

FLORIDA

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Local Masters Swim Committee, Inc.

August 1997

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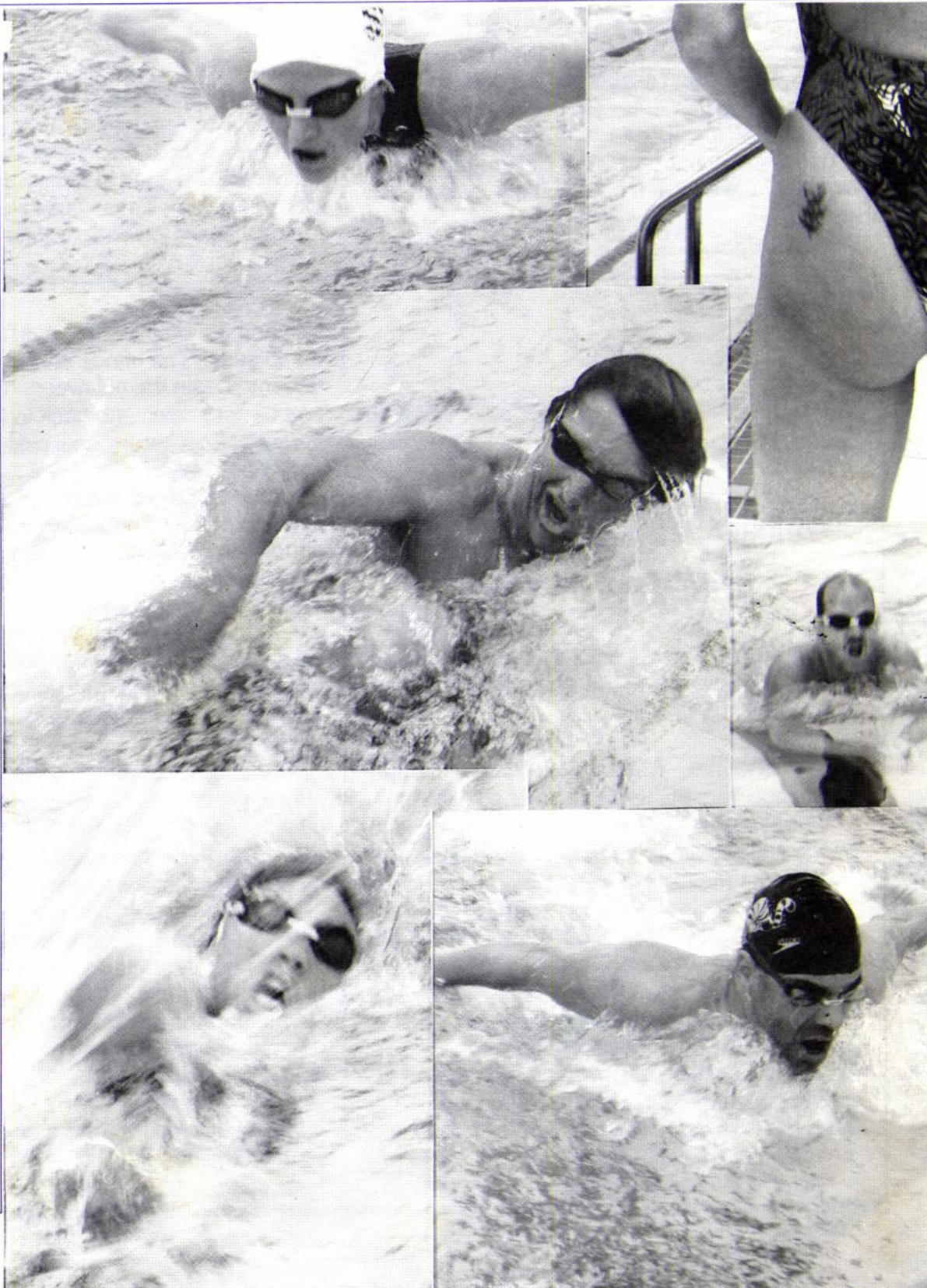
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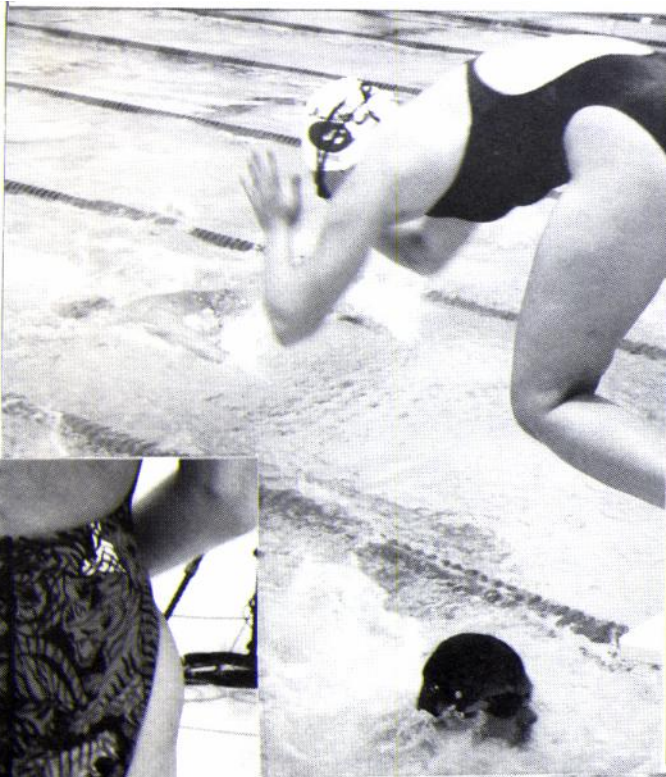
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DISTANCE MATTERS

By Ron Collins



EVENT PREVIEW

*"Swim the Beach" 3.5 Mile Open Water Swim
"Pass-a-Grille Challenge" 1000 Meter Open Water Swim
September 27, 1997 - St. Petersburg Beach, Florida*

Race Director Bruce Day and St. Pete Masters deserve a great deal of recognition for their part in organizing yet another open water event for Florida swimmers to enjoy. This one promises to be extremely competitive since the event is co-hosted by St. Pete's USS team and is sanctioned for USS swimmers as well as for masters. St. Peterburg Beach is a premier vacation destination, so be sure to make plans to bring the whole family for the weekend!

CALENDAR OF EVENTS

05/15/97 to 09/30/97	USMS 5K& 10K Postal National Championships	Scott Rabalais (504)766-5937
08/14/97 to 8/18/97	Orlando, Florida USMS National LCM Championships	Larry Peck (407)647-7793
09/01/97 to 11/30/97	USMS 3K Postal National Championships	Jane Moore (206)925-0803
09/06/97	Delray Beach, Florida Aqua Crest SCM Swim Meet	Scott Barlow (561)278-7174
09/07/97	St. Petersburg, Florida SCM Developmental Meet	Harold Ferris (813)896-0250
09/24/97 to 09/28/97	USMS National Convention Burlingame, California	Harold Ferris (813)896-0250
09/27/97	St. Pete Beach, Florida 3.5 Mile and 1K Open Water Swims	Bruce Day (813)345-1629
10/05/97	St. Petersburg, Florida SCM Developmental Meet	Harold Ferris (813)896-0250
10/11/97	Ocala, Florida Ocala Masters Inaugural SCY Meet	Tom Koenig (352)694-1640
11/01/97 to 11/02/97	Winter Haven, Florida SCY Swim Meet	Laurie Zolnierowski (941)325-8317
11/01/97 to 11/02/97	Anderson, South Carolina Dixie Zone SCM Championships	Steve Wycoff (864)260-5170
11/02/97	St. Croix, V.I. 2nd Annual 5.5 Mile Coral Reef Swim	Elizabeth Armstrong (809)773-2100
11/09/97	Clearwater, Florida Good Life Games LCM 50+ Swim Meet	Shirley Lewis (813)892-1521
11/16/97	Miami, Florida 6th Annual Miami Mile & Doggie DU	Jim Woodman (305)265-0060
12/05/97	Coral Springs, Florida Holiday Classic SCM Swim Meet	Michelle Bekoff (954)897-3940

SCM - Short Course Meters

LCM - Long Course Meters

SCY - Short Course Yards

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 _____."

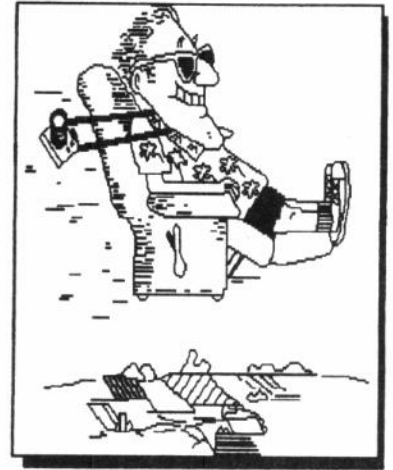
The Chairman's Corner

Harold Ferris

By the time you read this newsletter, the Long Course season will have ended with L.C. Nationals in Orlando.

Successful L.C. meets were held in Sarasota and St. Petersburg, where there are 50 meter pools. With the advent of Short Course season we can again expect more of the teams in our LMSC to host meets. Entry forms for the Ocala meet on October 11, 1997 and Winter Haven on November 1 + 2, 1997 are in this newsletter. Let's have a good turnout for both of them.

The LMSC meeting on July 10, 1997 welcomed two new volunteers. Cathy Shonkwiler is our new Secretary and John Ware has taken on the job of Records Chair. Thank you both for pledging to give the time and work entailed.



Our annual LMSC meeting will be held on Saturday, November 1, 1997 at the conclusion of the day's events in the Winter Haven meet. LMSC Officers are expected to attend and give their reports in person if at all possible. I would also urge each team to send a voting representative.



Ask the "Swimming" Doctor by Dr. Paul Hutinger

QUESTION: Can a Master swimmer change his old breaststroke to the new style used by the Olympians?

ANSWER: Yes. Although it's not that difficult to change from the flat old fashioned style to the newer wave style breaststroke, you need to make a full commitment to the new technique. At a recent meet in Sarasota, several swimmers reverted to their old stroke halfway through the race. **Concentrate on the stroke rhythm, and not a performance time in your event,** while you are changing styles.

The arm stroke uses a delayed breathing on the insweep, and a pause during the streamline position. The hands accelerate from slow on the outswEEP to fast on the insweep (don't stop to pray), and extend to a streamlined position, head down.

Drill: (Use fins or Zoomers) Use a dolphin

kick and the breaststroke pull for a set of 10 x 25 on 45 secs. The hands are about six inches under to begin the outswEEP. Change from out and back to down and back to begin the insweep, then inward until palms come together, and elbows are near the surface. Dive and extend the arms. Shrug the shoulders at the end to start the next outscull. Shrugging the shoulders narrows the shoulders and reduces resistance. Try to raise out of the water, keeping elbows close to the surface, then dive, head down and streamlined. The hips move forward like an inchworm on the insweep. Moving the hips forward and arching the back brings the head up to breathe, with immediate dive (lunge) forward to streamline.

The body is flat on the surface in the wave stroke, with the feet kicking downward from the surface, causing the hips to raise. **Recover the legs by bringing the feet to the buttocks,** not by pulling the knees forward.

Beginners should use the glide pattern with a pause after the kick in the streamline position. Some swimmers, using the wave style, come up higher than others, so find a rhythm that works for you and the flexibility that you have. If you don't have a coach, work with a swim partner to learn this new technique

Anyone wanting more information or having personal questions, send a large SASE to: **Dr. Paul Hutinger;** 1755 Georgia Ave. NE; St. Petersburg, FL 33703.

From the Editor's Swim Bag

didn't go to the Masters Long Course Nationals in Orlando this August, opting instead for the **Phillips 66 National Championships** in Nashville, Tennessee, the last week in July. (No I didn't make the qualifying times for the meet, but my 17 year old son **Eric** was there for the 400 m I.M. and The 1500 m free.) While I was there I saw all of the nation's top swimmers and have lots of inside information that you would never find in any other media source.

One of the highlights of the meet was watching the eight fastest "hot dogs" in the country swim the 50 m free. Among the eight swimmers in the Championship Final were **Bill Pilczuk** 25, **Neil Walker** 21, **David Fox** 26, **Jon Olsen** 28, and **Gary Hall, Jr.** 22, all Olympians and / or NCAA Champions. Gary Hall, the biggest hot dog of them all, was always smiling, his big "gold star" front tooth glittering! They introduced the swimmers before they stepped up on the blocks, and after introducing Gary Hall Jr. in lane 7 as the **Olympic Silver medalist** in this event, he cupped his left hand under his right armpit and pumped out a couple of quick "fart" noises to the delight of all of us who used to do that at swim practice back in the sixties! (His dad, Master swimmer **Gary Hall, Sr.** must have taught him.) Gary's humorous ploy to psych out his competition didn't work, as he finished in 5th place. **Bill Pilczuk**, Auburn U., won the event in 22.45, and after being asked what he plans to do in order to beat **Alexander Popov** at the World Championships, he replied, "Popov has to beat me!" **Tom Jager**, who still holds the World Record in this event with a time of 21.81, presented the awards to the top eight finalists.

Neil Walker, who was the NCAA Swimmer of the Year last season for **Texas**, has turned out to be the story of these championships. He has finished first or second in all four of his events, setting a meet record in

the 100 m fly, 53.06. Walker, the **American Record** holder in the 100 m back, broke his hand during the second day of competition at the NCAA's during a backstroke finish and is just now getting back to being the dominant swimmer he was before the accident. He has qualified for seven different events at the **World Championships** in Australia.

Masters swimmer Karlyn Pipes-Nelsen, who at age 35, had to be the oldest swimmer competing in the meet, swam a respectable 2:20.86 for a 29th place in the 200 M back. The average age of the 65 swimmers who qualified for this event was about 17 years old. You've all seen Karlyn featured in several **SWIM** Magazines.

The 200 M I.M. final was a two way race between **Ron Karnaugh** 31, and **Tom Dolan** 21. Karnaugh qualified first in the prelims with a 2:03.58, just .20 faster than Dolan. The Finals saw Dolan take his fly out in 26.34 leading by .13 secs. Karnaugh was .03 ahead of Dolan after his backstroke leg, but Dolan finished with a strong breaststroke and free

leg to win in 2:01.18 to Karnaugh's 2:02.88.

Sad Janet: Four-time Olympic gold medalist **Janet Evans** was in town as the manager of the **Rose Bowl** swim team, but maybe she might be better in the water than out of it.

Evans had made it a priority to buy donuts everyday for her swimmers (**Krispy Kreme**). That might have gotten her in a spot of trouble.

"I can't really talk right now," she said. "I've got to take one of my swimmers to the hospital. I think all the donuts I've been buying might have made one of them sick."

I saw Janet again later that evening at **Schlotzky's Deli**. I was

"I can't really talk right now. I've got to take one of my swimmers to the hospital. I think all the donuts I've been buying them might have made one of them sick."

- Janet Evans

waiting for my sandwich to be made when Janet walked in with a few of her swimmers. I had picked up my order and was on my way over to say hello to her when she dumped the contents of her purse all over the floor in front of the cashier. Whoops. Bad timing. I'll get her autograph next time.

Of course I couldn't be prouder of my son **Eric's** 22nd place in the 400 m I.M. (4:31.20) and 18th place in the 1500 m free (15:59.75), making his Senior Nat cut in the 800 m free on his way out in the 1500. He was in the top 5 in those events of the college recruitable seniors. He is being recruited by **U of Florida**, **U of Southern California**, **FSU** and many others.

And last but not least I saw our own **Frank Tillotson** working as a Stroke & Turn Judge at the meet! He gets around!

James M. Donnelly

Swimming News From Around The LMSC

Suncoast Swim Academy Masters

Having mostly first-time masters swimmers, we decided to use the **St. Pete LCM Champs** as a springboard for the **USMS LC Championships** as well as a "get over the butterflies of your first masters swim meet". If the competition factor wasn't enough to make us nervous, the size of the pool sure did! Training in a 25 yard pool is one thing; racing long course in your first meet is a whole other ball game. Our swimmers were undaunted and performed beyond all expectations. Taking only five men and one iron-lady, we definitely made our presence known both vocally and in the pool.

With assistant coach Brain Vaile being the only one with previous masters experience, the rest of the group performed like veterans. Coming off a first place finish in her age group at the **St. Anthony's Triathlon, Kasey Carrol-Basso**

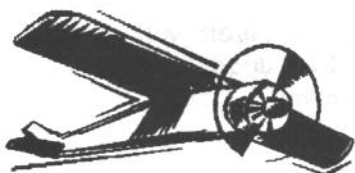
showed her stuff early in the 1500 M Free with a respectable 20:08. She came back on Saturday with great swims in the 200 Back 2:52, 200 Fly 2:44, 200 IM 2:47, and the 400 Free 5:08. (That's what

happens when you let your coach enter your events at a meet). She did not swim on Sunday, but took second place overall at a **Claremont triathlon** taking 2 minutes off her best time.



Brian Vaile, Don Darling, Kasey Carroll, Mike Halfast, Ryan Forestal
Posing at the St. Pete L.C. Championships

Not to be outdone, the men came through with some great swims of their own. **Brian Vaile** out-touched teammate **Mike Halfast** in the 50 Free 26.00 to 26.07. Both medaled in all five events entered. **Don Darling** had great backstroke and butterfly races and **Ryan Forrester** had great freestyle and breaststroke races. **Sean Abernathie** swam a 29.50 fly and swam the breaststroke leg on the 2:04 1st place Medley Relay (120-159). Vaile, Forrester, Darling and Halfast combined for a 1:50 200 Free Relay. We are looking forward to tapering for Orlando and expect to bring home some hardware from Nationals.



On a lighter note, Brian Vaile recently went on a camping trip to the island of Anclote Key with his girlfriend **Lisa**. While they were cooking dinner a plane flew overhead with a banner that read "**BRIAN, I LOVE YOU! WILL YOU MARRY ME?—LISA**". Needless to say, Brian is now engaged. Brian was also named to be the new swim coach for **Tampa Catholic High School**.

He Said We Could Do It and We Did!



Some men are dreamers, some are doers. How lucky we are that **George Bole** is both! Right after the **1996 Long Course Nationals** in Ann Arbor, George told his **St. Pete Masters team**, "Next year we are going to win the Nationals in Orlando." It was a dream, a Vision, but George began then to make that dream a reality. He began to talk about Nationals at every opportunity.

The focus of his daily work-outs was to prepare us for Nationals. Along with swimmers **Lisa Summers** and **Mark Smith**, George organized a start, turn, and stroke clinic. He began to talk about relays and had many of us swim together on relays for our annual short course meet in April. Thanks to **Joan Pendleton's** fund raising efforts, we were able to provide team caps and special shirts so we looked like a team. We even had team members who didn't swim, come to cheer for us and they were also given the "Nationals" shirts.

Many years ago, a wise man named Seneca said, "When we believe we can make our dreams come true, wonderful things can happen; the impossible suddenly becomes possible." With George's training, encouragement and enthusiasm, we became believers. When we walked through the doors at the YMCA Aquatic Center in Orlando, most of us were nervous and perhaps a bit apprehensive or awed. For many, this was their first Nationals. But, in our green shirts, we looked like a team and

we felt like a team. We sat together beneath the St. Pete Masters banner. We cheered for our oldest swimmer, **Fred Walbolt**, and we cheered for **Elaine Bromwich** when she set a new World's Record in the 200 m breaststroke. The roars of St. Petel St. Petel! St. Petel! St. Petel!" were heard through-out the Natatorium when **Peter Betzer** won a hard-fought victory in his 200 m breaststroke. George walked a million miles on the deck as he urged each of us to swim to our potential. When he waved his big white hat (don't all the good guys wear white?) it provided the extra incentive we needed to go just that little



St. Pete Masters

bit faster.

We had 78 swimmers enter the meet. Due to illness and job requirements, 73 actually swam. 15 of our swimmers combined for 44 individual gold medals. George appointed swimmers **Christine Swanson**, **Stuart Barton**, and **Karen West** to put together as many relays as possible. They put together and entered 109 relays. We eventually had to scratch a few but we had 91 relays win medals, including 24 first place relays.

Our motto for the past year has been "One Team! One Pool! One Goal! Win Nationals!" And

we did it. George made believers of everyone of us!

**Sandy Steer,
St. Pete Masters**



**"When we believe we
can make our dreams**

come true, wonderful

things can happen; the

impossible suddenly

seems possible."

-Seneca



Blue Wave Masters

Sue Moucha competed in the U.S. Cerebral Palsy National Swim Meet, June 21-22, 1997 at the **University of Arizona** in Tucson. The meet was also open to those with other physical disabilities. Sue swam the following events:

50 m Back	1:03.03	1st
1500 m Free	37:09.91	1st
50 m Free	56:00	3rd
100 m Breast	2:15.03	1st
150 m I.M. (no fly)	3:24.92	1st
800 m Free	19:41.14	1st

Sue was pleased with all of her swims, all solid and strong. Sue though is especially pleased with her 1500 and 800 meters swim times. Excellent paced and alot of fun. The weather though was really too hot. Even though Florida is hot, she was glad to return.

Sue also received the **distinguished Alumnae Award** from **Virginia Intermont College**, Bristol, Virginia where Sue received her BA in Office Administration. What makes the Award so meaningful is the fact that Sue has received this award from EVERY school she has attended—from elementary, through high school and college.



Sue Moucha , University of Arizona,
U.S. Cerebral Palsy Swim Nationals

SPACE COAST MASTERS



Bunny Sets National Marks

Four of our swimmers placed in the Top Ten 1997 Hour Swim. **Bunny Cederlund**, 75, was 2nd (missed 1st by 5 yards); **Sue Mcgaughy**, 75, was 7th; **Lester Bell**, 75, placed 9th; and **Richard Fletcher**, 81, was 10th. Space Coast finished 9th in team standings (16 to 30 members), with 13 of our 18 swimmers 60 years old or older. Quite a feat.

Also, **Pat Sargeant**, 42, and **Al Rogerson**, 71,

made TOP Ten for the 1996 SCM season. Seven others: **Lester, Tom Bliss, Bunny, Al Chipman, Carol Cowen, Mike Darling and Martha Henderson** gained places but were not listed due to administrative problems. A shame, as was the case for many others of our Florida LMSC swimmers.

At Tampa, earlier this year, SPCO, with 12 swimmers placed 2nd in team standings with Pat, Tom, Martha, Al, George Pitts, Dave Thomas and Bunny gaining high point honors (1st, 2nd or 3rd).

Mo Hughs and Pat competed in Clearwater, with Pat being high point in the 40-44 age group.

Nine travelled cross state to the SCY St. Pete meet with Nate O'Connell, 81, Tom and Al, placing in High Point standings.

26 swimmers helped SPCO take top team honors at the Ft. Pierce, Craigie SC meet, in late April. Pat, Carol, Angie Sinacore, Reed Arnos,

Pete Turner and Dave were high point winners. Bunny Cederlund, capped off the meet by establishing National Records of 42.92 for the 50 y Backstroke and 100 y Back in 1:39.96 for women 75-79. Way to go Bunny! Incidentally, when you see our team banner at meets, this was Bunny's creation.

Long course Meters season started with 12 members swimming to first place finishes (Reed, Lester, Tom, Lauren Hardman, Martha, Mo, Phil Lindsley, Nancy Mitts, Al, Pat, Dave and Pete) and the team placing 2nd to **Goldcoast**. at **Delray**

Beach, on June 14th.

Mo, Pat, Al and Herb Delgado travelled (again cross state) to **Sarasota**, for the June 21-22 "T"-Shirt Meet and fared well.

Nine of the SPCO team members have declared their intentions to compete in the LCM National Championships in Orlando in August.

Al Rogerson

BRAT

Most of our quarter has resolved around getting ready for LC Nat'ls. Thanks to Orlando for making the opportunity available to us and all of our neighbors.

Thanks also to **Barb and Jack Goltz** who ran an unofficial time trial for us 2 weeks ago so we could get some experience racing LC. Unfortunately some of our team members who would have liked to attend were out-of-town, but those who were here really got a lot out of it,

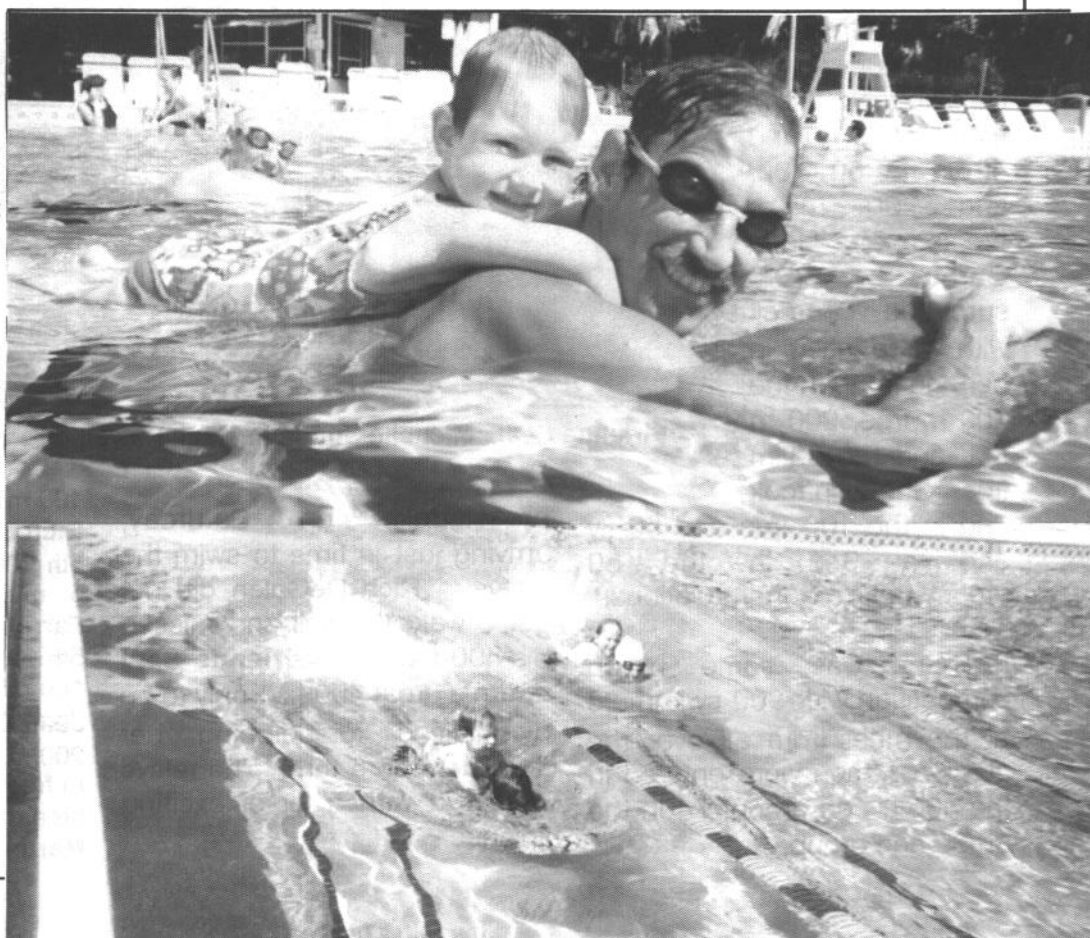
This time trial marked the return of **Mike Tschriett** to the ranks of masters swimmers with two excellent swims. **Mark Ebel, Billy Mrazek, Cris Williams, Doug Schlak, Bob Ruth** (and **Dave Gaudin** from HLJ) also turned in solid times. However, the stud of the meet had to be **Glen Woodsum**. Two all-time best times, both of which exceeded his great SCM swims 2 years ago on record setting relays.

Way to go Glen!

We'll be looking forward to being joined by **Annie Kelly, Wanda Brown, Laurie Grubbs, Celeste Lind, Sally Schlak, Scott Guthrie, and Steve Van Scyver** at Nationals.

Pictured is a new training technique for 12 1/2 sprint kicks. Without a parachute handy, the weight of our kids made for a nice variation in practice while at the same time including our precious little babies in our workouts.

Foreground - **Bob and Rysa Ruth**
Background - **Doug and Alison Schlak**



SWIM FLORIDA

Long Course Nationals in Orlando

Hard work does pay off as 14 of our teammates traveled to the YMCA Aquatic Center in Orlando, Florida for the USMS LC Nationals. Out of 65 events, best times were done in 55 of them. Great job, guys! I think we can attribute a lot of that to our new coach, J.D. who never fails to mix up a workout and taper in an effective way, Thanks, J.D.

Jack Thomas (25) swam swiftly and won two titles in his age group in the 400 m freestyle and the 400 m I. M. He also took 2nd in the 200 I.M., and 4th in the 50, 100, and 200 meter breaststroke. Jean Garbus (63) surprised herself with three titles in her age group in the 200 m free, 200 m I.M. and the 50 m free. She also took 2nd in the 100 free and 50 fly and a 3rd in the 50 breaststroke. Congratulations!

There was some tough competition with 900 swimmers at the meet from all over the U.S. - 87 men were entered in the 40-44 age group, 74 in the 35-39 age group.

Larry Black beat his nemesis from Orlando, **Lucky Meisenheimer**, in the 400 free taking a 3rd and also in the 1500 m free taking 2nd. He also took 2nd in the 800 m free. Kent Ley and **Rich DeGalen** had "fun" shaving their bodies for the meet - with a little help from their friends (and relatives.) **Farel Devlin** was surprised by 10 members of his family coming to the meet to cheer him on. **Jim Redic**, coming from a Miami convention on Saturday, had his car "misplaced" at the hotel and missed swimming his 50

The meet ran long each day, but we still were able to have dinner together - 22 of us on Saturday night. We're getting ready to invade Indianapolis next May for the Short Course Nationals.

Results:

Larry Black 39 - 2nd 800 m free, 2nd 1500 m free, 3rd 400 m free, 12th 100 m free, 18th 50 m free.

Dick Brewer 52 - 7th 100 breast, 9th 50 m free & 50 breast, 10th 100 m free

Liz Burchett 35 - 3rd 100 m breast, 4th 50 m breast, 5th 50 m fly, 6th



Adrienne Seal, Michelle Sutton in Maui, Hawaii for Pan-Pacific Masters Champs.

breaststroke on Saturday, arriving just in time to swim the relays. Rich DeGalen did not get a wake up call and missed his 400 I.M. and **Adrienne Seal** swam a great 400 I.M. only to be disqualified for dipping her shoulders on a turn. The relays were fun with a lot of exciting finishes.

100 m fly, 8th 200 m I.M.

Rich DeGalen 36 - 4th 200 breast, 5th 100 m breast, 400 m free, 7th 50 m breast, 13th 200 m I.M.

Farrell Devlin 69 - 4th 800 m free, 5th 200 m free & 400 m free, 11th 100 m free, 15th 50 m free

Jean Garbus 63 - st 200 m I.M., 200 m free and 50 m free, 2nd 100 m free and 50 m fly, and 3rd 50 m breast.

Martha Liggett 27 - 8th 100 m fly,

9th 100 m back, 14th 50 m free.
Kent Ley 39 - 6th 20 m I.M., 7th
200 m back, 9th 100 m back, 16th
100 m fly, 17th 100 m free
Jim Redic 50 - 4th 200 m breast,
8th 400 m I.M.
Adrienne Seal 32 - 9th 400 m free,

13th 100 m fly
John Shea 48 - 13th 200 m back,
14th 50 m back, 21st 100 m free
Tom Stegeman 42 - 13th 400 m
free, 17th 50 m back, 19th 100 m
free, 24th 50 m free.
Mike Stollmeyer 59 - 9th 50 m free,

11th 100 m free, 11th 50 m breast
Jack Thomas 25 - 1st 400 m free
& 400 m I.M., 2nd 200 m I.M., 4th
50, 100 and 200 breast.

Jean Garbus

SUNCOAST MASTERS SWIMMING

Walker sets third world swim record

Deb Walker set her second and third world record at the **Long Course Nationals in Orlando**. Competing in the 45-49 age group, Deb swam a **3:01.64** in the **200 m breaststroke** to smash her own world record of 3:05.12 set earlier at the Suncoast Masters L.C. Meet in June. Deb surprised herself by setting the world mark of **2:46.04** in the **200 m I.M.** Deb's third world record is in the 100 m breast in the 40-44 age group (1:21.74).

"I had a great meet, but I worked my butt off for it," Deb said after winning four events at Nationals. She was also first in both the 100 m breaststroke - 1:23.94, and 50 m breast - 38.88, and third in the 100 m back.

Walker attributes much of her success to Olympic medalist **Anthony Nesty** with whom she coaches at the **Sarasota Boys & Girls Club Swim Florida Chapter**.

"Anthony has taught me valuable lessons. Too many athletes get caught up in the gimmicks of training - vitamins, diet, stretching, massages, etc.

"Instead, I concentrate on two aspects - good technique and good conditioning - and it paid off."

Deb is the Head Coach for **Cardinal Mooney H.S.** swim team and along with her Assistant Coach, Jim Donnelly, is looking forward to her first high school meet of the season the first week of September.

Here are the results for the rest of the team:

- ♦ **Kevin McCormack** 44 - 50 fly - 7th, 28.96
- ♦ **Robert Davie** 45 - 50 free - 10th, 28.84; 50 back - 12th, 37.38; 200 back - 10th, 2:57.83; 50 fly - 15th 31.64; 200 I.M. - 13th, 2:53.73
- ♦ **Rick Walker** 46 - 100 free - 9th, 1:03.87; 200 free - 5th, 2:20.70; 800 free - 5th, 10:06.65; 50 breast - 10th,

36.43; 100 breast - 5th, 1:17.78; 200 breast 6th, 2:54.61

♦ **Doug Messineo** 56 - 50 breast - 6th, 40.54; 100 breast - 3rd, 1:29.54; 200 breast - 5th, 3:24.28; 400 I.M. - 6th, 7:18.48

♦ **Dren Geer** 62 - 50 free - 7th, 32.11; 100 free - 5th, 1:10.75; 200 free - 5th, 2:41.90; 100 back - 3rd, 1:28.72; 200 back - 4th, 3:16.10; 200 I.M. - 6th, 3:16.95

♦ **Bob Coulter** 64 - 50 back - 5th, 41.12; 100 back - 5th, 1:34.93; 200 back - 8th, 3:38.44; 50 breast - 8th, 50.52; 100 breast - 9th, 1:56.13; 200 breast - 11th, 4:32.60

♦ **John Woods** 73 - 50 free - 6th, 36.50; 100 free - 3rd, 1:23.89; 200 free - 2nd, 3:12.81; 50 back - 6th, 44.99; 100 back - 7th, 1:44.37; 200 back - 7th, 3:51.92

♦ 200 Medley Relay - (Coulter, Walker, Geer, Woods) 4th, 2:29.82

♦ **Lynn Cartee** 50 - 200 free - 2nd, 2:47.59; 400 free - 3rd, 6:04.21; 50 breast - 3rd, 42.82; 100 breast - 3rd, 1:37.75; 200 I.M. - 4th, 3:13.01; 400 I.M. - 3rd, 7:05.54

♦ **Bardi Dendy** 76 - 50 free - 4th, 52.00; 100 free - 2nd, 2:05.29; 50 back - 4th, 59.25; 100 back - 3rd, 2:21.08; 50 breast - 3rd, 1:07.69

♦ 200 Mixed Free Relay - (Cartee, Geer, Walker, Walker) 4th, 2:05.30; 200 Mixed Medley Relay - (Coulter, Walker, Cartee, Walker) 6th, 2:29.17

Annual Long Course T-Shirt Meet

One Hundred and fourteen swimmers entered our Annual L.C. T-Shirt Meet in **Sarasota**, June 21-22, including 2 entries from Romania! Even the "Iron Curtain" couldn't stop the news about the "famous" t-shirts. We heard good comments about the meet, from the well designed entry form, and heat sheets, to the t-shirts and the free breakfast on Sunday morning. Our Saturday, after meet social under the oak trees was a lot of fun with great food and our traditional "keg". Next year we will have a concession stand open during the meet - run by SWIM Florida USS team.

Edna Gordon



CAT MASTERS

Joan Campbell and Nancy Durstein won titles at Short Course Nationals in Federal Way, Washington in May. Joan placed first in the 65-69 age group in the 200 Free, second in the 200 Breaststroke and fifth in the 400 I.M. and 200 Back. Nancy, who also competes in the 65-69 age group, placed first in the 1650 Freestyle and 500 Freestyle. She also placed third in the 200 Individual Medley and sixth in the 400 I.M. and 200 Backstroke.

"I was 280 pounds... I'm 216 now. It's not because of a diet. It's just swimming and eating sensibly."

Also representing our team on the National level was **Bob LaVanture**, who captured 3 Gold medals at the **YMCA Masters Nationals** in Indianapolis. In the 75-79 age group LaVanture placed first in the 50, 100, and 500 yard Freestyle events.



He also finished second in the 200 Freestyle and 50 Breaststroke; and placed third in the 100 and 200 Breaststroke events. Newspaper reports quoted Bob as

saying: "I was 280 pounds in my business life. I'm 216 now. It's not because of a diet. It's just swimming and eating sensibly."

His CAT Masters teammates will testify differently. "We think Bob's secret to success is his highly developed social skills. He can always be counted on to be available for a conversation while at the pool. That includes before, during, after and instead of workout."

Ron Collins
Clearwater Aquatic Team Masters

FLORIDA MASTERS



MAVERICK

In May, five **Mavericks** headed West to compete in the **National Senior Sports Classic** in Tuscon. **Paul and Margie Hutinger** had a bad car accident in a construction zone in West Texas, and didn't finish the trip. Paul had minor scrapes and a separated shoulder. Margie had a broken rib and 6th cervical vertebrae, and will spend three months wearing a halo (neck brace) while her neck heals. She'll regain her freedom two days before Nationals.

With over 1,000 participants, aged 50-97, competition at the **University of Arizona** was exciting. **Carla Corkins** placed 4th in the 50 back, 5th in the 100 back, and 6th in the 200 back and 50 free. **Al Maloney**, placed 5th in the 200 I.M. and 6th in the 200 breast. **Doris Prokopi** had three 5th place finishes; 50 and 100 breast, and 100 fly; 6th in the 200 I.M. and 7th in the 200 back. Meanwhile, back at the North Shore Pool in St. Petersburg, **Janet Paulson** finished her 200 mile swim in the **Key West Challenge** and received her one-of-a-kind T-shirt. At the St. Pete LCM meet in July, **Gladys Olsen** and **Eric Prokopi** won the high point award for their age groups and **Doris Prokopi** was the runner-up. Ten of the Mavericks are gearing up their training for the LCM Nationals in Nearby Orlando, in August.

Paul Hutinger

Ocala Masters Inaugural Swim Meet(SCY) SATURDAY OCTOBER 11, 1997

Sanctioned By: FL Local Masters Swim Committee for USMS, Sanction # 147-011

Sponsored By: Ocala Masters Swim Club **Meet Director:** Tom Koenig (352) 694-1640

Eligibility: All swimmers 19 years of age or older as of OCTOBER 11, 1997 and registered with USMS. A copy of your USMS card must be included with your meet application. Non-US citizens should have a letter of introduction from their own swimming association.

Facilities: Central Florida Community College (CFCC) 50 meter heated outdoor pool will use six 25 yard lanes with half lane washes on both sides. Warm-up and warm-down lanes are provided. Full electronic timing. Dressing rooms and showers are available.

Schedule: Warm-up at 10:00 AM, meet begins at 11:00 AM.

Seeding: All heats will be seeded slow to fast regardless of age. All entries must have a time. NO TIME entries will not be accepted. Submit your best competitive times in meets not more than two years previous. All events are timed finals.

Entries and Fees: Swimmers must pre-enter by mail. A maximum of 5 individual events and one of each relays allowed. Each individual event will cost \$2.50 with relays being \$2.00. Each swimmer will be assessed a \$3.00 meet surcharge. Each event must be submitted on the entry form, filled out completely with your name, team, age, event description, event number, USMS registration number and seeding time. Entry deadline is Thursday, OCTOBER 2, 1997.

Cancellations: If you enter and must cancel a full refund will be given as long as you notify Tom Koenig by 5:00 PM on Wednesday OCTOBER 8, 1997.

Age Categories: 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+

Relays: Relay swimmers must be registered members of the team they represent, sign a waiver form, and pay the \$3.00 meet surcharge. Relays will be deck seeded.

Heat Sheets: Heat sheets are free. Results will be \$2.00 with a complementary copy for each represented club. Payment for the results should be included with the entry form.

Awards Ribbons for 1st, 2nd and 3rd in each event and age group. Individual high point awards for 1st in all age groups.

Scoring: First-7; Second-5; Third-4; Fourth-3; Fifth-2; Sixth-1.

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

Directions: CFCC is adjacent to I-75 in Southwest Ocala. Exit I-75 at State Route 200 (Exit 68) and go northeast toward downtown Ocala. Approximately one mile to main campus entrance, turn left. Follow road around to parking lot, gymnasium and campus security, turn right, go past ball field, pool parking on left.

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

A get-together is planned after the meet. Details will be available at the meet. Lodging is convenient in the vicinity of CFCC. Discounted rooms are available at

Holiday Inn-Ocala
5721 E. Silver Springs Blvd.
Ocala, FL 32721
(352) 351-5380

Red Coach Inn
4020 N. Blichton ROAD
Exit 70 off I-75, Ocala, FL
(352) 732-2510

Ocala Masters Inaugural Swim Meet OCTOBER 11, 1997

Sanctioned by Florida LMSC for USMS, INC. Sanction # 147-011

Entry Form

Name _____ Age _____ Birth date _____ Sex F M
 Address _____ City _____ St. _____ Zip _____ Home Phone(____) _____
 Team Name _____ LMSC _____ 1997 USMS Registration No. _____
 Number of events _____ X \$2.50 = \$ _____
 Meet Surcharge = 3.00
 Copy of meet results @ \$2.00 = _____
 Total Due = \$ _____

Age Group as of OCTOBER 11, 1997 Circle age group and enter times and events. NO TIMES cannot be accepted.

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 OCTOBER 11, 1997 11:00 AM

Times	Women	Men	Times
_____	1/2 200 mixed free relay		_____
_____	3 100 IM	4	_____
_____	5 50 breast	6	_____
_____	7 200 free	8	_____
_____	9 50 back	10	_____
	10 minute break		
_____	11 200 medley relay	12	_____
_____	13 100 free	14	_____
_____	15 50 fly	16	_____
_____	17 100 back	18	_____
_____	19 50 free	20	_____
	10 minute break		
_____	21 200 free relay	22	_____
_____	23 500 free	24	_____

Please make checks payable to: **Ocala Masters Swim Club** and mail to: **Tom Koenig 2073 SE 38 Ct. Ocala, FL 34471**

*****PLEASE SIGN RELEASE BELOW*****

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, 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 1997

REGISTRATION

CARD HERE

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

WINTER HAVEN STINGRAY MASTERS SHORT COURSE SWIM MEET

November 1 & 2, 1997

SANCTIONED BY FLORIDA LMSC for USMS, Inc. Sanction # 147019

ENTRY FORM

NAME _____ AGE _____ BIRTHDATE _____ SEX _____

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

TEAM NAME _____ CALL LETTERS _____ 1997 USMS** _____

NUMBER OF EVENTS _____ X \$2.50 = _____

AUTOMATIC TIMING & HEAT SHEET _____ \$8.00

TOTAL _____

AGE GROUP AS OF NOVEMBER 2, 1997

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+

SEEDING FORM

Circle events and enter time in space provided.

SATURDAY, NOVEMBER 1, 1997 10:00 am

SUNDAY, NOVEMBER 2, 1997 10:00 am

<u>TIME</u>	<u>w/m</u>	<u>EVENT</u>
_____	1/2	200 Freestyle
_____	3/4	100 Breaststroke
_____	5/6	50 Backstroke
_____	7/8	200 Mixed Free Relay***
_____	9/10	200 Butterfly
_____	11/12	100 IM
_____	13/14	50 Freestyle
_____	15/16	200 Backstroke
_____	17/18	200 Free Relay***
_____	19/20	400 IM

<u>TIME</u>	<u>w/m</u>	<u>EVENT</u>
_____	21/22	100 Freestyle
_____	23/24	50 Butterfly
_____	25/26	200 Breaststroke
_____	27/28	200 Mixed Medley Relay***
_____	29/30	100 Backstroke
_____	31/32	100 Butterfly
_____	33/34	50 Breaststroke
_____	35/36	200 IM
_____	37/38	200 Medley Relay***
_____	39/40	500 Freestyle

***15 minute break

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

ATTACH A COPY
OF YOUR
1997 USMS REGISTRATION
CARD HERE

Please make checks payable to: "Winter Haven Stingrays" and send to:
Winter Haven Stingrays, c/o Jim Grazier, 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 _____

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

November 1 & 2, 1997
Winter Haven, FL

SANCTIONED BY: FLA Local Masters Swim Committee for USMS Sanction # 147019
SPONSORED BY: Winter Haven Masters, Winter Haven Dept. of Leisure Services
ENTRIES CHAIRPERSON: Jim Grazier

ELIGIBILITY:

The meet is open to all registered MASTERS. A COPY OF YOUR 1997 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 4 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 21, 1997

ENTRY FORMS:

Please complete and return the ENTRY FORM, SEEDING FORM and a COPY OF YOUR 1997 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 33833

FAX (941) 293-4981

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 Jim Grazier at (941) 646 - 8683 no later than October 31, 1997 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-p timing on each lane.

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.

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 for FIRST 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 2, 1997 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 and additional meet information.

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.

ADDITIONAL INFORMATION:

Meet Director: Jim Grazier (941) 646 - 8683

ACCOMMODATIONS:

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

PHONE (941) 324 - 5950

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

PHONE (941) 324-5994

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

PHONE (941) 294-7321

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

PHONE (941) 294 - 4451

When deciding to make your lodging plans please keep in mind that following the meet, soon after the last event on Saturday November 1, 1997, the Stingray masters are planning a social for meet participants and their families at the Admirals Inn (where a reduced rate has been arranged). Wouldn't it be great to be close to your room after a festive occasion!

USMS ONLY!

"SWIM THE BEACH"

A 3.5 MILE OPEN WATER GULF OF MEXICO SWIM

"PASS-A-GRILLE CHALLENGE"

A 1000 METER OPEN WATER GULF OF MEXICO SWIM

SEPTEMBER 27, 1997

ST. PETE BEACH, FLORIDA

WHEN AND WHERE: The 3.5 mile swim starts at 8 AM at Upham Beach, at the north end of St. Pete Beach just two blocks west of Gulf Blvd., (across from the McDonalds) on the Gulf. The 1000 M swim starts at 8:30 AM just south of 22nd Ave. and Gulf Way on historic Pass-a-Grille Beach.

Both races end at 8th Ave in front of the Hurricane Restaurant where food will be available and the awards ceremony will take place. The race will officially stop at 11 AM. Any swimmers still swimming should exit the water and join the party!

SANCTION and SPONSORSHIP:

These races are sponsored by **The City of St. Pete Beach, St. Pete Masters and St. Petersburg Aquatics** swim teams. They will be dual USMS and USS sanctioned. This application is for USMS swimmers only. We have **ONE EVENT** USMS insurance available for \$10. Please use the special **ONE EVENT** application form.

SANCTIONED BY FLORIDA LMSC FOR USMS, INC. SANCTION #147-025

RULES AND REGISTRATION: No wet suits. No fins. No relays. Medals 3 deep in all the usual age groups for men and women. These races will follow USMS open water swim guidelines. With mail registration, complete information will be mailed to you. You can in store register at **SWIM ZONE 918 4th Str N. St. Pete or ABC BICYCLES 6633 Central Ave St. Pete.** Direct questions to **RACE DIRECTOR: BRUCE DAY at: 8237 35TH AVE N., ST. PETERSBURG FL. 33710 Evenings before 10PM 813-345-1629.**

There can be **NO REFUNDS** - All profits go to Charity.

-----USMS APPLICATION-----CUT HERE-----USMS APPLICATION-----

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES 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. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature of Participant (Must be 19 years of age or older): _____ Date: _____

NAME: _____ AGE _____ SEX _____ PHONE: _____
ADDRESS _____ STATE _____ ZIP _____
TEAM _____ USMS NUMBER _____ (MUST INCLUDE COPY OF USMS CARD!)

CIRCLE SWIM DISTANCE: 1000 M 3.5 MILE CIRCLE T-SHIRT SIZE M L XL GUARANTEED TO PRE-REGISTERED ONLY. REGISTRATION BY MAIL OR STORE SIGN-UP: \$20 BY 9-23-97. DAY OF RACE \$25. PAYABLE TO: ST. PETE MASTERS, c/o B. DAY 8237 35TH AVE N., ST. PETE FL 33710

FLORIDA

LMSC NEWSLETTER

Florida Local Masters
Swim Committee, Inc.
1116 44th Avenue N.E.
St. Petersburg, FL 33703

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St. Pete, FL
33730

Inside This Issue:

- ◆ Swim Calendar with Distance Event Preview
- ◆ Photos (From Florida to Hawaii)
- ◆ Up Close and Personal at the Phillips 66 National Championships in Nashville
- ◆ World Records Set at USMS Nationals in Orlando
- ◆ Florida Team Wins Nationals
- ◆ Ask the "Swimming" Doctor
- ◆ Meet Entry Forms

**Attention Team Reps: Deadline for November Issue is
October 13, 1997**

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

Key to Photos On Cover

Counterclockwise from "tattoo": **Jean Spinelli**, Gold Coast Masters;

Lisa Summers, St. Pete Masters;

Brian Vaile, Suncoast Swim Academy;

Kasey Carrol-Basso, Suncoast Swim Academy; **Ron Collins**, Clearwater Aquatics Team;

Cathy Shonkwiler, New FLMSC Secy, **Pam Geiger**, St. Pete Masters;

Deb Walker, Suncoast Masters Swimming;

?Guess Who? Florida swimmer "skin" diving in Maui;

Team Orlando Masters relay takeoff;

Center Photos: **Mike Halfast**, Suncoast Swim Academy, **Lisa Summers**, SPM

All photos on cover by **Jim Donnelly** (except for underwater "shot", by **Jean Spinelli**).