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Swim Committee,
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FLORIDA newsletter

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Local Masters Swim Committee, Inc.

November 1997

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TEAM T-BAC

Hello Masters Swimmers!
Yes our team initials are T-

BAC (Tampa Bay Aquatics Club), and look for our team to become active with the FLMSC.

A Brief History On Team T-BAC...

When inflation hit the Tampa Bay market and caused the "old" Forest Hills swim club to raise prices beyond expectations and only being able to practice three times a week, a cry went out from the swimmers. The only response was a poor take off from the commercial, "If you didn't swim at For-

est Hills, swim somewhere."

With that ill fated response, a band of rebels began to form an underground team.

Once they located their highly motivated coach, **Joe Solak**, the team became official. This newly founded group wanted to become a force to be reckoned with.

Look At Us Now...

We are 42 people strong with workouts four days a week for \$25 a month. Whew. what a relief! (More workouts, less money).

We are looking forward to competing in the up-

coming short course season and becoming the team we have always wanted to be.

With Our Thanks...we would especially like to thank our former coach, Milt, for urging us to form this new team and a special thanks to Tara for the final motivation to accomplish our goal.

Coming Out Party...Look for our new T-BAC T-shirts as we take pleasure in introducing ourselves and becoming a part of the power house known as the Florida LMSC.

The rebels at T-BAC

DISTANCE MATTERS

CALENDAR OF EVENTS

By Ron Collins

12/05/97 to 12/07/97	Coral Springs, Florida Holiday Classic SCM Swim Meet	Michelle Bekoff (954)897-3940
12/07/97	St. Petersburg, Florida SCY Developmental Meet	Harold Ferris (813)896-0250
12/27/97	Delray Beach, Florida One Mile Ocean Swim	Steve Griffith (561)393-7842
12/30/97	Ft. Lauderdale, Florida One Mile Ocean Swim	Bob Deunkel (954)462-6536
01/01/98 to 01/31/98	USMS National One Hour Postal Championships	Joanne Leilich (703)354-2130
01/04/98	St. Petersburg, Florida SCY Developmental Meet	Harold Ferris (813)896-0250
01/04/98	Boca Raton, Florida One Mile Ocean Swim	Steve Griffith (561)393-7842
01/10/98	Deerfield Beach, Florida One Mile Ocean Swim	Steve Griffith (561)393-7842
01/11/98	Hollywood, Florida One Mile Ocean Swim	Steve Griffith (561)393-7842
01/17/98 to 01/18/98	Tampa, Florida Forest Hills SCY Swim Meet	Milt Bedingfield (813)632-7750
02/01/98 to 02/28/98	Postal February Fitness Challenge	Scott Rabalais (504)766-5937
02/02/98	St. Petersburg, Florida SCY Developmental Meet	Harold Ferris (813)896-0250
02/14/98 to 02/15/98	Clearwater, Florida CAT Masters SCY Swim Meet	Nancy Durstein (813)784-5780
02/27/98 to 03/01/98	Ft. Lauderdale, Florida ISHOF SCY Swim Meet	Stu Marvin (954)468-1580
03/02/98	St. Petersburg, Florida SCY Developmental Meet	Harold Ferris (813)896-0250
03/14/98 to 03/15/98	Duluth, Georgia Dixie Zone SCY Championships	Lisa Watson (770)497-1901
03/27/98 to 03/29/98	St. Petersburg, Florida St. Pete Masters SCY Swim Meet	Harold Ferris (813)896-0250
04/11/98	Indiatlantic, Florida 3K Open Water Swim	Sam Freas (407)773-3367
04/23/98 to 04/26/98	Ft. Lauderdale, Florida YMCA Masters Nationals	Stu Marvin (954)468-1580
05/02/98	Tampa, Florida Bay Open Water Challenge 3 Mile Swim	Toby O'Brien (813)896-5320
05/07/98 to 05/10/98	Indianapolis, IN USMS National SCY Championships	Sharon Wise (317)274-7129
06/06/98	Key West, Florida 22nd Annual Swim Around Key West	Randy Nutt (954)755-3318
06/13/98	Atlanta, GA USMS National One Mile Cable Swim	Bill Black (770)698-8020
06/21/98 to 06/29/98	Casablanca, Morocco 7th FINA World Masters Championships	(800)833-SWIM

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 _____."

Florida LMSC Meeting Minutes Nov. 1, 1997

Treasurers report:

See Treasurers Report on nine months ended September 30, 1997 and 1996. Proposed Budget for 1998 was handed out. Budget approved by Charlie Kohnken and 2nd by Ron Collins.

Registrar's Report:

At the completion of the 1997 registration year we had 1384 registered swimmers. This is up 104 swimmers from last year. Our re-registration rate remains the same at 65%. This is the national average. In an attempt to register early and increase the re-registration rate, Charlie does not expect to do many registrations during the Christmas Holidays. Charlie will be with his family and will not be able to accomodate those late registrations.

At the convention they added check off boxes for contributions for the Swimming Hall of Fame and the USMS Foundation.

Records Report:

All results from meets must be electronically sent by E-Mail or Disk for the Top 10. There is a standard set up for results and must be sent in the right order. John Ware's E-Mail Address is jware@GTE.net.

Sanctions Report:

Only two sanctions have been approved for 1998 - Tampa and Clearwater. Please keep entry forms to 2 pages. Make sure results are sent to John Ware and Ron Collins. Ron still does not know what teams have a deposit for their swim meets, Some teams may have a \$25 deposit.

Remember: Some events are not sanctioned and the event may or may not be covered by some type of insurance, i.e., Open Water, Senior Games, Swim to Key West, Corporate Games, etc.

Please make sure to send self addressed stamped envelopes along with sanction requests. Extra stamps would be appreciated if you are able to send extras.

Ron would welcome any input on the Distance Matters calendar.

St. Pete Masters is having another open water event in May or June, 1998. Their first event was a success even though the weather wasn't! The one day registration worked well.

The 2nd Tampa Bay Open Water Challenge is May 2nd, 1998.

The new schedule for 1998 is out thru the end of the year, Ron requested any additions or changes to be sent to him as soon as possible.

Newsletters report:

Please get newsletter information to Jim Donnelly as soon as possible. The next newsletter will be out in November.

Old Business:

Please keep newsletter information down to 2 pages. The price may increase if more than 2 pages are sent in.

Announcements:

The calendar of events were checked. The Indian River Meet was not on the calendar.

Don Kerr from FAST in Gainesville would like to host a meet in April, He will work it out with Indian River so that the meets can be at least 2 weeks apart.

Orlando's SCM meet will be in the 2nd week of October, 1998. Ocala Masters would like to host another 1 day yards meet in October. They will work it out with Orlando.

The next meeting of the Florida Local Masters Committee will be March 28, 1998 in St. Pete.

Cathy Shonkwiler, Secy.

Florida Local Masters Committee

Treasurer's Report

Nine Months Ended

September 30, 1997 and 1996

<u>Revenues</u>	<u>1997</u>	<u>1996</u>
Registrations	\$20,383.00	\$17,699.00
Sanction Fees	300.00	240.00
Miscellaneous	461.53	100.55
<u>Total Revenues</u>	<u>21,144.53</u>	<u>18,039.55</u>

<u>Expenses</u>		
Registration	13,281.50	11,318.00
Newsletter	2,865.30	3,037.30
Postage	1,265.76	692.90
Convention	1,359.69	1,421.38
Rule Books	140.00	180.00
Fees on Registrations	226.90	230.70
Fees on Processing		
Top 10	448.00	1,101.00
Miscellaneous	292.39	624.48
<u>Total Expenses</u>	<u>19,879.5</u>	<u>18,605.76</u>

**Revenues Over
(Under) Expenses** **\$ 1,264.99** **\$(566.21)**

**Cash on Hand-
Sep. 30, 1997**

and 1996 **\$ 9,891.79** **\$ 6,071.51**

Thomas Roberge, Treasurer

Florida LMSC Proposed Budget 1998

Revenues:

Registrations, net	\$ 11,000
Other	700
	<hr/>
	\$ 11,700

Expenses:

Newsletter	4,000
Postage	1,800
Convention	3,000
Top 10 Processing Fees	1,000
Other	1,200
	<hr/>
	11,000

Excess revenues: \$ 700
=====



Ask the "Swimming" Doctor by Dr. Paul Hutinger

QUESTION: What can I do to keep training when I have persistent pain in my shoulder?

ANSWER: You can verify rotator cuff injury by testing as follows: stand, arm against your side; bend forearm at 90 degrees; resist a force on your hand, inward and outward. A weakness in movement will indicate rotator cuff injury.

The most important muscles for the swimmer and the most overused, involve the rotator cuff. These are a group of muscles and tendons (Fig.#1) that help hold the head of the humerus (upper arm bone) in the shallow socket in the scapula (shoulder blade). There are no strong ligaments to do the job. The tendons of the rotator cuff pass under the bony arch of the acromion (outer tip of the shoulder). The muscles and tendons can get pinched under the acromion arch, especially with poor stroke mechanics. Other swimming injuries can occur from overwork and old injuries to the shoulder and arm.

The rotator cuff is primarily four muscles (subscapularis, infraspinatus, supraspinatus, and teres minor) and their tendons. It stabilizes the upper arm in the shoulder socket and allows a great range of motion. Rotator cuff pain is caused by an "impingement syndrome". This is because exertion or overuse causes a compression of tendons by the shoulder bone, resulting in tears and/or inflammation.

Bursa are fluid-filled sacs that protect muscles and tendons from irritation by the bone. A shoulder problem of tendinitis or bursitis may be a result.

1. Use ice before and after practice. Invest in a commercial fabric bag, cold compress, that is reusable, to keep in the freezer. Check your local drug store.
2. Change the strokes you use in training or competition. At LCM Nationals one year, I had to change from my usual fly and IM events, to the three breast strokes.
3. Use fins or zoomers for all your swim training and do more kicking. A national record holder used this approach over ten years ago. Unable to do any training because of neck and shoulder problems, she implemented fin training for the entire season. She made the switch to regular swimming several weeks before Nationals and swam some of her best times. Use more kicking-do sets of repeats and time them. Heart rates of 150-160 or at the anaerobic threshold and VO2 race speed, for your age, should be part of your kick training.
4. Use stretching and flexibility exercises to keep your range of motion.
5. Strengthen the rotator cuff with special exercises for the muscles involved. Since the rotator cuff muscles are small, you only need to use 2# to 5# weights. The emphasis should be on a high number of repeats, such as 3 sets of 25 repeats.
6. Use aspirin, ibuprofen, or naproxen as an anti-inflammatory.
7. If the pain persists, see your physician. He may refer you to an RPT. Extreme problems may need surgery, as a last resort.

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

1997 USMS Convention

Burlingame, California, September 24-27, 1997

by June Krauser

Reprinted from the Dixie Zone
News Oct-Dec Issue, 1997

The USMS convention was held in conjunction with the USAS annual convention. **WHAT IS USAS?** The rules of Federation Internationale de Natation Amateur (**FINA**), the International federation responsible for the sports of **swimming, diving, synchronized swimming and water polo**, require there to be only one recognized member federation of FINA in each country throughout the world. The member federation is the United States Aquatic Sports (**USAS**). USAS was formed to become the US member of FINA in 1980, when the US Amateur Sports Act took effect in the United States and required restructuring of many sports organizations. USAS deliberately attempts to play a minimal role within the United States, leaving primary responsibility for the governance of each of the aquatic sports to its members, the national governing bodies or **NGBs**: United States Swimming, Inc.; United States Diving, Inc.; United States Synchronized Swimming, Inc.; United States Water Polo, Inc.; and United States Masters Swimming, Inc. Following are items of interest from the USMS convention.

ELECTIONS - This being an election year, the new Executive Committee consists of the following: **President** - Nancy Ridout. Nancy lives in Novato,

CA (northern) and has competed in Masters competition since its beginning in 1972. She presently swims in the 55-59 age group. Nancy has served USMS as Vice-President, Secretary, Co-Editor of *SWIM* Magazine and on numerous committees. Her objectives are: 1) gather as many ideas and information as possible to put together a plan for the 21st century, 2) promote a team approach in the leadership of USMS, 3) promote Masters swimming throughout the US as a means of achieving and maintaining fitness for life, 4) develop regional membership goals by opening up facilities and recruiting coaches, 5) continue the spirit of fun and friendship and foster these elements at every opportunity. Vice-President - Jack Geoghegan. Jack resides in Rye, New York and has competed in Mastrs competition since 1973 and presently competes in the 55-59 age group. Jack has served as Legal Counsel since 1983 and presently competes in the 55-59 age group. Jack has served as Legal Counsel since 1983 until 1997. He assisted in the incorporation of Masters Swimming with Ross Wales. Besides serving as Legal Counsel he has served on the Legislation committee, the Insurance committee and the Rule Book committee. He also helps to negotiate contracts with our vendors and our Executive Secretary and Registrar. **Secretary** - Betsy Durrant. Betsy lives in Virginia Beach, VA and began training

and competing in 1973 and she also competes in the 55-59 age group. Betsy has been a Zone Representative and also the Zone Chairman. She has served on many USMS committees. **Treasurer** - Jeanne Ensign. Jeanne hails from Seattle, WA and has been a member since 1985. Jeanne says that swimming has given her so much - fitness, friends, and a sense of accomplishment. Jeanne is a member of the USMS Finance Committee and her background is in accounting, finance, and tax. **Zone Chairman** - Hugh Moore. Hugh lives in Tacoma, WA and has loads of experience in running Masters meets since 1978. He has served on the Officials committee, Planning committee, Marketing Committee and the Registration computerization committee. **Past President** - Mel Goldstein. Mel resides in Indianapolis, IN and has been USMS President for the past four years.

ZONE REPRESENTATIVE ELECTIONS -

Colonies - Lynn Hazelwood;
Oceana - Richard Smith;
Dixie - June Krauser;
Northwest - Dave Radcliff;
Southwest - Bonnie Adair;
Breadbasket - Leo Letendre;
Great Lakes - Skip Thompson;
and **South Central** - Kris Wingenroth.

RULES COMMITTEE - There was only one rule submitted that the committee thought was emergency and it passed. It was to add that the backstroke start may be used in freestyle events. Also, a document described as "instructions for Submission of Proposed Amendments" will be made available to the LMSC's.

OFFICIALS COMMITTEE - We need to utilize the resources of

the LSC's that do allow apprenticeship at our meets and work with those that don't to convince them to start allowing apprenticeship. The most common disqualifications based on three large meets were early takeoffs on relays, followed by regular false starts.

LEGISLATION COMMITTEE -

Passed legislation to elect the Zone Chairman in even numbered year instead of with the other officers in odd numbered years. The Safety and Education committee was made a standing committee. Fitness events shall be sanctioned or performed in an organized/supervised practice and the participants must be USMS registered. The Computer On Line committee was also made a standing committee.

PLANNING COMMITTEE -

Since Bill Black started keeping records on our growth, we have shown a steady increase. Stan Prazer reported on a USMS Commemorative Stamp that was sponsored by Congressman Phil English in the House of Representatives (House Bill #155) entitled "The Masters Swimming Commemorative Stamp Act". It is requested that you contact your Representative and ask that he or she support this bill. The House of Delegates voted to continue its progress towards hiring an Executive Director/Business Manager.

REGISTRATION COMMITTEE -

A person may have only one USMS registration, but there is nothing to prevent a foreign swimmer from holding an USMS registration and a membership in his/her country. It was suggested that the LMSC should have a form to cover the 30 day try out period for a

swimmer. It can consist of the USMS waiver titled as 30 Day Try Out form with a place for the swimmer to sign and date. The 1998 registration forms will have a check off box for the swimmer to add a donation of \$1.00 to both the International Swimming Hall of Fame and the USMS Foundation (when it is operating).

RECORDS/TABULATIONS -

There are still too many "NV" (not verified as a record) swim making it to the final copy of the Top 10. The continuing problem of missing the deadline with complete and accurate Top 10 information was discussed. The following guide would be helpful:

GETTING IT CORRECT AND ON TIME IS A TEAM EFFORT

Swimmer - 1) Enter the meet with your name as it appears on your USMS Registration card and 2) Check meet results for correct swims and times.

Meet Lane Timer - 1) Check the name of the swimmer including the lead off swimmer on relays for correct splits.

Meet Director - 1) Make sure only properly registered swimmers are allowed to swim. 2) Make sure the swimmer has entered with the name as it appears on the USMS Registration card. 3) Submit meet results on time and in the proper format to the LMSC Top 10 Tabulator. 4) Submit Record Applications on time with complete documentation. 5) Save all meet timing tapes/cards for at least one year.

Sanctions Chairman - 1) Inform LMSC Records/Top 10 Tabulator of all Sanctioned and Recognized meets.

LMSC Records/Top 10

Tabulator - 1) Remove all non-registered and foreign swimmers from the results. 2) Compile and submit on time all records/Top 10 tabulations to the USMS Records/Top 10 Chairman

LMSC Registration Chairman - 1) Assist Meet Director and LMSC Record/Top 10 person in making sure only USMS registered swimmers are allowed to swim.

LMSC Chairman - 1) Check with Records/Top 10 Chairman on progress as deadlines approach.

FACILITATOR FORUM - David Hefner was brought in for this forum. Dave feels strongly that no organization can succeed by trying to be all things to all members; to solidify membership, USMS must be superior in one dimension and at least parity in the other two. The three dimensions were: "product leadership" "operational excellence," and "member intimacy". His "pick" was the track of "member Intimacy," complete with customized services, personalized communications, etc. - "one-stop shopping," if you will - whereby USMS would deal with its membership as is they are members for life. Growth is a by-product of good promotion of USMS; the fact that we feel good about ourselves when we climb out of the water is what we have to sell.

MARKETING COMMITTEE -

USMS has the following sponsors: **MBNA USMS Master Card, USMS Prepay Phone Card, Competitor Swim Products, Kast-A-Way, Powerbar, Pfizer, Ultra Swim, Alamo Rental Car, and Quest International.** Again in January

there will be a Sponsor Value Insert to **SWIM Magazine**.

RECOGNITION AND AWARDS COMMITTEE

- For the Ransom J. Arthur Award there will be allowed one nominating letter and one supporting letter for each nominee.

INSURANCE COMMITTEE

- Our loss experience continues to be excellent. There will be no additional fees this coming year for insurance coverage. It was suggested that an article be placed in *SWIM Magazine* to better inform our members of Safety Education for future prevention of accidents.

CONVENTION COMMITTEE

- We had 194 delegates register for the convention this year. It is felt that all delegates be required to attend the orientation meeting on Wednesday evening.

LONG DISTANCE

COMMITTEE - The following National Championships were accepted for 1999:

- 5/10 Postal Swim - Pacific Northwest LMSC
- 3000/6000 Postal Swim - Florida Maverick Masters
- One Mile Open Water Swim - Seal Beach Swim Club.
- Two Mile Cable Swim - Virginia Masters Swim Club
- >1 & <3 Mile Open Water Swim - Ohio Masters Swim Club
- >3 & <6 Mile Open Water Swim - Southern California Aquatic Masters
- >6 Mile Open Water Swim - Southern California Aquatic Masters

INTERNATIONAL COMMITTEE

- At the FINA Congress in Casablanca the US will propose the following rule: When using the breaststroke/whip kick during butterfly, the swimmer shall

alternate one arm pull and one kick throughout the race. Also, we will ask that the 400 Freestyle Relays (Women's, Men's, Mixed), the 400 Medley Relays (Women's, Men's, Mixed) and the 800 Freestyle Relays (Women's, Men's, Mixed) be recognized as official Masters Swimming events.

CHAMPIONSHIP COMMITTEE

- A different schedule of events will be held at the 1998 LC National Championships to be held at the ISHOP Pool in Ft. Lauderdale. The bids awarded for 1999 are SC at Santa Clara in May for a four day meet within May 13-17. The LC meet will be held at the U of Minn. on Aug. 19-23, 1999. Also noted elsewhere in these minutes was the fact that the 1999 Senior Games will be held in Orlando, FL.

COMPUTER COMMITTEE

- I can't begin to tell you all the things going on in this committee! Our contact for news of the different items to find on the Web will be Carl House. There is so much to find that it boggles my mind. ■

More Convention News...

Reported by Frank Tillotson, Florida LMSC Delegate, Legislation Committee

The Committee met five times, instead of the pre-convention planned two. The two year process of re-writing Part IV, Athletes Rights was completed by a sub committee of peers led by Bill Early. The section was clarified and shrunk with success. Read it in your 1998 Rule Book.

A number of "Housekeeping" items were approved.

The Sports Medicine Safety Committee was separated into Medicine and a new entity, "The Safety Education Committee". We do not need more committees but this was necessary. This will work with Forest Sullivan, Chair.

The Computer ON Line Committee was directed to "represent the interests of USMS on the Internet by maintaining the official USMS Web Site.

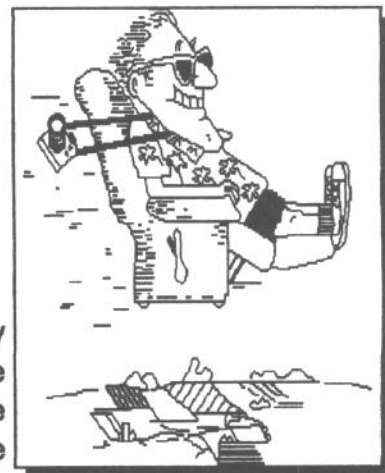
The most explosive issue came last. Position of Executive Director. This was presented, officially, to Legislation for their opinion at the last hour before the Sat. dinner. The room was filled with delegates. First order the Legislation Committee read the proposal and with little discussion voted 13-2 to disapprove it for this convention. Meaning a 66 2/3 % vote needed in the House of delegates to pass, VS 51% if Legislation Committee Approved. The finance committee had placed an item in the budget, \$50,000 for 6 months, commencing July 1, 1998 to fund this. The Executive Committee to have hire and fire rights with no provisions for selection of this person. So without going into more, it was dropped till 1998 Convention. Hopefully when tis better thought out. Then the proposition was put forth and accepted by the House of Delegates to accept **USMS Past President Mel Goldstein's** offer to continue his work with sponsors and prospective sponsors, voluntarily. An expense fund of \$12,000 was voted. The voting session was concluded and everyone got to eat. ■

The Chairman's Corner

by Harold L. Ferris, Jr.

I would like to direct my comments this time to all meet directors in the Florida LMSC.

Our new Records Chairman, John Ware, is kept extremely busy with seeding and scoring High School, USS, and Masters meets. He now has the added burden of compiling and transmitting the times we achieved to the National Records Chair of USMS for inclusion in the National Top Ten. It will therefore be necessary for all meet results to be sent to John electronically. This can be done by E-MAIL or a Diskette. E-MAIL should be on a report or export format. If you have any questions, please contact John.



The names of all swimmers must appear exactly as shown on the registration card. You should also be sure that John receives a copy of the registration card for any swimmer from outside of the Florida LMSC.

The one rule change from the USMS Convention now allows a backstroke start in a freestyle event. ■



A Note From The Registrar

The 1998 USMS Registration Form has been modified. I've spread it out so that people will print clearly. I've added work phone, fax no., and E-Mail address. This is for the benefit of the club. It's not required. If you are an Unattached swimmer - the the total fee is \$23.00. The check for unattached swimmers should be made out to Florida LMSC and sent to me: Charlie Kohnken, 1258 Flushing Ave., Clearwater, FL 33764.

Club swimmers should get the form from your own club registrar. Make your check payable to your own swim team for the total fees (including your club fee) and mail to your team registrar. Your team registrar will send the registration forms to me with a check from your club. **Reminder to the Club Registrars:** you must register or re-register your team as a club before you can register any individual swimmers from your team.

Please Register Early !! I don't plan to work on registrations during the Christmas Holidays and early part of 1998. So if you plan on swimming at USF on Jan 17-18 or during the Hour Swim - REGISTER EARLY! I don't plan on accomodating swimmers who have the form for three or four months and want to register the day before a meet. ■

Charlie Kohnken



1998 ONE YEAR MEMBERSHIP APPLICATION

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

Last Name		First Name		Initial	For Office Use
Street				Apt	
City		State	Zip	Phone No. ()	
Date Of Birth		Age	Sex	Today's Date	
Month	Day	Year		Month	Day Year
Club Or Unattached					

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING; UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____ If you coach Master Swimmers, please check here _____

Work Phone No. _____ E-Mail Address _____ Fax No. _____

____ NEW REGISTRATION ____ RENEWAL

My Current USMS No. is _____

Make check payable to: _____

Mail check to: _____

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

USMS Registered swimmers are covered with secondary accident insurance..

- 1) in practices supervised by a USMS member or a USS certified coach where swimmers are USMS registered.
- 2) In USMS sanctioned meets where all competitors are USMS registered.

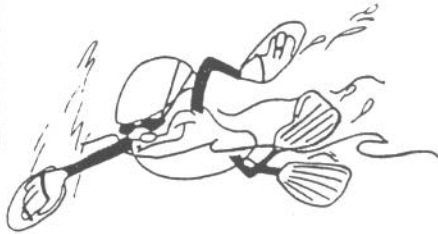
USMS (11/1/97 - 8/31/98)	15.00
LMSC Fee	8.00
CLUB FEE	_____
CONTRIBUTION (right)	_____
TOTAL FEE	_____

(Membership expires 12/31/98)

- I wish to contribute \$1.00 (or \$_____) to the International Swimming Hall Of Fame Foundation. I have added this amount to my 1998 registration fees.
- I wish to contribute \$1.00 (or \$_____) to the United Masters Swimming Foundation. I have added this amount to my 1998 registration fees.

Swimming News From Around The LMSC

FLORIDA MASTERS



MAVERICK

NATIONAL CHAMPIONS

After the last swimmer climbed out of the pool following the 1500 m free, the churning water subsided and the scores tabulated, the Mavericks were ecstatic to learn the final results at **Long Course Nationals, Orlando, FL**. The Mavericks were the **NATIONAL CHAMPIONS** in the men's Small Team Division, 8 men or less (75 teams) and runner-ups with 10 swimmers in the combined men's and women Small Team, 14 or less swimmers (111) teams. The men's 200 meter medley relay, **Paul Hutinger, Robert MacDonald, Joseph Kurtzman** and **Alan Maloney**, swam to a World Record in 2 minutes 33.50 seconds, breaking the old record of 2:34.57 in the 280-319 age group.

All ten swimmers, **Doris Prokopi, Regan Kenner, Eric Prokopi, Charles Schlegel, Robert MacDonald, Alan Maloney, Joseph Kurtzman, Paul Hutinger, Frank Tillotson, and Dave Malbrough**, had at least



Mavericks at National Championships in Orlando 1977
National Champions Men's Small Team
2nd Place Combined Small Team

one National championship race, either as an individual or a relay member and placed in 49 out of 51 events swum. Among their finishes were 11 first places, 16 second places, and 5 third places.

The Mavericks ten relays included five 1st places and three 2nd places. The 6th place relay, however, was the most exciting. That one established a new world record. **MacDonald** was two weeks shy of the age requirement for the National Record, so, the relay competed in the 240-279 age group, and **set the FINA World Record** in the 280-319 age group.

These are outstanding results from this small, enthusiastic team, who competed in its first Nationals. When we formed

this team, only nine short months ago, two of our goals were to be National Champs at Orlando and set a World Record. We accomplished both objectives, because we were diligent in planning ahead.

Paul Hutinger

ALL TIME TOP TEN

For those of you who do not know, there is a USMS ALL TIME TOP TEN publication available for all three courses.

The cost is \$4 for one course, \$3 for the second or \$10 for all three.

If you are interested in ordering, make check payable to Suzanne Rague and send to her at:

935 NW 170th Place
Beaverton, OR 97006-4831

SPACE COAST MASTERS



Bunny in Top Form at Nationals

Bunny Cederlund attained the top levels of Masters Swimming at the recent August, LCM National Championships, held in Orlando.

There were eleven Space Coast Masters swimmers who were able to go to Nationals, and go they did! With outstanding contributions the natators garnered **38 USMS National Medals**. The performances were such that we placed 25th out of 111 teams in the small teams categories (1 - 14 members).

Although all of our swimmers gained places in the top ten of the meet, there were two outstanding achievements. These were rendered by **Bunny Cederlund** and **Tom Bliss**.

Bunny, age 75, was superior in her age group, taking 5 firsts and 1 second in the allotted 6 events. That's the least of her deeds. Hold on now...Bunny set two USMS National Records for the 75-79 age group (50 backstroke - 46.98 and 200 backstroke - 4:00.78) as well as a **WORLD RECORD** in the 100 Back in the time of 1:46.70. Bunny certainly reigns supreme in her age

group. Congratulations Bunny.

Not enough can be said for how **Tom Bliss**, age 43, conducted himself in this championship meet. Tom, swimming in the 40-44 age group, that had 87 swimmers, astounded his teammates as well as himself with his performances. Tom overcame great odds in placing in all of his 6 events. Tom posted personal bests in all of his events and crushed his seed times. As per example - Tom, seed 17th in the 100 back gained a 6th place finish. Great job Tom.

We are extremely proud of our members (**Jon Reed, Herb Delgado, Roberta Franz, Pete Turner, Tom Bliss, Pat Sargeant, Mo Hughes, Dave Thomas, Al Rogerson, Lester Bell, and Bunny Cederlund**) who participated in one to five days of the National Meet.

President **Phil Lindsley** adds some comments — It seems that a stroke and turn official had a disagreement with **Lester Bell**, age 75, over the technical aspects of a legal turn during the 100 back. The official alleged that after Lester touched the wall and started to turn, that his right arm strongly resembled a freestyle stroke. "Balderdash" exclaimed Lester, "my errant arm was waving to my teammates on the deck". Phil had planned to attend the Orlando meet but it conflicted with one of his liposuction treatments and also the vanity panel on his tank suit rotted out.

Al Rogerson



TEAM ORLANDO MASTERS

Team Orlando has been recuperating from this summer's Nationals. As you know this was a 2 year project and we are very glad that it is completed. We wish to thank all those people who competed in Orlando this summer. A special thanks to those from around the LMSC that helped behind the lines. Congratulations to St. Pete on your championships, it was a great competition. Congrat's also to Florida Maverick Masters for winning the small team division.

I want to take this opportunity to express my gratitude to all those people on Team Orlando that worked so hard to make our meet so successful.

We like everyone else are getting ready for the next season. First we started by swimming a (fun) dual meet against **Rollins College**. They are a NCAA Division II school. The results: our men remain undefeated, and the women's team got their revenge for last year and also won. Next for us are a number of open water swims in south Florida this winter.

We are getting one of the underwater cameras this winter to tape any swimmers that want to be taped. We hope to have the camera during Dec. Anyone that is interested contact **Larry Peck** at 404-647-7793. I plan on doing this on the weekends, by appointment. I will tape both underwater and above water. I will just tape so you can take the video to your coach for critique or we can critique at that time, your choice. **Larry Peck** ■

Morning Ritual

by I. B. Cold

Around this time of year, things get to be a little interesting around the pool deck, especially in the pre-dawn hours. Inevitably, the pitch black and chilly north wind give way to the eternal question: do I stand around and freeze in my sweats, or, do I risk jumping in and submitting myself to a water temperature that could well be below the comfort zone?

Since standing around ceases to be an option once the coach issues the warm-up, we are all forced to take the plunge, whether we like it or not. That's when a previously somnambulant group suddenly turns lively—and thus, the morning rituals begin.

The brave ones are the first ones in. They're the ones who, I presume, hurtle off the edge first with an attitude somewhere along the lines of "expect the best, prepare for the worst." I watch them with a mixture of contempt, horror and fascination. Contempt, because my getting in has just been hastened due to their early entry; horror, because I can't believe someone would go so willingly without first sticking a toe in to test the water; and fascination, because on the days that the pool really is on the icy side these people, by their flagrant nonchalance, would lead you to believe they couldn't care less if they had to

backstroke their way through icicles so long as they could swim.



I, on the other hand, could, would, should and *do* care that the water temperature has dipped below the 80 degree mark. And I want everyone to know about it. I consider it my duty to scream once I resurface after entering. This serves at least two purposes that I know of. For starters, it reminds me that I am still alive, that I have not succumbed to a fate of sudden death by hypothermia. It also serves as a warning to the oddest of species I know, the deck sitter. The deck sitters are the ones who sit on the edge of the pool in their suits, shivering. They're the people you want to slap silly, shake them vigorously and say, "What are you doing? Either put your clothes back on or jump in and get your *#& moving!" I figure my scream will inspire them to do one or the other.

**"What are you
doing? Either put
your clothes back
on or jump in and
get your *#&
moving!"**

Then there's the coach, who watches all this... And says nothing. Who I am confident will someday be rewarded with a Nobel prize for a profound contribution to science. The subject: Winter Morning Swim Practice and its Strange Effect on Human Behavior. ■



SUNCOAST MASTERS SWIMMING

"Once upon a time
(23 years ago)

N a t a l i e

Clement, Tim Hill, Wallace Burke, Burwell Jones and a few others met in a classroom at Sarasota High School. They were there to discuss the possibility of starting a Masters Swim team. St. Pete already had a team like this and Bump Jones had been at their first meet. You see, Masters was just like any other age group team, except it was for "older people". The premise was also different. Masters was to promote: 1st-exercise, 2nd-social interaction, and 3rd-competition. At that meeting,

Suncoast Masters of Sarasota was founded. The paperwork was submitted and **Nat Clement** TOOK OVER. Nat became the President, coach, record keeper, meet director and spiritual leader. Swim practice was at the YMCA Mondays, Wednesdays and Fridays at 6:00pm, and 2,000 yards was a lot to swim in an hour and a half, because, it was fun. These practices were also social gatherings, (Ask **Jim Donnelly** where he met **Kandy**.) team meetings and every night we did crazy relays, which just seemed

to solidify the bonds we had for each other. This was a team where people came out to see what it was all about, and never left. There are still some of us around, of course we don't swim as fast or drink as much beer as we used to. Over the years the team has been associated with pools at the Sarasota YMCA, Bath & Racquet Club, Sun & Fun, Boys Club, Forest Lakes, South County YMCA, New Col-

lege, and Arlington Park Aquatic Center. We've also had as many as 80 members and as few as 20. We have been in debt up to our eyeballs and produced up to 6 meets a year. Looking back over the years the memories in-

clude the people/personalities that have come and gone and events such as a diving board and trash can that fell in the pool during the 1500 m freestyle race at the Venice Y pool, the last swim of **Joe Scheu**, bustrips to Jacksonville, Sanibel, Boca Raton, the annual trek to Oak Ridge Tennessee, many Nationals, 6-pack relays, champagne trophies at St. Pete and the first annual banquet where we held a prehistoric bathing suit competition. Over the years the team and Masters swimming in general has

"This was a
team where
people came
out to see what
it was all about
and, and never
left."

evolved into the competitive team of today. Masters has come of age. The word is out about Masters, the people showing up at the meets are real swimmers, the practices are more engineered, and the focus is on competition. The early days were fun, but they didn't produce the times or talent that we have today. Change is inevitable and if you don't grow, you die."

George Burke

Merger Planned

Thank you, George, for that nice brief history of our swim team. You and I know that there's a lot more we can tell, since we started swimming with the team when we were the youngest kids on the "blocks" (pun intended) at age 25 (the minimum age back then) and we're pushing 50 real soon. And it is with all those great memories in mind that I am excited about a "new" development. The members of **Suncoast Masters Swimming** have decided to merge with **SWIM Florida Masters**. The high quality athletes from both teams will create a "medium size team" to be reckoned with at the next Nationals!

We will still host our Annual Long Course T-Shirt Meet in Sarasota each year (with the help from our new teammates!)

Looking forward to swimming on some relays again!

Jim Donnelly





St. Pete Masters

It has been another great year for St. Pete Masters. We have accomplished a great deal. We have provided an office for our coach, **George Bole**, we were able to purchase exercise equipment, we sent our coach to a number of conferences which benefited each of us, we hosted several successful championship meets in addition to our very popular monthly development meets, and, most importantly, we sent the best dressed team to the **1997 USMS Long Course Championships** and came home with **all three titles!**

We received lovely notes from two people who receive our newsletter. **Dorothy Donnelly**, recently retired USMS Executive Secy wrote' "You certainly did it up in style. Wish I could have been in Orlando to hear the "St. Pete" yells. Many congratulations to your whole team." And from former team member and traveling SPM cheerleader, **Tom Jacobsen**, these kind words: "Knowing the effort this team puts in along with Coach George's effort, and after your big win in Long Course last August - I extend my heartfelt congratulations to the **greatest Masters swimmers in the United States**. Wouldn't it be great to be part of a team like St. Pete Masters!"

Joan and Steve Pendleton hosted a great SPM party on Oct 10 for over 70 teammates who turned out for grilled chicken, fun and lively conversation. **John Maguire** presented George Bole with a framed first edition of the front cover of our last newsletter. The team presented engraved crystal to Chistine Swanson, **Karen West**, and **Mike Milligan** as thanks for their hard work organizing the relays for Nationals (over 100!).

This is a great team. We hope it continues to grow and accomplish great things.

Sandy Steer



CAT MASTERS

We may be a small team, but we have a lot of character, or should I say characters.

We have two 67 year old twins, (not really) but **Joan Campbell** and **Nancy Durstein** always seem to be swimming head to head in more than one event, as they had the race of the day at the recent **Good Life Games** here in **Clearwater**. Another CAT Master name shows up in the results of this years national championship 5 and 10 K postal swim. Congratulations to **Steve Snyder** who finished 3rd in both events. We have a 75 year old man, a veteran of swimming competition, a decorated national champ who showed up in Winter Haven on the wrong day of the meet, "**Hey Bob you swim on Sunday!**" We also had several characters show up for the St. Pete Masters **Swim the Beach** in October. The 3 1/2 mile swim was canceled due to rough conditions so we all did the 1000. Talk at the social afterwards was that they should have had a body surfing contest, CAT Masters **Ron Collins, Jon Sakovich**, and coach **Kelley Allen** would have dominated for sure. Well, look for our characters at a masters meet near you, and we'll be looking for you all at our upcoming **Valentine meet**, hope to see you there. (Valentine Meet entry form is included in this issue.)

Sue Arrons



I Know It's True...
I asked
Mr. D.Q.!

By Al Soltis
Ex-Officio Officials Chairman, Florida Swimming



A backstroker leaves his back to enter the turn and realizes that he is too close to the wall. In order to avoid a "headbanger" he immediately grasps the wall, pulls his knees up to his chest, and kicks off the wall and leaves the wall on his back. Is it legal?

Yes. The Rules Committee decided, when the new backstroke turn was adopted. The turn is terminated when the swimmer touches the wall and as long as the action has been continuous to that point, the swimmer need only leave the wall on his back. This interpretation would apply to all USS swimmers and Masters swimmers who choose to turn in this manner.

Backstroke again. The finish. The body completely under the surface??? Except for the 15 meters that a swimmer can be completely submerged after the start and each turn, "some part of the swimmer must break the surface of the water throughout the race". This also means **at the finish**. At the finish the swimmer must touch the wall while on the back. At this point the Referee or Stroke & Turn official will determine that the touch was proper and on the back and at the same time determine that "some part of the body" was not breaking the surface, i.e. was so much as a toe or toes of one foot, or a finger or hand, exposed above the surface. Completely under water is a distinct possibility, but keep in mind it means no part of the body was exposed above the water at the finish, prior to the touch.

✕ ✕ ✕ ✕ ✕

Only one rule change this year for Masters Swimming. The backstroke start may be used in freestyle events.

Send any questions to:

Mr. D.Q., C/O Al Soltis, 2101 Sunset Pt. Rd. #702, Clearwater, FL 33765 □

Tampa Open masters Swim Meet
 January 17th and 18th, 1998
 sanctioned by Florida LMSC for USMS, INC. Sanction # 148-001
 Entry Form

Name _____ Age _____ Birthdate _____ Sex _____
 Address _____ City _____ St. _____ Zip _____ Home Phone _____
 Team Name _____ LMSC _____ 1998 USMS registration # _____

Number of events _____ X \$2.50 = _____
 Meet Surcharge = 6.00
 Copy of meet results @ \$2.00 = _____
 Total Due = _____

Age Group As Of January 17th, 1998
 Please circle age group and the 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+

Enter your time in the spaces provided before events. NOTE: **"No Time" entries cannot be accepted.**

Saturday, Jan 17, 1998 11:00 AM

TIME	W / M	
_____	1 / 2	100 FREE
_____	3 / 4	200 FLY
_____	5 / 6	100 BACK
_____	7 / 8	200 BREAST
_____	9 / 10	50 FLY
_____	11 / 12	200 IM
_____	13 / 14	50 BREAST
_____	15 / 16	200 FREE RELAY
_____	17 / 18	500 FREE

Sunday, Jan 18, 1998 9:00 AM

TIME	W / M	
_____	19 / 20	200 FREE
_____	21 / 22	50 BACK
_____	23 / 24	100 IM
_____	25 / 26	200 BACK
_____	27 / 28	100 FLY
_____	29 / 30	50 FREE
_____	31 / 32	100 BREAST
_____	33 / 34	200 MED RELAY
_____	35 / 36	400 IM

ATTACH A COPY OF USMS CARD.

Please make checks payable to: Forest Hills Aquatics, Inc. and mail to:
 603 Chancellor Dr. Lutz, FL 33549

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 _____

1998 CAT MASTERS VALENTINE MEET

February 14 & 15, 1998

Sanctioned by Florida LMSC Inc. for USMS Inc., Sanction # 148-002

Hosted by the Clearwater Aquatic Team Masters

DATE & TIMES	Saturday, February 14 th : warm-up 10:00 am meet begins 11:00 am Sunday, February 15 th : warm-up 8:00 am meet begins 9:00 am
LOCATION	The Long Center is a 25yd indoor facility with 8 lanes and electronic timing system. The pool is located at: 1501 N. Belcher Rd, Clearwater, Florida
ELIGIBILITY	All athletes 19 years of age and older as of February 14 th , 1998 and registered with USMS, Inc. Non U.S. citizens should have a letter of introduction from their own swimming association.
ENTRIES & FEES	<p>Swimmers must pre-enter by mail. Entries must be received by Friday, February 6th. Swimmers may enter a maximum of five individual events per day. Each entry must be submitted on the entry form, with your name, club, age, event description, event number, USMS registration number, and seed time. Please be sure that all information is filled out, the waiver signed, and a copy of USMS registration form.</p> <p>The entry fees are \$2.50 per individual event, \$4.00 per relay team, and a \$6.00 surcharge to cover the electronic timing system.</p> <p>Entries should be sent to: CAT MASTERS ATTEN: Nancy Durstein 1191 Mineola Cr. Palm Harbor, FL 34683</p> <p>ph. 813-784-5780 fax 813-791-9421</p> <p>Please make checks payable to: CAT Masters.</p>
RELAYS	Relay teams may be deck entered at the meet both Saturday and Sunday. Only team members registered for the meet may participate in the relays. Age categories for relays are 19+, 25+, 35+, 45+, 55+, 65+, 75+. Relay cards are due before events 5 and 15 on Saturday, and events 25 and 33 on Sunday. Check in for the 400 im and the 500 free is before the relays.
SCRATCHES	Scratches will be accepted, and full refunds will be given, if the Meet Director (Nancy Durstein) is contacted prior to 4:00 pm February 7 th .
SCORING	9-7-6-5-4-3-2-1 for individual points. Double points for relays.
AWARDS	Ribbons for 1 st , 2 nd , 3 rd , in each event. Individual High Point awards for 1 st , 2 nd , 3 rd in all age groups. Team awards for combined men and women 1 st , 2 nd , and 3 rd .
HEAT SHEET & RESULTS	A heat sheet will be furnished to each swimmer. Results will be offered at the meet for an additional \$4.00. Each team will receive one complimentary copy of the results (Team Representatives should indicate so on their entry).
RULES & OFFICIALS	Current Masters rules will govern. There will be Officials, certified Stroke and Turn Judges and a Starter and Referee for all events.
INFORMATION	For further information, contact Nancy Durstein at 813-784-5780

**CAT MASTERS VALENTINE MEET
OFFICIAL ENTRY FORM**

Sanctioned by Florida LMSC Inc. for USMS Inc., Sanction # 148-002

PLEASE PRINT OR TYPE CLEARLY

NAME _____ AGE _____ BIRTHDATE _____ SEX _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 HOME PHONE _____ TEAM NAME _____ LMSC _____
 1997 USMS REGISTRATION # _____

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

PLEASE CIRCLE AGE GROUP AS OF FEBRUARY 15

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

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

Saturday, February 14th

Sunday, February 15th

TIME	W/M		TIME	W/M	
_____	1 / 2	200 BUTTERFLY	_____	21 / 22	200 BREASTSTROKE
_____	3 / 4	50 FREESTYLE	_____	23 / 24	50 BUTTERFLY
_____	5 / 6	200 BACKSTROKE	_____	25 / 26	100 FREESTYLE
_____	7 / 8	100 BREASTSTROKE	_____	27 / 28	100 IM
_____	9 / 10	200 MIXED FREE RELAY (deck entered)	_____	29 / 30	200 MIXED MEDLEY RELAY (deck entered)
_____	11 / 12	200 FREESTYLE	_____	31 / 32	100 BACKSTROKE
_____	13 / 14	50 BREASTSTROKE	_____	33 / 34	100 BUTTERFLY
_____	15 / 16	50 BACKSTROKE	_____	35 / 36	200 IM
_____	17 / 18	200 FREE RELAY (deck entered)	_____	37 / 38	200 MEDLEY RELAY (deck entered)
_____	19 / 20	400 IM	_____	39 / 40	500 FREE

ATTACH A COPY OF USMS CARD

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

WAIVER OF LIABILITY

" I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HERBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEETS SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS and the Florida LMSC."

DATE _____ SIGNATURE _____

**20th ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP
ENTRY FORM is in LATEST ISSUE of SWIM MAGAZINE**

ONE HOUR SWIM NATIONAL CHAMPIONSHIP SPLIT SHEET

Name :

Date :

50	1600	3150	4700
100	1650	3200	4750
150	1700	3250	4800
200	1750	3300	4850
250	1800	3350	4900
300	1850	3400	4950
350	1900	3450	5000
400	1950	3500	5050
450	2000	3550	5100
500	2050	3600	5150
550	2100	3650	5200
600	2150	3700	5250
650	2200	3750	5300
700	2250	3800	5350
750	2300	3850	5400
800	2350	3900	5450
850	2400	3950	5500
900	2450	4000	5550
950	2500	4050	5600
1000	2550	4100	5650
1050	2600	4150	5700
1100	2650	4200	5750
1150	2700	4250	5800
1200	2750	4300	5850
1250	2800	4350	5900
1300	2850	4400	5950
1350	2900	4450	6000
1400	2950	4500	6050
1450	3000	4550	6100
1500	3050	4600	6150
1550	3100	4650	6200

FLORIDA

LMSC NEWSLETTER

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

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Inside This Issue:

- ◆ Swim Calendar
- ◆ New Masters Team Formed in Tampa
- ◆ USMS Convention Highlights
- ◆ Minutes of LMSC Annual Meeting & Treasurers Report
- ◆ 1998 USMS Registration Application
- ◆ "Morning Ritual" by I. B. Cold
- ◆ Florida Team Wins Small Team Division at Nationals
- ◆ Ask the Swimming Doctor
- ◆ I Know Its True...I Asked Mr. D.Q.
- ◆ Meet Entry Forms

**Attention Team Reps: Deadline for February Issue is
January 10, 1998**

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

See you later.

