regularly and to track results over a monthly period

Host: Crawfish Masters Swim Team, Baton Rouge, La.

Sponsors: Speedo Authentic Fitness
Maxwell Marketing Associates, Inc.

Eligibility: Must be at least 19 years of age

Rules: Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

Recording Distance: Beginning February 1, 1996, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

Monthly Totals: At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles divide monthly yardage total by 1760.

Caution: Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79... (in five year increments)

Age: Determined by your age on February 29, 1996

Awards & Results: All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Please allow 30 days after deadline for mailing of results and awards.

Entry Fee: \$6.00, all fees (check or money order) payable to Crawfish Masters Swim Team

T-shirts: \$12.00, short sleeve, 100% cotton, five-color screen. Theme: "Fitness Frog: Leap Year Laps!"

Caps: Custom swim caps with large, colorful FFC logo (see above) available for \$3.00

Entry Deadline: Entries must be RECEIVED by March 18, 1996. Late entries will be returned!

Entry Procedure: Send form below and fees to:

FEBRUARY FITNESS CHALLENGE

c/o Scott Rabalais

3537 Christina Ave.

Baton Rouge, LA 70820 USA

Phone: (504)766-5937

International Entries: Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

Workout Guide: For a free brochure entitled "Using the Pace Clock," send a self-addressed stamped envelope to the above address.

February Fitness Challenge '96

(please print)

NAME: _____ AGE (as of 2/29/96): _____ SEX: _____

ADDRESS: _____ CITY: _____ STATE: _____

ZIP: _____ COUNTRY: _____ PHONE: (____) _____ USMS MEMBER? Y N

THU FEB 1 _____ yds	THU FEB 8 _____	THU FEB 15 _____	THU FEB 22 _____
FRI FEB 2 _____	FRI FEB 9 _____	FRI FEB 16 _____	FRI FEB 23 _____
SAT FEB 3 _____	SAT FEB 10 _____	SAT FEB 17 _____	SAT FEB 24 _____
SUN FEB 4 _____	SUN FEB 11 _____	SUN FEB 18 _____	SUN FEB 25 _____
MON FEB 5 _____	MON FEB 12 _____	MON FEB 19 _____	MON FEB 26 _____
TUE FEB 6 _____	TUE FEB 13 _____	TUE FEB 20 _____	TUE FEB 27 _____
WED FEB 7 _____	WED FEB 14 _____	WED FEB 21 _____	WED FEB 28 _____

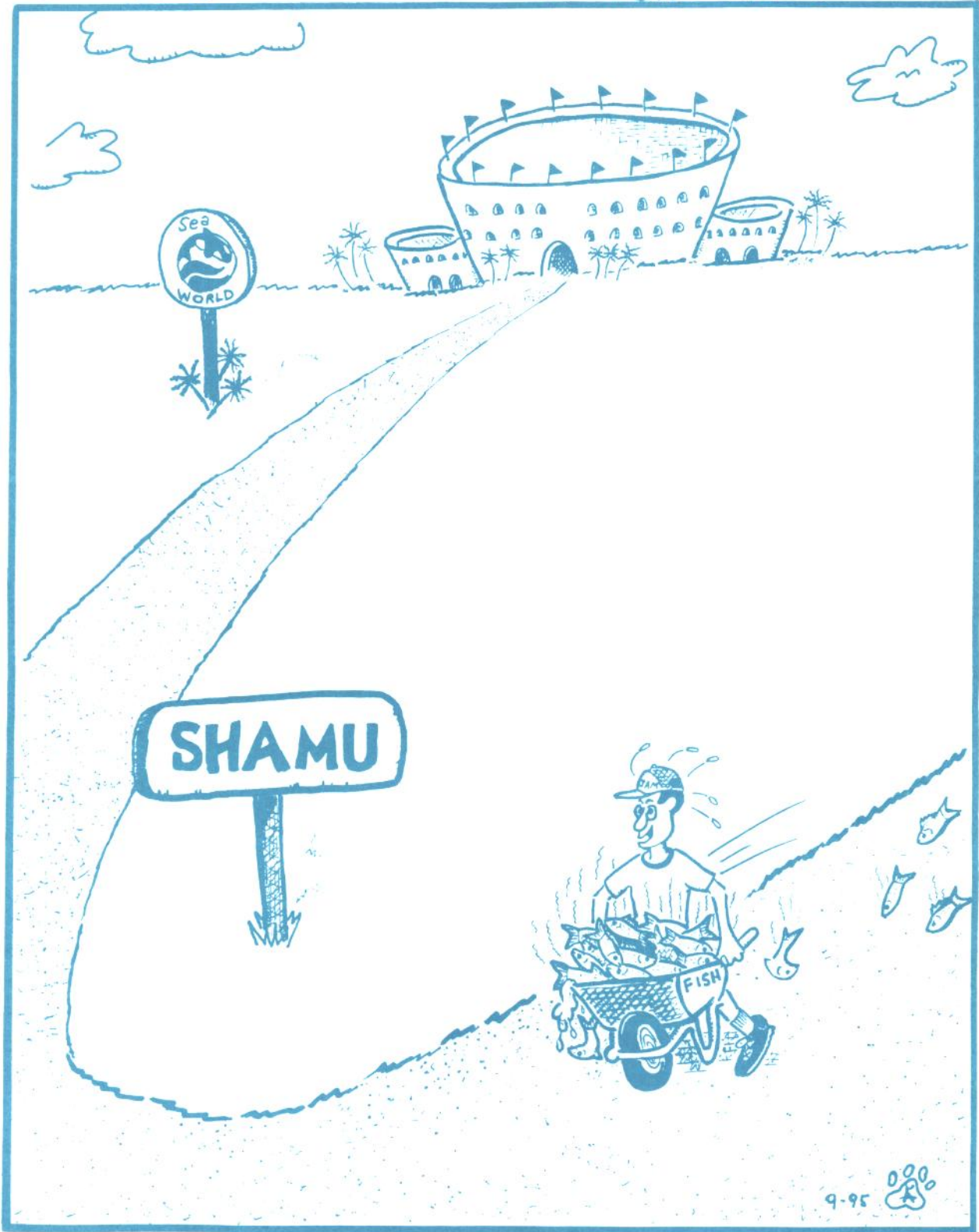
LEAP YEAR BONUS: THU FEB 29 _____

TOTAL MONTHLY YARDAGE = _____ YARDS
TOTAL MONTHLY MILEAGE = _____ MILES
(To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

Signature: _____ Date: _____

FEES	
Entry Fee	\$ 6.00 _____ (required)
T-Shirt	_____ x 12.00 _____ (optional)
	Circle T-shirt size(s): S M L XL XXL
Swim Cap	_____ x 3.00 _____ (optional)
Int'l Fee	3.00 _____ (outside U.S.)
TOTAL	_____ (U.S. funds only)
	(fee payable to Crawfish Masters Swim Team)



RUMOR HAS IT J.A.M. IS TRYING TO RECRUIT ORLANDOS' BEST SWIMMER!

FLORIDA

LMSC NEWSLETTER

Jim Donnelly, Editor
5239 Box Turtle Circle
Sarasota, Florida 34232-4312

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GAINESVILLE, FL 32607

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Inside This Issue:

- ◆ Meet Entry Forms
- ◆ Calendar of Events
- ◆ Advice From Anthony Nesty
- ◆ 1996 USMS Membership Applications
- ◆ News From Around Our LMSC
- ◆ and More!

**Attention Team Reps: Deadline for the February, 1996 Issue
January 12, 1996 !**

