

FLÖRIDA

n e w s l e t t e r

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Local Masters Swim Committee, Inc.

May 1998

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Distance matters for **RON COLLINS**

First man to swim the
24 mile length of Tampa Bay



DISTANCE MATTERS

by Ron Collins

CALENDAR OF EVENTS

05/15/98 to 09/30/98	USMS 5K and 10K National Postal Championships	Elin Zander (509)448-5250
05/16/98	St. Augustine, FL Lean Cuisine Ocean Mile Swim #1	EMS (561)241-3801
05/23/98	St. Pete Beach, FL 2.4 Mile Hurricane Man Open Water Swim	Bruce Day (813)345-1629
05/23/98	Pensacola, FL Pensacola Sound 5K Open Water Swim	Steven Fair (904)484-1312
06/06/98	Delray Beach, FL Aqua Crest LCM Swim Meet	Scott Barlow (561)278-7174
06/07/98	St. Petersburg, FL LCM Developmental Swim Meet	Nancy Eaddy (813)347-0565
06/13/98	Key West, FL 22nd Annual Swim Around Key West (closed 3/15)	Randy Nutt (954)755-3318
06/13/98	Atlanta, GA USMS National Two Mile Cable Championships	Bill Black (770)698-8020
06/19/98 to 06/25/98	Casablanca, Morocco 7th FINA World Masters Championships	Traci Grilli (603)537-0203
06/20/98 to 06/21/98	Sarasota, FL 21st Annual LCM T-Shirt Swim Meet	Deb Walker (941)923-3540
06/27/98	Crescent City, FL Gator Chase 1&2 mile Open Water Swim	Keri Brandon (904)698-2539
06/27/98 to 06/28/98	Greenville, SC Dixie Zone LCM Championships	Jim Keogh (864)295-0032
07/10/98 to 07/12/98	St. Petersburg, St. Pete Masters FL LCM Swim Meet	Nancy Eaddy (813)347-0565
07/11/98	Coral Springs, FL Relay Carnival Swim Meet	Jonathan Coyle (954)340-5508
07/19/98	Howey in the Hills, FL Lean Cuisine Ocean Mile Swim #2	ESM (561)241-3801
07/31/98 to 08/02/98	Coral Springs, FL LCM Swim Meet	Jonathan Coyle (954)340-5508
08/01/98	Ft. Lauderdale, FL Lean Cuisine Ocean Mile Swim #3	ESM (561)241-3801
08/02/98	St. Petersburg, FL LCM Developmental Meet	Nancy Eaddy (813)347-0565
08/08/98	Jacksonville, FL Townsend Hawkes Ocean Marathon Swims	David Foster (904)281-0960
08/10/98 to 08/15/98	Portland, OR Nike World Masters Games	Nike (800)98GAMES
08/20/98 to 08/23/98	Ft. Lauderdale, FL USMS National LCM Championships	Stu Marvin (954)468-1580
08/22/98	Siesta Key, FL Lean Cuisine Ocean Mile Swim #4	ESM (561)241-3801
08/29/98	Babson Park, FL One Mile Crooked Lake Open Water Swim	Carrie Byrd (941)676-9441
09/01/98 to 10/31/98	USMS 3000 & 6000 Postal National Championships	Bill Black (770)698-8020
09/05/98	Delray Beach, FL Aqua Crest SCM Swim Meet	Scott Barlow (561)278-7174
09/26/98	Ocala, FL Ocala Masters SCY Swim Meet	Tom Koenig (352)694-1640
09/30/98 to 10/04/98	Cincinnati, OH USMS National Convention	Harold Ferris (813)896-0250
10/11/98 to 10/11/98	Orlando, FL Dixie Zone SCM Championships	Larry Peck (407)647-7793

Please note: Some dates are subject to change. Contact the event directors to verify all information.

DISTANCE MATTERS

by Ron Collins

May, 1998

Thank you if you attended our Jim Beam happy hour at Whiskey Joe's for the finish of my First Ever 24 mile Swim of the Length of Tampa Bay. Expected completion time was 6:00pm, but since there are no guarantees in this great sport of open water swimming, the party was still going strong when I got there at 7. Distance mattered most. We got the media circus we hoped for, although I'm not ready to quit my day job quite yet. Why travel across the Atlantic Ocean or to New York City to challenge yourself while everyone knows that Florida is the best setting in the world for open water swimming? Just wait until next year.

The Florida LMSC Open Water Committee has joined forces with the Florida Goldcoast's Open Water Committee to bring you a statewide open water swimming poll. All future considerations will be based on any open water events where Floridians participate, like The 2nd Annual Tampa Bay Open Water Challenge held May 2nd, 1998.

The Florida Grand Prix Open Water Swimming Poll

Pre-season results

Men

1. Kevin Volz Ft. Myers
2. Chris Derks Miami
3. Danny Chocron Tallahassee
4. Wayne Snellgrove Ft. Lauderdale
5. Matthew Honan Stuart

Women

1. Bambi Bowman Miami
2. Brooke Bennett Plant City
3. Andie Scelsi Plantation
4. Gail Rice Miami Shores
5. Briley Bergen Valrico

Others receiving votes included: Elliott Schofield, Rorie Anderson, Gregg Cross, Teri Pyle, David Herman, Kurt Weinants, Jack Thomas, Jon Sacovich, Joel Burns, Dennis Hand, Shelly Helmbrecht, John Ceraolo, Danny Domingo, Rick Walker and Scott Coleman.

The Victor Swimmer of the Quarter is **Gregg Cross**, coach for Cape Coral High School and Swim Florida. On Saturday, March 14th, Gregg became the first person to swim the 19 miles around Estero Island in 8 hours, 10 minutes. With water temperatures in the mid-60's this was a terrific accomplishment! Good swim and enjoy your free swimsuit from The Victor.

The Gator Chase 1&2 mile races June 27th on beautiful Lake Stella in Crescent City, FL will be sponsored by **Team Orlando Masters** and **Daytona Beach Masters**. The event is a fund raiser for the South Putnam Swim Team. Last year they had about 40 swimmers so it will be interesting to see how support grows now that these two great masters organizations are behind the effort. Contact Ken Brandon @ (904)698-2539 for info and forms.

Look in Florida Sports Magazine for the new open water swimming column written by **Randy Nutt**. He is best known as the race director for the Swim Around Key West which maxed out 2 months early at about 300 entrants.

Triathlon promoters ESM have put together an exciting series of one mile open water races with events being held in all areas of Florida. At the **Lean Cuisine Ocean Mile Swim Series** they promise accurately measured one mile open water courses, all held at resort locations. Call ESM at (561)241-3801 for more details and an entry form.

Event Preview

The Townsend Hawkes Ocean Marathon

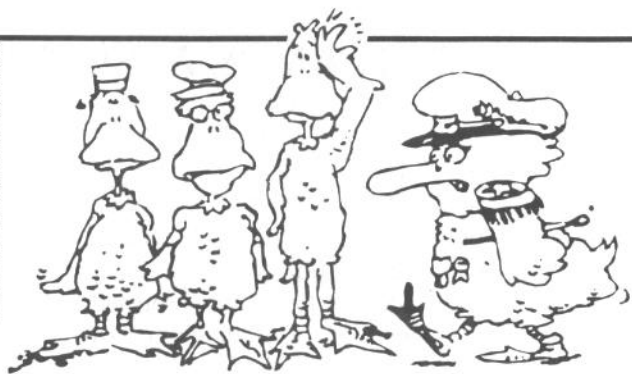
Jacksonville Beach, FL August 8, 1998

This event is little known outside the Jacksonville area, but the Beaches Kiwanis Club has staged this event for 15 years and has developed an impressive following. They feature a 1.25 and a 2.5 mile swim that run parallel to shore and, depending on conditions, can draw over 200 participants. Sometimes this unsanctioned event may seem somewhat disorganized & the course may be poorly marked, but the awards are top notch if you are lucky enough to receive one. Competition can be keen, especially if the occasional University of Florida ringer makes a showing. Also, beware of Sharks from The Bolles School!

If you are not a Florida LMSC registered athlete, but would like to receive our Distance Matters calendar of events and newsletter, call me evenings before 9pm at (813)535-4067 or by e-mail at ronc24@mindspring.com

THE CHAIRMAN'S CORNER

by Harold Ferris

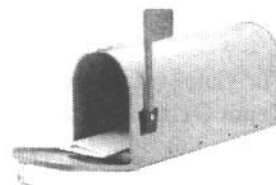


The El Nino winter brought us cool weather and lots of rain from December through most of March, but the storm track moved north in late March and left behind sunny skies.

The St. Pete short course meet over the last weekend in March benefited from those sunny skies. About 275 swimmers competed and went home with varying degrees of a tan or a sunburn. Hopefully, the same beautiful weather will hold through the rest of the spring and summer months. Check this Newsletter for listings of future meets, as well as entry forms.

Your Florida LMSC officers were elected for two year terms in October of 1996. A nominating committee will put together a slate of officers for the October 1998 elections. Anyone who is interested in serving should contact Pam Geiger, the chairperson, phone number 813-864-0741. The slate will be presented at the next LMSC meeting, which will be held on Saturday, July 11, 1998 at the St. Pete Long Course meet following conclusion of the events for that day. As usual, all LMSC Officers and team reps should plan to attend. ■

Letters to the Editor...



**UNITED STATES
MASTERS
SWIMMING**

3/17/98

To: James Donnelly

Thank you for sending your Florida Newsletter.

Not only do I enjoy reading them but I'm sure that when I have the newsletters from various areas on exhibit at convention that others enjoy them too.

And a special thank you for the "plug" that you gave my request for news from any area regarding swims and swimmers so that they may be advertised in the History Book.

**Joan Smith
USMS Historian**

My Very Last First Race

Impressions of a New Swimmer

By Connie J. Whitesell



Sunday, 8:30 a.m. North Shore Pool, St. Pete. A heavy, overcast sky. A breeze off the bay makes me wish my sweatshirt wasn't stowed in my bag back in the locker room, but I'm thinking maybe it won't be long before the sun burns through this cloud cover and starts to warm things up. I'm here with my coach watching the deck fill up with swimmers for the USMS developmental meet. Starts in thirty minutes. It's my first meet.

Swimmers are arriving in numbers. Most drift toward the registration table which, though not yet manned, is recognizable all the same by its neat rows of registration cards, pencils, stopwatches. The gaggle of swimmers milling around it never stops moving. Boisterous hellos reverberate. Heads nod. Hands shoot out in frisky greeting. I take up a position outside the perimeter, hugging myself. It's chilly. Anxiety rises inside me like a lump of dough in a warm oven.

My coach seems to know everyone. Again and again he spies an acquaintance and introduces me — "I'd like you to meet a *new swimmer*...."— and again and again faces break into

smiles of instant rapport — "*Remember, it doesn't matter how fast you swim, just relax and enjoy yourself....*"

Suddenly things are happening. A man on a tri-cart starts calling names for the first heat, and the whole crowd flows as one toward the starting blocks. My own name rings out. The man on the tri-cart hands me a card. Lane 6. Panic fills me. My brain shuts itself off. My body makes its way to Lane 6.

A minute later I'm standing on the block feeling conspicuous. The swimmer to my left is a woman I just met. I don't have time to look at the swimmer on my right. "*Swimmers take your mark!*" It's the man on the tri-cart again. He fires a shot from a tiny pistol, and the next thing I know I'm in the water swimming breaststroke in slow motion, like in a dream. No power. Can't find my rhythm. My body jerks and struggles through the stroke as if it were fused in several places. Ignoring the other swimmers, I pull stubbornly down the pool with all the grace and flexibility of the Tin Man after a thunderstorm. I make the turn, and start back. Now my body allows me a little speed. I risk a glance at the other swimmers, then realize there aren't any. Everyone's finished. And then I am, too. My coach is cheering, and I'm clinging to the side feeling exhausted, heroic, and completely happy. *I did it!* Some other time I'll think about winning. Today I swam my very last first race. And that was plenty.

NEWS FROM AROUND THE LMSC



All nine of our swimmers fared well in the Gold Coast, Coral Springs, Dec SCM meet. **Bunny Cederlund** (75-79), **Angie Sinacore** (65-69) and **Martha Henderson** (60-65) were tops in the age groups.

Our Christmas party was a huge success. **Dave Thomas**, AKA the "Butterfly Man" received the most improved swimmer award. Swimmer of the Year award went to **Bunny Cederlund** who garnered National Records, for her backstroke and continues to be a high scorer in all meets she attends.

The Indian Harbour Beach pool was restored in time for our January Hour Swims. Prior to that most of our group swam at the Brevard Community College pool in Cocoa. We had a huge turnout of 23 for the January National Hour Swim postal competition. **Barbara Waganaar** and **John Harvey**, both in the 40-44 age group led the way with 4285 yards.

Bunny, **Sue McGaughey** and **Lester Bell** of the (75-79) age group and **Richard Fletcher** (80-84) individually placed in the Top Ten. **Phil Lindsley**, **Dave Thomas** and **Al Rogerson** (65 plus) and **Mary Tusa**, **Angie Sinacore**, **Phil** and **Dave** 65 plus mixed placed in the TOP SIX of the relay competition. **Bunny**, **Sue**, **Lester** and **Wm. Thomas** established a National Record for the 75 plus Mixed Relay.

With 12 swimmers SPCO placed 4th in the Feb. Clearwater Valentine Meet. **Tom Bliss** (40-44)

was tied for 1st in high points, while **Bunny**, **Angie** and **Al** had thirds.

Former Pres. **Phil Lindsley** asks the question, "When is it fashionable to be late? At a cocktail party? A wedding? A swim meet?" A SWIM MEET?!

The scene: **CAT Masters Valentine Meet**, Clearwater, 2/14/98, women's 200 y backstroke heat #1. In his usual flat voice the starter began: "Step in..... 2-0-0 y-a-r-d b-a-c-k-s-t-r-o-ke..... T-a--k-e y-o-u-r m-a-r-k..."

"Wait a minute!" cried our President, **Tom Bliss**, pointing to the empty starting block in lane 3.

"Stand down", exclaimed the starter in an exasperated monotone. With the Starter and Referee looking at him for an explanation, **Tom** continued: "I'm not positive, but I think the swimmer assigned to lane 3 is out collecting for the Bosnian orphans, but she'll be here shortly."

Before the Referee could make a ruling, the missing swimmer appeared running down the side of the pool, yelling "Don't pay the ransom, I've escaped".

The Referee was not amused. With everyone present, the race commenced. Oh, the tardy swimmer, she placed third.

In the recent St. Pete meet, **Tom Bliss** placed first in the (40-44) age group. Our attendance at the meet was vastly limited due to various factors. However, **Dick Robecki** (CEO type) conducted his usual "On the 60 - 25's, 50's, 100's, etc. for his sprinter's group, while other team members (ear plugs for sure) carried on with their strokes (no pun intended) and distance drills.

Al Rogerson, SPCO ■

Swim Florida

The 1998 short course yard season has begun just as successfully for SWIM Florida Masters as the 1997 long course and short course meters seasons ended.

The Dixie Zone 1997 Top Ten lists for long course and short course meters included 20 SWIM Florida members in 185 events. Those swimmers held 20 number one rankings in different events and set ten Dixie Zone records. Record setters were Sylvia Eisele, Kevin McCormack, Jack Thomas, and Deb Walker.

This year's short course yards season is off to an equally quick start. The team finished third high point visiting team at the February CAT Masters Valentine Meet, first high point visiting team at the February ISHOF Masters Challenge and first high point visiting team at the March St. Pete SCY Championships. Individuals winning high point awards were Michelle Sutton (three meets); Sylvia Eisele and Kent McWherter (two meets); and Lynn Cartee, Jean Garbus, Rob Irving, and Adrienne Seal (one meet). Jean was also in contention for high point at the St. Pete meet until she suffered a mild heart attack during the Saturday competition. She is

fine now and anxious to resume her activities after a final stress test and okay from the doctor in May.

More individuals and team accomplishments are on the SWIM Florida Masters web site

shirt designed by our own Jim Donnelly! Meet starts at noon on Saturday and 10 AM Sunday. There will be our famous tailgate gathering in the park following the last event on Saturday. Great food and "liquid" refreshments for



**SWIM Florida Masters at the
St. Pete S.C. Championships on March 28, 1998**

at <http://home.att.net/~dickbrewer>. Upcoming meet schedules, entry forms, maps and directions to south and central Florida competition pools, team records, and information about practices and practice pools are also on the site.

Our Annual Sarasota Long Course Swimming Championships will be held On June 20 & 21 at Arlington Park Aquatic Center in Sarasota. Enter at least 5 events and win a Beautiful t-

only \$6. FREE Breakfast on Sunday morning! Meet entry form is enclosed in this issue of the newsletter. MEET ENTRIES DUE JUNE 10!

Dick Brewer ■



FLORIDA MAVERICK MASTERS

The 11 Mavericks that competed at the St. Pete meet in March, placed third among the visiting teams. High point winners were: **Doris Prokopi, Pat Painter, Bob McDonald, Paul Hutinger, Frank Tillotson and Frank Starr.**

At the end of April, we will have our first annual Spring Awards Dinner to honor our swimmers that achieved Top Ten Times in 1997. Four swimmers earned All-American honors: P. Hutinger, MacDonald, **Joe Kurtzman** and **Alan Maloney**. Also, congratulations to our swimmers achieving Top Ten Times: **Dorothy Johnson, Regan Kenner, Elmer Luke, Dave Malbrough, Gladys Olsen, D. Prokopi, Eric Prokopi, Starr, Tillotson, Carla Corkins, Margie Hutinger, Richard Olufs, Janet Poulson, Charles Schlegel and Rosie Vijil.**

We have swimmers who are gearing up to compete at Nationals, both at Indy in May and Ft. Lauderdale in August. Fifty years ago, **Frank Havlicek**, our newest swimmer, coached Paul Hutinger when he was on the **Iowa Varsity Swim Team** in the late 40's. Seven other swimmers are former or present swim coaches.

We tip our hat to **Ron Collins, CATM**, for the first-ever swim the length of Tampa Bay, a 24-mile trip. He arrived at his destination, less than 10 hours later, and finished off his achievement with 100 yards of fly. Do you realize that is equivalent to doing 10 Hour Swims, all at once? this was not only a great promotion for Open Water swimming, the Florida LMSC, but for Masters swimming. Way to go, Ron!

Paul Hutinger ■



BRAT swimmers have seen little action these last 3 months other than practice and the Postal swims.

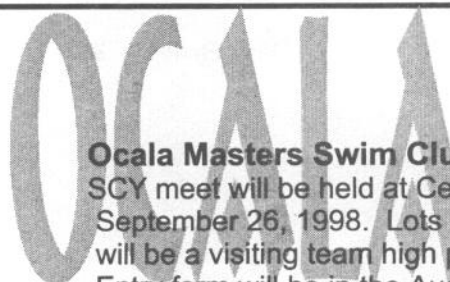
On the practice front, through thick and thin, **Dave Van Winkle** continues to offer his stability and leadership at Leach Center workouts. **Randy Murrell** keeps improving. **Steve Van Sciver** is making his 50th birthday (3/14) push.

In January, 3 BRAT's entered the One Hour postal swim and swam away with 1st place for teams of 3 or less (there were about 50 of these teams). Leading the charge was team registrar **Wanda Brown** with 4805 yds and a first place in her age group (40-44). exceeding her yardage total was former national champ (5K) **Karen Sadler** with 4830 yds and 6th place in the 35-39 age group. 53 year old **David Darst** threw away his cane to plop in the water for 4460 yds and 15th place in his age group. CONGRATULATIONS to all!!!

Bob Ruth thought he found Ponce de Leon's Fountain of Youth when he registered to swim with the age-groupers. After swimming one day of a 2-day in town meet, he succumbed to the ravages of old-age though, falling sick for most of the next 6 weeks.

Planning for his move up in age groups, **Scott Guthrie** has entered his heavy lifting phase while maintaining his rigorous 2000 yds (or less) per week. He'll probably pick it up a 5000-6000 when he gets really serious.

Bob Ruth ●*



MASTERS SWIM CLUB

Ocala Masters Swim Club is again scheduling an early Fall swim meet. The Second Annual SCY meet will be held at Central Florida Community College, Ocala, on Saturday, September 26, 1998. Lots of 50's and 100's and a 500 free to finish the day. This year there will be a visiting team high point award.

Entry form will be in the August issue of the Florida LMSC Newsletter. Put the date on your calendar. If further information is needed, call **Tom Koenig** at (352) 694-1640.

T-BAC

TAMPA BAY AQUATIC CLUB

Second at Clearwater, third at St. Pete, not bad, not bad at all for our new team.

With 31 swimmers at the Valentine Meet in Clearwater, T-BAC came within 72 points of winning our first meet.

Karin Landry, Joe Solak, Lane (where did you go) Hudson, and Frank Wattenberger were all High Point winners in both meets.

Single High Point winners were Maureen (out of retirement) Jones, Eric (Little Big Man) Prokopi, Steve Holcomb, Merit Graves, Carol Carter, Mike Scott, Dave Nafziger,

"The Man" of the meet went to Mike Flick. Our most improved swimmer swam the 400 IM for the first time, along with many other

difficult events,

Our team veterinarians, Missy Muller and Jim Yanchunis made it through with no beepers going off.

Our new parents, Heidi and John (I think I'm pregnant also) Maurer, added substantially to our team totals.

The always consistent points of Becky Nelson, Ingrid Archer, Ann (How many more) Von Spregelfeld, Larry (How do you swim so fast and not workout?) Buckler, Kurt (You need to workout to swim fast) Theodore, Alan (I can now beat my wife in one event) Von Spregelfeld and Bo (hot shower) Webster, were key to our team totals.

Not to say that Joe (where

were you Sunday) Noel, or "No show Joe" didn't add to our points, but...

We will be sad and will miss Kristin Werner and Karin Landry when they move from Florida this summer.

One of our newest members, Rolf Porch, scored substantial points, along with Rick Cervis, who also ran the Gaspar Classic earlier in the day, Len (Cookie man) Taylor, and Jeannie Bollinger. Let's not forget Sue (buzzzz) Curtain, Lyn Heil, and Eric Vanoer, who rarely swims in meets. Oh yes, and "Texas Lives" Mark Ragusa is making his comeback!

All in all, two great meets and great results. We look forward to the summer season.

Mike Scott ■



FLORIDA Newsletter Safety Bulletin No. 1

If you're spending a three day weekend at a swim meet during the hot summer months, be sure to slather plenty of sunscreen all over your body (don't forget behind your ears), and don't be afraid to ask someone to help you apply it to those hard to reach areas.

Bluewave Masters



CAT MASTERS

Sue Moucha, who participates in disabled swimming was selected as a recipient of an Ocean Spray Travel and Training Grant. Thanks to a program created by the Women's Sports Foundation and supported by Ocean Spray, the Travel and Training Grants will provide direct financial assistance to aspiring athletes with successful competitive records who have the potential to achieve higher performance levels and rankings.

Over 85 individuals and 39 teams applied and Sue was one of the 30 winners selected. Sue has received seven Paralympic medals, which include two gold, two silver, and three bronze. Sue's most recent medal was a silver from the 1996 Paralympics held in Atlanta, (200 Medley Relay). She holds four individual American records in disabled swimming. Sue was also selected as the 1996 U.S. Cerebral Palsy Female Athlete of the Year.

Past sports participation include running and cycling. Sue trains at Brandon Swim & Tennis Club and is coached by Peter Banks.

The women's Sports Foundation is a national nonprofit, member-based organization dedicated to increasing opportunities for girls and women in sports and fitness through education, advocacy, recognition and grants. Established in 1974 by Billie Jean King, its founder, Donna de Varona, a founding member and its first president; and many other champion female athletes, the Foundation seeks to create an educated public that encourages female participation and supports gender equality in sport.

Kim Brown, Women's Sports Foundation
(516) 542-4700

In the first swim of its kind, Ron Collins swam the 24 mile length of the shipping channel of Tampa Bay in 9 hours, 52 minutes and 1 second.

On a Wednesday morning, April 15, 1998, at 9:05 a.m., 35 year old **Ron Collins**, Clearwater Masters, plunged into the 74 degree waters of Tampa Bay at the foot of the Sunshine Skyway Bridge in St. Petersburg. Sporting only his "Victor" swim suit and swim cap, silly putty for ear plugs, and some grease in his armpits, Ron started swimming up through Tampa Bay towards the finish line at Rocky Point, in Clearwater, where there was "a drink with his name on it" waiting for him 24 miles away.

"There's a party at Whiskey Joes," Ron said just before the start of his race, "I can't be late."

Clearwater Masters coach **Kelley Allen**, and **Randy Nutt**, a Gold Coast Masters swimmer, guided Ron in their kayaks, supplying him with fresh water and Snickers bars for nourishment. Randy helped guide Marathon swimmer Gail Rice in her swim around Sanibel Island in January and in her attempt to swim from Bimini to Florida last summer. As Marketing Director for The Victor swim products, and Chairman of Florida Goldcoast's Open Water

**"Swim
you
b_____!"**

**Coach
Kelley
Allen**

Now is a good time to begin to communicate with your delegates to:
Rules, Legislation, Finance Committees.

- **Catie Cooper:** 9775 SW 52nd Rd, Gainesville, FL 32608 - Rules, Finance Committees.
- **Frank Tillotson:** 2494 13th Ave N., #46, St. Pete, FL 33713 - Legislation Committee.

We really need your ideas to take to Convention. We represent you, not ourselves.

Committee Randy was one of Ron's sponsors.

By 1 p.m. Ron had passed the St. Petersburg Pier where the current finally gave him a break. He swam under the Gandy Bridge and then the Howard Franklin before finally reaching the Courtney Campbell Parkway at Rocky Point at 6:57 p.m., less than an hour behind his planned arrival time.

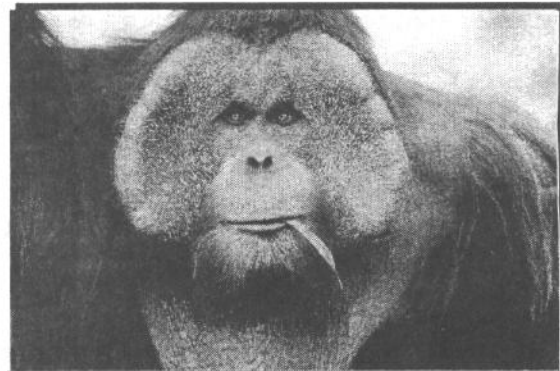


Ron, who started the swim at 192 lbs., lost 7 lbs somewhere along the way.

"I just want to bring some attention to the sport", he said. "There are a lot of great young swimmers out there making waves. This is for them."

Last year Collins helped organize the first Tampa Bay Open Water Challenge, a 3.5 mile sprint across the bay to help raise money for the environmental group Bay-Watch. Organizers hoped to draw 100 swimmers to the May event and were surprised when more than twice that number showed up. This year they expect 400 swimmers to make the crossing from St. Pete's Gandy Beach to Tampa's Picnic Island.

After his swim, Ron kissed his wife **Lea Ann** and two year old son, **Matthew**, and then reached for a swig from the champagne bottle. "It's a great reason to have a party at Whiskey Joe's with my friends", he said of the swim.



Ron Collins before hosing off after his 24 mile Tampa Bay swim.

**"Some people
are dreamers,
others are
doers.
Ron
Collins
is both."
Randy Nutt**

Ron's pre-swim carbo loading on the eve of his swim consisted of "chicken wings, ice cream, beers and something else."

His speech was slurred after coming out of the water. "My tongue is swollen." he said after hosing off the dirty raccoon eyes from the goggles and the debris in the saltwater.

"I don't know how many times I yelled 'Swim you b___!' which is what they say to English Channel swimmers who want to quit," coach Kelley Allen

explained. "He kept going."

But Ron didn't need any help. He picked up speed after crossing under the Howard Franklin, and with the crowd cheering and the end in sight, Collins switched to butterfly the last 100 yards.

Randy Nutt, 38, an accomplished distance swimmer himself, summed it up best. "Some people are dreamers, others are doers. Ron Collins is both." ■

by Jim Donnelly, Janis Froelich, Terry Tomalin



This is what Ron claimed to have seen as he neared the finish line.



St. Pete Masters

This past year, 110 members of our team received Top Ten placings in a total of 1023 events. 16 swimmers qualified as individual All-Americans. 40 swimmers qualified as relay All-Americans. Several swimmers participated in the 3000 and 6000 yd. championship postal event and won the team title for SPM. Congratulations to all of you!

Be sure to save the entry form for our LCM Championship on July 10 - 12, enclosed in this newsletter!

Coach's Corner *by George E. Bole*

"He who wants by the yard, but tries by the inch, should be kicked by the foot". (Anonymous)

With festivities behind us, the serious business of training for the year ahead has to be considered and confronted. The team has had lots of praise from around the country and abroad for the 1997 performances. It is up to us to improve the good image created. To have SPM after your name in the heat sheet carries a new responsibility. People will expect good performances from you. SPM is now synonymous with quality. It must maintain that reputation.

But - on my return to St. Pete after my break, I must say that I was having misgivings. Perhaps it was the team's way of letting down it's hair, - but it was nothing short of horrendous!!

Mind you, it was not that the effort was less, nor the commitment weaker. No! It was that all the so important details were so blatantly ignored. I watched and winced every abrogation as you swam. The most irritation came from the knowledge that you were all aware of the right things to do - and didn't!

**"I saw bodies drifting off the wall,
hands wide apart -
the pool looked like a suspender store."**

So, let's look at what I saw. Firstly, standing around the pool prior to starting, contemplating, discussing, and deciding if the temperature is too hot/too cold/or just right doesn't help the muscles to loosen - at least, let's stretch. Then the push off the wall - how pathetic some of these were/are. I saw bodies drifting off the wall, hands wide apart - the pool looked like a suspender store. You know you can push off faster than you can swim - yet you choose the most inefficient way. No drive, no streamline, no joy!

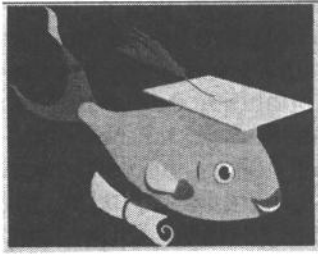
All the advice about hip and shoulder rotation forgotten. Shoulders rolled, hips stayed put - result: increased drag and slow times. Then the cry "those times are too fast". Remember the drag-resistance advice: cut down resistance to speed up the stroke. Freestyle turns - approach the wall, hesitate, look up, roll over, stick on the wall, and push off as though in chains. Stroke counts were increased, rhythm gone.

Then the strokes - backstrokers pushing off the wall in the prone position and then slowly, oh! so slowly. Breaststrokers, with heads high and wide arms, doing their best to defy the laws of mechanics. Along with the flyers, the breaststrokers were guilty of one-armed touching and turning, practicing easy disqualifications. Again, stroke count was ignored. Oh, my, are these the National Champions?

Now, dear reader, I know that you were not guilty of this unseemly behaviour. I am completely aware that you pay attention to the minutest detail so that you may swim faster. But, if you could only let those others in your group know how wrong they are, then we could get on and start to improve our readiness to take on the world.

Let's have a period of: "Detail Attention", being meticulous in every aspect of our swimming. Maybe if we practice this "detail" detail, it will become habit and then we could have time to develop other aspects of swimming. ■





Ask the "SWIMMING" Doctor

by Dr. Paul Hutinger

Question: What mental strategies do you suggest I use to improve my swimming performances?

Answer: Psychocybernetics, mental preparation, for Master swimmers will give you some basic principles to improve performance beyond training and stroke mechanics. Since the person needs to be considered totally, confidence must be built into a positive self image for a well-rounded program. Establish the groundwork for a good self image and confidence during the year with regular training sessions. Program yourself for success with mental practice training, stroke mechanic skills, and race strategies. The success program should include the following:

- *Establish goals or targets.
- *Develop self-confidence; correct any errors.
- *Keep trying; forget failures; remember successes.
- *Have faith; don't wait for proof--**let** your creative mechanism work; don't **make** it work.

These basic principles should give you a new mental picture of yourself after a period of time. Use mental practice and imagery to improve your training techniques and stroke skills. Spend time thinking of correct stroke mechanics and how it feels to do the stroke correctly. Use the same technique to prepare for your events before a meet. Many Master swimmers never plan or think of the event ahead of time, they just dive in and swim as fast as they can. Top swimmers mentally go through each event stroke by stroke from the dive in to the finish. To use imagery for your events, see yourself performing or feel yourself go through each detail when you swim the event. You can avoid many mistakes in races with this technique. Starts and turns can be enhanced with mental practice

used as a supplement to the actual skill practice. The following describes what I do to mentally practice for my event. You will also need to know the physical characteristics of the pool where you will compete.

Imagination and Mental Imagery. I see and imagine I am at the pool preceeding my event and after I have warmed up. I slow down time, I think through all the details and stretch every joint of my body. The Starter calls the 100 yard IM and I visualize the starting block, the pool, and the lane markers. The Referee blows his whistle and I stand on the block. I see my lane 4, the lane lines and backstroke flags. I concentrate only on the lane lines and starter's command. I grab the block with my hands inside my feet, pull down and listen for the starting signal. I explode off the block and feel the water as I enter and streamline. I start my fly kick with two beats, my arms start pulling, with no breath until the third strike. I breathe every two strokes, visually going through the seven strokes for fly. I time the last two strokes, so I don't have to chop or glide to make my turn from fly to back. I touch the wall on my last fly stroke and see the wall underwater with the turning target. I turn and push hard, while streamlining underwater on my back, air exhaling out my nose. I start my kick and the first arm pull brings me to the surface, while passing under the flags. I line up with the ceiling lights, with the lane lines vaguely visible in my peripheral vision. I feel each arm pull and push through the correct stroke. At 12 strokes, my head passes under the flags and I count--one, two, three, and drive my fourth stroke for an open turn and kick hard to keep moving. I feel the wall, then see it while turning on my side to bring my feet into the wall, keeping them low to get a deep push off for the breaststroke. I push and glide. looking at the bottom of the pool, then a long hard pullout for my underwater stroke, my kick bringing me to the surface for my first breath. I pull hard, lift my head for a breath, kick and turn over fast as I approach the 75 yard mark. I time my stroke to make an efficient but speedy turn with a two-hand touch, and push off in the crawl stroke, with no breath off the wall. I single-breathe down the pool, putting every last bit of power into each stroke as the wall gets closer. I hold my breath for the last six strokes, then a fast finger tip touch on the pad, especially important for automatic timing pads. I look up at an imaginary score board that shows my goal time--a fantastic time of 1:08.8 for a new National Record in the 100 yard IM for the 70-74 age group. (I had the record of 1:06.3 for the 60-64 age group for 8 years.) I imagine my friends and officials congratulating me for my record. I check to find out my 25 yard splits--14.1 fly; 17.4 back; 20.0 breast; and 17.3 crawl.

the previous procedure can be used at meets before your event to review your mental imagery. Be by yourself to concentrate, and for four or five minutes, put everything else out of your mind, not letting outside elements interrupt your thoughts. Stroke by stroke go through your event from start to finish to program your total self. Use this same mind set or self hypnosis when you step upon the blocks for your events.

This imagery, used frequently helps to keep your goals within sight and creates motivation to practice and train to make it a reality. Many people feed in failures instead of successes which interferes with achieving their goals. You should dehypnotize

yourself from these ideas. Avoid negative statements as an ending in all aspects of your life. How many times have you put yourself down by saying you do not have the capabilities to do certain things? Measure yourself by your own standards. Have good thoughts about yourself and remember the successes that you have had. This servo-mechanism will help guide you toward goals and a higher achievement level, thus, failures can be turned around to guide you toward success.

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



I Know It's true... I Asked Mr. DQ!

I am always impressed when I go to the web site for USMS, because it is always up to date and keeps us all posted on what is happening. The latest is the full account for rules changes effective in March. With that in mind, let's address a few aspects of the rules to wash away any questions.

These changes came down the pike from FINA to USS to USMS for several reasons. One was the exacting needs for an official to correctly determine if the hand touched or the shoulder dipped first and thus was it or was it not a correct DQ call. The shoulder restriction actually inhibited a swimmer in a turn. Anatomically most of us are not built so that each shoulder is in the same level even when we walk.

The caution, although you may dip shoulders during the swim and at the turns, the rule still states the "arms must be on the same horizontal

plane" for the first stroke after the start and after each turn and during the swim.

Since it is a finish rule, the dipped shoulder is allowed in the transition of strokes in the IM.

The 15 meter head recovery restriction for Butterfly and Freestyle was brought about to remove an unfair advantage when some swimmers were setting world and other records by means of underwater kicks for a distance of much more than 15 meters, as they used to do in the Backstroke. Hard to believe but true. Additionally, the underwater swim did in fact have the risk of oxygen debt and could be physically hazardous to the swimmer.

The start change by USS was not necessary for USMS but let me give my annual caution to swimmers on starting procedures. You may start from the blocks, from the pool deck, or from in the water. That is a wide selection and should be made as to your own wants but should also keep in mind a safety factor. If getting on the blocks is a shaky thing and takes a marginal risk of falling and in turn being injured, is it worth the risk? I have seen some who I felt were taking an unwarranted risk. Enough said.

Last Item - No changes in the Backstroke rule.

That's my story - take care and keep in touch.

Al Soltis - Mr. DQ
813-442-3751

"HURRICANE-MAN"

2.4 MILE ROUGH WATER SWIM

WHEN AND WHERE: MAY 23, 1998 - 7:30 AM SATURDAY - ST. PETE BEACH, FLORIDA.
START: COUNTY PARK ACROSS FROM DOLPHIN VILLAGE SHOPPING CENTER
(4700 GULF BLVD.)

SIGN UP - MAIL TO: "HURRICANE-MAN", C/O BRUCE DAY, 8237 35TH AVE N., ST. PETERSBURG, FL. 33710 BY 5-18-98. IN PERSON SIGN UP AT NORTHSORE POOL 7 AM - 5 PM AND AT THE HURRICANE RESTAURANT 6 TO 9 PM 5-22-98. ENTRY FEE IS \$20 USS/USMS REGISTERED, \$30 UNREGISTERED SWIMMERS AGED 19 AND OVER. CHECKS PAYABLE TO ST. PETE MASTERS. NO RACE DAY SIGN UP. SPONSORED BY ST. PETE MASTERS AND ST. PETERSBURG AQUATICS SWIM TEAMS. FAMOUS POST-RACE BREAKFAST BUFFET - HURRICANE RESTAURANT; AWARD CERTIFICATES TOP THREE AGE GROUP FINISHERS. NO WET SUITS/FINS. BEAUTIFUL SWIM COURSE IN GULF OF MEXICO. FULL INFORMATION PROVIDED WITH SIGN-UP. NO REFUNDS. RACE DIRECTOR: BRUCE DAY (813) 345-1629.

SANCTIONED BY FLORIDA LMSC FOR USMS, INC. SANCTION #148-003. SANCTIONED BY FLORIDA SWIMMING FOR USS, INC. SANCTION #2661.

NAME: _____ **SEX:** _____ **AGE:** _____ **BIRTHDATE:** ___/___/___

MAILING ADDRESS: _____ **CITY:** _____ **STATE:** ___ **ZIP:** _____

T-SHIRT M L XL
TEAM: _____ **USS/USMS NUMBER:** _____ **PHONE:** () _____ - _____

USS 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 USS 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 USS 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 SWIMMING, INC., THE LOCAL 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 USS. 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
 (Or parent if under 18 years of age): _____ **DATE:** _____

MASTERS 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:** _____

UNREGISTERED SWIMMER (NON-USS/USMS) AGE 19 AND OVER - COMPLETE THIS APPLICATION:
 (You need to sign the Masters Application, too.) **1998 ONE EVENT MEMBERSHIP APPLICATION**



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

Last Name	First Name	Init	For Office Use
Street		Apt	
City	State	Zip	Phone No. ()
Date of Birth	Age	Sex	Today's Date
Mo. Day Yr			Mo Day Yr

1998 ONE EVENT MEMBERSHIP APPLICATION

USSM FEE: \$8.00
 LMSC FEE: \$2.00
 TOTAL: \$10.00

(ADD \$10 TO \$20 RACE FEE FOR \$30 TOTAL FOR UNREGISTERED SWIMMER FEE.)

OEVT - One Event Membership **Event Date:** _____

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 THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____

ATTACH COPY OF YOUR 1998 USS OR USMS CARD AT THIS LOCATION, OR FILL OUT ONE EVENT FORM AT LEFT. ALSO FILL IN ALL INFO ASKED ABOVE.

ONE EVENT FEE: CAN BE APPLIED TO 1998 USMS MEMBERSHIP. SEE DETAILS WITH RACE INFO.

SARASOTA LONG COURSE SWIMMING CHAMPIONSHIPS

Sponsored by the Sarasota Chapter of SWIM FLORIDA
For Men and Women 19 and Older

June 20 & 21, 1998

Arlington Aquatic Center, Sarasota, Florida
Sanctioned by Florida LMSC, Inc. for USMS Sanction # 148-013
Meet Director: Steve Grossman

Eligibility: The meet is open to all registered masters. A copy of your 1998 registration card must be included with your entry form. Non-US citizens should have a letter of introduction from their own swimming association.

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

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

Entries Due: Entries must be in the hands of the meet director no later than June 10, 1998

Entry Forms: Complete and return the ENTRY FORM, SEEDING FORM, AND A COPY OF YOUR 1998 REGISTRATION CARD. Mark your tee-shirt size! Enclose a self-addressed envelope or postcard if you wish verification that your entry was received.

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

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

Scratch Procedure: If a swimmer is unable to attend the meet, call Steve Grossman (941-751-4944) no later than June 18 and your money will be refunded. Fax number: 941-927-8326. Swimmers not reporting to the block when their heat is called will be scratched.

Warm-up: Warm-up will begin one hour prior to the start of the meet: On Saturday, June 20, warm-up will begin at 11 AM. On Sunday, June 21, warm-up will begin at 9 AM.

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

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

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

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

FREE BREAKFAST SUNDAY MORNING !!!!!!!

Motel List: Comfort Inn (4 miles N) 941-355-7091 Best Western (3 blocks away) 955-9841
Hampton Inn (4 miles N) 351-7744 Sunnyside Motel (2 miles S) 953-4363

Directions to pool:

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

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

Mail Entries To: Steve Grossman, 6615 Georgia Ave., Bradenton, FL 34207
Deadline is June 10!

SEEDING/ENTRY FORM
Sarasota Annual Long Course Championships
 June 20 & 21, 1998

NAME _____ AGE _____ DOB _____ SEX _____

ADDRESS _____

City _____ State _____ Zip _____

HOME PHONE _____ TEAM NAME _____

TEAM INITIALS _____ LMSC _____ 1998 USMS # _____

Number of Events _____ X \$2.75= _____
 Automatic Timing/heat sheet \$6.00
 Social (\$6.00 per person) X _____
 FREE T-shirt with 5 event entry
 Circle size: S M L XL
 Additional Shirts \$10.00 X _____
 Results \$3.00
 Total _____

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

Saturday, June 20, 1998 12:00 Noon

Sunday, June 21, 1998 10:00 AM

1 / 2 200 M Breast _____
 3 / 4 50 M Fly _____
 5 / 6 100 M Back _____
 7 / 8 200 M Free _____*

9 / 10 400 M Mixed Medley Relay _____
 11 / 12 50 M Breast _____
 13 / 14 200 M IM _____
 15 / 16 100 M Fly _____
 17 / 18 400 M Free _____

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

*Denotes break, if necessary. Relays are deck entered.

"No Time" entries cannot be accepted. Attach a copy of your 1998 USMS card.

Make Checks payable to SMS/Swim Florida

Entries due June 10!!

Send to: Steve Grossman 6615 Georgia Ave Bradenton, Fl 34207

**ATTACH A COPY OF
 YOUR 1998 REGISTRATION
 CARD HERE**

"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 risks inherent to 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 INCEDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE SLUBS, 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 _____ Signed _____

Annual St. Pete Masters Long Course Swimming Championships

July 10, 11, and 12, 1998

Sanctioned by: Florida LMSC for USMS, Inc. Sanction #148-016

Sponsored by: St. Petersburg Dept. of Leisure Services and St. Pete Masters, Inc.

Meet Directors: Nancy Eaddy and Cheryl Day

- Eligibility and Rules:** Open to all registered MASTERS, age 19 years and older. All entrants must have a current 1998 USMS Registration Card. 1998 USMS Rules Govern.
- Entry Limit and Fees:** Swimmers may enter five (5) individual events per day PLUS relays. Cost per individual event entered shall be \$2.50. Cost per Relay Team shall be \$5.00.
- Relay Eligibility:** All relay swimmers must be registered members of the USMS registered club they represent, sign the meet waiver form, and pay the meet surcharge. Relays are **deck entered and seeded**.
- Entry Information and Meet Surcharge:** Please complete and return the meet Entry Form and attach a COPY OF YOUR 1998 USMS Card. Enclose a self-addressed and stamped post card if you wish verification that your entry was received. The **meet surcharge** for entries **postmarked on or before June 23rd will be \$7.00**. For entries **postmarked June 24th or later, the meet surcharge will be \$10.00**. Entries must be **RECEIVED by Wednesday, July 1, 1998**.
- Seeding:** All events will be timed finals and will be seeded SLOWEST to FASTEST. **"No Time"** entries cannot be accepted. All events will be pre-seeded, **EXCEPT** for the 1500 and 400 M Freestyle and the 400 M I.M. Swimmers must check in by a designated time to be seeded in these events.
- Meet Scratches:** If a swimmer is unable to attend the meet, please call **Nancy Eaddy** at (813) 347-0565 or e-mail **nheaddy@aol.com** no later than **Thursday, July 9, 1998** and your money will be refunded in full.
- Warm-up:** Warm up will begin on Friday, July 10th at 4:30 p.m. Warm-up on Saturday and Sunday will begin one hour prior to the start of the first event. One lane will be available for warm-up and cool down.
- Timing:** Colorado Timing will be used with hand held back-up timing for each lane.
- Scoring:** 9; 7; 6; 5; 4; 3; 2; 1 for Individual Events. DOUBLE POINTS for RELAYS.
- Results:** Results can be ordered at the meet for \$ 5.00 per copy. One free copy will be sent to each team participating in the meet. A Team Rep sign up list will be available at the Registration table. Results for the 1500 M and 800 M Free will be submitted for Top Ten provided signed entrant completes the 1500 M free.
- Food:** Refreshments will be available for purchase at a location adjacent to the spectator bleachers.
- Awards:** Awards will be handed out for each event. Individual High Point awards for 1st, 2nd, and 3rd in all AGE GROUPS (minimum 5 events **completed**). Visiting Team 1st place Combined, 1st place Men, and 1st place Women recognized by having their team names permanently engraved on a large perpetual plaque which will be on display in alcove.
- Hospitality:** Join us for food, fun, and camaraderie on Saturday evening. Sign up at the meet.
- Comments:** Competitors 19 to 24 years of age may jeopardize their amateur standing with FINA by competing in this MASTERS meet.
- Hotel List:**
- | | | | | | | |
|-----------------|----------------------|---------------------------|----------------|--------------------------------|-----------------|----------------|
| Downtown- | St. Pete Hilton | 333 1st Avenue South | (813) 894-5000 | Pool Facilities: | | |
| | Heritage Holiday Inn | 234 3rd Avenue North | (813) 822-4814 | North Shore Pool is located at | | |
| | Beach Park | 300 Beach Drive Northeast | (813) 898-6325 | 901 North Shore Drive N.E. | | |
| | Bond Hotel | 421 4th Avenue North | (813) 822-4783 | St. Petersburg, Florida | | |
| | Vinoy Resort | 501 5th Avenue Northeast | (813) 894-1000 | | | |
| St. Pete Beach- | Best Western Sirata | 5390 Gulf Blvd. | (813) 441-1722 | Days Inn | 6200 Gulf Blvd. | (813) 367-1902 |
| | Holiday Inn | 5250 Gulf Blvd. | (813) 360-1811 | Quality Inn | 5300 Gulf Blvd. | (813) 360-6911 |

EVENT ENTRY FORM
Annual St. Pete Masters Long Course Swimming Championships
July 10, 11, and 12, 1998

Name: _____ Age: _____ Date of Birth: _____ Sex: _____ Phone Number: _____
(as it appears on your 1998 USMS card) (as of 7/12/98) (M or F) (Indicate Home or Work # And include Area Code)

Address: _____ City: _____ State: _____ Zip code: _____

USMS Club Name: _____ Abbreviation: _____

1998 USMS Number: _____ LMSC: _____

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.

Please attach a copy of your
1998 USMS Card here

Friday, July 10th - start 5:00 pm

Time	W/M	Event
_____	1/2	1500 M Free

800 M Free splits will be submitted for USMS Top Ten consideration provided that signed entrant completes the 1500 M Free.

Saturday, July 11th - start 9:00 am

Time	W/M	Event
_____	3/4	200 M Back
_____	5/6	50 M Fly
_____	7/8	100 M Breast
_____	9/10	200 M Medley Relay
_____	11/12	200 M Fly
_____	13/14	50 M Back
_____	15/16	200 M Individual Medley
_____	17/18	100 M Free
_____	19/20	200 M Mixed Medley Relay
_____	21/22	400 M Free

Sunday, July 12th - start 9:00 am

Time	W/M	Event
_____	23/24	200 M Free
_____	25/26	50 M Breast
_____	27/28	100 M Fly
_____	29/30	200 M Free Relay
_____	31/32	100 M Back
_____	33/34	200 M Breast
_____	35/36	50 M Free
_____	37/38	200 M Mixed Free Relay
_____	39/40	400 M Individual Medley

Meet Charges:	Events Entered	_____ X	\$2.50	=	_____
	Meet Surcharge	\$7.00 for entry forms postmarked on or before June 23 rd .		=	_____
	Meet Surcharge	\$10.00 for entry forms postmarked on June 24 th or later.		=	_____
		TOTAL		=	_____

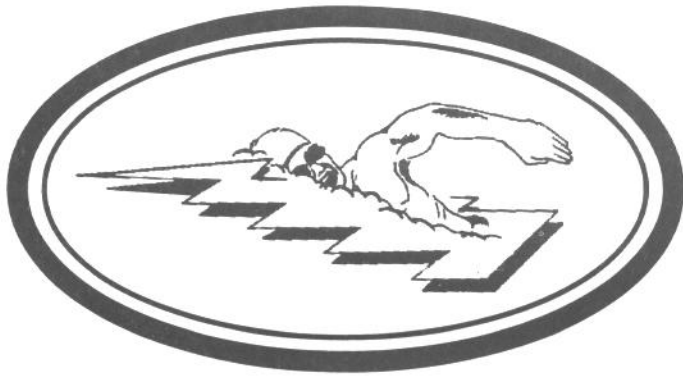
Mail Entry Form to:
 St. Pete Masters
 c/o: Nancy H. Eaddy
 431 Park Street South
 St. Petersburg, Florida 33707

Make Check or Money Order Payable to:
 St. Pete Masters, Inc.
 Questions? Contact
 Nancy Eaddy (813) 347-0565 or e-mail: nheaddy@aol.com
 Cheryl Day (813) 345-1629

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. (See Rule Book Article 203.1)

Signature of Meet Entrant

Date



TEAM ORLANDO

TEAM ORLANDO MASTERS 2nd at YMCA NATIONALS

Ft. Lauderdale - April 27, 1998

Team Orlando Masters Swim Team finishes 2nd place in small team division at the YMCA Masters National Swim Championships.

Swimming at the Hall of Fame Pool, Orlando's women were led by the dynamic duo of Rosemarie Seaman and Cathy Shonkwiler, Seaman let the squad winning all eight of her events (50 & 100 breast), 100 & 200 IM, 50 & 100 fly, 50 & 100 free), while Shonkwiler sprinted to seven wins (50, 100 & 200 free, 50 & 100 fly, 100 IM, 50 back) with two National Records to boot. The two teamed up with Susan Kominoski and Jennifer van der Molen

to win the Women's 200 Medley Relay as well.

The men dominated the pool with Rick Scray going the distance winning both the 500 & 100 free, and Chester Miltenberger took the sprints with wins in the 50 & 100 free. Jerry Glancy backstroked to victory in the 50, 100 & 200, Michael Conger won the 50 free! The Mixed 200 Free Relay of Shonkwiler, Miltenberger, Shepardson and Seaman outswam the field with a 1:48.70 victory.

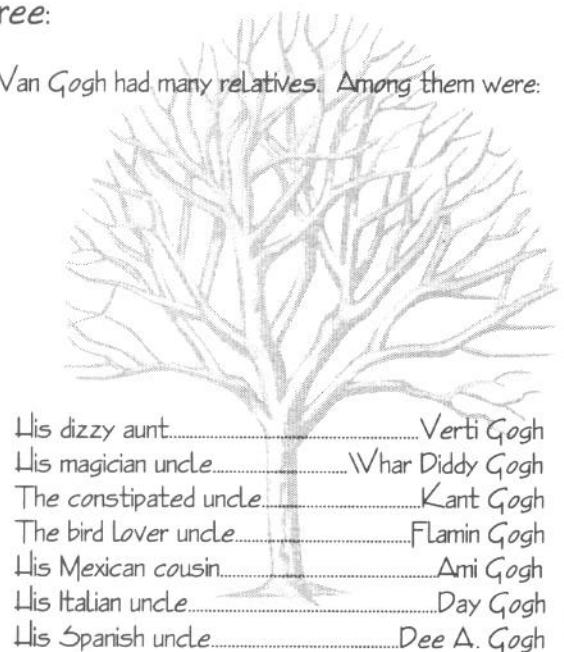
Other All-American swims were turned in by: Vicki Haley, Caroline Gatto, Ernestine Beattie, Alyce Vogel, Susan Kominowski, Ajennifer van der Molen, Victor Sirbu, Kurt Wickizer, Jack Beattie, Steve Boney, Curtis McWilliams, Andrew Farrell, Robert Lombard and Richard Bergholtz.

Lucky Meisenheimer ■

The Van Gogh Family Tree:

After much research it has been discovered that the artist Vincent Van Gogh had many relatives. Among them were:

His obnoxious brother.....Pleese Gogh
 The brother who ate prunes.....Gotta Gogh
 The brother who worked at a convenience store.....Stop N. Gogh
 The grandfather from Yugoslavia.....Yu Gogh
 The brother who bleached his clothes white.....Hue Gogh
 The cousin from Illinois.....Chica Gogh
 The Mexican cousin's American half brother.....Grin Gogh
 The nephew who drove a stage coach.....Wels Farr Gogh
 The ballroom dancing aunt.....Tan Gogh
 His nephew psychoanalyst.....E. Gogh
 The fruit loving cousin.....Man Gogh
 The little bouncy nephew.....Poe Gogh
 A sister who loved disco.....Go Gogh
 And his niece who ravel's the country in a van.....Winnie Bay Gogh
 An aunt who taught positive thinking.....Waytu Gogh



FLORIDA

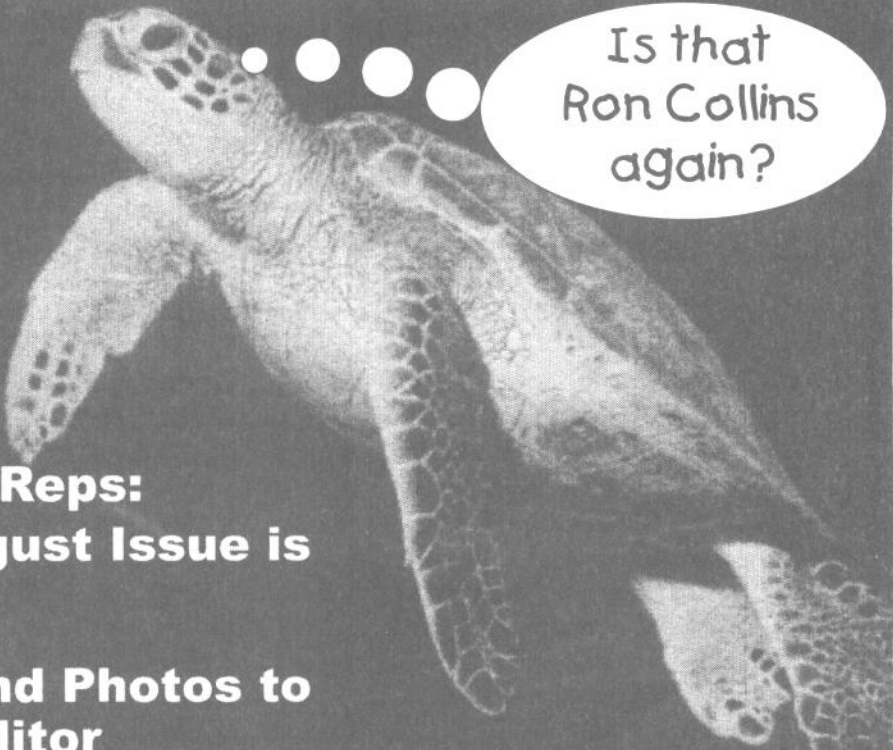
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- "My Very Last First Race"
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- Meet & Open Water Entry Forms



Is that
Ron Collins
again?

**Attention Team Reps:
Deadline for August Issue is
July 15, 1998**

**Send all Copy and Photos to
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