

FLÖRIDA

NEWSLETTER

Vol. XIX No. 1

Local Masters Swimming Committee, Inc.

February 2002



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Attend the 1st Annual Awards Banquet
Who will be awarded top honors for 2001?

Calendar of Events

February 9: First Annual Awards Banquet after the SCY Dixie Zone Championships aka CAT Valentine's Meet in Clearwater, FL.

March 3 / SCY: Development meet. St. Petersburg, FL. For information, contact Chris Swanson at ctswanson@yahoo.com

March 16-17 / SCY: St. Patrick's Day Invitational. Atlanta, GA. For information and entry forms go to http://www.dixiezone.org/dp_meets.htm

March 17 / LCM: Good Life Games. Clearwater FL. (50+ only; qualifying meet for 2002 Florida Senior Games; USMS-recognized)

March 21 - April 3 / LCM: FINA Masters World Championships. Christchurch, New Zealand. Information (to receive notices and updated information, send a blank e-mail to masters-list@eventnz.co.nz). A letter to interested swimmers from Ponte Vedra Travel about travel package information with the order of events.

April 5-7 / SCY: St. Pete Masters Short Course Championships. St. Petersburg, FL. For information, contact Chris Swanson at ctswanson@yahoo.com

April 5-7 / SCY: 2002 New England Masters SCY Championships Entry Info can be found at <http://www.swimindex.com/meets/2002/nem-scy/> or contact Scott VanKuilenburg at www.swimnem.org

April 13-14 / SCY: Raleigh, NC

April 18-21 / SCY: Y Nationals. ISHOF, Ft. Lauderdale, FL. Dave Murray, Beaver Creek YMCA, 560 Grange Hall Rd., Beaver Creek, OH

45430,dmurray363@aol.com;
www.ymcaswimminganddiving.org/2002Masters.htm

April 20 / OW: 24-Mile Tampa Bay Marathon Swim. Info, entry and maps can be found on-line. USMS-sanctioned. Distance Matters, Inc., 1920 Cobblestone Way, Clearwater, FL 33760, 727-531-7999, collins@tampabay.rr.com; Solo, 3-person relays, and 6-person relays. Entrants must provide their own escort craft; www.distancematters.com/marathon/marathoninfo.html; Sanctioned by FL LMSC #142-024; Entry Deadline March 1st.

Apr. 27-28 or May 11-12 / SCY: Stanton C. Craigie Meet. Ft. Pierce FL. Contact Marj Newman at FLNewman@aol.com for info. For directions go to http://home.att.net/~floridalmsc/Maps/Map_Ft_Pierce.html

May 4 / OW: Ft. Yargo Open Water Swim (1-mile & 2-mile). Ft. Yargo, GA. For information, contact Cord-Patrick Kammholz swimdynamo@aol.com

May 11-12 or April 27-28 / SCY: Stanton C. Craigie Meet. Ft. Pierce FL. Contact Marj Newman at FLNewman@aol.com for info. For directions go to http://home.att.net/~floridalmsc/Maps/Map_Ft_Pierce.html

May 14-17 / SCY: USMS National SCY Championships. University of Hawaii. Oahu, HI. Amy Patz, U of HI Swimming, 1337 Lower Campus Rd., Honolulu, HI 96822, 808-956-7510, patz@hawaii.edu; Sanctioned by HI LMSC. For general information, contact Chris Cox at fisheryc@gte.net More specific information can be found at

<http://www.hawaiimastersswim.org/nationals.html>; Qualifying times can be looked up at <http://www.hawaiimastersswim.org/pdf/USMS-NQT-SC-2002.pdf>

May 15 - 17 / LCM: 2002 Canadian National Championships in Saskatoon, SK. Meredith Macpherson-Stalwick, 932 Avenue D. North, Saskatoon, SK S7L 1N4, Canada, 306-665-7036, email: mmstalwick@saskgolf.sk.ca; or Anne Doig, cowandoig@shaw.ca; www.masters-nationals2002.ca/english/english.htm

May 15 - Sept 30 / PST: 2002 USMS 5K/10K Postal Championship. Jill Wright, 1626 Williams St, Boise, ID 83706-3576, 208-338-5287, swimjmw@aol.com; Sponsored by Sawtooth Masters; Sanctioned by SR LMSC; Entry Deadline 10/10/2002

June 1 / LCM: Athens, GA

June 15 / OW: 2002 USMS 10K Open Water Championship - Hartwell Lake, Clemson, SC. Jacque Grossman, Clemson Aquatic Team, 110 Pleasant View Dr, Clemson, SC 29631-1781, 864-654-4704, 864-646-8836 (d), jelg@innova.net; Sponsored by Clemson Aquatic Team; Sanctioned by SC LMSC

June 22-23 / LCM: Dixie Zone LCM Championships. Greenville, SC.

June 21-23 / LCM: Brunswick, GA (tentative dates)

Your LMSC Officers & Chairs

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Dear FL LMSC Team Members,

Where has the time gone? Here we are and it is time for another newsletter. It just goes to show that we need to cherish each moment and be sure to stop and spend time "smelling the chlorine"! The things in life that really count have to do with our family and friends and we each should be sure to take the time to invest in these significant relationships.

In looking ahead for this year there are some important events and dates that I would like to emphasize. Please plan on attending the very first Recognition Awards banquet which will be held after the last event on Saturday at the 2002 Dixie Zone Short Course Yards Championship in Clearwater. Much work has gone into making this a special event and you are encouraged to make it a point to attend. A price of \$25 per couple for a very fine dinner is the fee. We are looking forward to making this an annual event and this hinges on your participation.

As most of you know a survey was conducted through your team representative that was designed to identify the significant issues that our LMSC has. From this information we will determine the goals and objectives that we will be pursuing in the future. Much of this process will occur at the LMSC meetings. There are three scheduled meetings at the most frequented meets where you can become informed and potentially sign up to participate in a committee. The three LMSC meetings dates and locations are as follows:

- * April 6th, St. Petersburg, FL - SCY
- * Mid July, St. Petersburg - LCM
- * Beginning of October, Orlando - SCM

Due to some of the aggressive suggestions that were shared in the surveys, we will be turning to you as we seek ways to carry out as many of the objectives as possible. We will be as successful as the contributions that each of our members provide. Now that we have your thoughts, let's put them into action! Plan on attending some if not all of these instrumental meetings.

To best inform each of our FL LMSC members we encourage you to know who

your team representative is. Due to our large geographic area and the fact that we don't meet together as a body at large, it becomes imperative for us to leverage every possible effective means of communication. Your team representative is your vital vehicle for doing so. Back on December 5th the survey results were sent out to each of the team representative. Please ask them to provide you of this data. It will inform and shed light on the direction that your LMSC will be going.

We are many members; each different and unique; with different preferences and different talents. We are one body and we are connected. No matter what your part is you matter and are vital. Don't ever think that we don't need each other. We will only be as good as we can be, as each part exercises their function. Over the next few weeks ask yourself what your part is and just do it!

On another subject, one constant that we can always expect is that things will never remain the same. Ron Collins has been a pillar in the FL LMSC for years. Due to personal reasons he has decided that it is time to hand off the mantle. Effective immediately Christine Swanson will be taking over the Sanctions position. Since this is an elected position, she will be performing all the duties as the Interim Sanctions Chair until October and will at that time be one of our primary candidates. From this point on contact Christine for all your meet sanctioning issues (see Officers and Chairs Section for her address).

If you have any questions, please feel free to contact me.

Yours in the Water,



Tom Bliss
FL LMSC Chairman





**TOP TEN
AND
RECORDS
REPORT**

By Margie
Hutinger

I have compiled the FL SCM results from three meets and submitted them. Pieter Cath hopes to have the preliminary Top Ten finished and posted by 2/10. Please check for errors in your age group. Meets include two St Pete development meets and the Orlando Dixie Zone Championships. For the FL Top 5, I added results from Birmingham Univ Masters, NY; Anderson, SC; Indianapolis, IN; Coral Springs, FL and Marietta, GA.

I apologize for not having compiled the FL Top 5 and updated the records. I'm doing the data entry for the One Hour Postal, sponsored by the Mavericks, and I've spent extra time helping son, Chuck, create my program and tweaking it as the entries have started to arrive. By Feb. 1, we expect to have 2000 entries. I appreciate your patience.

I was going to update the records for the 3000/6000 yards postal, but realized my files were blank. After the Hour Postal, I will get all the final results, starting in 1992. This will complete the FL LMSC Postal records.

For the One Hour Postal records, I included final results back to 1989. Charles Kohnken, SPM, gave me additional results, dating back to 1982. It was interesting to see how the distances swum had increased in 20 years. Many of our current FL records, would have been National records in the early 80's. Even our top swimmers, in their younger years, like Burwell Jones, SMS, and Robert Beach, SPM, swam fewer yards than their current counterparts. Some distances were close, but I had no additions.

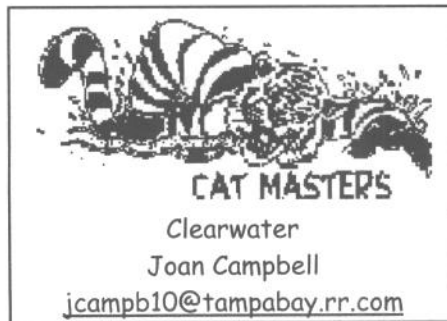
In closing, we all look forward to seeing you at our First Annual Awards Banquet on Feb. 9th in Clearwater, FL.

NEWS FROM AROUND THE LMSC



Hi everyone!

We at the 300 Club are into our hibernation phase, so our numbers are a little lower than during the warmer months at practice this time of year. Be that as it may, those with polar bear stamina who show up regularly for our evening practices in the outdoor pool and help cover the pool after practice are: Rolly Fulton, Sachiko Schwassmann, Dr. Walter Rosenbaum, Barry McEwen, Bill Rodenfels, Meegan Wilson, Carl Salafrio, Victor Buehler, Ray Ivey, and on the warmer less frigid days: Via Enneking, Howard McLean, Ken Iczkowski, Polly Porter, Sean Keefe, Greg Mullersman (when he isn't water poloing), and Amanda Garrigues (when she isn't busy song writing and singing). Our beloved coach Ron Davis is there every night that there isn't a Gator basketball game, and Tim Dodge comes on request to do team postal swims and to show the rest of us how it is done properly, swimming that is, he isn't much of a singer.
In short, see ya'll at Clearwater!



Welcome to 2002- may your times be fast and your lives be happy!

As for the old year, there are some late November and early December meet results to report. Joan Campbell, Nancy Durstein, Don Pulchalski and Alexander Ramirez-Miller all participated in the Senior Games, the weekend of December 1, 2001. Joan won all three events she entered, the 500 free, 50 breast and 200 back. Nancy won the 200 free, 200 IM, 50 fly, and 100 fly, while placing second in the 500 free and 200 back. Don won all 6 of his events, and set new Florida Senior Games records in the 500 free, 100 fly, 100 breast and 50 breast. Alex took 2nd in the 500 free and 200 back, 3rd in the 100 back and 200 free, and 4th in the 100 free. Congratulations on excellent swims to all of you.

On December 2nd, the following swimmers also participated in the Developmental Meet in St. Petersburg: Joan Campbell, Jean Tsagaris and Alex Santos.

To ring in the New Year we hosted our 2nd Annual Special Olympics New Year's Day Swim. Masters Swimmers as well as children and grandchildren attended. We raised over \$700 for their cause.

Look forward to seeing you all at the Valentines Meet, February 9 and 10th, and once again best wishes throughout the New Year.



As 2002 drew to a close, three of our swimmers - Bob, Gertie and myself - participated in the Postal Pentathlon Series. We swam the Sprint Series, the Middle Distance Series and the IronMan Series.

Gertie Perry ventured out on her own and attended the Coral Springs Holiday Classic. She bettered some of her times

and was able to win 1st place in High Points.



For the second year in a row, I organized our famous Pancake Breakfast which Bob, Cathy, Nathan, Heather, Jackie, Rose, Gertie and myself served at the 13th Say No to Drugs Holiday Classic. Over

800 runners attended and enjoyed it. As a little fundraiser, we sold our home made pancake mix this year (which we ground ourselves). ☺

To ring in the new year, our children and we took part in CAT's Annual Special Olympics Fundraiser. All had a good time while swimming 2002 inches, yards or meters.

On this note, we wish everyone a Happy New Year and look forward to seeing you at the Valentine's Meet and the Awards Banquet.



**FLORIDA
MAVERICKS**

St. Petersburg
Margie Hutingler
phut@usms.org

SCM DEVELOPMENT MEET, NOV 4



The 320+ women's 800 free relay, with Kay Schimpf, Peggy Hughes, June Reynolds and Florence Carr, crushed the national record time of 20:48.75, with a

new time of 18:25.47.

SCM MARIETTA, GA

Florence Carr, 76, continued with her record breaking swims. On December 8 & 9, she swam the 100 m free, in a time of 1:30.54, to break the world record of 1:33.87. She also won the 50 m free, with a time of 39.96, breaking the National record of 40.71. Both these times better the records she set in Anderson, SC, in Nov.

3000/6000 YARDS NATIONAL POSTAL

Our four 3000 yards swimmers were Patricia Bond--2nd; Gladys Olsen--2nd; Gertrud Zint--3rd; Peggy Hughes--4th. The women's 75+ relay, with Olsen, Zint and Hughes, set a new National record with a time of 4:08.38.98. This foursome placed 6th in the women's team division. Hughes won her age group in the 6000 yards event, and also broke her National record from last year, 2:59:46.97 with a new time of 2:54:22.40.

LCM DEVELOPMENT MEET, JAN 13

This was a notable day, as they set four National and one World record in St Petersburg, FL. These were awesome performances, set outdoors, in cool winter temperatures, which started out at 50 degrees and only warmed up to 60 by the end of the meet.

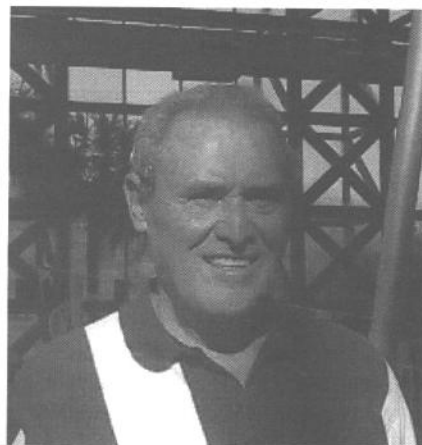


June Reynolds, Florence Carr, Kay Schimpf and Peggy Hughes broke the 400m Free Relay of 10:13.80 with a time of 8:57.69. This foursome smashed the seven year old 800 m Free Relay record of 22:37.07, with a new time of 19:29.44. Jean Troy, replaced Carr, and joined the other three swimmers as they broke the 400 m Medley Relay, 12:14.90 with a new time of 10:19.75.

Troy swam to a World and National record time in the 100 free, breaking the

MY FAVORITE WORKOUT

This workout is from St. Pete Masters swimmer CHARLIE KOHNKEN.



I like this workout because of the Main Set. It's tough but fun.

Warm-Up: 5-10 mins of whatever you want but include a 500 power kick.

Main Set: 400 IM, 200 Back, 400 IM, 200 Breast, 400 IM. IM in descending order.

Warm-Down: whatever you need but include 8 x 50 stroke only

Note: If you try this work out, ensure you rest as you need to and realize you are trying it on your own volition. And with any physical activity, stop if you feel pain.

I hope you are enjoying this issue of the FL LMSC News-letter and our new column "My favorite Workout".

Feel free to send in your favorite workout along with your picture by the next deadline.

May issue's deadline:
10 April 2002.

Please send your text and pictures to gertraudp@msn.com

☺ COME FIND OUT WHO WILL RECEIVE AWARDS AT OUR FIRST ANNUAL AWARDS BANQUET. ☺



Work is continuing on the indoor pool that has been closed for 6 years now. Professor Iancu and the Vice President of The Technical University extend their deepest thanks to us.

We need a few \$100 for Lane Lines, etc. Your \$20 is a lot over there. We hope that we may receive a few more from those who were earlier undecided.

Contributions can be mailed to the address below.



FRANK H. TILLOTSON
2494 Thirteenth Ave. N #46
St. Petersburg, FL 33713.

THANK YOU &
'SWIM IN GOOD HEALTH'.



Send Your Story
to USMS Archives

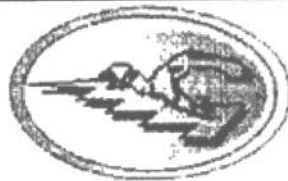
USMS History and Archives Committee needs your generous contribution in form of stories and pictures. Submit to Carl House at 5871 Bartram St. in Boca Raton, FL 33433; or email it to CarlHouse@swimgold.org If you want your picture returned, please enclose a SASE.

World time of 1:29.19 by over one second, in 1:28.07.



Terri Pyle
chaseterri@aol.com

Not continuing to coach at the Claremont Triathlon Center, I have returned as the Hammerhead Shark's coach again. There's nothing like being back home. ☺



Orlando
Jennifer Twiford
teamorlando@msn.com

UPCOMING YMCA NATIONALS

Team Orlando Masters is again combining forces for Y Nationals in Ft. Lauderdale this April. To be eligible, you must be a Y member for at least 3 months prior to the April 17th meet. This will not effect your present Masters team status. Your results will be posted in the USMS Top 10 and you may even get some Y National records while your at it. If you are a present Y member at another Y you can still sign up with Team Orlando. For more details, you may contact: Cathy Shonkwiler at: cswimming@aol.com



ST PETE MASTERS

St. Petersburg
Chris Swanson
ctswanson@yahoo.com

The fall months have been busy for the club. During September, a number of our swimmers took time to swim the 5K/10K Postal event - we even convinced a few first timers to participate in the event. With the results already tallied, SPM was 3rd overall in team points for the 5K individual and relay swims, with several relays achieving top honors. Bob Beach took second in both the 5K and 10K events for Men 70-74.

In October, the club ventured the I-4 corridor to swim in the Orlando SCM Meet - taking home 2nd place in the team competition. Our travel team was small, but had a solid weekend in the pool. In October a small group took on the 3000/6000 yard Postal swim and SPM concluded the month with a group outing to St. Croix for the Buck Island to Buccaneer 5+ mile Open Water event. Fourteen SPM swimmers competed in this years' event - all completing the 5 plus mile swim.



Bill Specht was our top male finisher in 1 hour 59 minutes, while JoAnn Harrelson took SPM top honors with a finish in 2 hours 11 minutes.

We started November with our final Short Course Meter Development meet of 2001. A group from LCAM Masters drove down to swim with us along with our regular attendees from BLUE, CATM, DST, FMM and SSC. We thank everyone for their continuing participation in these meets.

Our calendar year ended with a Development Meet on December 2nd. The Development Meet was held in conjunction with a Canned Food Drive. The food collected along with all meet proceeds were donated to a local food bank.

During September 2000, SPM Coach Stephanie Lee attended the ASCA Conference in New Orleans. She attended the conference with Allison Beebe, SPM Swimmer and local high school coach.



Ft. Myers - Sarasota
Dick Brewer
swimflorida@usms.org

Ten get nine at Coral Springs

Ten SWIM Florida Masters set nine new team SCM records in the final meet of 2001. Outstanding performances were turned in by **Robert Davie**, who broke the previous 400m free record by 50 seconds, **David West** who broke a six-year old record in the 50 back, and the relay team of **Dave Hefner-Dick Brewer-Kevin McCormack-Robert Davie** which broke the old 200m free relay record by over 18 seconds. Additional record setters were Brewer in the 50 and 100 breast and the 200 back, **Jean Garbus** in the 400 and 800 free, and **Adrienne Seal** in the 800 free. Also swimming the meet for just one day were **Jim Redic** and **Dean Mitchinson**.

Three show their stuff in St. Croix

Three SWIM Florida Masters took to the open water last fall to compete in the St. Croix Open Water Swim. **Tom Schwartz** finished 12th overall out of 113 swimmers and in 4th place overall for the 40+ category. **Jean Garbus** and **Chris Gilligan** teamed with Heidi See from

Gallion, OH to place 2nd overall and 1st women in the relay event.



Gilligan, Schwartz, and Garbus are pictured on the beach at St. Croix after the event.

Web page wins too

The SWIM Florida Masters web page -- www.swimflorida.org -- was named one of the ten best club web sites in the United States at the USMS convention in November by the Masters Aquatics Coaches Association. Webmaster **Dick Brewer** will be turning over the web duties to **Dren Geer** and **Dean Mitchinson**.

Ruth Switzer

On a sadder note, Ruth Switzer, one of the original Suncoast Masters in Sarasota, passed away at the age of 92 on November 27 in Massachusetts. In 1973, she discovered she had an inoperable brain aneurysm and her doctor suggested that swimming might be a helpful activity. So a year later, at the age of 66, she began swimming in what she thought would be a program of simple exercise. Encouraged by her teammates, she entered her first meet that year. Two years later she set USMS records in the 100, 200, 500 and 1650 freestyle events. The following year she won four gold medals at the the USMS Nationals, and in 1984 won three golds and four silvers at the first International Masters Swimming Championships in Christ Church, New Zealand. But the best prize was that the brain aneurysm that brought her to the pool in the first place disappeared after she began swimming. She credited Masters swimming with saving her life. Known affectionately as "The Duck," she was a great competitor and a wonderful lady. She and her indomitable spirit will be missed.



Tampa
Bret Hamlin
Bhamlin@KWLAW.com

Along with doing some tough workouts in preparation for the upcoming swim season, Tampa Tarpons have been celebrating. An August surprise party honored the best coaches in Master's swimming, Keryl Frost and Bret Hamlin, and a recent holiday celebration started with a swim workout followed by a canoe trip and a cookout.

Tampa Tarpons congratulate Libby Jenkins, who did the Coral Reef 5 mile swim in St. Croix last November. She challenged herself to swim the whole five miles after being part of a 3-person relay and doing a local 5k swim in 2000. Libby logged lots of distance in early morning long course swims at Bobby Hicks pool in preparation. She finished the swim in an impressive time, and highly recommends the event to all master's swimmers. Libby reported that in addition to the beautiful swim and underwater sights (which included dancing starfish and synchronized swimming seahorses), race director Randy Nutt and the Buccaneer host hotel, which is an old sugar plantation, put on a great event. We're proud of Libby!

WEST FLORIDA LIGHTENING MASTERS

Largo
Adam Graetz

I would like to tell everyone that West Florida Lightning Masters is alive and kicking. You have not heard from us in a while but we are here and ready to go. We are having practice Every Mon. Wed. and Fri morning at 5am. We are swimming Mon. Tues. and Thurs nights at 6:30.

We have a large group of swimmers ranging from first-timers to triathletes and the good old masters swimmer. I am hoping that we will see you all at some meets this year and I hope that you all had a great holiday and everyone has a safe and Happy New Year.

~~~ USMS CONVENTION REPORTS ~~~

Dear FL LMSC Team Representatives & Members,

You are a very vital link in the FL LMSC organization. In fact, we look to you to be our middle men/women in voicing the news that we often pass on. Please realize how important you are to us.

Following are three reports from your LMSC delegates who attended the USMS Convention held in Louisville, KY on November 16-18, 2001.



**MARGIE
HUTINGER's
Report**

COACHES COMMITTEE:

Three well-known Masters coaches presented topics: *Scott Rabalais (CRAQ)* on "The Technical Differences in Elite Athletes" included a video of the Olympians in the Sydney pool all with underwater camera shots. *Michael Collins (Novaquatics)* on "How to Build a Powerhouse Team." This young CA coach has built several powerhouse teams. His theme centered around programming his swimmers to be successful, whatever the level. *Marty Hamburger (GA)* on "Training Cycles to Optimize Your Season" including all levels of skills. To be faster is to be fit; to be fit is to be faster.

The establishment of the coaches registration through the Nat'l Office has been successful. The Coaches Comm now has a list of all coaches, which is used for the newsletter and distribution of other information. Most of the LMSCs have a Coaches Rep, who distributes info, ideas and suggestions to the teams, to meet the needs of the LMSC. FL has none. A stipend was proposed to enable local coaches to attend the ASCA clinic, which will include more info geared to Masters, in the future. I suggest Brett Hamlin to be appointed Coaches Rep for our LMSC.

OFFICIALS: Much discussion was about allowing USA officials to be certified or re-certified at USMS Championship Meets. That was passed. A motion was introduced to establish a USMS Officials certifying body through each LMSC, but that was tabled.

LONG DISTANCE: All Nat'l Championship evaluations were excellent. 42% increase in participation in 5K/10K, presumably due to entry in SWIM. Limits on number of swims that would count for the Long Distance All Star.

RECORDS AND TABULATIONS: Pieter Cath announced that the FINA Bureau voted on 11/9/01 to allow the breaststroke kick in fly events, granting the FINA Masters Committee recommendation to exclude that portion of the rule. Ginger Pierson has compiled a data base of all individual records set by USMS swimmers; John Bauman has done the same for relay records and Mary Beth Windrath for results from National Meets. A motion was passed not to count the records that were set before 1972 (Paul Hutinger is objecting to this, as it discriminates against the older swimmers, who were the Masters pioneers.)

The records will be available on the USMS website when Matysek develops the software. All national and world records need the printout from the timing system, to assure that the time is accurate. Meet directors need to obtain a complete printout from the timing system after the meet for safekeeping. Committee is working on updating records more often than once per year.

RECOGNITION AND AWARDS:

Richard Brewer and Frank Tillotson (right) were two of the recipients of the **USMS Dorothy Donnelly Service Award**.



Lifetime Coaches

Kerry O'Brien (Walnut Creek)
Ransom J Arthur (Carolyn Boak)
Coach of the Year
Mel Goldstein (Indy SwimFit)
USMS Newsletter of the Year
West Hollywood

HISTORY AND ARCHIVES:

USMS is acquiring the name SWIMGOLD from Carl House to store all the history he has compiled throughout the years. This would insure continuity. Permanent ID no longer includes date of birth. LMSCs are encouraged to write down their history. Meegan Wilson has produced a flier which was mailed to all LMSC chairs and is available through the National Office.

CANDIDATES FORUM: With the four top offices being contested in this election year, this forum was well-run with excellent questions and responses by the candidates.

President-Jim Miller
V President-Scott Rabalais Secretary-Sally Dillon
Treasurer-Doug Church

FITNESS: No event was nominated for the Fitness Award. The Y2K event had many serious problems, but awards were distributed and entry fees were refunded. The Check-Off Challenge is still continuing. I spoke on the Maverick's Swim to Key West Challenge, to encourage non-competitive swimmers. A committee is working on a Fitness Kit to be mailed to clubs, including all fitness events. A suggestion was made that some of these fitness events be done at the LMSC level, rather than at the National level.

COMMUNICATIONS: USMS offers free web site hosting to LMSCs and Zones. SWIM Magazine has evolved to better represent the interests of USMS, as USMS now has full editorial control. E-mail changes will be made in a more timely manner. One project is to develop seminars to help LMSCs to improve communication.

DIXIE ZONE:

Ed Saltzman passed out the Dixie Zone

records for all 3 courses. A zone calendar was set up, which included all the meet dates that were presented. The Clearwater Meet in Feb is the Dixie Zone SCY Champs. Zone Top Ten patches are available from Debbie Cavanaugh. June Krauser was unanimously re-elected as Zone Chair.

CHAMPIONSHIPS:

Six bids were presented for National Championship in 2003, including Plantation, FL. Deck seeding at Championship Meets was successful.

REGISTRATION: 18 year olds may register, but are not allowed to compete until age 19, which is determined by last day of meet for yards and 12/31/year of meet for meters.

40,000+ Masters swimmers were registered for 2001. Pacific LMSC posts list of names, city, club and registration # of all swimmers. Helpful to coaches and meet directors.

RULE BOOK: The winning Rule Book cover design for 2002, was submitted by Bill Volckening, OR. It will be dedicated to Nancy Ridout, President. It will be available the first of the year.

SAFETY: Swimmer safety is more important than the fear of litigation. Safety Guidelines will be posted on the USMS web site.

SPORTS MEDICINE: Working to include an "Ask the Doctor" feature in SWIM Magazine. Working with Coaches Committee to create a Masters track at the ASCA World Clinic, especially on topics relevant to aging athletes.

CONVENTION DATES:

September 8-15, 2002 at Dallas/Fort Worth Airport, TX
September 7-14, 2003 in San Diego, CA
September 12-19, 2004 at Wyndham Palace Resort & Spa in Orlando, FL.

NATIONAL CHAMPIONSHIPS FOR 2003:

1-mile swim: YMCA INDY SwimFit, June 21st
2-mile cable swim: Texas Gold Masters
1 & 3 mile open water: Florida Gold Coast, April 28
3 & 6 mile open water: Central Oregon Masters, Aug
6 mile open water: Santa Cruz Masters,

Aug
One Hour Postal-Tualatin Hills
Barracudas
5K/10K Postal-YMCA Indy SwimFit
3000/6000 Yds Postal-WSU Masters Swim Team
SCY--Tempe, AZ--May 15-18
LCM-Rutgers University, NJ-Aug 14-17



**JOAN
CAMPBELL's
Report**

COACHES COMMITTEE:

LMSC should appoint a Coaches Rep who will be in the loop, so to speak, with the Coaches Committee. \$10,000 was allotted for ASCA Masters Coaching School, since they are enthusiastic about the Masters program (quite a bit of time was spent at the USA conference on the subject). Also received a good response at the booth afterwards; guess we aging swimmers are an interesting phenomena. Three coaches are going to provide a daily work out on the web for Masters swimmers - a special plus for those small clubs, and I would believe also for the coaches of even our larger clubs. We budgeted to pay three Masters coaches to do this.

INTERNATIONAL: The FINA rule regarding breaststroke kick during butterfly for Masters is back in the "Allow" column. This meeting was held November 9 and is retroactive to any records that were pending from SCM meets, etc. since the original September ruling.

REGISTRATION: 18-year olds are now eligible for registration. However, they must be 19 to compete: meters rules (year you turn 19), SCY (19 last day of meet) and Long Distance (day of meet or before).

COMPETITIONS:

2003 Short Course: Tempe, AR 5/15-18
2003 Long Course: Rutgers, NJ 8/14-17
Hawaii - 4 events for non-qualifiers OK.
Valentine Meet at Clearwater will be Dixie Zone SCY Championship

CANDIDATES FORUM: Jim Miller, President; Scott Rabailis, VP; Sally

Dillon, Secretary; Doug Church, Treasurer.



**FRANK
TILLOTSON's
Report**

INSURANCE: Sandi Blumit did a fine job locating a former insurer and equaled 2001 for 2002 with a couple of small additions. She was voted an extra \$10,000 commission for 2002 as it was expected that we pay as much as double in 2002.

INTERNATIONAL: Much and noisy discussions. Int'l Meets discussed. Mention of final decision on breast kick in fly; FINA agreed we keep it (my comment, by the way ☺).

MARKETING: WOW! They had \$25,000 this year and spent very little but now they want to hire a professional firm to get sponsors (and more money for 2002). This committee has never been a favorite of mine. We do not need to spend this kind of money to hunt for free money.

FITNESS: I see now they claim the One Hour Swim as theirs. Looks as if they intend to take over all postals. Me, I don't think that we need them in this. It works fine. Why fix it?
One good note: For very long events (held live) where slower swimmers do not finish by the set time; they will record the position they were in at the end of time (not DQ or DNF).

CANDIDATES FORUM: OK, except for Jim Miller as he runs several organizations besides his own. I wonder whether he has time to do it.

If you have any questions regarding any of the reports, please feel free to contact any of the delegates.

Thanks again for your part in making our FL LMSC a success,

Tom Bliss
FL LMSC Chairman

32nd Annual St. Pete Masters Short Course Swimming Championships

April 5- 7, 2002 – Hosted by St. Pete Masters – Sanction #142-003

DATE & TIME: **Friday, April 5, 2002** Warm-up: 4:30 PM, Start: 5:00 PM **Saturday, April 6, 2002** Warm-up: 8:00 AM Start: 9:00 AM **Sunday, April 7, 2002** Warm-up: 8:00 AM Start: 9:00 AM. Check-in required for the 1000 yd Free, 1650 yd Free, 500 yd, and 400 yd IM. All events will be timed finals and seeded SLOWEST to FASTEST with possible exceptions to be made as required to fill heats on Friday evening with available swimmers.

FACILITY: Northshore Pool is located at 901 Northshore Drive in St. Petersburg, FL. Eight lanes will be seeded for all events Saturday and Sunday. On Friday evening, ten lanes will be used for the 1650 Free and eight lanes will be used for the 1000 Free. Colorado Timing with touch pads will be utilized with back-up watches for all events except the 1000 Free which will swum utilizing hand held watches only. No splits will be available for the 1000 Free since Colorado Timing will not be used. The 1650 and 1000 Free will be swum simultaneously with both events starting at 5 PM.

ELIGIBILITY: Open to all MASTERS, age 19 and older. Entrants must have a 2002 USMS Registration Card. A **photocopy must be attached to the entry form.** 2002 USMS rules govern.

ENTRIES & FEES: Swimmers must pre-enter by mail. Swimmers may enter **five (5) individual events** per day **PLUS relays.** The entry fees are **\$2.50 per individual event**, \$5.00 per relay team and a **\$10.00 meet surcharge** for all swimmers. Enclose a SASE if you wish confirmation your entry was received. Entries should be mailed to:

Questions? Contact : Nancy Eaddy
Phone: 727- 347-0565
E-mail: neaddy@tampabay.rr.com

St. Pete Masters
C/O Nancy Eaddy
431 Park Street South
St. Petersburg, FL 33707

RELAYS: Relays will be deck entered and seeded a half-hour prior to each race. All relay swimmers must be registered for the meet.

DEADLINE: In order to avoid a late fee charge, meet entries must be **RECEIVED by Tuesday, March 26, 2002.** Late entries received by mail, phone or e-mail will be accepted with an additional **\$5.00 fee** until Friday, March 29. If unable to attend, contact Nancy Eaddy at 727- 347-0565 by Friday, April 5 and your money will be refunded in full.

SCORING & AWARDS: Awards will be given for each event. **Individual High Point awards** for 1st, 2nd and 3rd in all age groups will be given with a minimum of five events completed. Team awards for combined men and women 1st, 2nd and 3rd will be a charitable donation to a recognized charity of their choice. Scoring 9-7-6-5-4-3-2-1 for individuals, double points for relays.

SOCIAL & T-SHIRTS: Join us for a **social hour** from 5-6 PM with **FREE BEER** on the rooftop of the famous “Hurricane Restaurant” overlooking St. Pete Beach. Dinner will follow social hour and guests will order individually from the menu. Sign up at the meet. A commemorative meet T-Shirt or Tank Top can be purchased for \$15.00 on the entry form.

ORDER OF EVENTS: (* Check-in required day of meet with exact cut off times to be announced at meet.)

| FRIDAY, April 5, 2002 | SATURDAY, April 6, 2002 | SUNDAY, April 7, 2002 |
|-----------------------|---------------------------------|-------------------------------|
| 1/2 1000 yd Free * | 5/6 200 yd Back | 25/26 100 yd Back |
| 3/4 1650 yd Free * | 7/8 100 yd IM | 27/28 50 yd Breast |
| | 9/10 200 yd Free | 29/30 100 yd Fly |
| | 11/12 200 yd Mixed Medley Relay | 31/32 200 yd Mixed Free Relay |
| | 13/14 50 yd Back | 33/34 200 yd Breast |
| | 15/16 200 yd Fly | 35/36 100 yd Free |
| | 17/18 100 yd Breast | 37/38 200 yd IM |
| | 19/20 50 yd Free | 39/40 50 yd Fly |
| | 21/22 200 yd Medley Relay | 41/42 200 yd Free Relay |
| | 23/24 400 yd IM * | 43/44 500 yd Free * |

Fill out the information below, clip this portion of the page and attach it to the Florida LMSC Consolidated Entry Form

FEES: Meet Surcharge = \$10.00
events () x \$2.50 = _____
Late Fee, if applicable @ \$5.00 = _____
Copy of final results @ \$5.00 = _____
Circle sizes of shirts ordered
Tank top @ \$15.00 S M L XL = _____
Short Sleeve T-Shirt @ \$15.00 S M L XL = _____
Long Sleeve T-Shirt @ \$20.00 S M L XL = _____
TOTAL ENCLOSED = _____

ATTACH A COPY OF YOUR
CURRENT USMS CARD HERE

BE SURE TO SIGN AND DATE
THE ENTRY FORM

Make checks payable to **St. Pete Masters**

ALABAMA

| CLUB NAME | CLUB CONTACT | EMAIL ADDRESS |
|--|---------------------|------------------------------|
| 300 CLUB (Gainesville) | Victor Buehler | pigasus@prodigy.net |
| AQUATIC CLUB TEMPLE TERRACE Temple Terrace | Jeanne Coleman | jcolemansq@bigfoot.comsf.edu |
| AMBERJAX MASTERS (Jacksonville Beach) | Jacque Trude | ajaxh20@aol.com |
| AREA TALLAHASSEE AQUATICS | John Black | jwblack@nettally.com |
| BLUE WAVE MASTERS (Brandon) | Chris Daniels | waveblue@aol.com |
| BRADENTON MASTERS SWIM TEAM | Ted Bennett | poolman@bhip.infi.net |
| CAT MASTERS (Clearwater) | Joe Biondi | coachjoeb@aol.com |
| CARROLLWOOD VILLAGE SWIM TEAM Tampa | Randy Johnson | cvstrandya@aol.com |
| DAYTONA BEACH MASTERS | Jean Sterling | sterlij@attglobal.net |
| DIANETICS SWIM TEAM (Clearwater) | Kitty Magness | bmagness@fortissoftware.com |
| DUNEDIN LOCH NESS (Palm Harbor) | Rita Ponder | |
| FOREST HILLS AQUATICS (Lutz) | Milt Bedingfield | Year2525@aol.com |
| FLORIDA LEAGUE OF AQUATICS Tallahassee | Bruce Meintjies | b.meintjies@worldnet.att.net |
| FLORIDA MAVERICK MASTERS St. Petersburg | Margie Hutinger | phut@usms.org |
| GATOR SWIM CLUB (Gainesville) | Matthew Cetlinski | ervagilliam@yahoo.com |
| HAMMERHEAD SWIM CLUB Winter Park | Terri Pyle | chaseterri@aol.com |
| HOLMES LUMBER JAX Tallahassee | Peter Nickodem | Pnickodem@aol.com |
| INDIAN RIVER COMMUNITY COLLEGE MASTERS Port St. Lucie | Helen Kelsey | |
| LAKE COUNTY AQUATICS MASTERS Leesburg | Rene James | coachrene1@aol.com |
| LAKE PLACID DROWNING DRAGONS | Cecilia Rivers | crivers@htn.net |
| LANDSHARKS TRIATHLON TEAM Lakeland | Richard Wills III | dawills@earthlink.net |
| MAKOS MASTERS (Gainesville) | Brad Welter | |
| MARION COUNTY Y MASTERS Ocala | Tom Koenig | |
| ORLANDO MASTERS | Cathy Shonkwiler | cswimming@aol.com |
| OVIEDO MASTERS SWIM TEAM | Chris Bunchleaf | spmaman@flashmail.com |
| ST. AUGUSTINE MASTERS | Jennifer Samuels | grblue@aug.com |
| SUN CITY CENTER SHARKS | James Allen | JimJeanlvsun@web.tv.net |
| SPACE COAST MASTERS Cocoa-Cocoa Beach | Carolyn Malac | carolyn.malac@honeywell.com |
| ST. PETE MASTERS | Harold Perris | donsteeer@hotmail.com |
| SUNCOAST FAMILY YMCA Palm Harbor | Michael Honoshowsky | |
| SWIM FLORIDA Ft. Myers - Sarasota | Adrienne Seal | ASeal165034@aol.com |
| SOUTHWEST SWIM MASTERS Bonita Springs | Barbara Green | swwsm1@aol.com |
| TAMPA BAY AQUATIC CLUB Tampa | Lane Hudsons | |
| TAMPA TARPONS MASTERS | Jesse Devine | jesse@penpower.com |
| TARPON AQUATIC CLUB | Sherry Kreye | |
| VILLAGE AQUATICS SWIM TEAM The Villages | John Rohan | |
| WESTCHASE MASTERS Tampa | Ryan Forrestel | rforrest@tampabay.rr.com |
| WEST FLORIDA LIGHTENING MASTERS Largo | Adam Greatz | triguygreatz@earthlink.net |
| WINTER HAVEN MASTERS | Jim Grazier | |
| X-CEL MASTERS Cape Coral | Dr. Alan Wachs | |

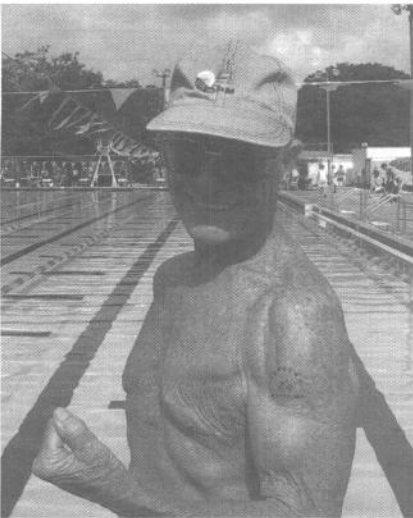
FLORIDA

Florida Masters Swim Committee, Inc.
5432 Twin Creeks Dr.
Valrico, FL 33594

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ASK THE SWIM DOCTOR

By Paul Hutinger



Question: I participate in Masters Swimming for health and fitness, but am worried about prostate problems in my 50+ age group. What ideas do you have for prevention?

Answer: Your swim training is an excellent activity to maintain your cardiovascular health. You are observant to notice the prostate problems in the general population. Athletes like yourself, have higher testosterone levels which can promote BPH (benign prostatic hyperplasia).

According to the experts, like Dr. M. Schachter, all men over fifty, should be checked by a doctor for BPH. This is a usual part of a complete physical. He will give a (DRE) rectal exam and a blood test for levels of PSA (prostate specific antigen). Symptoms of prostate problems include the need to urinate frequently at night.

Research demonstrates that some nutrients can reduce the size of the prostate and reduce symptoms. Farnsworth reported this in *Urology Research* in 1981. Essential fatty acids showed a decrease in symptoms. Amino acids, glycine, alanine and glutamic acid demonstrated 95% of subjects were relieved of symptoms, Dumrau, in *J. Gerontol* in 1962. Saw palmetto has shown the best results in double-blind studies by Champlault, *Br. J. Clin Pharmacol*, 1984. There are supplements that combine the saw palmetto of 160mg with zinc, pygeum and fatty acids that are available at many health food stores.

Anyone wanting more info on the topic, please send a large SASE to: Dr. Paul Hutinger; 1755 Georgia Ave. NE; St. Petersburg, FL 33703.