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Swim Committee,
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FLORIDA

newsletter

Vol. XIV, No. 2

Local Masters Swim Committee, Inc.

May 1997

OFFICERS

CHAIRMAN

HAROLD FERRIS
1116 44th AVENUE N.E.
ST. PETERSBURG, FLORIDA 33703
813-896-0250

SECRETARY

PENNY McCORD
8879 W. COLONIAL DRIVE
SUITE 230
OCOOEE, FLORIDA 34761
HOME: (407) 295-5412
WORK: (407) 345-4505

TREASURER

THOMAS ROBERGE
1 BEACH DRIVE S.E.
SUITE 220
ST. PETERSBURG, FLORIDA 33701
HOME: 813-823-2928
WORK: 813-822-9393

SANCTIONS

RON COLLINS
1920 COBBLESTONE WAY
CLEARWATER, FLORIDA 34620
WORK: 800-888-4082

REGISTRATION

CHARLES H. KOHNKEN
1258 FLUSHING AVENUE
CLEARWATER, FLORIDA 34624
813-531-0008

RECORDS

ANGELLO VENTRILLO
P.O. BOX 12085
FT. PIERCE, FLORIDA 34979-2085
HOME: 561-465-8123

NEWSLETTER EDITOR

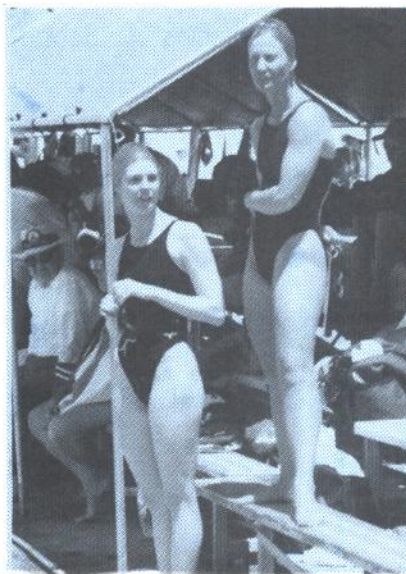
JIM DONNELLY
5239 BOX TURTLE CIRCLE
SARASOTA, FLORIDA 34232
HOME: 941-371-4084
WORK: 941-365-3014
FAX: 941-955-4861

YANKS Take FT. LAUDERDALE !

Colonies Zone Defeats Dixie Zone In Great Battle
But Later Surrenders to Some Bad Cases of Sunburn!



The Clearwater Team With Masters Legends as Bookends. L to R - Dot Donnelly, former USMS Nat'l Exec. Secy, Nancy Durstein, 67, Ron Collins, 34; Kelley Allen, CATM Coach; Joan Campbell, 68, Gus Langer, 93, Hall of Famer.



Two Colony Zone Swimmers
Ready to Kick Butt



Margie Hutinger 57, Maverick Masters, and
Clark Mitchell 64, Crawfish Masters



DISTANCE MATTERS

By Ron Collins



EVENT PREVIEWS - 2 MILE CABLE SWIMMING

*Georgia Masters Championships
June 14, 1997 - Lake Allatoona, Georgia*

*USMS National Championships
July 12, 1997 - Charlottesville, Virginia*

These two events are held on a "closed course" marked by buoys and floats along a quarter-mile cable. The first heat of contestants swims clockwise (right hand breathers) with the cable to their right. Two hours later the second heat is started for left hand breathers who swim the same course counter-clockwise. The Charlottesville event is a full blown USMS National Championship this year complete with medals, records and All-American status for winners in each age group. Next year, the Georgia event will be the National Championships.

CALENDAR OF EVENTS

05/15/97 to 05/18/97	Tacoma, WA, USMS SCY NATIONAL CHAMPIONSHIP	Hugh Moore (206) 925-8562
05/17/97	Jax, FL, Holmes Lumber Jax LCM Devel Meet, Bolles School	Walter Steele (904) 733-5455
05/15/97 to 09/30/97	USMS 5K& 10K Postal National Championships	Scott Rabalais (504)766-5937
05/24/97	Tallahassee, Florida 1.6 Mile & .5 Mile Open Water Swims	Kiff Mendoza (904)576-3338
05/25/97	Reston, Virginia USMS 1 & 3 Mile National Championships	Tom Yorty (703)476-6853
06/07/97	21st Annual 12.5 Mile Swim Around Key West	Randy Nutt (954)755-3318
06/14/97	Lake Allatoona, Georgia Two Mile Cable Swim	Bill Black (770)698-8020
06/21/97 to 6/22/97	Sarasota, Florida Suncoast Masters T-Shirt LCM Meet	Deb Walker (941)923-3540
06/23/97 to 06/29/97	Maui, Hawaii Pan-Pacific Masters Championships	Paul Windrath (612)388-8524
07/06/97	Lake Oglethorpe, Georgia 1 & 2 Mile Open Water Swims	Bill Black (770)698-8020
07/12/97	Charlottesville, Virginia USMS 2 Mile Cable Championships	Joyce Mullins (804)323-0483
07/18/97 to 7/20/97	St. Petersburg, Florida LCM Championships	Nancy Eaddy (813) 347-0565
08/01/97 to 08/03/97	Baton Rouge, Louisiana Dixie Zone LCM Championships	Scott Rabalais (504)766-5937
08/03/97	St. Petersburg, Florida LCM Developmental Meet	Harold Ferris (813)896-0250
08/09/97	Jacksonville, Florida 1.25 & 2.5 Mile Ocean Swims	David Foster (904)281-0960
08/09/97	Atlanta, Georgia 1 & 2 Mile Lake Swims	Bill Black (770)698-8020
08/14/97 to 8/18/97	Orlando, Florida USMS National LCM Championships	Larry Peck (407)647-7793
10/11/97	Ocala, Florida Ocala Masters Inaugural SCY Swim Meet	Tom Koenig (352)694-1640
11/01/97 to 11/02/97	Winter Haven, Florida SCY Swim Meet	Laurie Zolnierowski (941)325-8317

NOTE: All events listed on this calendar are not sanctioned by USMS, Inc. and are therefore not necessarily covered by insurance. Swimmers are advised to check with event directors to determine if an event is insured. USMS sanctioned events are covered by USMS insurance and can be recognized by the following statement on the entry form: "Sanctioned by (LMSC name) for USMS, Inc. Sanction Number _____."

From the Editor's Swim Bag

Working as a Stroke & Turn Judge and Starter at the **Boy's & Girls Club National Swimming Championships** a few weeks ago in Sarasota (the same weekend as the Dixie/Colony Zone meet), it occurred to me that there are very few Masters swimmers who are **Certified USS Stroke & Turn Officials**. It was very difficult to line up Officials for our meet since we were the only Florida team entered. Most USS meets have a dozen teams from the same area so there are plenty of parent-officials available whose kids are in the meet. I thought to myself "If only all my Master swimmer friends were officials, they would be available to help out at these USS meets." You all have knowledge of the rules already since you compete, so it's a piece of cake to get certified. I asked **Al Soltis**, the **Officials Chairman of USS**, if he would write up the information we needed to become certified and he has the details in his **Mr. D.Q.** column. It's always fun to work at the kid's meets—you get to watch some of the fastest swimmers in the country (like **Brooke Bennett**)—and you can keep up on the latest stroke techniques by watching these swimmers. You get fed real well also. And the host club and all the officials will remember that you, a Master swimmer, volunteered to work at their meet, even though you may not have had a child swimming in it, and they will feel obligated to work at your next Masters Meet. Do you hear what I'm saying? It's also good PR for Masters Swimming — a chance to let the older swimmers know that they can keep on swimming for the rest of their lives, after their USS and college career is over. I hope to see some of you at the next clinic!

Special thanks to **Al Soltis** and master swimmer **Frank Tillotson** who came down from Clearwater and St. Pete to work our meet.

James M. Donnelly

The Chairman's Corner

Harold Ferris

The LMSC meeting on Saturday, April 5, 1997 at North Shore Pool convened at the conclusion of events in the annual St. Pete Masters Short Course meet.

Two major areas of concern were addressed. The first was the cost of the LMSC Newsletter. We have been including meet entries for our Florida LMSC teams at no charge, but will probably need to ask for at least partial sharing of the cost in the future. The subject will come up again for discussion and possible action at the next LMSC Meeting, July 19, after the conclusion of the last event on Saturday at the St. Pete Long Course Meet.

We also discussed the problem of meet results that have not reached the USMS National Recorder in time for inclusion in the National Top Ten rankings. The sanction for a meet clearly states where the results should be sent. We suggest that they be sent by certified Mail with a return receipt requested, or a self addressed post card for verification at delivery.

Long course season is almost here. Check your Feb. and May LMSC Newsletters for entry forms for meets in June and July in **Sarasota** and **St. Pete**. The entry form for **Long Course Nationals** is in **Swim Magazine**. I hope to see you at all of them.



Swimming News From Around The LMSC

SWIM FLORIDA

A LOHA! Yes, the rumor is true. Six members of our team are going to Hawaii to compete in the **Pan Pacific Masters Swimming Championships** in **Lahaina, Maui**. Lucky people who are swimming hard for the June 23-30 competition are: **Larry Black, Sylvia Eisele, Jean Garbus, Kent Ley, Adrienne Seal and Michelle Sutton.**

swimmers drove to the **Hall of Fame Masters Challenge** in Ft. Lauderdale, Feb. 14-16, winning the **top visiting team** honors, beating second place Plantation Masters 333 to 301. **Michelle Sutton** led individual swimmers with seven firsts and 77 total points. The big difference came in the freestyle and medley relays where **Jim Redic, Jim Palmiere, Pete Moe, and Dick Brewer** took two first places, and **Sutton, Jean Garbus and Martha Liggett** joined the men for a second and a third in the mixed relays. Altogether S.W.I.M Florida individuals captured 17 first, 9 seconds, 6 thirds, 3 fourths and 1 fifth. The group celebrated



S.W.I.M. Florida Masters at St. Pete Short Course Championships

Three relays have been entered and 36 individual events. It should be fun, fun, fun. (Michelle was planning ahead at the St. Pete meet when she asked Doug Messineo of the Suncoast Masters to score a T-shirt for her from the Suncoast Masters T-shirt meet on June 21-22, since she'll be in Hawaii.)

Nine of our swimmers scored a 7th place finish out of 25 teams at the **CAT Valentine Meet**, Feb. 8 & 9 in Clearwater.

The next weekend seven S.W.I.M. Florida

with a free lunch provided at the pool on Saturday, a group dinner at Coconuts and group showers on the pool deck on Sunday.

In keeping with the winning tradition we took the **1st Place visiting team** honors at the **St. Pete Short Course Championships** in April.

Jean Garbus

Blue Wave Masters

The Brandon Chamber of Commerce Sports Committee and the St. Petersburg Times has granted three "Special Achievement" Awards this year to honor the nationally recognized accomplishments of Brandon area athletes. One of the awards will be given to Sue Moucha for her participation and performance at the 1996 Paralympics in Atlanta. The Silver medalist will receive the honor at the 1997 Brandon Sports Achievement Awards Banquet on May 22, 1997.

The United Cerebral Palsy Athletes Association has announced that Sue Moucha has been named the 1996 Cerebral Palsy Female of the Year.



CAT MASTERS

The end of the short course season always brings a great flurry of activity for swimmers and that is especially true here at the Long Center. At the St. Pete Meet **Dan Jenkins** did us proud by swimming a full slate of events including the mile of Friday night. Also putting in noteworthy performances were **Lisa Evans, Steve Snyder, Charlie Kohnken** and **Fred Walbolt**.

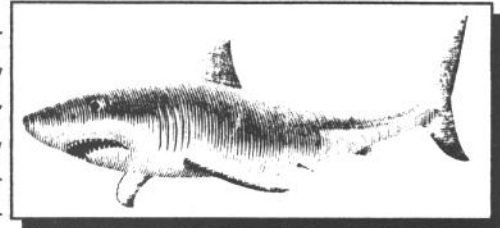
At the **Dixie vs. Colonies Zone Challenge**, four CAT swimmers helped defend the honor of the South team with **Joan Campbell** and **Nancy Durstein** scoring tons of points in the 65-69 age group. (See Photo on Front Page) The highlight of the weekend was the dual between Nancy and Joan in Sunday's final event - the 1650. Nancy pulled out a narrow victory even though Joan was in the next lane and the meet announcer told everyone that it was Joan's birthday!

Long Distance Championships

Ron Collins and **Kelley Allen** finished 1 -2 in the 30-34 age group at the **Indian River 3K Swim** on April 12th. Even though 50 had preregistered for the event, only 19 swimmers braved the stormy waters as a cold front swept across the state that morning.

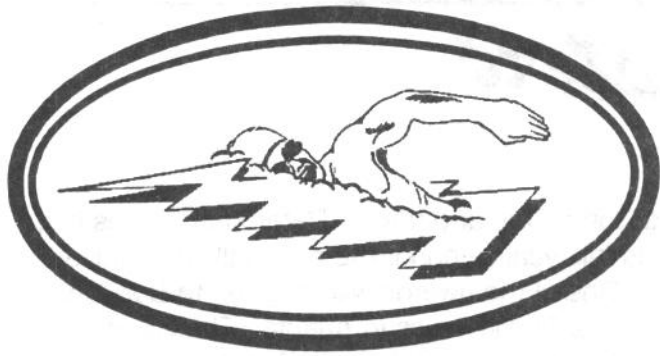
If you weren't there, you missed **Brooke Bennett** crying from a jellyfish sting and **Tom Dolan** being carted away due to hypothermia. (Light weights).

Next up is our **Tampa Bay Open Water Challenge** May 10th! You never know who or what you'll see at these events. We'll be there!



Ros Snyder & Bob LaVanture





TEAM ORLANDO MASTERS

I want to apologize to all the swimmers who participated in our SCM meet and did not get their times in the SCM Top Ten. When I found out about this problem, **Carl House** and I worked to get the Correction/Omissions to **Walt Reid** by the due date via e-mail and by disk. Walt refused to accept them because they were omissions not corrections. There were 524 times posted at our meet that were faster than the 10th place Top Ten times reported. Again, I apologize and promise that this will not happen again.

Team Orlando has been diligently preparing to host the **L.C. Nationals**. Our preparation is going very well. Entries are mailed out, souvenirs decided upon, most major logistical concerns are taken care of. Most of the teams in our LMSC have offered to help. Now we are going to take you up on this offer. The contract with USMS states that we are not allowed to ask for volunteers "during" the Nationals, so we are asking now for people to sign up for timers, awards, hospitality, etc., in 4 hour shifts, Thursday through Monday, 7-11am, 11-3pm, 3-7pm. Individuals or groups can help and we'll try to keep your groups together or in the same area. Just drop me a note at: **P.O. Box 2051, Winter Park, FL 32790**. Thanks for your understanding and your help.

Larry Peck

SUNCOAST MASTERS SWIMMING

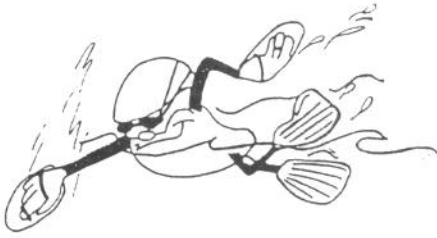
We're all excited about our **Annual Long Course T-Shirt Meet** coming up June 21-22 in **Sarasota**. This T-shirt design is the best ever! As is our tradition of providing a **United States Masters Swimming "Florida", "Dixie Zone"**, or (special **"Olympic Year"**) shirt as the award for anyone entering at least five events, this will be a **Florida LMSC shirt** that you can wear proudly to your next Dixie Zone Championship Meet or the Long Course Nationals in Orlando. Let everyone know where you're from and what you are! These special Oneida ColorWear dyed shirts take longer to order so PLEASE get your entry in early so we will have enough time to order enough shirts! I heard that someone offered to pay "any amount" for one of last years shirts, but alas, there were none left. This years shirt will be a beautiful blue color printed in blue, black and puffy white. Remember to fill out your entry form that was printed in the February Florida LMSC Newsletter.

I think that its a great idea that **Jim Donnelly** and **AL Soltis** brought up about getting Masters swimmers **certified USS Stroke & Turn Judges**. Jim talked me into it (after I asked if there was an age limit). The board members of our team agree to pay the USS Registration fee (\$20) for any of our members who take the clinic and become certified. What a great way to give something back to the sport of swimming! We already have a clinic lined up in Sarasota on Saturday, May 24, at noon at the Sarasota Y Sharks **Kent Holdren Memorial meet**. Some members who have expressed an interest in taking the clinic include Bert Bowers, Brooke Bowman, Jennifer Brooks, Lynn Cartee, Bob Coulter, Boots Culbertson, Robert Davie, Edna Gordon, Steve Grossman, David Hicks, Kevin McCormack, Doug Messineo, Jerry Miles, Tom Schwartz, Neal Turnage, Ken Wall. The Suncoast Masters **challenges** all the other Masters teams to see who certifies the most Officials!

Contact **Jim Donnelly**, at 365-3014 WK or 371-4084 HM for more information.

Edna Gordon

FLORIDA MASTERS



MAVERICK

The newly formed **MAVERICK** team, based in St. Pete, had impressive showings at their last two meets. At the **Clearwater meet**, in February, eleven swimmers competed, and after the last event was swum and the scores tallied, the MAVERICKS's had placed third! We made copies of the color



Florida Maverick Masters won 2nd Place Visiting Team at St. Pete

certificate acknowledging our achievement, personalized them, and gave one to each of the swimmers. We also received \$20 from CATM, and were delighted with their foresight to allow us to decide how we could spend our award — no strings attached!

At the **St. Pete Championship Meet** in April, our ranks numbered thirteen, and after the long awaited 500 Free, we were pleasantly surprised to learn that we had overtaken **Orlando** for a

second place finish, among the visiting teams. When you consider that 330 swimmers from 40 teams competed that weekend, we were truly proud of the effort each MAVERICK made to compete in his/her events and support the team endeavor. Six of our swimmers received high point awards—**Eric Prokopi, Carla Corkins, Alan Maloney, Paul Hutinger, Frank Tillotson and Frank Starr.**

When we formed this new team, we didn't realize the many serendipities and support that would be generated so soon. Swimmers that didn't think they were good enough to be on a Masters team, let alone compete in a meet have developed confidence in themselves. We have a swimmer recovering from a stroke that is once more excited and motivated about training and competing. We have a swimmer that hasn't competed in 40 years, showing improvement. We have World Record holders, Top Ten swimmers, average and novice swimmers. It doesn't matter what your age or ability level, we are all in the same

fraternity—we love swimming! Good physical and mental health, fitness through swimming, having fun with friends that are open-minded and non-judgmental, are worthwhile objectives. This is what Masters swimming is all about. GO MAVERICKS!!

Paul Hutinger, Team Rep

OCALA MASTERS SWIM CLUB

Ocala Masters Swim Club has been chartered for three years and now has 35 active members with a full range of interests from competition, triathlon and fitness. Home pool is

the **Central Florida Community College** 50 meter outdoor heated facility. On deck coaching by **Mark MacDonald, Tarn Thompson, Kevin Donnell and Tom Koenig** is available four days a week at both noon and evenings. Stop by for a swim when you're in the neighborhood.

Our first sponsored swim meet is scheduled for **Saturday, Oct 11, 1997** with 50's & 100's to start off the short course season. Please plan on attending. **Entry form** will appear in the **August Issue.** Further info from meet manager:

Tom Koenig (352) 694-1640.



St. Pete Masters

Our Annual Awards Dinner was held in January with over 80 people attending. We honored 12 Individual All-Americans, 35 Relay All-Americans, and 41 Top Ten swimmers. The **Gordon Leadbetter award** was presented this year to **Jayne Lambke**. This award is presented to the person who has done a lot for the team -



Jayne Lambke at R-J's in Ft. Lauderdale

someone who exemplifies the qualities of Gordon Leadbetter. Those qualities include enthusiasm, encouraging others, helping with meets, serving on the board, etc.

The 1995-96 **Individual All-Americans** were: **Elaine Bromwich, Florence Carr, Paul**

Hutinger, John Johnston, Tim Kennedy, Katie Knight-Perry, Jayne Lambke, Robert MacDonald, Kay Schimpf, Bill Specht, Lisa Summers, and Frank Tillotson.

All-American Triathlon Team

Katie Knight-Perry and Former SPM member **Jim Ward** were selected for USAT's 1997 All-American Triathlon Team.

Meet Results

SPM had 17 swimmers competing in the Tampa Open Masters Swim Meet, January 18-19, hosted by **Forest Hills Aquatics**. We came away with the visiting team trophy and 11 Individual High Point Awards.

We ran away with the first place trophy at the **CAT Masters Annual Valentine Meet** in Clearwater in February. We were almost 1000 points ahead of the 2nd place **Indian River Community College masters team**. Of our 36 swimmers, 17 were high point winners.

Our **27th Annual Short Course Championship Meet** held April 4-6 was an outstanding success! We had 334 entries representing 40 teams. These included 2 swimmers from **Wales**, 4 from **England**, and 14 from **Brazil**. With 87 swimmers entered, **St. Pete Masters** won the team title with 2926 points. The 2nd place team was **SWIM Florida Masters** with 1102.5, while **Florida Mavericks** placed 3rd with 643. Thanks to meet directors **Nancy Eddy and Cheryl Day** for setting up such a fun meet (we even had prizes for "mystery heat" winners)!

St. Pete Places Third in Hour Swim

Out of the 114 teams participating in the Hour Swim, St. Pete placed third in the extra large division (teams with 50 or more swimmers). Although SPM had no individual or relay winners, several of our swimmers placed second, led by **Lisa Summers** 2nd (25-29); **Jayne Lambke** 2nd (55-59); and **John Johnson** 2nd (80-84). Four of our relays placed second, also.

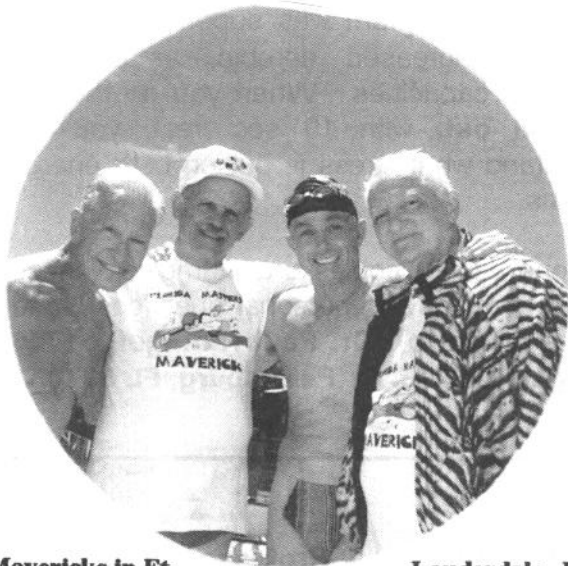
St. Pete Masters Month

The Mayor of the City of St. Petersburg, David Fischer, proclaimed the month of April 1997, as "**St. Pete Masters Month**", and recognized SPM as official representatives of the City of St. Petersburg. **Sandy Steer**

The Showdown Dixie Zone vs. Colonies Zone

There were 20 teams from each Zone participating in the meet. However, the Colonies Zone had 130 women and 141 men for a total of 271 swimmers while the Dixie zone had only 67 women and 114 men for a total of 181 swimmers. We were outnumbered by our northern opponents!

The largest Dixie Zone team was the home team - **Gold Coast Masters** with 70 swimmers. Plantation Masters had 14 swimmers and the **City of Atlanta Masters** had 12 swimmers and the **Crawfish Masters, Ocala Masters** and **Orlando Masters** each brought 10 swimmers. The Colonies teams were much larger and could field many more relays.



Mavericks in Ft. Lauderdale. First place in both 200 Medley Relay and 800 Free Relay 65+. Four man team took 12th out of 33 men's teams.

A cool spell hit Florida just before the meet along with several days of clouds and rain. Even though the sun was out the air and water were a little chilly on the first day. Two courses were used in the competition pool and the training pool had lots of lanes for warm up and warm down. And if you were too cold, the diving well could also be used. The warmest water was in the hot tub or in the showers!

List of Florida LMSC swimmers who won an event, their age, team and how many firsts:

Bob Ruth Aquatic Team - **Scott Guthrie** 52 (2)

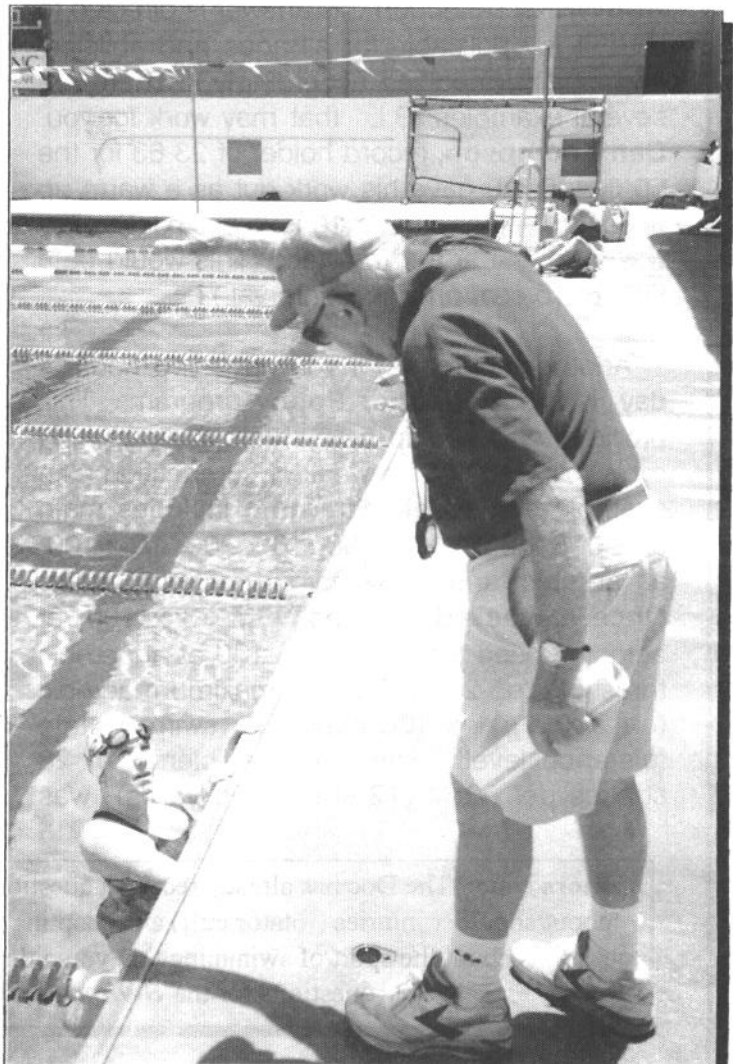
Clearwater Aquatic Team - **Nancy Durstein** 67 (3); **Joan Campbell** 67 (2); **Kelley Allen** 33 (2); **Ron Collins** 34 (1)

Florida Maverick Masters - **Robert MacDonald** 68 (2); **Alan Maloney** 68 (1); **Paul Hutinger** 72 (3); **Joe Kurtzman** 71 (3)

Team Orlando Masters - **Cathy Shonkwiler** 36 (5); **Christain Iselin** 43 (2); **Jerry Glancy** 59 (4); **Jack Beattie** 62 (3)

St. Pete Masters - **Jayne Lambke** 57 (7); **Florence Carr** 71 (2); **Stu Barton** 29 (1); **Bill Specht** 39 (4); **Bob Patton** 75 (2)

SWIM Florida Masters - **Michelle Sutton** 28 (1)
June Krauser - **Dixie Zone Representative**
(from the Dixie Zone News)



SPM Coach George Bole at Ft. Lauderdale. Demonstrating Stroke technique? or stretching for a better view?



Ask the "Swimming" Doctor

by Dr. Paul Hutinger

QUESTION: I was a sprinter in College and like the short events. What's the best training program for a 43 year old swimmer. BL

ANSWER: (Although this answer is directed to B.L., it is applicable for all ages and abilities, and can be modified accordingly.) There are several examples, B.L., that may work for you. **Dan Thompson**, record holder of 23.63 for the 50 fly (40-44) gave his work out as a warm up of 8 x 25 kick and then, 16 x 25 swim. The key was long rest at a 1 to 4 ratio (This would be a time of 15 sec. on a 1:15 interval.)

Another approach, if you have two hours a day, is the **Alexander Popov** program. This program was set up as a three week training cycle followed by one week of competition. An example of **1 week's training** includes main sets of 8 x 800, 16 x 400, 16 x 200, 16 x 100, at aerobic and anaerobic threshold levels. **Once a week do a step test:** 3 x 100, at aerobic speed (on 1:45), 3 x 100 at anaerobic threshold (on 2:00), 3 x 100 maximum aerobic (on 2 :00), 1 x 100 maximum swim, lactate tolerance level. The stroke efficiency of 28 strokes per 50 M (12 strokes/25 yards) was

maintained throughout, even at sprint speeds.

A research study in the "**Journal of the American College of Sports Medicine**", March 1997, gives scientific insights into the effects of high intensity training. This training is used by the Japanese coaches of the Olympic speed skating team. **IE 1** protocol was bouts of 20 sec. with 10 sec. rest, repeated 6 or 7 times, at all out intensity. (This would be 6-10 x 25 yards. on 30 sec. with a maximum heart rate.) **IE 2** was a 30 sec. exercise x 5 with 2 min. rest. (This would be 4 x 50 yds. for swimmers.) There was a 10 min. warm up for each training session, which lasted 6 weeks.

The **IE 1** program was superior, but both programs increased aerobic, as well as anaerobic capacities. When you do the 6 x 25's, **all out**, with 10 sec. rest, you will understand what stress is put on both energy systems.

Anyone wanting copies and examples of these programs, or having personal questions, send a large SASE to : **Dr. Paul Hutinger; 1755 Georgia Ave. NE, St. Petersburg, FL 33703.**

Dr. Hutinger, is a **Professor Emeriti** in exercise physiology from **Western Illinois University**. He is a life member of the **American College of Sports Medicine**. He received his doctorate at **Indiana University** under **Dr. James (Doc) Councilman**.

Editors Note: The Doc has already received questions at the Colony/Dixie Zone Meet in Ft. Lauderdale about shoulder injuries (rotator cuff) and adapting the new breaststroke for Masters. If you have any questions about the sport of swimming that you didn't know who to ask...this is your forum. Send your questions for the **Swimming Doctor** to the address above.

Tampa Bay Open Water Challenge

Saturday, April 10, 1997

Participants in the Tampa Bay Open Water Challenge swam a 5 kilometer (3.1 mile) swam from Gandy Beach in St. Pete to Picnic Island Park in Tampa.

"There's a big benefit in getting behind somebody else and drafting. None of that happens in pool racing. It's like biking, like stock car racing."
Ron Collins

Ron Collins, our Florida LMSC Sanctions Chairman, was among about a dozen swimmers who did a trial swim of the course in November, when they dealt with 15-20 mph head winds and two foot waves. The crossing took 1 1/2 hours. This past Saturday, the conditions were near perfect, with flat tides. The overall winning time was 50.37 by **Kevin Voltz (17) SWIM Florida.**

About 25 "enforcement vessels" piloted by the Coast Guard, Coast Guard Auxilliary, Florida Marine Patrol, sheriffs from Pinellas and Hillsborough counties and St. Pete and Tampa Police ran a picket line for the swimmers and assisted in first aid. Also **Tampa Bay Watch** provided 10-15 boaters anchored along the course, and 10-20 kayakers who moved in and out of the pack of swimmers when they needed help.

There's a strategy to open-water swimming. **Ron Collins** said, "There's a big benefit in getting behind somebody and drafting. None of that happens in pool racing. It's like biking, like stock car racing. You're going through a fluid medium. Swimmers pull along the water behind them. It's moving a lot faster, and if you can get in that draft, you can go a lot faster and expend a lot less energy."

The depth of the water ranged from 2 feet deep to 80 feet deep in the shipping channel. "It's incredibly hard to see," Collins said. "At best, you can lift your head out of the water 6-8 inches. If the waves are that high, you're not going to see very far in front of you. You don't know where you're going, where you are."

Results of Florida LMSC Swimmers Overall

Lucky Meisenheimer- 58.08- **6th** Team Orlando Masters
Jack Thomas- 58.12- **7th** SWIM Florida Masters
Larry Black- 59.00- **13th** SWIM Florida Masters
Kelley Allen- 59.47- **14th** CAT Masters
Tim Kennedy - 1:00.12 - **15th** St. Pete Masters
Rick Walker - 1:00.23 - **16th** Suncoast Masters
Andy Ferrell - 1:00.3- **17th**
Jeff Copper- 1:01.01 - **19th**
Deb Walker - 1:01.10- **20th** Suncoast Masters

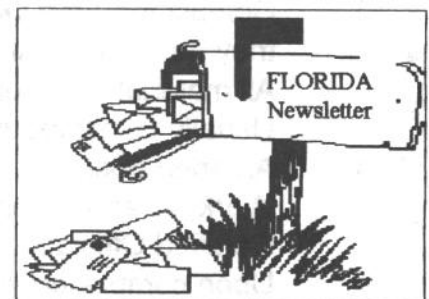
Female

25-29- **Cheryl Sprague** - 1:19.00; 30-34 - **Merit Greaves** - 1:08.57 35-39 - **Jill Voorhis** - 1:11.32
40-44 - **Nancy Betts** - 1:10.36; **Kim Stoddard** - 1:13.06 45-49 - **Deb Walker** - 1:01.10 50-59 - **Lynn Weir**- 1:21.22
60 & Over- **Nancy Durstein** - 1:29.04

Male

25-29 - **Jack Thomas** - 58.12; **Andy Ferrell** - 1:00.3; 30-34 - **Kelley Allen** - 59.47; **Jeff Copper**- 1:01.01; 35-39 - **Lucky Meisenheimer** - 58.08; **Larry Black** - 59.00; 40-44 - **Tim Kennedy** - 1:00.12; 45-49 - **Rick Walker** - 1:00.23; **Bruce Day** - 1:15.15; 50-59 - **Mike Boden** - 1:21.45; 60-64 - **Conrad Euler**- 1:25.00; **Ralph Coxhead** - 1:28.55; **Relay - CAT Team (Ron Collins, Jon Sakovich, Kelley Allen)** 2:54.47

We Get Letters



Hi Jim!
Wanted to tell you what a good job you're doing

on your Newsletter! Thanks for keeping me on your mailing list.

Frank Tillotson started me on it & it is so much better than our "Gulf Masters" letter. It really has regressed in recent times, unfortunately!

Keep up the good work!

Graham Johnston
Houston, Texas

I Know It's True...

I asked

Mr. D.Q.

by Al Soltis

This article is directed to all you Masters swimmers who are really intent on doing it right. The idea was planted by Masters swimmers, posed to me as **Officials Chairman of USS** and I totally agree, It is an opportunity that many of you have talked about and some of you are already involved with. The idea is to have Masters swimmers be certified and in turn be able to work not only some of their meets but be able to work on deck with USS LSC meets as some of you do now. You have the experience and you would be welcome on deck.

So on that note let me lay out a plan so you may have the opportunity to be **Certified Stroke and Turn Judges** in USS. Below is a list by Area of the **Florida Swimming Area Officials Representatives**. By contacting them, they will arrange to give a **Stroke/Turn Clinic** to your club, for those persons who would like to be trained and certified.

AREA 1	Roger Deary Jr.	Jacksonville	904-268-8358
AREA 2	Don Hopkins	Leesburg	352-787-4793
AREA 3	Dave Smith	Clearwater	813-725-1741
AREA 4	Jack Goltz	Tallahassee	904-385-7421
AREA 5	Bill Wait	Palmetto	941-722-3805
AREA 6	John Mailhot	Ormond Beach	904-673-9199

1. Contact members of your club that would like to attend a clinic.
2. Contact the Area Officials Rep. in your area. Either that person or a Clinic Instructor they have will arrange to give you a clinic.
3. All materials are supplied and all you need is to be there to get the information. Usually takes about 1 to 1 1/2 hrs.
4. An open book test is to be completed at home.
5. Work, as an apprentice official, 20 hours on deck at 3 different LSC meets, with a Certified Official.
6. Upon completion you have your form signed and send it in to the Area Rep. who then issues a Certification card.

I Look forward to having many of you being certified in the coming year and join our ranks as officials.

As always, if there is any way I can help you, contact me.

Al Soltis - 813-442-3751

1997 United States Masters Swimming 5 Kilometer and 10 Kilometer Postal Championships

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

SANCTION: Sanctioned by Southern Masters Swimming for USMS, Inc. Sanction # 247-002

EVENT DIRECTOR: Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820 (504)766-5937

EVENT: The 5 Kilometer and 10 Kilometer swims are separate National Championship events.

LOCATION: Any 50 meter pool.

DATES: The swim must be completed between May 15 and September 30, 1997. Entries must be received by the event director by October 15, 1997.

ELIGIBILITY: Open to all USMS members with valid 1997 registration. **Entrants are required to submit a photocopy of 1997 USMS registration card.**

FOREIGN ENTRIES: Foreign swimmers 19 years of age and older are invited to participate; proof of Masters membership is required. Please mail foreign entries as early as possible to meet deadline! Foreign swimmers are not eligible for USMS records or All-American status.

AGE GROUPS: Age group is determined by actual age on date of swim. Swimmers who change age groups during the event period may swim twice and enter in each age group. Age groups for both male and female are 19-24, 25-29, 30-34, 35-39, etc. (in five-year increments) to 100+.

AWARDS: USMS Long Distance National Championship medals will be awarded to the top three finishers in each age group for the 5K and 10K Championships. Championship patches will be awarded to each age-group winner.

SCORING: Official club scoring will be tabulated based on the top ten finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be kept for men, women and combined in the 5K and 10K.

RULES: The 1997 USMS Rules for Long Distance Swimming govern this event. These include:

- 1) No drafting: two or more swimmers in one lane must maintain at least 10 meters of separation except when passing;
- 2) One or more adults must be present for the entire swim in the capacity of starter/head timer/referee;
- 3) A lap counter/timer/witness must record cumulative splits every 100 meters on the entry form split sheet. It is suggested that two watches with fresh batteries be used to ensure that an official swim time can be recorded to the nearest hundredth of a second;
- 4) You may enter both the 5K and the 10K. However, you may NOT use a split time from the 10K for the 5K, except for national record purposes (see #5). The 5K swim is 100 lengths of a 50-meter pool. The 10K swim is 200 lengths of a 50 meter pool.
- 5) A 5K national record may be established by using a swimmer's "split time" if the intent to record a split time is brought to the attention, in writing, of the event director. Also, the swimmer must complete the full distance of the scheduled event (10K) without being disqualified.

FEES: The entry fee for each event is \$8.00, payable to Crawfish Masters Swim Team. Please do not send cash. Foreign entrants: Please submit fees in USA funds via international money order or bank check drawn on a bank with a USA affiliate.

RESULTS: Results will be mailed to each participant. Please allow approximately one month after entry deadline for delivery of results, T-shirts and awards.

T-SHIRTS: Commemorative T-shirts may be purchased for the 5K and/or 10K. Please indicate preference on entry form. Cost per shirt is \$12. For non-US delivery, include additional \$3 per shirt for foreign postage.

TRAINING TIPS: For a copy of the article, "Training Tips for the 5K and 10K," send a SASE to: Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820. Requests may also be made by fax at (504)766-5937 or e-mail to ScottRabalais@compuserve.com

1997 USMS 5K & 10K Postal Championships

NAME: _____ SEX: _____ AGE: _____
(on date of swim)
 ADDRESS: _____ PHONE: (____) _____
 CITY: _____ STATE: _____ COUNTRY: _____ ZIP: _____
 USMS #: _____ CLUB: _____ BIRTHDATE: ____/____/____

Liability Release: "I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY 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, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE: _____ DATE: _____

Split Sheet				
100	2100	4100	6100	8100
200	2200	4200	6200	8200
300	2300	4300	6300	8300
400	2400	4400	6400	8400
500	2500	4500	6500	8500
600	2600	4600	6600	8600
700	2700	4700	6700	8700
800	2800	4800	6800	8800
900	2900	4900	6900	8900
1000	3000	5000	7000	9000
1100	3100	5100	7100	9100
1200	3200	5200	7200	9200
1300	3300	5300	7300	9300
1400	3400	5400	7400	9400
1500	3500	5500	7500	9500
1600	3600	5600	7600	9600
1700	3700	5700	7700	9700
1800	3800	5800	7800	9800
1900	3900	5900	7900	9900
2000	4000	6000	8000	10000

Official Time: ____:____:____

We certify that on ____/____/____ (date), the entrant completed the 5K____/10K____ (check only one event) in the official time recorded above.

Signature of Swimmer (required)

Signature of Verifier (required)

Mail completed and signed entry form with fees for entry, T-shirt and foreign postage payable to Crawfish Masters Swim Team. **Include copy of 1997 USMS registration card** and optional SASE for entry receipt verification. **Entries must be received by event director by October 15, 1997.**

MAIL TO:
 Crawfish Masters Swim Team
 c/o Scott Rabalais
 3537 Christina Ave.
 Baton Rouge, LA 70820 USA

FEES: Entry Fee (\$8 US) \$8.00
 T-shirts (\$12 each) Size(s): S__ M__ L__ XL__ XXL__ _____
 Check: 5K shirt(s)____ 10K shirt(s)____
 Foreign T-shirt postage (\$3 per shirt) _____
 TOTAL payable to **Crawfish Masters Swim Team** _____

Kicking

by Anthony Nesty

The muscles in your legs are the strongest muscles in your body, therefore, you can not use your legs enough. Many swimmers, regardless of their age, do not use their kick enough. I always tell my swimmers that "your legs will take you to the promised land". I cannot stress this point enough.

Look at the four swimming strokes: butterfly, backstroke, breaststroke and freestyle. These four strokes all evolved with a strong kick in mind. The greatest swimmers in the world today have several distinctive qualities that make them great. Kicking is one of them and is an intricate part of their training.

The majority of the swimmers today treat a kicking set as a time to relax or rest. I think if you are serious about swimming and want to be successful you have to work your legs as you do your arms. Many swimmers use their pulling equipment more than they should. Instead of pulling every day try to pull every other day and get your legs involved in your training. Not only should you work your legs on a kick set but also get them more involved in your swimming sets. It will make your practice harder but the results in your meets will be phenomenal.

Ways to improve your kick:

- Kicking with a board. Here you should focus and use excellent form.
- Kicking without a board. 1. Butterfly, Backstroke and Freestyle: kick on your side, back, and stomach.
2. Breaststroke: kick with thumbs locked in front of your body and with your head up; arms at your side with your head up.
- Vertical Kick with or without a weight; streamline arms above your head out of the water.

These types of kicking exercises will do the job of making your legs stronger and your kick faster if you do them often. Again try to stay away from your pulling equipment. Begin swimming only with your body where you force your legs to do equally as much of the work load as your arms.

Remember...practice makes perfect. If you use your legs in practice on a consistent basis, you will see the results when you get to the swim meets. Do not take it easy during the kick sets because a weak kick will not improve your swimming.

FLORIDA

LMSC NEWSLETTER

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Inside This Issue:

- 1997 Swim Calendar w/ Distance Event Previews
- Swimming News From Around the LMSC
- Dixie Zone vs. Colonies Zone Showdown!
- New Feature: "Ask the 'Swimming' Doctor"
- Photos From St. Pete and Ft. Lauderdale
- Anthony Nesty on Kicking
- Meet entry forms

**ATTENTION TEAM REPS: Deadline for August Issue is
July 10, 1997**

Send All Copy and Photos to **Jim Donnelly, Editor**
5239 Box Turtle Circle, Sarasota, FL 34232-4312

