

# FLORIDA

## NEWSLETTER

VOL. XVII No. 3

Local Masters Swim Committee, Inc.

August 2000

# FLORIDA

Dear Florida Masters Swimmers,

This last May **Dot Donnelly**, the former executive secretary of USMS, passed away. She was a fixture at the CAT, and Orlando Meets in our LMSC. Those of us that knew her will miss her. I hope that everyone takes a moment to appreciate what she meant to all of us in USMS and of what she contributed to swimming in general.

At the last LMSC meeting we discussed the end of mass production of the newsletter. This will be done in order to save paper, time and money. The budget for the newsletter is \$5000 each year. The cost of postage, paper and copying costs are growing. If we were to keep mass producing the newsletter we would have to raise dues, and no one wants to do that. The newsletter will be put on our web site and a procedure is being made for those who absolutely can't get to a computer to get it. Every library has a computer that has internet access and most of us have a couple of friends that are internet active.

The next LMSC meeting will be held on **OCT. 14, 2000** at the I'DR YMCA at 2 p.m. The following slate of officers has been nominated for election.

### OFFICERS

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is published quarterly in  
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Interim Editor, Meegan Wilson [wilson@afn.org](mailto:wilson@afn.org)

### Proposed Slate of Officers 2000-2002

President - Larry Peck (ORLM)  
Secretary - Bret Hamlin (TMM)  
Treasurer - Meegan Wilson (300)  
Sanctions - Ron Collin (CATM)  
Records - Margie Hutinger (FMM)  
Newsletter - Gertraud Perry (DST)  
Registrar - Maud Orlando (SPM)

Senior Games Liaison- Joan Campbell (CATM)  
(appointed by the chair)

Nominations will also be accepted from the floor.

Larry Peck



# CALENDAR OF EVENTS



## POOL EVENTS

- 5/15/00 - 9/30/00 **2000 USMS 5 & 10 K Postal Championship** Jane Moore, 1867 58th St NE, Tacoma, WA 98422-1517; 253-925-0803, weswim@mindspring.com; www.usms.org/longdist/ldnats00/5k10kentry.pdf; Sanctioned by PN LMSC; Entry deadline 10/10/2000
- 9/1/00 - 10/31/00 **USMS 3000 & 6000 Yard Postal Championship** PST-LD; June Mather, 1056 Hillview Dr, Ashland, OR 97520, 541-482-0610, csmather@jeffnet.org; Sanctioned by OR LMSC
- 9/1/00 - 9/200 - **Long Course Meter Meet, Plantation, FL**; Jimmy Parmenter, 954-452-2526 or <http://www.swimpst.com>
- 9/9/00- 9/10/00 **Smokey Mtn LCM Last Chance Meet - Hendersonville, NC**; Cheryl Stuller, 810 6th Ave W, Hendersonville, NC 28739, 828-693-7669 (x14); [www.ncmasters.org/forms/13004.pdf](http://www.ncmasters.org/forms/13004.pdf); Sanctioned by NC LMSC #130-04; Pre-entry & Deck-entry -deadline 9/1/2000
- 10/13/00-10/15/00 **SCM Orlando Meet - Orlando, FL**: Larry Peck, 5625 Satel Drive, Orlando, FL 32810, 407-647-7793, [onewetpeck@juno.com](mailto:onewetpeck@juno.com); Sanctioned by FL LMSC
- 11/4/00- 11/5/00 **Dixie Zone SCM Champs - Anderson, SC**; Steve Wycoff, Anderson Swim Centers, 1115 Cornelia Rd, Anderson, SC 29621, 864-260-5170 (w), 864-225-6447 (h), wycoff@carol.net; home.att.net/~dixiezone/dp\_meets.htm; Sanctioned by SC LMSC #550-004; Entry deadline 10/23/2000
- 1/1/01- 1/31/01 **2001 USMS 1 Hour Postal Championship** Sarah Welch, 3704 Cheasty Blvd S, Seattle, WA 98144, 206-723-1814, sarah.welch@ci.seattle.wa.us; Sanctioned by PN LMSC; Entry deadline 2/10/2001
- 2/2/01- 2/4/01 **2001 International Master Athlete Winter Games - Barrie, Ontario, Canada** SCM; 2001 Master Athlete Winter Games, PO Box 400, Barrie, Ontario L4M 4T5, Canada, 705-739-4220 (x4440), 705-739-4288 (fax), 877-371-2001, info@masterathletewintergames2001.com; www.masterathletewintergames2001.com; Sanctioned by Masters Swimming Ontario; Entry deadline 12/1/2000
- 4/26/01- 4/29/01 **2001 YMCA National SCY Championships - Sarasota, FL**; See your Y Aquatic Director
- 5/15/01- 9/30/01 **2001 USMS 5K & 10K Postal Championship**; Pam Himstreet, 3339 NW Windwood Way, Bend, OR 97701, 541-385-7770, him@cmc.net; Sanctioned by OR LMSC; Entry deadline 10/10/2001
- 5/17/01- 5/20/01 **2001 USMS SCY Nationals - Santa Clara, CA**; Alma Guimarin, 2150 Paseo Del Oro, San Jose, CA 95124, 408-947-2298(d), 408-371-4488(e), aguimarin@aol.com; Sanctioned by PC LMSC; Pre-entry

## OPEN WATER EVENTS

- 9/9/2000 **2.5K OW Swim - Durham Lake, Fairburn, GA**; Cord-Patrick Kammholz, 6720 Lancaster Cir, Cumming, GA 30040-7343, 770-781-3637, swimdynamo@aol.com; Online registration available - closes 9/7/2000; home.att.net/~dixiezone/dp\_meets.htm; Sanctioned by GA LMSC
- 09/16/00 **Lean Cuisine Ocean Mile Series - Pennekamp State Park - Key Largo, FL**; 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
- 9/16/00 **Lean Cuisine Ocean Mile - Key Largo, FL**; Jason Hoffman, ESM, Inc., 888-ESM-SPORTS, hoffman@exclusivesports.com; T.J. Cesarz, ESM, Inc., 888-ESM-SPORTS, tjcesarz@exclusivesports.com
- 9/16/00 **1K, 3K, 5K Swims - Gulf of Mexico, Panama City, FL**; Julia Erben, 108 Queen Cir, Panama City, FL 32405, 850-747-8909, jerben@sprynet.com; Sanctioned by SO LMSC#150-005; Pre-entry & Deck-entry - deadline 9/9/2000
- 9/23/00 **Lean Cuisine Ocean Mile - Daytona Beach, FL**; Jason Hoffman, ESM, Inc., 888-ESM-SPORTS, hoffman@exclusivesports.com; T.J. Cesarz, ESM, Inc., 888-ESM-SPORTS, tjcesarz@exclusivesports.com
- 10/14/00 **Lean Cuisine Ocean Mile Series - Beach Deck Pavilion - Jekyll Island, GA**; 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
- 10/28/00 **The Estero 5K Island Challenge, Fort Meyers Beach, FL**, Gregg Cross ([gcrossswim@aol.com](mailto:gcrossswim@aol.com) or 941-482-6600)
- 11/5/00 **The Victor 5 MI St. Croix Coral Reef Swim - St. Croix, U.S.V.I.**; Randy Nutt, 2857 NW 91 Ave,
- 11/18/00-11/22/00 **2000 FINA Open Water Champs - Waikiki Beach, Honolulu, HI**; 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
- 4/29/01 **2001 USMS 5K Open Water Championship - Atlantic Ocean, Hollywood, FL**; Randy Nutt, PO Box 9448, Coral Springs, FL 33075, 800-356-5132(w), randy@theVictor.com; Sanctioned by FG LMSC

# NEWS FROM AROUND THE LMSC

## YMCA AQUATIC CENTER MASTERS

### THE "OTHER" MASTERS IN AUGUSTA

(Augusta, GA - May 26, 2000) The YMCA Aquatic Center Masters proved there are other champions, besides golfers, competing in Augusta, Georgia. With only 14 swimmers, the team won 45 gold medals and finished a respectable 4<sup>th</sup> out of 55 teams at the recent YMCA Masters National Swimming Championships.

**Cathy Shonkwiler**, 40 years young, broke the YMCA national records in the 200 Free and 50 Back, while winning 5 gold and three silver medals. **Linda Visser** (30) not only shattered team records, but she also won six of her eight events. **Jennifer Twiford** (33) backstroked her way to three firsts and five other top finishes. Not to be outdone, former UF Gator **Erin Yarbrough** (24), swept her six individual races with ease. The women combined their talents to win the medley and freestyle relays as well as the mixed relays with the men.

The men's squad was led by **Andy Farrell** (29) who won all eight of his races and broke three team records. The gold rush continued with **Cleo Ferreria** (27) winning five gold and a silver, **Tom Bliss** (45) with four gold and two silver, **Jerry Glancy** (62) two gold, two silver, three bronze and **Tom Koenig** (68) one gold, one silver, five bronze. Personal bests and top ten swims were also turned in by: **Steve Boney** (33), **Scot Weiss** (35), **John Keen** (36), **Brian Hendrickson** (37) and **Charlie Weatherbee** (67). All of the men's relays were tough to beat as they too swept the field.

"We're really pleased with our team's performance. We encourage all former swimmers to grab their goggles and join us. Next year we'll have our goal on the championship," says **Lucky Meisenheimer M.D.**, club president. United States Masters Swimming is for swimmers 19 years and older. For more information about Team Orlando Masters at the YMCA Aquatic Center, please contact our hotline (407)363-1954.



Mullersman, Wilson, Buehler, McEwen

### McEwen Wins High Point Award Swimming in His First Masters Meet in 24 years

300 Club Masters Swimmer **Barry McEwen** won the first place high point award in the 50-54 age group after swimming in his first masters swim meet in 24 years at the LC Championships in Sarasota (June 24-25). High point awards, **Jim Donnelly's** famous t-shirts, were given for 1st and 2nd place.

McEwen was extremely nervous prior to and during the meet. His wife Jane said, "I've never seen him this nervous in the 30 years we have been married." Swimming in seven events, McEwen had first place finishes in the 100 and 200 meter backstroke and the 400 meter freestyle.

Barry, owner of McEwen & Wife Nurseries, propagates and sells wholesale annuals to many businesses in North Central Florida. He was surprised how supportive the other competitors were.

After the meet, McEwen remarked "I thought that the other

swimmers would not be very friendly since I'm not as fast as they are, but everyone is so nice and encouraging. It's not at all what I expected." Another unexpected event occurred when he recognized the name of a 75 year old All-American swimmer, **Florence Carr**. After introducing himself, he asked her if she remembered driving him to swim practice as an age group swimmer. He hadn't seen her in 35 years, but she remembered.

Three other 300 Club Masters swimmers also competed. They were **Victor Buehler**, **Greg Mullersman** and **Meegan Wilson**. Mullersman, competing in his first masters meet, won the second place high point award in the 40-44 age group and Wilson took home the 2nd place high point award in the woman's 50-54 age group. The team practices at the 300 Club in Gainesville, FL. For information call 373-0023 or email [wilson@afn.org](mailto:wilson@afn.org).



**Fall Banquet to Feature Jazz, Dinner, Dancing, Video** The third annual SWIM Florida Masters Awards Banquet moves to Sarasota on Friday, October 20, at the Sarasota Community Center (don't let the name scare you -- it's cool -- right on Phillippi Creek with glass sides that open to a lawn that slopes down to the creek). The tentative order of events will be cocktails outside, dinner catered by Anthony's, program, music provided by our own SWIM jazz ensemble, dancing, a continual big screen video showing highlights (and some not so high) of meets from this past year and any other clips anyone would like to send us. The floor is still open for additional "acts." Contact **Chris Gilligan** or **Melissa deLisser**. Additional information will be available at all practice pools and sent via e-mail as the banquet date approaches.



Dick Brewer presented Power Bars to those setting records. Above is Cathy Shonkwiler.

**June LC Meet Sees Records Fall** The 22nd Annual Long Course Championship meet at Sarasota's Arlington Pool in June went extremely well. We were blessed by the weather both days, especially late Saturday afternoon when threatening dark clouds parted allowing the meet to continue. A record 170 swimmers swam over 900 events; Saturday's 800 free relays were very popular; USMS Top 10 rankings won't be released until well after the LC season, but many have good chances of making the list, especially the **FMM 280+** mixed which broke a USMS record. However, 18 individuals bettered 38 Florida LMSC individual LC records, and five relay teams bettered 800 free relay records. SWIM members setting new records were **Randi Estes, Kevin McCormack, Rick Walker, Dren Geer, and John Woods**. Congratulations for bettering records also go to **Karen Becker (ACTT), Cathy Shonkwiler (SPM),**



May the Power be with you Paul Hutinger!

**Marcia Barry (GOLD), Jean Troy (FMM), Florence Carr (SPM), Jean Zulich (SCCS), Nei-Kuan Chia (BRAT), Russell Frazier (SPM), Tom Bliss (SPCO), Cav Cavanaugh (GOLD), Alan Rapperport (GOLD), Bob MacDonald (FMM), and Paul Hutinger (FMM).** 800 Free Relay records were bettered by 100+ Mixed (SWIM), 200+ Mixed (GOLD), 240+ mixed (SWIM), 280+ men (SPM), and 280+ mixed (FMM). Complete meet results are on the Dixie Zone web page (<http://home.att.net/~dixiezone>). Click on "News" and then on "Links to Meet Results." Anyone with any thoughts and suggestions for ways to improve the meet next year should please e-mail them to **Dren Geer** ([drenger@worldnet.att.net](mailto:drenger@worldnet.att.net)), but remember-- if they entail extra work, he may be calling on you.

**Going to Orlando** Our next team meet is the Short Course Meter meet in Orlando October 13-15. This is always a great meet and is the only chance to swim short course meters this year in Florida. We are now between seasons and this is the time to work on your technique and to put down a strong base of distance swimming for the coming short course meter season. **Y Nationals Coming to Sarasota** The 2001 Short Course Yards Y Nationals will be held April 26-29 in a new 50-meter pool being built by the Sarasota YMCA and Sarasota County. The local Y is going to offer special reduced rate membership to Masters swimmers who aren't Y members and want to compete. SWIM, St. Pete, and other regional teams are talking about combining our forces for this meet. Interested swimmers should contact Dren Geer ([drenger@worldnet.att.net](mailto:drenger@worldnet.att.net)). More information will be available later this fall, but mark your calendar and plan to swim. It should be the biggest and best short course yard meet in Florida next year. The new pool is 70 meters long with a diving well and two moveable bulkheads and has been specifically designed for competition. There will also be an adjoining **waterpark** which should provide lots of entertainment for children and family while the competition is going on.

**Open Water Swim Coming to Fort Myers Beach** Swimmers who prefer open water to pools have a great opportunity on Saturday, October 28 when the Estero Island Challenge takes place. It is a 5K open water swim at Fort Myers Beach and is organized by SWIM coach **Gregg Cross**. For information and registration, contact Gregg at [gcrossswim@aol.com](mailto:gcrossswim@aol.com) or 941-482-6600 (SWIM/Cypress Lake pool number).

**Trio Tops in New York, Key West Open Water** Three SWIM members have already done very well in open water swims this summer. **Jack Thomas** and **Rick Walker** both traveled to New York after a spring of training to participate in the Swim Around Manhattan where both had to contend with the 65-degree water temperatures and strong tides. Jack finished 3rd overall and Rick 10th. **Tom Schwartz** traveled south to participate in the Swim Around Key West. The event was cancelled due to poor water conditions, but a group of 20 rebels decided to swim around Key West anyway. Tom finished first in the unofficial swim.

**SWIM Florida Masters** are reminded to check the team's web page frequently (<http://home.att.net/~swimflorida>) for news, daily practice sets at the Sarasota pool, and important dates and birthdays.



**2000 February Fitness Challenge** – Many of our SPCO swimmers engage in multiple yardage swims during our workouts. However it is encouraging to see that two of our members participated in the National Postal February Fitness Challenge. During the "Challenge" the swimmer records the total yardage swum during the days of February. **Pete Turner** compiled 102,000 yards completed on all 29 days during the month. Six hundred and thirty two men and women competed in the event. Pete placed 9<sup>th</sup> in his 40-44 age group and 122 overall. **Alene Heuser** (33) was limited in her participation but placed 26<sup>th</sup> in her 30-34 age group on registering 24,900 yards.

**East Goes West** - The five person contingent of SPCO swimmers heeded **Horace Greeley's** advise of "Go West, Young Man, Go West". The group traveled to the Gulf Coast for the 23<sup>rd</sup> Annual Sarasota

Long Course Championships, on June 24-25, that attracted 165 swimmers.

Mariner **Tom Bliss** directed his forces to make a presentable showing - - - and they did. Youngun **Mike Marcy**, 34, in his first SPCO meet had great swims, with two firsts, 2 seconds and a fourth. The senior explorers faced up to the task with **Al Rogerson**, **Bob Sigersmith**, and **Al Chipman** all performing well. **Al R**, with two firsts, two seconds and a third was pleased with his 26 second reduction of time in the 400 I.M. **Bob Sigersmith** (in a strong field of eight - in the 75-79 age group) had personal bests in his four swims, with a first, 2 seconds and a third. **Al C** used his architectural skills with his ten swims to take 2<sup>nd</sup> place in the overall high point standings of the 75-79 age group. Chip, detected on the pool side muttering something to the effect of, "Watch it Bill, Rogerson, Tiger, move over, I'm a force to be reckoned with." **Tom Bliss**, in another outstanding performance, in all of his swims was high point, in his 45-49 age group. Tom swam 1550 meters in the two day program in registering 6 firsts, 2 seconds and 2 thirds. We take our hats off to **Al Chipman** for his dedication and perseverance in the management of his swims. Al continues to refine and hone his aquatic skills and it was reflected in this long course meters meet.

Our group was ably supported by the **Billsettes Cheerleaders (Missy and Mary)**. Since Lewis and Clark also made it, perhaps more of our members can join the traveling team in future meets.

Results: 30-34 - **Mike Marcy** (34) 1<sup>st</sup> (200 Free - 2:24.92; 100 Fly - 2:40.25) 2<sup>nd</sup> (100 Breast - 1:22.35; 100 free - 1:03.11) 4<sup>th</sup> (400 Free - 5:25.02). 45-49 - **Tom Bliss** (45) 1<sup>st</sup> (400 I.M. 5:35.31; 200 I.M. - 2:40.25; 200 Back - 2:36.15; 200 Breast - 3:10.42; 100 Breast - 1:23.21; 200 Fly - 2:43.34) 2<sup>nd</sup> (100 Back - 1:14.20; 50 Fly 30.22) 3<sup>rd</sup> (50 Back - 35.05; 50 Breast - 38.24). 75-79 - **Al Chipman** (78) 2<sup>nd</sup> (400 I.M. - 17:06.43; 100 Breast - 4:28.57) 3<sup>rd</sup> (200 Breast - 8:57.18; 100 I.M. - 8:40.58) 4<sup>th</sup> (200 Back - 5:53.17; 100 Free - 2:39.07; 400 Free - 11:05.53; 100 Back - 2:49.41) 6<sup>th</sup> (50 Back - 1:25.71; 200 Free - 5:31.81). **Al Rogerson** (75) 1<sup>st</sup> (400 I.M. - 11:11.33; 100 Fly - 3:25.04) 2<sup>nd</sup> (400 Free - 8:25.63; 200 I.M. - 5:14.02) 3<sup>rd</sup> (200 Free - 3:53.87). **Bob Sigersmith** (76) 1<sup>st</sup> (400 Free - 8:08.52) 2<sup>nd</sup> (50 Free - 37.42; 200 Free 3:40.93) 3<sup>rd</sup> (50 Back - 57.78).

**Short Course (SCY) Nationals at Indianapolis** - A late report on the USMS Championships this past April. Two of our team members, **Nate O'Connell** (80-84) and **Bob Sigersmith** (75-79), competed and fared well. Nate registered four firsts and a second, while Bob's places ranged from 2<sup>nd</sup> - 9<sup>th</sup>. Both swimmers were awarded National medals. Results: **O'Connell** - 1<sup>st</sup> (500 Free - 11:21.33; 100 Free - 1:54.01; 50 Free - 56.80; 50 Back - 59.03) 2<sup>nd</sup> (50 Breast - 1:09.08). **Sigersmith** - 2<sup>nd</sup> (1000 Free - 18:27.26) 4<sup>th</sup> (500 Free - 8:53.55) 6<sup>th</sup> (50 Back - 48:43; 200 back - 4:18.89) 7<sup>th</sup> (100 Free - 1:19.14) 8<sup>th</sup> (50 Free - 34.78; 200 Free - 3:11.85) 9<sup>th</sup> (100 Back - 1:52.02)



We are back on track with new coach, **Don Sonia**. We miss **Tom Harmon** a lot, but I think Don is doing a commendable job for us. We have been having a good turn-out at both practices, which is a good indication.

I was on ABC TV local news (out of West Palm Beach) a week ago, trying to show what some senior citizens are doing to keep fit! I also tried to get some publicity for our Masters Program. Getting ready for Munich, see you there?

Marj Newman -- flnewman@aol.com

# OLYMPIC TRAINING CENTER SWIM CAMP

by Judy Timba and Maud Orlando

Maud and I had the pleasure of attending the Olympic Training Center Camp in Colorado Springs. We're sure you've all read articles of what this camp entails, so we decided to share information from the camp that you can incorporate into your routine today without the benefit of underwater video cameras, tow bars, or flumes. Some of this information may seem simplistic to you, but we promise that your training and times will improve if you add these basics to your workout.

Both of us swam two ninety minute workouts a day at camp and the hours in between the practices were filled with dryland training, flume lactate testing or technique video taping. It was the perfect opportunity to become very sore and very tired. Surprisingly, that didn't happen. We both credit the twenty minutes that was dedicated to stretching immediately following the pool workouts. This was lead by Mark Stoker, a performance therapist from California. Mark taught us that muscles should be stretched only when they are warm, so this means at the end of practice instead of the beginning. The regular practice of stretching will improve your recovery after workouts and after regaining full range of motion will also allow a swimmer to improve the benefits we receive from our strength training. Mark lead us through a basic routine that stretched the major muscle groups used by swimmers that include the shoulders, pectorals, lats, lower back, hamstrings, quadriceps, groin area, and hip flexors.

Here is an example of one of the exercises we did to open back up the chest and shoulder area after swim practice. Standing one step back from a wall, bend your right arm at the elbow ninety degrees. Holding your elbow at shoulder height, place your elbow and palm against the wall. Slowly turn your left shoulder away from the wall until you feel the stretch in your chest and shoulder. Hold for 30-40 seconds while breathing. Now, walk that hand a few inches higher on the wall and turn your left shoulder away again. You should feel a much deeper stretch in your chest this time. Hold again for 30 while breathing. Then repeat both stretches on the other side. If you need a specific exercise to loosen up a problem area, we might be able to offer you a suggestion.

Besides stretching, Mark continually stressed staying hydrated as a crucial element in our ability to recuperate after a taxing workout. You are probably tired of hearing this, but how many of us actually drink enough water? Take your weight and divide it by two and this is the amount of H<sub>2</sub>O you should consume daily when you aren't exercising. So let's say that you weigh 160 lbs and that you are swimming ninety minutes today. You need to drink your basic 80 ounces, plus at least the 32 ounces that the large water bottle you brought to the pool holds. Then, if you drink a cup of coffee when you get home, you need an additional 30 ounces of water to compensate for the diuretic effect of caffeine. That's 142 ounces of water in one day. Unfortunately, if we aren't drinking enough water, it is like driving our cars without oil. We will slowly wear ourselves down until we just don't perform as well.

We also had the privilege of working with Anthony Bellofatto who is responsible for the strength training of the elite swimmers who train at the center. We thought, "Wonderful! We are finally going to learn a weight routine for swimmers." Wrong! Anthony spent an hour and a half teaching us a routine for core strength training. He said that his elite swimmers spend 20% of their dryland training on building core strength. Why is this important? In the majority of sports, athletes use their foot plant and strength of their leg and gluteus muscles to propel themselves. In swimming, our "foot plant" or the stable foundation for all of our arm strokes and kicking comes from our trunk or core. A swimmers' prime pulling power comes from the latissimus dorsi. The muscles of our hip flexors are the prime kicking muscles. These muscle groups originate at the spine and pelvis and will tilt the pelvis forward unless their forces are checked by strong abdominal muscles. The external obliques assume the duty of primary stabilizer for the pelvis.

Now, we've all heard George talk about proper hip rotation when we are swimming freestyle and backstroke. This rotation is important for two reasons: to reduce the amount of body surface that we drag through the water in each stroke cycle and to decrease the load on the shoulder joint during the pull. Trunk rotation is performed almost exclusively by the internal and external obliques. Swimmers with poor trunk rotation predispose themselves to shoulder injury in the form of impingement syndromes and rotator cuff damage. Some of us also experience a degree of sagging in the midsection (did we say this delicately enough?) which also creates drag in the water. This posture contributes to much of the lower back pain experienced by swimmers. Again, strengthening our abdominal walls will improve our horizontal swimming posture.

Here is a quick way to measure your abdominal strength. We learned that to have sufficient abdominal strength for proper swimming technique, we should be able to hold our bodies in a position called an "elbow bridge" for at least one minute. Assume what looks like a push-up position where your weight is resting on your elbows instead of your hands. Your back is flat and your tummy is held in. Don't stop breathing here! Your weight is suspended between your toes and your elbows. Your forearms may also rest on the floor in a prayer-like position (which may come in handy when you reach that moment in the hold when your muscles begin to shake involuntarily). Now see how long you can hold this.

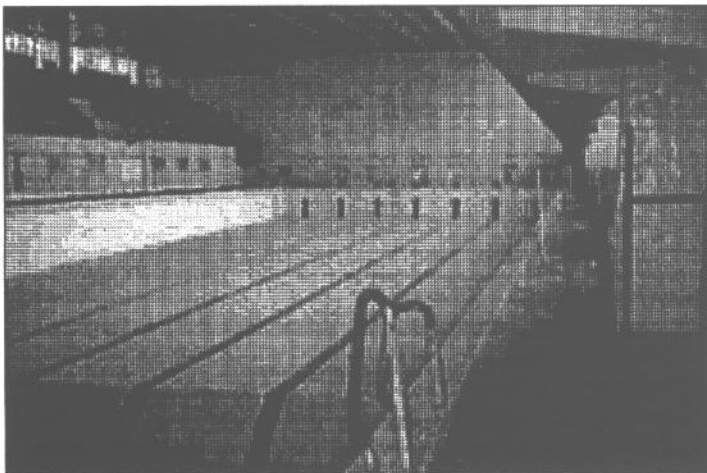
Let's look at some core strength exercises that have functional carry over value to swimming. The elbow bridge in sets of three with rest is a great place to start. If you can't hold a minute, start with 15, 30, or 45 second holds until you get

## Olympic Training Center cont.

stronger. Other carry over exercises include twisting motions to target the obliques. You might try a standing diagonal twist done holding a 5 or 10 lb weight. Stand with your feet planted firmly shoulder width apart and knees slightly bent. Holding the weight with both hands and arms straight out in front of you, move your hands in an imaginary diagonal line from your left hip to above your right shoulder and back again by twisting your waist. Do this fifteen times. Then start from your right hip and keeping your arms straight lift the weight above your left shoulder while twisting at the waist and back down again for another fifteen. Work your way up to at least two sets of this.

Another good twisting exercise is the lying ninety degree trunk twist. We do this with an 8 lb medicine ball squeezed between our knees, but you can start without weight depending on your current strength. Lie flat on your back with your arms extending straight out on the floor at shoulder height. Bend your knees to a ninety degree angle while lifting your feet off the floor so that you look like you are in a sitting position while lying on the floor. Then slowly twist from the waist and lower both legs together to the floor still maintaining the sitting position. Make your obliques do the work while slowly raising your legs and then twist in the opposite direction and slowly lower the legs to the other side. Your upper body and shoulders stay flat on the floor. Do two sets of fifteen repetitions to each side. When you feel strong enough, don't take your legs all the way to the floor. Instead, hold them an inch or two off the floor for a couple of seconds on each side.

One last exercise that translates directly to swimming is to lie flat on your back in a streamline position. Now, suck in your navel and slightly tilt your pelvis forward. Don't stop breathing here. Slowly lift your shoulders, head and streamlined arms as one unit a couple inches off the floor and hold for a count of two. Do two sets of fifteen. This is just to get you started. If you need additional ideas for exercises, just ask Maud or Judy. If all of this stretching, water hydration and core strengthening doesn't improve our swimming, it will at least make us the best looking masters team in the pool. Good luck!



Olympic Swimming Pool of Cluj-Napoca, Romania

In Cluj-Napoca, we met with, **Dr. Lazea**, President, Technical University; **Dr. Iancu**, Vice President; and **Professor Poienar**, Senior Research Engineer and discussed present plans. The University has limited funds, and needs additional help to complete this project, specifically: financial resources - from the budget, from own incomes, and from sponsorship. The University designated me the official Sponsor Director. Plans are being made for an Open Water Swim in a nearby beautiful lake, surrounded by low mountains. With economical costs, the experience will be pleasant.

I am asking US Masters swimmers to contribute to this project as a gesture of friendship and to encourage the participation in the swimming program of all levels-- swim lessons, incorporation of a Masters program, etc. With the present rate of exchange between the US dollar and Romanian lei, \$10 would be a valued contribution. Funds received will be deposited in an exclusive account for "pool repair only" in the United Bank & Trust, Co., St Petersburg, FL, pending transfer to Romania. Thank you for your support.

## ROMANIA POOL PROJECT

by Frank Tillotson

In 1995, the only 50 meter pool in the Cluj-Napoca area, was closed after 30 years due to insufficient funds. This Olympic pool in Romania was well known for raising national and international swimmers, divers and water polo teams, but for five years now, children, adults and competitive swimmers have had no pool. In 1999, the Education Department transferred the pool to the Technical University of Cluj-Napoca, with seven engineering colleges and 9,000 students. Their goal is to make it operational as soon as possible, hopefully before the end of 2000. My connection with this project is through **Vasile Pop**, Romanian swimmer and coach, whom I met in Indy, in 1992.

**IN ORDER TO COMPLETE THIS PROJECT BY THE END OF 2000, ANY CONTRIBUTION WOULD BE APPRECIATED**

**Make checks payable to:** Frank Tillotson, TU-C  
**Send to:** Frank Tillotson  
2494 13th Ave N #46  
St Petersburg, FL 33713-5827  
**Questions:** phone - & FAX - 727-321-5802

## Minutes of the Florida Local Masters Swim Committee - June 24, 2000

A regular meeting of the Florida LMSC was called to order by Chairman Larry Peck at the Sarasota LCM meet after the conclusion of Saturdays events. Also present were: Frank Tillotson, FMM; Gertraud Perry, DST; Gertrude Zint, IRCC; Dick Brewer, SWIM; Margie Hutinger, Records; Tom Bliss, SPCO; Bret Hamlin, TMM; Paul Hutinger, FMM; Marjorie Newman, IRCC; Gladys Olsen, FMM; Meegan Wilson, Treasurer; Nei-kuan Chia, BRAT; Victor Buehler, 300; Chris Swanson, SPM; Pam Geiger, SPM; Maud Orlando, Registrar; Cathy Shonkwiler, Secretary.

The minutes of the February 5, 2000 Florida LMSC meeting were approved by those in attendance.

**Presidents Report:** Larry Peck apologized for lack of communication due to a death and illness in the family. ORLM is holding a SCM meet October 13-15, 2000.

**Treasurer Report:** Meegan Wilson distributed the Florida LMSC Statement of Revenues and Expenses for Five Months Ended May 31, 2000, and the Budget Report of Revenues and Expenses January 1 - May 31, 2000. (See attached Report) All present accepted the Treasurer's Report.

**Registrars Report:** Maud Orlando reported as of June 23, 2000 the Florida LMSC have 1347 swimmers registered. This is an increase of 70 swimmers from this time last year. There are 605 woman and 742 men registered. The total number of teams registered is 37. There are 4 new teams registered.

**Records Report:** Margie Hutinger submitted the Florida LMSC Top Ten and Records Report.

1. SCY for 1999-2000 submitted on June 3, 2000.
2. SCY Top 5 file submitted.
3. Maud checked that all swimmers were registered, and exported her registration file to John Ware. For the SPM meet, all names were correct and all registration numbers were included.
4. Meet Directors must include splits such as the 1000 split in a 1650, etc., if these have been promised in the meet program as well as individual requests for splits turned in to meet referee, in the final results.
5. 400 Relays at ORLM: 14 relays from Florida made the SCM Top Ten list, including 3 first places.
6. SCM Top 5 sent to Board members and subscribers on June 12, 2000. Dick Brewer will add this course to our web page in July. Cost: \$2.00 for one course or \$5.00 for all 3, payable to FL. LMSC.

**Sanctions Report:** None provided.

**Newsletter:** Meegan Wilson is acting as interim newsletter editor until a new editor is selected. Meegan brought the extra Newsletters from the February issue to pass out to local gyms, pools, etc., within our LMSC.

Scot Weiss is a possible candidate for the new Newsletter Editor. Chris Swanson will try to get a hold of him. Dick Brewer will put the Newsletter on the FL. LMSC web site. There is a possibility that swimmers can select to have the newsletter sent to him/her or to obtain it from the Internet. More discussion will be made on that at the next meeting.

### **Old Business:**

1. **Convention:** \$3,000 Budget. To be held in Orlando in October. Four Delegates are attending thus far which include: Margie Hutinger, Dick Brewer, Larry Peck, and possibly Tom Harmon. Frank Tillotson will also attend. Harold Ferris and Charlie Kohnken will be working at the Hospitality booth at the convention and will have their registration fee covered by our Florida LMSC. USMS will cover hospitality fees. Anyone who contacts Larry will be allowed to attend convention as long as it stays within the \$3,000 budget.
2. **Consolidated entry form:** Motion previously passed to use one form from our LMSC.
3. **Martin Zubero's** SCM record: Larry stated he would resubmit it to Pieter Cath who has not received it yet.
4. **400/800 Relay's** were taken care of.
5. **LMSC Officer Slate for 2000-2002:**  
President: Larry Peck  
Secretary: Bret Hamlin  
Treasurer: Meegan Wilson  
Sanctions: Ron Collin  
Records: Margie Hutinger  
Newsletter Editor: ? (possibly Scot Weiss)  
Registrar: Maud Orlando  
Liaison to Sr. Meet: Joan Campbell - Appointed by the Chair.

### **New Business:**

1. **Splits:** Meet Directors are responsible for including splits on a separate page on the final results.
2. **Liaison to Sr. Meets:** As appointed earlier, Joan Campbell appointed by the Chair.
3. Margie needs the **complete registration number** on entry forms and final results of swim meets.
4. **ORLM Swim Meet** is the same weekend as the Convention.
5. Messages to be put on the **LMSC chat page** on a trial basis.
6. The **next meeting of the Florida LMSC** will be held the weekend after the convention and ORLM swim meet in Orlando at the Aquatic Center on October 21, 2000. Time not yet established.

Motion made for adjournment of the meeting and approved by those present.

Respectfully Submitted,

Cathy Shonkwiler  
Secretary



**FLORIDA LOCAL MASTERS SWIM COMMITTEE  
STATEMENT OF REVENUES AND EXPENSES  
FOR FIVE MONTHS ENDED MAY 31, 2000**

<b>REVENUES</b>	
Registrations (Individual, One Event, Club, Transfers, Contributions)	\$27,500.00
Sanction Fees	100.00
Records Top 5	57.00
Equipment (scanner)	292.18
Interest (Certificate of Deposit 6mo.)	118.98
Donation	12.50
Convention (overpayment/reimbursement 1999)	54.84
<b>Total Revenues</b>	<b>\$28,135.50</b>
<b>EXPENSES</b>	
Registrations (Individual, One Event, Club, Transfers, Contributions)	\$12,757.50
Newsletter	2,970.02
Postage	372.35
Convention	0
Fees on Registrations	315.90
Top Ten Processing Fees	60.00
Rule Books (6)	66.00
Annual Incorporation Fees	0
Copying Costs	12.75
Telephone	0
Office Supplies	167.90
Service Charge	13.10
<b>Total Expenses</b>	<b>\$16,735.52</b>
<b>Net Excess (Deficiency) of Revenue Over Expenses</b>	<b>\$11,399.98</b>

**FLORIDA LOCAL MASTERS SWIM COMMITTEE  
STATEMENT OF ASSETS, LIABILITIES AND FUND BALANCE  
AS OF MAY 31, 2000**

<b>Assets</b>	
Cash Checking Account	\$ 14,564.70
Certificate of Deposit (4/26/00 - 10/26/00 @5.03%)	5,118.98
<b>Total Assets</b>	<b>\$19,683.68</b>
<b>Liabilities</b>	<b>\$ None</b>
<b>Fund Balance</b>	
Balance as of December 31, 1999	\$3,283.70
Certificate of Deposit (12/31/99)	5,000.00
Excess of Revenue Over Expenses for 12 Months	11,399.98
<b>Total Fund Balance</b>	<b>\$19,683.68</b>
<b>Total Liabilities and Fund Balance</b>	<b>\$19,683.68</b>

**(Meegan Wilson, Treasurer)**

## 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	waveblue@aol.com
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.mentjies@worldnet.att.net
035	FMM	Florida Maverick Masters	St. Petersburg	Margie Hutinger	phut@usms.org
041	GSC	Gator Swim Club	Gainesville	Dann Kerr	weizen@atlantic.net
001	HCFY	Hernando County Family YMCA	Brooksville	Elaine Smith	msswimmer@webtv.net
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	fnewman@aol.com
020	JXS	Jaxsplash	Jacksonville	Joe Barton	FitAmi@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	Tom Bliss	tgb7@juno.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	Richard Brewer	dickbrewer@worldnet.att.net
023	SWSM	South West Swim Masters	Bonita Springs	Barbara A. Green	swsm1@aol.com
026	TAC	Tarpon Aquatic Club	Punta Gorda	Sherry Kreye	
038	TBAC	Tampa Bay Aquatic Club	Tampa	Merit Greaves	mgreaves@microsystemsonline.com
012	TTM	Tampa Tarpons Masters	Tampa	Bret Hamlin	Bhamlin@KWLAW.com
034	WFLM	West Florida Lightning Masters	Clearwater	Tricia Moses	PTMH20@aol.com
037	XCEL	X-Cel Masters	Fort Myers-Cape Coral	Alan J Wachs	

**There are still 13 clubs without email contacts. Please send any corrections and updates to [wilson@afn.org](mailto: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>**

**2000 World Masters results: <http://www.swiminfo.com>**

## From the Registrar:

### Lost Card procedure:

If you loose your USMS registration card please send a SASE (self-addressed-stamped-envelope) with your request together with a check for \$1.00 payable to FL LMSC to me, and I'll mail you a new card.

### Change of address or name change:

If you move or change your name please send your request via e-mail to [mauderne@gte.net](mailto:mauderne@gte.net). If you don't have access to the internet you can send a postcard to me with your request. If you would like a new card with the updated information please send a SASE to me, and I'll send you a new card.

If you follow the procedures listed above it will save me a great deal of time.

Simma lugnt.....  
Maud Orlando - Registrar

Regretfully the 24<sup>th</sup> Annual Swim Around Key West was cancelled due to poor water conditions. See:

<http://www.distancematters.com/kw2.html>

Ron Collins

## In Loving Memory of Robert Nichols

Robert Kent Nichols, 42, of Clearwater lived life fully until January 16, 2000. Born on August 16, 1957, he came here in 1982 from his native Niagra Falls. He was a member of the Tuscarora Nation of American Indians, attended West Point Military Academy and graduated in 1980 from Syracuse University. He received his master's degree in 1982 from Rensselaer Polytechnic Institute in Troy, N.Y. He set numerous individual records in various freestyle swimming events in high school and throughout college and was named among the top five Florida Masters Swimmers and top 10 U.S. Masters Swimmers. He set a record for distance freestyle in the 1985 World Masters Games in Toronto and was named an All-American Masters Swimmer in 1985, 1986 and 1988. In May 1998 he set the Florida record for his age group in the 1,000 freestyle. See: <http://www.swimgold.org/ff/age/index.htm> Robert formerly swam with Clearwater Y Masters. Loving Husband of Carole Dirksmeyer-Nichols.

## "Strokes of Strokes" extended until mid September

July 16, 2000

Greetings!

Well, the summer is half over and in case you, your team, or your LMSC have not had a chance to participate in the "Strokes for Stroke" campaign to swim around the world, I have good news. The time frame to complete your swim has been extended through mid-September. It was extended to allow everyone the opportunity to participate since we had received reports that it was very hard to put something together by the end of June.

As of mid-June, the National Stroke Association has recorded 1,000 entries, which is a good start, but leaves us several thousand miles to go! I have every faith that USMS can do more than its share in this worthy effort. Check out the May/June SWIM Magazine for details of our partnership with USA Water Polo and the National Stroke Association to raise funds and the awareness of the warning signs, symptoms, prevention, and recovery from stroke. Swimming can play a vital role in both the prevention and recovery aspects of this affliction.

If you can swim more than 1 mile in this effort, be sure to note how many miles you are contributing. If you can get financial support from friends, family, and associates it will help us reach our goal. If you have a story about how swimming has made a difference in your recovery from stroke, please send it to me. If you need additional brochures/entry information, contact Tracy Grilli at the USMS National Office (1-800-550-SWIM). For the latest updates, check out the "Strokes for Stroke" website ([www.strokesforstroke.org/](http://www.strokesforstroke.org/)).

In closing, let David Grilli, the USMS Fitness Chairman, and/or me know how you, your team, or your LMSC has supported this cause. We will have a complete article in SWIM Magazine devoted to our participation. I can tell you that in my area, the head of the local water polo community and I have planned an event for August 27th at a local college 50 meter pool at which the six Masters teams and all the Water Polo groups in the county will participate. With this event we will be able to get media coverage and bring exposure to our programs as well as stroke awareness. Remember, that after expenses, USMS will receive 25 % of the monies raised in this campaign which will go to the USMS Foundation to help fund research in adult fitness, competition, and aging - another very worthy opportunity to contribute to the Masters swimming program. I urge you to enthusiastically support "Strokes for Stroke." Let's show we can make a difference!

Looking forward to your support and participation!

Nancy Ridout, President  
United States Masters Swimming

# FLORIDA

## NEWSLETTER

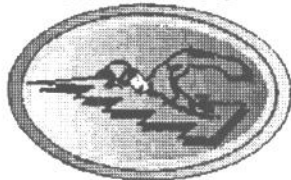
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# NEWS FROM AROUND THE LMSC



TEAM  
ORLANDO



### INSIDE THIS ISSUE

- . Calendar of Events
- . Olympic Training Center
- . FL LMSC Minutes 6/24/00
- . Treasurer's Report
- . Florida LMSC Club Roster
- . Club News

### ATTENTION TEAM REPS:

Deadline for November Issue is

**October 15, 2000**

Please email all stories and photos  
to: Gertraud Perry,  
GertraudP@aol.com