

# FLORIDA

newsletter

Vol. XV, No. 4

Local Masters Swim Committee, Inc

November 1998

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in  
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Florida Local Masters Swim Committee  
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St. Petersburg, Florida 33703



## Bill Specht

### 17 National Records

### 12 World Records

### in 5 Months



# ***DISTANCE MATTERS***

**by Ron Collins**

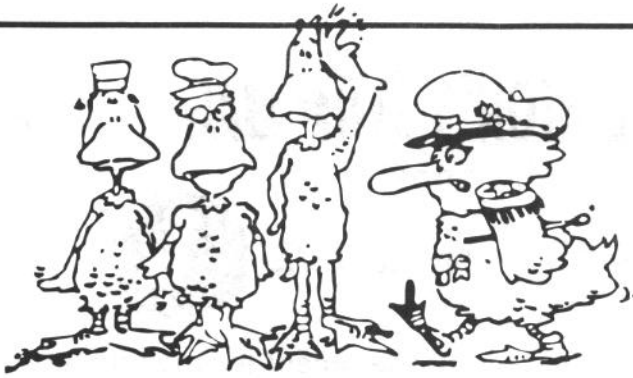
## **CALENDAR OF EVENTS**

11/22/98	Key Biscayne, FL Miami Mile and Doggie DU	Manny Garcia (305)265-0060
12/04/98 to 12/06/98	Coral Springs, FL SCY Swim Meet	Jonathan Coyle (954)340-5508
12/06/98	St. Petersburg, FL St. Pete Masters SCY Developmental Meet	Harold Ferris (727)896-0250
12/27/98	Hollywood Beach, FL	
01/03/99	Boca Raton Beach, FL	<b>The Second Annual Ocean Mile Swim Series</b>
01/09/99	Deerfield Beach, FL	Contact Lt. Steve Zickl (561)243-7352
01/10/99	Delray Beach, FL	
01/01/99 to 01/31/99	USMS National One Hour National Championship	Jon Einsidler (212)684-2979
01/03/99	St. Petersburg, FL St. Pete Masters SCY Developmental Meet	Harold Ferris (727)896-0250
01/09/99 to 01/10/99	Tampa, FL Total Immersion 4 Stroke Workshop	Matt P.(800)609-SWIM
01/16/99 to 01/17/99	Jacksonville, FL Total Immersion Freestyle Workshop	Matt P.(800)609-SWIM
02/01/99 to 02/28/99	February Fitness Challenge Postal Event	Scott Rabalais (504)766-5937
02/13/99 to 02/14/99	Clearwater, FL Clearwater Aquatic Team Valentine SCY Meet	Kelley Allen (727)791-9542
02/26/99 to 02/28/99	Ft. Lauderdale, FL ISHOF Masters Challenge SCY Swim Meet	Stu Marvin (954)468-1580
03/07/99	St. Petersburg, FL St. Pete Masters SCY Developmental Meet	Harold Ferris (727)896-0250
03/13/99 to 03/14/99	Atlanta, GA Georgia Masters SCY Swim Meet	Lisa Watson (770)497-1901
04/09/99 to 04/11/99	St. Petersburg, FL St. Pete Masters SCY Championships	Harold Ferris (727)896-0250
04/24/99	Tampa, FL Tampa Bay 24 Mile Marathon Swim	Ron Collins (727)535-4067
05/02/99	Tampa, FL 3rd Annual Tampa Bay Challenge 5K Open Water	Tampa Baywatch (727)892-5320
05/13/99	Santa Clara, CA USMS National SCY Championships	Alma Guimarin (408)947-3398
05/22/99	St. Petersburg Beach, FL 2.4 Mile Hurricane Man Open Water Swim	Bruce Day (727)345-1629
06/12/99	The Victor 12.5 Mile Swim Around Key West	Randy Nutt (800)356-5132

**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 \_\_\_\_\_."

Computerheads should visit [www.swimgold.org/clubs/](http://www.swimgold.org/clubs/) to see your team's official USMS website. Hopefully, SWIM Florida member Dick Brewer will continue developing our Florida LMSC site. Here is his update:

Florida LMSC swimmers can print out the latest meet information and entry forms, including maps/directions to Florida and Florida Gold Coast competition pools by going to <http://home.att.net/~dickbrewer/Maps.html>. A schedule of meets through the August 2000 LCM championships in Baltimore, Maryland is listed at the site. Because of the long and unmemorable URL, it is suggested that swimmers bookmark ("favorite places" on AOL) the site for easy reference in the future. The web page is a collaborative effort of SWIM Florida Masters and Gold Coast Masters and is intended to be a service providing accurate and up to date meet information for Florida and Dixie Zone swimmers. Coaches and meet directors with additional information and/or corrections should contact me at [dickbrewer@worldnet.att.net](mailto:dickbrewer@worldnet.att.net) or Ed Ames at [edames@sum.net](mailto:edames@sum.net). -Dick Brewer



## THE CHAIRMAN'S CORNER

by Harold Ferris

**T**he FLORIDA LMSC NEWSLETTER finally received recognition at the USMS Convention in Cincinnati as "the best in the Country". Congratulations, Jim! Some of the credit also goes to the team newsletter editors and others who have contributed articles.

This will be my last appearance in the Chairman's corner, as **Larry Peck** is now your new LMSC Chairman. Please give him your full assistance and cooperation. Three other positions also have new faces. **Meegan Wilson** is our new Treasurer, **Margie Hutinger** is in charge of Records and **Maud Orlando** will handle Registration. I would like to thank **Thomas Roberge**, **John Ware** and **Charlie Kohnken** for their time and hard work on behalf of the LMSC. My gratitude also goes out to **Katie Cooper** for her assistance during my four years as your Chairman. She and **Charles Kohnken** have each devoted as much as four hundred hours of service to our LMSC each year for many years. Swim fast, support our Florida LMSC meets and your fellow swimmers in both fitness and competition. 🌟

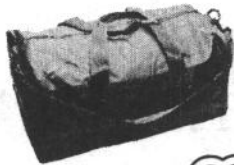
## A NOTE FROM YOUR NEW CHAIRMAN

LARRY PECK

I would like to thank all of the outgoing officers for their unselfish work for the LMSC over the past years. **Harold Ferris** spent 4 years as **Chairman**; **Charles Kohnken** spent 15 years in a number of positions on the board, retiring as **LMSC Registrar**; **John Ware** 2 years as **Records Chairman**; and **Tom Roberge** 4 years as **Treasurer**. All of these people deserve our thanks for their effort in keeping our LMSC running.

As you have heard, the major changes in the board are: **Meegan Wilson-Treasurer**, **Margie Hutinger-Records**, **Maud Orlando-Registration**, and me as **Chairman**. I feel that we can work together to continue making our LMSC a strong and nationally recognized leader in Masters Swimming. 🌟

Larry

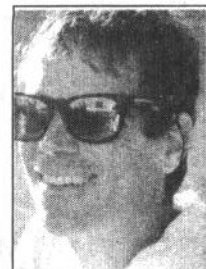


# FROM THE EDITOR'S SWIM BAG

by James M. Donnelly



## GATORS 150 - NOLES 92



In our Gator fan dreams, that was the score of the recent football game...but in reality, that was the score of the swim meet as the 17th ranked Gators beat the 13th ranked Seminoles on the Friday before the big game.

Kandy & I were in Tallahassee to see our son, Eric, swim for the Gators. Many masters swimmers were spectators at the meet! Besides Kandy & I, Gator fans were represented by Rick Walker and Jack Thomas, SWIM Florida Masters who drove up from Sarasota and Ft. Myers in an RV together so they could do some heavy duty tailgating in preparation for the game the next day. Seminole alumni's and/or Professors from the BRAT Masters were represented by Bob Ruth, Scott Guthrie, Glenn Woodsum, and Wanda Brown. Former Clearwater Masters Coach, Cashel Mack is the FSU Assistant Swim Coach! It was great seeing you all at the meet!

The Gators captured wins in 10 of 13 events. Eric won the 1000 free in 9:31.41 and took a 2nd in the 500 with a 4:35.17 time. UF sophomore flyer Greg Reeves won the 200 butterfly in a team-best time of 1:48.44, which ranks sixth best in the nation to date. Reeves, a Tallahassee Leon H.S. native, was cheered on by his parents who are FSU faculty members! ✪

P.S.: Thank you for approving my request to purchase a scanner for the newsletter. With 14 halftones in this issue alone, we saved \$420 which more than paid for the scanner! Please send me lots of photos from your swim meets! Thanks.

## A note from your Registrar

by Charlie Kohnken



**Y**ou can start registering for 1999. Don't wait until January 1, 1999 to register if you want to swim the Hour Swim or other early events.

Club swimmers should register with their club Registrar.

**Unattached Swimmers can register by completing the form in this newsletter and by writing a check to Florida L.M.S.C. For \$23 plus any contributions.**

Send form and check to your *new* LMSC Registrar:

Maud Orlando  
2503 Bayshore Dr.  
Bellair Beach, FL 33786 ✪

\* The Front Cover Photo of Bill Specht was reprinted with permission from **Swimming World, Oct. 1998**. Thanks to Catie Cooper for sending me a copy of the photo.



# 1999 ONE YEAR MEMBERSHIP APPLICATION

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

**FLORIDA L.M.S.C.**

**NOTE:** Registrations may be returned if not readable and clearly printed.

Please check your registration cards upon receipt for correct info and complete info.

Unattached Club # is "0"

NAME: Last \_\_\_\_\_ First \_\_\_\_\_ MI \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: (home) (\_\_\_\_) \_\_\_\_\_ (work) (\_\_\_\_) \_\_\_\_\_

E-MAIL: \_\_\_\_\_ FAX: (\_\_\_\_) \_\_\_\_\_

AGE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ I COACH MASTERS

CLUB & CLUB NUMBER \_\_\_\_\_

RENEWAL Previous Number \_\_\_\_\_ - \_\_\_\_\_  NEW MEMBER

"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 and regulations of USMS."

**SIGN RELEASE!!!!**

SIGN: \_\_\_\_\_ DATE: \_\_\_\_\_

USMS (11/1/98 - 12/31/99)	_____	\$15.00
LMSC Fee	_____	\$ 8.00
CLUB FEE	_____	
CONTRIBUTION (right)	_____	
<b>TOTAL FEE</b>	_____	

I wish to contribute \$1.00 (or \$ \_\_\_\_\_) to the International Swimming Hall of Fame Foundation. I have added this amount to my 1999 registration fees.

I wish to contribute \$1.00 (or \$ \_\_\_\_\_) to the United Masters Swimming Foundation. I have added this amount to my 1999 registration fees.

Membership is from Nov. 1, 1998 and expires Dec 31, 1999.

Make check payable to: FLORIDA L.M.S.C.

Mail check to: Maud Orlando  
2503 Bayshore Dr.  
Belleair Beach, FL 33786  
(727) 596-9276

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

USMS Registered swimmers are covered with secondary accident insurance.  
1) in practices supervised by a USMS member or a USS certified coach where all swimmers are USMS registered.  
2) in USMS sanctioned meets where all competitors are USMS registered.



## Florida Local Masters Swim Committee

### Meeting Minutes: October 10, 1998

A regular meeting of the Florida LMSC was called to order by Chairman Harold Ferris at the YMCA Aquatic Center in Orlando after the conclusion of Saturdays SCM meet events.

The following people were present, Harold Ferris, President; Charlie Kohnken, Registrar; Ron Collins, Sanctions; Cathy Shonkwiler, Secretary, June Krauser, Dixie Zone Chaiman; Katie Cooper, Non-Voting attendee, Meegan Wilson, 300 Club; Larry Peck, ORLM; Bob Ruth, BRAT; Larry Black, SWIM; Kelly Bergdoll, FAST; Al Rogerson, SPCO; Paul Hutinger, FMM; Margie Hutinger, FMM; Dren Geer, SWTM; Pam Geiger, SPM; Nancy Durstem, CAT; Jean Zulick, Sun City Center; Gertrude Zint, IRCC; J.L. Kurtzman, FMM; Joan Glaraton, Holmes Lumber; Alan Maloney, FMM.

The minutes of July 11, 1998 meeting were accepted as submitted.

**Treasurer's Report:** Harold Ferris read Treasurer's report as submitted by Tom Roberge, who was not present. He distributed Statement of Assets, Liabilities and Fund Balance as of Sept. 30, 1998. Report attached. He also distributed Statement of revenues and expenses, and 1999 proposed budget, also attached. A question by Margie Hutinger concerning what "other" meant under the expenses of the 1999 proposed budget. Harold Ferris suggested to have treasurer report on this at our next LMSC meeting.

**Registrars Report:** As of Oct. 9, 1998, we have 1375 registered swimmers in the LMSC and 32 clubs. The swimmers registration is down about nine swimmers. We are also down about three clubs. Charlie has requested club information from four groups. They may register in 1999. New registration forms will be published in the next newsletter. Charlie will have " registration packets at the end of the month.

At the convention in addition to three house of delegates sessions, Charlie attended the following meetings: Officials, Registration, Dixie Zone, and Fitness. Charlie has no report on these meetings at this time. He'll file a report on items not covered in other delegates reports.

Charlie asked for a list of registered officials for masters. Charlie also recommended Larry Peck to be the coach to represent our LMSC. All present were in favor.

**Records Report:** John Ware not present to give report. Harold Ferris stated long course records went in on time. He is also aware of earlier deadlines. The new rule book will have the new dates in it. There was a problem with the Indian River results not getting in to the top 10. Results were apparently on the wrong diskette so John was not able to read them. It was also announced that any record made will not count unless there are 2 or more timers. There was also a problem with out of state USMS swimmers results not getting submitted to the top ten when they swam in our LMSC meets.

**Sanctions Report:** As submitted by Ron Collins.

**Newsletter:** Jim Donnelly not present. Harold Ferris read Jims report as he submitted. Again congrats to Jim for winning the newsletter of the year.

**Old Business:** The Fla. LMSC still needs a web master. Richard Brewer in Naples was suggested. We need to check with him to see if he is able to do this for our Fla. LMSC and for Goldcoast. He would place entry form for meets on the Website after they are sent to him. All meets need to be sanctioned by Ron Collins first.

Meegan Wilson brought up a motion for all delegates going to the convention to split budget money equally among all delegates. This motion was defeated. A second motion brought up by Kelly Bergdoll for all voting delegates going to the convention get reimbursed. This motion was passed.

#### **New Business:**

Meet Calender.

Clearwater SCY- Feb. 13 & 14, 99.

St. Pete. Open H20: May 22, 1999.  
 St. Pete. SCY: April 9-11, 1999.  
 Tentative Meet Schedule: May, 1999, Indian River.  
 June 18 & 19, Sarasota LCM meet  
 July 16-18, 1999, St- Pete LCM meet.  
 Oct. 9 & 10, 1999, Orlando SCM Championship meet.  
 Dec, 1999, TBAC at USF.

*All the tentative meets have not been sanctioned as of this time.*

**Development Meets in St. Pete:**

Nov. 8, 1998: SCM at Walter Fuller Pool.  
 Dec, 6, 1999: SCY at North Shore Pool.  
 Jan. 3, 1999: SCY at North Shore Pool.  
 March 7, 1999: SCY at North Shore Pool.

Pam Geiger announced the nominations for chairpersons for the next term of the Fla. LMSC. Harold Ferris and Charlie Kohnken resigned after serving many years on the board. Beginning Nov. 1, 1998. The new board members who were elected are as follows-

- Larry Peck- Chairman
- Meegan Wilson- Treasurer
- Maude Orlando- Registration
- Margie Hutinger-Records
- Ron Collins- Sanctions
- Cathy Shonkwiler- Secretary
- Jim Donnelly- Newsletter Editor

**Announcements:** The board and everyone present at the LMSC meeting would like to thank Harold Ferris and Charlie Kohnken for their many years of service. The next Florida LMSC meeting will be held April 10, 1999, after the completion of Saturday's SCY meet in St. Pete.

Respectfully submitted,

Cathy Shonkwiler  
 Secretary

**Treasurer's Report**  
 by Tom Roberge

**FLORIDA LOCAL MASTERS SWIM COMMITTEE  
 STATEMENT OF ASSETS, LIABILITIES AND FUND BALANCE  
 AS OF SEPTEMBER 30, 1998**

**Assets**

Cash - Checking Account	\$ 14,268.89
<b>Total Assets</b>	<b>\$ 14,268.89</b>

**Liabilities**

\$ None

**Fund Balance**

Balance at December 31, 1997	\$ 11,734.25
Excess of Revenues Over Expenses for the Nine Months Ended September 30, 1998	<u>2,534.64</u>
<b>Total Fund Balance</b>	<b>14,268.89</b>

<b>Total Liabilities and Fund Balance</b>	<b>\$ 14,268.89</b>
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**FLORIDA LOCAL MASTERS SWIM COMMITTEE  
STATEMENT OF REVENUES AND EXPENSES  
FOR THE NINE MONTHS ENDED SEPTEMBER 30, 1998**

**Revenues**

Registrations	\$ 19,761.00	
Sanction Fees	260.00	
Miscellaneous	<u>1,338.00</u>	
<b>Total Revenues</b>		<b>\$ 21,359.00</b>

**Expenses**

Registrations	12,817.00	
Newsletter	2,877.05	
Postage	1,255.93	
Convention	640.65	
Rule Books	48.00	
Fees on Registrations	252.30	
Miscellaneous	<u>933.43</u>	
<b>Total Expenses</b>		<b>18,824.36</b>

**Excess of Revenues Over Expenses** **\$ 2,534.64**

**FLORIDA LOCAL MASTERS SWIM COMMITTEE  
PROPOSED BUDGET 1999**

**Revenues:**

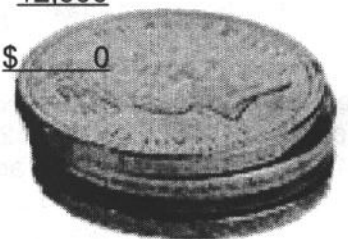
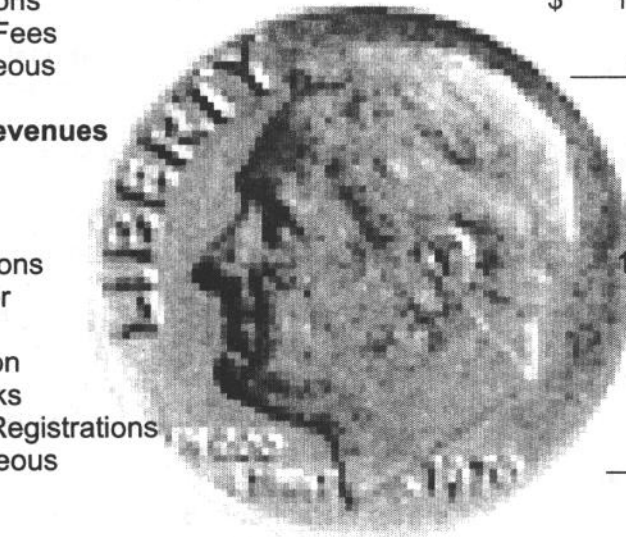
Registrations, net	\$11,000	
Other	<u>1,000</u>	<u>\$12,000</u>

**Expenses:**

Newsletter	4,000	
Postage	1,800	
Convention	4,000	
Top 10 Processing fees	1,000	
Other	<u>1,200</u>	<u>12,000</u>

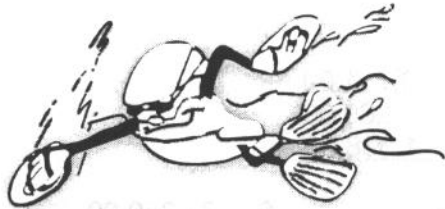
**Excess revenues**

**\$ 0**





# NEWS FROM AROUND THE LMSC



## Florida Maverick Masters

### NATIONAL CHAMPS!

**A**fter day one, the men's team ranked 3rd, out of 78 small teams. By day two, they moved up to 2nd place. On the third day, our seven men overwhelmingly climbed into first place, and never relinquished their dominance. **LCM National Champs**, two years in a row! the award, an exquisite wooden plaque, with a picture of the pool complex and an inscribed plate, looks magnificent. The five women received Honorable Mention, placing fifth, out of 75 small teams. The combined team of 12, also received Honorable mention, placing fifth, in the medium division, out of 17 teams with more swimmers



Florida Mavericks at 1998 National LCM Nationals Ft. Lauderdale

**Regan Kenner** set three FINA breaststroke records-50 m 52.03; 100 m 2:29.81; 200 m 4:18.10. Although 74, she ages up in December, and therefore is eligible to compete for world records in the 75-79 age group. **Dave Malbrough** broke the US Record in the 50 back-53.24, and had a team record six individual gold medals.

**Paul Hutinger** and **Gladys Olsen** rounded out the group of four individual National Champs, 12 Gold Medals, with their outstanding swims.

Every swimmer earned a medal in every event he/she swam. The seven relays entered in the 280 or 320 age group, finished either 2nd or 3rd. The youngest relay, at 240, finished 6th.

"These are outstanding results from this small, enthusiastic team, who is competing in only its second Nationals," said Paul Hutinger, Coach, and one of the team founders. The National team made a splash in the pool with our creative and unique orange caps, imprinted with the white FLORIDA MAVERICK MASTERS letters, courtesy of **Doris Prokopi**.

**Frank Havlicek**, 80, 4th--100 breast; 5th--50 breast, 50 & 100 free.

**Paul Hutinger**, 73, 1st--200 back; 2nd--50 back & 50 breast; 3rd--100 back

**Elmer Luke**, 72, 2nd--1500 free, 400 IM; 3rd--200, 400, & 800 free, 200 back.

**Robert MacDonald**, 69, 3rd--100 & 200 breast; 4th--200 free, 50 breast, & 200 IM.

**Dave Malbrough** 85, 1st--50, 100 & 200 back, 50 & 200 free, & 50 breast.

**Al Maloney**, 69, 4th--200 breast & 100 fly; 5th--100 breast, 50 fly, & 200 im; 9th--1500 free.

**Frank Tillotson**, 83, 2nd--50, 100, and 200 back.

**Bunny Havlicek**, 80, 5th--100 & 200 back; 6th--50 back.

**Margie Hutinger**, 58, 4th--50 & 200 back; 5th--100 back.

**Regan Kenner**, 74, 1st--100 & 200 back, 50 & 100 breast; 2nd--50 back & 200 breast.

**Gladys Olsen**, 71, 1st--200 fly; 3rd--400 IM; 4th--100 fly & 200 IM; 5th--50 fly.

**Doris Prokopi**, 62, 4th--50, 100 & 200 breast & 200 fly; 6th--200 back; 7th--100 back

We entered our Maverick Masters newsletter in the USMS Newsletter of the Year competition, and made it to the semi-finalist group of 8!!

**Paul Hutinger** ✈



## ST. PETE MASTERS

**S**t. Pete Masters took a team of 70 swimmers to Ft. Lauderdale in August for the Long Course Nationals. For several of our swimmers, it was their first USMS championship meet. SPM's strong women's team came home with their second consecutive victory in the large team division. Led by **Win Kennedy's** 6 golds, our women accumulated 150 individual medals: 23 gold, 25 silver, and 23 bronze. Our men and combined teams finished 2nd to Gold Coast. The men's team was led by **Bill Specht** with 6 golds and 6 new world records.



Bill Specht at Dixie Zone SCM Championships in Orlando after setting new world record in the 100 m fly

Photo by Jim Donnelly

In September, **Coach George Bole** flew to Atlanta for the American Swimming Coaches Association World Clinic. During the Awards Banquet, George was presented with a lifetime Achievement Award from the Masters Aquatic Coaches Association. Several other awards were presented at the same time. One of the other recipients remarked that he was honored to be on the same stage as George

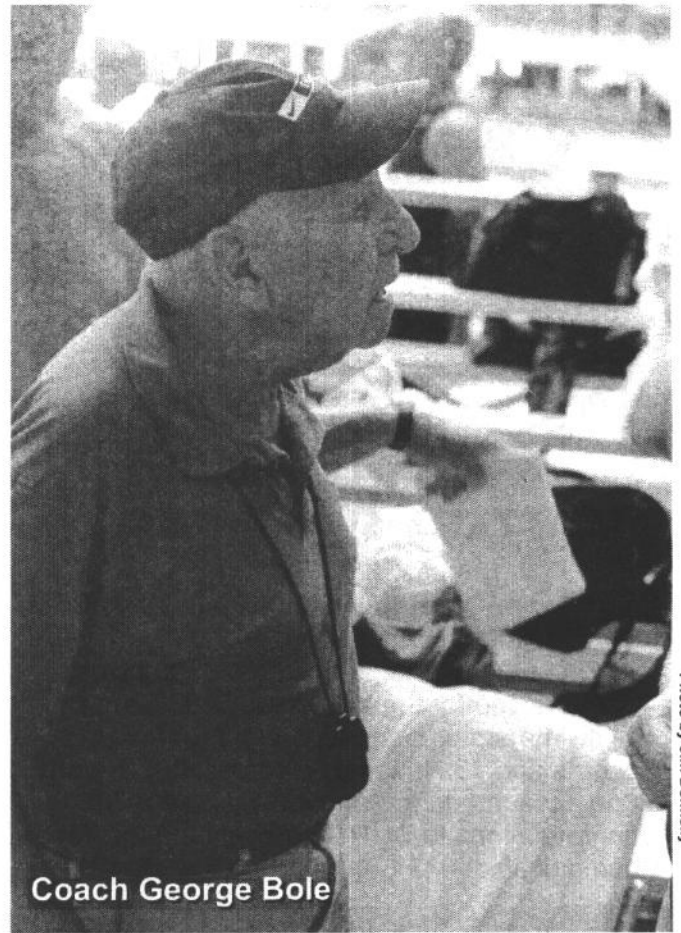


Photo by Jim Donnelly

Coach George Bole

Bole! Florida LMSC chairman, **Harold Ferris**, and his wife **Betty**, were on hand for the presentation. We are proud of you, coach!

October 9-11, 19 of our swimmers went to **Orlando** for the **Dixie Zone Short Course Meters Championships**. Although the size of our team was disappointing, we did manage to win the first place visiting team award with 1038 points. Several of our swimmers came home with high point awards: **Stuart Barton--1st** and **John Galloway--2nd** (30-34); **Cathy Shonkwiler--1st** (35-39), **JoAnn Harrelson--2nd** (40-44); **Bill Specht-3rd** (40-44).

Our 55-59 age group women swept their group with **Jayne Lambke--1st**, **Elaine Bromwich--2nd** in the 65-69 age group. Dick Avery was 1st in the 75-79 age group. Don't be misled by Bill Specht's 3rd place over-all finish. Bill won each of his seven event' setting new world records in six of them and missing the seventh record by .5 seconds. His new records came in the 50 m back--27.84 (28.77), 50 m fly--25.89 (26.35), 100 m fly--56.18 (58.61), and 200 m fly--2:02.35 (2:08.46). Bill's 200 m butterfly time was the fastest ever recorded by a master in any age group! Beginning with Short Course Nationals in Indianapolis, Bill has set 17 new US records and 12 world records--a remarkable feat! We are all justifiably proud of Bill Specht!

Sandy Steer ✪





## MASTERS SWIMMING

**T**eam Orlando held the Dixie Zone SCM Championships Oct. 9-11. There were 193 entrants, and almost \$3000 was raised for the YMCA Aquatic Center.

The swimmers present accounted for 9 World Records and 13 National Records. **Bill Specht** alone accounted for 6 and just missed a 7th. Congratulations to St. Pete for winning the Team Championship!



Bill Specht in 100 scm fly with Stu Barton close behind

Photo by Jim Donnelly

Team Orlando swam a dual meet with **Rollins College** Varsity swim team. Our men won again, last year we won by only 1 point, this year we won by 40. Our women were a little more generous - they fought valiantly but lost to a stronger team.

After the Rollins meet our next competitions are the open water series in South Florida. These include the **Miami Mile**. And the open water series held in Dec. and Jan.

Those of you that attended our meet know that **Lucky and Jacquie Meisenheimer** just added to their family with a baby boy. He decided to arrive a little early (about 7 weeks) but he is home and both baby and mother are doing well.

### Miltenberger breaks World Record

Back in August at the USMS National Long Course Championships, **Chester Miltenberger** (46) swam a national and world record time of 31.54 to win the 50 m breaststroke. Miltenberger broke the old time of 32.47 set by **Russian Tim Shead**. No

stranger to being a national champion, he also brought home gold in the 100 m breaststroke and finished 2nd and 4th in other events. "I'm just really surprised with my 50 m swim. My goggle broke right before the race, so it was a blind swim for me. I can't believe I'm going faster than I was five years ago", claims Miltenberger.



Photo by Jim Donnelly

Other national champions from Team Orlando were **Don McCullough, Brud Cleaveland and Erik Schlichenmaier**. McCullough took four firsts, two seconds and six team records, while Cleaveland

nearly did the same with three golds, two silvers and five team records; together they dominated the 80-84 field. Schlichenmaier, Boone High's Coach and former Florida State swimmer, swam home for three golds and six team records in the 19-24 age group.

Local triathlete, **Andy Farrell** swam for three bronzes, a fourth and a fifth and broke three long-standing team records. **Linda Visser** led the

women by shattering three team records and winning five bronze medals and a fourth respectively.

"Team Orlando has been training and tapering for this meet and the times reflect their hard work. It was a great team effort by all", says **Coach Larry Peck**.

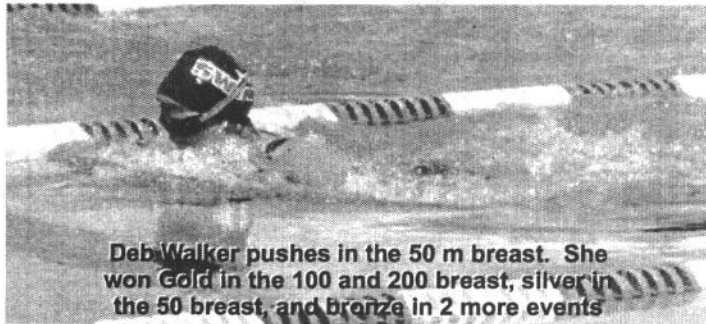
Other top ten swims were turned in by: **Caroline Gatto, Ernestine Beattie, Jack Beattie, Jerry Gancy, John Keen, Brian Hendrickson, Ron Welpott and Victor Sirbu**.

For more info about Speedo's team Orlando Masters Swim Team, please contact our hotline (407) 363-1954 or email: [teamorlando@msn.com](mailto:teamorlando@msn.com)

**Larry Peck** 🐬

# Swim Florida

**P**owered by strong individual performances including **four individual national championships** and by 15 relay teams that placed in the top 10 including another national championship, the SWIM Florida Masters men's and Women's team each placed **third** at August's USMS Long Course National Championships in Ft. Lauderdale.



Deb Walker pushes in the 50 m breast. She won Gold in the 100 and 200 breast, silver in the 50 breast, and bronze in 2 more events

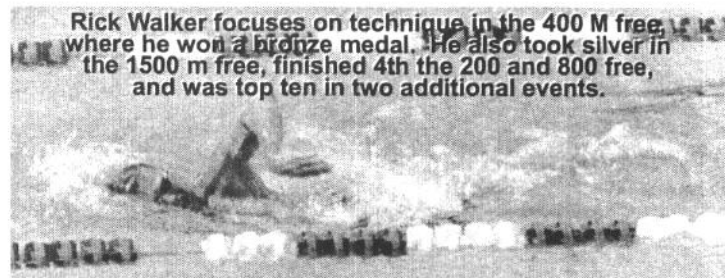
**Deb Walker, Dren Geer, and Lynn Cartee** each won individual national championships, Walker in the 100 and 200 breaststroke, Geer in the 200 fly, and Cartee in the 1500 free. The women's 200+ free relay of Walker, Cartee, **Martha Dodd** and **Jean Garbus** also captured gold.



Lynn Cartee completes the fly leg of the 400 IM. She won a silver medal in the 200 & 400 IM's to go with her gold in the 1500 free

**SWIM Florida's women's team** placed third in the medium team category behind Virginia Masters and DC Masters. The **men's team** was third in the large team category behind Gold Coast and St. Pete. The **combined team** finished fourth in the large team category, which was won by the host Gold Coast Masters. St. Pete placed second and New England Masters captured third.

Balance in individual events and the large number of relays made the difference for both the men's and women's SWIM Florida teams. **Liz Burchett, Deb Walker, Lynn Cartee** (2 events), **Chris Connor** (4 events), **Kevin McCormack** (2 events), and **Rick Walker**. Individual bronze medalists were **Michelle Sutton** (2 events), Burchette, Deb Walker (2 events), **Edna Gordon** (2 events),



Rick Walker focuses on technique in the 400 M free, where he won a bronze medal. He also took silver in the 1500 m free, finished 4th the 200 and 800 free, and was top ten in two additional events.

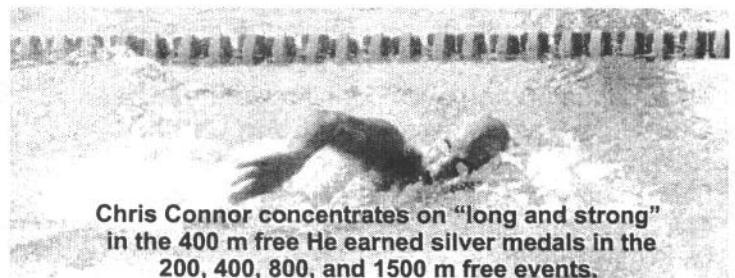
**Rob Irving** (2 events), **Jack Thomas**, and **Dren Geer**.

In addition to winning gold in the women's 200+ free relay, silver medals were won by the men's 100+ medley relay of **Rob Irving-Michael Barry-Chris Connor-Dean Michinson** and the men's 200+ medley relay of **Casey Claflin-Rick Walker-Kevin McCormack-Dren Geer**. Bronze medals in relays were earned by the mixed



Dren Geer stretches for the finish in the 100 m back. Geer was National Champion in the 200 m fly and finished in the top 5 in five other events.

200+ free relay team of **Larry Black-Deb Walker-Lynn Cartee-Dren Geer**, and by the women's 200+ medley relay team of **Martha Dodd-Deb Walker-Lynn Cartee-Jean Garbus**.



Chris Connor concentrates on "long and strong" in the 400 m free. He earned silver medals in the 200, 400, 800, and 1500 m free events.

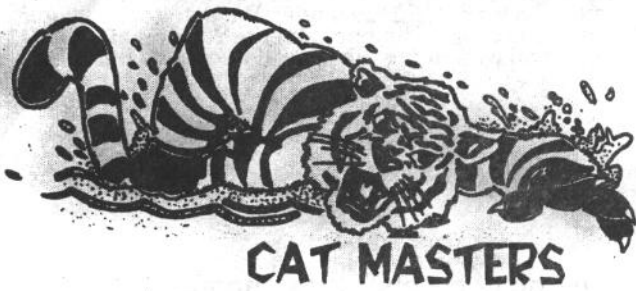
Other swimmers placing in the top five in individual events were **Dean Mitchinson, Larry Black, Casey Claflin, Jim Redic, Doug Messineo, John Wagner, Bob Coulter, Adrienne Seal, Clara Valdes**, and **Jean Garbus**.

Success at LC Nationals was followed with a second place finish out of 35 teams at October's Dixie-Zone SCM Championships in Orlando. Eleven team members won individual high point awards.

SWIM Florida members can access more detailed information at the team's web site (<http://home.att.net/~dickbrewer>).

**Dick Brewer** ✪





## CAT MASTERS

**B**ack to the warm waters of Florida and the welcoming smiles of my teammates. So pleased to see our St. Pete Masters "work-out" member, **Kay Schimpf**, has recovered from her "shop-until-you-drop" incident (resulting in a broken hip, among other injuries), and is back in the swim of things again. Understand, also, our friend, **Charlie Kohnken** did a *half-gaynor* off the pool deck at the Nationals in Ft. Lauderdale and put himself out of commission for a bit - back in the pool again, though, in seemingly good shape now.

Our team of five, two women, three men, had an impressive showing at the U.S. Masters Nationals in Ft. Lauderdale. Placed in the small teams. with **Nancy Durstein** taking a second, two thirds and three fourths, and **Joan Campbell** two gold, a silver and three bronze in the 65069 age group. The men were impressive - **Dr. Alex Ramirez-Miller** taking several top ten, **Coach Kelley Allen** a third, fourth and fifth in the backstroke events in the 35-39 age group, and Teammate **Ron Collins** 5th and 8th in the butterfly and 6th in the mile swim.

Those of us 50 and over - don't miss the **LCM Good Life Games** here at the **Long Center** November 8. Qualifiers for the State Senior Games may compete for the **National Senior Games** to be held in **Orlando** in October 1999. All times are recognized for USMS Top Ten.

The upcoming **Valentine's Day CAT Masters Meet** will be held on the 13th and 14th of February, 1999. The competition is always great, the old and new friends we meet and greet there are the best - from Connecticut, Massachusetts, Canada and beyond - and you can't beat the food - all provided by the CAT Masters Team. We can guarantee the weather, too - our indoor facility at Long Center in Clearwater is THE BEST. Hope to see you there.

**HOT OFF THE PRESS!!** National Top Ten Times for the 97-98 SCY season just published, show 75-79 age group **Bob Lavanture** placing 9th in the 100 Breast and Joan Campbell in the 65-69 age group placing in the Top Ten in 10 events, among them 3rd in the 1000 and 1650 yard free and 4th in

the 200 fly. Way to go CAT Masters!! Also, the Dixie Zone SCM Championships held in Orlando the week end of October 9th saw Joan Campbell and Nancy Durstein placing 1 - 2 in the 65-69 age group, 5 gold and a silver by Joan with a personal best in the 400 IM and 3 gold and 3 silver by Nancy, all PBAMO - new category, *Personal Best After Major Operation* - super job Nancy. Ron in the 36-39 age group did a great job with a silver and 2 bronze to his credit.

Kelley Allen ✪



**O**nce again our headliner for the quarter was **Wanda Brown**, 41. Summer results showed a 1st place in 5K, with a time of 1:13. We're hoping to get similar results in the Postal 3000. Perhaps more noteworthy is the 400 m time she did at Orlando--7 seconds faster than she did 6 years ago before she had her baby!

Unfortunately her compatriot in these distance events, former national champion Karen Sadler had to take some time off for family commitments, but we do look forward to seeing her back in the water more, soon.

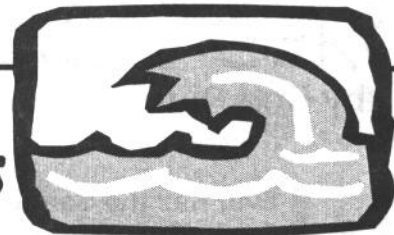
Two other bright spots this quarter were: **David Darst** (54) swam his best 500 time ever this week in a practice time trial, and **Dave Winkle** who swam his best 500 in 2 years and only 11 seconds off his collegiate time 20 years ago.

Our travelers continued traveling: **Steve Van Sciver** hitting China, Japan and Switzerland this semester for the **FSU Magnet Lab** and **Randy Murrel** hitting DC as he gears up for his new position as Federal Public Defender for our area. (Any of you in need of his services?)

Last quarter I said **Scott Guthrie** was training a tough 6000/week, but he corrected me recently, saying I overstated the situation--he is swimming less. Whatever, he had 2 top five finishes at SCM Nationals, so it must be working pretty well for him! Maybe he'll pick up his yardage when his motorcycle/car racing/work agendas slow down.

Bob Ruth ✪

# Blue Wave Masters

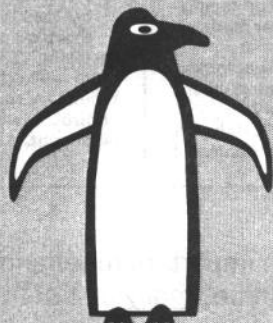


## MOUCHA ON WORLD RECORD BREAKING RELAY

**S**ue Moucha received a Gold Medal in the 4 x 50 m Freestyle Relay, in a new World record time of 3:11.20 at the 1998 International Paralympic Committee World Swimming Championships held in Christchurch, New Zealand, October 12-17, 1998.

Sue also made Finals in the 50 meter Freestyle, 50 meter Backstroke, and 100 meter Breaststroke.

More than 470 athletes from 51 countries participated in the championships.



### Ask the "Swimming" Doctor by Dr. Paul Hutinger

**Q**uestion: Is there any one good warmup for a meet?

**A**nswer: If you have a warmup that has been successful for you in the past, use it. If you normally swim about 2000 yards in your training, you should swim about 500 yards for your warmup. Concentrate on technique, be relaxed and loosen up. Pace 50's will help on your distance events. Include 50's and 25's of each stroke, gradually building up to race pace. Get acquainted with the starting blocks by doing several starts for each of the strokes you are swimming. Sprint as you plan to do in your race, because your body needs to get used to swimming fast. Do turns for your events, and if the meet is outdoors, note how the wind is blowing the backstroke

flags. Observe how that changes the number of strokes you need from the flags to the wall at each end of the pool.

It's a good idea to practice the warmup you will be doing at the meet in your training sessions, especially the week before the meet. Preparation for the meet also includes eating whatever foods work well for you. Do this before workouts, so your body doesn't have to adjust to new foods. Get to the meet on time and you won't be rushed. Check the heat sheet to know your events and lane assignments. Do a short warmup and stretch your muscles for each event. Cool down after each event to reduce the buildup of lactic acid in your muscles.

Mentally prepare for each event. Think about the event and visually go through your rasteup on the block, go through each stroke, turn and the touch out at the finish (See my column for May, 1998, Vol. XV, No. 2). Program your meet so you will be on automatic, and you will make fewer mistakes, be more relaxed and enjoy the thrill of the competition, whether it's your first meet or umpteenth.

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



# YES I CAN

by Bob Ruth

**N**ever has the Samurai concept of "a worthy opponent" been more clear than this summer in the HR battle. Sosa and McGuire supported each other and spurred each other on to greater heights.

Does anyone really think that either could have done as well without the other? This is an attitude that more of us swimmers may benefit from, both in practice and in competition. Masters swimmers are in a unique position to accommodate such a viewpoint for 2 related reasons. 1. Competition generally gets a little friendly as we realize how insignificant competitive swimming really is in the larger -view of our lives, and 2. our testosterone levels are not so wild and the (especially) male need to dominate diminishes somewhat.

**Key thought-** Sosa gets in a slump when he gets "a little bit out of control." Instead, he needs to "be patient".



## Sosa blasts two home runs, but Cubs lose to Astros 13-3

by Rick Gamo

THE ASSOCIATED PRESS

Sammy Sosa's not hung up on racing Mark McGuire or chasing Roger Maris. At least that's what he says.

But his forceful swing, one that looks like he could rip his rib cage apart when he misses, tells a different story.

"I'm not going to lie to you. Lately, I've been swinging a little bit out of control. I

was impatient the last couple of days," Sosa said Sunday after hitting his 50th and 51st homers for the Chicago cubs in a 13-3 loss to the Houston Astros.

"People see the way I swing but it is the same. The only thing I did--I was more relaxed and tried to make contact. When I try to pull everything, I get out of control. I told myself to slow down and be patient." Sosa said.

That is often the story for a swimmer who trains hard, then gets to an important meet and tries "too hard". Usually the unconscious thought is "well if I'm this fast at 100%, 1 can be, really fast at 110%. Sorry, 110% really equals 100% - 10% or only 90%. You end up forcing things, creating more resistance, decreasing stroke efficiency. Result? No faster at the beginning of the race but terribly more tired by the end. No time improvement. Frustration. Bewilderment.

**Solution:** stick with what has been bringing you success. Don't change, learn to combine relaxation with excitement. Realize you will be fast at the beginning of a race that you are really excited about even if you don't go 110%-- your excitement will carry you through that part, so be sure your stroke is in order. You may feel it's "too easy." If so, don't worry about it-- that's the way it should feel if you're in good shape and tapered, and you will then have a whole lot more to use in the middle and to finish with.

Now this is not to say "back off" at the beginning. Not at all. Just don't try to do more than you are capable of-- swim "within yourself". Don't force it, but do release all your energy to work for you and go for it. ✪

### 1999 USMS LONG COURSE NATIONALS - UNIVERSITY OF MINNESOTA AQUATIC CENTER 19-23 AUGUST, 1999 - PROPOSED ORDER OF EVENTS:

#### THURSDAY:

800 Free  
200 Breast  
50 Back  
100 Fly  
200 Mixed  
Free  
Relay

#### FRIDAY:

4001M  
200 Free  
50 Fly  
100 Breast  
200 Medley  
Relay

#### SATURDAY:

400 Free  
200 Back  
100 Free  
50 Breast  
200 Mixed  
Medley

#### SUNDAY:

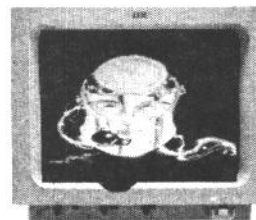
2001M  
50 Free  
200 Fly  
100 Back  
200 Free  
Relay

#### MONDAY:

1500 Free



## E-MAIL TO THE EDITOR...



Date: 11/4/98 2:17:53 PM Eastern Standard Time  
From: ericdonn@ufl.edu (Eric Donnelly)  
To: FloridaEditor@usms.org (dad)

Are you ready to hear this set... ?

400 swim @ 5:00  
4 x 50 kick @ 1:00  
200 kick @ 3:30

400 swim @ 5:00  
4 x 50 drill fly @ 1:00  
200 drill fly @ 3:00

1500 pull band and paddles, good effort

ok, here it comes...

200 fly @ 2:30  
200 im @ 2:30  
2 x 200 fly @ 2:25  
2 x 400 im @ 5:00

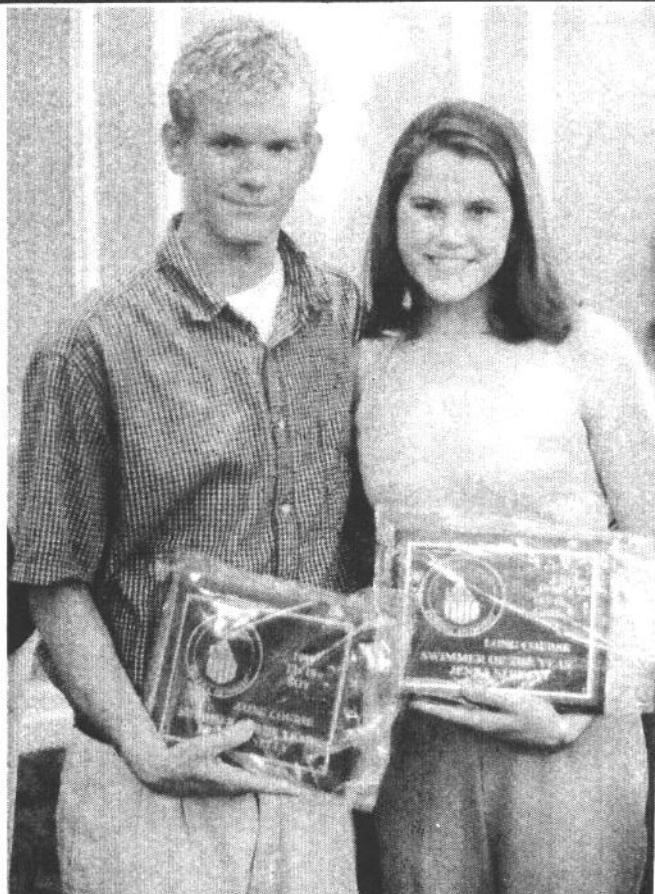
take a minute rest ...  
( that's just the easy part)

3 x 200 fly @ 2:20!!!  
3 x 200 im @ 2:20!!!  
4 x 200 fly @ 2:15!!!  
4 x 400 im @ 4:40!!!

Ryan Lusk and I were the only ones who made this set. Only Lusk did backstroke instead of fly on the 200's.

Have a nice day!!!  
ERIC

(Editor's Note: Eric swam this 8300 yard set, compliments of **Anthony Nesty**, on a Tues morning, 3 days before swimming the University of Michigan. They were still running stadiums and doing drylands and weights also. Isn't it nice to be a Master Swimmer? I'll bet that Bill Specht still does workouts like this, though!)



Eric Donnelly and Jenna Street, Florida Swimming's 17-18 age group Swimmers of the Year. Eric was also Senior age group Swimmer of the Year along with Olympian Brooke Bennett.



# FLORIDA

LMSC NEWSLETTER

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## INSIDE THIS ISSUE:

- Distance Matters Calendar of Events
- New USMS Registration Form
- Minutes of Annual Florida LMSC Meeting
- New LMSC Officers
- Photos! / Team Reports!
- Gators 150 - Noles 92!!
- CAT Masters Valentine Meet Entry Form

**Attention Team Reps:**  
**Deadline for February Issue is**  
**January 10, 1999**

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



Charlie Kohnken, Eileen Bowen, Joan Campbell, Kelley Allen, Nancy Durstein, Winnie Walter cheering Ron Collins on in his Length of Tampa Bay Swim earlier this year. Ron and Randy Nutt helped guide Gail Rice in her swim a few weeks ago when she duplicated Ron's feat in record breaking time.