

FLORIDA

newsletter

Vol. XV, No. 3

Local Masters Swim Committee, Inc.

August 1998

OFFICERS

CHAIRMAN

HAROLD FERRIS

1116 44TH AVENUE N.E.
ST. PETERSBURG, FLORIDA 22703
813-896-0250

SECRETARY

CATHY SHONKWILER

10202 LEEDS CT.
ORLANDO, FLORIDA 32836
HOME: 407-354-3215
FAX: 407-354-3382

TREASURER

THOMAS ROBERGE

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

SANCTIONS

RON COLLINS

1920 COBBLESTONE WAY
CLEARWATER, FLORIDA 33760
HOME: 813-535-4067
E-MAIL: RCollin3@tampabay.rr.com

REGISTRATION

CHARLES H. KOHNKEN

1258 FLUSHING AVENUE
CLEARWATER, FLORIDA 33764
813-531-0008

RECORDS

JOHN WARE

4716 GRAINARY AVENUE
TAMPA, FLORIDA 336-2106
HOME: 813-962-1716
FAX: 813-961-8492
E-MAIL: jware@gte.net

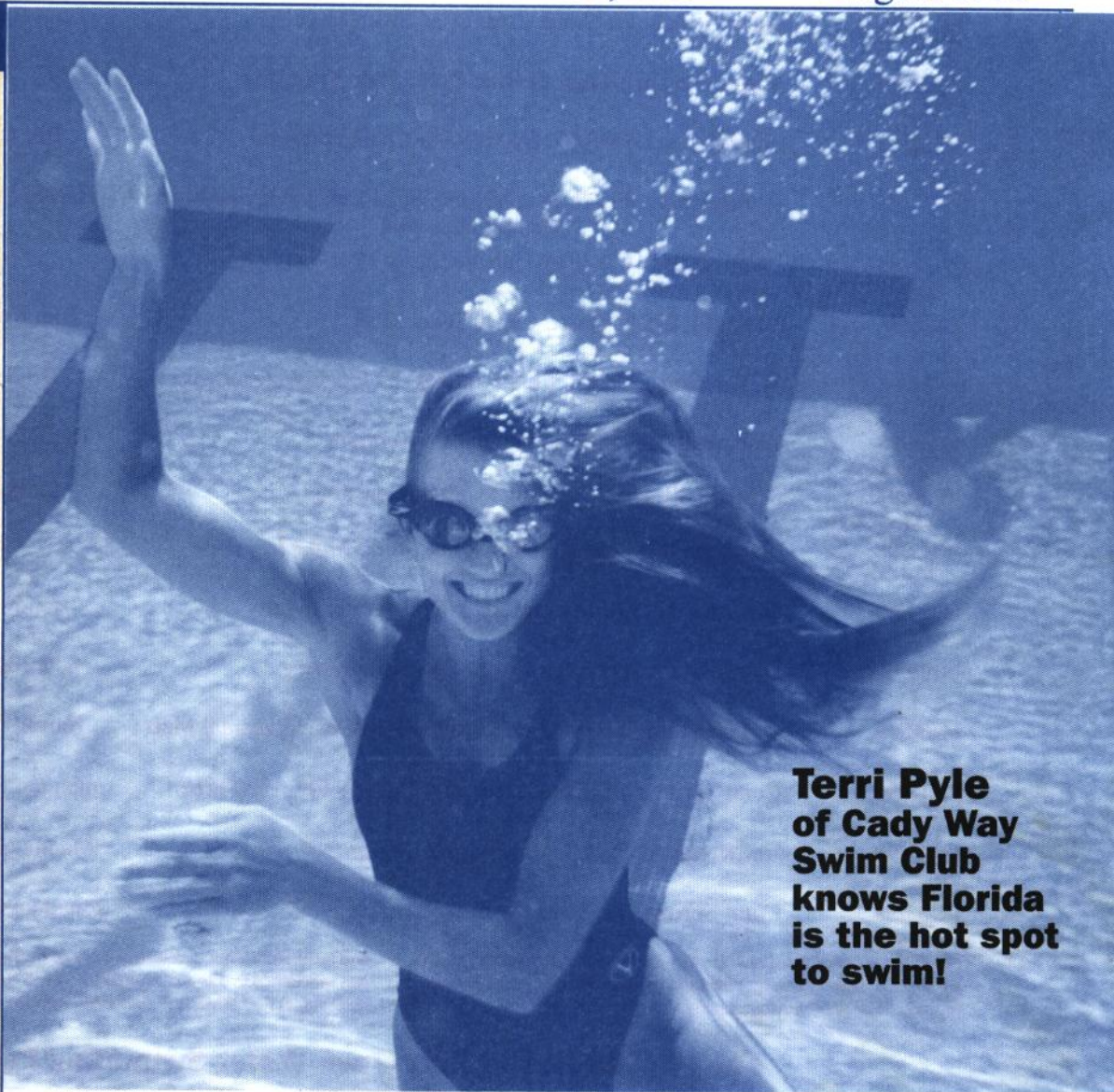
NEWSLETTER EDITOR

JAMES M. DONNELLY

5239 BOX TURTLE CIRCLE
SARASOTA, FLORIDA 34232-4312
HOME: 941-371-4084
WORK: 941-365-3014
FAX: 941-955-4861
E-MAIL: FloridaEditor@usms.org

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St. Petersburg, Florida 33703



**Terri Pyle
of Cady Way
Swim Club
knows Florida
is the hot spot
to swim!**

Get fired up to swim!

► Explosive Starts ► Sizzling Strokes ► Hot Bods ► Scorching Times

DISTANCE MATTERS

by Ron Collins

CALENDAR OF EVENTS

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
09/06/98	Abaco, Bahamas Lean Cuisine Ocean Mile Swim #5	ESM (561)241-3801
09/12/98	Buford, GA USMS 5K Open Water Championships	Bill Black (770)698-8020
09/20/98	St. Petersburg, FL St. Pete Masters SCM Developmental Meet Walter Fuller Pool	Harold Ferris (727)896-0250
09/26/98	Jeckyll Island, GA Lean Cuisine Ocean Mile Swim #6	ESM (561)241-3801
09/26/98	Ocala, FL Ocala Masters SCY Swim Meet	Tom Koenig (352)694-1640
09/27/98	St. Petersburg Beach, FL 3.5 mile & 1K Open Water Swims	Bruce Day (727)345-1269
09/30/98 to 10/04/98	Cincinnati, OH USMS National Convention	Harold Ferris (727)896-0250
10/09/98 to 10/11/98	Orlando, FL Dixie Zone SCM Championships	Larry Peck (407)647-7793
10/11/98	Marathon, FL Lean Cuisine Ocean Mile Swim #7	ESM (561)241-3801
11/01/98	St. Croix, VI 5 Mile Coral Reef Open Water Swim	Randy Nutt (800)356-5132
11/07/98	Delray Beach, FL Aqua Crest SCM Swim Meet	Scott Barlow (561)278-7174
11/08/98	St. Petersburg, FL St. Pete Masters SCM Developmental Meet Walter Fuller Pool	Harold Ferris (727)896-0250
11/15/98	Coral Springs, FL Brute Meet (400 IM, 200 Fly, 1500 Free)	Jonathan Coyle (954)340-5508
11/22/98	Key Biscayne, FL Miami Mile and Doggie DU	Manny Garcia (305)265-0060
12/05/98 to 12/07/98	Coral Springs, FL SCM Swim Meet	Jonathan Coyle (954)340-5508

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

The Florida Grand Prix Open Water Swimming Poll

August 1998

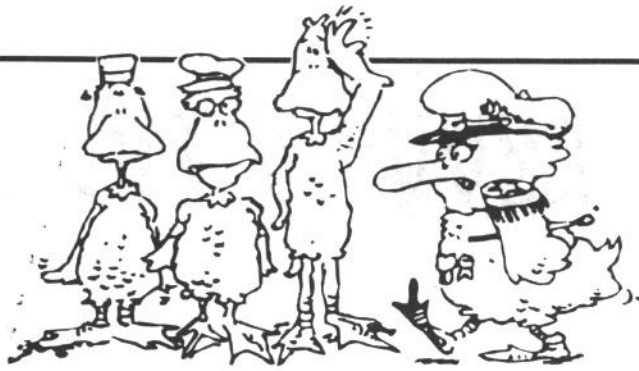
Men

1. Miodrag Vasic Ft. Lauderdale
2. Danny Chocron Tallahassee
3. Kevin Volz Ft. Myers
4. Chris Derks Miami
5. Robert Margalis Clearwater

Women

1. Bambi Bowman Miami
2. Briley Bergen Plant City
3. Sarah Rice Miami Shores
4. Yuko Matsuzaki Orlando
5. Jamie Lee Johnson Ft. Lauderdale

Others receiving votes included: Gary Kovaks, JP McCroan, Juli Brabson, David Boudreau, Christa Carpenter, Rick Scray, John Woodruff, Gail Rice, Brian Fleischman, Tim Kennedy, Cathy Shonkweiler, Lucky Meisenheimer, Andie Scelsi, Andrea Nauta, Andrew Ferrell, Heather Skaggs, Scott Coleman, and Gerry Teeven.



THE CHAIRMAN'S CORNER

by Harold Ferris

Long Course season has brought us record heat in much of Florida and tough workouts in pools that are too warm.

Please remember to drink plenty of fluids during these hot weather workouts. Dehydration can occur before we are aware of it. The pool may be quite warm, but we still need a good warm-up to start and an easy cool-down at the end of a workout.

We also have more meets than usual again this year, as Long Course Nationals once more were awarded to Florida. The Hall of Fame Pool in Ft. Lauderdale is a beautiful facility and I hope to see a big turnout of Florida LMSC swimmers.

the report of the Nominating Committee was presented at the LMSC meeting on July 11, 1998 and appears elsewhere in this Newsletter. The election of Officers will be held on October 10, 1998 at the end of the day's events at the Orlando Short Course Meters meet. Additional nominations may be made from the floor. Every team should have one voting representative at the meeting.

Treasurers Report

by Thomas Roberge

Florida Local Masters Swim Committee Statement of Assets, Liabilities and Fund Balance as of June 30, 1998

Assets

Cash - Checking Account

\$ 15,227.63

Total Assets

\$ 15,227.63

Liabilities

Fund Balance

Balance at December 31, 1997 \$ 11,734.25

Excess of Revenues Over Expenses
for the Six Months Ended June 30, 1998 3,493.38

Total Fund Balance

15,227.63

Total Liabilities and Fund Balance

\$ 15,227.63

Florida Local Masters Swim Committee Statement of Revenues and Expenses for the Six Months Ended June 30, 1998

Revenues

Registrations \$ 17,691.00

Sanction Fees 230.00

Miscellaneous 1,245.90

Total Revenues

\$ 19,166.90

Expenses

Registrations 11,528.00

Newsletter 1,684.93

Postage 1,220.93

Convention 100.00

Rule Books 48.00

Fees on Registrations 223.50

Miscellaneous 868.16

Total Expenses

15,673.52

Excess of Revenues Over expenses

\$ 3,493.38

NEWS FROM AROUND THE LMSC



TEAM ORLANDO GOLD RUSH IN INDY

(Indianapolis, IN - May 13, 1998):

"Age ain't nothing but a number" when it comes to **Brud Cleaveland** (80 years) winning three golds and **Jerry Glancy** (60) taking two firsts at the 1998 USMS Short Course Nationals. Over 1700 master swimmers from all over the world competed this week at the Indian University Natatorium.

Cleaveland's wins came in the 50, 100 and 200 Free as well as thirds in the 50, 100 and 200 Breast. All of his times were new team records! Glancy having just come off a strong YMCA National meet won the 100 and 200 Back edging out former Japanese Olympic gold medalist **Yoshi Oyakawa**. "I knew I had a chance when I glanced over and saw that we were head to head on the last length of the 100. Knowing he's a stocky guy, I used my long arms to out touch him", Glancy excitedly reported. (Jerry is 6'7"!)

Don McCollough, 82 years, took home four silvers as well as four team records respectively. the moth/son team of **Nate** (81) and **Jerry O'Connell** (53) contributed points especially when Nate swam for two silvers and two bronzes!

Cathy Shonkwiler who trains with Team Orlando, swam for St. Pete Masters, finished strongly with four individual and two relay firsts. **Rick Bergholtz** also training with Team Orlando, swam tough for Lake County Aquatics.

TEAM ORLANDO MASTERS SWIM AROUND KEY WEST

(Key West, FL-June 16,1998):

"Size does matter", claims **Lucky Meisenheimer**, after winning the fin division in the 22nd Annual Swim Around Key West race. Lucky donned his "Zoomers" (fins much smaller than the standard racing fins) and swam the 12.5-mile swim in a record time of four hours and seven minutes.

Competition was tough with limited entries of 275 swimmers for this popular race. The divisions included men and women solo, mixed fins solo, 3-person relay (men, women and mixed) and 6-person relay (mixed). All swimmers were required to have a boat escort throughout the race.

The tides in Cow Key Channel proved to be the most difficult segment going around Key West. the weather was kind with partly cloudy skies and calm water conditions, but the jellyfish were not...several swimmers were stung! Although there were shark sightings, no swimmers were made into meals.

Don Combs and **Mike Bush**, also with Team Orlando, choose to swim the solo race without fins. They finished respectively at five hours and twenty-seven minutes, seconds within each other! Cathy Shonkwiler, who trains with the team, finished second on a 3-person relay.

Team Orlando Masters, sponsored by **Speedo**, are currently preparing for the State and National Long Course Championships this summer.

THE BEATTIES TAKE ON THE WORLDS

(Casablanca, Morocco - July 6, 1998):

Team Orlando Masters Swimmers, **Jack and Ernestine Beattie** took on the world at the recent VII FINA Masters World Championships held in Casablanca. Approximately 2000 swimmers from 52 countries competed in the long course meters event.

Jack Beattie, a USMS National Champion and Record Holder, brought home hardware in all four of his events. He stroked to two silvers in the 100 and 200 Backstroke, took 4th in the 50 back and 8th in the grueling 200 IM. "I was a little bit off my best times, but still pretty happy with my performances," claims Jack.

Jack's wife, Ernestine, is also competitive in the water. Last year's National Champion in the 50 Fly, "Ernie" placed 8th in the world! Her other strong swims included the 50 Back, 50 Breast, 50 Free and 200 Back. Two of her times also set team records! "The Moroccans were extremely friendly, the sightseeing in Casablanca and Marrakech was fabulous, and the meet was fun," say Ernestine.

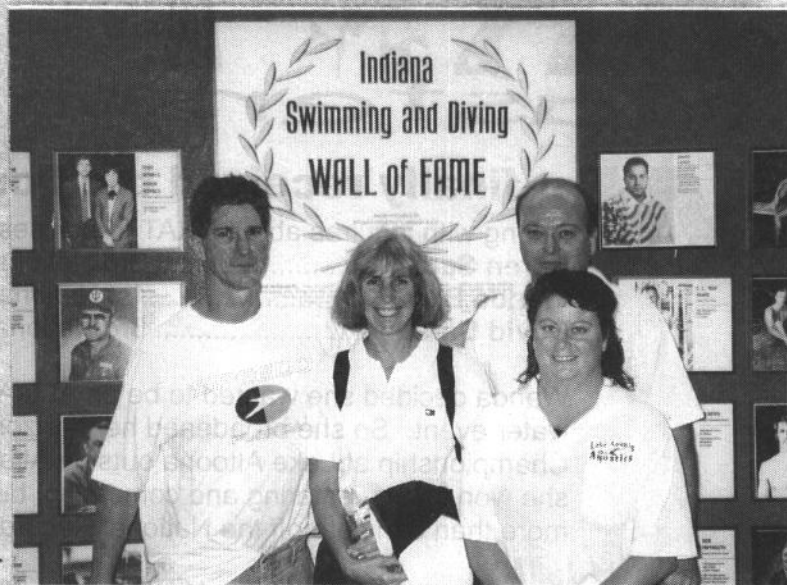
The next FINA Masters Championships are scheduled for the summer of 2000 in Munich, Germany.

Lucky Meisenheimer ■

Lake County Aquatics

It was just a little more than a year ago that the **Lake County Aquatics Masters Swim Team** was formed. Within the year, we have grown to 24 swimmers. Some are in it for the fitness, while others thrive on the competition in the Many of our swimmers are parents of swimmers from our age group team. Since a lot of the masters meets are scheduled on the same weekends as age group meets, our team numbers tend to be small. We hope during the short course season, our masters will make a strong team showing at meets.

Congratulations to **Carl Lindstrand**, our outstanding senior male swimmer, who was recognized as a **USMS ALL-AMERICAN**. He was a National Champion at the 1997 Long



Rick Bergholtz, Linda Felton, Rene & Glen James

Course Nationals We are proud of you! We are also proud of the four swimmers who represented our team, as well as Florida, at Nationals in Indianapolis. **Linda Felton, Rick Bergholtz, Rene James, and Glen James** all posted best times! Way to go team!!

Rene James, Coach/Swimmer ■

T B A C

TAMPA BAY AQUATIC CLUB

“Man, did I take that 50 Breast out too fast”,
says one of our swimmers, Tim Curtin. A roar of laughter ensued...I think I was one the floor for twenty minutes before I could stop laughing.

Deep down, maybe that is how we all felt after swimming in the St. Pete L.C. summer meet. Our team has never seen a 50 meter pool much less worked out in one!

We were very proud to finish Third Overall as a team. Our women finished First Visiting Team. Our 30-34 women - Maureen Jones, Merit Greaves, Carol Carter, and Becky Nelson scored ¼ of all our points. Congrats!

Once again our coach, Joe Solak, shamed us all by man handling such events as the 1500 free, 200 butterfly, 400 free, and 200 back. Atta boy!

For all the rest of us who pulled and kicked our selves through those long 50's, Tim, we give ourselves a pat on the back and sympathize with you.

So, we're back to 25 yard pools again and looking for our first victory as a team. ■

BRAT Masters

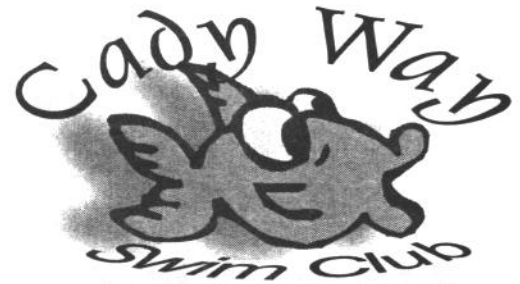
We finally received the Postal 1650 results from January
(Along with inquires about BRAT franchises!). The results are as follows:

Karen Sadler 353rd Nationally, 19:51
Wanda Brown 411st Nationally, 19:55
David Darst 54 3rd Nationally, 21:37

Wanda decided she wanted to be an ALL-AMERICAN and found she had to swim an open-water event. So she broadened her horizons by entering the USMS 2-mile National Championship at Lake Altoona outside Atlanta, and she won her 40-44 age group! (Actually she won just by entering and competing, but she also came in 1st) with a time of 44:21. A little more than a minute off the National Record.

Scott Guthrie 53 continued his rigorous 6000 yd/wk training program capping the short course season with a 4th place finish (50-54) in the 50 Breast (30.57) and a tie for 5th in the 100 Breast (1:09.06). Now if we can just convince him to build up his training gradually to 7000.wk over the next 2 years, maybe we could see him going for records when he turns 55 in the 200 Breast too!

Non-competitive news: **David Darst** has been getting incredibly fast sprints in practice, but decided to take 6 weeks off to go to Spain. Workout leader, **Dave Van Winkle**, has been getting incredibly gray around the temples (I guess that means he's getting wiser), but decided to take off a week to go to France and another week to Connecticut. Magnet Lab Head, **Steve Van Sciver**, has been incredibly inconsistent, going to China for 3 weeks and Los Alamos for 1 week. **Randy Murrell** has been plugging away, but missed incredible amounts of training time to go for 2 days to St. Pete. **Bob Ruth** has been busy running his swim lesson program in this the busiest time of year and hasn't gone anywhere! **Bob Ruth** 🍷



New Masters Swim Team in Winter Park

Cady Way Swim Club began its first practices on August 10th at the Cady Way Pool in Winter Park. A 50 Meter pool with a 25-yard diving well is perfect for both competitive and fitness swimmers alike.

For nearly ten years Cady Way Pool has been the home base for triathlete training, as bike and running tracks/trails immediately surround the area. As a result, our practices involve primarily their cardiovascular base for cycling and running. Yet we also make plenty of room for the die-hard Masters swimmers such as Jerry Glancy, Jack Beattie, and Chris Iselin, who always have their experience (and bad jokes) to share with the group. Swimmers of all levels and backgrounds have meandered into our practices--and they are all more than welcome.

In order to accommodate the various levels of swimming, I offer Distance, Middle Distance, and Sprint work-outs, inclusive of drills and personal swim instruction as requested. Morning work-outs are offered Mon. - Wed. 6-7 a.m. And Saturdays, 10-noon; evening work-outs are held Mon. - Thurs. 6:30 - 7:30 p.m. We plan a duathlon in October, incorporating a 1 mile swim in the pool followed by a three mile run on the Cady Way Trail--more on that soon.

As we all know, the purpose of a swim club is not just about exercise; rather, it's about trading war stories, boosting each other's confidence (and, of course, giving each other a hard time), and more importantly, pushing each other on when no one else thinks it's worth it.

See you at practice. Terri Pyle ■

Terri Pyle, our August Cover girl, holds a B.A. And M.A. Degree in English/ Literature from the University of Central Florida, and taught both honors and non-honors courses as an adjunct professor. She is currently a YMCA certified swim instructor and lifeguard. For the last five years she has dedicated herself to swimming and racing long distance--competing in triathlon relays and various 1 and 2 mile open water swims around the state. Her most recent and longest effort was an attempt to swim 16 miles in the Aegean Sea off the coast of Greece. Combining her love of teaching and swimming has led Terri to develop personal swim instruction for competition, safety, and fitness--adaptable to all ages and skill levels.

Blue Wave Masters

Sue Moucha named to USA Team to compete in the International Paralympic Committee World Swimming Championships
to be held in Christchurch, New Zealand, October 12-17, 1998.

Sue received three national titles at the 1998 USA Swimming Disability Championships held at the University of Minnesota Aquatic Center, June 26-28th, in her class. She took 1st place in the 100 m Freestyle, 50 m Backstroke, 100 m Breaststroke and 2nd in the 50 m Freestyle.

The Meet was sanctioned by United States Swimming. Selection to the USA Team was based upon swimmers Finals times at this Meet and their World rankings.

US Masters Swimming was a sponsor at this Meet. Sue was asked to carry the United States Flag the length of the pool as the National Anthem was sung, during the Final Opening Ceremony, doing the Backstroke.

(See [http://www.usa-swimming.org/\(06/29/98 07:17:32\)](http://www.usa-swimming.org/(06/29/98 07:17:32)))



FLORIDA MAVERICK MASTERS

One aspect of Masters swimming that is important to our team, is to recognise swimmers for their achievements. When we formed our Maverick team, we wanted to encourage swimmers at all levels and abilities to participate in meets. Many were able to achieve a Top Ten Time as an individual, but for others, to be on a relay was the route to go. The officers selected an awards to recognize the All-Americans and Top Ten swimmers, at our **first annual awards dinner** in April. We chose a large, green towel, monogrammed with Maverick Masters and either All American or Top Ten, 1997.



Top Ten awards presented to Maloney, Unger, MacDonald, Kurtzman, M. Hutinger, P. Hutinger, Malbrough in Ft. Lauderdale.

Although they competed for four different Y teams, five Mavericks swam at Y Nationals in Ft. Lauderdale, April 23-26. P. Hutinger won 7 of his 8 events and set Y National records in the 100 IM and 50 and 100 Back. Malbrough powered through his new 85 age group, winning his 6 events, setting Y National records in the 50 and 100 Back, 500 free, plus a National record in the 50 Back. Kurtzman won 4 events, and placed 2nd in one. Maloney had a 4th, two 5ths, three 6ths, a 7th and 8th. MacDonald had 2 firsts, a 2nd, 3rd, and two 4ths. In addition, the Boca Raton 65+ men's relay with Hutinger and Maloney broke the 14 year old Y National 200 free relay. M. Hutinger helped time for three days.

Three Mavericks made the trip to Indianapolis for the SC Nationals, in May. Overcoming the progressive muscle weakening disease, myositis, Elmer Luke made a big splash at his first Nationals, swimming way beyond his early expectations of merely placing in the Top Ten. With only a year of limited training and National jitters, he placed 3rd in the 1650; 2nd in the 400 im; 6th in the 200 back and 500 free; 8th in the 200 IM; and 9th in the 200 free. Paul Hutinger placed 1st in the 50 back; 2nd in the 100 & 200 back, and 100 IM; and 3rd in the 50 fly and 50 free. Margie Hutinger, competing in her first Nationals since the accident, was ecstatic to place 8th in the 50 back and 9th in the 100 back. In the 50 free, she dove off the block for the first time, a moral victory.

Paul Hutinger ■



SPCO with 26 swimmers turned out to give an impressive performance in retaining the Craigie IRCC SCY Championships.

The April 18, 19 meet at Ft. Pierce drew swimmers from 22 clubs, with SPCO winning the First Place trophy for the 3rd straight year. There were many outstanding performances in the 50 event program.

First Place winners were: Bunny Cederlund 10, Pat Sargeant 7, Martha Henderson 6, Mary Tusa 5, Pete Turner 5, Lester Bell 5, Nancy Mitts 4, Tom Bliss 4, Al Rogerson 4, Dick Robecki 3, Herb Delgado 3, Karen Halford 2, Sue McGaughey 2, Marion Ranzino 1 and Bob Sigersmith 1.

Also the same weekend our Open Water Swimmers : Steve Heinricher, Bruce Bennett and Joe Shriver took 1,2,3 in the Indian River Open Water 2 mile swim. Congratulations guys.

Tom Bliss (40-44) had 7 Top 10 places in his 8 events in April 23-26 YMCA Masters Championships at Ft. Lauderdale.

SPCO has another National Champion. Sue McGaughey (76) who took top honors in the 100 Fly, scy meet at Indiana in early May. Great job Sue.

Opening the LCM season, 7 of our swimmers (Lauren Hardman, Nancy Mitts, Martha Henderson, Phil Lindsley, Al Rogerson, Lester Bell and Al Chipman) fared well in the June 6th meet at Delray, with all taking at least 1 first place.

TID BITS:

Pool time a problem for LCM with members traveling to Brevard College and Cocoa Beach for swims.

Tina De Salvo (32), gave birth to her first child (girl) in June, is back in the water. Her last swim was at IRCC when she placed 2nd in the 1000 Free.

Angie Sinacore, a Grand Parent (Grandson-John) in June traveled to New York state. Also, Al Rogerson (Granddaughter-Monica) went to New Jersey to visit.

Bob Sigersmith, returned to the Indian Harbour Beach pool for work-outs and conversation, after surgery to his right shoulder.

New member Christina Rudy (30) is moving to Bangladesh with her husband and 3 kids! Her husband is in the Peace Corps. We wish Christina and her family the best of luck on their new adventure.

Pat Sargeant, will be leaving the team in early August, as the U.S. Air Force has transferred her to North Florida. Pat, a powerful force on our team will be sorely missed. We recognize her outstanding skills, performances, interest and dedication to our team and wish her well on her new assignment.

Bunny Cederlund (76) had 5 first places and High Point award at the June 27,28 LCM meet in Greenville, So. Carolina.

Dick Robecki states there will be lottery drawings for vacation stays at his proposed North Carolina condo. His teammates said they were underwhelmed!

Phil Lindsley informed Lester Bell to: Give 110%, Gut it out, Go the extra mile, Discern pain from injury, Take one race at a time, Rise to the occasion, Take a full swing, Follow through.

Angie Sinacore, Phil Lindsley, Al Rogerson ■



SWIM Florida Masters have been active and successful so far this summer in a variety of venues.

Four swimmers traveled to Indianapolis for the USMS Short Course Championships in May. **Dren Geer** (60-64) medaled in all five of his events, led by a 4th in the 200 fly and 5th in the 200 back. **Kevin McCormack** (45-49) earned four medals, including a 3rd in the 50 fly and 4th in the 100 fly. **Bob Coulter** (65-69) medaled in all of the backstroke events, including a 3rd the 50 and 5th in the 100 and 200 back. **Mike Stollmeyer** (60-64) earned medals in the 200 and 500 free and swam personal bests in three other events.

Four other swimmers competed at the Y Nationals in Ft. Lauderdale in April. **Liz Burchett** (35-39) won three national titles (50 & 100 breast, 200 fly) and finished 3rd in the 100, fly. **Jim Redic** (50-54) swam eight events, finishing 3rd in the 200 breast, 4th in the 50 breast, and 5 in the 100 breast. **Rick Trevison** (55-59) placed in the top ten in all five of his events, led by a 3rd place in the 1000 free and 4th places in the 50, 200 and 500 free. **Ellie Trevison** (55-59) was also a top ten finisher, led by 5th places in the 50 and 500 free and 6th's in the 100 and 200 free.

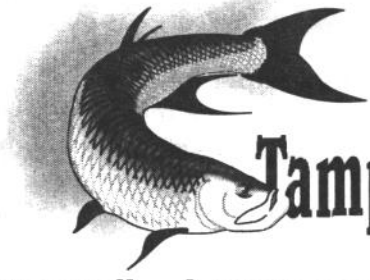
Redic was one of 179 American swimmers who traveled to Casablanca in June to compete in the FINA World Championships. He medaled in the 50 fly with a 7th, and finished 9th in the 50 breast, 11th in the 100 and 200 breast, and 13th in the 200 IM.

Eight other SWIM Florida members plunged into an entirely different type of water in June, competing in the 12.5-mile Swim Around Key West. Individuals were led by 18-year old Kevin Volz, a SWIM Florida USS member, who placed second overall. Masters swimmers were **Deb Walker** (5th), **Jack Thomas** (6th), **Rick Walker** (8th), and **Larry Black** (15th). The team of **Hampton McRae, Greg Stuart, and Chris Johnson** placed 12th in the 3-person men's team competition.

It has been a successful summer for triathletes as well. At the June Waterworks Triathlon in Naples, **Joe Bonness** placed second overall, **Simon Morris** third, and **Andrew West** fourth. **Kim Steinberg** finished 7th in the women's overall. Age group winners at the Waterworks Triathlon were **Virginia Craig** (2nd in the 40-44) and **Mary Ann Wallace** (1st in the 50-54). **Tom Stegeman** was the swimmer on the winning male team at the triathlon. Bonness also qualified earlier for the October's Hawaii Ironman by placing second in his age group at the Blackwater Eagleman Triathlon in Maryland.

SWIM Florida hosted the annual T-Shirt LC meet in June with swimmers setting or breaking 77 individual team records. That success was followed with 58 more individual records at July's St. Pete LC Championships. The team also won first place visiting team titles in the men's and combined categories at St. Pete, breaking Team Orlando's three year reign as champions. Individual high point winners were **Chris Conner** (19-24), **Michelle Sutton** (25-29), **Larry Black** (40-44), and **Mike Stollmeyer** (60-64). Also earning high point prizes were **Rob Irving** (25-29), **Dean Mitchinson** (25-29), **Rich DeGalan** (35-39), **Robert Davie** (45-49), **Jim Redic** (50-54), **Doug Messineo** (55-59), **Dren Geer** (60-64), and **John Woods** (70-74).

Congratulations to **Jim Donnelly's** son, **Eric (18)**, who placed third in the 400 m I.M behind **Tom Dolan (22)** and **Tom Wilkens (22)** at the **Phillips 66 National Swimming Championships** in Clovis, CA, Aug 11-16. He is the 17-18 National Champion in that event! His time of 4:21.3 ranks him 15th in the World and earned him a spot on the **US TEAM for the PAN AMERICAN GAMES** in Winnipeg next August 1999. He also placed 9th in the 1500 m Free with a 15:41. Eric swam for SWIM Florida USS team in Sarasota and was coached by Anthony Nesty. Eric earned a scholarship to University of Florida where he is a freshman this fall and where Nesty is now assistant Men's Swimming Coach for Head Coach Ron Ballatore. Watch the meet on NBC, Sunday, August 30 at 2:30-4p.m.!



Tampa Tarpons YMCA

"Tampa Tarpons" - A new name in 1998 as well as an onslaught of new swimmers greeted the club formerly known as Tampa Downtown YMCA.

Tampa Tarpon team members have almost doubled as have the vocal nodules for Keryl Frost and Bret Hamlin who share coaching responsibilities.) Competitive swimmers, triathletes, and swim enthusiasts have crowded together at the Central city YMCA and Bobby Hicks pools since late spring to prepare for this summer season.

Early June saw seven swimmers and 4 support personnel heading south to the Swim Around Key West. Relieved of having to trailer a pontoon boat 400 miles (it conveniently sank 3 days before the swim), the team



Gratefully accepted the offer of a substitute boat privately owned by a friendly Florida Marine Patrol Officer. Swimming the 6-person relay was lead-off man, Michael Haselton, followed by Carol West, Jeff Kirby, Bret Hamlin, Jesse Devine, and Tony Cuva. The team pulled together literally to get the boat off the sandy flats as well as to swim ourselves to a 4 hour, 46 minute finish. Thanks to Captain Allan Gutcher for leading us around the key and to Keryl & Doug Frost and Laurie Cuva for their support. Showing his mettle, Joe Hodges swam the 12.5 miles individually with teammate Kevin Norris kayaking alongside him. He finished the swim in 5 hours, 57 minutes.

The Sarasota long course meet was the setting for several team member's first competitive races. Beth Vandergraft (50 BR, 200 BR), Helena Szepe (100 FR, 50 BK), and William Doherty (200 FR) turned in impressive first meet performances. Veteran swimmer Candace Odierna continued to expand her repertoire of events as she dove into the distance (400FR) and fly events (50 FL). Harry Niles, Doug Frost, Bret Hamlin, and Jesse Devine teamed up in several breaststroke races to finish strong with fast individual times. Bret also continued his tradition of swimming the last event of each day by completing the 400 FR and 400 IM in admirable times. Libby Jenkins (200 FR, 50 FL) and Tony Cuva (50 FL, 200 IM) also braved the visually and physically challenging switch to long course racing with their notable efforts.

The Tampa Tarpons are looking forward to the St. Pete meet in July as well as setting our sights on the National Championships in August.

Carol West ■

SUPER DUCK FLIES NORTH

Super Duck is an inspirational super hero. That's how an ad for the movie or book might read, except it's not a fictional tale. It's a story from real life.

Simple exercise was all Ruth Switzer had on her mind when she began Masters swimming in Sarasota in 1974 at age 66.

The previous year she had been diagnosed with inoperable tumor near her brain and her doctor recommended swimming as an activity that might be helpful.

Encouraged by her teammates, she entered her first meet that year. Two years later she set national Masters records in the 100, 200, 500, and 1650 freestyle events.

"I couldn't believe it," she said. "It was a really exciting thing to happen to me considering I was 68 at the time. When I started swimming with Masters, I almost died after just one lap. After swimming the 1650, I could have kept on going."

And keep on going she did. Ruth won four gold medals in her five event at the USMS Nationals in Ft. Lauderdale in 1977. She earned three first places and five second place finishes in the 75-79 age group at the first International Masters Swimming Championships in Christ Church, New Zealand, in 1984.

But competing wasn't always smooth. After taking a silver medal in the 400 free on the first day of the 1988 World Championships in Australia, Ruth slipped and fell, sustaining an injury that took her out of the rest of the meet.

But, as always, determination and a love of swimming brought her back to the pool where she continued to establish personal bests in the meets that followed.

A world class person as well as a world-class swimmer, she said she owed her success in the water to the encouragement and assistance from her teammates and to her son Allan, swim coach at the University of New Hampshire.

"I love the people I've met," she said. "The 25-year olds are just as nice and helpful as the older ones." The fellowship and socializing that took place at meets were more enjoyable than the competition, according to Ruth, and her only goals were to better her own times and to do her best without thinking about beating anyone else.

There's even a happy ending to the real life story. The brain aneurysm that brought her to swimming disappeared after she began swimming. She credits Masters swimming with literally saving her life.



Ruth Switzer

Edna Gordon/Dick Brewer ■

*Note: Ruth moved last month to live with her daughter. Keep in touch at **Ruth D. Switzer, c/o Nancy Foss, The Knolls #170, Williamstown, MA 01267, 413/458-4874***

Rotation: Again & Again

by Coach George E. Bole, SPM

Hip rotation is the expression now in coaching. Alas, everybody interprets the expression to suit their own peculiarities. Recently I came across an old article (July, 1994) written by a wonderful stroke technician and analyst, viz. Bill Boomer, who analyzes all the Olympians performances. I've had the great pleasure of listening to some of Bill's lectures and have no hesitation in saying that he is far and away ahead in his conceptions of stroke technique and efficiency.

Quoting Bill's article, "Swimming Techniques, like training philosophies, have underlying assumptions. For instance, what are the critical aspects of the freestyle stroke? What are the components of freestyle you should never throw out and what parts are negotiable as you change speeds? Success is not an accident. The discovery of excellence doesn't just appear—beyond looking for little tips here and there, you need to develop a rationale for how to construct your freestyle patterns.

One widely held assumption in freestyle swimming is the belief that the more force we create at the hands and feet (the creative propelling units) the faster we will go. That is why we commit so much time and energy to strengthening training, for example. But perhaps this might not be entirely true. Perhaps the elimination of drag is just as important as the creation of force. Maybe, as you swim faster, eliminating drag is just as important as the creation of force. Every time you double your speed, you create four times as much resistance. So, the faster you get, the thicker the water feels. And the harder it is to make it through it. Therefore, given your limited ability to create energy, it may be better to maximize the energy you do have, by getting every drop of speed out of each heartbeat. This means using creative body positioning to eliminate as much as possible, the ever increasing resistance of water as you increase speed."

Bill goes on to say, "We can do this by examining the natural tendencies of the human body in the water. It is very important to understand your 'vertical balance', the relationship between your 'center of mass' and your 'center of rotation'.

The center of mass is a point on or near the body, where all the weighted body parts at one moment of time are in gravitational balance. The center of rotation (also called the center of air) is the single fulcrum point around which gravity pulls your center of mass. The tendency for your center of mass to rotate towards the pool bottom around your center of rotations is called torque.

Understanding and counterbalancing this torque, without using 'racing heartbeats' to do it, is to really understand the central issues for fast, even very fast, swimming. The underlying assumption here is that stroking patterns should be developed around the needs for balance (countering torque) and eliminating frontal resistance (streamlining) and the development of cycling rate (rhythm centers). These considerations are never thrown out as you attempt to create greater propelling forces at the hands and feet. By positioning and shaping your body for a more balanced and streamlined profile, it will take less energy (heartbeats) to push you through the water. The fewer heartbeats you devote to keeping your body balanced, fighting the increasing frontal drag of poor streamlining and having to use your hands and feet to correct errors caused by bad posture, the more energy you will have for fast swimming. Most stroking errors, as we know them, are caused by the swimmer having to use the hands and feet to compensate for the swimmer assuming that force creation comes from drag elimination." Bill goes on: "Let's begin at ground zero. What naturally happens to your body in the water when you hold your breathe and do nothing, when you just hang there and float? Some peoples' bodies will assume a low-hanging, almost vertical, dead man's float. Obviously, the nearly vertical dead man's float and those positions in between are not very streamlined, as gravity pulls the heaviest parts of your body downward. You will find that the most buoyant part of your body is between your armpits and the heaviest part is somewhere around the belt buckle. You have the choice about what floats and you need to counteract the force of gravity to bring your body into a relaxed, streamlined position, without using heartbeats (kicking) to do it.

Think of your body as a long lever arm like a see saw. The length of the balancing line in the lever system of your body runs from the point of your extended finger tips to your extended toes and includes your head/spine line. A see saw is in balance when both ends are unsupported, stabilized and motionless. The equation does not require equal lengths and weights on both sides of the balancing point. To balance, you need equal products: the relationships between length and weight.

The same conditions apply to the human body when trying to balance. To accomplish this, you need to be



St. Pete Masters

able to shift your center of mass towards your center of flotation. This necessitates that you connect the product of the weight and length of your hips and legs on one side of the see saw to the following on the other side: (1) the product of the weight and length of your arms; (2) the weight of your head; and (3) a downward pressure on the head/chest unit (T-pressure). The closer these two points, the less potential torque is in the system. Putting your center of mass on the gravity line from the center of rotation leaves you with no torque pressure on your body's lever system.

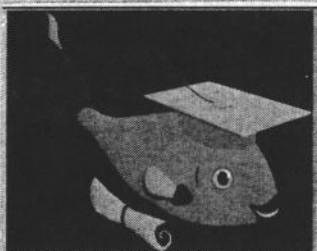
Creating and understanding this balanced system will eliminate the need to kick your body into a streamlined position. It also gives you a more stable base or platform from which to freely direct your arms. In freestyle this establishes a rhythm line where the cycling rhythm (stroke rate) can originate at the hips--a critical condition for being able to change speeds in freestyle swimming. The same ability to shift and control your center of mass in the short axis strokes (fly and breast) creates the rhythm and momentum transfers that lead to higher average speeds in these two strokes.

Until now, you have subconsciously adjusted your kick, shifted your head weight or used your leading hand/arm unit (platforming) to counterbalance errors. You have had to do this because your rhythm center has been located in your hands. The assumption here being, that to pick up the pace, you do it with your hands. **WRONG.** If pace changes occur in the force--creating units (hands and feet) it will destroy your balance rhythm and posture: it puts the 'cart before the horse!' Freestyle rhythm changes occur at the hips and they never interfere with balance and posture. Swimmers need to evaluate the impact of any such change on the entire body--your hips, your head, your legs, your arms--as that change impacts your balance rhythm and posture.

We all have a natural rhythm to our stroke and that rhythm manifests itself along our balancing line which includes the head/spine and hips if we are to create this rhythm line. We can then marry our own balance line (head/spine line) to our rhythm line and direct our energies outward towards our hands and feet, the force creators. Our hips won't bounce, our hands won't sweep out, and we won't need to cross-over kick to compensate for our head every time we breathe."

There is more to this article but I think if you get the message about streamline and correct balance line then you will appreciate the application of Bill Boomer's suggestions. If you have any queries on this, I'd be pleased to try and answer.

One more point--in short--rotate the core position of the body, i.e. The line between the belt buckle and the upper thighs, keeping the head-spine line in balance.



Ask the "SWIMMING" Doctor

by Dr. Paul Hutinger

Question: In my daily workouts, I use a variety of strokes and training techniques. What changes in this routine do you suggest I prepare for an important goal meet, such as Nationals, or another big meet?

Answer: I recommend broken swims as an excellent way to prepare for your events. 100 m or longer. Example: Train for your pace for a 200 m back, with a goal time of 2:40. I suggest 40 second pace 50's. Feet to feet times, with race splits of 1:19 and 1:21 for the 2:40 (adjust all times to fit your speed). Here is an favorite set for a broken 200 on 5 minute intervals:

1. Swim 200 m back (10 seconds slower than goal)--2:50
2. 2 x 100 m back--10 seconds rest at 100
3. 2 x 100 m back--20 seconds rest at 100
4. 4 x 50 m back--10 seconds rest at 50
5. 4 x 50 m back--20 seconds rest at 50

Repeat this set every week for four or five weeks before your goal meet. Keep track of your times in your log book. At the meet, do some pace 50's in warm-up. If you can, use your assigned lane for practice in specificity.

If you swim the sprint events, do a set of 8-10 all out 12 ½ and 25 sprints, with one minute rest, at least once a week. Include speed turns and starts for all your events, at least once a week.

After the meet, evaluate your training to see what worked and what you need to do differently.

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

Ocala Masters Second Annual Swim Meet (SCY) SATURDAY SEPTEMBER 26, 1998

Sanctioned By: FL Local Masters Swim Committee for USMS, Sanction # 148-018

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

Eligibility: All swimmers 19 years of age or older as of SEPTEMBER 26, 1998 and registered with USMS. A copy of your USMS card must be included with your meet application. Non-US citizens should have a letter of introduction from their own swimming association.

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

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

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

Entries: and Fees Swimmers must pre-enter by mail. A maximum of 5 individual events and one of each relay allowed. Each individual event will cost \$2.50 with relays \$3.00 each. Each swimmer will be assessed a \$4.00 meet surcharge. Each event must be submitted on the entry form, filled out completely with your name, team, age, event description, event number, USMS registration number and seeding time. Entry deadline is Thursday, SEPTEMBER 16, 1998.

Cancellations: If you enter and must cancel, a full refund will be given as long as you notify Tom Koenig by 5:00 PM on Wednesday SEPTEMBER 23, 1998.

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

Relays: Relay swimmers must be registered members of the team they represent, sign a waiver form, and pay the \$4.00 meet surcharge. Relays will be deck seeded.

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

Awards Ribbons for 1st through 6th in each event and age group. Individual high point awards for 1st in all age groups. Visiting team high point award.

Scoring: First-7; Second-5; Third-4; Fourth-3; Fifth-2; Sixth-1. Relays scored at twice individual events.

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

Directions: CFCC is adjacent to I-75 in Southwest Ocala. Exit I-75 at State Route 200 (Exit 68) and go northeast toward downtown Ocala. Approximately one mile to main campus entrance, turn left. Follow road around to parking lot, gymnasium and campus security, turn right, go past ball field, pool parking on left. From the east, take State Route 40 (Silver Springs Boulevard) to I-75. Then South to State Route 200.

Additional Information: Masters swimming is a strenuous physical activity and each participant should first consult his/her personal physician. Under the advice of the USMS medical committee, it is recommended that at all the meets, competitors exit from the sides of the pool and not from end of their lane. Swimmers should wait until the last person in the heat finishes before crossing lanes to exit. Swimmers should wait at least one yard from the end of the lane, on the right side of the lane during a relay event.

A get-together is planned after the meet. Details will be available at the meet.

Lodging is convenient in the vicinity of CFCC. Discounted rooms are available at:

Holiday Inn-Ocala West (I-75 at Exit 69)
3621 W. Silver Springs Blvd.

Ocala, FL 34482

(352) 629-0381

Red Coach Inn (I-75 at Exit 70)

4020 N. Blycton ROAD

Ocala, FL 34482

(352) 732-2510

Ocala Masters Second Annual Swim Meet SEPTEMBER 26, 1998

Sanctioned by Florida LMSC for USMS, INC. Sanction # 148-018

Entry Form

Name _____ Age _____ Birth date _____ Sex F M
 Address _____ City _____ St. _____ Zip _____ Home Phone(____) _____
 Team Name _____ LMSC _____ 1998 USMS Registration No. _____

Number of events _____ X \$2.50 = \$ _____
 Number of relays _____ X \$3.00 = _____
 Meet Surcharge = 4.00
 Copy of meet results @ \$2.00 = _____
 Total Due = \$ _____

 Age Group as of SEPTEMBER 26, 1998 Circle age group and enter times and events. NO TIMES cannot be accepted.

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

SATURDAY SEPTEMBER 26, 1998 11:00 AM

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

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

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

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

DATE _____ SIGNATURE _____

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

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

EL NINO 3.5 MILE ROUGH WATER SWIM PASS-A-GRILLE CHALLENGE 1000 M ROUGH WATER SWIM

**SEPTEMBER 27, 1998 - EL NINO AT 8 AM (1000M 8:30) SUNDAY - ST. PETE BEACH, FLORIDA.
START OF EL NINO AT UPHAM BEACH - 1000 METER AT 22ND AVE. ST. PETE BEACH**

**SIGN UP - MAIL TO: EL NINO / 1000M , C/O BRUCE DAY, 8237 35TH AVE N., ST. PETERSBURG, FL. 33710 BY 9-22-98.
IN PERSON SIGN UP AT NORTHSORE POOL 10 AM - 4 PM AND AT THE HURRICANE RESTAURANT 6 TO 8 PM 9-26-98.
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 (727) 345-1629.**

SANCTIONED BY FLORIDA LMSC FOR USMS, INC. SANCTION #148-021. SANCTIONED BY FLORIDA SWIMMING FOR USS, INC. SANCTION = 2933.

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

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

T-SHIRT M L XL **CIRCLE YOUR EVENT:** EL NINO 3.5 MILE 1000 METER SWIM (14 /UNDER SEE BACK)
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 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	Today's Date
Mo.	Day	Yr	Mo Day Yr

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.

1998 ONE EVENT MEMBERSHIP APPLICATION

USMS 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.

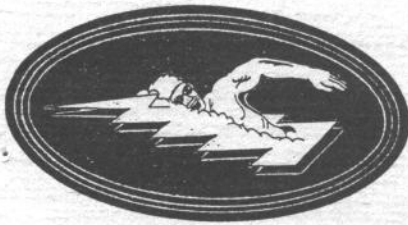
Signature _____

RACE INFORMATION FOR THE EL NINO 3.5 MILE AND 1000 METER ROUGH WATER SWIMS

RACE MOTEL: THE KEYSTONE MOTEL - 801 GULF WAY, ST. PETE BEACH, FL. 33706 (727) 360-1313 / 360-5907 ASK FOR RACE DISCOUNT.
THE HURRICANE SEAFOOD RESTAURANT - 807 GULF WAY, ST. PETE BEACH, FL. 33706 (727) 360-9558

BODY NUMBERING, VOLUNTARY CAR POOLING AND "PROBLEM TABLE" AT HURRICANE RESTAURANT 6:30 - 7:30 AM. NO RACE DAY SIGN-UP. EL NINO 3.5 MILE SWIM STARTS AT 8:00 AM AT UPHAM BEACH - THE MOST NORTHERN GULF-FRONT BEACH ON ST. PETE BEACH - TWO BLOCKS WEST OF McDONALD'S (6855 GULF BLVD). PASS-A-GRILLE CHALLENGE 1000 METER SWIM STARTS AT 8:30 AM AT 22ND AVENUE AND GULF WAY, ABOUT 14 BLOCKS NORTH OF THE HURRICANE RESTAURANT. BEACH START. YOU SWIM SOUTH INSIDE THE PERMANENT "NO BOATS" BUOYS WHICH MARK THE SWIMMING ZONE. FINISH IS 100 FEET PAST THE PATIO AND SEASIDE GRILLE CONCESSION STAND JUST IN FRONT OF THE HURRICANE RESTAURANT AND KEYSTONE MOTEL. THE RACES ARE OFFICIALLY OVER AT 10:45 AM. BREAKFAST BUFFET IN "STORMY'S" - SECOND FLOOR OF HURRICANE RESTAURANT. AWARDS PRESENTED AT 11:15 AM IN STORMY'S. FLORIDA WEATHER IN SEPTEMBER CAN BE UNPREDICTABLE AND SEVERE. NO REFUNDS DUE TO RACE CANCELATION.

NOTE TO PARENTS OF USS SWIMMERS 14 AND UNDER: THE 3.5 MILE SWIM IS AN EXTREME TEST OF ENDURANCE FOR A CHILD. ONLY SWIMMERS (14 YEARS OLD AND YOUNGER) WHO MEET OR EXCEED THE FOLLOWING TIME STANDARDS WILL BE ALLOWED TO SWIM THE HURRICANE - MAN. WOMEN: 1500 METERS - 19.20.99 / 1650 YDS. - 18.45.99. MEN: 1500 METERS - 17.55.99 / 1650 YDS. - 18.20.99. PROOF OF TIME MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE ACCEPTED. ONLY OFFICIAL MEET RESULTS CONSTITUTE PROOF OF TIME... NO CORRECTED TIMES ALLOWED. IT IS ALSO RECOMMENDED THAT YOUR CHILD HAVE PREVIOUS OPEN WATER SWIMMING EXPERIENCE. THE 1000 METER PASS-A-GRILLE CHALLENGE IS OPEN TO ALL USS SWIMMERS... NO TIMES OR PRIOR OPEN WATER EXPERIENCE REQUIRED.



SPEEDO

**1998 Dixie Zone Short Course Meters Championships
October 9, 10, and 11, 1998**

Sanctioned by: Florida LMSC for USMS, Inc. Sanction #148-020
Sponsored by: Team Orlando Masters/Speedo and the YMCA Aquatic Center
Meet Director: Larry Peck (407)647-7793

Gloria

- Eligibility And Rules:** Open to all registered MASTERS, age 19 years and older. All entrants must have a current 1998 USMS Registration Card. Non-U.S. citizens should have a letter of introduction from their swimming association. 1998 USMS Rules govern.
- Entry Limit And Fees:** Swimmers may enter (5) individual events per day PLUS relays. Cost per event entered is \$2.50. Cost per relay team is \$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. Deadline for relay entries will be announced during the meet.
- 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, stamped postcard if you wish verification that your entry was received. The meet surcharge for entries is \$10.00 (covers electronic timing, scoring, and printing). **Entries must be RECEIVED by Tuesday, September 29, 1998.** It is your responsibility to mail your entry early enough to meet the deadline.
- Meet Scratches:** If a swimmer is unable to attend the meet, please call Larry Peck at (407)647-7793 no later than 6:00PM on Wednesday, October 7th. No refunds will be issued after this time.
- Seeding:** All events will be timed finals and will be seeded SLOWEST to FASTEST, regardless of age. "No Time" entries cannot be accepted. All events will be pre-seeded, EXCEPT for 1500 Free, 400 Free & 400 IM. Swimmers must check-in to be seeded in these events.
- Facilities:** The YMCA Aquatic Center's 25-meter short course pool is a deep, eight-lane pool with a fully automatic timing system. An eight-lane 25-yard pool will be available for warm-up and cool down. Both pools are indoors.
- Warm-up:** Warm-up will begin on Friday at 4:00 PM. Warm-up on Saturday and Sunday will begin at 8:00 AM, one hour prior to the start of the first event.
- Scoring:** 9-7-6-5-4-3-2-1 for individual events. Double points for relays.
- Age Groups:** Individuals 19-24, 25-29, 30-34, etc. up to 90+. Relays 76+, 100+, 120+, 160+, 200+, etc.
- Heat Sheets And Results:** Heat sheets are included in the meet charge. Results may be ordered at the meet. One free copy will be given to each team. Team Rep should indicate so on their entry form.
- Food:** Refreshments will be available for purchase at the concession stand.
- Awards:** Awards for 1st through 8th place in each event. Individual High Point awards for 1st, 2nd, and 3rd in all age groups (minimum 5 events completed). Team awards will be given for the combined visiting men's and women's 1st, 2nd, and 3rd place.
- Hospitality:** A free dessert social will be held at Lucky & Jacquie Meisenheimer's home Saturday PM.
- Comments:** Masters swimming is a strenuous physical activity and each participant should first consult with his/her personal physician. Competitors 19 to 24 years of age may jeopardize their amateur standing with FINA by competing in this meet.
- Hotel List:**
- | | | | |
|-------------------|------------------------|---------------|---------|
| La Quinta | 8333 Jamaican Ct. | (407)351-1660 | \$58.00 |
| Radisson Barcelo | 8444 International Dr. | (407)345-0505 | \$79.00 |
| Quality Inn/Plaza | 9000 International Dr. | (407)345-8585 | \$48.00 |
| Days Inn/Lakeside | 7335 Sand Lake Rd. | (407)351-1900 | \$39.00 |
| SilverLeaf Suites | 5630 Monterey Dr. | (407)295-0883 | \$59.00 |
| Best Western | 8738 International Dr. | (407)345-8195 | \$52.00 |

Dixie Zone Short Course Meters Championships

Sponsored by Team Orlando Masters/Speedo in conjunction with the YMCA Aquatic Center

ENTRY FORM

SANCTIONED BY FLORIDA LMSC for USMS, Inc. Sanction #: 148-020

Name	Birthday	Sex	Home Phone ()
Address	City	State	Zip
Team name	LMSC	1998 USMS Registration #	

FRIDAY OCTOBER 9, 1998

Warm up - 4:00 PM Swim - 5:00 PM

1500 FREE check-in by 4:30 PM

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

SATURDAY OCTOBER 10, 1998

Warm up - 8 AM Swim - 9 AM

400 IM check-in by 8:30 AM

WOMEN/MEN	EVENT	SEED TIME
3 4	*400 M IM	_____
5 6	200 M BACK	_____
7 8	100 M BREAST	_____
9 10	50 M FREE	_____
11 12	200 M FLY	_____
13 14	200 M FREE Relay	_____
15 16	100 M IM	_____
17 18	50 M BACK	_____
19 20	200 M FREE	_____
21 22	200 M Mixed FREE Relay	_____

SUNDAY OCTOBER 11, 1998

Warm up - 8 AM Swim - 9 AM

400 FREE check-in by 8:30 AM

WOMEN/MEN	EVENT	SEED TIME
23 24	*400 M FREE	_____
25 26	100 M FREE	_____
27 28	200 M BREAST	_____
29 30	100 M FLY	_____
31 32	200 M MEDLEY Relay	_____
33 34	200 M IM	_____
35 36	50 M BREAST	_____
37 38	100 M BACK	_____
39 40	50 M FLY	_____
41 42	200 M Mixed MEDLEY Relay	_____

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

Please make checks payable to: **TEAM ORLANDO MASTERS**

Mail entries **to be received by September 29, 1998** to:

TOM/Dixie Zone Meet - c/o Larry Peck

P.O. Box 607901, Orlando FL 32860-7901

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

Date : _____

Signature : _____

Directions: take I-4 to exit 29, go east on Sand Lake Rd., turn right on International Dr., turn right on Jamaican Ct., the YMCA Aquatic Center is behind the Radisson Hotel

Attach a copy of your 1998 registration card here.

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

* 1998 POSTAL PENTATHLON SWIM MEET *

Sponsors: Minnesota Masters Swim Club and Minnesota LMSC.

Eligibility: Open to all registered masters swimmers for the 1998 or 1999 season.

Conduct of Meet: Participant swims the 5 events in a specific course (Sprint, Middle Distance, or Ironman - **no mixed courses**), preferably in a 25 yard pool, Butterfly, Backstroke, Breaststroke, Crawlstroke, and Individual Medley. All results will be based on a 25 yard course, swims performed in meter pools must indicate that their entries are from a meter pool so their times are converted to a yard equivalent. The meet results will compare each event of the pentathlon amongst the participants. It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and then Individual Medley. The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. Participants may swim the Sprint, Middle Distance, or Ironman courses. If you desire to swim more than one course you should swim each course on a separate day. **All times must be recorded to the 1/100th of a second. Times not reporting tenths or hundredths will have 9's inserted for the missing digits.** The pentathlon must be swum from September 15, 1998 to December 15, 1998 and the entries must be postmarked by December 24, 1998, include a copy of your USMS registration card or foreign equivalent. **Incomplete entries will be returned and assessed a \$3.00 (US funds) administration fee. All fees are nonrefundable.**

Age Groups: 19-24, 25-29, ... , 95-99, 100+. Age will be determined by the swimmers' age on December 15, 1998.

Awards: Winners of each age group will receive a special award. All participants may purchase a participation T-shirt for \$12.00 (US funds), XXL shirts add \$3.00(US). Certificates of completion are available for \$3.00(US) per course.

Entry Fee: \$7.50(US) per course. Make checks payable in US funds to: **Postal Pentathlon**. All fees nonrefundable.

Send entries to: **1998 Postal Pentathlon**
570 - 96th Lane
Blaine MN 55434 USA

Questions: Wayde Mulhern Phone-Day: (612) 635-5167 Evenings/Fax: (612) 783-1282 E-Mail: Wayde.Mulhern@Unisys.Com

PLEASE INDICATE SHIRT SIZE WHEN ORDERING A PARTICIPATION SHIRT.

Name: _____ USMS or foreign registration #: _____

Address: _____ Swim Club: _____

City: _____ State: _____ Zip/Postal Code: _____ Country: _____

Sex: M F Phone Days: _____ Evenings: _____

Shirt Size: **S M L XL XXL** Shirt Type: **Sprint Middle Distance Ironman** Birth Date : ___/___/___

Entry Fee: \$ _____ Shirt: \$ _____ Certificate: \$ _____ Total Fees: \$ _____ MON./DAY./YEAR

Enter your times for each individual event. Circle pool type: Yards / Meters.

Sprint course 50 Yards/Meters each stroke and 100 IM Date Swum ___/___/___

Fly _____ Back _____ Breast _____ Crawl _____ IM _____

Middle distance 100 Yards/Meters each stroke and 200 IM Date Swum ___/___/___

Fly _____ Back _____ Breast _____ Crawl _____ IM _____

Ironman course 200 Yards/Meters each stroke and 400 IM Date Swum ___/___/___

Fly _____ Back _____ Breast _____ Crawl _____ IM _____

I the undersigned have participated in the Postal Pentathlon having swum the designated events in the recommended time period.

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 THESE ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature: _____ Witness: _____

IRONMAN

200 FLY, BACK, BREAST, CRAWL, 400 I.M.

**SPRINT
50 FLY, BACK, BREAST, CRAWL, 100 I.M.**

**MIDDLE DISTANCE
100 FLY, BACK, BREAST, CRAWL, 200 I.M.**

FLORIDA

LMSC NEWSLETTER

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

Carl House
Florida Gold Coast
5970 SW Eighteenth St # 302
Boca Raton, FL 33433

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33730

INSIDE THIS ISSUE:

- Distance Matters Calendar of Events
- Meet the New Masters Swim Teams
- Florida Grand Prix Open Water Swimming Poll
- Super Duck Flies North!
- Photos! / Team Reports!
- Meet, Postal & Open Water Entry Forms

∞ In Memory ∞

We lost **Anne Bardwell McGuire** at 12:20 a.m. on July 1, 1998. In lieu of flowers it was suggested that donations be made to the Aquatics Department at Purdue University in the Name of Anne. The address is Aquatics Center, John Purdue Club, c/o Mackey Arena, West Lafayette, IN 47907. Anne's family held an Open House from 4-8 p.m. on Friday, July 3rd. Everyone was greeted with a sign that read, "Welcome to a celebration of the life of Anne Bardwell McGuire. It is taking place in this house that was her house. Please circulate freely and enjoy her presence." Over the course of several hours, many, many dozens of people were there. Nearly everyone was upset as Anne would be. Jim (her husband) led that spirit, as did her two daughters and two sons and their spouses. Carl House was particularly struck by Sallie, her daughter from Atlanta, comforting someone who hadn't managed to get into the spirit. She sounds like Anne, looks like Anne and dresses like Anne. So Anne hasn't left. Anne's family was really there for us.

June Krauser and Carl House

**Attention Team Reps:
Deadline for November Issue is
October 15, 1998**

**Send all Copy and Photos to
Jim Donnelly, Editor,
5239 Box Turtle Circle, Sarasota, FL 34232-4312
E-mail: FloridaEditor@usms.org**