

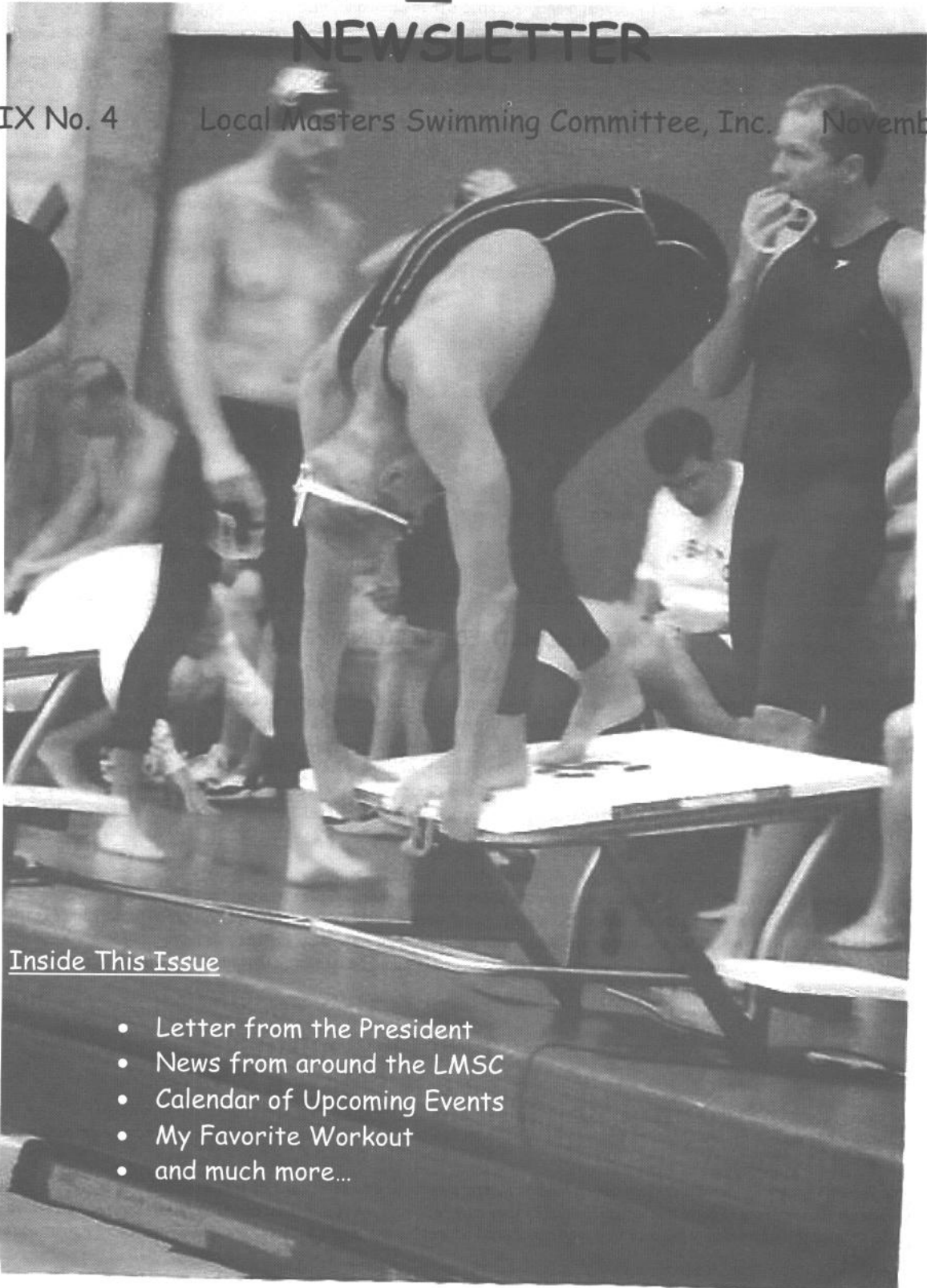
# FLÖRIDA

## NEWSLETTER

Vol. XIX No. 4

Local Masters Swimming Committee, Inc.

November 2002



### Inside This Issue

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

# CALENDAR OF EVENTS

by Christine Swanson

[ctswanson@yahoo.com](mailto:ctswanson@yahoo.com)

For a complete listing of all upcoming Dixie Zone meets please visit the website: [www.dixiezone.org](http://www.dixiezone.org)

## POOL EVENTS

Nov 2-3

Dixie Zone SCM Champs - Anderson, SC.  
SCM; Steve Wycoff, 864-225-6447 (h),  
[wycoff@carol.net](mailto:wycoff@carol.net); Entry Deadline  
10/21/2002

Nov 3

SPM Dev Meet; SCM. Walter Fuller Pool  
in St. Petersburg. 8:30am Warm-Up,  
9:00am Start. Contact Chris Swanson.

Nov 13

Martin County - SCY; at Martin County  
High School in Stuart, FL. Jesse Moore,  
561-221-1419 or [jmoore@martin.fl.us](mailto:jmoore@martin.fl.us)

Nov 18

Sarasota County Games for Life - SCY.  
Arlington Pool in Sarasota, FL. Carolyn  
Brown at [cnbrown@co.sarasota.fl.us](mailto:cnbrown@co.sarasota.fl.us) or  
941-316-1172

Dec 7-8

Holiday Classic - SCM; Coral Springs, FL

Dec 8-9

FL Senior Games State Championships -  
SCY at Gandy Aquatic Ctr in Lakeland, FL.  
Brian Hickey at [bhickey@falsports.com](mailto:bhickey@falsports.com)  
or 850-487-1050

Feb 8-9

CATM Valentine's Meet - SCY; Long  
Center, Clearwater, FL. Info in this  
newsletter

Feb 21-23

10<sup>th</sup> Annual Gold Coast Master Challenge -  
SCY; Ft. Lauderdale, FL.

Feb 28 - Mar 1

Polk County Senior Games - SCY.  
Lakeland Family YMCA in Lakeland, FL.  
Dianne DiMonaco at 863-646-9307 or  
[polkseniorgames@juno.com](mailto:polkseniorgames@juno.com)

Mar 15-16

St. Patrick's Day Invitational - SCY.  
Atlanta, GA

## OPEN WATER

Nov 24

The 2nd Annual Fort Lauderdale Animal  
Swim. Contact Bill Korey at [DrDistance@aol.com](mailto: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](http://www.randynutt.com) or emails to  
[info@randynutt.com](mailto:info@randynutt.com). An article and  
photos from last year's swim can be seen  
in March/April issue of SWIM Magazine.

## POSTAL EVENTS

Sept 1 - Dec 15

2002 Postal Pentathlon. PST; Wayde  
Mulhern, 570-96th Ln, Blaine, MN 55434,  
[Wayde.Mulhern@Unisys.Com](mailto:Wayde.Mulhern@Unisys.Com) or 763-783-  
1282 (eve), [www.mn-lmsc.org/pententry](http://www.mn-lmsc.org/pententry)  
[form.pdf](#); Entry Deadline 12/24/2002  
(postmark date)

## FLORIDA COMBINED NATIONAL TEAM

During the past two LMSC meetings, there has been discussion of the formation of a Florida Masters National Team. Chris Swanson, Dick Brewer and Joan Campbell have done some extensive research - discussing similar situations with many of the teams who have successfully assembled representative teams throughout the states and with competitors of our own State who regularly attend National competitions. Some of these teams include Ohio (with two state teams), Michigan, Illinois, New England, Connecticut, Arizona, North Carolina, Virginia, Hawaii and Rocky Mountain. In most cases, these teams comprise members who swim for Local Masters Swim Clubs within their state or LMSC and compete locally (within their State or LMSC) as local clubs and work out groups, with the USMS registration of their National Team - example, FLM (SPM) would be a Florida National Masters Team with the local Florida team of St Pete Masters.

At our recent annual meeting of CAT Masters there was unanimous support for the concept. It is stressed that this would be a completely individual choice. At National Meets you would only compete in relays if you sent in your desire to do so to the designated coordinator and coach. The individual clubs, as they currently exist, within the LMSC and the State, would still maintain their autonomy, i.e. they would retain complete control over their own activities including meets, income, expenses and whatever else they do, and it would be up to the individual whether *he wished* to register with the National Team.

We invite discussion of this entire concept, hoping to increase the cohesiveness of the Florida clubs and become a strong contender for National and out-of-state competitions.

Our e-mail addresses are: [jcampb10@tampabay.rr.com](mailto:jcampb10@tampabay.rr.com), [rdbrewer@att.net](mailto:rdbrewer@att.net), [ctswanson@yahoo.com](mailto:ctswanson@yahoo.com). We would hope to have suggestions, questions, and concerns to us by the spring meeting of the LMSC - usually in April, with an eye towards implementing the National Team registration in the fall of 2003 for the 2004 season.

The 2003 USMS registration form will have a section asking Florida Masters swimmers to select one of three options for the 2003 editions of the Florida LMSC newsletter: (1) they may receive it electronically, (2) they may receive it via postal mail, or (3) they may opt not to receive it at all. Those who choose to receive it electronically need to be sure their e-mail addresses are printed clearly and legibly on the registration form.

## Your LMSC Officers & Chairs

Tom Bliss, President  
5605 S. Tropical Trail  
Merritt Island, FL 32952  
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813-254-4514

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1698 Winners Circle  
Tarpon Springs, FL 34689  
[Jcampb10@tampabay.rr.com](mailto:Jcampb10@tampabay.rr.com)  
727-938-7181

Margie Hutinger, Top 10/Records  
1755 Georgia Ave. NE  
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727-521-1172

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239-352-4828



Dear  
Florida  
LMSC  
Swim  
Mates,

Our Orlando meeting on Saturday, Oct. 12<sup>th</sup> was productive and efficient. With the meeting beginning at approximately 4:00 and the YMCA closing at 5:00, we had to cover a lot of ground quickly..... and we did. Our attendance was greater than the St. Pete meeting, however we would still like more representation. These FL LMSC meetings are designed to be informative and facilitate the running of your own local clubs. The Officers do not want to just take up an hour or hour and half from your busy Saturday, the meetings are conducted to be pertinent to you. We had a very full agenda for the Orlando meeting which included everything from elections to audit results.

There are many challenges and issues to keep up with in being the Chairman of this dynamic organization. I have thoroughly enjoyed the experience and learning process in representing the FL LMSC over the past two years. Our organization has several key individuals and I am blessed to serve you along side each of them. As a result of the elections that were held at the Orlando meeting, I have the pleasure and honor of serving you for another two more years! In fact, all of the officer positions for 2003/2004 were up for election as well and they are as follows:

Registrar -- Pat Tullman,  
Treasurer -- Meegan Wilson  
Secretary -- Victor Buehler  
Top Ten Chair -- Margie Hutinger  
Sanctions -- Christine Swanson  
Newsletter -- Gertie Perry  
Congratulations! It takes teamwork to make this organization a success!

The Dallas Convention offered significant information and change for the future complexion of masters swimming. Much of this information is still being processed by the delegates to the Convention and will be forthcoming in the near future. The USMS membership dues have remained the same since 1984 and was a topic at the Convention. Even

though the membership dues on the USMS level were voted to be increased by \$5.00, the FL LMSC voted at the Orlando meeting, not to raise your dues on the local level. That means we will not change your membership fee. With our effort to reduce our expenses, largely through the means of promoting a paper-less newsletter (which is entirely optional - some who do not have computers will elect to still receive their copy by mail) we feel we can keep our membership fee the same. To assist us in keeping our costs down, you are encouraged to accept your newsletter copy from the LMSC website, by annotating this choice (instead of having a paper copy sent to you) on your 2003 USMS registration application. For future reference the 2004 Convention will be in Orlando. With that in mind we will need several volunteers to assist in supporting this exciting event. For complete details of the Convention please visit the USMS web site.

The 2nd Annual Clearwater Awards/ Social/Recognition Banquet will be February 2003. Last year we had fantastic food, fun, fellowship, friendship, fortitude, focus, forks and fruity flavors. Needless to say if you miss the 2nd annual banquet, well, then you missed it. Further details will be explained later in this copy of the newsletter.

There has been a large amount of interest in forming a Florida At Large team to compete in national events. Significant progress has been made up to this point and we are targeting this Florida super team being formed and in place for the 2004 Long Course Nationals. More information will be forthcoming as this unfolds (being at our LMSC meetings will allow you to provide direct input and be a part of the process).

The financial books over the last two years for the Florida LMSC were audited by one of our FL LMSC committees and the report indicated that there were no significant deficits and that our Treasurer, Meegan Wilson, is doing a fantastic job! It was also cited that her work load is great enough that it might justify her having an assistant. Meegan Graciously advised us that she was more than capable of handling the load.....Super Woman!



Minutes of the Orlando meeting will be posted within the next two weeks. Please make the opportunity to review the happenings of our most recent LMSC meeting by visiting our web site.

As you can see, your FL LMSC Officers and Representatives have been serving you well. Please feel free to drop any of us a line. We would love to hear from you.

Stay Wet,  
**Tom Bliss**  
FL LMSC Chairman



### TOP TEN and RECORDS REPORT

I submitted the FL LCM Top Ten times in August, which included the following meets: SPM Championships, SPM Development (4); Senior (1); USA (3); Germany (1) and SPM Time Trial (1). A National Record was set at the Bradenton Sr Games and when they measured the pool, it was 1/2 inch too short, so I wasn't permitted to submit any of those times. For the FL Top 5, I included times from these meets: Worlds, Ohio, Nationals, Florida Gold, Greenville, SC, Athens, GA and Federal Way, WA. As swimmers are becoming more aware of the necessity of documenting their times from meets outside of FL, I am receiving copies of more meets to be included in the FL Top 5.

At the July LMSC meeting, an amendment to the bylaws was passed which gave me the authority to update the FL records from the early 90's. During these years, the only times that were accepted for FL records were those swum in FL meets. Since 1999, ALL times were included. I've gone over Dixie Zone Records and Top Ten books to restore faster times than had been previously posted as records. Dick Brewer will have them posted on the internet and I will be sending out the team copies and subscriptions, shortly. If I've missed anyone, please let me know, and I'll make the corrections.

Starting 1/1/03, swimmers setting National Records will need to submit a copy of their birth certificate or passport (first time, only), as previously required only for World Records.

Included in this issue are the FL LMSC SCY records. 58 individual women's and 1 relay record were broken; 39 individual men's and 2 relay records, plus 2 mixed relay records. Congratulations to all Record breakers. Susan Halfacre, GSC, was the champion record breaker with 15, in two age groups. John McCall, ORLM and Donald Pulchalski, CATM set the pace with 5 each. Bunny Cederlund, SPCO, has the distinction of breaking the oldest record on the SCY books, a 50 back from 1973.

These are the older SCY records that were broken this year:

#### WOMEN

35-39--400 IM-Linda Downing, ORLM, 5:03.74; broke Anne Grams' 1983 record of 5:05.49.

45-49--50 Fly-Susan Halfacre, GSC, 29.17; broke Barb Hoellen's, HLJ, 1989 record of 31.17.

60-64--100 Back-Patricia Bond, FMM, 1:29.92; broke Peg Morrison's, SPM, 1983 record of 1:30.44.

80-84--50 Back-Bunny Cederlund, SPCO, 43.81; crushed Carrie Merson's 1978 record of 53.50.

#### MEN

19-24--100 IM-Chris McKee, ORLM, 55.62; broke Chris Stevenson's, FAST, 1989 record of 55.89.

25-29--400 IM-E Christensen, OVMS, 4:18.67; broke David Zubero's, FAST, 1986 record of 4:22.63.

30-34--100 IM-Martin Zubero, ORLM, 51.43; broke Michael Drew's, SMS, 1988 record of 53.58.

50-54--200 Fly-John McCall, ORLM, 2:12.61; broke Ernie Leskovitz's, HLJ, 1989 record of 2:29.78.

200 IM--John McCall, ORLM, 2:15.20, broke Burwell Jones', SMS, 1988 record of 2:15.42.

400 IM--John McCall, ORLM, 4:45.02, broke Burwell Jones', SMS, 1988 record of 4:57.03.

If you don't have the speed for a record, perhaps you've achieved a Dixie Zone (nine South Eastern states) Top Ten time. They are posted on the Dixie Zone web site or ask your coach if you made the list. Dixie Zone Top 10 patches are available for swimmers on any of the three courses,

including relays. The new patches cost \$3 each and are 3-3/4" in diameter. To Purchase a DZ Top 10 patch, send a \$3 check, payable to Debbie D. Cavanaugh, to Debbie Cavanaugh - PO Box 14341 - Ft. Lauderdale FL 33302 with your name, mailing address, event (with SCY, SCM, LCM, Relay).



### Pool Measurement By Chris Swanson

At the 2002 USMS convention, a resolution was passed requiring that pools used for sanctioned competitions have measurements on file verifying the pool length complies with USMS and FINA. Pool measurement has been a past requirement for pools where World Record attempts are performed. The new requirement takes effect on January 1, 2003 and applies to all times to be considered for Top 10 (including Postal Events).

In the Florida LMSC, a pool measurement form will be included with the sanction request and must be completed the first time a pool is used for sanctioned competition during 2003 (for fixed length pools). A pool will require re-measurement if construction occurs at the pool in question. The rules for pools with bulkheads differs slightly, requiring the pool be measured when the bulkhead is put in place and then again at the conclusion of the competition. The form will also be available on [www.floridalmcsc.org](http://www.floridalmcsc.org) under forms once it has been finalized by USMS. Teams that host regular competitions should think about measuring their competition pool well in advance of their meet (except for pools using bulkheads) to assist in a quick sanctioning turn around.

The new form provides the directions for proper measurement of a competition pool. The pool measurement form will be held on file with the Sanction Chair. The Sanction Chair will also have the required steel tape available to all teams in the LMSC that need to measure their pools. Teams should contact their individual pools and perhaps any USS team sharing the facility to see if applicable measurements are already available. Additional information will be provided when the final form is available and in the sanction package.

# FLORIDA LMSC RECORDS

## Short Course Yards (As of 5/31/02)

### WOMEN

50 FREE		100 FREE		200 FREE		500 FREE		1000 FREE		1650 FREE	
19-24	23.97 Sudi Miller HLJ-91	52.08 Sudi Miller HLJ-91	1:57.13 Tanya Felton LCAM-01	5:21.59 Maureen Jones SMS-86	11:13.60 Maureen Jones SMS-86	18:27.14 Maureen Jones SMS-86					
25-29	24.27 Mary Holmes HLJ-88	53.52 R Seaman HLJ-86	1:52.85 Mary Holmes HLJ-86	4:59.52 Mary Holmes HLJ-88	10:32.45 Mary Holmes HLJ-88	18:11.49 Mary Roebuck HLJ-90					
30-34	24.89 L Dissington SWIM-99	51.30 R Seaman HLJ-88	1:58.51 C Petersen SPM-99	5:08.68 Mary Roebuck HLJ-92	10:40.67 Mary Roebuck HLJ-92	18:13.85 Mary Roebuck HLJ-94					
35-39	25.04 C Peterson SPM-02	52.24 S Halfacre HLJ-88	1:52.79 S Halfacre HLJ-88	5:01.04 S Halfacre HLJ-88	10:28.91 C Peterson SPM-02	17:15.23 S Halfacre HLJ-95					
40-44	25.00 Martha Martin ORLM-89	53.18 C Shonkwiler ORLM-02	2:02.45 C Shonkwiler ORLM-01	5:29.30 S Halfacre HLJ-95	11:26.41 S Halfacre HLJ-95	18:59.11 S Halfacre HLJ-95					
45-49	26.81 S Halfacre GSC-02	53.14 S Halfacre GSC-02	2:00.99 S Halfacre GSC-02	5:45.43 S Halfacre GSC-02	12:25.17 Jo Harrelson SPM-92	20:32.66 Jo Harrelson SPM-92					
50-54	28.95 Linda Felton LCAM-01	58.32 S Halfacre GSC-02	2:08.28 S Halfacre GSC-02	5:46.78 S Halfacre GSC-02	13:41.06 Jayne Lambke SPM-90	22:39.73 Jayne Lambke SPM-90					
55-59	29.92 Jayne Lambke SPM-95	1:06.01 Jayne Lambke SPM-95	2:29.62 Jayne Lambke SPM-97	6:43.48 Jayne Lambke SPM-97	14:06.55 Jayne Lambke SPM-97	23:19.97 E Bromwich SPM-98					
60-64	30.66 Jayne Lambke SPM-00	1:11.09 Jayne Lambke SPM-00	2:38.19 Jayne Lambke SPM-00	7:18.76 Jayne Lambke SPM-00	15:48.27 Patricia Bond FMM-99	25:59.64 Patricia Bond FMM-01					
65-69	33.68 Florence Carr HLJ-93	1:14.98 Florence Carr HLJ-93	2:46.97 Florence Carr HLJ-91	7:38.82 Florence Carr SPM-94	15:33.87 Florence Carr HLJ-92	26:14.77 Florence Carr HLJ-92					
70-74	33.67 Florence Carr SPM-96	1:16.93 Jean Troy FMM-00	2:49.08 Jean Troy FMM-99	7:40.13 Jean Troy FMM-00	15:09.98 Jean Troy FMM-99	27:48.45 J Campbell CATM-00					
75-79	34.15 Florence Carr FMM-02	1:19.38 Florence Carr FMM-01	3:01.22 Florence Carr FMM-01	8:43.99 Florence Carr FMM-01	18:48.75 Florence Carr FMM-01	33:14.90 Ruth Switzer SMS-84					
80-84	43.76 B Cederlund SPCO-02	1:38.60 B Cederlund SPCO-02	3:25.44 B Cederlund SPCO-02	9:25.49 B Cederlund SPCO-02	19:34.13 B Cederlund SPCO-02	37:46.00 Kay Schimpf SPM-98					
85-89	58.20 N O'Connell SPCO-02	2:10.98 N O'Connell SPCO-02	4:43.27 N O'Connell SPCO-02	13:05.40 N O'Connell SPCO-02	30:28.48 M McKechnie SPM-92						
90-94											
95-99											
50 BACK		100 BACK		200 BACK		50 BREAST		100 BREAST		200 BREAST	
19-24	28.89 Sudi Miller HLJ-91	1:01.74 Mary Wayte HLJ-90	2:15.05 Dawn Braciak SPM-87	33.13 Sudi Miller HLJ-91	1:09.75 Sudi Miller HLJ-91	2:35.85 A Pagon SPCO-00					
25-29	28.30 Michelle Falls 83	58.95 Tanya Lane SPM-98	2:04.69 Tanya Lane SPM-98	31.69 Danice Eaton SPM-98	1:09.43 Danice Eaton SPM-98	2:25.35 Tanya Lane SPM-98					
30-34	28.88 V Richardson IRCC-97	1:02.95 V Richardson IRCC-97	2:13.72 V Richardson IRCC-97	29.84 R Seaman ORLM-89	1:05.05 R Seaman HLJ-88	2:33.45 Maud Orlando DSMC-96					
35-39	29.08 C Shonkwiler ORLM-97	1:04.39 C Peterson SPM-02	2:14.51 C Peterson SPM-02	32.21 R Seaman ORLM-95	1:09.87 R Seaman ORLM-95	2:33.16 Beverly Lense ORLM-01					
40-44	30.14 C Shonkwiler ORLM-02	1:06.27 C Shonkwiler ORLM-02	2:25.69 J Stefanick SPM-92	32.36 R Seaman ORLM-98	1:11.37 R Seaman ORLM-98	2:38.99 Deb Walker SMS-92					
45-49	31.31 S Halfacre GSC-02	1:09.66 S Halfacre GSC-02	2:37.12 P McDonnell IRCC-01	35.39 Deb Walker SWIM-97	1:16.53 E Bromwich SPM-89	2:47.43 Deb Walker SWIM-98					
50-54	30.82 S Halfacre GSC-02	1:07.18 S Halfacre GSC-02	2:37.48 Deb Walker SWIM-02	35.20 Deb Walker SWIM-02	1:17.53 Deb Walker SWIM-02	2:47.18 Deb Walker SWIM-02					
55-59	37.31 Chris Gilligan SWIM-02	1:20.41 Chris Gilligan SWIM-02	2:53.30 Chris Gilligan SWIM-02	36.86 E Bromwich SPM-98	1:21.90 E Bromwich SPM-98	2:55.47 E Bromwich SPM-98					
60-64	39.88 Jayne Lambke SPM-00	1:29.32 Patricia Bond FMM-02	3:10.35 Patricia Bond FMM-02	42.03 Sylvia Eisele SWIM-93	1:33.56 J Piper SPM-97	3:25.09 J Piper SPM-97					
65-69	41.34 B Cederlund SPCO-90	1:30.92 Florence Carr HLJ-91	3:25.58 Sylvia Eisele SWIM-97	41.75 Sylvia Eisele SWIM-95	1:34.39 Sylvia Eisele SWIM-95	3:26.39 Sylvia Eisele SWIM-96					
70-74	41.79 B Cederlund SPCO-96	1:35.78 B Cederlund SPCO-92	3:35.76 B Cederlund SPCO-94	43.22 Sylvia Eisele SWIM-00	1:38.32 Sylvia Eisele SWIM-00	3:32.03 Sylvia Eisele SWIM-00					
75-79	42.92 B Cederlund SPCO-97	1:39.04 B Cederlund SPCO-01	3:29.83 Regan Kenner FMM-99	48.53 Gertrud Zint HLJ-93	1:49.55 Gertrud Zint HLJ-93	3:59.23 Regan Kenner FMM-99					
80-84	43.81 B Cederlund SPCO-02	1:39.35 B Cederlund SPCO-02	3:41.49 B Cederlund SPCO-02	59.02 Helmi Meise BSAM-93	2:14.34 Kay Schimpf SPM-98	4:55.48 Kay Schimpf SPM-98					
85-89	1:12.43 Sally Scott HLJ-93	2:45.73 M McKechnie SPM-90	6:09.49 Sally Scott HLJ-94	1:27.59 N O'Connell SPCO-02		8:21.15 Sally Scott HLJ-95					
90-94		3:29.20 M McKechnie SPM-95									
95-99											
50 FLY		100 FLY		200 FLY		100 IM		200 IM		400 IM	
19-24	26.59 Sudi Miller HLJ-91	57.39 Sudi Miller HLJ-91	2:22.20 Meg Bell SPM-86	59.21 Sudi Miller HLJ-91	2:08.74 Sudi Miller HLJ-91	4:45.59 A Pagon SPCO-99					
25-29	26.47 R Seaman HLJ-86	57.92 R Seaman HLJ-86	2:06.50 L Welting FAM-91	1:00.34 Tanya Lane SPM-98	2:09.13 Tanya Lane SPM-98	4:42.75 L Welting FAM-91					
30-34	25.62 R Seaman ORLM-89	55.68 R Seaman ORLM-89	2:14.78 Karen Becker CVST-02	58.78 R Seaman ORLM-89	2:14.57 V Richardson IRCC-97	4:50.39 Linda Visser ORLM-01					
35-39	26.99 R Seaman ORLM-95	56.90 S Halfacre HLJ-89	2:24.50 Anne Grams 83	1:00.22 S Halfacre HLJ-88	2:13.65 C Peterson SPM-02	4:47.41 S Halfacre HLJ-88					
40-44	27.67 R Seaman ORLM-98	1:01.62 R Seaman ORLM-98	2:37.84 J Stefanick SPM-92	1:04.30 Martha Martin ORLM-89	2:23.58 R Seaman ORLM-98	5:25.13 J Stefanick SPM-92					
45-49	29.17 S Halfacre GSC-02	1:05.90 S Halfacre GSC-02	2:45.66 Jo Harrelson SPM-01	1:09.04 S Halfacre GSC-02	2:36.35 P McDonnell IRCC-01	5:29.52 Jo Harrelson SPM-92					
50-54	29.29 S Halfacre GSC-02	1:16.18 Jayne Lambke SPM-90	3:01.95 E Bromwich SPM-95	1:12.97 Deb Walker SWIM-02	2:46.98 Lynn Cartee SWIM-99	6:00.68 E Bromwich SPM-93					
55-59	33.94 Jayne Lambke SPM-95	1:19.67 Jayne Lambke SPM-95	3:08.00 Jayne Lambke SPM-95	1:19.83 Jayne Lambke SPM-97	2:57.15 S Buckingham SWIM-02	6:07.40 E Bromwich SPM-98					
60-64	35.35 Jayne Lambke SPM-00	1:25.59 Jayne Lambke SPM-00	3:31.67 Sylvia Eisele SWIM-91	1:23.36 Jayne Lambke SPM-00	3:08.63 Jayne Lambke SPM-00	6:44.53 Jayne Lambke SPM-00					
65-69	35.56 Florence Carr HLJ-93	1:36.85 Florence Carr HLJ-91	3:38.17 Sylvia Eisele SWIM-97	1:27.67 Florence Carr HLJ-91	3:12.65 Florence Carr SPM-94	7:07.78 Florence Carr HLJ-93					
70-74	40.85 Florence Carr SPM-97	1:39.75 Jean Troy FMM-00	3:41.99 Sylvia Eisele SWIM-00	1:29.37 Florence Carr SPM-95	3:23.52 Florence Carr SPM-97	7:32.16 Sylvia Eisele SWIM-00					
75-79	43.24 Florence Carr FMM-02	1:48.66 Gertrud Zint HLJ-94	4:10.07 Gertrud Zint HLJ-94	1:34.87 Florence Carr FMM-02	3:43.63 Florence Carr FMM-01	8:32.93 Gertrud Zint HLJ-93					
80-84	58.47 June Reynolds FMM-02	2:18.64 Kay Schimpf SPM-98	5:10.35 June Reynolds FMM-02	2:01.48 June Reynolds FMM-02	4:34.09 June Reynolds FMM-02	9:55.23 Kay Schimpf SPM-98					
85-89	1:29.60 Sally Scott HLJ-93	6:21.25 Sally Scott HLJ-96	13:17.96 Sally Scott HLJ-96	3:48.91 Sally Scott HLJ-93	7:12.42 Sally Scott HLJ-93						
90-94											
95-99											

When you compete outside the FL LMSC and want your times included for records and the Top 5, it is your responsibility to send a **copy of your official time, date, place of meet**, to: Margie Hutinger, 1755 Georgia Ave NE, St Petersburg, FL 33703. This will insure the integrity and accuracy of the FL LMSC records. If you have questions, call Margie Hutinger: 727-521-1172 or e-mail: phut@usms.org  
Let me know if you can supply any missing teams or dates, or if I have inadvertently left out any times.

# NEWS FROM AROUND THE LMSC

## AQUATIC CLUB TEMPLE TERRACE

Temple Terrace  
Shawn DeLeary

We had some swimmers attend the Orlando Masters SCM Meet this October. Thanks to Jeanne Coleman, Chris MacFarland and Thomas McClellan for being great reps for our team!

## AREA TALLAHASSEE AQUATIC CLUB

Tallahassee  
John Black  
[jwblack@nettally.com](mailto:jwblack@nettally.com)

Phillip Pollock and Glenn Woodsum went to the Orlando Masters SCM Meet in October and had a great time!

## CARROLLWOOD VILLAGE



Tampa  
Randy Johnson  
[cvstrandya@aol.com](mailto:cvstrandya@aol.com)

The Carrollwood Masters Team continues to train during the noon hour with a steady group of about 18 swimmers. Coming up on its third anniversary, the team has progressed to longer and more challenging sets. Jim Bird, Joe Lewkowicz, and Karen Becker recently attended the Orlando October Meet where they put in a strong showing. The team is having fun both in and out of the water with a trip planned at the end of October to a local comedy club although

I'm not sure if we will be patrons or the main attraction. ☺



Clearwater  
Joan Campbell  
[jcampb10@tampabay.rr.com](mailto:jcampb10@tampabay.rr.com)  
<http://www.clearwateraquatics.com>

Masters Coach Joe Biondi, went to the ASCA Convention in September and came back with a lot of new ideas and enthusiasm which he is passing on to the eager to improve CAT Masters.

Nancy Durstein completed the 3000 Yard Postal Swim on 9/24/2002. That was a prelude to the 5K she swam on 9/30/2002 along with fellow teammates Jerry Rutigliano, Joan Campbell, Steven Botic, Amy Johnson, Charles Park, David Carte and Tony Scott. Congratulations to all of them!

The Masters Team is already seeing the results of learning new techniques and attitudes about swimming that Coach Joe is working hard to instill in us, as evidenced by our team's performance at the Orlando Masters Fall Invitational October 11-13<sup>th</sup> 2002. Thanks to Janet Shellenberg, Jerry Rutigliano, Joan Campbell, Nancy Durstein, Charlie Kohnken, Alex Ramirez-Miller, Elliott Schofield, Michael Smith, Bill Conlon and Buffy Price.

Joe is grooming us for our Valentine's Day Meet February 8-9, 2003. With three more months to perfect our techniques we ought to have a great team event. **Our entry form is included in this newsletter and don't forget about the Awards Dinner afterwards.**

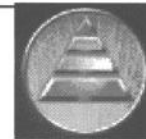
## DAYTONA BEACH MASTERS

Daytona Beach  
Jean Sterling  
[sterlij@attglobal.net](mailto:sterlij@attglobal.net)



At the Orlando SCM Meet, Daytona Beach Masters was able to field relays, a women and a mixed, for the first time. Two swimmers set new Florida LMSC records - Rob Butcher (50 breast and 100 breast) and Jean Sterling (100 breast and 200 breast). Carolyn Schwab won the high point award for women 60-64. The Orlando meet is always a good one, and we look forward to doing it again next year.

In the FINA World listing for SCM in 2001, Jean Sterling had two seventh places (200 butterfly and 400 IM).



Clearwater  
Kitty Magness  
[kitty.magness@verizon.net](mailto:kitty.magness@verizon.net)

Bob & Kitty Magness and Gertie Perry enjoyed doing the 3000/6000 postal while Kitty and Gertie also went to a SCM meet in Ft. Myers.

Gertie was our lone rep at the Orlando SCM meet. She produced a PR in the 1500, 800 and 400 free.



# FLORIDA LMSC RECORDS

## Short Course Yards (As of 5/31/02)

### M E N

50 FREE		100 FREE		200 FREE		500 FREE		1000 FREE		1650 FREE	
19-24	21.35 N-Kuan Chia BRAT-00	47.57 C Stevenson FAST-88	1:44.36 C Stevenson FAST-88	4:42.10 C Stevenson FAST-89	10:45.96 Ryan Woodruff GSC-01	17:10.44 A Constantini TEAM-93					
25-29	20.69 Coy Cobb FHA-91	46.69 Doug Soltis TBR-88	1:43.67 Mike Heath	4:43.34 C Stevenson FAM-91	10:00.10 T Smith HLJ-87	16:16.92 Jeff Poppell JAM-92					
30-34	21.49 C M Halfast SPM-98	47.18 Stuart Barton SPM-98	1:45.46 Meisenheimer ORLM-91	4:49.01 Chris Williams FLA-92	10:00.46 Chris Williams FLA-92	16:54.23 A Farrell ORLM-01					
35-39	21.88 Doug Martin HLJ-91	48.93 Meisenheimer ORLM-95	1:45.79 Doug Schlak FLA-92	4:54.57 Meisenheimer ORLM-94	10:41.27 Meisenheimer ORLM-93	16:49.26 Rich DeSelm HLJ-92					
40-44	22.31 C Miltenberger ORLM-94	48.86 C Miltenberger ORLM-94	1:48.61 Jeff Perout HLJ-91		10:49.58 Larry Black SWIM-00	18:09.83 Paul Wise JAM-96					
45-49	21.87 R Abrahams HLJ-90	48.92 R Abrahams HLJ-91									
50-54	23.90 Bob Bailie SPCO-88		1:57.98 G Woodsum ATAC-01	5:14.22 Rick Walker SWIM-01	10:45.85 Rick Walker SWIM-01	18:06.88 Rick Walker SWIM-01					
55-59	24.15 G Woodsum ATAC-02		2:02.93 Burwell Jones HLJ-88	5:32.17 Burwell Jones HLJ-88	11:26.99 Burwell Jones HLJ-90	19:02.45 Burwell Jones HLJ-88					
60-64	26.49 Jack Beattie ORLM-96	59.31 Dren Geer SWIM-98			13:28.48 Jack Beattie ORLM-96	21:19.06 John Crews ORLM-80					
65-69	26.83 Dren Geer SWIM-99	59.08 Dren Geer SWIM-99	2:14.07 Dren Geer SWIM-99	6:18.97 Dren Geer SWIM-00	14:15.16 B Hutchinson SWIM-99	23:26.26 B Hutchinson SWIM-99					
70-74	28.18 Paul Hutinger SPM-96	1:06.61 Donald Sonia IRCC-01	2:34.31 Donald Sonia IRCC-01								
75-79	29.08 Paul Hutinger FMM-00	1:14.45 Paul Hutinger FMM-01	2:53.30 Paul Hutinger FMM-01	7:56.53 Paul Hutinger FMM-00	17:35.24 J Johnston SPM-91	27:36.85 Paul Hutinger FMM-01					
80-84	34.24 B Cleaveland ORLM-98		3:12.98 B Cleaveland ORLM-98	9:57.55 William Molloy SPM-91	20:16.66 J Johnston SPM-96	33:32.30 J Johnston SPM-96					
85-89	40.46 C Lindstrand UNA-97	1:31.54 C Lindstrand LOCH-98	3:37.29 C Lindstrand UNA-97	10.46.05 Fred Walbolt SPM-98	22:00.26 D Malbrough FMM-99	37:03.22 D Malbrough FMM-99					
90-94	52.75 Peter Jurczyk IRCC-96	2:15.10 Peter Jurczyk IRCC-97	5:00.07 Peter Jurczyk IRCC-97								
95-99											
50 BACK		100 BACK		200 BACK		50 BREAST		100 BREAST		200 BREAST	
19-24	24.37 C Stevenson FAST-88	53.24 James Smith UNA-94	1:58.19 N-Kuan Chia BRAT-99	28.38 Doug Soltis TBR-87	1:00.26 Marc LaPalme HLJ-89	2:16.04 Marc LaPalme HLJ-89					
25-29	23.56 Coy Cobb FHA-91	51.00 Coy Cobb FHA-91	1:54.57 S Barnicoat ORLM-89	26.18 Doug Soltis TBR-88	56.94 Doug Soltis TBR-88	2:03.69 Doug Soltis TBR-88					
30-34	23.18 Martin Zubero ORLM-02	52.57 Wm Specht SPM-91	1:48.64 Martin Zubero ORLM-02	26.71 Miltenberger NFM-83	59.44 Miltenberger NFM-82	2:12.05 Michael Drews SMS-88					
35-39	24.16 Wm Specht SPM-93	51.96 Wm Specht SPM-93	1:53.46 Wm Specht SPM-93	27.05 Miltenberger ORLM-87	59.11 Miltenberger ORLM-87	2:10.90 Michael Drews SMS-89					
40-44	24.57 Wm Specht SPM-98	52.76 Wm Specht SPM-98	1:54.01 Wm Specht SPM-98	27.45 Miltenberger ORLM-92	59.40 Miltenberger ORLM-93	2:15.88 Miltenberger ORLM-94					
45-49	25.63 Casey Claffin SWIM-00	57.00 Casey Claffin SWIM-00	2:09.25 Casey Claffin SWIM-02	29.34 Miltenberger ORLM-98	1:02.48 Miltenberger ORLM-99	2:30.06 Rick Walker SMS-96					
50-54	27.32 John Smith HLJ-91	1:00.88 John Smith HLJ-91	2:17.79 John Smith HLJ-91	29.09 Miltenberger ORLM-02	1:02.51 Miltenberger ORLM-02	2:36.29 J Donnelly SWIM-01					
55-59	29.38 Jack Beattie HLJ-91	1:04.60 Jack Beattie HLJ-90	2:20.58 Burwell Jones SSC-88	30.64 Scott Guthrie UNA-00	1:08.73 Scott Guthrie UNA-00	2:40.48 VanDerVeen SPM-00					
60-64	30.43 Jack Beattie ORLM-95	1:05.59 Jack Beattie ORLM-95	2:27.41 Jerry Glancy ORLM-98	33.78 D Pughall CATM-02	1:14.27 D Pughall CATM-02	2:45.76 D Pughall CATM-02					
65-69	31.26 Paul Hutinger SPM-93	1:10.78 Paul Hutinger SPM-93	2:35.47 Jack Beattie ORLM-01	36.03 T Koenig OMSC-98	1:19.01 R MacDonald SPM-95	2:56.44 R MacDonald SPM-95					
70-74	31.84 Paul Hutinger SPM-95	1:11.56 Paul Hutinger SPM-95	2:42.35 Paul Hutinger SPM-95	37.01 R MacDonald FMM-99	1:22.45 R MacDonald FMM-99	3:03.62 R MacDonald FMM-99					
75-79	33.76 Paul Hutinger FMM-00	1:16.94 Paul Hutinger FMM-00	2:50.47 Paul Hutinger FMM-00	39.88 Paul Hutinger FMM-00	1:31.95 Russ Witte SPCO-95	3:25.60 Russ Witte SPCO-94					
80-84	48.27 F Tillotson SPM-95	1:47.61 C Thornburg HLJ-93	3:57.50 C Thornburg HLJ-94	41.37 Wm Molloy SPM-91	1:43.26 B Cleaveland ORLM-98	4:02.31 B Cleaveland ORLM-98					
85-89	46.69 D Malbrough FMM-98	1:46.68 D Malbrough FMM-98	4:20.18 D Malbrough FMM-99	1:00.84 D McCullough FMM-01	2:19.01 D McCullough FMM-01	4:57.38 D McCullough FMM-01					
90-94	1:01.71 Peter Jurczyk IRCC-97	2:17.30 Peter Jurczyk IRCC-96	5:00.74 Peter Jurczyk IRCC-96	1:20.11 Frank Starr FMM-00	3:20.59 Frank Starr FMM-00						
95-99											
50 FLY		100 FLY		200 FLY		100 IM		200 IM		400 IM	
19-24	23.36 C Stevenson FAST-89	50.79 N-Kuan Chia BRAT-99	1:53.38 C Stevenson FAST-89	55.82 Chris McKee ORLM-02	1:59.91 J Thomas SWIM-95	4:26.56 S Kupiszewski 85					
25-29	22.27 Coy Cobb FHA-91	51.13 C Stevenson HLJ-92	1:52.20 C Stevenson FAM-91	52.32 Coy Cobb FHA-91	1:58.56 S Barnicoat ORLM-89	4:18.07 E Chiswick SMS-00					
30-34	23.69 David Zubero 90	51.06 Wm Specht SPM-91	1:54.32 Wm Specht SPM-91	51.43 Martin Zubero ORLM-02	1:55.80 Neil Harper SPM-95	4:17.58 Michael Drews SMS-88					
35-39	22.93 Wm Specht SPM-93	50.08 Wm Specht SPM-95	1:51.38 Wm Specht SPM-95	54.22 Michael Drews SMS-91	1:57.44 Michael Drews SMS-91	4:17.23 Michael Drews SMS-89					
40-44	23.28 Wm Specht SPM-98	50.56 Wm Specht SPM-00	1:51.69 Wm Specht SPM-00	56.20 M Shepardon ORLM-02	2:03.47 S McMillen IRCC-02	4:28.59 Wm Specht SPM-02					
45-49	24.57 R Abrahams HLJ-91	54.88 R Abrahams HLJ-91	2:10.40 R Abrahams HLJ-91	57.65 Casey Claffin SWIM-00	2:07.72 Jeff Perout GSC-02	4:41.28 S McMillen IRCC-99					
50-54	25.05 John McKeel ORLM-02	59.44 John McKeel ORLM-02	2:32.81 John McKeel ORLM-02	1:00.96 John Smith HLJ-86	2:13.20 John McKeel SPM-02	4:43.04 John McKeel SPM-02					
55-59	26.31 G Woodsum ATAC-02	1:03.90 K McWherter SWIM-01	2:31.84 K McWherter SWIM-01	1:03.11 Burwell Jones SSC-88	2:17.88 Burwell Jones SSC-88	5:03.72 Burwell Jones SSC-88					
60-64	29.59 D Pughall CATM-02	1:11.79 T Smith SPM-88	2:58.23 Dren Geer SWIM-98	1:08.26 Burwell Jones HLJ-97	2:30.26 Jack Beattie ORLM-95	5:45.33 D Pughall CATM-02					
65-69	29.79 Paul Hutinger SPM-93	1:15.18 Dren Geer SWIM-01	2:51.23 Dren Geer SWIM-99	1:11.39 Paul Hutinger SPM-93	2:45.28 Paul Hutinger SPM-93	6:09.47 Dren Geer SWIM-00					
70-74	31.51 Paul Hutinger SPM-95	1:22.73 T Smith SPM-98	3:15.41 H Moseley HLJ-89	1:14.58 Paul Hutinger SPM-95	2:53.46 R MacDonald FMM-00	6:21.59 Paul Hutinger SPM-95					
75-79	33.84 Paul Hutinger FMM-00	1:33.53 J Kurtzman FMM-01	3:44.65 J Kurtzman FMM-01	1:19.84 Paul Hutinger FMM-00	3:15.15 Paul Hutinger FMM-00	7:13.59 Paul Hutinger FMM-01					
80-84	43.34 Wm Grant HLJ-94	1:47.17 Wm Grant HLJ-94	4:35.21 Bill Stinson SPM-89	1:38.60 Wm Grant HLJ-94	4:07.09 D McCullough ORLM-98	9:00.55 C Thornberg HLJ-93					
85-89	1:07.20 D McCullough FMM-01	3:08.80 D McCullough FMM-02	6:23.88 D McCullough FMM-02	2:22.27 Peter Jurczyk IRCC-92	5:21.38 D McCullough FMM-01	11:07.43 D McCullough FMM-01					
90-94	1:35.70 Peter Jurczyk IRCC-96			2:37.44 Peter Jurczyk IRCC-96	6:05.72 Peter Jurczyk IRCC-96						
95-99											

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Let me know if you can supply any missing teams or dates, or if I have inadvertently left out any times.

**FLORIDA**  
  
**MAVERICKS**

St. Petersburg  
 Paul Hutinger  
[phut@usms.org](mailto:phut@usms.org)  
<http://www.maverickswim.org>

**TWO NATIONAL TITLES AT CLEVELAND!!**



The Mavericks won two National Small Team Titles at the LCM Championships in August. The six women and seven men set the pace in their divisions. The combined team placed 6th in the Medium division.

The 320+ mixed medley relay of Regan Kenner, Gertrud Zint, Alan Maloney and Brud Cleaveland (above) set a National record with a winning time of 3:33.41, eclipsing the former mark by over 10 seconds.

Florence Carr (75-79) 1st in 50 free and fly; 2nd in 100 & 200 free and 50 back. Cleaveland (85-89) 1st in 50 & 100 free and 200 breast; 2nd in 50 & 100 Breast. Margaret Homans (70-74) 2nd in 200 & 400 free and 50 back; 3rd in 50 free; 4th in 100 free. Margie Hutinger (60-64) 5th in 200 back; 6th in 50 back; 9th in 100 back. Paul Hutinger (75-79) 1st in 50 back; 2nd in 100 & 200 back; 4th in 50 breast. Kenner (75-79) 1st in 50, 100 & 200 breast; 2nd in 100 & 200 back.

Joseph Kurtzman (75-79) 1st in 100 & 200 fly; 2nd in 50 fly; 3rd in 50 breast. Elmer Luke (75-79) 2nd in 400 IM; 4th in 200 back; 6th in 1500 free; 8th in 400 free; 9th in 200 free. Maloney (70-74) 3rd in 200 breast and 100 fly; 4th in 50 fly; 6th in 100 breast; 8th in 50 breast. E Don McCullough (85-89) 2nd in 200 breast, 200 & 400 IM; 3rd in 100 fly. Patricia Tullman (65-69) 1st in 200 free and 100 fly; 3rd in 50 & 100 free and 100 back. Charles Weatherbee (70-74) 3rd in 200 back and 400 IM; 5th in 100 back and 100 breast. Gertrud Zint (85-89) 1st in 50 breast, 50 fly, 200 IM; 2nd in 100 & 200 breast.

Three other relays finished 1st:  
 Mixed 320+ Free: Luke, Zint, Kenner, Cleaveland  
 Women's 280+ Free: Kenner, Tullman, Homans, Carr  
 Men's 280+ Free: Luke, Maloney, McCullough, Cleaveland

Three relays finished 2nd:  
 Mixed 280+ Free: Weatherbee, Tullman, Carr, Maloney  
 Women's 280+ Medley: Tullman, Kenner, Carr, Homans  
 Mixed 280+ Medley: Tullman, Weatherbee, Kurtzman, Carr

**WORLD RECORD**

Jean Troy (75-79) crushed the existing world record by 10 seconds in the 200 SCM free in 3:11.99. She swam her remarkable record time at the Walter Fuller Pool in St. Pete in Sept.

**HONORABLE MENTION FOR NEWSLETTER**

For the 4th year, *The Maverick Lane Lines* have been ranked in the Top 10 in the annual USMS newsletter contest. It is posted at our web site,

**ORLANDO MEET**

Twenty six Mavericks competed at the annual SCM Meet at Orlando. They outscored 34 teams and 229 competitors with 1,958 points to win the combined team championship, outlasting powerhouses St Pete (2<sup>nd</sup>) and Gold Coast (3<sup>rd</sup>). They started off Saturday in a winning mode, as their 280+ Women's Free Relay with Troy, Homans, Carr and Tullman, broke the National record of 6:35.85 in a blazing time of 6:10.27. Troy (75) led off with a world record

1:26.20, surpassing the record by 2 seconds.

Not to be outdone by the youngsters, the 320+ Women's 200 Medley and Free Relays, set World and National Records in their events. The 200 Medley, with Kenner, Zint, Carr and Kay Schimpf, squeaked by with only .05 to spare, with a record setting time of 4:13.67. Their 200 Free, with Troy replacing Kenner, crushed the world record by 30 seconds, with a time of 3:25.12.

*Gator Swim Club*  
 Gainesville  
 Vic Riggs  
[vicandreneriggs@earthlink.net](mailto:vicandreneriggs@earthlink.net)



**CONGRATS** to Susan Halfacre for setting new FL LMSC SCY records in 2 age groups: 100-200-500 free, 50-100 back. She also set a record in 50 free, 100 Fly and 100 IM. WOW!

We are gearing up to run the Senior Games at the O'Connel center at the end of the month.

  
**Merry Minnows**  
 San Carlos Park  
 Dick Brewer [rdbrewer@att.net](mailto:rdbrewer@att.net)  
<http://merry-minnows.home.att.net>

Our first awards banquet is now history, but it was an enjoyable and notable August evening. So much so, in fact, that we're planning to have another banquet in late October or early November.

Held at the intimate *Chez Dan* apartment cafe in scenic Estero, Florida, four Minnows received special recognition for their efforts at practices and



# FLORIDA LMSC RELAY RECORDS

## Short Course Yards (As of 5/31/02)

200 FREE-WOMEN			200 MEDLEY-WOMEN			400 FREE-WOMEN			400 MEDLEY-WOMEN			800 FREE-WOMEN		
19+	1:38.68	Beattie, Roebuck, Nearly, Miller HLJ-92	1:59.70	Winters, Martin, Keller, O'Brien ORLM-91	5:10.87	Turner, McDonnell Powers, Amman IRCC-01	5:48.38	Amman, Gaines Kelsey, Chandler IRCC-01	9:09.41	Swanson, Flanagan Beebe, Petersen SPM-01				
25+	1:41.77	Keller, Seaman Cretin, Martin ORLM-91	1:54.27	Cretin, Martin ORLM-91	4:23.83	Morse, Williams Grubbs, Sadler BRAT-96			9:25.32	Bigge, Harrelson Swanson, Summers SPM-97				
35+	1:46.81	Harper, Halfacre Matson, White HLJ-89	1:58.55	Tibma, Orlando, Shonkwiler, Nauta SPM-98	4:52.26	Lambke, Barker Voorst, Geiger SPM-91	4:54.38	Flanagan, Orlando, Stott, Tibma SPM-99	8:54.93	Tibma, Flanagan, Orlando, Nauta SPM-98				
45+	2:08.39	Lambke, Bromwich, Treat, Page SPM-94	2:24.10	St Germain, Page, Treat, VanEvery SPM-95	5:41.70	Hoier, Franson Kinley, Kelsey IRCC-01	5:53.47	Bromwich, Piper, Lambke, Steer SPM-95	12:23.32	Brownstein, Simsic Steer, Bromwich SPM-93				
55+	2:19.56	Lambke, VanEvery Steer, Carr SPM-96	2:44.34	Allen, Steer, Lambke, Carr SPM-98	5:39.94	Bromwich, Steer Piper, Lambke SPM-00	6:18.50	Bromwich, Piper Lambke, Steer SPM-00	12:10.27	Knight-Perry, Lee, Steer, Lambke SPM-97				
65+	2:50.15	Carr, Reynolds Zint, Newman HLJ-92	3:13.12	Newman, Reynolds Zint, Carr HLJ-92										
75+	3:37.40	McKechnie, Cichanski Kennedy, Schimpf SPM-93	4:12.53	Hughes, Orr, Olson, Reynolds FMM-02			10:03.90	McKechnie, Kennedy, Cichanski, Schimpf SPM-94	19:16.91	McKechnie, Kennedy, Cichanski, Schimpf SPM-94				
85+														
200 FREE-MEN			200 MEDLEY-MEN			400 FREE-MEN			400 MEDLEY-MEN			800 FREE-MEN		
19+	1:31.92	Mina, Allen, Stelle, Walker JAM-95	1:42.95	Guyot, Hoffman, Barton, Eaton SPM-97										
25+	1:25.57	Eaton, Barton, Specht, Halfast SPM-98	1:37.69	Specht, Eaton, Barton, Halfast SPM-98										
35+	1:27.08	Martin, Stein Perout, Abrahams HLJ-91	1:45.08	Gibbens, Perout Abrahams, Martin HLJ-91	4:32.27	Turner, Marcy Bell, Delgado SPCO-01	4:17.47	Atkins, V Der Veen Halttunen, Maguire SPM-92	9:50.45	Eaddy, Kennedy Day, Euler SPM-01				
45+	1:33.55	Cullen, Harmer McCormack, Davis SPM-02	1:45.14	Cullen, Harmer McCormack, Harmer SPM-02	4:27.68	Betzer, Day Eaddy, Davis SPM-00	4:49.86	Betzer, Burns, Grau, Bishop SPM-91	8:41.63	Stephens, Bastie, Auer, Kennedy SPM-97				
55+	1:50.87	Cunney, MacDonald, Cousens, Thomas SMS-84	2:01.02	Beattie, Koenig Mahaffy, Sears HLJ-91	4:22.40	Burns, Kohnken DeGroot, Smith SPM-91	6:01.41	Ferris, Brainin Kohnken, DeGroot SPM-91	10:45.99	Ferris, Kohnken DeGroot, Burns SPM-91				
65+	1:58.00	MacDonald, Ferris, Smith, Hutinger SPM-96	2:16.03	Hutinger, Smith, Maloney, Ferris SPM-96	5:42.84	Jacobsen, Atwood Molvie, Johnston SPM-91	5:03.76	Hutinger, MacDonald Torsney, Smith SPM-96	11:49.02	Maloney, Hutinger, Kurtzman, MDonald FMM-97				
75+	2:26.82	Grant, Mackey Tillotson, Dunworth HLJ-91	2:50.76	Mackey, Tillotson Grant, Dunworth HLJ-91	6:02.78	Johnston, Tillotson, Hotvedt, Molloy SPM-91	6:55.93	Tillotson, Molloy, Johnston, Hotvedt SPM-92	13:46.24	Malloy, Tillotson, Hotvedt, Walbolt SPM-90				
85+	3:49.58	Malbrough, Starr Tillotson, Holden FMM-00	4:54.41	Malbrough, Starr Tillotson, Holden FMM-00										
200 FREE-MIXED			200 MEDLEY-MIXED			400 FREE-MIXED			400 MEDLEY-MIXED			800 FREE-MIXED		
19+	1:31.65	Miller, Smith Wayte, Abrahams HLJ-91	1:43.03	Wayte, LaPalme Miller, Abrahams HLJ-91	5:06.88	Powers, Hardy Amman, Harmon IRCC-01	4:04.95	Constantini, Sollee Wise, Wise TEAM-93						
25+	1:34.83	A Eaton, D Eaton, Nauta, Halfast SPM-98	1:42.69	Lane, D Eaton, Barton, A Eaton SPM-98	4:11.04	Brower, Kyle Swanson, Leadbetter SPM-91	5:11.68	Hardman, DeSalvo, Bliss, Darling SPCO-97	9:00.28	Halttunen, M Lambke Stauch, Reilly SPM-91				
35+	1:37.01	Perout, Harper Halfacre, Martin HLJ-91	1:46.82	Buresh, Orlando, Specht, Shonkwiler SPM-98	4:13.53	Bishop, Page Barker, Atkins SPM-91	5:33.40	Betzer, J Piper, Lambke, Lado SPM-99	10:03.62	Barker, Betzer Grau, Lambke SPM-91				
45+	1:49.91	Page, Bromwich, Maguire, Edwards SPM-95	1:58.19	Cullen, D Harmer McCormack, Gilgan SPM-02	4:50.92	Grau, J Piper Lambke, Betzer SPM-91	5:06.50	Betzer, Bromwich Lambke, Bishop SPM-91						
55+	2:02.43	Miller, Buschgraben Gilgan, Godenstrom SPM-92	2:18.23	Betzer, V Der Veen Lambke, Bromwich SPM-00	5:24.09	Ferris, Tucker, Knight-Perry, Burns SPM-92	5:34.52	Allen, Tucker, Burns, Ferris SPM-92	11:45.66	Tucker, Allen Kohken, Burns SPM-91				
65+	2:22.23	Avery, Reynolds, Holmes, Carr HLJ-93	2:31.60	P Hutinger, Smith, McEwan, Carr SPM-96	6:49.72	Cederlund, Sinacore Thomas, Sigersmith SPCO-01	7:30.89	Cederlund, Robeck Thomas, Sinacore SPCO-01						
75+	2:35.78	Kenner, P Hutinger Carr, Cleaveland FMM-01	3:27.14	Cichanski, Schimpf, Johnston, Hotvedt SPM-93					16:04.30	Mitchell, C Ballard W Kennedy, Walbolt SPM-89				
85+														

When you compete outside the FL LMSC and want your times included for records and the Top 5, send a **copy of your official time, date, place of meet**, to: Margie Hutinger, 1755 Georgia Ave NE, St Petersburg, FL 33703. This will insure the integrity and accuracy of the FL LMSC records. If you have questions, call Margie Hutinger: 727-521-1172 or e-mail: [phut@usms.org](mailto:phut@usms.org)  
Let me know if you can supply any missing teams or dates, or if I have inadvertently left out any times.

meets. Dan Ringma received the Absolute Minnow award for always keeping everyone in high spirits, Sharon Snew earned the Wonder Woman award for her patience and persistence in a variety of swimming and non-swimming activities, Kathy Erickson merited the Chilly Willy award for never having swum in a pool where the water was warm enough, and Dave Erickson received the What A Hunk award for ... well ... you'll have to ask him about that.



We welcomed a new honorary Minnow to our group in September. Cargo, Sharon's golden retriever puppy, is an occasional visitor to the Friday night practices and races along the deck beside us while we're swimming, greeting us at each end of the pool. It's almost like having a coach, except Cargo doesn't bark and is never disappointed with a swim, as long as at the end, we stop and scratch behind his ears.

Minnows were represented at Florida long course meets during the summer. Dan and Dick swam in July long course meets in Fort Lauderdale and North Miami, where both recorded personal bests and Dan earned his first blue ribbon, and Dick had an additional personal best at the St. Pete meet. With a little advice from Sharon, the pair taught themselves how to do butterfly in August (it's not a pretty sight!) so they could try the 100 IM in SCM meets this fall. Dick recorded four more lifetime bests at the Orlando SCM meet in October, including that 100 IM.

Being the progressive group that we are, Minnows are planning ahead. Our work schedules have been juggled so we will all be able to participate in the Coral Springs SCM meet in December and swim our second relay. And we've set our team goal for 2003: have 100% participation in

an open water swim. Right now we're updating our passports and hoping for the Bonaire Ecoswim, where the water is warm, clear, and warm. Dick (whose idea of open water is a pool without lane lines) and Dan are thinking about a trial run in April at the North Miami Masters ocean swim.

However, both are a little suspicious of support boats after hearing of two pool swimmers who agreed to crew the support boat for an open water friend. The pair was getting a little chilly sitting in the kayak waiting for the event to start, so they lit a small fire to try and keep warm. But, the boat burst into flames and sank, once again verifying the old adage that... you can't have your kayak and heat it too.



We would like to congratulate everyone on our Team Orlando Masters swim team who participated in the recent Orlando Masters SCM Invitational. We all had a great time and outstanding participation. Lots of hard work and training really paid off for some of our members. Everyone who participated is a winner but special congratulations are due to the Men's Relay Team of Scot Weiss, John Keen, Lucky Meisenheimer and Fred Ehmke for their record breaking 200 free/ 160+ relay. Not bad for some of our "more experienced" members. John McCall beat his own world record in the 100SCM fly. Atiba Wade had Florida record performance in 50 and 100 free as well as the 50 and 100 breast. Lucky Meisenheimer had a Florida record time in the 100 and 200 free. There were most likely other records broken but the results were not available at this writing. Way to go Team Orlando!

A special **THANK You!!** goes out to Lucky Meisenheimer and his wife, Jackie, for their generous hospitality Saturday evening. They opened their beautiful home to all swimmers for a "desert social." All that attended had a wonderful

time and this event has become part of our team tradition after an event. Those that did not make it missed out on some good food and great company and should plan on attending next time if Lucky and Jackie continue their generosity.

Congratulations to all of our team who were there and those that worked out so long and hard to bring recognition to our team. Supporting each other is important and being a winner is more than having the fastest time. We are a team of winners and hope to see you at the pool real soon.

## OVIEDO SWIM CLUB

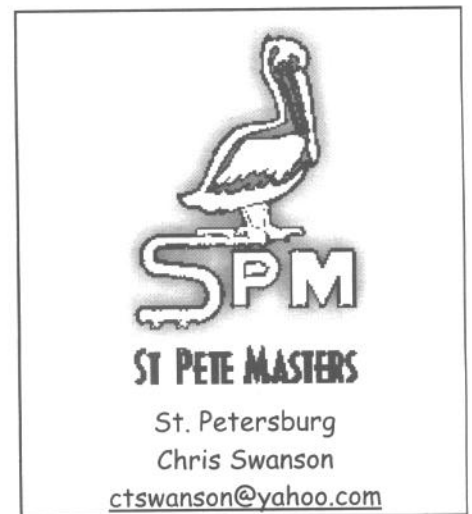
Oviedo

Bob Brubaker

bob@bobbrubaker.com

At Orlando, Colleen Collins placed 3<sup>rd</sup> in High Points as did Scott Schutzmeister and Doug Messineo. As a team we placed 16<sup>th</sup> out of 32 teams. Congrats, gang!

We are also gearing up to host our very first meet at the end of October. Hope to see many of you there. ☺



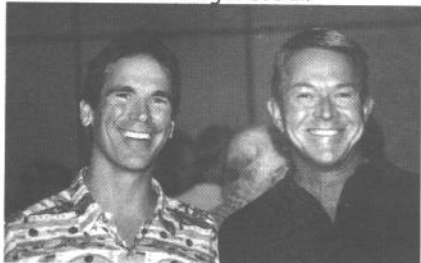
The late summer has been busy for SPM. After hosting our annual LCM Championship meet several ventured to Cleveland for Long Course Nationals. Russ Frazier, Sandy Steer, Bill Specht and Rebecca Trompke all achieved many successes including championships swims in several events.

September saw the start of the SCM season. We hosted a dev. meet during the month that had a good turn out and included a World Record in the 200 Freestyle by Jean Troy (FMM). It also marked the conclusion of 5k and 10k postal attempts. Bob Beach and Konrad Euler completed their swims (both 5 and 10K) early in the season with Ron Collins, Kern Davis, Pam Geiger, JoAnn Harrelson, Tim Kennedy, Brian Rimel, Christine Swanson, Livia Zien and Lexy Zubrod all competed in this years 5k event.

October started with the annual Orlando SCM Meet. The regulars from the club made the drive to Orlando and this year we were joined by several new team members who made an impact throughout the meet in their individual events and the relays. Welcome to Tom Koenig, Rorie O'Connor, Steve Albritton and Sharon Salzman.



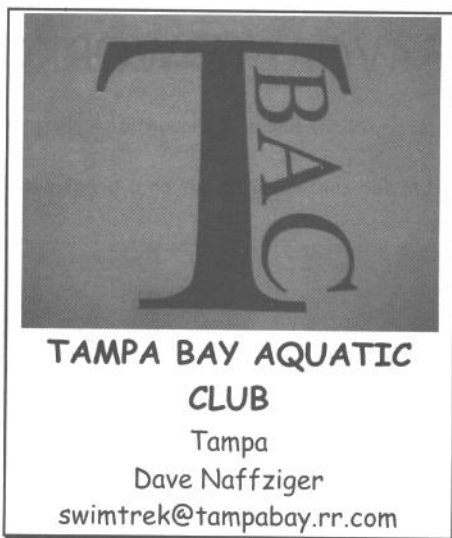
SwimFlorida's representatives at the USMS LCM Nationals were Rockin' & Rollin' in the pool! Two women, Deb Walker & Ellie Trevison scored points to finish 35<sup>th</sup> of 85 "Small Teams" & 6 men, Larry Black, Robert Davie, Jim Donnelly, Kevin McCormack, Jim Redic, and Rick Trevison finished 13<sup>th</sup> or 99 "Small Teams!" Attached picture is Jim D. & Robert at the Sat. night social.



Northern Michigan University inducted Jim Donnelly into the NMU Sports Hall of Fame on Sep 20, 2002. He was a 1971 grad of NMU where he was its first NCAA II two-time All-America in the sport. He placed 2nd in 200 Breaststroke in the 1969 NCAA College Division Championships.

Sarasota **SWIM**mers Tripp Schwenk, Al Hurxthal, & Catie Briggs finished 1<sup>st</sup> in the Mixed Relay Division of the Siesta Triathlon!

Sarasota swimmers celebrate birthdays where else.....in the pool. At 5:30 a.m. September 27, ten friends stumbled into the water for Rick Walkers' swim: 100 x 52! Or for the injured, 52 x 75 kick. On September 21 twelve swimmers showed up to celebrate Chris Gilligan's birthday with a game of *Underwater Hockey*. Sticks & puck plus a few rules and pointers were provided by Chris. One other swimmer had played and the rest picked it up quickly.



This past summer, our coach since the inception of Tampa Bay Aquatic Club, Inc., Joe Solak, decided it was time to step down as coach of the club. High school season was coming up and he also wanted more time to train himself for competition in swimming and triathlons. So the search began. After contacting some interested people, we found Joe's successor right in our own back yard, or more correctly, our pool. She is Shieloh Stephens.

Shieloh was born and raised in Marathon in the Keys. She grew up swimming, having been placed in infant swim classes at the very tender age of nine months. As an age-grouper she was a member of the Big Pine Cudas, competing in south Florida. Being a very athletic person, she



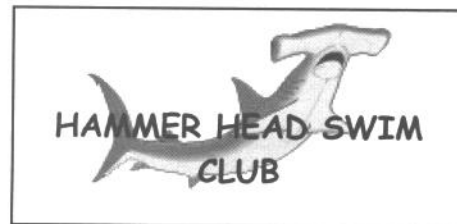
joined several athletic teams at Marathon High school and was captain of the volleyball, basketball, and softball teams, but not swimming, as the school did not have a swim team. She also coached for the Marathon Youth Club for three years.

Shieloh is currently attending the University of South Florida on an academic scholarship, majoring in nursing in the honors program. In addition to being the coach of TBAC, she swims herself, tutors and lifeguards for the city of Tampa in the summer season.

In addition to our new coach, we had about 10 swimmers participate in the Orlando SCM meet this month. While official results were unavailable to me at the newsletter deadline, my teammates said they thought the team placed 5<sup>th</sup>.



Sara Bailey was our lone rep to the ORLM Swim Meet. Thanks for going!



Richard Mercer placed 2<sup>nd</sup> in High Points and Kim Rizzo placed 3<sup>rd</sup> at the Orlando Meet in October. CONGRATS!





Cocoa-Cocoa Beach  
Tina DeSalvo [zendes@cfl.rr.com](mailto:zendes@cfl.rr.com)

Two swimmers competed in the LCM

Nationals. **Bunny Cederlund** swam (and as always won) the 50, 100 and 200 back. She also won the 400 free and placed 2<sup>nd</sup> in the 200 free. **Tom Bliss** competed in the Mens 45-49 age group. He swam 5 events and placed 4<sup>th</sup> in the 100 and 200 back, and 200 fly. He placed 5<sup>th</sup> in the 200 and 400 IM.

Not to be outdone, our senior men earned Top 10 SCY honors for their amazing winning medley relay swum at the IRCC Meet in April. That team consisted of **Bob Sigersmith** (back), **John Sinacore** (breast), **Al Rogerson** (fly) and **Lester Bell** (free). Look for these gentlemen to be sporting their Top 10 patches at the next meet. 😊

The **FLORIDA** Newsletter was nominated one of the 10 best newsletters by USMS this year. This was made possible by no small means by all the club reps who sent great articles and pictures. So, to another great year of news!

**Deadline for the next issue:**  
**January 10, 2003**

Please email all text and/or pictures to [gertraud\\_e\\_perry@yahoo.com](mailto:gertraud_e_perry@yahoo.com)

## OUR FAVORITE WORKOUTS

Since we had yet another great SCM Meet and Saturday Night Social, I thought of letting you know what some of the Team Orlando swimmers like to swim.

Thanks to all at ORLM for continuing to put on a great event year after year!



This is Brodie Hynes. He LOVES to sprint.

20x25 free down, fly back (get out at each end of the pool and dive in).

10x50 breath control (9-8-7-6-5-4-3-2-1-0)  
1<sup>st</sup> 50, breath 9x.  
2<sup>nd</sup> 50, breath 8x.  
etc. etc.

**NOTE:** Please be advised that these workouts are not prescribed and if you do them, you do so on your own volition. And with all strenuous exercises, rest or stop should you feel ill or dizzy.



This is Bob Lombard. He likes longer stuff.

500 free warm-up  
500 \_ free & \_ back  
500 kick  
5x100 alternate free with back  
10x50 alternate free with back



This is Cathy Shonkwiler. And as long as it has variety she's game. Plus, it has to be at least 5,000 at one practice. 😊

Something she likes:  
20x25 fly/back on :25  
10x100 free on 1:15



This is Cheryl Dickson. She does have three sets she particularly likes:

4x200 free  
8x100 IM  
10x50 sprints

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.

## THINGS NOT TO FORGET

Re-register your club. Register new swimmers and re-register continuing swimmers.

Send in your Frank Tillotson Award Nominees by the end of the year.

Buy your tickets to the 2<sup>nd</sup> Annual Awards & Reconciliation Dinner Banquet!

# FLORIDA

## Second Annual LMSC Awards Banquet

February 8, 2003, at the Long Center, Clearwater

ACTT • CRT • BLUE • ORLIM • SWSM • SCS • CATM • ATAC

### Recognizing Those Who Excelled in 2002

Please join your fellow Florida Masters swimmers for a relaxing evening at our second annual Florida LMSC Awards Dinner on the Saturday evening of the CAT Masters Valentine Meet.

The banquet hall, located adjacent to the aquatic complex, will open at approximately 4:30 PM, followed at 5:30 PM by a buffet dinner featuring a choice of two entrees, salad, potatoes, vegetables, and assorted desserts. A cash bar offering wine and beer will be open before and during the dinner. The awards presentation follows the dinner and will be over by 7 PM.

Tickets are \$15/person and spouses, significant others, and guests are welcome. Reservations are required and dress is casual. Reservations with a check payable to **Florida LMSC** should be sent to Meegan Wilson, 620 NW 27th Way, Gainesville FL 32607, by December 31.

#### Awards

##### Florida LMSC Outstanding Swimmers of the Year

Twelve swimmers will be named Florida's 2002 Outstanding Swimmers of the Year: three male and three female swimmers in pool and three male and three female swimmers in long distance (open water, postal events, and USMS long distance championships). Last year's LMSC Outstanding Distance Swimmers were Robert Beach, Konrad Euler, Ryan Woodruff, Jo Ann Harrelson, Peggy Hughes, and Livia Zien. The 2001 Outstanding Pool Swimmers were Paul Hutinger, John McCall, William Specht, Florence Carr, Cathy Shonkwiler, and Jean Troy.

##### Florida LMSC Most Valuable Swimmers of the Year

Four swimmers will be honored as the 2002 Florida LMSC Most Valuable Swimmers: one male and one female distance swimmer and one male and one female pool swimmer. Last year's Most Valuable Distance Swimmers were Robert Beach and Peggy Hughes, and the Most Valuable Pool Swimmers were Paul Hutinger and Florence Carr.

##### The Frank H. Tillotson Award

Criteria for the award, exemplifying Tillotson's characteristics, are contributions to his/her own team, contributions to the Florida LMSC, Dixie Zone, and/or USMS, and contributions to the general swimming community beyond Masters. Nominees must be Masters registered with any Florida LMSC team other than Maverick Masters. **Nominations** will be accepted from any Florida LMSC swimmer or club and should be sent before December 31 to Patricia Tullman, 5432 Twin Creeks Drive, Valrico FL 33594 (ptullma1@tampabay.rr.com). Last year's winner was Dick Brewer.

##### Individual Club Outstanding Swimmers

Each club in the LMSC, through its LMSC team representative, is asked to submit the names of its outstanding male and outstanding female in pool and outstanding male and outstanding female in long distance to Dick Brewer, 2871 4th Street NE, Naples FL 34120 (rdbrewer@att.net), before December 31. Each club's most valuable swimmers will be recognized in the program.

CUST • SCFY • BINS • UNST • FCYM • HMO • SCMM • RTYM

# 2003 Annual CAT Masters Valentine Meet

February 8-9, 2003 • Hosted by Clearwater Aquatic Team Masters • Sanction #143-pending at press time

**DATE & TIME:** Saturday, Feb 8: warm-up at 7 AM for 1000 free which begins at 8 AM, and warm-up at 10 AM for other events which begin at 11 AM. Sunday, Feb. 9: warm-up at 8 AM, meet begins at 9 AM.

**FACILITY:** The Long Center, 1501 N. Belcher Road, Clearwater Florida. The Long Center is an indoor 50 meter x 25 yard pool. This meet will be using 8 of the facility's 20 short course yard lanes with Colorado Timing for competition and 10 lanes will be provided for warm-ups during the course of the meet. All events will be swum in numerical order slow to fast. **Events 1 and 2 are limited to the first 40 to enter.** Refreshments are provided free of charge.

**ELIGIBILITY:** Current USMS rules will govern. All athletes 19 years of age and older as of February 9, 2003, and registered with USMS, Inc. Non U.S. citizens should have a letter of introduction from their own swimming association.

**ENTRIES & FEES:** Swimmers must pre-enter by mail. **Entries must be received by Friday, January 31.** Swimmers 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, event number, USMS registration number, and seed time. Please be sure that all information is filled out, the waiver is signed, and a copy of your USMS registration card is attached. 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 **CAT Masters**. Entries should be sent to: Joe Biondi, CAT Masters  
216 Elizabeth Avenue  
Clearwater, FL 33759

Scratches will be accepted and full refunds made if the meet director (Joe Biondi @ 727-725-9978) is notified prior to 4 PM February 6.

**RELAYS:** Relay teams may be deck entered at the meet both Saturday and Sunday. Only team members registered for the meet may participate in the relays. Age categories for relays are 19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+. Relay cards are due before events 7 and 15 on Saturday and before events 27 and 33 on Sunday.

**SCORING & AWARDS:** Ribbons for 1st, 2nd, and 3rd for each event. Individual High Point awards for 1st, 2nd, and 3rd in all age groups. Team awards for combined men and women 1st, 2nd, and 3rd. Scoring: 9-7-6-5-4-3-2-1 for individuals, double points for relays.

**ORDER OF EVENTS:** (\* check-in required 1/2 hour prior to event. § events 1-2 limited to first 40 entrants)

Saturday, February 8


W/M

- 1/2 \* § 1000 Freestyle
- 3/4 200 Freestyle
- 5/6 50 Breaststroke
- 7/8 200 Backstroke
- 9/10 100 IM
- 11 200 Mixed Free Relay
- 13/14 200 Butterfly
- 15/16 50 Freestyle
- 17/18 50 Backstroke
- 19/20 200 Free Relay
- 21/22 \* 400 IM

Sunday, February 9

W/M

- 23/24 200 Breaststroke
- 25/26 50 Butterfly
- 27/28 100 Freestyle
- 29/30 100 Backstroke
- 31 200 Mixed Medley Relay
- 33/34 100 Breaststroke
- 35/36 100 Butterfly
- 37/38 200 IM
- 39/40 200 Medley Relay
- 41/42 \* 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.....= \$ \_\_\_\_\_  
 TOTAL ENCLOSED.....= \$ \_\_\_\_\_

**ATTACH A COPY OF YOUR 2003 USMS CARD HERE.**

**BE SURE TO SIGN AND DATE THE ENTRY FORM.**

Make checks payable to **CAT Masters** and mail the check and the entry form with this tab attached to  
 Joe Biondi, CAT Masters  
 216 Elizabeth Avenue  
 Clearwater FL 33759



## 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	<b>MEET:</b> _____ <b>LOCATION:</b> _____ <b>DATE:</b> _____					<b>Office Use Only</b> 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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## ASK THE SWIM DOCTOR by Paul Hutinger

**Question:** Although I have coached at USA and high school levels, I am a new Masters coach and realize Masters swimmers have different needs. What suggestions do you have for my team, which has many novice swimmers, to encourage them at workouts and to enter meets?

**Answer:** I commend your realization about Masters swimmers!

Learning new strokes and improving techniques, encouragement as simple as, "good streamline on your pushoff" does wonders for a swimmer. Use fins as a stroke and kick enhancer with sets for personal records. As a world record holder, I use a set of 10 x 100 m back @ 2 min, trying to keep my time under the world record. Adjust times to suit your swimmers. A novice swimmer who takes 30 strokes for a 25 yd. free, can learn to stretch out the stroke and cut the number of strokes to 25 or less. Also use this technique for the other strokes to improve efficiency.

Encourage the use of a personal log or planner, such as the one supplied by USMS. At the start of the year, or other appropriate time, have a planning session. Instruct your swimmers how to set personal goals and swim times. This calendar planner is an excellent place to keep track of swim activities, workout schedules and meets, including PERSONAL RECORDS or PR's in workouts and meets. Beginning in 2003, to receive this calendar, you must request it. Contact Tracy Grilli, PO Box 185, Londonderry, NH 03053.

The 2nd level for recognition is TEAM RECORDS, each age group and stroke. With new teams, it is possible for more swimmers to own a record, from meets. Records only motivate if swimmers are aware of them, which is one aspect of good communication. If your team works out at one pool, post them on a bulletin board. Alternatives are to send them to all members or post them on your web site, if you have one. Encourage your swimmers to give credit to team mates for PR\_s and team records at each meet you attend.

The 3rd level is to achieve a TOP 5 TIME in the FL LMSC in at least one event. These results are published every year for all three courses and postal events.

The 4th level is a FL LMSC RECORD. Some age groups are more difficult to attain, but all should be given recognition. If you have older swimmers, stimulate them to enter an event which has no records. I encouraged our 90 year old to swim the One Hour Postal and he won it, in addition to setting a team and FL record.

The 5th level would be to achieve a USMS TOP TEN TIME. It is difficult to achieve an individual or 200 relay top ten time. Look for meets with the 400 and 800 relays, as sometimes ten teams have not swum that event.

Use all the creative ideas you can think of to have fun and achieve the goals and objectives of Masters swimming, which should be an integral part of a good program. The key to a successful team is to provide motivation and recognize their efforts, at whatever level they can achieve. Each year, do a critique and use these ideas to improve and establish your Positive program.

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