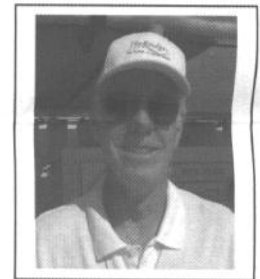


FLORIDA

NEWSLETTER



Vol. XIX No. 3
Local Masters Swimming Committee, Inc.
August 2002

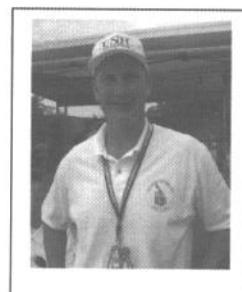
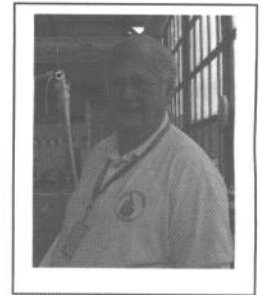


Inside This Issue

"Special Thanks to Our Officials"



- Letter from the President
- News from around the LMSC
- Rule Change
- Calendar of Upcoming Events
- My Favorite Workout
- and much more...



CALENDAR OF EVENTS

by Christine Swanson

ctswanson@yahoo.com

POOL EVENTS

Aug 15-18

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

Aug 17

Dog Day Invitational - Pensacola, FL. SCY; Dotty Whitcomb, whitcomb@dotstar.net

Sept 5-8

National LC Masters Meet of Mexico - Monterrey, MX. LCM; Dieter Holtz, dieter.holtz@seminis.com

Sept 15

SPM Dev Meet; SCM. Starts at 9am at the Walter Fuller Pool in St. Petersburg Contact - stpetemasters@yahoo.com

Oct 11-13

Orlando, FL. SCM; Chris Jaffe, c/o YMCA Aquatic Center, 8422 International Dr., Orlando, FL 32819, (407) 363-1911 or (407) 352-1907, chrisjaffe@mindspring.com; Info also at www.floridalmcsc.org Sanctioned by FL LMSC

Oct 26

Oviedo Creepy Crawler Dev Meet Contact Trice Guislinger at mguislinge@cfl.rr.com

Oct 27

Senior Games Meet at the O'Connell Center Pool in Gainesville, FL. Contact Jack Hughes at hughes@gsoc.com

Nov 2-3

Dixie Zone SCM Champs - Anderson, SC. SCM; Steve Wycoff, Anderson Swim Centers, 1115 Cornelia Rd, Anderson, SC 29621, 864-260-5170 (w), 864-225-6447 (h), wycoff@carol.net; Entry form at home.att.net/~dixiezone/Meets/TGM0602entry.pdf;

home.att.net/~dixiezone/Meets/Info_Anderperson.pdf; Sanctioned by SC LMSC #552-005; Entry Deadline 10/21/2002

Nov 3

SPM Dev Meet; SCM. Walter Fuller Pool in St. Petersburg. 9:00am Start. Contact - stpetemasters@yahoo.com

Nov 13

Senior Games Meet at Martin County HS in Stuart, FL. Contact Jesse Moore at jmoore@martin.fl.us

OPEN WATER

Aug 24

XMEN's 2 & 5 Mi Swims - Wrightsville Beach, NC. OW; Alton Boshoff, (919) 233-3861, (919) 233-8909 (fax), altonboshoff@mindspring.com; www.ncmasters.org/forms/13204.pdf; Sanctioned by NC LMSC #132-04; Entry Deadline 8/16/2002

Sept 7

Georgia OW Series Lake Lanier Double-Cross 5K & 2.5K - Buford, GA. OW; Cord-Patrick Kammholz, 6720 Lancaster Cir, Cumming, GA 30040-7343, 770-781-3637, swindynamo@aol.com; www.dynamomasters.com; Sanctioned by GA LMSC #453-OW03

Oct 23-27

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

Nov 24

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

Dec 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.

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; www.usms.org/longdist/ldnats02/5k10kentry.pdf; Entry Deadline 10/10

Sept 1 - Oct 31

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

Sept 1 - Dec 15

2002 Postal Pentathlon. PST; Wayde Mulhern, 570-96th Ln, Blaine, MN 55434, 763-783-1282 (e), Wayde.Mulhern@Unisys.Com; Sprint, Middle, and Ironman distances; www.mn-lmsc.org/pententryform.pdf; Entry Deadline 12/24/2002 (postmark date)

CLINICS

Peak Performance Swim Camps. CLN; Lois Daigneault, Nick Baker, 10097 Cleary Blvd, Suite 215, Plantation, FL 33324, 954-370-2336, 954-370-0006(fax), swim@peakperfswimcamp.com; www.peakperfswimcamp.com; continuous Camps in Ft. Lauderdale, FL

Rowdy Gaines Clinics. CLN; Rob Butcher, 904-738-0620. Continuous clinics; At Your Pool.

NOTE

If you swim outside the FL LMSC and want your times to be recorded, please send the official results as proof to Margie Hutinger (see address in Officer's Section).

Your LMSC Officers & Chairs

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813-655-7648

Dear Florida LMSC Team Member,

Time has truly moved by quickly. They say that the older you get the faster the time goes. Well, I only wish that applied to my swimming as well. The two-year term for your FL LMSC Officers ends this October. At the Orlando meet, which is scheduled for October 11-13th, we will be holding elections on Saturday (12th) following the last event. All team representatives are welcome and will be able to make nominations and vote for the candidates who will fill the various positions. The term for officers is two years and the positions are listed as follows: Chairman, Sanctions, Treasurer, Records/Top Ten, Secretary, Newsletter Editor and Registrar.

The above Officers positions have nominations for each, however an attending team representative may make a nomination from the floor at the October 12th meeting. It is my opinion however that we have a good slate of nominations and I personally recommend each one. Each one has served YOUR FL LMSC in a dedicated fashion for many years and are very qualified for their selected positions.

There are other positions that are filled by appointment of the Chairman and there is an opening for one of these positions. If you would like to know more about the open position please refer to the report that is included by Victor Buehler, the coordinator of the Elections Committee. In his report he also covers all the nominations for the upcoming election.

The St. Petersburg Swim Meet was the site of our most recent LMSC meeting. Once again, Christine Swanson and her comrades put on an excellent meet that ran flawlessly. The meeting was held after the last event on Saturday, July 13th. It was very productive, even though our attendance was down, as we had reports from the committee coordinators. From these reports we were able to better focus on some potential programs that will be initiated in the future. The Survey Results

Committee was given some additional tasks and will report again at the October meeting. In addition, the Audit Committee is still in the process of reviewing our financial books and will provide a final report at our next meeting.

There is a saying that "A chain is only as strong as its weakest link" and for the most part that is true with so many things. Even though our organization doesn't exactly fit this statement there is still some application. For example, the more involved our LMSC members are in effectively serving our program, the stronger our organization will be. It is easy to think that those who are active now, will continue to do a good job. However, things change and people leave and their involvement wanes. Please come and be a vital contributor in this exciting organization so that your valuable input can be utilized. You can make a difference.

Hope to see you at the Orlando Swim Meet and FL LMSC Meeting.

Yours in the Water,



Tom Bliss
FL LMSC Chairman



Send Your
Story to
USMS
Archives

The History & Archives Committee has already collected 272 stories of our top athletes. Still, 309 more stories need to be collected from athletes who have been named USMS All American six or more times. To see the list or the brochure (with guidelines on what to write and where to submit), please go to <http://www.swimgold.org/zone/>

THANKS!



TOP TEN AND RECORDS REPORT

by Margie Hutinger

The list of meets that I submitted for Top Ten included four senior meets (Gainesville, Stuart, State Championships and Polk Co.), two development meets at St. Pete, two requested USA meets, three large meets (CATM, SPM & IRCC) and relays and splits requested from Y Nationals. In addition, for the FL Top 5 and records, I added Sr. Nationals (28 best swims); request for Charlottesville, NC (6 best swims); YMCA Nationals (340 best swims) and SCY Nationals (93 best swims). The USMS Top Ten booklet will be published in August.

I feel it is important to recognize the swimmers' best efforts, so I utilized my extra volunteer hours to include the three National meets. I wasn't able to include any record updates in recent LMSC newsletters, so I posted ALL the FL LMSC records (SCY, LCM, SCM, One Hour Postal and 5K/10K) at the St. Pete, July meet. As this was the only FL LMSC large meet this summer, it provided an excellent opportunity for swimmers to view their accomplishments and set goals for upcoming courses, an essential aspect of a competitive program. I was disappointed that my efforts to acknowledge the outstanding FL LMSC swimmers were negated when this bulletin board was selected, in lieu of other empty walls, to post the final results. To insure that this will not be repeated, the Florida Mavericks will donate a portable display which will be available at future meets.

Included in this issue are the SCM and One Hour Postal records. Gertie Perry (DST) once again receives the animal award for swimming all 18 SCM events (she did the same last year in SCY). She included a trip to Coral Springs to achieve her goal. Fifty-one individual women's and 7 relay records were broken, 58 individual men's and 4 relay records, plus 4 mixed relay records. It was good to see Rogers Holmes (HLJ) back in the water at the

Orlando meet, where he broke records in all 10 events. Cathy Shonkwiler (ORLM) set the pace for the women, with 9 records.

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.

ONE HOUR POSTAL (as of 1/31/02) WOMEN

19-24	5050	S Brownstein	SPM-89
25-29	5025	Lisa Summers	SPM-97
30-34	4865	Karen Sadler	BRAT-97
35-39	5025	C Shonkwiler	ORLM-97
40-44	4805	Wanda Brown	BRAT-98
45-49	4550	Jo Harrelson	SPM-02
50-54	4205	E Bromwich	SPM-95
55-59	4180	E Bromwich	SPM-98
60-64	3810	Jayne Lambke	SPM-00
65-69	3430	J Campbell	CATM-99
70-74	3210	N Durstein	CATM-01
75-79	3050	B Cederlund	SPCO-97
80-84	2815	B Cederlund	SPCO-02

MEN

19-24	4990	R Woodruff	GSC-01
25-29	5600	J Sakovich	CATM-97
30-34	5420	Wm Specht	SPM-93
35-39	5435	Wm Specht	SPM-95
40-44	5105	Tim Kennedy	SPM-98
45-49	5150	Tim Kennedy	SPM-02
50-54	5090	Rick Walker	SWIM-01
55-59	4450	T Mahaffy	HLJ-91
60-64	4125	D DeGroot	SPM-90
65-69	3890	Dren Geer	SWIM-01
70-74	4085	Robert Beach	SPM-02
75-79	3290	J Johnston	SPM-90
80-84	2795	Fred Walbolt	SPM-94
85-89	2622	D Malbrough	FMM-00
90-94	1600	Art Holden	FMM-02

WOMEN'S RELAYS

19+	14190	Kaleel, M Lambke S Brownstein	SPM-91
25+	13500	Holderman, Miller Bowen	HLJ-93
35+	13740	Nauta, Harrelson Orlando	SPM-99
45+	12970	Harrelson, Geiger Stoddard	SPM-02
55+	11530	K-Perry, Bromwich Lambke	SPM-99
65+	9640	Yungert, Durstein Campbell	CATM-97

75+ 6625 Reynolds, Hughes
Zint FMM-02

MEN'S RELAYS

19+	13110	Haraminac, Maestre Shinneman	CATM-94
25+	15730	Specht, Peters Woodruff	SPM-93
35+	15200	Kennedy, Atkins Specht	SPM-96
45+	13675	Bastie, Stephens Pyhel	SPM-97
55+	12785	Mahaffy, T Koenig Jones	HLJ-92
65+	11555	Beach, Euler Kohnken	SPM-02
75+	9165	Walbolt, Johnston Mitchell	SPM-91
85+	6235	McCullough, Holden Malbrough	FMM-01

MIXED RELAYS

19+	18605	Poppell, Bowen Emery, Krebs	HLJ-94
25+	19080	Kyle, Swanson Specht, Peters	SPM-93
35+	19380	Kaleel, Harrelson Specht, Kennedy	SPM-96
45+	18685	Kennedy, Davis Harrelson, Geiger	SPM-02
55+	16015	Bromwich, Lambke Betzer, Euler	SPM-99
65+	14035	B Atwood, K-Perry Beach, Euler	SPM-02
75+	10105	P Hutinger, Kenner J Kurtzman, Olsen	FMM-02

NEW WEB SITE ADDRESS

To get to the Florida LMSC site, just type <http://www.floridalmisc.org>

A link to all Florida LMSC swimmers who've made the USMS Top 10 lists in SCY, LCM, or SCM since 1993, with their events and times arranged by year, is now on the Records page of the LMSC web site at <http://www.floridalmisc.org/Records.html>.

Also, a link to USMS All-American histories for all Florida LMSC swimmers is on the same page.

Happy browsing from your Web Master!

NEWS FROM AROUND THE LMSC

BLUE WAVE MASTERS

Brandon



Sue Moucha received the **Swimming Excellence Award** at the Brandon Swim and Tennis Club Sports Banquet. The Dinner recognized

outstanding Athletes from Diving, Swimming and Gymnastics. The Swimming Award was based on Sue's Paralympic/Masters performances.

Sue didn't stop there. She was later featured on WTSP Sports and swam in the Clearwater Beach Patrol 1-mile open water win at the end of June.

In July, Elaine Smith, Becky Haldeman and Sue Moucha attended the SPM LCM July meet. Sue (40-44) received 2nd place in High Points!



CAT MASTERS

Clearwater

Joan Campbell

jcampb10@tampabay.rr.com

<http://www.clearwateraquatics.com>

Since the last newsletter, CATM has been busy on many fronts. The Indian River meet was attended by Bob Lavature (recently reaching the ripe age of 80 years young) where he took 2nd in the 50 free and 200 breast and 50 breast. Alex Ramirez Miller came in 1st in the 200 back and 2nd in the 50, 200 and 100 free.

The 2.4 Hurricane swim at St Pete saw ideal conditions for championship swims by Nancy Durstein and Kim Thinel, with Elliott Schofield, age 80 and former All-American in open water swims, trying out his bionic hips - they worked.

Don Puchalski and Joan Campbell traveled to Hawaii for the USMS SCY Nationals. Joan captured the gold in the 1650 free and 200 back, silver in the 500 free and bronze in the 200 fly, 200 IM and 200 free. Don took the bronze in the 50 breast, 4th in the 200 breast, 5th in the 50 back, 100 breast and 100 IM, 8th in the 200 IM - great showing in the highly competitive 60-64 age group!

Open water swims in June saw Seth Kimball placing well in the Family Fitness Triathlon and Nancy Durstein, Elliott Schofield and Lois Naderi winning their age groups in the Clearwater Beach Mile Swim. Seth placed second in his age group and overall!!

The St Pete Long Course Championships set the pace for a good group of CATM. The group took 3rd place visiting team honors with 670 points; women 2nd and men 5th (visiting team). High point awards were: Karen Gardner (1), Nancy Durstein (1), Joan Campbell (2), Alex Ramirez-Miller (3), Elliott Schofield (1) and Bob Lavature (3). Good effort by all!! Results of all the great swims are posted on the web site.

Our new Web site is up and running smoothly thanks to help from Dick Brewer and the CAT team.

Top Ten preliminary times are out and Don Puchalski is listed 7 times, Joan Campbell in 11 events and Nancy Durstein in 10 events. Not too shabby!! Joan, Elliott Schofield, Alex Ramirez-Miller and Bob Lavature are off to Cleveland for the USMS Long Course Nationals in August. Good luck to all! Coach Joe Biondi is off to the ASCA World Clinic in Las Vegas in September, the first ASCA Convention to include Masters. I'm sure

he'll come back with some great innovations for us, which he'll share with the rest of the LMSC.

Last but not least - plan on February 8th and 9th, 2003 for our Annual Valentine's Meet!!



DIANETICS SWIM TEAM

Clearwater

Kitty Magness

kitty.magness@verizon.net

The Animal Award given to Gertie by Margie is appropriate - especially this month. In June, she participated in a one-month long triathlon competition called TRI-ING TIMES. Goal? To complete as many Olympic-sized Triathlons (1.5 km swim/10 km run / 40 km bike) as possible in that month. The championship would go to the man or woman who completed the most. 13 men and 3 women from across the US entered the competition. Gertie did the dare and completed 30 triathlons by swimming over 45 km, running over 300 km and biking over 1200 km.

Needless to say, she won -- by 7 triathlons!

You can find other Long Distance competitions (not USMS sanctioned) at www.swimmingcommunity.com

FLORIDA FIRST COAST Y MASTERS

Ponte Vedra Beach

Gregg Achatz

gregory.achatz@ipaper.com

The Ponte Vedra Hippos, aka Florida First Coast Y Masters, are alive and well and enjoying the summer. The team, coming off a positive experience at the Y Nationals in April, continues to train

together six days per week.

We were represented at the Y Nationals by Jennifer Gorman, Pat Brink, Sara Riley, John Walsh, Gregg Achatz, and Chris Riley. It was Jennifer's first time to experience a swim meet; Pat recorded a personal best in the 100 IM; Sara, John and Gregg all placed in events in which they swam; and Chris, who could only stay one day, provided a key performance on the 3rd leg of the mixed free relay. Other team members Robert Leapley and Cecilia Collins were unable to attend the meet because of schedule conflicts, and new teammate Sam Gilson only joined us after the meet.

Some members of the team are training for various open water swims this summer in Florida and California, while others are keeping to a regular training schedule to stay fit. Even the presence of a four-foot alligator, who elected to jump in the pool and work out with the team one June morning, couldn't deter us from our regular regimen!

We considered changing our name to the Ponte Vedra Orphans after our coach resigned, but instead have taken matters into hand and are writing our own workouts until a new coach is appointed.

Above it all, we continue to have fun and look forward to each other's company in the pre-dawn glow of the Winston YMCA pool in beautiful Ponte Vedra Beach.

annual Spring Awards. Forty swimmers, including 24 All-Americans, were recognized for their Top Ten achievements in 2001. Individual All-Americans included Florence Carr, Ann Champ, Peggy Hughes, Paul Hutinger, Regan Kenner, Joseph Kurtzman, Don McCullough, Frank Starr, Jean Troy and Gertrud Zint. Relay All-Americans were Brud Cleaveland, Stephen Everhart, Art Holden, Margie Hutinger, Amar Lathi, Robert MacDonald, Alan Maloney, Gladys Olsen, June Reynolds, Kay Schimpf, Charles Schlegel, Frank Tillotson, Patricia Tullman and Robert Williams.

Receiving Top Ten honors were Patricia Bond, Edward and Mary Fulmer, Margaret Homans, Ruth Hoskinson, Aaron Kurtzman, Elmer Luke, James Pitts, Doris Prokopi, Mary Jane Schafer and Charles Weatherbee. Relay Top Ten swimmers were Chuck Hutinger, Andrew Kurtzman, Patricia Paintner, Ruth Thompson and Flavia Zappa.

Special Coaches Awards:

Outstanding female--Florence Carr
Outstanding male--E Don McCullough
Dave Malbrough Long Distance Award--Peggy Hughes
Fitness--Niela Eliason
Most Improved--Flavia Zappa
The Elmer Luke Award for overcoming adversity, was presented to Margie Hutinger, for overcoming a severe concussion, a broken neck and three months in a halo. She continues training and competing in spite of her limited performance capability.

SCY Nationals in Honolulu

Two Mavericks were among the 1,100 Masters who enjoyed "Hangin' Loose" in Hawaii.

Florence Carr, 75-79, set a National record in the 50 free, by lowering her record of 34.78 to an amazing 34.10. Her other wins came in the 100 and 200 free, 50 breast, 50 fly and 100 Individual Medley. In the May/June issue of SWIM Magazine, Carr was featured as one of the six fastest women in 2001. The USMS President presented her with a trophy to recognize her outstanding accomplishments. James Christie, 30-34, competing in only his 2nd Masters

meet, placed 7th in the 50 back.

St. Pete Masters LC Championships

On July 12-14, seventeen Mavericks competed at the meet in St. Pete.



One of the highlights was the National record swim of our women's relay team in the 320+ age group (above). Kay Schimpf, Gertrud Zint, June Reynolds and Florence Carr swam the relay in 3:46.42 (which eclipsed the old record of 3:49.73). Another highlight was that we outswam the other 23 visiting teams to capture the women's, men's and combined division titles! The award was a donation to a charity of choice and we selected a memorial scholarship to benefit the Asphalt Green Youth Swim Program, in memory of two Masters swimmers who were killed in the twin towers on 9/11.

High point winners included Jean Allen, Patricia Tullman, Reynolds, Zint, Matt Watkins, Frank Tillotson and Robert Williams. 2nd places were earned by Doris Prokopi, Carr, Schimpf and James Browne while 3rd places went to Rosie Vijil, Ruth Hoskinson and Charles Weatherbee. Other point getters included Flavia Zappa, James Christie and Carole Dirksmeyer-Nichols.

2-Mile Cable National Championships

On July 13, Peggy Hughes traveled to Charlottesville, VA to compete in this meet. She won her 80-84 age group, with a winning time of 2 hours, 38 minutes and 46.20 seconds.

July/August SWIM Magazine

Paul Hutinger has achieved almost everything a Masters swimmer could

FLORIDA

MAVERICKS

St. Petersburg
Margie Hutinger
phut@usms.org
<http://www.maverickswim.org>

Maverick Spring Awards

The Mavericks recently held their 5th

ever hope for. He has competed for 62 years, and is the only Masters swimmer to make USMS All-American every year for 30 consecutive years. He has held every backstroke record in every age group from 45-49 through 75-79. One achievement eluding him, until now, was being featured on the cover of SWIM Magazine, swimming his favorite backstroke and proudly displaying his Maverick team colors! The magazine includes an excellent "How They SWIM" feature about Paul. We're proud of you, Coach Paul!

Margie Hutinger
substitute Team Representative

**LAKE COUNTY
AQUATICS MASTERS**
Leesburg
Rene James
coachrene1@aol.com



Lake County Aquatics Masters SwimTeam took four swimmers (above) to the USMS Short Course Nationals in Hawaii and we all had a great time and swam well. Our team finished 15th out of 93 teams in the small team division. Tanya Felton (19-24) was national champion in the 200 free. She placed in the top three in all her events at the meet. She also broke a Florida LMSC record in the 200 IM. Linda Felton (50-54) also had a great meet. She placed in the top ten in all her events except one. Her meet was highlighted by a third place finish in the 50 breast. She swam all best times at the meet. Carol-Ann Hudson (40-44) had her first taste in national competition in Hawaii and placed highest in her favorite events; sixth in the 50 fly and eighth in the 100 fly. Carol-Ann placed in the top 15 in all her events. Rene James (35-39) had her highest place finish in the 200 back in which she finished 13th. We also

placed fourth in the 200 medley relay and fifth in the 200 free relay swimming in the 19+ age group. Besides having a great time at the meet, we made sure to save time to enjoy a trip to Pearl Harbor, a luau, a dinner cruise, a daily trip to Duke's Canoe Club (to eat), the beach, and paddle an outrigger in the surf.

Go Team Waikiki!!!



Merry Minnows
San Carlos Park
Dick Brewer rdbrewer@att.net
<http://merry-minnows.home.att.net>

Our goal of getting 100% of our club to a meet and having a relay was realized at the June 9 Florida Gold Coast Summer Series 1 long course meet at Ft. Lauderdale.

Kathy and Dave Erickson hosted a pre-meet dinner at their house the night before, and the next morning we met in the parking lot of a North Naples Publix to form a mighty three-car caravan with five Masters swimmers and four kids to head across the Everglades.

It was the first meet ever for three of our members and first impressions of the ISHOF pool ranged from, "Those blocks look awfully high" to "My God that water is COLD!" But we all swam our events and we had our relay. We were the only mixed relay in the meet, so we swam in the heat with the GOLD men's relays, and although we finished well, well behind the other teams in the heat, we did finish.

Ironically, if high point visiting team points had been kept, we would have tied for first place with the Maverick Masters. It surely wasn't due to our blazing speed, swimming prowess, and mastery of the water, but more because we were the only visiting club there with enough people to have a relay. Quantity definitely won out over quality. After our last events, we walked to A1A and the beach for a post-meet team and family

lunch at a nice sidewalk cafe.

The best part of the experience was that we all had a great time, we met some wonderful, friendly people from other clubs, and we want to go to more meets that we can attend as a group. We're even thinking of holding our first awards banquet even though we don't have any legitimate awards. But we never pass up an opportunity to get together and eat.



Cocoa-Cocoa Beach
Tina DeSalvo zendes@cfl.rr.com

Bunny Cederlund continues to amaze and impress us all, not only with her phenomenal swimming but her love of travel and adventure. Bunny crossed the world to New Zealand for the 2002 World Championships in Christchurch this past March. She swam 5 events, taking 1st place in all of them. Bunny set 3 **new world records** for women 80-84, breaking her old backstroke records in the 50 (46.39), 100 (1:48.64), and 200 (3:59.73) meter events. She also won the 400 and 800 meter free. Not wasting any time, Bunny then headed to Oahu, Hawaii in May to reset her own **National records** in the 3 backstroke short course events. Bunny also won the 200, 500 and 1000 free. Bunny faced stiff competition in her 200 free event from Rita Simonton, the National record holder. The competition was so heated and Bunny swam so fiercely that she actually broke a finger touching out Rita at the finish. While the injury hasn't hindered her swimming efforts, her golfing has suffered a bit. Bunny and Tom Bliss will be representing SPCO Masters at the Nationals in August in Cleveland.

Back on Florida soil, we have some good swimmers turning in some

excellent times. Swimmers did well at the Stanton Craigie meet at IRCC in May, despite the Sunday rainout. Bob Sigersmith, Rick Orcutt, Tom Bliss, Carl Finney, Herb Delgado and Alene Heuser all competed on Saturday.

The Space Coast contingency for the St Pete meet back in April consisted of Bob Sigersmith, Lester Bell, Al Chipman, Rick Orcutt, Mike Marcy, Tom Bliss, Carl Finney, Lee Nessel and Beth and Cliff Stargardt. New Team members Beth and Cliff only swam on Saturday, but went on Sunday to compete in the Great Clermont Triathlon. In the military divisions, Beth was 3rd for women and Cliff came in 3rd for men. Back at the meet, Tom and Les pulled in high point awards, and Lee took 2nd high point.

At the YMCA Nationals in April, Tom Bliss, Mike Marcy and Lee Nessel had an excellent meet. Lee set a **National meet record** in the 200 free and swam **lifetime best** times in that event as well as the 100 fly. Tom swam his **lifetime best** in the 100 fly, and swam his **best times** in the last 5 years in the 200 IM, 200 Fly, 200 back and 200 breast.

Last but not least, seven swimmers competed in St. Pete July 12-14. Bob Sigersmith, Al Chipman, Cliff Stargardt, Beth Stargardt, and Tom Bliss were all High Point Award winners. Al Rogerson and Lester Bell competed as well.



St. Petersburg

Chris S. ctswanson@yahoo.com
<http://www.stpetemasters.org>

This spring, SPM swimmers took to the open water. This began with entrants in the 24 mile Tampa Bay swim. Konrad

Euler, attempting the distance for the fourth time was successful in the endeavor. Also competing in the race was a 6 person SPM team of: Brian Rimel, Tim Kennedy, Robert Melsom, Jennifer Alger, Christine Forkois and Ed Agnew; and a 3 person team from S. Tampa that included: Laura Kaleel and Christine Swanson.

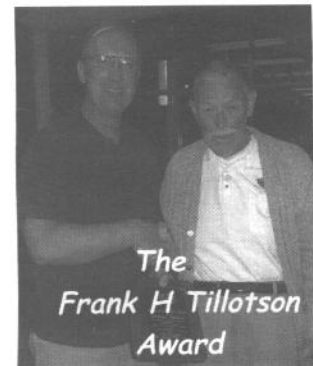
This event was followed a few weeks later by the successful SPA / SPM hosted Hurricane Man 2.4 mile and 1000 along St. Pete and Pass-a-grille Beach. In mid-June, several team members traveled to Clemson, SC, site of this year's USMS 10K Open Water Championship. Congratulations to Bob Beach who took 1st place in the 70-74 age group (3h 19m); JoAnn Harrelson, 2nd in 45-49 (2h 46m); Christine Swanson, 3rd in 35-39 (3 hours) and Brian Rimel and Kern Davis both 4th place finishers in the 35-39 and 45-49 age groups, respectively with a time of (2h 32m).

And last but not least, congratulations to Ron Collins who competed in this year's Swim around Manhattan in late June. Ron placed 2nd overall, completing the 28 _ mile course in just over 8 hours!

Despite all the Open Water success this spring, SPM can still be found in the pool. Charlotte Petersen led a contingent of 4 swimmers to Nationals in Hawaii. Charlotte taking first place honors in the Women's 35-39 500 and 1000 yd freestyle. Others competing for SPM included Valerie Valle, Bob Villacres and Bob Buresh. All returned from the meet with top 10 finishes in their events.

Sandy Steer joined Elaine Bromwich at a meet held at the Crystal Palace outside of London in June. They hoped to see retired SPM Coach George Bole, but alas, he was taking in a meet somewhere in Scotland.

The SPM LCM Championship Meet in July resulted in 32 new Dixie Zone records and 3 American (USMS) records. The USMS records were set by: Heather Skaggs (SPM) 19-24 - 50 and 100 Freestyle and the FMM ladies 320+ 200 Free Relay (Schimpf, Zint, Reynolds & Carr).



Frank (left) congratulates last year's winner, Dick.

This award recognizes his numerous contributions to swimming, throughout his illustrious career. Besides competing in Masters swimming at local, national and international levels, he volunteers for team functions; officiates at high school meets plus USA and USMS meets, up to the national championship level and attends Masters conventions. He has served on the insurance, international and legislative committees for USMS and served as newsletter editor for the FL LMSC. His most recent project was to raise funds to renovate a pool in Cluj-Napoca, Romania.

Criteria for this award, exemplifying Tillotson's characteristics:

1. FL LMSC Masters swimmer, non-Maverick
2. Contributions to their own team
3. Contributions to FL LMSC, Dixie Zone and/or USMS.
4. Contributions to the swimming community, beyond Masters.
5. Letter of support.

Nominations will be accepted from any FL LMSC swimmer or club. Send your nominations for the Frank H Tillotson Award, for the year 2002, by 12/31/02 to:

Patricia Tullman
 5432 Twin Creeks Dr
 Valrico, FL 33594

Tillotson and the Mavericks Special Awards Committee will make the final selection. The presentation will be made at the Clearwater meet in February, 2003. The award will be a plaque and cash.

Until then... "Swim in good health."



Sarasota - Ft. Myers
Chris Gilligan
h2ogill@comcast.net
www.swimflorida.org

Rick Walker placed 2nd at the USMS Open Water 10k Championships in South Carolina!

Following is a newspaper article about the NY Marathon Swim:

Hard-Core Open-Water Swimmers Race Around Manhattan

by Nan Kappeler

Not even race instructions warning swimmers of areas with "whirlpool-like conditions hazardous to even small boats" and a dangerous passage through an area named "Hell's Gate" could deter 21 restless swimmers from entering New York's East River on Sunday, June 23 to begin the 21st annual Manhattan Island marathon swim.

Nearly eight hours later, Emily Watts, 34, a mother of two from Millers, Md., emerged the winner of the 28.5-mile swim in 7 hours and 46 minutes, beating out the field of 13 other solo participants and seven relay teams.

Ron Collins, 40, from Clearwater, Fla., finished a close second in 8:00.26. The course record, set in 1995 by Shelly Taylor Smith, remains untouched at 5:45:25.

Heat and humidity prevailed at the 6:30 a.m. start, as the racers jumped off a platform at Battery Park into the calm 68-degree water and began stroking toward the Brooklyn Bridge.

For the next 8 to 14 hours, numerous friends, family and curious spectators watched the swimmers make their way around the island. The course consisted of a counter-clockwise route around Manhattan, going up the East and Harlem Rivers, around the tip of Manhattan and

down the Hudson River to the finish at Battery Park.

Boats and kayaks staffed with six-person support teams were responsible for supplying nourishment and guiding each swimmer under and around the numerous bridges and obstacles. Course literature warned of dangerous currents capable of sweeping swimmers into the sewage disposal plant, protruding piers, prison barges and floating planes taking off and landing during the swim.

The swim attracted athletes from seven states, spanning in ages from 20 to 54 years old and from varying occupations. Participants included Rachel Luch, 20, a student at M.I.T.; Thomas Schwartz, a



(Tom with his award)

42 year-old Florida eye doctor; and Terry Laughlin, 51, the founder of the Total Immersion swimming camps. The screening process for racers included a 14-page questionnaire that required a swim resume, a written essay stating their reason for wanting to compete, completion of a four-hour swim and a physical exam.

Some simply wanted to finish a marathon swim; others want an extreme way to celebrate turning 40. Still others say their driving force was from the heart. The marathon swim was first attempted in 1981 by a New York entrepreneur and investment banker named Drury Gallagher, a former All-American swimmer at Fordham University. His motive was to bring a lasting memorial to his son, Drury Gallagher, Jr., who died in 1980 in an accident, and to promote the sport of swimming.

CONGRATULATIONS!



A MESSAGE FROM THE FLMSC REGISTRAR

THE FL LMSC WEBSITE HAS

ALL FORMS NEEDED FOR REGISTERING CLUBS AND SWIMMERS FOR 2003 AT

<http://home.att.net/~floridalmssc/>

Packets will be available through the mail containing sample forms and directions for completing registration procedure. However, if you choose to print them out from our web site please let me know (saves postage and some paper). Please e-mail your intentions to ptullma1@tampabay.rr.com.

Unattached swimmers may print out registration forms as well. Any changes to the forms will be completed by Nov. 1. Please request a packet to be mailed to you by Oct. 1. **Attention to legibility on any forms would be much appreciated.**

ATTENTION CLUBS:

PLEASE SEND ME E-MAIL ADDRESSES AND POSTAL ADDRESSES FOR YOUR CONTACT PERSON AND REGISTRAR ASAP. THANKS. PAT TULLMAN



This issue is packed with information: from a rule change and upcoming events to news and workouts. I have also included website addresses for clubs. If your club's website address is not

listed, please send me news and your website address. ☺

Deadline for the next issue: October 15, 2002

Please email all text and/or pictures to gertraudp@msn.com

USMS, Inc. and FL LMSC, Inc. is now, and always has been, concerned for the safety and health of its members. All opinions stated in this newsletter are solely those of the author(s) and not necessarily those of USMS or the FL LMSC. Always check with your physician prior to beginning an exercise program.



Our Favorite Workout

By Bob and Kitty Magness

This husband and wife "team" has been swimming together for over 20 years; and here is the routine they both enjoy the most:

- 500 warm up (any way you want)
- 5 x set of 50-free drill, 150- free swim
- 500 IM
- 5 x 100 IM
- 100 cool down (any way you want)

Note: Remember -- if you chose to do this workout -- that you not overwork yourself and that you stop should you become dizzy. You are trying this workout on your own volition.

Upcoming Florida LSMC Elections

You may already be aware that the FL LMSC's Board of Directors positions are held for only two years. This year is an election year. We will hold the elections during the annual LMSC meeting on Saturday at the Orlando SCM meet, October 11-13. Nominations for positions will also be taken from the floor at the annual meeting.

Below you will find a listing of the proposed candidates for elected positions and the appointed LMSC positions.

Elected Positions	Candidate(s)	Notes
President	Tom Bliss	currently president, running for re-election
Treasurer	Meegan Wilson	currently treasurer, running for re-election
Secretary	Victor Buehler	nominated at July meeting
Registrar	Pat Tullman	currently registrar, running for re-election
Sanctions	Christine Swanson	currently interim sanctions chair, running for election
Records/Top 10	Margie Hutinger	currently records/top 10 chair, running for re-election
Newsletter editor	Gertie Perry	currently newsletter editor, running for re-election
Appointed Positions	Candidate(s)	Notes (positions appointed by LMSC president after fall elections)
Coaches' Liaison	Bret Hamlin	currently secretary
Officials	<i>interested individuals should contact the election committee below</i>	
Safety	Richard Avery	currently safety chair
Senior Games Liaison	Joan Campbell	currently senior games liaison
Webmaster	Dick Brewer	currently webmaster

Thank You,
The Election Committee

Victor Buehler, chair --16535 NW 126 Ct. Reddick FL 32686 -- pigasuss@prodigy.net -- (352) 591-0398
Dick Brewer -- 2871 4th Street NE Naples FL 34120 -- rdbrewer@att.net -- (239) 352-4828
Gertraud Perry -- P.O. Box 1314 Clearwater FL 33757 -- gertraudp@msn.com

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	_____	50	_____	50	_____	50	_____	100
_____	100	_____	100	_____	100	_____	100	_____	200
_____	200	_____	200	_____	200	_____	200	_____	400
_____	400/500	MEET: _____ LOCATION: _____ DATE: _____						Office Use Only Amt. Rec'd _____ Date _____	
_____	800/1000								
_____	1500/1650	Attach the entry form tab from the bottom of the information page in the space below! 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) MAY BE REJECTED! No time (NT) entries will NOT BE ACCEPTED!							

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!



Local Master Swimming Committee, Inc.
 5432 Twin Creeks Dr.
 Valrico, FL 33594

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Technical Rule Changes to Conform to USA Swimming Rules
 Effective Date – June 1, 2002

In accordance with USMS rule 601.4.6B, the rules of competition within USMS have changed due to actions taken by the USA Swimming Rules Committee on or about June 1, 2002 and the USMS Rules Committee on June 28, 2002. The actions by USA Swimming were in response to a request for interpretation of the USMA Swimming rules in light of the current FINA rules.

Summary of Changes –

Backstroke: To permit the movement of toes and feet above the surface of the water after the start signal is given. Toes, however, may NOT be brought over the top of the gutter.

101.1.2 BACKSTROKE (page 13)

B – All courses – The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. Prior to starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time. A backstroke starting block may not be used.

Please inform all coaches, officials, meet directors, LMSC web sites and members of USMS of these changes. Questions can be directed to Leo Letendre, USMS Rules Chairman, 267 Glandore Drive, Manchester, MO 63021, email: Rules@usms.org

ANNOUNCEMENT

Notice is given that a proposed amendment to the bylaws of the Florida LMSC will be voted on at the October 12, 2002, LMSC meeting.

Current Article 1 Section 2: "Membership is open to individuals and to swim teams who are interested in fostering the goals of this organization. There must be four (4) registered USMS swimmers to register a team in the Florida LMSC and these swimmers must reside within the Florida LMSC."

Proposed Article 1 Section 2: "Membership is open to individuals and to swim teams who are interested in fostering the goals of this organization."

Rationale: To update LMSC bylaws so they are in agreement with current USMS guidelines.

<p>USMS Website usms.org</p>	<p>Dixie Zone Website home.att.net/~dixiezone</p>	<p>FL LMSC Website floridalmcsc.org</p>
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