

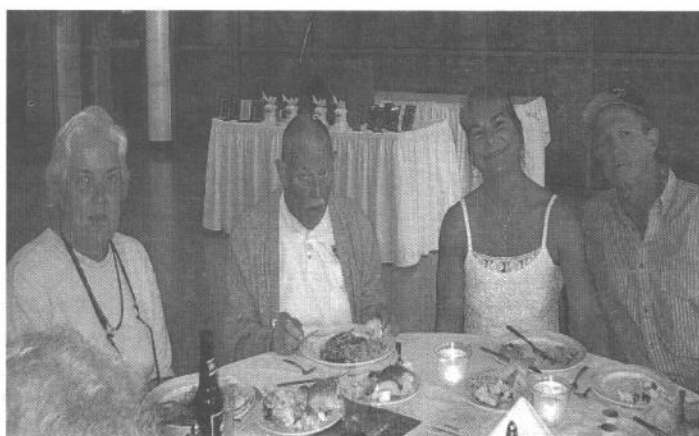
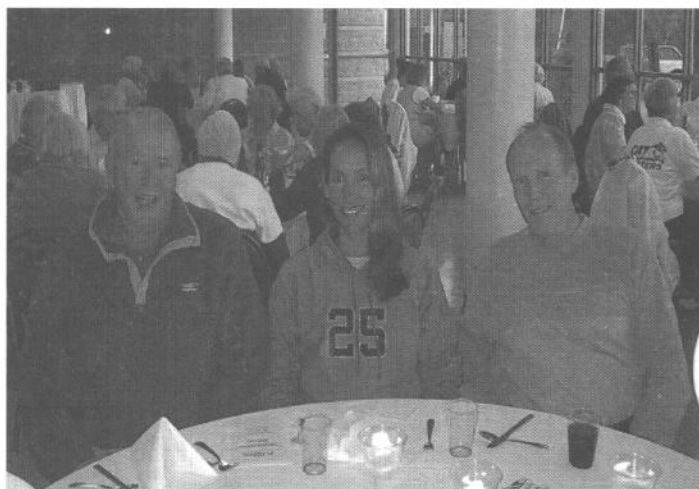
FLÖRIDA

NEWSLETTER

Vol. XIX No. 2

Local Masters Swimming Committee, Inc.

May 2002



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Ask The Swim Doctor

News from Around the LMSC

Calendar of Events

1st Annual Awards Dinner

My Favorite Workout

CALENDAR OF EVENTS

by Christine Swanson

ctswanson@yahoo.com

POOL EVENTS

May 5

SPM - LCM Dev Meet; North Shore Pool; for information contact Chris Swanson; Warm-up 9; Swim at 9:30; Cost \$5; Events: 100 Back, 200 Breast, 400 Relays (Free or Medley - M,W,Mxd), 200 Fly/50 Free, 1500 Free

May 14-17

2002 USMS Short Course Nationals - Univ Of HI, Honolulu, HI; Amy Patz, U of HI Swimming, 1337 Lower Campus Rd., Honolulu, HI 96822, 808-956-7510, patz@hawaii.edu

May 18-19

IRCC Stanton C. Craigie Memorial SCY Meet, Ft. Pierce; for directions to pool http://home.att.net/~floridalmc/Maps/Map_Ft_Pierce.html; entry information available in this newsletter

June 1

LCM - Athens, GA; Raymond Woeller, 125 River Oak Way, Athens, GA 30605, 706-549-0515, rwoeller@arches.uga.edu

June 2

SPM - LCM Dev Meet, North Shore Pool; for information contact Chris Swanson; Warm-up 9; Swim at 9:30; Cost \$5; Events: 200 Free, 100 Fly, 800 Free Relays (M,W,Mxd), 50 Breast, 200 IM, 800 Free

June 22-23

Dixie Zone LCM Champs, Greenville, SC; Roy Dessloch, 301 Colonial Johnson Rd., Easley, SC 29642, (864) 220-0209, TGCoach@aol.com or home.att.net/~dixiezone/Meet; Entry Deadline: 6/10

June 29-30

SWIM FL LCM Meet; Sarasota. For information and to obtain the entry information and entry form contact Mike Stewart at wfla@hotmail.com

July 19-21

SPM - LCM Meet, North Shore Pool; entry information available in this newsletter

August 11

SPM - LCM Dev Meet, North Shore Pool; For information contact Chris Swanson; Warm-up 9; Swim at 9:30; Cost \$5; Events: 200 Back, 100 Free, 400 IM, 50 Back, 100 Breast, 50 Fly, 400 Free

August 15-18

2002 USMS Long Course Nationals - Cleveland State Univ, Cleveland, OH; Pieter Cath, 35400 Bainbridge Rd, Solon, OH 44139, 440-248-8270, cath.p@worldnet.att.net

POSTAL EVENTS

May 15 - Sept 30

2002 USMS 5K/10K Postal Championship; Jill Wright, 1626 Williams St, Boise, ID 83706, 208-338-5287, swimjmw@aol.com; Sponsored by Sawtooth Masters; www.usms.org/longdist/ldnats02/5k10ken-try.pdf; Entry Deadline 10/10

Sept 1 - Oct 31

2002 USMS 3000/6000 Yard Postal Championship; Marty Hamburger, 1197 Willivee Dr, Decatur, GA 30033, 770-457-7946 (x15), dynamomasters@dynamomasters.com; Sponsored by Dynamo Masters; Entry Deadline 11/10

Sept 1 - Dec 15

2002 Postal Pentathlon Swim Meet; Wayde Mulhern, 570 - 96th Ln., Blaine, MN 55434. Eve Ph/Fax (763) 783-1282 or email to wayde.mulhern@unisys.com; Entry Form will be included in the August Newsletter.

OPEN WATER EVENTS

May 11

Hurricane Man 2.4 mile and 1000 m OW Swim, St. Pete Beach; entry information available in this newsletter

July 13

Amelia Island OW Challenge - 5K/1 mile; Fernandina Beach, FL; Edward Gaw, 1531 Fernandina Beach, Fernandina Beach, FL 32034, 904-277-4328, edginc@worldnet.att.net; Pre-entry (6/29/2002) & Deck-entry

October 23-27

St Croix Coral Reef (5 & 10 mile) Swims; info/entry at www.randynutt.com or email to info@randynutt.com

November 24

The 2nd Annual Fort Lauderdale Animal Swim. Contact Bill Korey at DrDistance@aol.com; proceeds benefit the Ft. Lauderdale Wildlife Care Center

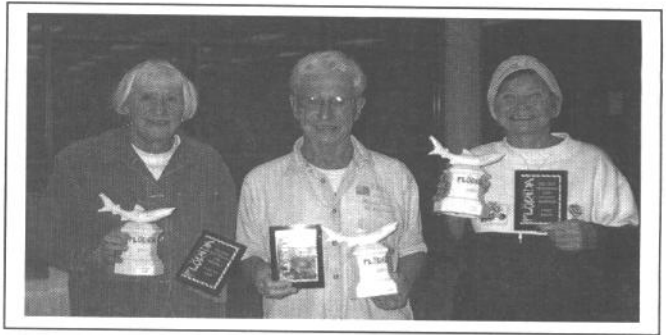
December 7

The 2nd Annual Bonaire EcoSwim, Bonaire Netherlands Antilles. info/entry at www.randynutt.com or emails to info@randynutt.com. An article and photos from last year's swim can be seen in March/April issue of SWIM Magazine.

SWIM CLINICS

Sept 20-22

Masters Swim Clinic (not a meet); Auburn University AL. Contact Tom Healy at tomh@alagames.com for information.



**FIRST ANNUAL LMSC AWARDS
BANQUET WAS A SUCCESS!**

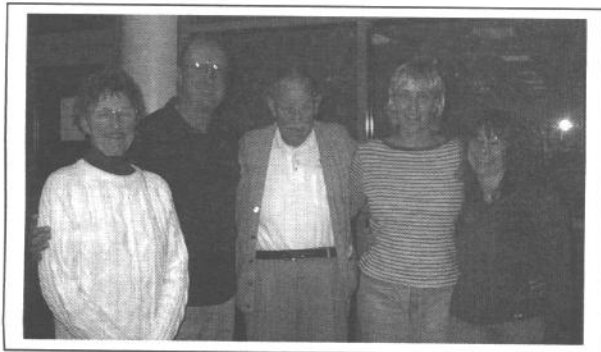
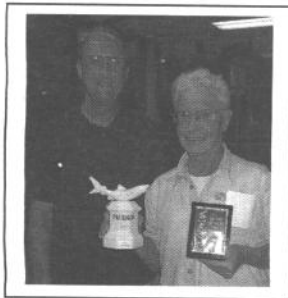
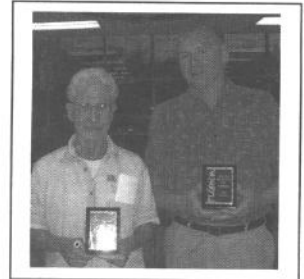
After the Annual Valentine's Meet came to a close, over 50 LMSC swimmers enjoyed our first (delicious) Annual Dinner Banquet and presentation of awards.

Awards presented:
Outstanding Male Distance Swimmers: Bob Beach, Konrad Euler, Ryan Woodruff
Outstanding Female Distance Swimmers: Jo Ann Harrelson, Peggy Hughes, Livia Zien
Outstanding Male Pool Swimmers: Paul Hutinger, John McCall, William Specht
Outstanding Female Pool Swimmers: Florence Carr, Cathy Shonkwiler, Jean Troy
Most Valuable Male Distance Swimmer: Bob Beach
Most Valuable Female Distance Swimmer: Peggy Hughes
Most Valuable Male Pool Swimmer: Paul Hutinger
Most Valuable Female Pool Swimmer: Florence Carr

The inauguration of the Frank F. Tillotson Service Award was presented to Dick Brewer, our incredible Web Master. The other nominees for this award are pictured in the lower left hand corner (not present was Charles Kohnken).

Special Service Awards were presented to Maud Orlando, our past Registrar, and Ron Collins, our past Sanctions Officer.

All had a grand time and we look forward
to seeing you next year!



Dear Florida LMSC Team Member,

The first Florida LMSC meeting of the year was dedicated to being informative and productive. It was conducted on Sat., April 6th following the final event at the St. Pete swim meet. Once again Nancy Eaddy and her able assistants put on a fulfilled meet! The weather was perfect and the fellowship was pleasant. Following the 400 IM the meeting began somewhat promptly. We had good attendance with representation from teams as far north as Jacksonville, as far south as Ft. Pierce and from both coasts. If you were one of the teams not in attendance you are greatly encouraged to strive to be at the meetings since it is the very best information source for you, your team and even for your community. As much as we try to keep you up-to-date through the web page and the newsletter, the meetings are still the best source. The selection of meeting sites and dates have been chosen to best accommodate each team representative. Since we are an ORGAN-ization, which is made up of each of you, we will only function effectively with connection and the cooperation of each of our teams. Just as the organs in our body each serve very important functions which are very dependant on the other, so too does the Florida LMSC with each of its clubs. If you have any suggestions on how we can better accommodate your involvement please contact me. We want 100% attendance from our team representatives!

Some of the highlights of the St. Pete meeting included the following:

Committee assignments: Audit of 2000 Books, Officer Elections, Survey Results Prioritization and Convention Delegates.

Unfortunately, in most organizations 10% of the people do 90% of the work. That is not effective or wise. The aim of YOUR FL LMSC board is to effectively involve each of you. One of the ways that we can do this is through committees which we initiated at this last meeting. There were three committees that were formed, with the first one dedicated to conducting a review of the 2000 accounting books.

As directed by our Bylaws an audit of our books is required each year. This includes the review by 3 or more individuals within our organization. Our treasurer, Meegan Wilson, handed the books off to the volunteers that made up that committee. The committee was tasked to complete their review by the next meeting in the summer.

The term length for FL LMSC Officers is two years and this is election year. In preparation for this process each of the officers were given an assessment form to complete in regards to their own performance and interest for their position in the future. In addition to the feedback that was provided through the assessments another committee was formed to select the slate of officers for the October election/meeting. As the Bylaws directed the audit, it also stipulated that a committee be formed to select the slate of officers.

To effectively incorporate the suggestions that were provided by the Team Representatives through our survey another committee was formed to review, prioritize and make recommendations to the board at our next meeting. As you might guess we will need some more committees to set the recommendations into motion. That means we need more of you to attend our future meetings.

The USMS Convention will be held in Texas this year and we will be sending 4 delegates to represent our LMSC. The initial draft includes: Margie Hutinger, Tom Bliss, Joan Campbell and Bret Hamlin. Even though these individuals have been selected, it is possible to make some adjustments for anybody who has a specific interest to be more involved and attend. Some of these individuals can be sponsored which means one or more positions could be opened up. If you are interested, please contact me as soon as possible.

We are a very healthy and growing ORGAN-ization and we want to continue, so consider how you can help bring more life to YOUR FL LMSC.

Yours in the water,



Tom Bliss
FL LMSC
Chairman



**TOP TEN
AND
RECORDS
REPORT**
by Margie
Hutinger

I recently received the USMS 2000-2001 list of Relay All Americans (1st place). Since these names will not appear in SWIM Magazine, I will recognize the seven FL LMSC clubs that made this illustrious list--Clearwater, 4 swimmers; Florida Mavericks, 19; Orlando, 4; Space Coast, 4; St Pete, 17; SWIM Florida, 4 and Tampa Bay Aquatic Club, 4. Many more swimmers were included on the Top Ten list. If you're curious as to your inclusion, ask me at 727-521-1172 or phut@usms.org.

It isn't easy to reach the top dog level in the 200 relays, however the 400 and 800 relays provide an excellent opportunity for recognition at the National Top Ten and/or All American level. Show your support for the longer relays offered at the Orlando meet (SCM relays are especially productive), Sarasota (LCM), Indian River (SCY) and the St Pete development meets. HLJ swam many longer relays when they travelled to a Georgia meet.

A relay meet would provide an excellent opportunity for a club to make a positive contribution at our LMSC level. Gold Coast is an excellent example. They offer the five relays with no entry. Swimmers show up and swim their events, like a development meet. A casual social afterwards adds to the fun and camaraderie of Masters swimming.

Relay All American Patches and a certificate are available (\$5/swimmer): USMS; PO Box 185; Londonderry, NH 03053. Include club name, abbreviation, relay event, distance, course and relay swimmers.

NEWS FROM AROUND THE LMSC



Club Swim Team

Gainesville

Victor Buehler

pigasus@prodigy.net

Our regular meet attendees Meegan Wilson and Victor Buehler swam at the



Dixie Zone SCY Championships aka The Valentine's Meet in February. However, in April several of us showed up at the St. Pete Meet (see below)! Thanks to



Meegan Wilson, Kenneth Iczkowski, Victor Buehler, Philip Nassoioy and Bill Rodenfels we feel we smoked in the Small Team Competition. See you next time ☺

AQUATIC CLUB TEMPLE TERRACE

Temple Terrace
Shawn DeLeary



We had more swimmers than ever attend the St. Pete Meet:

Gittfah Niles, Chris MacFarland and Jeanne Coleman. Thanks gang for showing up and doing well!

BLUE WAVE MASTERS

Brandon

Chris Daniels

waveblue@aol.com



We enjoyed the Valentine's Meet and the St. Pete Meet. Sue Moucha who tied for 2nd in High Points at the Dixie Zone Championships attended the 1st Annual Awards Dinner Banquet with her parents. Congratulations, Sue!



CAT MASTERS

Clearwater

Joan Campbell

jcampb10@tampabay.rr.com

Happy Spring to all Masters swimmers! This is the time of year when morning workouts are so enjoyable with the mild weather and early dawn.

CATM swimmers were not idle throughout the colder months, however. Many accomplished personal bests and excellent placement in the One Hour Postal Swim held the end of Jan. CATM placed 5th overall in the small team category, with 19 swimmers who swam a total of 61,040 yards. Placing in the top eight in their age categories were Joan Campbell, Nancy Durstein, Winnie Walter, Don Puchalski, and the Women's Relay composed of Joan, Nancy, Winnie, and the Men's Relay with Alex Ramirez-Miller, Bob Lavanture and Elliot Schofield. Congratulations to all

participants.

Taking his distance swim a bit farther away, was Pat Marzulli who took part in the Bonaire Eco-Swim last November. You can read all about it in the most recent issue of swim magazine, and you will find Pat listed under the One-Mile swim. According to Pat the water was excellent, with temperatures in the 72-74 degree range. Bonaire is a little island nestled just off the coast of Venezuela, and is also a great scuba diving location. Perhaps CATM should make that a team event this year?

Thank you to everyone who participated in our Valentine's Meet in February.

The meet was a rousing success, with 235 swimmers competing and proceeds which will go toward contributions to the Long Center, the CAT team, and Good Life Games. Overall, CATM placed 5th. Top scoring swimmers in their age groups, included Joan Campbell (1), Nancy Durstein (2), Jean Tsagaris (4), Don Pulchalski(1), Dave Gifford (2) and Elliot Schofield (3). For complete meet results, please log onto www.dixiezone.org. Special thanks to all those who volunteered to help, including the hospitality crew: Winnie Walter, Ellen Bowen, Jeri Antozzi, Denise Corbin and Pat Ramirez-Miller who managed to keep over 300 swimmers and volunteers from going hungry. Bob LaVanture set a new record for advertising sponsors, please remember to patronize these sponsors who contribute to the success of our team.



We also enjoyed FL LMSC's 1st Awards Dinner which was held immediately after the meet with great food & awards.




Joan Campbell and Don Pulchalski just returned from Christchurch, New Zealand for the FINA Masters World Championships, held March 21- April 3. Joan brought home three bronze medals in the 400 IM, 200 Back and 200 Fly. Don placed 7th in 200 IM, 8th in 100 Breast, 9th in 200 Breast, 9th in 50 Breast and 9th in 50 Fly. Congratulations to both of you on good swimming, despite long waits and cold weather, and welcome back to warm, sunny weather!



Last but not least, we would like to wish team mate Karen Becker good luck at the USMS Short Course Championships.

CARROLLWOOD VILLAGE

FWCT



Swim Team

Masters Program

Tampa
Randy Johnson
cvstrandy@aol.com

The Carrollwood Village Swim Team continues to dominate the lunch hour with their 12:30 to 1:30 workouts.

Jim Bird and Karen Becker attended the Dixie Zone Championships in Clearwater this past February.

The team had a great showing at the St. Pete Masters April Meet. Congratulations to Karen Becker who won 1st place in High Points as well as Susan Ashbaugh, Jim & Barbara Bird, Brian & Karen Cook and Joe & Linda Lewkowicz who all had a great meet.

The team is looking forward to swimming the Hurricane-Man 2.4 mile Rough Water Swim and the Passe-A-Grill Challenge 1000 Meter Swim coming up in May.



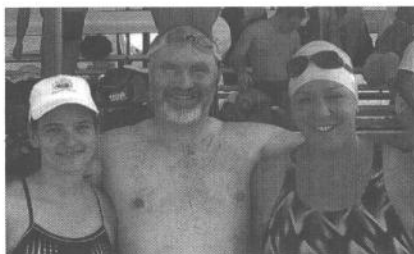
DIANETICS SWIM TEAM

Clearwater
Kitty Magness
kitty.magness@verizon.net

First off, we would like to welcome two new members: Victor Vassallo and Paul Seymour. Both of them used to swim in High School/College and are excited about being back in the water after all those years.

Three of us attended the Valentine's Meet Dixie Zone Championships. Bob Magness placed 3rd in High Points, Kitty Magness 4th and Gertie Perry won 1st.

Bob & Kitty Magness, Victor Vassallo, Brian Smith, Gertie Perry and Sue Minkoff completed a 1650 Postal Meet including a relay in late February.



In April, Gertie Perry, Brian Smith and Kitty Magness (above) attended the

St. Pete meet. It was Brian's first meet in over a year and he got four ribbons out of 5 events swum. Congratulations! Gertie swam 11 events and placed 2nd in High Points (and she finally got the towel she's wanted so long). ☺



MAVERICKS

St. Petersburg
Paul Hutinger
phut@usms.org

2nd AT CLEARWATER



What an inspiration to see 28 Mavericks swimming hard, supporting the team and having fun, too. You are the greatest! Our men's and women's team placed **FIRST!** Our combined team placed **SECOND**, coming within 114 points of upsetting the perennial champs, SPM. For our team efforts, we received a certificate and \$50 cash. We choose CATM as our team meet, as we have the freedom to decide how to spend our prize.

High point winners-Prokopi, Lahti, P Hutinger, Cleaveland and Tillotson. 2nd place honors-Carr, Zint and Matt Watkins (first Masters meet). 3rd place-Tullman, Troy, Olsen, Reynolds, Browne (new) and Edwards (new). Other point getters included newcomers Pat & Lewis Bayers, Bonnema, Pitts and Allen, plus Bond, M Hutinger, Vijil, Paintner, Hughes, Everhart, Maloney, Luke and Williams.

FL LMSC AWARDS



Our first awards dinner, held after the meet, received favorable comments, including food, program, recognition and camaraderie. If you weren't there, plan on it for next year's same meet. Mavericks received three of the top awards.

OUTSTANDING POOL SWIMMERS--

Florence Carr & Paul Hutinger

OUTSTANDING LONG DISTANCE

SWIMMER-Peggy Hughes

FRANK H TILLOTSON AWARD-Richard

Brewer, SWIM (This was the Mavericks first presentation.) Maud Orlando-2nd & Meegan Wilson-3rd

LONG DISTANCE ALL STAR

Peggy Hughes received this designation in the 80-84 age group, for earning the most points in the 10 National Long Distance Championships.

SUCCESSFUL ONE HOUR POSTAL

We couldn't have accomplished this monumental task without the continual and unwavering support from the Mavericks and friends, and appreciated every contribution, no matter how trivial it may have seemed. We also realize that other Mavericks would have contributed, but the miles between them and the activity was too great.

Thirteen Mavericks participated in making this national event a success. Margie received numerous e-mails and letters from swimmers who appreciated the efforts of the Mavericks to sponsor this event. When we submitted our bid for this event, our goal was to earn extra money for our club and contribute to Masters at the National level. We accomplished both goals. From Scott Rabalais, USMS Vice President, "USMS certainly needs folks like you who give so unselfishly to the cause."

Our 25 swimmers was a record number of participants. Art Holden, 90, was our lone individual National Champion. Two

men's relays also placed first-75+ with P Hutinger, Cleaveland, and Luke and the 85+ with McCullough, Tillotson and Holden. The 75+ mixed relay, swam a medley relay, and placed third among the freestylers-- P Hutinger, back; Kenner, breast; J Kurtzman, fly; and Olsen, free. Top ten finishers included: Bond-8th, Kenner-8th, Olsen-10th, Reynolds-4th, Hughes-6th, Zint-7th, P Hutinger-7th, Luke-8th, Cleaveland-6th, Tillotson-2nd and McCullough-3rd.

Other participants were Zappa, Muhammad, Thompson, Tullman, M Hutinger, Prokopi, Vijill, Watkins, Everhart, MacDonald, Schlegel, Maloney and J Kurtzman.

FOUR WORLD RECORDS AND EIGHT GOLDS

These are the results from the Florida Maverick Masters from the IX FINA Masters World Championships in Christchurch, New Zealand, Mar 28-Apr 3, 2002.

Jean Troy (75-79) 1st place and world records in 50, 100 and 200 m free. She also won the 100 m fly.

Gertrud Zint (85-89) 1st places in 200 m IM and 50 m fly. 2nd places in 50, 100 and 200 m breast.

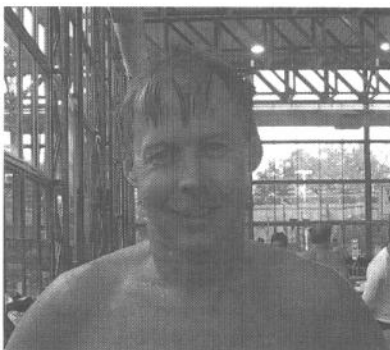
Patricia Tullman (65-69) 1st place in 200 m free, 3rd place in 100 m fly, 5th places in 100 and 400 m free.

Gator Swim Club

Gainesville

Dann Kerr

weizen@atlantic.net



Michael Barnard attended the Valentine's Meet this year. He did well in swimming the 50 and 100 Fly as well as the 100 and 200 IM.



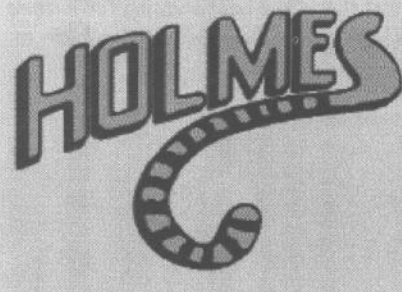
Back.

At St. Pete, Jeff Perout joined forces with Susan Halfacre (pictured). Together, they entered 15 events ranging from 200 Back and 100 IM to 200 Free and 50



Terri Pyle
chaseterri@aol.com

Brian Fisak went to St. Pete and swam 100 Free and 200 IM. We would like to thank him for representing our team!



HOLMES LUMBER JAX

Peter Nickodem
Pnickodem@aol.com

Holmes Lumber Jax continues to grow with new members joining the team on a weekly basis and with the weather warming up many old members are coming back for the 2002 season. Our team is still pretty much split between fitness swimmers and competition swimmers.

It's exciting to see our swimmers go out and swim well. Some of our crew went down to Clearwater in February and attended the SCY Dixie Zone Championships (picture on next page). In the Team Competition we placed 6th with 496 points. Margaret Dodson placed 1st in High Points and Bill Phillmore placed 2nd.



The others that helped earn points were: Kerry Wick, Jenny Parrish, Douglas & Margaret Rowe, Kimberly Wise, Chantal Lefevre, John Byron, Keith Roberts and Peter Nickodem.

Joan Glarton returned from Worlds in New Zealand. She had a great time and came back with one Bronze Medal (50 Breast), two six place medals and one 7th place.

In April, at the St. Pete SCY Meet we mustered 19 swimmers (10 women and 9 men) this is the best showing for Holmes in many years. Our goal is to have 25+ at the next meet.



Notable swimmers at the St. Pete Meet include Stacey Napier who won the High Point for her age group (her first masters meet!) and won the team award for most enthusiastic. Hal Murray, Margaret Dodson, and Joyce Dougherty won runner up high point awards. Tony Rossimini won the team award for the most unusual & interesting swims. John Byron won the team award for most improved by setting new PRs in every event he swam. Most significantly he finally shattered the 30 second barrier (29.23) after coming close over the past 7 years! I guess the energy from the two shaver batteries he went through in prepping for the meet was absorbed somehow.

Last but not least, we took 2nd place in the Team Competition. THANKS, GUYS!

LAKE COUNTY AQUATICS MASTERS

Leesburg
Rene James
coachrene1@aol.com



We enjoyed ourselves in **volume** at the Valentine's Meet. Amanda Lapland (19-24) placed 2nd in High Points, Linda Felton (50-54) 2nd, Sara Blackman (19-24) 3rd and Carol-Ann Hudson (40-44) 3rd. Other point earners included Monica Shelton, Coach Rene James and Matt Werst.

We also attended in **even greater volume** at St. Pete with 3 men and 6 women. Coach Rene James, Linda Felton, Amanda Lapland, Sara Blackman, Byron & Monica Shelton, Carol-Ann Hudson, David Marshall and Matt Werst swam well and earned High Points.

Thanks to all and we'll see you next time!



Merry Minnows

San Carlos
Dick Brewer
dickbrewer@worldnet.att.net

We are a new club formed in February by five unattached swimmers who shared the goals of swimming for fitness and enjoying ourselves in the process, befitting our *Masters Swimming without an Attitude* motto.



However, we did recognize the need for some minimal amount of organization, so we created a web site (merryminnows.home.att.net) and agreed on three rules for the club: (1) no stress, (2) no dues-no meetings-no officers, and (3) no tofu at social gatherings.

Statistically, we are an impressive group. But then, with only five us, it doesn't take much to be an impressive statistic: 60% of the club members are certified USA officials and have kids on the Gulf Coast Swim Team, 40% have actually competed in a Masters meet before, and 20% will compete at the USMS SCY Nationals in May.

We practice at the San Carlos Community Pool in southern Lee County three evenings a week after work, but sometimes more and sometimes less, plus Sunday mornings. We're a small enough group that each of us has his or her own lane, which has spoiled us terribly, but once in a while we share lanes at the Sunday morning workout when some of our friends from SWIM Florida Masters in Fort Myers come down to join us.

Our practices are very informal with each of us sharing ideas and techniques but setting our own paces and workouts. However, we try to time sets so we can engage in stimulating discussions ranging from Jane Austen, T.S. Eliot, and telecommunications to the more mundane such as favorite meatless recipes, investing for retirement, and movie trivia. Any Masters visiting in the area are welcome to come for the swim and/or the discussions. If you can't visit in person, stop by our Merry Minnow web site.

We want to thank Honorary Minnow Bruce Fassett and Lee County Parks and Rec. and Coach Don Henshaw and the Gulf Coast Swim Team, where our kids swim, for tolerating us, letting us have the pool to ourselves for practices, and for assisting when we need it.

Our future goal is to find a meet whose dates allow each of us to arrange work schedules so we can all attend and swim on our first Merry Minnow relay.

**"HURRICANE - MAN" 2.4 MILE ROUGH WATER SWIM
 "PASS-A-GRILLE CHALLENGE" 1000 METER SWIM
 MAY 11, 2002 - 7:30 AM - SATURDAY**

SIGN UP: MAIL TO: "HURRICANE-MAN" C/O LIVIA ZIEN, 220 24TH AVE. N., ST. PETERSBURG, FL. 33704 BY 5-8-02. ENTRY FEE IS \$25 USA SWIMMING/USMS REGISTERED, \$35 UNREGISTERED SWIMMERS AGED 19 AND OVER. CHECKS PAYABLE TO "ST. PETE MASTERS". RACE DAY SIGN-UP AT HURRICANE RESTAURANT 6-7 AM 5-11-02, \$30/\$40. SPONSORS: ST. PETE MASTERS/ST. PETE AQUATICS. FAMOUS POST RACE BREAKFAST BUFFET - HURRICANE RESTAURANT; AWARD CERTIFICATES TOP 5 AGE GROUP FINISHERS. NO WET SUITS/FINS. FULL INFO WITH SIGN UP. NO REFUNDS. USA SWIMMERS IN 2.4 MILE RACE NEED THEIR COACH'S APPROVAL! RACE START: 2.4 MILE AT COUNTY PARK, 4700 GULF BLVD. / 1000 M AT 22ND AVE. AND GULF WAY, ST. PETE BCH. THE KEYSTONE MOTEL - 801 GULF WAY, ST. PETE BCH, FL. 33706 (727) 360-1313. HURRICANE REST. 807 GULF WAY.

SANCTIONED BY FLORIDA LMSC FOR USMS, INC. SANCTION # 142-005. SANCTIONED BY FLORIDA SWIMMING, INC. FOR USA SWIMMING, INC SANCTION # 3170

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

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

TEAM: _____ **USA SWIMMING / USMS #:** _____ **PH:** _____

!! IMPORTANT !! - CIRCLE RACE: 2.4 MILE 1000 METER T-SHIRT SIZE S M L XL

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

SIGNATURE OF PARTICIPANT:
 (Or parent if under 18 years of age): **USA SWIMMING:** _____ **DATE:** _____

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

SIGNATURE OF PARTICIPANT
 (Must be 19 years of age or older.): **MASTERS:** _____ **DATE:** _____

UNREGISTERED SWIMMER (NON USA SWIMMER/USMS) AGE 19 AND OVER - COMPLETE THIS APPLICATION BELOW AND SIGN THE MASTERS APPLICATION ABOVE AS WELL. THIS IS YOUR "ONE EVENT MEMBERSHIP APPLICATION" FOR 2002. YOU WILL NEED TO PAY \$35 (\$40 EVENT DAY). YOU'LL GET A \$10 CREDIT TOWARDS A ONE YEAR MASTERS MEMBERSHIP IF YOU JOIN A MASTERS SWIM TEAM WITHIN 30 DAYS. RACE DIRECTOR: LIVIA ZIEN (727) 821-8113. CALL IF CONFUSED!



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

Last Name		First Name		Init	For Office Use
Street				Apt	
City		State	Zip	Phone No.	
Date of Birth		Age	Sex	Today's Date	
Mo.	Day	Yr		Mo	Day Yr

**2002 ONE EVENT
MEMBERSHIP
APPLICATION**

**USA SWIMMING/USMS
PLEASE ATTACH YOUR
REGISTRATION CARD HERE.**

OEVT - One Event Membership Event Date:

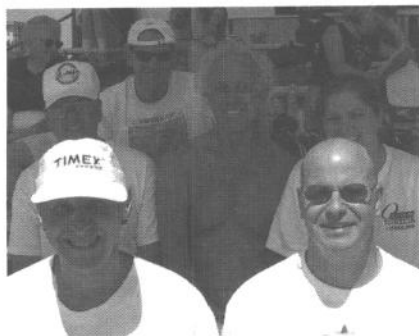
I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or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

Signature _____

OVIDEO SWIM CLUB

Oviedo
Bob Brubaker
bbrubaker@cfl.rr.com

Surprisingly enough, six of us attended the meet in St. Pete making it the most well attended meet for our small team.



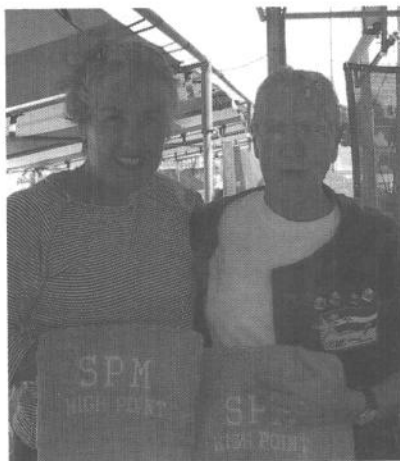
Our top seeded swimmer, Eric Christensen, swam 50 Free, 100 Breast, 200 Back, 200 Free and 400 IM.
Tom Fusco swam 50 Free, 50 Back, 100 IM, 200 Back and 200 Fly.
Doug Messineo swam 50 Free, 100 Breast and 100 IM.
Matt Fair swam 50 Free, 50 Back and 200 Free.
Alicia Welch swam 50 Free, 50 Back and 100 IM.
Bob Brubaker swam 50 Back, 100 Breast and 100 IM.

We enjoyed it and look forward to attending more meets.

SOUTHWEST SWIM MASTERS

Bonita Springs
Barbara Green swsm1@aol.com

We don't make it to many meets. However, two of our men, Bud Vogel (70-74) and Al Dalton (75-59), were joined by two of our ladies, Coach Alice Lawrence and Barbara Green (60-64) at the St. Pete Meet in April. Alice and Barbara earned High Point towels which they are proudly showing off here. ☺



We all had a good time!



SPACE COAST MASTERS

Cocoa-Cocoa Beach
Tina DeSalvo LtToot@aol.com

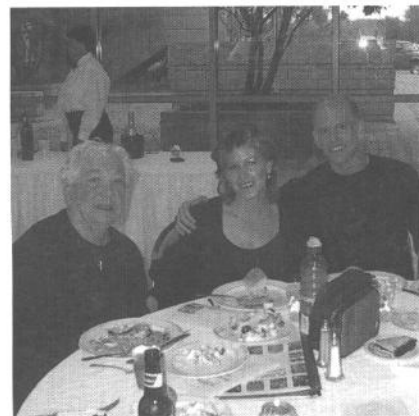
Greetings from the Space Coast! We brought in the New Year with a brand new set of officers. Carl Finney, former VP, takes over as President for Pete Turner. Mike Marcy is the new VP. Carolyn Malac continues as Registrar/Treasurer as does Tina DeSalvo and Angie Sinacore in the Newsletter/Secretary position. Our swimmer of the year award went to Lee Nessel, Hall of Fame went to Bob Sigersmith, and our most improved swimmer was Carolyn Malac.

SPCO masters had 3 swimmers with top ten times for the 2001 SCM season. Tom Bliss had 6 top ten swims with a first in the 400 IM. He also swam a second, third, fifth, eighth, and tenth place finish. Al Chipman swam a top ten time in the 200 breast, while Al Rogerson had 2 top ten times in his 400 and 200 IMs.

Despite heater problems at our home pool, Space Coast managed to post 9 entries in this years One Hour Postal swim. We also entered one relay in the 65+ category. For the ladies, Karen Halford, Martha Henderson and Bunny Cederlund swam. Bunny beat last year's

results by 126 yards, completing 2816 yards. Tom Bliss had the team's top swim of 4729 yards. Sam Fadullon, Carl Finney, Dick Van Horn, Howard Peterson and Lester Bell also logged a lot of laps. All swimmers swam at the Brevard Community College pool, with the help of the BCC age group team members who worked as timers and lap counters.

Four SPCO masters traveled to Clearwater in February for the CAT Masters Valentines Meet. Bunny Cederlund and Tom Bliss both won high point honors in their age groups. In addition, Bunny, who placed first in all 8 of her events, set National records in the 50, 100 and 200 yd back and Dixie Zone Records in her other 5 swims! Lester Bell and Al Chipman also competed. After the swim they enjoyed the 1st Annual Awards Banquet.



Our very active senior members have been doing well in the Senior Games. Seven of our swimmers competed in the Senior meet at Kissimmee. Dave Thomas won his 50 fly event despite some technical difficulties. His cap came down and completely covered his goggles on the dive. He swam the entire event without being able to see - bouncing off the lane lines from side to side. Lester Bell and Bunny Cederlund both took all first places in their 80-84 age groups, as did Dick Robecki in the 70-74 age group. Richard Van Horn, Al Rogerson, and Bob Sigersmith all had first or second place finishes in all of their events.

Bob Sigersmith also attended the Senior State Championships in Lakeland. He swam for gold in 3 events, and silver in three. Al Chipman attended the World Senior Games in St. George, Utah last October. He was one of only two Florida

STANTON C. CRAIGE MEMORIAL SWIM MEET
The IRCC Masters Ninth Annual Sanction # 142-008

- Sponsor:** IRCC Master Swim Team/IRCC Foundation, INC./Indian River Community College
- Date & Time:** Warm up begins at 8:00 a.m. on Saturday. The 1000 begins at 9:00 a.m. Other events will begins no earlier than 11:00 a.m. The will be swum slowest to fastest. Check in and warm up begins at 8:00 a.m. on Sunday and the 1st heat at 9:00 a.m.
- Facility:** The Indian River Community College Anne Wilder Aquatic Center will be used for this meet. The pool is a 50-meter by 25-yard pool. The 8-lane or 6-lane 25-yard pool that is 5 feet deep will be used for competition depending on meet size. A 25 yard by 4 feet deep part of the pool will be used for warm-up and warm-down. Colorado timing will be used for record certification.
- Eligibility:** This meet is open to all swimmers 19 years old of age and older as of May 18, 2002 and are registered with USMS, Inc. Non-US citizens should have a letter of introduction from their own swimming association.
- Entries & Fees:** Swimmers must pre-enter by mail. **Entry must be received by May 13, 2002.** Competitors may enter a maximum of five individual events per day. Each entry must be submitted on the entry form with your name, club, age, event description, events number, USMS registration number and seed time. Please be sure this information is filled out, the waiver signed, and a copy of USMS registration form. The entry fees are \$2.50 per individual event, \$4 per relay team and a \$10 surcharge to cover the electronic timing system. Please make checks payable to IRCC Masters Swim Team. Entries should be mailed to:

Don Sonia Masters Swim Coach.
Indian River Community College
3209 Virginia Ave.; Box 117.
Ft Pierce, Florida 34981-5599.

To be received by May 13, 2002

On-Line entry information will appear at
www.dixiezone.org (click on meets)

Anne Wilder Aquatic Center. Take Hwy. 70 exit off the Florida Turnpike or I-95 and go east. IRCC campus is on the right side of the road. Use the second entrance to the campus parking lot. Signs will be posted to help find the pool.

Awards: Top 6 swimmers in each event and age group will receive awards. Winners in each event will receive one of the specially struck medals created for this meet. High point awards for men and women and combined team awards for 1st, 2nd & 3rd will be given. The **Anne Wilder Award for Swimming Excellence** will be awarded. Before the meet, the official's will randomly selected one event, age bracket, and gender. The winner of that event will receive a \$200 award.

SATURDAY 5/18/02

W/M	
1/2	1000 Freestyle
3/4	200 Medley Relay (Mixed #5)
7/8	50 Butterfly
9/10	200 Freestyle
11/12	200 Breaststroke
13/14	50 Freestyle
15/16	100 Butterfly
17/18	200 Backstroke
19/20	50 Breaststroke
21/22	400 Free Relay (Mixed #23)
25/26	400 IM

SUNDAY 5/19/02

W/M	
27/28	400 Medley Relay (Mixed #29)
31/32	200 IM
33/34	50 Backstroke
35/36	100 Breaststroke
37/38	100 Freestyle
39/40	200 Butterfly
41/42	100 Backstroke
43/44	100 IM
45/46	200 Free Relay (Mixed #47)
49/50	500 Freestyle

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 = \$ _____
 Results mailed @ \$5.00 = \$ _____

ATTACH A COPY OF YOUR
 CURRENT USMS CARD HERE.

BE SURE TO SIGN AND DATE
 THE ENTRY FORM.

TOTAL ENCLOSED = \$ _____

Make check payable to **IRCC Masters Swim Team**

swimmers, with a field of 300 swimmers from as far as the Ukraine. Al swam the maximum of 9 events, in which he placed 1 first, 3 seconds, and 3 thirds.



ST PETE MASTERS

St. Petersburg
Chris Swanson
ctswanson@yahoo.com

We won the Valentine's Meet Team Competition with 1541 points thanks to our many relays. Congratulations to Rebecca Trompke, Allison Beebe, Charlotte Peterson, JoAnn Harrelson and Thomas Smith who won 1st place in High Points.



At the 1st Annual Awards Dinner, Maud Orlando received a Special Service Award. Konrad Euler, JoAnn Harrelson, Livia

Zien and William Specht were awarded Top Swimmer recognitions.

SPM hosted its 32nd Annual SCY Meet at North Shore Pool, April 5-7. 324 swimmers entered the meet and had almost perfect weather for the 3 day event. Meet Director, Nancy Eaddy, once again did an outstanding job to ensure an efficient, smooth-running meet. First year coach, Stephanie Lee, also did an outstanding job as she got 75 SPM swimmers of all ages to swim one or more events enabling St. Pete to win the meet with a total of 2667 points. The winning visiting team was SWIM Florida which scored 1312 points. The 2nd place visiting team, Holmes Lumber Jax, scored 954.50 points. Coming in 3rd in the visiting team scoring was Florida Maverick Masters with 869 points.

Remember to mark July 12-14 on your calendar. These are the dates for St. Pete's LCM Championship. We look forward to seeing each of you at our summer meet.



Sarasota - Ft. Myers
Chris Gilligan
h2ogill@comcast.net

We went to the Dixie Zone Championship in February and placed 4th in Team Competition with 892 points. In High Points, James Redic won 1st, Jan Soderstom 2nd, Sandra Buckingham placed 2nd, Chris Gilligan 3rd, Robert Howelles 3rd, Dean Michinson 3rd and Dren Greer 3rd. Other point earners included Adrienne Seal, Holly Item, Minahin Thompson, Deb Walker, Carol Ward, Sylvia Eisele, Rick Hall, Kent Ley, Michael Verwest, Thomas Schwartz, Allan Murray, Robert Davie, Rick Walker, Rudy Vazmina, Jerry O'Connel, Mark Keller and Roy Ingham.

Afterwards we enjoyed ourselves at the Awards Dinner Banquet!



Tampa
Michael Scott flmantpa@aol.com

We went to the Dixie Zone Championships in Feb. at the Long Center in Clearwater. Our Clearwater gang consisted of:

19-24: Ruth Slusser, Allison Ferrebee, Maryruth and Erin Hugney
25-29: Holly Petrak and David Maddux
30-34: Cynthia Hahn and Thomas Parry
35-39: Merit Greaves, Carol Carter, Maureen Jones, Caryl Albergo, Heidi Maurer, Becky Nelson, Brian Starford and Joe Solak
40-44: Lisa Sinclair, Ann Von Spiegelfeld, Lane Hudson, Michael Scott, Mark Calvert and Joe Docobo
45-49: Susan Curtin, Lyn Heinz, Carl Hawkins and Timothy Curtin
50-54: Dave Naffziger, Anders Bastman, Timothy Carroll and Al Von Spiegelfeld

55-59: Janet Thompson, Stephen Holcomb, Bob Webster and Walter Ellis
Thanks to you all, we placed 3rd in the overall team competition!

TAMPA TARPONS MASTERS

Tampa
Bret Hamlin
Bhamlin@KWLAW.com

The Tampa Tarpons had a busy and productive winter, focusing on training for the St. Pete Masters meet held April 5th -7th.



Many new members swam their first meet there and veteran Tarpons recorded fast times, including Coach Bret Hamlin, Hank Robinson, Nathaniel Waring, Mandy Zipf in the 100 free, and Paula Boyle's age group win in the 1650. Ryan McKeever got special recognition for completing the 400 IM, during which he stopped to ask the timer for directions after his goggles leaked. In addition to training for the St. Pete meet, the Tarpons welcomed some new swimmers and enjoyed monthly team dinners. Recently, one team dinner was combined with a presentation by Joe Noel, physical therapist for USMS, who discussed shoulder strength and injury prevention.

WEST FLORIDA LIGHTENING MASTERS

Largo
Adam Graetz
triguygraetz@earthlink.net

I hope that everyone is in good health and ready for the nice WARM summer we are about to get. Since it is summer it is long course time also. I would like to congratulate a few of our swimmers on some very good results.

Annual St. Pete Masters Long Course Championships

July 12 – 14, 2002 ~~ Hosted by St. Pete Masters ~~ Sanction #: 142-011

DATE & TIME: Friday, July 12th Warm-up: 4:30PM, Start: 5:00 PM Saturday, July 13th Warm-up: 8:00 AM Start: 9:00 AM Sunday, July 14th Warm-up: 8:00 AM Start: 9:00 AM. Check-in required for 1500 m Free, 400 m. Free and 400 m. IM
 All events will be timed finals. The **1500 Free** will be seeded **SLOWEST to FASTEST** with possible exceptions to be made as required to fill heats on Friday evening. Splits for the 800 m. Free will be submitted provided an automated time is recorded and the 1500 m. Free event is completed. The ****400 Free & 400 IM** will be seeded **FASTEST to SLOWEST**. **All other events** will be seeded **SLOWEST to FASTEST**.

FACILITY: North Shore Pool is located at 901 North Shore Drive in St. Petersburg, FL. Eight lanes will be seeded for events. Colorado Timing with touch pads will be utilized with back-up watches for all events.

ELIGIBILITY: Open to all MASTERS, age 19 (as of 12/31/2002) 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-entry by mail. Swimmers may enter **five (5) individual events** per day **PLUS relays**. The entry fee is **\$2.50 per individual event**, \$5.00 per relay team and a **\$10 meet surcharge** for all swimmers. Enclose a SASE if you wish confirmation that your entry was received. Entries should be mailed to: Christine Swanson
 Questions? Contact: Christine Swanson 2536 Maryland Avenue
 Phone/Fax: (813) 254-4514 Tampa, FL 33629-6233
 E-mail: ctswanson@yahoo.com **Check payable to: ST PETE MASTERS**

RELAYS: Relays will be deck entered and seeded a half hour prior to each race. All relay swimmers must be registered for the meet. The meet will break prior to the start of relays events.

DEADLINE: In order to avoid a late fee, meet entries **MUST be RECEIVED by Tuesday, July 2, 2002**. Late entries received by phone, fax or e-mail will be accepted with an additional **\$5.00 fee** until Friday, July 5th. If unable to attend, contact Chris Swanson at (813) 254-4514 by Thursday, July 11th and your money will be refunded in full.

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

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

FRIDAY, July 12, 2002	SATURDAY, July 13, 2002	SUNDAY, July 14, 2002
1/2 1500 m. Free* (mixed seeding by entry time) 800 m. Free split will be submitted for Top 10 consideration provided the competitor records and 800 m. split and completes the 1500 m Free	3/4 200 m. Back 5/6 50 m. Fly 7/8 100 m. Breast 9/10 200 m. Medley Relay 11/12 200 m. Fly 13/14 50 m. Back 15/16 200 m. IM 17/18 100 m. Free 19/20 200 m. Mxd Medley Relay 21/22 400 m. Free*	23/24 200 m. Free 25/26 50 m. Breast 27/28 100 m. Fly 29/30 200 m. Free Relay 31/32 100 m. Back 33/34 200 m. Breast 35/36 50 m. Free 37/38 200 m. Mxd Free Relay 39/40 400 m. IM*

**The 400 Free and 400 IM will be seeded FASTEST to SLOWEST
 Breaks will be scheduled around the RELAYS**

~~~~~ Information below this line **MUST** be attached to the Consolidated Entry Form ~~~~~

**Make CHECK payable to: St. Pete Masters and mail to Chris Swanson -- 2536 Maryland Ave, Tampa FL 33629-6233  
 No later than Tuesday, July 2nd**

**Meet Entry Fees:**  
 Meet Surcharge: \$10.00  
 Individual Events: \_\_\_\_\_ x \$2.50 = \_\_\_\_\_  
 # of events  
 LATE FEE (after July 2<sup>nd</sup>) is \$5.00 \_\_\_\_\_  
 Results \_\_\_\_\_ x \$5.00 = \_\_\_\_\_  
 (free to team rep)  
**TOTAL ENTRY FEE** \_\_\_\_\_

**ATTACH COPY OF USMS CARD HERE**

We would like to say, "Way to go!" to Cindy, Mark and Mike. Mark and Mike raced a very tough Great Clermont Triathlon and both did very well. Mark was 2<sup>nd</sup> in his age group, and first out of the water.



Cindy swam at the St. Pete meet and won the mile, 500 free and High Points.

Good luck to everyone this LC season and if anyone wants to stop by we are at Southwest Pool in Largo. Practice times are M,W,F 5 -6:30 am and M,Tu,Th 6:30-8pm. We would love to see some of you out there.

## WINTER HAVEN MASTERS Winter Haven



Brian Voisard is on a streak. He swam at the Valentine's Meet in February and the St. Pete Meet in April. Brian is all smiles as pictured here with his coach who said that Brian did very well for his second and third meet ever. Keep it up, Brian!

I have enjoyed compiling this issue of the *FL LMSC Newsletter* because so many team reps have sent me articles AND pictures!

By popular request, we have included a FL Consolidated Entry Form. I hope that you will find much use for it (and don't forget to make a copy of it). ☺

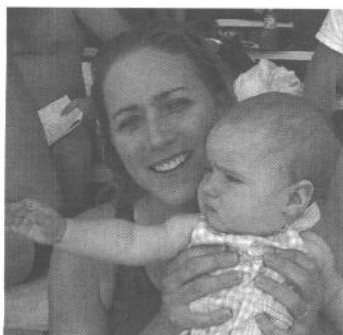


**August  
issue's  
deadline:  
10 July 02**

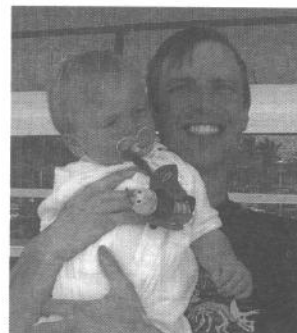
Please  
send your  
text and  
pictures  
to  
gertraudp@  
msn.com

## MY FAVORITE WORKOUT

By Michelle and Kenneth



Michelle DiGiacomo (SWIM FL) brought her daughter along to the St. Pete Meet in April and revealed to us a little bit of her favorite swimming routine:  
Swimming 20 x 100 IM + Free alternating is what I like best.  
Then you can do a warm-up and cool-down of your choice.



Kenneth Iczkowski (300 Club) had his little fan along at the St. Pete Meet. Here is his favorite routine which he combined from three different workouts:  
Warm-up: 200 kick, 200 pull, 200 Free swim.  
6 x 50 drills (catch-up, fingertip drag or closed fist)  
2 x 200 IM kick  
Main Set: 50 fly - 100 Back - 100 Breast - 100 Free  
100 fly - 50 Back - 100 Breast - 100 Free  
100 fly - 100 Back - 50 Breast - 100 Free  
100 fly - 100 Back - 100 Breast - 50 Free  
4 x 50 Free; counting strokes per lap; on 1:00  
8 x 50 Free sprints; 4 on :50, 4 on :45  
Warm-down of your choice

**Note:** Remember that when you try these workouts not to overwork yourself and that you try them on your own volition.

USMS website  
<http://www.usms.org/>

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

FL LMSC website  
<http://home.att.net/~floridalmssc/>

## Florida LMSC CONSOLIDATED ENTRY CARD

Name \_\_\_\_\_  male  female USMS # \_\_\_\_\_

Birthday \_\_\_/\_\_\_/\_\_\_ \*Age \_\_\_\_\_ \*your age for SCY is the last day of meet; your age for LCM and SCM is your age on December 31

Club \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_ e-mail \_\_\_\_\_

| Event No. | FREE (seed time) | Event no. | BACK (seed time) | Event no. | BREAST (seed time) | Event no. | FLY (seed time) | Event no. | IM (seed time) |
|-----------|------------------|-----------|------------------|-----------|--------------------|-----------|-----------------|-----------|----------------|
| ____      | 50<br>:____      | ____      | 50<br>:____      | ____      | 50<br>:____        | ____      | 50<br>:____     | ____      | 100<br>:____   |
| ____      | 100<br>:____     | ____      | 100<br>:____     | ____      | 100<br>:____       | ____      | 100<br>:____    | ____      | 200<br>:____   |
| ____      | 200<br>:____     | ____      | 200<br>:____     | ____      | 200<br>:____       | ____      | 200<br>:____    | ____      | 400<br>:____   |

|                    |                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                   |
|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
| 400/500<br>:____   | MEET: _____<br>LOCATION: _____<br>DATE: _____                                                                                                                                                                                                                                                                                                                                                                                               | Office Use Only<br>Amt. Rec'd _____<br>Date _____ |
| 800/1000<br>:____  | <b>Attach the entry form tab from the bottom of the information page in the space below!</b>                                                                                                                                                                                                                                                                                                                                                |                                                   |
| 1500/1650<br>:____ | Read the information sheet carefully. Make your check payable as shown on the information sheet and mail it to the address shown there. All Masters swimmers may be asked to show their USMS cards, if requested, at the meet. Incomplete entries (no fee, no copy of USMS card, incomplete entry card) or late entries (post-marked/received after the deadline) <b>MAY BE REJECTED!</b> No time (NT) entries will <b>NOT BE ACCEPTED!</b> |                                                   |

**Signature on this form is REQUIRED! Be sure a copy of your USMS card is attached below!**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide and be governed by the rules of USMS. (see Rule Book Article 203.1)

PLEASE SIGN AND DATE \_\_\_\_\_

Complete and detach the entry form tab from the information page  
and tape it in this box

Be sure that a copy of your current USMS registration card  
is attached to the entry form tab!

# FLORIDA

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

PRE-SORTED  
U.S. POSTAGE  
PAID  
COLOR PRINT  
33756

..l



## ASK THE SWIM DOCTOR

**Question:** I have been diagnosed with high blood pressure (hypertension). What problems would I have with training and competing in Masters swimming and how can I overcome this challenge?

**Answer:** Aerobic swim training is one of the better exercise programs for hyper-tension. A warm up and cool down is important in your training. Monitor your own blood pressure regularly and figure out your stress areas and strive to reduce them. Talk to your physician if medication is necessary to help control your levels. The ace inhibitors won't interfere with your performance as much as the beta blockers. I speak from experience. Halfway through my morning workout on April 1, 2002, my left arm became numb. (At first, I thought it was a pinched nerve from my shoulder surgery.) Shortly afterwards, my entire left side became numb. I immediately recognized the stroke symptoms and got out of the pool. While changing, I told a guard that I was having problems and he should call 911. I had no other symptoms other than my numb left side.

My history showed that while monitoring my blood pressure (BP) several weeks before, I had highs in the 180/95 range. A CAT scan in the emergency room revealed a cerebral hemorrhage, resulting from this high BP. Further tests excluded other problems, like clogged arteries. During my three days in the hospital, I had another CAT scan, an EEG and was carefully monitored. My neurologist released me with BP medication to ensure keeping my BP under 140/90, with regular monitoring at home. My prognosis is that I will have a full recovery, with no permanent damage. I cannot train or compete for 6-8 weeks. After 1 1/2 weeks, my numbness is less than 40%. My body will gradually reabsorb the blood that caused the temporary insult to the sensory section of my brain.

Many CVA's (cerebral vascular accidents) are caused by a clot that restricts the blood flow, causing local pressures to build up. If your physician believes you are at risk for clotting problems, he will recommend BP medication, plus additional medication for other specific problems.

I was lucky with the minor stroke that I experienced. This is a wake up call to me, and also to some reading this column. The stress in my life resulted from the city restricting our team's time at our pool. I am working to conquer this challenge, as my philosophy follows that of the former Olympic Coach, James "Doc" Counsilman. He felt that it is more important to find ways to ENCOURAGE swimming for health, fitness and competition than to include needless RESTRICTIONS which hinder the motivation and goals of swimmers.

The positive for the Master swimmer is that a trained, healthy life style will help you survive many problems you will face in the future. All the medics that talked to me at the hospital conveyed to me that I was the best trained 77 year old they had seen. This will enable me to return to competition with a full recovery.

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