

FLO RIDA

newsletter

Vol. XIII, No. 1

Local Masters Swim Committee, Inc.

February 1996

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50 Years

Between National Relays

Two of These Swimmers Swam Together on
National Championship Relays, 50 years apart...Who Are They?



Downtown St. Louis YMCA Swim Team, April 1946



1996 SWIM CALENDAR

DATE	PLACE	EVENT	CONTACT
Feb	February Fitness Challenge	Entry Form in Nov. Newsitr	Scott Rabalais, 3537 Christina Ave Baton Rouge, LA 70820 504-766-5937
10-11	Clearwater	CAT SCY Valentine Meet	Cashel Mack 813-426-6097
18	Jupiter, FL	Sea Dragons	Jeannie Neal 407-697-4580
24	Plantation, FL	Plantation Pentathlon	Nicole Hahn 954-452-2526
March	03 St. Pete, FL	SCY Development Meet	Chris Swanson 813-254-4514
09	Coral Springs' FL	Tool Time SCY Meet	Judy Bonning 954-345-5370
6-17	Duluth ,GA	St Patrick's Day Meet SCY	Lisa Watson 404-497-1901
29-31	St. Pete, FL	26th Annual SCY Champs	Nancy Eaddy 813-347-0565
April	13 Orlando	USS Swimming with Masters Division, 5K/10K Open Water	David Boudreau 954-946-2707
13-27	Bermuda	International Senior Games	Wally Halas 1-800-867-5935
18-21	Orlando	YMCA Masters SCY Nationals	Larry Peck 407-647-7793
20-21	Raleigh, NC	DIXIE ZONE SCY CHAMPS	Ceil Blackwell 919-787-8324
27-28	Tallahassee	Joint USS-USMS SCY Meet	
May	09-12 Cupertino, CA	SCY Masters Nationals @ DeAnza Comm. College	Don McPhail 408-446-3222
25-26	Ft. Pierce	IRCC 7th Annual SCY Craigie Memorial	Tom Harmon 407-465-8385
June	01 Baton Rouge, LA	10 K Pool Swim	Scott Rabalais 504-766-5937
01	Key West	Swim Around Key West	Randy Nutt 954-755-3318
08-09	Sarasota, FL	LCM T-Shirt Meet	Deb Walker 941-923-3540
22-July 3	Sheffield, UK	VI WORLD MASTERS SWIMMING CHAMPIONSHIPS	
July	06-07	Greenville, SC	DIXIE ZONE LCM CHAMPS Jim Keogh Fax 44-(0) 114-273-6731 803-654-9984
12-14	St.Pete, FL	Annual LCM Meet	Nancy Eaddy 813-347-0565
20	Coral Springs, FL	Relay Carnival	Judy Bonning 954-452-2526
26-28	Baton Rouge, LA	LCM	Scott Rabalais 504-766-5937
August	02-04	Coral Springs, FL	2nd Annual South Florida Regional Champs. Judy Bonning 305-345-5370
22-25	AnnArbor, MI	USMS LC CHAMPIONSHIP	Phyllis Reid 517-592-8908
Sep	07	Delray Beach, FL	Aqua Crest SCM Scott Barlow 407-278-7174
11-15	Orlando, FI	USMS Convention	Harold Ferris 813-896-0250
Oct	11-13	Orlando, FL	DIXIE ZONE SCM CHAMPS Larry Peck 407-647-7793
Nov	02-03	Winter Haven, FI	2nd Annual SCY Meet Greg Hocker 813-299-7254

50 YEARS BETWEEN NATIONAL RELAYS

by Paul Hutinger, SPM

Bob Mac Donald and Paul Hutinger, St. Pete Masters swimmers, grew up in St. Louis, Mo. They swam in high school, AAU and were teammates on the St. Louis YMCA Swim Team. They competed at the National YMCA Meet in Detroit in 1946, and were on the 400 yard Freestyle Relay, that won the National YMCA title. Fifty years later, they teamed up once again, and were members of World and National Record breaking SCM relays in the 200 m and 400 m Mixed Medleys, on September, 1985, at Fuller Park pool, St. Petersburg.

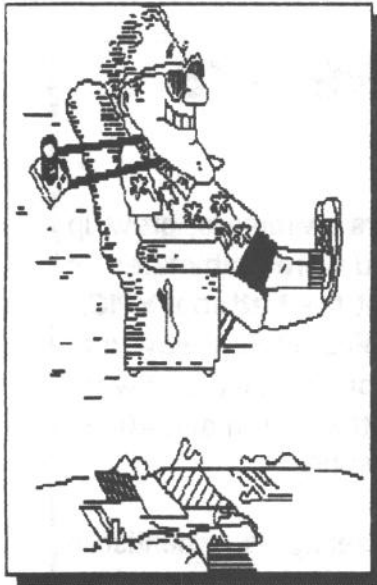
Bob received his doctorate at St. Louis University, and, presently, is a dentist in Naples. Paul matriculated at Indiana University, where Doc Councilman directed his dissertation on the relationship of strength to swimming speed. He taught exercise physiology at Western Illinois University, and moved to St. Pete when he retired.

(Cover photo: back row - L to R: Coach Ohashi, Bob Unger, Paul Hutinger, Jim Quinlivan. Front row - L to R: Al Bingenheimer, Robert MacDonald, Mark Newport, Don Watson.)



Fifty Years Later

(280 yrs + Relay members: L to R: Paul Hutinger, Kay Schimpf, Flo Carr, BobMacDonald)



The Chairman's Corner

Harold L. Ferris, Jr.

It is never pleasant to be the bearer of bad tidings. As many of you already know, however, the **1995 Long Course Top Ten listings** do not include any of the times from meets in the Florida LMSC. When this came to my attention, I contacted **Walt Reid** to request inclusion of these times in the next "Errata" listing. Since he did not receive the necessary information prior to the October 20, 1995 deadline, this is considered an omission, not an error, and no corrections can be made. I wish to apologize to everyone who has been adversely affected by this.

On a more upbeat note, our new **Top Ten Recorder, Katie Cooper**, has the necessary information for **Short Course Meters times** and has assured me they will be in **Walt Reid's** hands before the deadline. If anyone has official results from a meet outside our LMSC with potential Florida Top Five Times, it is your responsibility to send this information to Katie as soon as you receive it. Please refer to the **November 1995 Florida LMSC Newsletter** for the new Florida Top Five Rule.

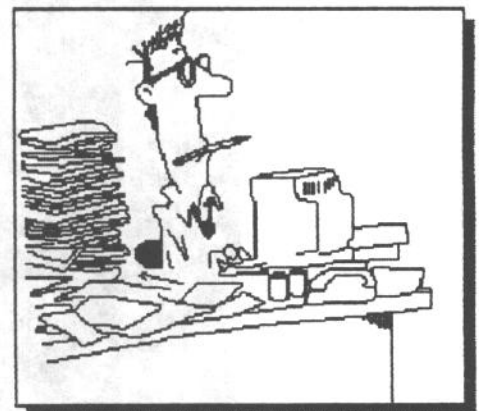
The **Florida LMSC** is in need of a new Secretary to replace **Meegan Wilson**, who has resigned. Anyone who is interested should contact me right away. The position requires attendance at the three annual meeting which are held at major meets in St. Petersburg in the Spring and Summer and in Orlando in the early Fall. Some correspondence is needed at a few other times.

The next Florida LMSC meeting will be held Saturday, March 30, following the last event (400 I.M.) at the 26th Annual St. Pete Short Course Championships.

From The Registrar

Charles Kohnken

The good news is that over 700 swimmers have registered for 1996. The bad news is that approximately 400 haven't re-registered. If you are swimming with these un-registered swimmers your insurance will be voided if you have an accident.



Please take out your registration card. **Check it now.** Is all the information correct? Name, address, zip code, D.O.B., club, apartment number. If something is missing or incorrect drop me a line and I'll correct the information. Don't wait until 1997 when you're getting your next new card.

From the Editor's Swim Bag

New Data Base Technology Has More Potential Than Meets The Eye



James M. Donnelly

Carl House, Florida Gold Coast LMSC Newsletter Editor, in a joint effort with the USMS Top Ten Committee, has developed a new capability to identify Top Ten Swimmers for a particular LMSC. What this means is that they can look at the USMS Top Ten list and tell you what LMSC each of the swimmers came from. They can extract, for instance, all the Florida LMSC swimmers from the results of the USMS National Short Course Championships. So what, you may say, but for the editor of an LMSC newsletter this is a source of information that money can't buy. Instead of relying on each team rep to send me their team results from the Nationals, I can have the whole LMSC's results all at once, taken directly from the computer disk of the meet results. To make this possible, each LMSC Registrar must send Carl their Registrar's files so he has every USMS Master swimmer's name on file for their respective LMSC. So far, four LMSC's have submitted their files to Carl (Florida Gold Coast, Florida, Lake Elre, North Carolina). So, if any names from these LMSC's pop up at a certain swim meet, we'll know what LMSC they belong to.

There will be some errors or oversights due to the fact that some swimmers do not use the same name from one meet to the next, some meet people introduce variations on names, and because there are cases where two or more swimmers use identical names. Age and birthday have been included in the database in an attempt to reduce errors.

Carl sent samples of what his program can do, for the 1995 Long Course Meters Top Ten. List of all Florida LMSC swimmers who made Top Ten and the number of events they made it in:

- ... sorted by age and sex
- ... sorted by club or team
- ... List of all Top Ten swims made by these swimmers.

I have included the list of all Top Ten swims made by our Florida LMSC swimmers on the following pages. (You must remember that since our last Records Chairman failed to turn in our LMSC Top Ten list to Walt Reid on time, none of those swims will appear on this list. The swims that do appear were all swum out of our LMSC.)

Now you've seen "what meets the eye" in terms of what this program was designed to do...but let's use our imagination. Can you think of another use for this program? I can, and it's a doozy! With Carl's program, it's now possible to hold a **Mythical National Championship between all the LMSC's!** By taking the results of the National Short Course Championships and Long Course Championships for one particular year, we can extract the results "by LMSC" and find out which LMSC has bragging rights to the National Championship! This could also be done as a **Mythical Zone Championship!**

What do you think, Carl? Did Florida or Florida Gold Coast win the **First Annual Mythical LMSC Championship?** I'll be waiting for the results.

c) List of Top Ten Swims for Florida LMSC

J.MOLEN	28	14	11:03.76	W	25-	29	FREE	800LCM	
J.MOLEN	28	14	2:53.85	W	25-	29	BACK	200LCM	
MARY LOU LEE	54	14SPM	30:42.23	W	50-	54	FREE	1500LCM	M_L410619
NANCY MITTS	50	14SPC	1:34.37	W	50-	54	FREE	100LCM	NPM441111
DORIS PROKOPI	59	14SPM	52.32	W	55-	59	BRST	50LCM	DCP351224
JAYNE LAMBKE	56	14SPM	34.05	W	55-	59	FREE	50LCM	JML390727
JAYNE LAMBKE	56	14SPM	1:16.87	W	55-	59	FREE	100LCM	JML390727
JAYNE LAMBKE	56	14SPM	2:49.54	W	55-	59	FREE	200LCM	JML390727
JAYNE LAMBKE	56	14SPM	6:07.40	W	55-	59	FREE	400LCM	JML390727
JAYNE LAMBKE	56	14SPM	39.01	W	55-	59	FLY	50LCM	JML390727
JAYNE LAMBKE	56	14SPM	1:35.23	W	55-	59	FLY	100LCM	JML390727
KAY MARTIN	58	14HLJ	7:22.84	W	55-	59	FLY	200LCM	K_M361209
BARBARA ALLEN	62	14SPM	4:11.76	W	60-	64	BACK	200LCM	BAA330719
ALICE LAWRENCE	65	14SWSM	15:47.84	W	65-	69	FREE	800LCM	ARL300309
ALICE LAWRENCE	65	14SWSM	30:13.81	W	65-	69	FREE	1500LCM	ARL300309
FLORENCE CARR	70	14SPM	1:25.89	W	70-	74	FREE	100LCM	FEC250706
FLORENCE CARR	70	14SPM	3:13.31	W	70-	74	FREE	200LCM	FEC250706
FLORENCE CARR	70	14SPM	27:43.69	W	70-	74	FREE	1500LCM	FEC250706
FLORENCE CARR	70	14SPM	46.74	W	70-	74	FLY	50LCM	FEC250706
FLORENCE CARR	70	14SPM	1:59.94	W	70-	74	FLY	100LCM	FEC250706
FLORENCE CARR	70	14SPM	4:18.84	W	70-	74	FLY	200LCM	FEC250706
FLORENCE CARR	70	14SPM	3:59.66	W	70-	74	IM	200LCM	FEC250706
FLORENCE CARR	70	14SPM	8:24.87	W	70-	74	IM	400LCM	FEC250706
MARJORIE NEWMAN	71	14HLJ	6:42.84	W	70-	74	BRST	200LCM	MRN231031
MARJORIE NEWMAN	71	14HLJ	2:57.11	W	70-	74	FLY	100LCM	MRN231031
MARJORIE NEWMAN	71	14HLJ	11:29.30	W	70-	74	IM	400LCM	MRN231031
GERTRUD ZINT	77	14HLJ	4:17.82	W	75-	79	FREE	200LCM	GJZ170920
GERTRUD ZINT	77	14HLJ	1:01.10	W	75-	79	BACK	50LCM	GJZ170920
GERTRUD ZINT	77	14HLJ	2:12.58	W	75-	79	BACK	100LCM	GJZ170920
GERTRUD ZINT	77	14HLJ	4:56.54	W	75-	79	BACK	200LCM	GJZ170920
GERTRUD ZINT	77	14HLJ	58.49	W	75-	79	BRST	50LCM	GJZ170920
GERTRUD ZINT	77	14HLJ	2:16.54	W	75-	79	BRST	100LCM	GJZ170920
GERTRUD ZINT	77	14HLJ	4:58.00	W	75-	79	BRST	200LCM	GJZ170920
GERTRUD ZINT	77	14HLJ	1:08.64	W	75-	79	FLY	50LCM	GJZ170920
GERTRUD ZINT	77	14HLJ	2:43.35	W	75-	79	FLY	100LCM	GJZ170920
GERTRUD ZINT	77	14HLJ	4:48.96	W	75-	79	IM	200LCM	GJZ170920
GERTRUD ZINT	77	14HLJ	10:37.54	W	75-	79	IM	400LCM	GJZ170920
ANNE WILDER	81	14IRCC	25:18.29	W	80-	84	FREE	800LCM	A_W131013
ANNE WILDER	81	14IRCC	1:30.39	W	80-	84	BRST	50LCM	A_W131013
ANNE WILDER	81	14IRCC	7:27.42	W	80-	84	BRST	200LCM	A_W131013
ANNE WILDER	81	14IRCC	1:24.64	W	80-	84	FLY	50LCM	A_W131013
ANNE WILDER	81	14IRCC	7:46.55	W	80-	84	FLY	200LCM	A_W131013
ANNE WILDER	81	14IRCC	14:33.41	W	80-	84	IM	400LCM	A_W131013
BILL KOREY	31	14ORL	19:29.18	M	30-	34	FREE	1500LCM	BSK630918
BILL KOREY	31	14ORL	2:41.14	M	30-	34	BACK	200LCM	BSK630918
KEN WAGNER	30	14ORL	28.53	M	30-	34	FLY	50LCM	KRW640922
BRUCE BLEAKMAN	39	14UNA	2:52.10	M	35-	39	BRST	200LCM	B_B550815
BRUCE BLEAKMAN	39	14UNA	2:30.38	M	35-	39	IM	200LCM	B_B550815

c) List of Top Ten Swims for Florida LMSC

L.MEISENHEIMER	37	14ORLM	56.52	M	35- 39	FREE	100LCM	LJM570926
L.MEISENHEIMER	37	14ORLM	2:03.51	M	35- 39	FREE	200LCM	LJM570926
L.MEISENHEIMER	37	14ORLM	4:32.20	M	35- 39	FREE	400LCM	LJM570926
L.MEISENHEIMER	37	14ORLM	9:23.98	M	35- 39	FREE	800LCM	LJM570926
WILLIAM SPECHT	37	14SPM	29.45	M	35- 39	BACK	50LCM	WLS580429
WILLIAM SPECHT	37	14SPM	1:02.79	M	35- 39	BACK	100LCM	WLS580429
WILLIAM SPECHT	37	14SPM	2:16.82	M	35- 39	BACK	200LCM	WLS580429
WILLIAM SPECHT	37	14SPM	26.05	M	35- 39	FLY	50LCM	WLS580429
WILLIAM SPECHT	37	14SPM	58.13	M	35- 39	FLY	100LCM	WLS580429
WILLIAM SPECHT	37	14SPM	2:10.20	M	35- 39	FLY	200LCM	WLS580429
LARRY PECK	41	14ORL	19:38.95	M	40- 44	FREE	1500LCM	LDP531113
MICHAEL DREWS	41	14SMS	2:22.77	M	40- 44	BACK	200LCM	MSD540526
MICHAEL DREWS	41	14SMS	1:12.50	M	40- 44	BRST	100LCM	MSD540526
MICHAEL DREWS	41	14SMS	2:38.71	M	40- 44	BRST	200LCM	MSD540526
MICHAEL DREWS	41	14SMS	2:19.21	M	40- 44	IM	200LCM	MSD540526
MICHAEL DREWS	41	14SMS	5:04.18	M	40- 44	IM	400LCM	MSD540526
RICK SCRAY	41	14ORLM	1:12.05	M	40- 44	BACK	100LCM	RJS540515
RICK SCRAY	41	14ORLM	2:35.25	M	40- 44	BACK	200LCM	RJS540515
RICK SCRAY	41	14ORLM	5:28.62	M	40- 44	IM	400LCM	RJS540515
SCOTT HARRIS	41	14SWIM	10:02.93	M	40- 44	FREE	800LCM	SMH530515
SCOTT HARRIS	41	14SWIM	19:06.51	M	40- 44	FREE	1500LCM	SMH530515
ROBERT WILLIAMS	53	14UNA	22:07.79	M	50- 54	FREE	1500LCM	
SCOTT GUTHRIE	50	14UNAT	34.64	M	50- 54	BRST	50LCM	S_G441110
SCOTT GUTHRIE	50	14UNAT	1:21.60	M	50- 54	BRST	100LCM	S_G441110
C.WEATHERBEE	62	14ORLM	31.74	M	60- 64	FREE	50LCM	CEW321230
C.WEATHERBEE	62	14ORLM	1:31.86	M	60- 64	BACK	100LCM	CEW321230
C.WEATHERBEE	62	14ORLM	3:28.47	M	60- 64	BACK	200LCM	CEW321230
C.WEATHERBEE	62	14ORLM	3:17.19	M	60- 64	IM	200LCM	CEW321230
AL ROGERSON	69	14SPCO	6:15.50	M	65- 69	FLY	200LCM	A_R250801
ALAN MALONEY	66	14SPM	1:42.87	M	65- 69	BRST	100LCM	A_M290131
AL ROGERSON	70	14SPCO	10:42.70	M	70- 74	IM	400LCM	A_R250801
PAUL HUTINGER	70	14SPM	37.10	M	70- 74	BACK	50LCM	P_H241126
PAUL HUTINGER	70	14SPM	1:24.14	M	70- 74	BACK	100LCM	P_H241126
PAUL HUTINGER	70	14SPM	3:10.47	M	70- 74	BACK	200LCM	P_H241126
PAUL HUTINGER	70	14SPM	3:44.78	M	70- 74	BRST	200LCM	P_H241126
PAUL HUTINGER	70	14SPM	37.27	M	70- 74	FLY	50LCM	P_H241126
JOHN WOODS	75	14SMS	34:28.53	M	75- 79	FREE	1500LCM	JMW230919
GERALD MEYER	80	14NIAG	10:02.70	M	80- 84	FREE	400LCM	
GERALD MEYER	80	14NIAG	42:13.88	M	80- 84	FREE	1500LCM	
GERALD MEYER	80	14NIAG	1:32.51	M	80- 84	FLY	50LCM	
GERALD MEYER	80	14NIAG	6:28.17	M	80- 84	IM	200LCM	
PETER JURCZYK	89	14IRCC	2:34.82	M	85- 89	BACK	100LCM	P_J050901
PETER JURCZYK	89	14IRCC	5:36.88	M	85- 89	BACK	200LCM	P_J050901
PETER JURCZYK	89	14IRCC	6:59.87	M	85- 89	IM	200LCM	P_J050901

Swimming News From Around the LMSC

BRAT

A new **BRAT** was born on September 10, 1995 with 2 National relay records at St. Pete: in December, this **BRAT** began to come of age as we entered our first meet in town. We now sport 12 members, and naturally welcome

any more who wish to embrace such an exalted status as a **BRAT**.

(We do realize that all you masters swimmers out there are brats in your own right, but I must point out that we have the distinction of being truly certifiable **BRATs**, with a capital "B")

The highlight of our first meet was the astounding 100 backstroke victory of 50-year-old **professor Darst** over his younger rival **Hungry Jack**, the larger than life lumberjack. It's unlikely we will see that repeated!

I'd like to extend a very warm **THANK YOU** to **Holmes Lumber Jax**. Before there were enough people in **Tallahassee** to start a team, they opened their arms to us, welcoming us strangers onto their team, making us feel at home and welcome. In a sense, **HOLMES** started this team by giving us that start. It seems to me that although **Holmes** has been criticized in the past for drawing swimmers from all over, they should be commended for sreading Master's Swimming.

Bob Ruth

SPACE COAST MASTERS



At our annual meeting the theme was to find more swimmers for our team that has been down in numbers for some time.

Our President, **Dick Robeckl**, along with **Angie Sinacore**, **Carol Cowen** and **Al Chipman**, have made contacts with 10 new members. We are hopeful they will compete in our USMS meets.

Mike Darling and **Amy Millow** are serving as volunteer coaches of the group, that now gathers on Saturday mornings and Tuesday evenings, for a constructive team workout. This is new for **SPCO**. Things are looking up.

Nancy Mitts (50-54), **Martha Henderson** (55-59) and **Al Rogerson** (65-69, 70-74), made the Top Ten of the 1995 Dixie Zone - Long Course Meters. Nancy placed in 4 events, Martha in 7 and Al in 15 (11 in 65-69 and 4 in 70-74 age group). Al also placed 10th in the USMS Top Ten for the 400 I.M. in the 70-74 age group.

Angie Sinacore, the spark of our team, will be off the scene for a period of time. Angie will undergo by-pass surgery later this month. The team wishes her well and looks forward to her speedy recovery.

Al Rogerson

SWIM FLORIDA



Naples and Ft. Myers area masters clubs have registered as one team this year combining Naples YMCA led by Joan Gamso, Golden Gate coached by Rich Degalen and Ft. Myers coached by J.D. Patnode. This combined SWIM Florida club now has over 50 members registered for 1996.

One hour postal swim for all southwest Florida masters swimmers was held January 20th at the community pool in Bonita Springs.

Masters swimmer and orthopedic surgeon Bo Kagen of Ft. Myers was selected as team physician for the 2nd Coca Cola World Short Course Championships in Rio de Janeiro, Brazil held in December. (An account of his trip is printed elsewhere in this newsletter.) Dr. Kagen is an accomplished Masters swimmer having placed in the top 5 in butterfly events in his age group at the last World Masters Meet in Montreal.

Joan Gamso has researched the origin of the name SWIM Florida. The team was founded sometime in 1979 and called South West Invitational Masters (S.W.I.M.) Team. The local USS coach Mac Kennedy liked the name and adopted it for his team. USS SWIM Florida teams now stretch from Sarasota to south of Ft. Myers in numerous locations. Another source felt the original acronym stood for South West water In Motion.

Larry Black



Greetings to all from the contingent that represents the biggest city in the state, Jacksonville. We'd first like to congratulate the Team Orlando Masters on their successful bid for the 1997 Long Course Nationals. Count on our participation in this great event. We'd also like to offer congratulations to J.A.M. swimmers Ron Collins and Kelly Allen for Top Ten LCM performances in several events. We were disappointed however, when perusing the latest Top Ten publication, because their names were omitted. Is it something I said?

Mike Castle

Indian River C.C. Masters

Enclosed in this newsletter is a copy of the IRCC meet information for the Stanton Craigie Meet, May 25-26. Please note that we will again have the Anne Wilder award of \$ 200. to the winner of a random event. It was a lot of fun last year and we are now funded for many years to come. We also are going to do something extra this year. At the Ft. Lauderdale meet they had an 8 person 400 yd relay. No age, sex, team...just 8 of your friends getting together to have fun. Anne, Pete and I really thought that was a neat

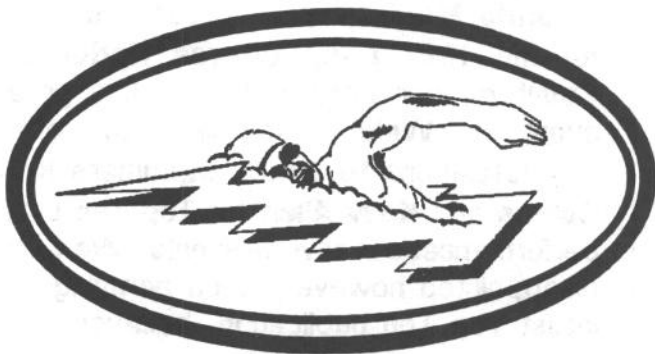
thing, so we are going to do a 400 yd Medley Relay for 8 friends. No points, no records, just fun and the winning team will get a special prize.

Pete Jurczyk set three new records in the 90-94 men's age group at the Ft. Lauderdale meet on December 2:

200 I.M.	6:17.21
50 Back	1:04.09
200 Back	5:02.30

Anne Wilder won 10 First Places.

Tom Harmon
Coach IRCC Masters



TEAM ORLANDO MASTERS

Lucky Melsenheimer, 38, is going to the Senior Nationals, and I don't mean the one for the "old folks". Lucky, swimming for Trinity Aquatics (U.S.S. team) led off an 800 free relay at the Region IV Florida Senior L.C. State Championships in Orlando, January 18-22. His 2:02. lead off time for 200 m free was good enough to make Trinity's "A" relay Team which will swim in the Phillips 66 Senior Nationals, February 8-11, in Orlando.

Lucky and his lovely wife **Jacquele**, just gave birth to a baby boy the week before the Florida Senior Championship meet. Congratulations!

SUNCOAST MASTERS SWIMMING

Kevin McCormack recently underwent minor shoulder surgery which was performed by SMS's own **Bert Bowers** (a general and vascular surgeon). He was out of the water for over two weeks but is back in the water again at the 5:30 am workouts at Arlington.

Lynn Cartee is back in the water also, after breaking her arm in a fall from her bicycle enroute to work one evening.

In November, **Ken Wall** was a bone marrow donor for his sister who lives in Boston. Both are doing well and Ken is back in the pool.

Enclosed in this issue is the entry form to our **Annual Long Course T-Shirt Meet** at Arlington Pool in Sarasota, June 8-9, 1996. **Be sure to save it!**

Meet Our Members... Brooke Bowman

Brooke was born in Wilkensburg, Pennsylvania. She moved to Florida in 1993 from a suburb of Chicago. Brooke joined Suncoast Masters Swimming in December of that year.

In the two years she has been an SMS member, Brooke has made the **Florida Top Five, Dixie Zone Top Ten and USMS Top Ten**, and she has also taken on the responsibility of **Registrar and Membership Chairperson for SMS**...all done with her wonderful, cheerful attitude.

Last October Brooke started

representing SMS at the FLMSC meetings.

Our 1995 Female Rookie of the Year swam for **Clemson U.** for two years and also swam two years as a scholarship athlete for **Indiana University.**

...she is still waiting for her "most interesting or enjoyable" Masters experience.

Brooke received a B.S. in Accounting from **Indiana U.** and recently received a promotion to **Manager of a Walt Disney store** in the new **Brandon Mall.** Before work each morning,

Brooke works out with the morning **Masters at Arlington pool.** Her favorite swimming event is the 100 Butterfly and her least favorite is the 200 Breast. She states that she is still waiting for her "most interesting or enjoyable" Masters experience. In the meantime, just watching Brooke swim is a most enjoyable Masters experience for the rest of us.

Deb Walker

One of our oldest members in terms of continuous membership, Deb has been **President and Registrar** of our Club. But these offices she has held don't begin to do justice to the amount of effort she has put forth for our team. Always near the pool at meets, offering encouragement to team members and giving them their splits and usually active in organizing relays. We all owe Deb a big "Thank you" for her work for, and accomplishments on, our SMS team.

Deb was born in the "City of Brotherly Love", **Philadelphia,** and moved to

Florida in 1973. She graduated from **Penn State** in 1972 with a degree in **Clinical Chemistry.** Deb worked for **Smith Kline, Sarasota Memorial and Doctors Hospitals** until 1985. Since then she has been Coach of **Swim Florida** (along with **Anthony Nesty** since last June) and currently is coach of **Cardinal Mooney High School swim team.** She and husband **Rick,** have two children, **Claudia and Matt.** (Claudia swims for East Carolina University and Matt is a swimmer and football player for Cardinal Mooney H.S.)

Deb was a **High School All-America** and was Captain of the **Penn State** team for four years where she was an **NCAA qualifier.** As evidenced by her tremendous accomplishments, the 100 Breaststroke is her favorite event with the 400 I.M. the least favorite (lots of company there). Obviously she makes the Top Five Florida as well as Top Ten nationally each year with **National and World Records** to her credit.

When asked of other hobbies, she said "who has time?"

Deb said that her trip to **Australia** in 1989, swimming in the "Worlds", was her most enjoyable Masters experience. When asked of other hobbies, she said "who has time?" She plans on wearing a "lycra" suit when she becomes an "old woman". Judging by her appearance, that time may never come.

by Bob Coulter



St. Petersburg Masters

One of our newest members, **Nancy Eaddy**, has agreed to be the meet director for our **short course championship meet** at the North Shore Pool March 29-31. Although Nancy is new to Masters, she is not new to swimming. Her son, Jason, was an outstanding swimmer for SPA and is now a student at Princeton. Nancy has served as president of SPA and has experience as a meet director for several of their very large meets. **Entry forms** for this meet are enclosed in this newsletter. **Entry deadline is March 19.**

Specht in Senior Nats

Bill Specht (37) will be swimming on one of the St. Pete Aquatics (U.S.S. team's) relay teams in the Phillips 66 Senior National Championships, Feb 8-11, in Orlando. I'm willing to bet it's the butterfly leg of the 400 Medley Relay.

Tributes to Our Triathletes

What a great year our triathlon members have had! **Fifteen completed the Ironman distance**, nine of those in Hawaii, where **Katie Knight-Perry** won her age group. If you were fortunate enough to have seen the TV production of the event, you would have witnessed the wonderful moment where **Katie** and her husband, **Ralph**, held hands while

crossing the finish line together. It was a wonderfully human moment in this gruelling, tortuous, and energy-sapping event.

At **Cancun**, at the **I.T.U. World's Triathlon**, **Katie** placed 2nd as did **Art Halttunen**. **Anne Page** was eleventh overall and fifth in her age group. **Danny Nolan** finished twelfth. Great stuff in this major international event. Other outstanding performances included **Anne Page** placing first in the **Gatorade Triathlon series**, with **Susan Daniels** and irrepressible **Katie** placing second. **Jessica Mundle** had something to write about herself with a third place.

At the **St. Augustine Gatorade series** event, **Jessica** and **Anne** had top spots while **Susan** and **Brian Butler** placed second. The **Frostproof (B-r-r-r) Triathlon** results saw **Laura Drake** place third overall.

I'm looking forward to 1996 and the **St. Anthony's** competition. There will be great results for the **St. Pete Mad Dogs!**

Coach's Corner

I recently attended two of the most prestigious clinics for coaches. In September, I attended the **World Coaches Association Clinic** and in October, the **Eastern States Coaches Clinic**. I attend these clinics so I can try to keep up-to-date with modern methods, in order to keep you informed of anything that is new or revised.

One of the most striking memories of attending these clinics in New Orleans and Philadelphia was the high regard most of the leading coaches held for **St. Pete Masters** as a swimming force (I had to wear a badge denoting my club). I want you to know this because you have

earned this recognition by your performances.

One of the interesting emphases on freestyle was hip rotation, which a lot of you have tried and found effective.

Another point that impressed me was the conception of awareness of the body moving forward in all strokes. The butterfly is the most obvious example, where the hands should (theoretically) lock in the water, moving the body forward, as opposed to pulling the hands back. I notice that those who use this conception move the shoulders forward, eliminating the survival type of hand-pause with its non-propulsive phase. **Lisa Ross** recently used the new thinking with obvious improvement to her fly.

The same approach applies to freestyle — **swimming the body over the hands**. Likewise, the same applies to backstroke. For breaststroke, we think of the **feet gripping the water and the body moving forward** — not kicking the feet back, but pushing the body forward.

The more we can stamp these conceptions in our minds, then I'm sure the better we will swim. Don't think of the water as fluid through which we can pull our arms and legs, but as solid to move from.

The stressing of more **hypoxic** work in training was also significant. However, with Masters, I must warn you not to try to do too much hypoxic work. If, while swimming this way, headaches start, then it is time to stop.

Remember at all times to eliminate resistance as much as possible—i.e., splashing entries, open arm pushes off wall, arms pausing under the chest in breaststroke, climbing too high in fly, dropped elbows, sliding and gliding all militate against good performance.

At Philadelphia, the **Olympic nutritionist** from Colorado, stressed the necessity of fluid intake. An active person may lose between 4-8 cups of fluid during every hour of exercise. The body's digestive system can only absorb about 4 cups each hour. **A water loss equal to about 2% of body weight can reduce endurance performance by 22%**. Athletes should drink on schedule (every 15 minutes) rather than relying on the body's thirst mechanism. Further information suggested an athlete (you) should drink an average 1 1/2 to 2 cups of water each hour during training.

These are fluid replacement tips before, during, and after exercise: **before exercise** (or competition), super hydrate. Two or more hours before exercise, drink 2-4 cups of water. Ten to twenty minutes before exercising, drink 1 1/2 to 2 1/2 cups of water. **During exercise**: drink cool fluid (44 degrees F) because they empty faster from the stomach than fluids at body temperature. Try drinking at least 1 cup of water every 15 minutes during exercise.

Sport drinks (Gatorade, Powerade, All Sport) are good because the carbohydrate concentration does not appear to inhibit the gastric-emptying rate.

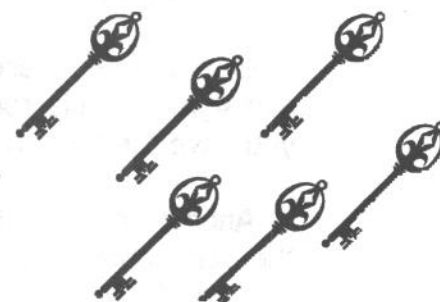
After exercise: Drink 1-3 quarts of water or nutrient-dense beverages (fruit juices) immediately following exercise. Consume another 1-3 quarts two hours later.

Remember, for every one pound of weight loss (sweat) during exercise, replace with two cups of water.

Lets see more water bottles on the pool side.

George Bole

6 Keys to Swimming in the ZONE



You look up at the clock and can't believe your eyes. Even though you're surprised, you somehow knew it was going to be a good swim right from the moment that you hit the water. This race had that very special feel that seems to come around all too infrequently. Maybe it was the sense you had just before the start of being in your own little world, aware of everything yet strangely oblivious to it all. Maybe it was that calm, confidence that seems to settle over you at pre-race. Perhaps it was a physical feeling of energy and power that surged through you as the race began.

In the water your strokes felt smooth, strong and powerful. You went out hard but don't remember feeling much in the way of pain or effort. You had that magical feel of the water! Everything seemed to just come together by itself for this race. You were smoke on the water! Effortless effort. Poetry in motion. It's that one moment that makes all your sacrifices and those long, painful hours of training worthwhile.

You were swimming in the zone! If only you could prepackage those feelings and that performance state so that you had it at your fingertips whenever you wanted! But unfortunately, there's nothing more elusive in competitive swimming than finding the doorway to the zone and keeping yourself in it when it counts the most.

While there's no guaranteed formula for consistently unlocking the zone's power, following these six guidelines will significantly increase your chances of opening up that doorway to peak performance for those big races:

1 Pre-Race Thoughts Effect Your Swim

The thoughts you have prior to each race directly effect how your body changes rate and depth of breathing, your level of muscle tension, your heart and pulse rate, etc.

Consequently, all of these have a profound effect on your endurance, feel of the water, smoothness and efficiency of stroke, etc. Races are won and lost before they start, so be aware of the quality of your self-talk.

2 Keep Your Focus of Concentration In the Race, Not In Your Head.

When you swim in the zone you are not thinking, you are simply doing. You are in the experience, not in your head. This means that you may be concentrating on the feel of the water, your stroke or kick, or focusing outside on something visual in your lane. When you think, you will always add time. You can't think yourself into the zone. Instead, you have to be in the experience of the race.

3 Swim In Your Own Lane

One of the biggest mental mistakes made by swimmers that prevents them from entering the zone is focusing too much on what's going on in the next lane. When you swim fast you are mentally swimming in your own lane. Your opponents size, reputation or swims are all "uncontrollable" and a pre- or during-race focus here will help you to swim to your potential. To get to the zone you must first be aware when your concentration leaves your lane and then quickly return it to what you're doing.

4 Have Fun

In swimming terms, fun (passion) equals speed. The more fun you're having before you swim, the faster you'll go. Fun is one of the key passwords that will get you into the zone. When you're having fun, your body is relaxed and the accompanying emotions will power you to a peak performance. Getting too serious before a race by making it too important will kill your enjoyment of the sport and slam the door to the zone in your face.

5 Trust and Let it Happen

When you swim in the zone you're powered by effortless effort. You work hard without trying too hard. Your peak performances come from a "letting it happen" headset. You can't force a good swim out of your body. You have to step back, trust your training and let that great swim come out. A pre-race reminder that you've "paid your dues" and are ready will go a long way toward helping you swim your best.

6 Swim In the "Now"

When you are in the zone, your focus of concentration is naturally in the "now." This means that you are paying attention to what is going on in the moment rather than worried about things in the past or what's going to happen in the future. A past or future performance focus will block your path to the zone. As a swimmer, the only "time zone" that you really control over and power in is the "now." When you find yourself drifting from this proper focus you want to quickly bring yourself back.

**The 2nd Coca Cola World Short Course
Swimming Championships
Rio de Janeiro, Brazil - December 1995**

(The following are excerpts of a letter to **Larry Black**, from Swim Florida Masters swimmer, **Bo Kagen** of Ft. Myers, who was selected **Team Physician** for this World Championship meet.)



**A. KAGAN ORTHOPEDICS
& SPORTS MEDICINE**

ABBOTT (BO) KAGAN II, M.D., P.A.

December 14, 1985

Larry, **United States Swimming** had not planned to send a team to the **World Short Course Championships**. It was not considered a major competition. Additionally, it was concurrent with the **United States Open**. I am sure you realize though that following the **World University Games**, the United States had been insistent that something be done about the use of **banned substances** (specifically **anabolic steroids**) by swimmers from other countries, namely **China**. You may also recall that **Allen Richardson**, chairman of the **FINA medical committee** and original organizer of **United States Swimming Sports Medicine Program**, called international attention to this problem when he noted that several of the **Chinese swimmers** had tested positive for **anabolic steroids**. Although **Allen** was initially criticized for "leaking" this information to the press (he did not - it had previously been published in one of the **Japanese newspapers** but not picked up by the **Associated Press**), he has been very active in getting the **FINA Medical Committee** to consider sanctions against countries whose athletes test positive for **banned substances**.

And then recently, you may recall, that one of our **USS swimmers** had a positive drug test for **anabolic steroids**. The policy of **USS Swimming** was to bring that swimmer before a review board for their recommendations. The board of review felt that although there was no doubt that the swimmer tested positive, the swimmer did not know that she had been given **anabolic steroids** and therefore should not be banned from competition.

USS Swimming quickly became "the laughing stock of the swimming community". On the one hand we were calling loudly for the **Chinese** to be banned because of positive drug tests but on the other hand we wouldn't even discipline our own swimmers.

Because the **FINA World Congress** was meeting in **Rio de Janeiro** we thought it was politically important to send a team down to **Rio** to compete in the **World Short Course Championships**. Most of the swimmers eligible for the trip had already made plans to attend the **U.S. Open**. This explains in part why the times at the **U.S. Open** were better than the **World Short Course Championships**. As you know, **FINA** did pass most of the recommendations that the United States was supporting concerning the use of **anabolic steroids** so I think that we were successful.

*Of course, I
had all sorts
of
expectations
about what I
would
encounter
down there.
Not only did I
take a camera
- I took my
high power
binoculars!*

I know you would like to hear a little bit about the meet. When **Cindy Hayes**, **Director of International Center for Aquatic Research** called to invite me to the trip she told me that the swimming pool was "**right on the beach**", and that the beach was "nothing like you've ever seen before".

Of course, I had all sorts of expectations about what I would encounter down there. Not only did I take a camera - I took my **high power binoculars!** Unfortunately it was not a topless beach (but just

barely). About the swimming pool built on the beach, well it was. It was a temporary pool fashioned from pre-formed fiberglass with **twenty thousand seats** surrounding it. Right next door and connected by a walkway was another 25 meter warm-up pool with about **three thousand seats**. The pool is not there today. It was built for the swimming competition and **it was to be dismantled following the competition.**

The pool was a fairly fast pool and **two World Records were set**. I swam in the competition pool several times. I didn't think that the visibility was very good on some days but none of the swimmers complained about it.

Working with these young athletes was a real pleasure. Generally the girls were younger than the boys. A couple of the girls were on their first international trip and four of them were still in high school.

All of a sudden, someone turned on two huge sprinklers and completely hosed down the crowd. Then they started cheering "Thank you for the agua, thank you for the agua, thank you for the agua".

Larry, I think that you remember reading about **Misty Hyman** in **SPLASH**. She was a very lovely young lady who was hoping to break the World Record in the 100 Meter Fly at this meet. Because I didn't have much to do from the medical standpoint, I tried to video tape her swim. Misty spent so much time underwater, I couldn't find her until the end of the race! On the first 25 she swam all the way to the other end of the pool underwater with one stroke before the turn.

On the next three lengths she would break out about six to seven strokes from the wall. Although she qualified first, she finished fifth in the finals. She wasn't that far off the World Record and I know that as she gains in experience she will break it.

Misty did win the 100 m backstroke. The strength of her underwater kick was incredible. She led the entire race. **BJ Bedford** got third as did the girls 4 X 100 Medley relay. Considering their competition, it was quite an excellent swim for all of

them.

Several of the boys swam personal bests but no one medalled.

Brazillians were a wonderfully expressive crowd. Mid-day through the first day of the meet they began yelling "**Agua, agua, agua**". All of a sudden, someone turned on two huge sprinklers and completely hosed down the crowd. Then they started cheering "**Thank you for the agua, thank you for the agua, thank you for the agua!**" This went on several times during each afternoon session. The last day when the Brazilian swimmers won the 4 X 100 freestyle relay I was afraid they were going to tear those temporary bleachers down! We were standing beneath them under a cover which I could just see coming apart as the crowd started jumping up and down and cheering.

The **Australlians** also made an excellent showing at the meet. I think they won the overall medal count and I believe they will be in force in **Atlanta**.

In sum, I had a wonderful time being with the team in Rio. Although it is not a city for children, it is a **wonderful world class resort** and the Brazilian people that I met were lovely and most accommodating. It was truly an honor and a pleasure to have been selected team physician for the **U.S. National Swimming Team**. Thank you for asking me to make some comments about the trip.

Your friend,


Bo Kagen

**SUNCOAST MASTERS 19TH ANNUAL LONG COURSE SWIMMING
CHAMPIONSHIPS
T-SHIRT MEET
For Men and Women 19 and Older
June 8 and 9, 1996**

**Arlington Aquatic Center, Sarasota, Florida
Sanctioned by Florida LMSC, Inc. for USMS Sanction # 146006
Meet Director: Steve Grossman**

Eligibility: The meet is open to all registered masters. A copy of your 1996 registration card must be included with your entry form. Non-US citizens should have a letter of introduction from their own swimming association.

Number of Events: Competitors may enter no more than 5 individual events per day.

Entry Fees: The entry fee shall be \$ 2.75 per event. There is also a \$6.00 surcharge for the electronic timing and the heat sheet. Relays are \$4.00.

Entries Due: Entries must be in the hands of the meet director no later than May 30, 1996

Entry Forms: Complete and return the ENTRY FORM, SEEDING FORM, AND A COPY OF YOUR 1996 REGISTRATION CARD. Mark your tee-shirt size! Enclose a self-addressed envelope or postcard if you wish verification that your entry was received.

Seeding: All heats will be seeded slowest to fastest, regardless of age. All entries must have a time: NO TIME entries cannot be accepted. Submit your best time from meets not more than 2 years previous. Remember, submit METER times! All events are timed finals.

Pool Facilities: Arlington Aquatic Center is located at 2650 Waldemere Street, between Shade and Tuttle Avenues. It has 8 nine foot wide lanes for long course meters, and stainless steel bulkheads and gutter system, which makes for a very fast pool. Two of the lanes will be used for a buffer lane, and a continuous warm-down lane.

Scratch Procedure: If a swimmer is unable to attend the meet, call Steve Grossman (813-955-5449) no later than June 6 and your money will be refunded. Fax number: 813-921-5881. Swimmers not reporting to the block when their heat is called will be scratched.

Warm-up: Warm-up will begin one hour prior to the start of the meet: On Saturday, June 8, warm-up will begin at noon. On Sunday, June 9, warm-up will begin at 8 AM.

Timing: Colorado timing will be used with hand-held watches for back-up.

Entries Due May 30!!

Awards: Every swimmer who enters at least 5 events will win a T-Shirt, custom designed by Jim Donnelly. The 100% cotton shirt will sport a new design that every Florida Master swimmer will want to have !

Heat Sheet, T-Shirt, Results: A heat sheet will be furnished to each swimmer, and a free shirt if the swimmer qualifies. Results may be ordered at the meet. One free copy will be sent to each team provided that the team rep indicates this on his/her entry. There will be a limited number of shirts for sale, also !

Tailgate Gathering: There will be a tailgate social with food and liquid refreshments immediately following Saturday's events in the adjoining park. The cost is \$6 per person. **FREE BREAKFAST SUNDAY MORNING !!!!!!!**

Motel List:

Sunshine Motor Lodge 811 S Tamiami Trail 813-365-0350 1 mile to pool
Food nearby. **\$39**

Best Western Midtown Motor Inn 1425 S Tamiami Trail 813-955-9841
5 blocks to pool Food nearby. Mention meet **\$59**

Flamingo Colony Motel 4703 N Tamiami Trail, south of Ringling Museum
813-355-5135 5 miles to pool **\$39**

Directions to pool:

From the north: Take I75 to Fruitville Rd (exit 39) and go right, WEST towards town for 4 miles to Tuttle Ave. Turn left at the Chevron station, going past the 3rd light (Bahia Vista St). Go 4 blocks further south, and turn right on Waldemere St. Pool is one block down on left.

From the south: Take I75 to Bee Ridge (exit 38) and turn left, WEST towards town for 4 miles until Swift Rd/Tuttle Ave. Turn right, going north. After passing the 2nd light at Hyde Park, go 4 more blocks to Waldemere St, and turn left. Pool is one block down on the left.

CUT OFF MAP TO POOL and SAVE



ENTRY FORM

Suncoast Masters 19th Annual Long Course Championships
Sanctioned by Florida LMSC, Inc for USMS Sanction # 146006

NAME _____ AGE _____ DOB _____ SEX _____

ADDRESS _____

HOME PHONE _____ TEAM NAME _____ LMSC _____

1996 REGISTRATION # _____

Number of Events _____ X \$ 2.75 = _____

Automatic Timing/heat sheet \$ 6.00

Social \$6 per person X _____ = _____

Free T-Shirt (with minimum 5 event entry)

Circle size S M L XL

Additional shirts \$ 9.00 X quantity _____ = _____

Total _____

Age Group as of June 9, 1996

Please circle age group and events entered

19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74
75-79 80-84 85-89 90-94 95-99 100+

Saturday, June 8, 1996

W M

1	200 M Back	2
3	100 M Breast	4
5	50 M Free	6*
7	200 M Fly	8
9	400 Mixed Med Relay	
11	100 M Free	12 *
13	50 M Back	14
15	400 M IM	16

Sunday, June 9, 1996

17	200 M Breast	18
19	50 M Fly	20
21	100 M Back	22*
23	200 M Free	24
25	400 Mixed Free Relay	
27	50 M Breast	28*
29	200 M IM	30
31	100 M Fly	32
33	400 M IM	34

*Denotes 10 minute break

Make checks payable to Suncoast Masters. Send to Steve Grossman
2114 Bougainvillea Street Sarasota, Fl 34239 Entries due May 30 !!

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 these 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 SWIM COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. I agree to abide by and be governed by the rules of the USMS and the Florida LMSC.

Signature _____ Date _____

ENTRIES DUE MAY 30 !

SEEDING FORM
Suncoast Masters 19th Annual Long Course Championships

NAME _____ Circle M or F AGE _____

TEAM NAME _____ TEAM INITIALS _____ LMSC _____

1996 USMS NUMBER _____

Circle events entered, and enter seed time in the space provided.

Saturday, June 8, 1996

Warm-up 12:00 Noon

Meet starts 1:00 PM

Sunday, June 10, 1996

Warm-up 8:00 AM

Meet starts 9:00 AM

Saturday Events

	W/M	
_____	1/2	200 M Back
_____	3/4	100 M Breast
_____	5/6	50 M Free*
_____	7/8	200 M Fly
_____	9/10	400 Mixed Med Relay
_____	11/12	100 M Free*
_____	13/14	50 M Back
_____	15/16	400 M IM

Sunday Events

_____	17/18	200 M Breast
_____	19/20	50 M Fly
_____	21/22	100 M Back*
_____	23/24	200 M Free
_____	25/26	400 Mixed Free Relay
_____	27/28	50 M Breast*
_____	29/30	200 M IM
_____	31/32	100 M Fly
_____	33/34	400 M Free

* Denotes 10 minute break

Note: "No Time" entries cannot be accepted.
 Please attach a copy of your 1996 registration card.

JAM COMIX

BY Tapp Panther



FLORIDA

LMSC NEWSLETTER

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

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Inside This Issue:

- ◆ Meet Entry Forms
- ◆ Calendar of Events
- ◆ USMS Top Ten LCM For Florida LMSC
- ◆ News From Around Our LMSC
- ◆ 50 Years Between National Relays
- ◆ A Letter From Rio
- ◆ Photos and More!

**Attention Team Reps: Deadline for the May 1996 Issue is:
April 12, 1996 !**

I'd better get my Team
Report to Jim before
the deadline!

The IRS can wait !

