

FLORIDA

newsletter

Vol. XIII, No. 3

Local Masters Swim Committee, Inc.

August 1996

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Walker Breaks World Record

Deb Walker's first meet in the 45-49 age group made quite a splash - one World Record and four Florida LMSC Records.

Deb Walker, who just aged up to 45, and swims for Suncoast Masters Swimming in Sarasota, eclipsed the 200 M Breaststroke world mark by more than a second during the St. Petersburg Long Course Championships at the North Shore Pool, July 12-14, 1996.

Deb's time of 3:05.29 bettered the previous world mark of 3:06.34 by South Africa's Susan Tyler. Florida LMSC records were also broken by this speedster in the 50 M Breaststroke - 39.79, the 100 M Breaststroke - 1:26.33 and the 200 M I.M. - 2:54.94.

"This was my first time in this age-group and it was fun," Walker said after returning from watching some Olympic swimming competition in Atlanta. "But I know I can go faster. I really didn't know about the records, but it is an honor and something to set as goals."

"We'll be trying to go even faster in a couple of weeks in Coral Springs (Aug. 2-4), That's considered our end-of-the-year

meet. That would be a nice time to swim even faster." Deb's husband Rick,



Deb Walker

(Continued on page 2)

1996-97 SWIM CALENDAR

August	02-04	Coral Springs, FL	2nd Annual South Florida Regional Champs.	Judy Bonning	305-345-5370
	11	St. Pete, FL	LC Development Meet Northshore Pool		
	22-25	Ann Arbor, MI	**USMS LC CHAMPIONSHIP**	Phyllis Reid	517-592-8908
Sep	1 - Nov 30		**National Championship** 3000 y Postal Swim Davis Aquatic Masters PO Box 1366, Davis, CA95617		916-758-7212
	07	Wylie, Texas	**National Championship** 2-Mile Open Water Championship Craig Tribuzi, 7504 Zurich Dr., Plano, TX 75025		214-517-2498
	07	Delray Beach, FL	Aqua Crest SCM	Scott Barlow	407-278-5370
	08	St. Pete, FL	SCM Development Meet Walter Fuller Pool		
	11-15	Orlando, FL	USMS Convention	Harold Ferris	813-896-0250
Oct	11-13	Orlando, FL	Dixie Zone SCM Champs Team Orlando Masters 8422 International Dr, 4 Orlando, FL 32819	Larry Peck	407-647-7793
	26	Ft. Lauderdale, FL	Senior Games, ISHOF Aquatic Complex	Stu Marvin	954-468-1580
	27	St. Pete, FL	SCM Development Meet Walter Fuller Pool		
Nov	02-03	Winter Haven, FL	2nd Annual SCY Meet	Laurie Zolnierowski	941-325-8317
Dec	07-08	(Tentative - Tampa or Clearwater - SCY)		Milt Bedingfield	813-949-5398
	06-08	Coral Springs	SCM	Judy Bonning	954-345-5370
1997 June	24-29	Maui, Hawaii	1997 Pan Pacific Masters Championships	(for meet info call or fax)	1-800-890-8055
May Aug	Federal Way, WA Orlando, FL		**1997 SCY Nationals** **1997 LC Nationals**	Larry Peck	407-647-7793

(Continued from page 1)

who holds the Florida LMSC record for the 100 and 200 M Breaststroke events will also be trying to hit some good times in Coral Springs as a warm-up for the **USMS LC Nationals** in Ann Arbor on Aug. 22-25.

The Walker's daughter, **Claudia**, a Junior on the **East Carolina University** swim team, was competing in her first masters meet as she watched her Mom break the World record. Claudia, who hasn't worked out much since her season ended last spring, was no match for her mother in the 200 M I.M.

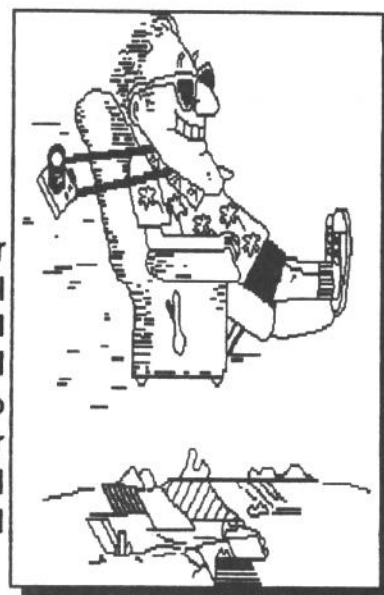
The swimming family doesn't end with their daughter. Their son, **Matt (17)**, swims for **Swim Florida** in Sarasota, and is coached by **Anthony Nesty**. And to top it off (we're not done yet), Deb has the "best looking sister in swimming", her twin sister, **Dot Munger**, who swims for Up Main Line, PA. ■

The Chairman's Corner

Harold L. Ferris, Jr.



Sheffield, England, is a beautiful old city, famous for knives and other steel products. It is now also well known for its great new Ponds Forge International Sports Center with the long course pool where the Sixth World Masters Swimming Championships were held from June 22 to 28, 1996. The meet ran smoothly even though there were over four thousand competitors. I enjoyed meeting with and competing against swimmers from Great Britain to Australia and points in between.



After a delightful, although cool and damp, tour of northern England and Scotland, I returned in time for the St. Pete Masters Long Course meet July 12-14. It and the Suncoast Masters Long Course Meet in Sarasota on June 8 and 9 were both well run and drew many favorable comments. By the time you read this the long course season will be nearly over. Please be sure to check the swim calendar for short course meets, both yards and meters, coming up in the months ahead. Orlando in October and Winter Haven in November should be as great as they were last year.

The next LMSC meeting will be held on Saturday, October 12, 1996, following the final event of the day at the Orlando Masters Short Course Meters Meet. All LMSC officers and team reps should be there. Election of officers is the main item on the agenda. We also need to plan the swim calendar for the next year and all team reps should present their requests,

Harold Ferris

USMS CONVENTION EQUIPMENT NEEDS

September 11-15, 1996

- 1 copier w/collator and stapler, minimum 4 cases paper. 45-60 copies per min. 24 hr repair service. 2 to 4 extra toner cartridges.
- 3 IBM compatible 486 computers w/ 1 laser printer, 1 electronic switch box for printer.
- 1 Macintosh computer, 1 printer
- 1 Lap-top computer loaded with Lotus
- 1 VHS video recorder, 1 tripod.

Please contact Harold Ferris if you can help out with any of this, including office supplies: Copy paper, envelopes, staplers, computer disks, pencils, pens, tape, audio & video cassettes, etc.

RECORDS and TABULATION REPORT

13 July 1996
Northshore Pool
Katie Cooper



SHORT COURSE YARDS SEASON

- 1) Top 10 was submitted to Walt Reid on 7/5/96, 10 days prior to the deadline. I would have submitted it sooner, but I was still waiting for the IRCC meet results to come. Walt informed me that IRCC sent their meet results directly to him. When he finishes entering them, he will send them back to me.
- 2) ZONE Top 10 report was sent to Rocky Motter on 7/8/96 without the IRCC results. Once I receive those results from Walt, I will send them onto Rocky. She is aware of the problem.
- 4) Again this year, the relay times achieved in the IRCC meet will not be considered for TOP 10 or records because important documentation was missing (full names and ages of the relay team members for each relay). This is the same reason why relay times for the IRCC meet have not been considered in the past.
- 5) I am currently working on the Florida Top 5. It will be submitted to Jim Donnelly in the near future after I have received the IRCC meet results and have added any other record and/or top 5 swims.
- 6) While many records had been broken during the Short Course Season, there are a number I would like to mention here because these individuals have smashed (in most cases) long-standing records and deserve special recognition. They are as follows:

*Mary Dore (32) - 1000 Free -- 11:31.37 (broke Bud Seaman's *9-year-old* record!)
*Cathy Shonkwiler (35) - 50 Free -- 25.11 (broke Martha Martin's *8-year-old* record!)
*Cathy Shonkwiler (35) - 50 Back -- 29.47 (broke Judy Humbarger's *10-year-old* record!)
*Cathy Shonkwiler (35) - 100 Back -- 1:05.53 (broke Judy's *9-year-old* record!)
*Cathy Shonkwiler (35) - 100 Fly -- 1:00.87 (broke Martha Martin's *8-year-old* record!)
*Jeff Perout (43) - 500 Free -- 5:09.91 (broke Bumpy Jones's *20-year-old* record!)
*Paul Wise (40) - 1650 Free -- 18:09.83 (broke Bumpy Jones's *20-year-old* record!)
*John Edwards (47) - 1000 Free -- 11:22.82 (broke Ray Burn's *12-year-old* record!)
*Jack Beattie (61) - 100 I.M. -- 58.30 (broke Thomas Smith's *8-year-old* record!)
*Robert Beach (65) - 1650 Free -- 25:21.75 (broke Harwell Moseley's *12-year-old* record!)

*During the 1995 SCY season, Jim Donnelly (46) - 200 Breast -- broke Bumpy Jones's *19-year-old* record! -- 2:32.85

Congratulations to all our swimmers who have set new LMSC records and personal best times this season.

LONG-COURSE SEASON

All meet results submitted to me thus far have been processed and entered into the computer.

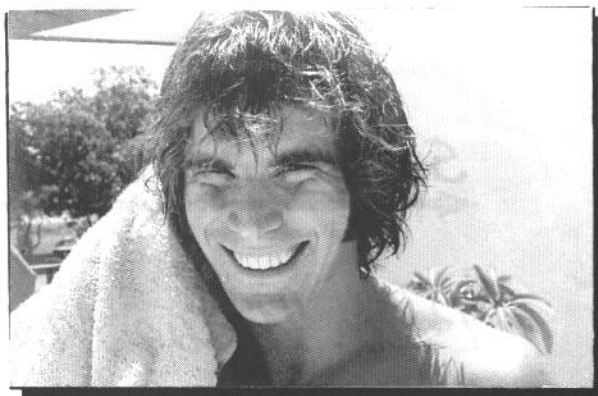
NEW ITEM

For USMS, Dixie Zone, and Florida LMSC Top 10 record and tabulation consideration, a swimmer must have competed for his/her USMS-registered club. We have a number of swimmers registered with both USMS and with a masters club outside the United States, in Canada, England, or elsewhere. This is fine and is legal. However, if such swimmer competed at any meet under his or her non-USMS registered club name, those times cannot be accepted for USMS, Zone, or LMSC records or top 10 consideration.

From the Editor's Swim Bag

Memories of Gold

Harrison Glancy, the oldest living U.S. Olympic gold medalist, remembers the glory days of 1924.



James M. Donnelly

Harrison Glancy has experienced the thrill of the Olympic moment twice - 72 years apart. In 1924, he stood on the victory platform at the Paris Summer Games, pinching himself to make sure he wasn't dreaming.

And on July 4, 1996, he was the first to carry the Olympic torch on its swing through Sarasota.

Glancy arrived with a cane in his hand, but when he was handed the torch, he passed off the cane and proudly carried the flame. He wasn't sure if he'd be able to make it the full three-tenths of a mile he was scheduled to carry the torch. But once he began, a smile spread across his face, his stride quickened, and he made it without a problem.

"You must feel like a million bucks, Harry!" one man yelled to him.

"I do", he replied, the torch still in his hand, "I surely do."

"Go Harry!" one woman yelled as the crowd swelled to several hundred people in the usually quiet north Sarasota neighborhood. "Yeah, Harrison! Way to go!"

For the 91-year-old Glancy, the cheers came like echoes from the 1924 and 1928 Olympic Games (in Amsterdam) where he won Gold medals in the 800-meter freestyle relays. Johnny Weissmuller was one of his teammates on those relays.



Glancy in 1924

Over 100,000 people, some of whom endured heavy rain during the morning portion of the torch run, came out for the event in Manatee and Sarasota counties. A spokeswoman for the torch run said, "This has been one of the best receptions we've gotten so far."

The spectators lining the streets were thrilled to see Glancy - the nation's oldest gold medalist. His son, Jerry, a National Champion master swimmer from Team Orlando Masters, swears that his dad straightened his 91-year-old back as he held the torch aloft.

"It makes me feel very good that I would be remembered so many years later, said Glancy. "It's a personal satisfaction to know your accomplishment is something that didn't fade away."

"I can't quite explain it", he said, marveling still at the power of the Olympics. "When you stand on the platform and they put the medal on your chest, that puts chills down your back, and you have

to pinch yourself. Is this really me? ■

Swimming News From Around The LMSC

Blue Wave Masters

Sue Moucha has won a berth on the **1996 United States Disabled Team** and will be swimming at the **Paralympics** in Atlanta. Opening ceremonies will be held on Thursday, August 15th. The **Paralympic Trials**, were held at the Natatorium, Indiana University, site of the regular Olympic Swimming Team Trials. The Team members were announced following competition on May 5th.

The criteria for selecting the team was based on world ranking, following preliminary and finals. A total of 38 swimmers from 85 were selected. Sue ranks 5th in the world for her class in the 100 m Breaststroke, with a time of 2:07.94. She also established a new **American record** in the 200 I.M., with a time of 4:38.99. Sue swims both Breaststroke and Butterfly with one arm. She also plans to swim the 50 m Backstroke and 50 m Butterfly.

Sue, was born with hemeplegic Cerebral Palsy, involving her right side, but has never let it keep her from athletics. With a master's degree in physical education from Texas Women's College, Moucha's home boasts 75 trophies for swimming, and in 1984 she took home the Gold for cross country in the Paralympics as well as the Gold for track in 1988. She is doubly proud of the fact that the shelves in her home hold 207 trophies for *able-bodied running*.

Sue is a Class S5, which was

determined by her functional ability to perform a certain stroke. On a 1 - 10 range, the higher the number, the greater the swimmers ability. A member of the U.S. Cerebral Palsy Athletic Association, she will be competing with swimmers representing Dwarfs, Amputees, Spinal Cord and Wheelchair Sports in her class.

This is Sue's fourth Paralympic Team. She was also selected as a torchbearer to carry the Olympic torch when it came through Tampa, Florida in July.

Dunedin Sun Masters



Dunedin Sun Masters is excited to introduce their new coach, **Joe Biondi**. Only new to DSMC, but not to coaching, Joe is one of the "original" masters swimmers. We are happy to have him with us!!

Congratulations to the 9 DSMC members who went to **Short Course Nationals** in Cupertino: **Cathy Shonkwiler, Judy Tibma, Stuart Barton, Andrea Nauta, Chris Kelly, Russ & Cathy Frazier, Buffy Price, and Maud Orlando**. Personal best swims were done by everyone with several top ten places. The women's relay team placed in 4th and 6th place. The team placed 17th in the small team category. Special thanks to **Tim Kennedy** who provided the "Nair". (Plenty of it.)

Shortly after Nationals, Rich Bullock, Andrea Nauta, and Stuart Barton participated in the "Swim around Key West". The team finished in 3rd place in the 3 person relay category. Special thanks to Don Banks of Buffalo Swimwear South for excellent support during the race.



Cathy Shonkwiler

Two DSMC swimmers traveled to Sheffield, England for the World Championships. Cathy Shonkwiler won 3 Gold medals, 1 Silver medal, and 1 Bronze medal. Maud Orlando won 3 Bronze medals. Congratulations to both of them.

Team Dunedin

SWIM FLORIDA

KEY WEST SWIM

Three Swim Florida Masters formed a relay and swam Around Key West at the June 6, 1996 event. Damien Lin, Flinn Fagg and Joan Gamso conquered the course in 5 hours and 5 minutes, beating their last years swim by 21 minutes. There were 249 swimmers and this threesome placed 8th in the mixed Relay.

JACK THOMAS NATIONAL YMCA CHAMPION

Jack Thomas won the 100 and 200 yard Breaststroke in the 19-24 age-group. His 100 time was 1:03.9. Jack also finished 4th in the 100 Fly and 3rd in the 100 I.M. with a 56.8.

Larry Black finished 6th in the 1650 for the 35-39 age group.

SWIM FLORIDA THIRD AT FT. PIERCE SCY MEET

Thirteen swimmers from S.W.I.M. Florida attended the 7th Annual Stanton C. Craigie Memorial Meet at Indian River Community College over the Memorial Day weekend. SWIM FLORIDA place 3rd behind host IRCC Masters and Space Coast Masters.

High Point Award winners included Amber Redden, Mary Dore, Jean Garbus, Rich DeGalen and Allen Langston. It was Allen's first masters meet!

Several great swims were posted. Bruce Faubel went 22.6 in the 50 free

and 49.0 in the 100. Wes Spitznagle went 57.0 in the 100 I.M. and 1:03 in the 100 Breaststroke. Larry Black swam a 5:11 500 Free.

SUNCOAST MASTERS LONG COURSE T-SHIRT MEET

There were 102 swimmers from 20 teams at the first long course meet of the season on June 8 & 9 in beautiful Sarasota. **SWIM FLORIDA** was represented by 10 swimmers. **Wilson Wheeler** and **Joyce Repetsky** swam in their first Masters meet for our team. They both swam five events so they could win that T-shirt. It was really a great shirt! Good job guys!!

Bruce Faubel had a couple great races against **Mike Scott** in the 50 M Free...26.00 and 26.07 respectively. In the 100 M Free Bruce was 59.76 and Mike was 59.87. It was a great competition.

MEET BRUCE FAUBEL

Bruce Faubel is burning up the lanes, and no wonder. Did you know he was a High School All-American in the 50 and 100 Freestyle and was the New York State 50 and 100 Freestyle Champion all through high school?

Bruce was born in Lake George, New York and lived in that area until he moved to Florida in 1985. Bruce was a Marine Science major at Tampa University and presently lives in Cape Coral and works as a builder with Avatar there. He and his wife **Suzanne** have two kids, **John Paul (5)** and **Alexandra (7)**. When Bruce is not swimming he enjoys boating and fishing.

Bruce has been swimming Masters for one year. He is very speedy and we

should see his name listed in the National Top Ten when the next results are published. We are happy to have him as a teammate.

Jean Garbus

*SPACE COAST
MASTERS*



The Space Coast Masters swimmers were the overall winners at the 7th Annual Craigie Masters Swim Meet held at Indian River Community College in Ft. Pierce.

Six members won High Point honors in their age groups. **Patricia Sargeant (40-44)**; **Martha Henderson (50-59)**; **Tom Bliss (40-44)**; **Joe Shriver (45-49)**; **Phil Lindsley (60-64)** and **Al Rogerson (70-74)**.

OOOPS...We missed Something...

In the May issue of this newsletter we listed the 1995 Dixie Zone Short Course Meters Records and neglected to include **Bunny Cederlund** in the Top Ten listing. Here's how she did:

- 1st 50 back :49.23 (Dixie Zone Record)
- 2nd 100 Free 1:49.14; 400 Free 9:00.36;
100 Back 1:54.74; 200 Back 4:16.52;
- 3rd 50 Free 45.95; 200 Free 4:16.59;
100 I.M. 2:17.36.

Bunny swims in the 70-74 age group and by this time will have swum in the World Masters Championships in Sheffield, England.

At the National level, we have some representation in the **1995 Short Course Meters Top Ten listing:**

Nancy Mitts (50) 10th 50 Breast
Bunny Cederlund (73) 3rd 50 Back; 4th 200 Back; 5th 100 Back; 8th 50 Free; 10th 100 Free; 10th 400 Free.
Al Rogerson (70) 6th 400 I.M.; 7th 200 Fly; 9th 200 I.M.
Sarah Tyler (50) 4th 50 Free; 5th 100 Free; 5th 200 Free; 5th 1500 Free; 6th 400 Free; 7th 200 Back; 10th 800 Free.

Suncoast Swim Academy @ Westchase

Greetings from the new "kids" off the block! Our team, **Suncoast Swim Academy Masters (SUN)**, trains year-round at **Westchase** in Tampa. The Masters team is a key element in a program that includes lessons, Age Group/Seniors, camps and clinics. It is our mission to help promote the benefits of lifelong swimming in the Tampa Bay area.

I know laying the foundations for success on the local, National and World arenas will be difficult and time consuming. Last year, as Head Coach of the **Dunedin Sun Masters Club**, we were faced with a similar challenge. We were able to create an environment where every participant, regardless of goals or best times, felt a part of a true team; with the support of teammates and friends to achieve clearly defined goals. That environment, helped many achieve fitness goals and allowed others to

compete successfully nationally and beyond. It was extremely difficult to leave that team and the age group/senior program I began five years earlier. My heartfelt best wishes go out to all the **DSMC swimmers**. I am confident that their love of the sport and each other will guarantee their continued success. I look forward to seeing each of you on the deck and continuing our friendships. A special congratulations goes to **Maude Orlando** for realizing her goal of medaling at Worlds. Way to Go Maude!!!

Our program got an early jump start with the addition of **Cathy Shonkwiler** and **Andy Nauta**. These masters "veterans" of a year will help our new swimmers make the transition to Masters swimmer. Cathy and Andy have come a long way since they began last spring. Each placed at nationals and Cathy, well, became a dominant force in the sport. Cathy used the Short Course Nationals as a springboard to international success. After a personally disappointing spring (no National titles) Cathy refocused her efforts towards Worlds. The results, **three Gold, one Silver, and one Bronze** at Sheffield! We are all looking forward to Morocco.

We are planning some masters clinics and may even host a meet in the near future. More information about these and other events later. For now, we just continue the process of getting the word out. We look forward to seeing old friends and meeting new ones in the months and years to come.

Coach Rich Rogers



MASTERS SWIM TEAM

Greetings from Winter Haven! Our team is busy planning our **2nd Annual Masters Meet** to be held at **Rowdy Gaines Pool**. Mark your calendars now for **November 2 & 3** and be here for a great meet. Use the meet entry in the back of this newsletter.

Wonderful news - we have just received word that a National USMS Record was set at our Inaugural Meet in '95. Our friend **Florence Carr**, from St. Pete Masters burned up the pool in her 200 I.M. - dropping 23 seconds off her time and breaking the old record with a 3:26.12. Congratulations, Florence, on a dynamite swim and we are so thrilled that you swam it here at Winter Haven's 1st home meet.

We're also proud of our own swimmer **Sheryl Sprague**, who competed at St. Pete Long Course Champs in July. Sheryl swam 4 National Qualifying Times that weekend, (200 M Breast, 400 M I.M., 800 M and 1500 M Free). She'll be attending the Nationals at University of Michigan in August. The weekend of Nationals will mark one year to the day that she returned to swimming after coming out of "retirement". She swam in high school for 3 years and 1 year with an age group coach. She has a great love for swimming and trains very hard. We're glad to see the hard work really does pay off! Good luck Sheryl!

Happy swimming everyone and hope to see you all here in November. ■

Laurie Zolnierowski



St. Petersburg Masters

We Came, We Saw, We Conquered!

Led by **Florence Carr** and **Jayne Lambke**, each with five golds, SPM's ten representatives all medaled at the **USMS Short Course Nationals** in Cupertino, CA, May 9-12. Two thousand forty one swimmers entered the meet.

Florence Carr set a new national record (70-74) in the 100 y I.M. with a 1:30.42. She also placed 1st in the 100 and 200 y free, 50 y fly and 200 y I.M., while winning a silver in the 500 free.

Jayne Lambke (55-59), took 1st in the 50, 100, 200, and 500 y free and just missed first in the 100 y fly.

Sandy Steer (55-59), swam to a 4th in the 50 y breaststroke, 5th in the 1000 free, 7th in the 200 y breaststroke, 8th in the 100 y breaststroke, and 10th in the 200 & 500 y free.

Margaret Van Every - 3rd - 50 & 200 y breaststroke, 4th - 50 Back, 5th - 100 breaststroke, 6th - 100 I.M., and 8th 100 Back.

Margie Hutinger - 9th - 50 back

Bill Specht led our 35-39 team with victories in the 50, 100, and 200 y fly while winning silver in the 50, 100, and 200 back.

Bob Buresh, who does his solo training in Arkansas, scored many points for us with a 4th in the 50 back, 5th - 100 back, 9th - 200 back, and 10th 50 and 100 fly. It's great to have you on the team, Bob!

Tim Kennedy, another of the 211 swimmers in the very competitive 35-39 age group, placed 10th in the 100 free.

Konrad Euler (60-64) swimming in his first Nationals for SPM, placed 8th in the 200 y fly and the 100 y free.

Paul Hutinger (70-74), also had an outstanding meet as he won the 50, 100, and 200 y back and the 100 y I.M. and placed 2nd in the 50 y fly.

The women's 55+ freestyle relay team of **Jayne Lambke**, **Sandy Steer**, **Margaret Van Every** and **Florence Carr** placed third.

Coach **George Bole** was there to cheer us on in every race!

Swim Around Key West

The event has grown from a two person challenge some 20 years ago into a 300 strong entry to swim around the island - some 12.8 miles. **Laura Kaleel** was our highest individual placer - the 5th woman - in 5 hours, 21 minutes. **Lisa Abraham** had a splendid swim to gain 7th place. Others to complete the distance were **Meredith Brower**, **Time Moore**, and **Tom Wells**. This was no mean feat, considering the weather was stormy and the water rough.

There were also team events: three

man (each swimming 4.2 miles) and some six man teams. There were 16 of the latter, SPM with 2 entries, winning 1st and 9th places. The winning team, which broke the existing record by 3 minutes, was crewed by **JoAnn Harrelson**, **Jayne Lambke**, **Lisa Sommers**, **Tom Adkins**, **Mike Milligan**, and **John Edwards**. The 9th place swimmers were **Patti Geiger**, **Valarie Nussbaum**, **Dominique D'Angelo**, **Kim Stott**, **Dave Craig** and **Ed McIlhenney**.

SPM Converges on Sarasota

On June 8 & 9, twenty-four SPM swimmers (the largest team), converged on Sarasota and sampled the season's first Long Course meet. **Mike Torsney**, fresh from breaking the 200 m fly **Canadian National Record**, went two seconds better at this meet. Two of our swimmers made their debut: **Julie McKeithen-Bussey** and **Kim Stott**. Both swam exceptionally well. Everyone else took the meet in their strides, the "turtle t-shirts" were great, and, as usual, everyone had a most enjoyable time, thanks to the host team, **Suncoast Masters**.



Forest Hills Aquatics

Forest Hills Aquatics, in Tampa, would like to host a SCY meet on December 7th and 8th, although the site of the meet is still pending. The **Forest Hills Aquatics 1st Annual Swim Through the Holidays Meet** may be in Tampa or Clearwater depending on pool availability.

Contact **Milt Bedingfield**
@ (813) 949-5398 for more information.



SUNCOAST MASTERS Swimming

On June 8 & 9, 1996, over a hundred swimmers from 19 teams and six states met in Sarasota for the "season opener", the Suncoast Masters 19th Annual Long Course T-Shirt Meet. The weather was perfect and the competitors were friendly and relaxed (as they always are when they come to Sarasota). There was plenty of shade available on deck for the swimmers and spectators.



Cute Girls Showing Off Meet T-Shirts Will Attract the Guys!

Our Long Course Meet evolved from a Trophy Meet (where the swimmers would get one of four different size trophies consistent with their point totals for swimming at least five events), to a T-Shirt Meet (where every competitor receives a t-shirt for swimming at least five events.

"This is the fourth year we've done the T-shirt awards and I think everyone likes

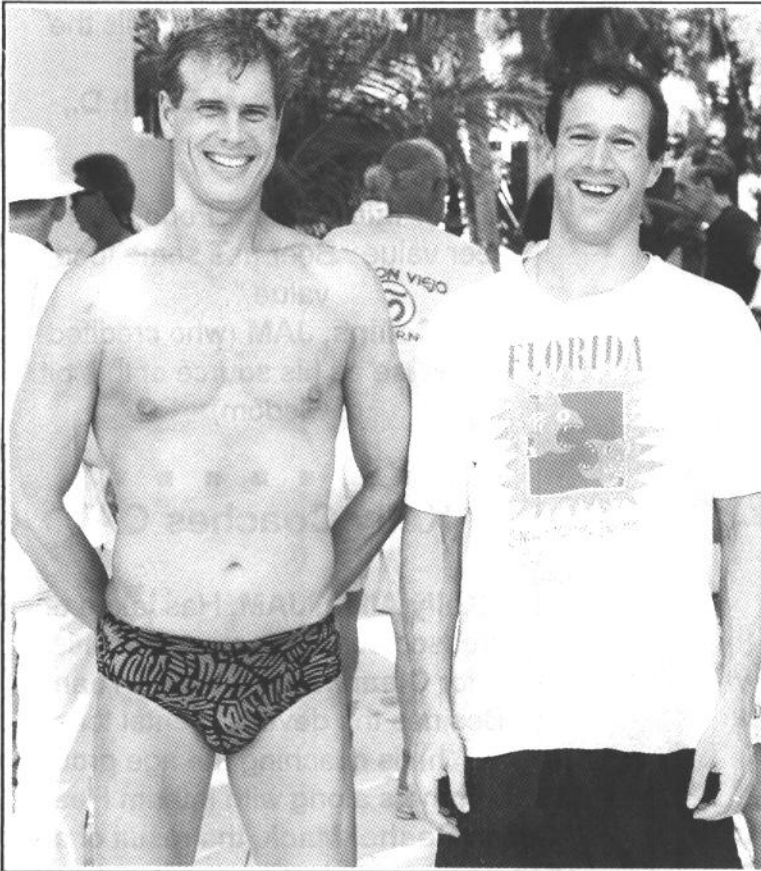
it that way." says Jim Donnelly, who designs the shirts. "Trophies, ribbons and medals just gather dust in the attic. I design these shirts to be worn. These *aren't* those generic style swim meet t-shirts with palm trees and a setting sun and a bent arm swimmer that seems to be the norm at age group meets and will end up in the "rag bin" to wax your car with. I promote **United States Masters Swimming, and the Florida LMSC and/or the Dixie Zone** in my shirts. The design has to be strong enough that

a stranger will come up to you when you're wearing it and ask you about Masters Swimming. A trophy can't promote the sport like that."

Word has leaked out that Larry Peck, the meet manager of the 1997 USMS National Long Course

Championships in Orlando, is presenting one of Jim's new designs to the National Committee for approval as the Nationals meet t-shirt and medal design! If approved, I guarantee they'll sell out of these, so make sure you order it ahead of time with your entry!

The T-Shirt meet ran very smoothly - thanks to meet director Steve Grossman who knows how to delegate the



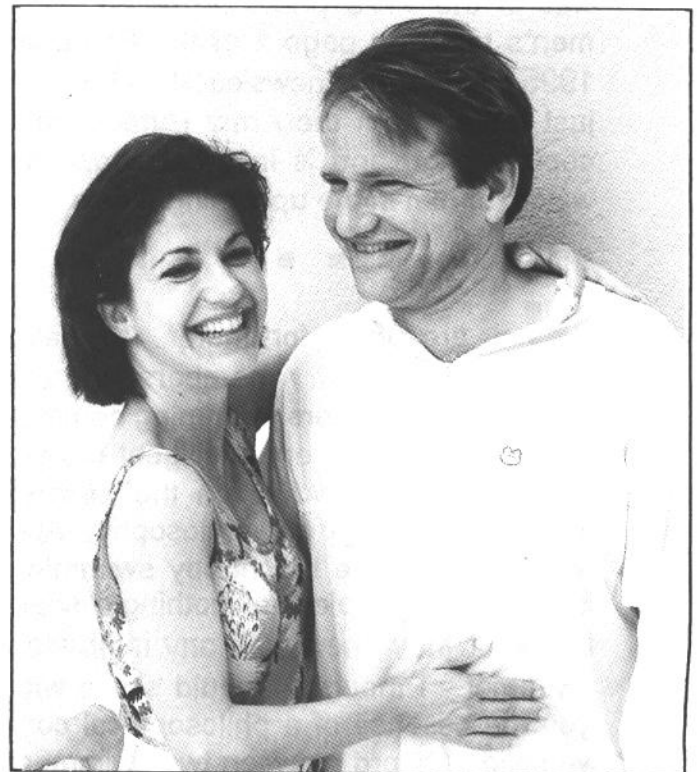
Kevin McCormack, Steve Grossman

important positions to the right people, like veteran **George Burke** as Head Timer, and **George** again with **Robert Davie** and **Rick Walker** who set up the great social after the meet, under the oak trees, in the park adjacent to the pool, complete with fresh deli subs, potato salad, baked beans, and that famous keg of liquid refreshment that keeps the boys from Jacksonville Area Masters coming back. The free breakfast on Sunday morning was hosted by **Shirley Leonard**, and those meet results that would be posted almost immediately after the last heat of each event (on easy to find pink for women and blue for men paper) was the work of computer gurus **Eric Donnelly** (16), Jim's son, and **Mat Iltis** (17), Deb and Rick Walkers son. Deb seeded the entries.

Annual Awards (Beach) Party

Forty eight members and family beached it on **Casey Key** at the gulf front home of **Bert and Anna Bowers**. The kids enjoyed the lap pool and the thrill of being pulled on the "ski bob" behind **Jim & Kandy Donnelly's** boat. The awards were presented poolside with the smell of hotdogs & burgers in the air.

Brooke Bowman and **Mike Drews** were presented with **All-America** certificates; **Brooke** for 2 events and **Mike** for 5. **Deb Walker** was recognized for her World Record breaking 200 m breast-stroke with a certificate and a "World Record Breaker" t-shirt. Beautiful embroidered beach towels were presented to **Jennifer Brooks** for "Rookie of the Year"; **Rick Walker** for "Most Improved"; **Brooke Bowman** and **Bob Coulter** for "Teammates of the



Anna & Bert Bowers

Year". Just about everyone was recognized for something, no matter how humerous it was!

Medical Philosophy: "Food spoils the effect of the alcohol."

Kevin M. McCormack, M.D., Ph.D., SMS

Zen Philosophy: "Food has no beer value. Beer has some food value."

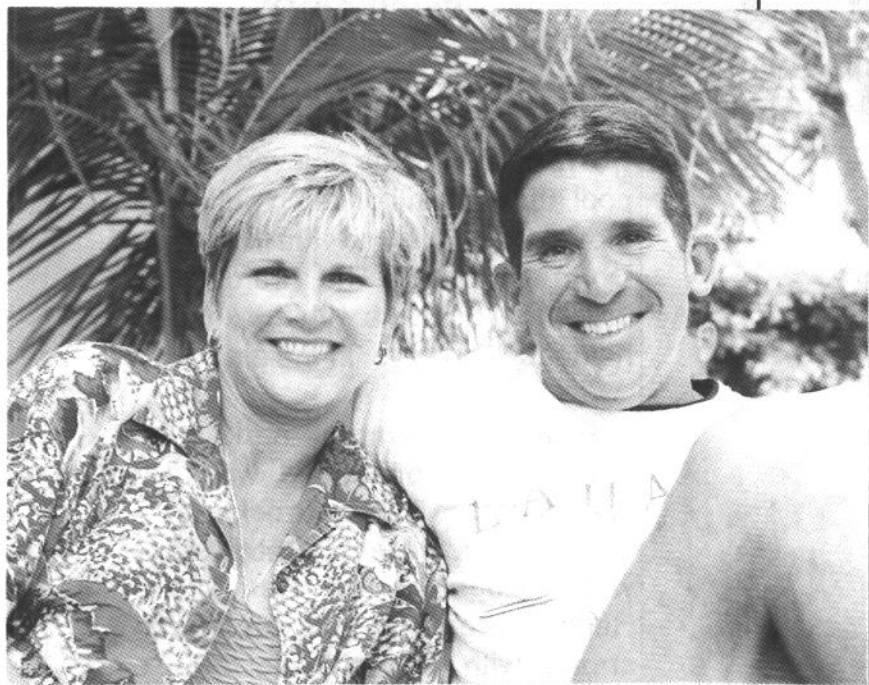
Ron Collins, JAM (who credited Paul Wise as his source of this bit of wisdom).



Kelly Coaches CAT

Kelly Allen, JAM, Has taken on increased coaching responsibilities for **Clearwater Aquatic Team**. Besides the developmental team, he is coaching the age group swimmers along with interim Head

Coach **Cashel Mack**, the result of an open position left by the previous head coach, **Jim Tynan**, who was affectionally known as Coach "Friendly" to his peers, officials, and parents. Kelly draws the JAM Comix for the Florida News.



Jonte & Dave Hicks

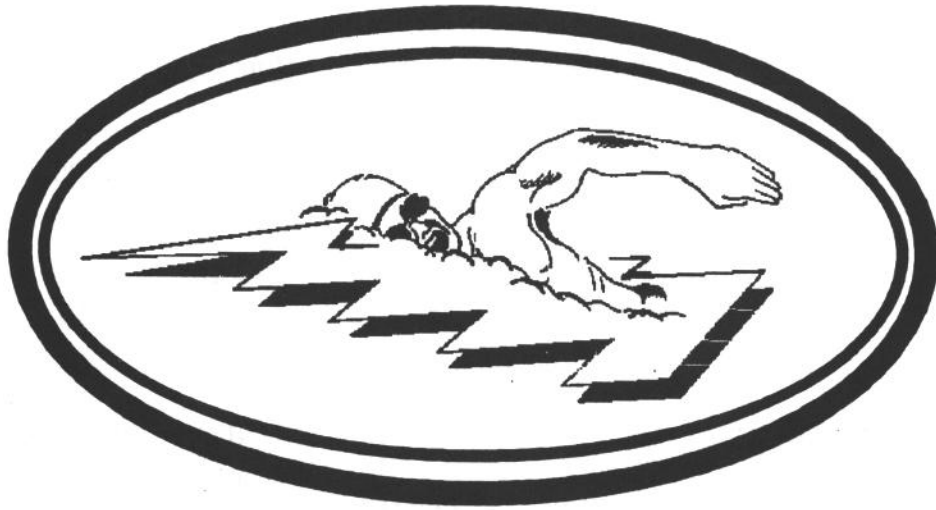
New members at the party were **Dave Hicks** and his lovely wife **Jonte**. A lot of you old timers will remember Dave when he swam for St. Pete back in 1975. (He was in the 1975 photo of the St. Pete men's team on page 1 of the February 1995 issue of this newsletter). At 51, he just retired from the Army (Attack Helicopter pilot) and is in great shape so watch for him in the upcoming meets.



We are very fortunate to have amongst our members in the Florida masters swimming community, a plethora of very intelligent professional people who live on the cutting edge of technology and philosophy. And since we are one big happy swimming family, these people think nothing of sharing what they know with any interested swimmer. I thought I would share with you the essence of a philosophical conversation I heard between two swimmers at the social following the Suncoast Masters T-Shirt Meet...



Kelly Allen (or is it Tom Petty?)



*Team Orlando Masters
Short Course Meters
Swim Meet*

*The Dixie Zone
Short Course Meters
Championship*

October 11, 12 & 13, 1996

Team Orlando Masters Short Course Meters Swim Meet

ENTRY FORM

SANCTIONED BY FLORIDA LMSC for USMS, Inc. Sanction Number : 146-019

Name _____ Birthdate _____ Sex _____ Home Phone _____
 Address _____ City _____ State _____ Zip _____
 Team name _____ LMSC _____ 1996 USMS Registration # _____

FRIDAY OCTOBER 11, 1996

Warm up - 5:30 PM Swim - 6:30 PM

WOMEN/MEN	EVENT	SEED TIME
1 2	1500 M FREE	_____

SATURDAY OCTOBER 12, 1996

Warm up - 8 AM Swim - 9 AM

WOMEN/MEN	EVENT	SEED TIME
3 4	200 M BACK	_____
5 6	100 M BREAST	_____
7 8	50 M FREE	_____
9 10	200 M FLY	_____
11 12	200 M FREE Relay	_____
13 14	100 M IM	_____
15 16	50 M BACK	_____
17 18	200 M FREE	_____
19	200 M Mixed FREE Relay	_____
21 22	400 M IM	_____

SUNDAY OCTOBER 13, 1996

Warm up - 8 AM Swim - 9 AM

WOMEN/MEN	EVENT	SEED TIME
23 24	100 M FREE	_____
25 26	200 M BREAST	_____
27 28	100 M FLY	_____
29 30	200 M MEDLEY Relay	_____
31 32	200 M IM	_____
33 34	50 M BREAST	_____
35 36	100 M BACK	_____
37 38	50 M FLY	_____
39	200 M Mixed MEDLEY Relay	_____
41 42	400 M FREE	_____

Number of Events ____ x \$2.50 = \$_____ + \$10.00 Meet Charge = \$_____

Please make checks payable to : TEAM ORLANDO MASTERS

Mail entries **to be received by October 3, 1996** to :

TOM/SCM Meet - c/o Audrey Merritt- 249 Carisbrooke St.- Ocoee, FL 34761

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. 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 and the Florida LMSC.

Date : _____

Signature : _____

Attach a copy of your 1996 registration card here.

You must send a copy of your registration card with your entry.
 You cannot swim without it.

Team Orlando Masters Short Course Meters Swim Meet

Dates : October 11, 12 and 13, 1996.

Meet Director : Larry Peck (407) 647-7793 (emergencies only).

Sanction : Sanctioned by Florida LMSC for USMS, Inc. Sanction Number : 146-019.

Sponsor : Team Orlando Masters in conjunction with the YMCA Aquatic Center.

Designation : This meet has been designated the Dixie Zone Short Course Meters Championship meet.

Eligibility : All athletes 19 years of age and older as of October 11, 1996 and registered with USMS, Inc. Non-U.S. citizens should have a letter of introduction from their own swimming association.

Facilities : The YMCA Aquatic Center pools will be used for this meet. The short course meters pool is a deep 8 lane pool with a fully automatic timing system. An 8 lane 25 yard pool will be available for warm up and cool down. Both pools are indoors.

Schedule : Warm up begins Friday at 5:30 PM. The 1500 Free will begin at 6:30 PM. Warm up begins Saturday & Sunday at 8 AM. The Saturday & Sunday events will begin at 9 AM.

Seeding Times : Please show your best meters time during the last two years. Heats will be seeded by time regardless of age with the slowest heat first in each event. You must submit a time for each event entered.

Entries and Fees : Swimmers must pre-enter by mail. Entry deadline is Thursday, October 3rd. It is your responsibility to mail your entry early enough to meet the deadline. A maximum of five individual events per day may be entered. Send the completed and signed entry form with a check. Each event entry must be submitted on the entry form, filled out completely with your name, phone number, club, birthdate, event numbers circled, 1996 USMS registration number and seeding times. The scoring of the event will be computerized. Please be sure all information and the signed waiver are filled out on the entry form. The fees are : \$2.50 per event and a \$10 meet charge. The meet charge covers the electronic timing and scoring costs and the cost of printing the heat sheets. Relay teams can be deck entered during the meet both Saturday and Sunday. There is **no charge** for relay teams. Only team members registered for this meet may swim in a relay. Please send a self addressed stamped envelope if you wish to confirm your entry.

Age Groups : Individuals : 19-24, 25-29, 30-34, etc. up to 90+. Relays : 76+, 100+, 120+, 160+, 200+, etc.

You must send a copy of your 1996 registration card with your entry. You cannot swim without it.

Make checks payable to : **Team Orlando Masters.**

Send signed entry form, copy of registration card and fees by October 3rd to :

TOM/SCM Meet
c/o Audrey Merritt
249 Carisbrooke St.
Ocoee, FL 34761

Refunds : If you enter but must cancel, a full refund will be given as long as you contact Audrey Merritt at (407) 654-2171 before 6 PM on Wednesday, October 9th. No refunds will be issued after this time.

Heat Sheets and Results : Heat sheets are included in the meet charge. Results may be ordered at the meet. One free copy will be given to each team (team representatives should indicate so on their entry form).

Awards : Awards for 1st through 6th in each event. Individual high point awards for 1st, 2nd and 3rd in all age groups. High point awards will only be awarded post-competition on Sunday, October 13th, after points are officially totaled. Swimmers departing early should have friends pick up awards or make other arrangements. Team awards will be given for the combined visiting men and women's 1st, 2nd and 3rd place.

Points : 9-7-6-5-4-3-2-1 for individual events. Double points for relays.

Rules and officials : Current masters swimming rules will govern. There will be a certified stroke and turn judge, starter and referee for all events.

Directions : The YMCA Aquatic Center is off exit 29 of Interstate 4. Take 482 East to the 1st intersection (International Drive). Turn right on International Drive for 1/2 mile. Turn right on Jamaican Court to the Radisson Hotel. The YMCA signs are to the right in the Radisson parking lot.

Social : A social will be held at Lucky and Jacquie Meisenheimer's home on Saturday evening. Come join us and play with Lucky's vast array of games and toys including the water volleyball court.

Additional comments : Masters swimming is a strenuous physical activity and each participant should first consult with his/her personal physician.

Local Hotels :

La Quinta
8300 Jamaican Court
Orlando, FL 32819
(407) 351-1660
\$55.00 (1-4 persons) 4 minute walk

Days Inn Lakeside
7335 Sand Lake Road
Orlando, FL 32819
(407) 351-1900
\$33.00 (1-4 persons) 5 minute drive

Orlando Marriott
8001 International Drive
Orlando, FL 32819
(407) 351-2420
\$59.00 (1-4 persons)
\$69.00 (1-4 with kitchen) 5 minute walk

Quality Inn/International
7600 International Drive
Orlando, FL 32819
(800) 825-7600 (407) 351-1600
\$27.00 (1-4 persons) 5 minute drive

**WINTER HAVEN STINGRAY MASTERS
SHORT COURSE SWIM MEET**

November 2 & 3, 1996
Winter Haven, FL

SANCTIONED BY: FLA Local Masters Swim Committee for USMS Sanction # 146-020

SPONSORED BY: Winter Haven Masters, Winter Haven Dept. of Leisure Services

ENTRIES CHAIRPERSON: Laurie Zolnierowski

ELIGIBILITY:

The meet is open to all registered MASTERS. A COPY OF YOUR 1996 REGISTRATION CARD MUST BE ENCLOSED WITH YOUR ENTRY FORM.

RELAY ELIGIBILITY:

All relay members must be registered members of the team they represent, sign a meet waiver form and pay the \$8.00 timing surcharge.

NUMBER OF EVENTS:

Competitors may enter no more than 5 individual events per day, plus one freestyle, one medley, one mixed freestyle and one mixed medley relay per meet.

ENTRY FEES:

Entry fee shall be \$2.50 for each individual event. There is an \$8.00 surcharge for meet expenses. Checks should be payable to "Winter Haven Stingrays".

RELAYS:

Deck entered relays will be accepted at the meet at \$4.00 per team entered.

ENTRIES DUE:

Entries must be in the hands of the Meet Director no later than Tuesday, October 22nd, 1996. NO DECK ENTRIES EXCEPT RELAYS.

ENTRY FORMS:

Please complete and return the ENTRY FORM, SEEDING FORM and a COPY OF YOUR 1996 USMS CARD. Enclose a self-addressed, stamped postcard if you wish verification your entry was received.

MAIL TO: Winter Haven Stingray Masters

P.O. Box 9002

Winter Haven, FL 33883

SEEDING:

All heats will be seeded SLOWEST to FASTEST regardless of AGE. All entries MUST HAVE A TIME - "NO TIME" ENTRIES CANNOT BE ACCEPTED. (FLA LMSC, Inc. rule effective 6-1-87). Submit best competitive times in meets not more than two years previous. All events are timed finals.

POOL FACILITIES:

Rowdy Gaines Olympic Pool, Chain of Lakes Recreational Complex 210 Cypress Gardens Blvd., Winter Haven, FL. Eight lane, 25 yard, outdoor heated pool, nonturbulent lane lines. Separate diving well is available for warm-up and warm-down.

SCRATCH PROCEDURES:

If a swimmer is unable to attend the meet, CALL Laurie Zolnierowski at (941) 325-8317 no later than November 1, 1996 and your money will be refunded in full. Swimmers and relays not reporting to the blocks when their HEAT is called will be scratched in that event. Please report scratches to the Head Referee as soon as known.

WARM-UP:

Warm-up will approximately one hour before starting time. No diving or jumping. Enter pool feet first. No smoking.

TIMING:

Colorado timing will be used with hand held back-up timing on each lane.

SCORING:

First- 9; Second- 7; Third- 6; Fourth- 5; Fifth- 4; Sixth- 3; Seventh- 2; Eighth- 1. Relays- DOUBLE points.

AWARDS:

Individual events: 1st - 8th Ribbons. Relays will receive ribbons for 1st -3rd. Individual high point awards, FIRST through THIRD place will be given for men and women with the most points in their age group. High Point Awards will ONLY be awarded POST-COMPETITION on Sunday November 3, 1996 after points are officially tallied. Swimmers departing early should have friends pick-up awards or make other arrangements.

HIGH POINT VISITING TEAM AWARDS:

The visiting team with the highest combined total points, men and women, will receive a first place team award.

HEAT SHEETS AND RESULTS:

A heat sheet will be furnished to each swimmer. Results may be ordered at the meet. One free copy will be sent to each team (team reps should indicate so on their entry form.)

INFORMATION ENVELOPES:

Upon arrival, each competitor should check in at the information table and pick up his/her envelope containing Heat Sheet , T-shirt and additional meet information.

T-SHIRTS:

Meet T-shirts will be available at a cost of \$12.00 each with your entry. Please specify size on entry form. The price at the meet will be \$15.00 per shirt, limited quantity.

REFRESHMENTS:

Refreshments will be available.

ADDITIONAL COMMENTS:

Masters swimming is a strenuous physical activity and each participant should first consult with his/her personal physician. Massage Therapist available on Saturday and Sunday on pool deck , for a fee.

ADDITIONAL INFORMATION:

Meet Director: LAURIE ZOLNIEROWSKI (941) 325-8317

SATURDAY , NOVEMBER 2

11:00 AM

warm-ups 9:00 am

women		men
1	200 Freestyle	2
3	100 Breaststroke	4
5	50 Backstroke	6
7/8	200 Mixed Free Relay***	
9	200 Butterfly	10
11	100 I.M.	12
13	50 Freestyle	14
15	200 Backstroke	16
17	200 Free Relay***	18
19	400 I.M.	20

***15 MINUTE BREAK

SUNDAY, NOVEMBER 3

9:00 AM

warm-ups 8:00 am

women		men
21	100 Freestyle	22
23	50 Butterfly	24
25	200 Breaststroke	26
27/28	200 Mixed Medley Relay***	
29	100 Backstroke	30
31	100 Butterfly	32
33	50 Breaststroke	34
35	200 I.M.	36
37	200 Medley Relay***	38
39	500 Freestyle	40

Under the advice of the USMS medical committee, it is recommended that at all the meets competitors exit from the sides of the pool and not from the end of their lane. Swimmers should wait until the last person in the heat finishes before crossing lanes to exit. Swimmers should wait at least one yard from the end of the lane, on the right side of the lane during a relay event.

ACCOMMODATIONS:

HOLIDAY INN OF WINTER HAVEN
1150 3rd Street S.W.
Winter Haven, FL

PHONE:(941) 294-4451

HOWARD JOHNSONS
1300 3rd St. NW
Winter Haven, FL

PHONE (941) 294-7321

RANCH HOUSE MOTOR INN
1911 Cypress Gardens Blvd.
Winter Haven, FL

PHONE (941) 324-5994

ADMIRAL'S INN
5651 Cypress Gardens Blvd.
Winter Haven, FL

PHONE (941) 324-5950

WINTER HAVEN STINGRAY MASTERS SHORT COURSE SWIM MEET

November 2 & 3, 1996

SANCTIONED BY FLORIDA LMSC for USMS, Inc. Sanction # 146-020

ENTRY FORM

NAME _____ AGE _____ BIRTHDATE _____ SEX _____

ADDRESS _____ CITY _____ ST _____ ZIP _____ HOME PH. _____

TEAM NAME _____ LMSC _____ **1996 USMS REG. # _____

NUMBER OF EVENTS _____ X \$2.50 = _____

AUTOMATIC TIMING & HEAT SHEET _____ \$8.00

COMMEMORATIVE T-SHIRT (S, M, L, XL)
Circle size and indicate quantity _____ x \$12.00= _____

TOTAL _____

AGE GROUP AS OF NOVEMBER 3, 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+

SATURDAY, NOVEMBER 2

11:00 AM

women		men
1	200 Freestyle	2
3	100 Breaststroke	4
5	50 Backstroke	6
7/8	200 Mixed Free Relay***	
9	200 Butterfly	10
11	100 I.M.	12
13	50 Freestyle	14
15	200 Backstroke	16
17	200 Free Relay***	18
19	400 I.M.	20

SUNDAY, NOVEMBER 3

9:00 AM

women		men
21	100 Freestyle	22
23	50 Butterfly	24
25	200 Breaststroke	26
27/28	200 Mixed Medley Relay***	
29	100 Backstroke	30
31	100 Butterfly	32
33	50 Breaststroke	34
35	200 I.M.	36
37	200 Medley Relay***	38
39	500 Freestyle	40

Please make checks payable to: "Winter Haven Stingrays" and send to:

Winter Haven Stingrays, c/o Laurie Zolnierowski, P.O. Box 9002, Winter Haven, FL 33883

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 HEREBY WAIVE ANY AND ALL RIGHTS TO 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 _____

ENTRIES DUE NO LATER THAN TUESDAY, OCTOBER 22, 1996

WINTER HAVEN STINGRAY MASTERS
SEEDING FORM

(Please print)NAME _____ Circle M or F AGE _____

TEAM NAME _____ CALL LETTERS _____ 1996 USMS** _____

Circle events and enter time in space provided.

SATURDAY, NOVEMBER 2, 1996 **11:00 AM**

SUNDAY, NOVEMBER 3, 1996 9:00 AM

<u>TIME</u>	<u>w/m</u>	<u>EVENT</u>	<u>TIME</u>	<u>w/m</u>	<u>EVENT</u>
_____	1/2	200 Freestyle	_____	21/22	100 Freestyle
_____	3/4	100 Breaststroke	_____	23/24	50 Butterfly
_____	5/6	50 Backstroke	_____	25/26	200 Breaststroke
_____	9/10	200 Butterfly	_____	29/30	100 Backstroke
_____	11/12	100 IM	_____	31/32	100 Butterfly
_____	13/14	50 Freestyle	_____	33/34	50 Breaststroke
_____	15/16	200 Backstroke	_____	35/36	200 IM
_____	19/20	400 IM	_____	39/40	500 Freestyle

***15 minute break

"No time" entries CANNOT be accepted!!!!!!

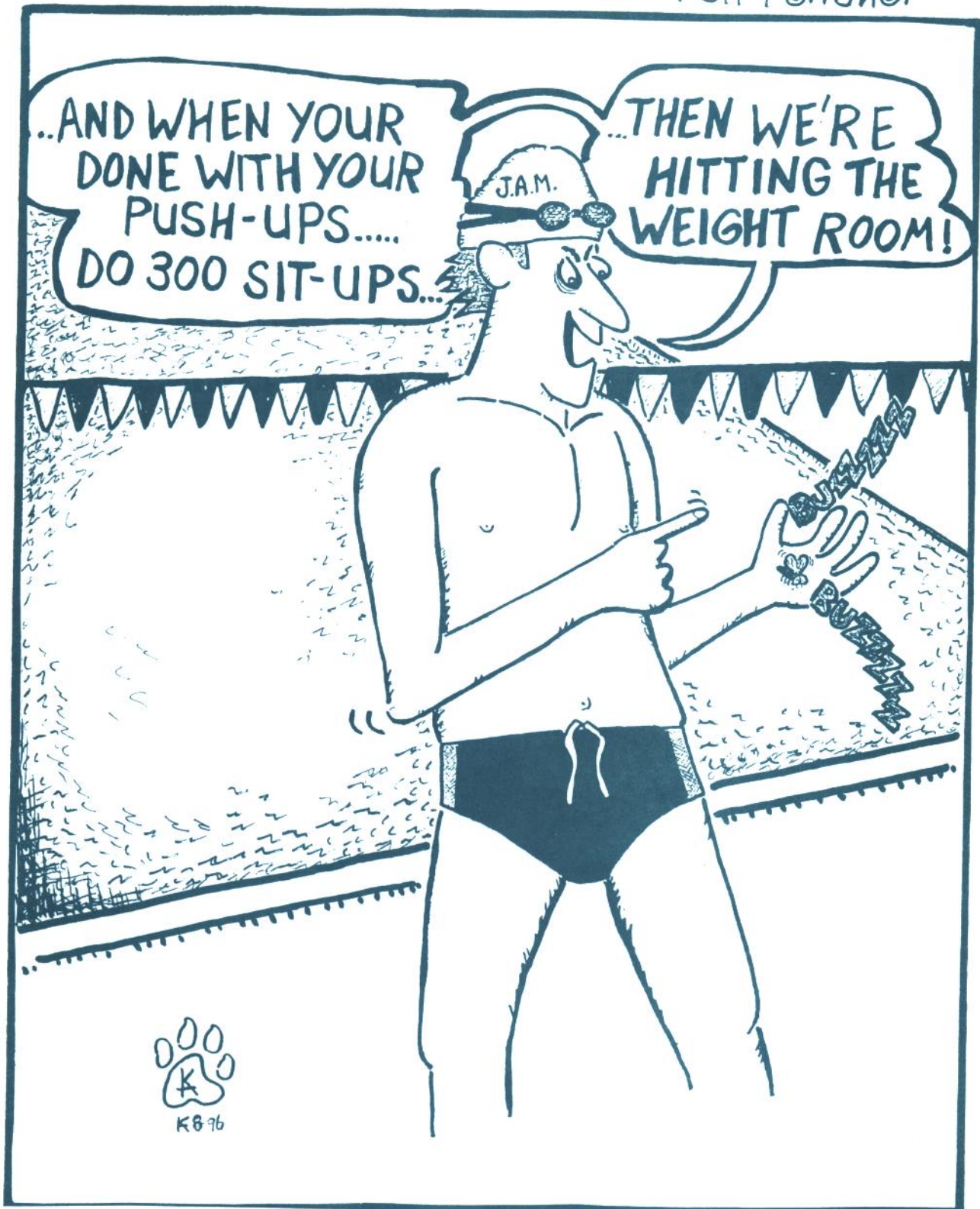
Please enclose a copy of your 1996 USMS Registration Card

ATTACH A COPY
OF YOUR
1996 USMS REGISTRATION
CARD HERE

It is suggested that you make a copy of this and keep it with you at the meet.

JAM COMIX

BY Tapp Panther



WELL HIS COACH DID SAY HE NEEDED A STRONGER FLY!

FLORIDA

LMSC NEWSLETTER

Jim Donnelly, Editor

1116 44th Avenue N. E.

St. Petersburg, Florida 33706

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33730

Inside This Issue:

- Calendar of Events
- World Record Broken
- Lots of Photos
- News From Around the LMSC
- Meet Entry Forms

ATTENTION Team Reps: Deadline for
NOVEMBER Issue is October 15, 1996

Oh no!!
I'll worry about getting the
chlorine out of my hair, later! I have to
get my team report in to Jim before the
deadline! I don't want to be left out
in the pool without a swimcap!

