

FLORIDA

NEWSLETTER

VOL. XVII No. 2

Local Masters Swim Committee, Inc.

MAY 2000

FLORIDA

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The Florida Newsletter
is published quarterly in
Feb., May, Aug., Nov.

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Hi Florida Master Swimmer,

Starting with this newsletter **Abbie Goff** will no longer be our newsletter editor. Putting a newsletter together takes a lot of time and we appreciate her commitment and hard work. She has discovered that with attending UF and coaching she has no time to continue as our editor. Thank you **Abbie** for all your help.

We are looking for someone to take over as editor. Your interim editor thanks all those who contributed to this May issue, and especially that you submitted your items via email. That makes the job a whole lot easier. Thanks also to **Jim Donnelly** for sending me several club logos.

Dixie Zone Webmaster Richard Brewer has agreed to put our newsletter on our web page. Some of you may prefer not to get a paper copy, but download it from the internet. Making fewer copies would save the LMSC money and save on the environment as well. Please let us know if this interests anyone.

We made an error on the last newsletter and have extra copies. These can be used as advertising for your club. Place them at strategic locations and include your club name and contact. Please email me wilson@afn.org if you would like me to bring copies to the **Sarasota T-shirt meet** on June 24. This is also the date of our next **FI LMSC meeting** and all clubs should have a representative present. We will be nominating officers (for a two year term) at this meeting. Elections will be held at the SCM meet in Orlando in October.

We are trying to increase communication by compiling an email contact for all clubs. A list is included in this newsletter. Some have email, some don't. If your name is on this list and you don't have email, please find someone on your team who would take on this responsibility. This should make it easier for meet directors, newsletter editors, officers, etc. to relay information.

The logo in the "0" above should bring back some memories.

CALENDAR OF EVENTS



POOL EVENTS

- 6/24/00-6/25/00 **SWIM Florida Long Course T-shirt Meet** - Sarasota, FL Sanction by Florida LMSC. LCM; Dren Geer; 941-416-6241, mail to:drenger@worldnet.att.net; http://home.att.net/~dixiezone/dp_meets.htm
- 7/27/00-8/9/00 **VIII FINA Masters World Championships** - Munich, Germany LCM; USMS National Office, PO Box 185, Londonderry, NH 03053-0185, 603-537-0203, 603-537-0204(fax), usms@usms.org; Ponte Vedra Travel, 800-833-SWIM, 904-280-0045(fax), ann@pvtapi.com; Send \$3 to USMS National Office to cover costs for entry packet; www.munich-2000.de
- 8/17/00-8/20/00 **USMS LC Nationals** - Baltimore, MD LCM; Barbara Protzman, 7919 Main Falls Circle, Catonsville, MD 21228, 410-788-2964, 410-992-3760, 410-992-3772, swimbarb@hotmail.com; Sanctioned by MD LMSC
- 9/1/00 **USMS 3000 & 6000 Yard Postal Championship** 10/31/00 PST-LD; June Mather, 1056 Hillview Dr, Ashland, OR 97520, 541-482-0610, csmather@jeffnet.org; Sanctioned by OR LMSC
- 10/13/00-10/15/00 **SCM Orlando Meet** - Orlando, FL SCM: Larry Peck, 5625 Satel Drive, Orlando, FL 32810, 407-647-7793, onewetpeck@juno.com; Sanctioned by FL LMSC

OPEN WATER EVENTS

- 06/10/00 **Lean Cuisine Ocean Mile Series** - Davis Island - Tampa, FL OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html> blacks@exclusivesports.com
- 6/17/00 **The Victor 12.5 Mi Swim Around Key West** - Key West, FL OW; Randy Nutt, c/o Aqua-Moon Adventures, 2857 NW 91 Ave #101, Coral Springs, FL 33065, 800-356-5132(w), 954-755-3318(h), Randy@TheVictor.com; www.TheVictor.com; Pre-entry
- 07/01/00 **Lean Cuisine Ocean Mile Series** - Cypress Gardesn - Winter Haven, FL OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html> blacks@exclusivesports.com
- 07/29/00 **Lean Cuisine Ocean Mile Series** - Birch State Park - Ft. Lauderdale, FL OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html> blacks@exclusivesports.com
- 8/12/00 **Jacksonville Beaches 1.25 and 2.5 mile swims** - Jacksonville, FL OW; Ralph Marcello, PO Box 330421, Atlantic Beach, FL 32233, 904-285-6384(h), 904-241-1222(w) mailto:ralph-marcello@worldnet.att.net
- 08/19/00 **Lean Cuisine Ocean Mile Series** - Siesta Key Beach - Sarasota, FL OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html> blacks@exclusivesports.com
- 09/16/00 **Lean Cuisine Ocean Mile Series** - Pennekamp State Park - Key Largo, FL OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html> blacks@exclusivesports.com
- 10/14/00 **Lean Cuisine Ocean Mile Series** - Beach Deck Pavilion - Jekyll Island, GA OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html> blacks@exclusivesports.com
- 11/5/00 **The Victor 5 Mi St. Croix Coral Reef Swim** - St. Croix, U.S.V.I. OW; Randy Nutt, 2857 N W 91 Ave, Apt 101, Coral Springs, FL 33065, 800-356-5132(w), 954-755-3318(h), nutt1@mindspring.com
- 11/18/00 **FINA Open Water Champs** - Waikiki Beach, 11/22/00 Honolulu, HI OW; Sam Freas, Univ of HI, 1337 Lower Campus Rd, Honolulu, HI 96822, 808-956-5377, 808-956-9943(fax), info@openwaterswimming.com; Includes 1K & 3K Masters events; www.openwaterswimming.com

**SCY = Short Course Yards; SCM = Short Course Meters; LCM = Long Course Meters; OW = Open Water Swims; LD = Long Distance in a Pool; PST = Postal Events



NEWS FROM AROUND THE LMSC

Florida Maverick Masters Incredible 85+ Relay



Never before in the history of Masters swimming in the US, have there been 85+ men's relays. Our foursome established new limits for the almost 90 year olds, with their two record breaking achievements, which were the highlights of the Clearwater meet. **Dave Malbrough**, drove from South Bend, IN, to join his local comrades **Art Holden**, **Frank Starr** and **Frank Tillotson**. The time for the 200 free was 3:49.58 and 200 medley was 4:54.42, establishing USMS National relay records for both. They demonstrated that athletic fitness continues well into the 80's, and proved to be worthy role models for us younger swimmers.

What a pleasant surprise to have our largest team, 18, compete in the Valentine's Day Meet. In addition, we placed 2nd in the team competition, and received \$25 for our efforts. **Alan Maloney**, **Paul Hutinger** and Malbrough

won high point awards; **Patricia Tullman**, **Don Smith**, **Elmer Luke**, and Starr placed 2nd, and **Rosie Vijil**, Tillotson and Holden placed 3rd. Other Mavericks who supported the team, included **Doris Prokopi**, **Patricia Bond**, **Margie Hutinger**, **Ruth Hoskinson**, **Jean Troy**, **Mary Jane Schafer**, **Richard Criche**, and **Charles Schlegel**.

Next up was the St. Pete meet. Sunday's temps in the upper 40's, put a whole new meaning to warm up. Our 12 swimmers placed a respectable 4th, out of the 32 visiting teams. P Hutinger and Starr (a new 90 year old) won high point awards; Tullman and **Robert MacDonald** placed 2nd; Prokopi placed 3rd. Other Mavericks who supported the team, included M Hutinger, Troy, **Aaron Balsbaugh** (newcomer competing in his first Masters meet), **Rodney Elvis Swanigan** (emerging from retirement), **Gerry DeTore**, Smith and Maloney. **Paul Hutinger** set three National records: 50 back-33.76; 100 back-1:16.94 and 200 back-2:50.47. FL LMSC records were set by P Hutinger-7; Troy-1 and Starr-2. Meet records were established by P Hutinger-7; Starr-5; Troy-2; and MacDonald-1.

Seven Mavericks traveled to Indy, and joined the 1400 other swimmers who competed at SCY Masters Nationals. M Hutinger--6th-200 Back, 7th-50 Back, 10th-100 Back; Maloney--5th-100 Breast, 6th-500 Free & 100 Fly, 7th-50 Breast; MacDonald--1st-100 Breast & 100 IM, 2nd-50 Breast & 200 IM; **Joseph Kurtzman**--3rd-100 Fly, 8th-50 & 100 Breast; P Hutinger--1st-50, 100, 200 Back & 50 Breast, 2nd-50 Free & Fly (US Record in 100 Back); **E Don McCullough** --1st-100 & 200 Fly, 2nd-100, 200 Breast & 400 IM, 4th-400 IM; Frank Tillotson--3rd-50 Back (recovering from recent back surgery.) (Paul Hutinger)

TOP TEN AND RECORDS REPORT

Are you aware that USMS rules permit you to get splits from your individual events, 100's or longer, and the lead-off swim on a relay? This is another way to get a valid time on an additional event, or a faster time with a relay split, that can be submitted for a Top Ten or FL Top Five time. You must inform the referee in writing before your swim. Some of the meet directors have relay split sheets available. If they don't, I usually carry some to meets, or you can send me an SASE, and I'll send you one that you can copy. It is important that the meet directors include these splits on a separate sheet with their final results, so I can enter these times with the other Top Ten data. Not all meet directors have been diligent in this matter, and I could use your help to remind them, and improve this aspect of Masters swimming, which will benefit the swimmers in our FL LMSC meets.

For those of you that don't have subscriptions to the FL Top Five, I hope you noticed all the recognition in the last newsletter. Because of the additional mailing expense, this will not be an ongoing feature. Webmaster Dick Brewer is posting each of The Top 5 courses on our FL LMSC web site: <http://home.att.net-floridalmc/> or you may order copies: \$2.00/single course or \$5.00/all 3 courses. Send check, payable to FL LMSC, with your address to: Margie Hutinger; 1755 Georgia Ave NE; St Petersburg, FL 33703. I will have SCM copies available at the Sarasota Meet.

Remember, if you want your times included for FL Top Five & Records, send me a copy of the documentation from meets outside the FL LMSC. (Margie Hutinger)



Seven SWIM at USMS SCY Nationals, Eisele Sets American Record

The USMS SCY Nationals began at the IU Natatorium in Indianapolis on Thursday, April 27, with seven SWIM Florida Masters entered in the competition. They combined for 27 individual top ten finishes. **Sylvia Eisele** (70-74) set a new American record in Friday's 50-yard breaststroke competition with a time of 0:43.22. It was one of her three gold medals at this year's nationals. She also won the 100 and 200 breaststroke and earned silver medals in the 400 IM, 200 fly, and 50 fly.



Dren Geer

Dren Geer (65-69) won national championships in two events, Saturday's 200 fly and Sunday's 100 free. He also captured silver medals in the 50, 200, and 500 free, and finished fourth in the 200 back. **Larry Black** (40-44) and **Rick Walker** (45-49) began the medal collection, each placing second in Thursday night's 1650 free. **Kevin McCormack** (45-49) also won silver on Friday in the 100 fly. Black and Walker also each medaled in the 500 free on Sunday as did McCormack in the 50 fly. More outstanding top ten medal performances were turned in by **Chris Gilligan** (55-59) in the 50, 100, and 200 back, the 50 free, and the 100 IM. **Jim Redic** (50-54) collected his medals in the 50, 100, and 200 breaststroke and had personal bests in the 50 fly and 100 IM.

Gregg Cross es Tampa Bay Coach **Gregg Cross** successfully fought 20-knot head winds and choppy water to finish in 8th place in the third annual 24-Mile Tampa Bay Marathon swim on April 22. The rough weather conditions forced half of the field to retire before completing the event. His time was 12:59.00. Gregg's first-hand account of fighting the water, the weather, himself and everything else is at www.active.com.

World Record, High Point Visiting Team Highlights at St. Pete Wind, rain, and a cold front that dropped temperatures from the mid 80's on Saturday into the upper 40's on Sunday morning didn't affect SWIM at the 30th Annual St. Pete Masters SCY meet on April 7-9. One American and World record and 74 team records fell, and the team won the first place visiting team honors for the fourth straight year, outdistancing second place Gold Coast Masters by over 1,000 points. **Casey Claflin** (45-49) set a new American and World record in the 50-yard backstroke with a time of 0:25.63. He set the World record in the 50-meter SC backstroke at last fall's Orlando meet.



Individual team records were set in 69 events. New team record holders are **Brian Horne** (25-29), **Ed Switzer** (30-34), **Chris Warren** (30-34), **Rob Irving** (30-34), **Michelle Burdiak** (30-34), **Michelle DiGiacomo** (30-34), **Daryl Sullivan** (35-39), **Laura Dissington** (35-39), **Tom Stegeman** (40-44), **Joann Sullivan** (40-44), **Deanna Doyle-Vallery** (40-44), **Casey Claflin** (45-49), **Rick Walker** (45-49), **Kevin McCormack** (45-49), **Kurt Schumacher** (45-49), **Jim Palmere** (45-49), **Ken Wall** (50-54), **Carol Ward** (50-54), **Lucey Malone** (50-54), **Chris Gilligan** (55-59), **Dren Geer** (65-69), **Jean Garbus** (65-69), **John Woods** (75-79), and **Roy Ingham** (75-79). Swimmers spending Saturday night at The Beach Park in St. Pete walked to the rooftop restaurant at the end of The Pier for the traditional team dinner.

Redic Tops Dixie Zone SCY Championships **Jim Redic** was the sole SWIM Florida Master at the March 18-19 Dixie Zone SCY Championships held in Atlanta GA, but he made up for it with three gold medals, three silvers, and two bronzes. Redic swam eight events, winning the 50, 100, and 200 yard breaststroke events; placing second in the 50 back, 50 fly, and 100 IM; and placing third in the 100 free and 400 IM. *(Richard Brewer)*

Warm up for Worlds at the SWIM Florida SARASOTA T-Shirt Meet

The annual Sarasota LCM meet will be held June 24-25 at the Arlington Aquatic Complex in Sarasota. Meet information and entry form was included in the February Florida LMSC Newsletter. This information as well as a map to the pool with selected lodging are also on the Dixie Zone meets page at http://home.att.net/~dixiezone/dp_meets.htm. We will hold an LMSC meeting on Saturday following the last event. Please have a team representative attend the meeting. The traditional Party-in-the-Park adjacent to the pool will follow Saturday's events, and the free juice-fruit-and-bagel breakfast will be ready at the pool on Sunday morning. This is the last LC meet in the Florida LMSC for swimmers to tune up their race techniques before the FINA World Championships in Munich in August.

DON'T FORGET TO ATTEND THE FL LMSC BUSINESS MEETING ON SATURDAY, JUNE 24 AFTER THE LAST EVENT.



Over 50 St.Pete Masters Will Compete in Munich

The **St. Pete Masters** had a busy spring. They wish to thank everyone who participated in their two spring swim meets. The March to Munich LC Meet was a great success with close to 90 swimmers competing. Most found it nice to switch gears for a one day LC event. The 30th Annual SPM SC Meet also prompted a great turn out. We had 300 register (most showed up) for the three day event and the competition proved fierce. A lot of new meet records were established. It seems the Mens 45 - 49 was the fiercest with 12 new records set by 6 swimmers.

With these meets out of the way, St. Pete members are focusing on their trip to Munich and the World Championship Meet later this summer. Over 50 swimmers, along with family and friends, are presently committed to make the trip. We look forward to the final tune up meet in Sarasota. *(Chris Swanson)*

Chris Derks Wins the 24 Mile Tampa Bay Marathon

The 3rd Annual 24 Mile Tampa Bay Marathon Swim was held on Earth Day, April 22, 2000. **Chris Derks** of Miami, Florida won the event with a time of 8 hrs. 30 minutes, 53 seconds. Nineteen individuals, and 5 three-person relay teams entered the event. The wind and waves were cause for withdrawal for more than half of the field. Also see SWIM's article in this newsletter and <http://www.active.com/swimming/>. For complete results see: <http://distancematters.com>.



Thank you to our sponsors from **Holiday Inn Sunspree Resort, the Tampa Bay Mutiny, Sweetwater Kayaks,** and the **Tampa Bay Sea Kayakers.** *(Ron Collins)*

Bob Butcher of Daytona Beach Masters Qualifys for Olympic Trials

Rob Butcher, who swims in the 25-29 age group, recently qualified in the 100 breaststroke for the Olympic trials in August. Rob also placed second in the 50 breast and 100 breast at Nationals in Indianapolis.

Rob is a "late bloomer" who did not begin swimming in competition until he was in high school. He did well enough as a high school swimmer to win a scholarship to Georgia Southern, where he competed for four years. Rob moved to Daytona Beach a few years ago where he began swimming at the Port Orange YMCA. Under Steve Lochte's coaching, Rob was soon swimming faster times than he had in college and decided to "go for it". Congratulations to Rob - we wish him all the best in August.

Rob, **Carolyn Schwab**, and **Jean Sterling** all made the top ten list in long course meters, and Jean had some top ten times listed for short course meters as well. Rob was #2 in the 50 breast and #1 in the 100 breast. Carolyn was listed ninth in the 100 breast and 200 breast, and seventh in the 100 fly. Jean was ninth in the 50 breast, 50 butterfly, and 200 breast, and tenth in the 200 IM for long course. She was ninth in the 1500 free, 200 breast, and 200 IM, and fifth in the 50 breast for short course meters. *(Jean Sterling)*



CVST Revives Masters Program

After a long absence, on Feb 1, 2000, the **Carrollwood Village Swim Team** revived its Masters' Program. Calling themselves the Mid-Day Masters, the team meets at lunch time from 12:00 to 1:00 PM. On it's first day of practice, 18 swimmers, many of whom had no competitive swimming experience, showed up. Working primarily on developing good stroke technique the team has grown to 26 members. Although short on experience, the team is big in heart and has a number of swimmers entered in the 1000 meter Hurrigan-Man Open Water Swim in St. Petersburg.

(Randy Johnson)



Cat Masters have given "Koach Kelley" a well-deserved rest and are now under the very talented leadership of well-known **Joe Biondi**, who is whipping us all into

shape for the coming season.

The St. Pete Short Course Championships was represented by several of our Cat Masters, who all did well. **Nancy Durstein** took High Point in the 70-74 age group, **Jeff Liu** was 2nd High Point in the 25-29 group, and **Joan Campbell**, in her swan song to the 65-69 Age Group, took 2nd.

The Across-the-Bay Challenge Saturday, May 6th, found **Jason Brooks**, **Ron Collins** and **Nancy Durstein** winners in their age group, and Louise **Moran**, **Darlene Tuttle** and **Don Puchalski** with respectable 3rds and times in their endeavors.

Joan Campbell and Didier Lamour competed at Short Course Nationals in Indianapolis, bringing home National Championships - Joan in the 200 IM and 200 Back, silver in the 1000, 500 and 200 freestyle, and bronze in the 400 IM. Didier took gold in the 50 back, and "flew" to a 13th and 18th finish in the 200 and 100 butterfly in the

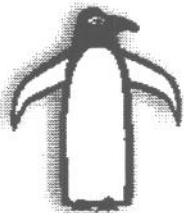
40-44 age group.

Our two competitors ended up 31st of 76 in the Small Team category. Congratulations!! Next National Championships are YMCA in Augusta, GA May 18-22. Representing various YMCA's will be Joan Campbell, Bill Conlin, Nancy Durstein, Bob LaVanture and Don Puchalski.

Many thanks to Ron Collins for keeping us all up-to-date on local and national events on his web site: distancematters.com.

Dave Gifford is recovering nicely from a near-fatal bicycle accident 6 weeks ago. He's back in the swim of things and voicing his advocacy of use of GOOD helmets in the sport - says he wouldn't be alive today otherwise. Our triathletes and biathletes take heed. Our work-out partner, Kay Shimpf, is back in the water after her unfortunate fall in another of those parking lots. She suffered a broken kneecap and sternum, which has taken 8 weeks of recovery. No more shopping 'till you drop, Kay!!

Good luck to all of you for the summer months. I'll be up in the cool St. Lawrence River for the summer and will think of you - miss the air-conditioning. Have a good T-Shirt Meet in Sarasota. *(Joan Campbell)*



Ask the Swimming Doctor by Dr. Paul Hutinger

ASK THE SWIM DOCTOR

Question: I swam a 200 free in 2:34 and my 50 splits were 34, 39, 40, 41. What would be an ideal splitting for my 200, and how can I improve my splits?

swim time; keep the same rest time-- to establish your splits.)

Four sets of broken 200 swims could be as follows: 4 (4 x 50) @ 2:00, 1:30, 1:00, :45. I used this technique when I trained for the 200 m backstroke in 1994, and set a world record, 2:59.0, in the 70-74 age group-- 43, 45.5, 46, 44.5. More recently, as a 75 year old and after shoulder surgery (bike crash), I set the US 100 m back record, in 1:26.2, with splits of 42.3 and 43.9.

Another type of pace practice would be a set of 10 x 50 push offs on 1:00, keeping a 36 pace for the total set. These types of training can be used for all strokes.

At the meet, warm-up with the same pace 50's for your race. Concentrate on pacing before you get on the block and during your race.

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. You can e-mail me at: pbut@usms.org

Answer: You have taken the first steps in improving your splits, by knowing what they are, and realizing you are going out too fast. With your present level of training, your realistic goal time could be 2:30, with these splits--36, 38, 38, 38.

With this goal time in mind, put your splits together in "broken swims." For the first 50, dive in, and keep the time close to 36. Time the other 3 x 50's from push offs, leaving every 2 minutes, and holding 38 sec. Concentrate on swimming relaxed, with smooth and efficient strokes. Work towards doing 4 sets of these broken swims in one workout, with a shorter rest between each 50 swim. The ideal is to take 10 sec rest between each 50, and keep your pace times. (For faster or slower swimmers, use this same formula-- adjust your

TAPERING

by David Grilli, USMS Fitness Committee

I have never found anything in sports that works as well as tapering. Of course we are talking about tapering your swim workouts in preparation for a big meet. I have discussed the subject with many experienced swimmers and found they had conflicting opinions. Over the years I have tried some or all of their advice and have come up with some conflicting opinions of my own.

Tapering has two very important components. One is to rest the swimming muscles and two, is to refine your racing technique. Resting the muscles is the easy part. Refining your technique takes a little work. See, I told you they were conflicting opinions.

If you are a sprinter, start 2 weeks from your big swim meet and reduce your total workout yardage by 25% per day. If you are a distance swimmer, start 10 days out from the big meet and reduce your daily yardage by 33% per day. Take a day off from swimming at some time during this process but try not to take more than one day off. Two days before the start of the meet do not swim at all, don't mow the lawn, or shovel snow. Get someone else to do it. You are tapering! The day before the meet swim 1200 yards nice and easy.

The yardage tapering is straight forward. The intensity tapering takes some thinking.

Early in the taper, swim longer intervals but swim slightly faster. If you usually do 5 x 100 on 1:30, and finish the 100 in 1:20, do 5 x 100 on 2:00 and try to finish in 1:15.

Also, change speeds when you swim. While doing a 100 swim, do the first 25 easy and build your speed so that you are at about 85% speed in the last 25. I like to do 75s where you alternate 25s fast, 25s easy, 25s fast. But whatever you do, do not swim anything at 100% speed during the taper period. As we say in the coaching business, do not leave your best swim in the workout pool.

Another tapering trick I like is to sprint 12 ½s. That is half the length of the pool. Start at one end, do a good streamline push off and swim half way down the pool and stop. Swim from halfway to the far wall doing a good, fast flip turn and stop. Come back stopping halfway again and sprint the last 12 ½ practicing a good race finish. All swimming done at 85% speed, practicing moving your hands fast. Take a good deal of rest between swims so whatever you do, you do it well, not fatigued.

Good luck at the races and if you can not dream up a good taper workout, try this one.

- 1) Warm up.....500 swim.
- 2) 2 X 200 swim, 80% sprint the 4th and 5th length.
- 3) 3 x 100 on 2:00 (or an interval 30 seconds longer than your usual)
- 4) 8 x 75 with the first length a stroke other than free style such as one you may be racing on a 30 - 50 second rest interval.
- 5) 8 x 25 ascending on 45 seconds. (Swim the first one fast and each successive one slower)

We Need You To Swim Around the World To Help Fight Stroke

"Strokes for Stroke", highlighted in the May/June issue of SWIM magazine, is a national awareness campaign to fight stroke through education. It is the combined initiative of the National Stroke Association, U.S. Masters Swimming, and USA Water Polo. A portion of the proceeds will go directly to the National Stroke Association for their educational programs. USA Water Polo and U.S. Masters Swimming, who are making this event possible, also receive a portion of the proceeds which will help support the USA Water Polo Olympic team and their developmental programs for younger athletes, and to the USMS Foundation.

Between June 2 and July 4, 2000, athletes throughout the United States can join together, swim one mile, in any location they choose, and donate \$25 to help fight stroke. At the end of the event, the swimmers are capable of raising over \$600,000 and swimming 25,000 miles, which is equivalent to swimming around the world!

You can enter this event individually, or as a team, with each member swimming and paying a portion of the entry fee or solicit sponsors. Each participant who raises \$25 will receive a "Strokes for Strokes decal." Raise \$50 or more and receive a chiller mug; raise more than \$100 and receive a T-shirt; and raise more than \$200 and receive a drawstring tote bag in addition to the decal, mug and T-shirt. The overall top fundraiser will get all three awards and an autographed poster of the USA Water Polo Team.

There are three ways to sign up. One is to use the entry form that was attached to pages 12-13 of May/June issue of SWIM Magazine. The second way is to visit www.signmeup.com and click on "Strokes for Stroke." The third way is to visit our website at www.strokesforstroke.org and click on "sign up." Credit cards are accepted when registering with our secure Internet site. Same-day registration is also available in many locations.

WE RECEIVE LETTERS

Dear Fellow Master Swimmers,

May 8, 2000

We here at the IRCC Masters Swim Team would like to say how sorry we are to have had to cancel the 11th Stanton C Craigie Swim Meet. We know that so many of you were looking forward to coming and participating with us in this annual event. However, due to the very low turnout of applicants, we felt that it was in the long run the best of several difficult choices. There were only 68 swimmers on Saturday and 51 on Sunday. 21 swimmers were swimming 3 or fewer events each day with 4 swimmers swimming only 2 events. This is just too few to have a quality meet and allow each swimmer proper rest and recovery time. The IRCC Masters are committed to running a quality meet and over and over again, in talking with you, this is what I heard. Everyone that I have talked to has told me they were disappointed, but they understood and agreed with the decision.

We will be having the meet again next year! The date will be April 28 and 29, 2001 and we will be shortly applying for the sanction and placing this on the meet calendar. It is a hard thing to pick a date for a swim meet that does not conflict with other great meets like St. Pete, Clearwater's Valentine meet or the USMS and Y Nationals. The Indian River Community College is a very busy place in the spring, what with Junior College Nationals, mid-term and final exams and graduation. We always try to work around the college's schedule because we could not hold our meet without their support. Toss in things like Easter and Mother's day and you can see it gets complicated very quickly.

We would like to thank everyone who has helped us with the meet this year. I would like to give special thanks to two people. First, **Dick Brewer** for all of his help in getting the meet entry up on the Web. About half of the entrees came from this source and I know that in the future this is going to be even more important to anyone that is putting on a meet. The other person is **Maud Orlando**, our Florida LMSC registrar. She was getting people registered up to the last minute and trying to encourage anyone and everyone to come down to Ft. Pierce and enjoy the sun and fun of an IRCC meet. Thanks guys, see you at the next meet.

If you have questions, comments or suggestions on what we can do, to provide you the swimmer a better, more fun event please contact me and the team at our E-mail address: swimircc@aol.com or call me at 561-465-8385. You can send snail mail to me at: IRCC Masters Swim Team; Indian River Community College, 3209 Virginia Ave., Box 117: Ft. Pierce, Florida 34981-5596.

Once again, thanks to all of you who have supported us over the last 10 years and we do sincerely apologize for any inconvenience that we might have caused anyone by canceling the meet.

Tom Harmon, Coach IRCC Masters Swim Team

WE EXPRESS OUR SINCERE CONDOLENCES . . .

Hi Abbie,

April 12, 2000

I was wondering if you could print a notice about the death of a long-time Masters swimmer. I would really appreciate it if you could.

My husband, Robert Nichols, was a high school, college, masters (World) record holder and died quite suddenly. I am still in shock. I would like any other masters swimmers who knew him (both in Florida and across the United States) to know...out of respect for my Robert. Any help you give me would be appreciated. Our home e-mail address is: splash_n_crash@msn.com. I would like to hear from anyone who knew him. I await your reply.

Thanks for your help,

Carole Dirksmeyer-Nichols
"ESPEY" <espey@online.net>

To: Abbie Goff.

April 27, 2000

Recently we received a copy of the Florida Masters Swim Committee, Inc., Newsletter addressed to Mr. Giovanni Linscheer. Gio was an employee of ours here at Kimley-Horn and a dear friend to all of us. On March 19, Gio was killed in a car accident near Boca Raton Florida.

Many of you may have known Gio from his residency at the University of Florida or from his participation in the 1996 Olympic games. For further information, please see the web page that has been set up to honor his memory. The Webb page address is: <http://interoz.com/usr/jvitali/>

Regards,

Bruce Cutright
bcutright@kimley-horn.com

Florida LMSC 2000 Clubs

#	Initials	Team	Area	Contact	email
015	300	300 Club	Gainesville	Victor Buehler	pigasus@prodigy.net
019	ACTT	Aquatic Club of Temple Terrace	Temple Terrace	Karen Becker	mbecker@soleil.acomp.usf.edu
002	AJAX	Amberjax Masters Swim Club	Jacksonville	Jacque Trude	
029	ATAC	Area Tallahassee Aquatic Club	Tallahassee	John Black	jwblack@nettally.com
021	BLUE	Blue Wave Masters	Brandon	Chris Daniels	
027	BRAT	Bob Ruth Aquatic Team	Tallahassee	Bob Ruth	Bobruth@webtv.net
028	CATM	CAT Masters	Clearwater	Joan Campbell	jcampb10@tampabay.rr.com
013	CHAS	Westchase Masters	Tampa	Ryan Forrestel	rforrestel@aol.com
043	CVST	Carrollwood Village Swim Team	Tampa	Randy Johnson	cvstrand@aol.com
036	DBMS	Daytona Beach Masters Swimming	Daytona Beach	Jean Sterling	sterlij@attglobal.net
024	DLNM	Dunedin Loch Ness Masters	Dunedin	Rita Ponder	
040	DST	Dianetics Swim Team	Clearwater	Kitty C. Magness	magnessf@gte.net
030	FHA	Forest Hills Aquatics	Tampa	Milt Bedingfield	
006	FLA	Florida League of Aquatics	Tallahassee	Bruce Meintjies	b.meintjies@worldnet.att.net
035	FMM	Florida Maverick Masters	St. Petersburg	Margie Hutinger	paulhutinger@integra.com
041	GSC	Gator Swim Club	Gainesville	Dann Kerr	weizen@atlantic.net
001	HCFY	Hernando County Family YMCA	Brooksville	Elaine Smith	
005	HHSC	Hammer Head Swim Club	Winter Park	Terri Pyle	chaseterri@aol.com
011	HLJ	Holmes Lumber Jax	Jacksonville	Peter Nickodem	Pnickodem@aol.com
007	IRCC	Indian River Community College	Fort Pierce	Marjorie Newman	flnewman@aol.com
009	LCAM	Lake County Aquatics Masters	Clermont-Leesburg-Tavares	Rene James	coachrene1@aol.com
039	LSTT	Landsharks Triathlon Team	Lakeland	Richard Wills	trichwills@netscape.net
044	MAKO	Makos Masters	Gainesville	Brad Welter	
022	ORLM	Team Orlando Masters	Orlando	Jennifer Twiford	m.twiford@worldnet.att.net
032	OVMS	Oviedo Master Swim	Oviedo	Leah Greenleaf	
042	SAST	St. Augustine Swim Team	St. Augustine	Jennifer Samuels	
025	SCCS	Sun City Center Sharks	Sun City Center	Carl Zulich	
031	SPCO	Space Coast Masters	Cocoa-Merritt Island	Lauren Hardman	LfToot@aol.com
004	SPM	St. Pete Masters	St. Petersburg	Sandy Steer	donsteer@att.net
014	SWIM	S.W.I.M. Florida Masters	Fort Myers-Naples-Sarasota	Michelle Sutton	nottus68@worldnet.att.net
023	SWSM	South West Swim Masters	Bonita Springs	Barbara A. Green	swsml@aol.com
026	TAC	Tarpon Aquatic Club	Punta Gorda	Sherry Kreye	
038	TBAC	Tampa Bay Aquatic Club	Tampa	Merit Greaves	
012	TTM	Tampa Tarpons Masters	Tampa	Bret Hamlin	Bhamlin@KWLAW.com
034	WFLM	West Florida Lightning Masters	Clearwater	Tricia Moses	
037	XCEL	X-Cel Masters	Fort Myers-Cape Coral	Alan J Wachs	

Please send any corrections and updates to wilson@afn.org. Thank You!

FYI

Florida LMSC web site: <http://home.att.net/~floridalmsc>

Dixie Zone web site: <http://home.att.net/~dixiezone>

National Top Ten results: <http://www.swimgold.org/tt/age/index.htm>

Distance Matters web site: <http://distancematters.com>

USMS web site: <http://www.usms.org>

NEWS FROM AROUND



THE LMSC



INSIDE THIS ISSUE

- . Calendar of Events
- . Ask the Swim Doctor
- . *Tapering* by David Grilli
- . Florida LMSC Club Roster
- . Club News
- . Top Ten Records Report

ATTENTION TEAM REPS:

Deadline for August Issue is

July 15, 2000

Until we find a new Editor . . .
Please **email** all stories and photos
to: Meegan Wilson,
wilson@afn.org

FLORIDA NEWSLETTER

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