



Coming up...

Competition

- Mar. 6 Clearwater Senior Games
- Mar. 19-20 Clermont SCY
- Apr. 8-10 St. Pete SCY
- Apr. 16 Tampa Bay Marathon (OW)
- May 7 Hurricane Man (OW)
- May 7 Pass-A-Grille 1000m (OW)
- May 19-22 USMS SCY Nationals
in Fort Lauderdale

*Information, entry forms, and maps are
at www.dixiezone.org/Meets.htm*

LMSC 2004 Awards Dinner

- Mar. 19 Clermont

LMSC Spring Meeting

- Apr. 9 St. Pete

From the President



Happy 2005 FL LMSC Members!

Wow, time sure has gone by quickly. It seems like time is going by faster than ever and that there seems to be less and less time

to get the things done that I need to. Because that has been my experience, it has forced me to prioritize my time and to stay focused. Since I am probably ADD and get distracted easily, staying focused is sometimes hard for me to do. However, when I prioritize my time and stay focused things get done. Even still sometimes things take longer than expected because there are often many factors that affect the outcome that we can't control. People and their feelings need to always be above the projects/programs. With those thoughts are fresh, I would like to briefly reflect on some examples of where several of our own LMSC members successfully implemented them in 2004 and then share some other important information for 2005.

In 2004 we had two events that warrant reflection including the conducting of the October LMSC meeting and hosting of the 2004 USMS Convention.

Every LMSC meeting is eventful and productive. I have attended every one of them over the past 4 years and can speak from experience; however there were some note worthy items that took place at our October meeting that I would like to share.

As occurs every two years, we conducted our election of officers and assignment of representative leadership positions. The position I would like to focus on is the Sanctions position. During the past term this position was filled by Christine Swanson who did an excellent job! Due to personal reasons Christine had to retire the position to

The Florida LMSC newsletter is published quarterly in February, May, August, and November. It is mailed to all registered members of the Florida LMSC who request a print newsletter. Members may also elect to receive the newsletter via email.

Charlie Kohnken who served as interim for the balance of 2004. In the elections Sue Moucha was elected as the new Sanctions Chairman. Needless, to say Charlie graciously continued his function and trained Sue to take over at the beginning of 2005. I want to personally thank Charlie for being very professional in serving his LMSC, successfully coordinating the Sanctions position and effectively preparing Sue Moucha to take on the new position. Thank you Charlie for keeping the needs of the LMSC above your own!

This year's convention was a special one in that it was in Orlando and our LMSC hosted it. Along with historical events being set into motion which made this a significant one, hosting of the convention was noted by numerous attendees, as one of the best! This is the result of the efforts of primarily two people, Meegan Wilson and Victor Buehler. Even though there were several other individuals who assisted and deserve recognition it was Meegan and Victor who carried the effort! Meegan did all the preliminary planning, coordination and scheduling. Victor basically lived at the Hospitality Suite and literally served the masses. Meegan and Victor did all the food buying and most of the food preparation. Thank you Meegan and Victor for representing us so well!

In addition, I want to again recognize some individuals who have entered some new positions and places. I want to thank Jeffrey Demlow for accepting the Officials Chair position; Sue Moucha for accepting the Sanctions Chair position; in advance, thank Charlie Kohnken for considering the position of Safety and welcome my good friend Ed Nessel to the FL LMSC.

Finally, please take note of the change to the Annual Awards Banquet time and location, which will be discussed further in the newsletter and articles written by Jeffrey Demlow and Ed Nessel.

As we continue through 2005 may you stay focused on your mission and continue to make every effort to prioritize your time and develop successful plans to effectively reach your goals! I am blessed and honored to serve you the members of the FL LMSC the best LMSC in the USMS! Please make it a point to be at our next meeting which will be at the St. Pete meet on Saturday, April 9. Hope to see you in the pool!

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Top 10 & Records *by Margie Hutinger*



A Note About Senior Games Swimmers age 50+ can compete in any of the local Florida Senior Games. Three are already USMS-recognized and more will be, so times for Masters swimmers will count for Top 10 and records.

A listing of all of the local senior meets (qualifiers for the state senior games in December) is at www.floridalmc.org/SrGames05.html with contacts for each of the games. Available information about the

USMS-recognized meets is also on the zone meets page (www.dixiezone.org/Meets.htm).

Normally, this would be the newsletter with the SCM report. Unfortunately, I didn't receive the results from the Orlando meet until December. I have requested additional information in my quest for accurate times. Since I don't have my USMS submission complete, I am unable to finish the FL LMSC Top 5 and update the records. Next issue.

I submitted times from the LCM meets in Sarasota, St Pete, Orlando, Brandon; Seniors Good Life Games; and individual USA-S results from Mark Drennen.

For the Florida Top 5 and Records, I included times from the final results that swimmers sent me from these meets: Worlds in Italy; Savannah Tune Up, GA; two meets in Ft Lauderdale, FL; LCM Nationals and meets in Kentucky and New York.

If you want your times considered for the FL Top 5 and Records, it is the SWIMMER'S RESPONSIBILITY to send the Top Ten Recorder documentation of all swims outside of the FL LMSC, including Y Nationals, Sr Games Nationals and World Championships and Games. The only exception is USMS Nationals. The deadline for these submissions is the last day of the season for that course: SCY-May 31st; LCM-September 30th; and SCM-December 31st.

The Florida LMSC LCM Records broken in 2004 included 26 women's individual and 2 relays; 37 men's individual and 3 relays; but no mixed relays. Congratulations to all record breakers.

The most records broken was six, by Sylvia Eisele, 75, FACT. Three swimmers broke five records, including Charlotte Petersen, 40, SPM; Robert Blake, 80, FMM and Robert MacDonald, 75, FMM. The oldest women's record remaining are from 1983, Michelle Falls, 25-29, JUN, 100 Back, 1:08.44 and Margaret Morrison, 60-64, SPM, 50 Back, 46.60. The oldest men's record is from 1982, Chester Miltenberger's, 30-34, CF, 50 Breast, 30.88.

These are the oldest LCM records, that were broken in 2004.

WOMEN

40-44--100 Free, 1:03.02, Charlotte Petersen, SPM; broke Martha Martin's, HLJ, 1988 record of 1:03.40.

40-44--200 Back, 2:39.91, Petersen, SPM; broke Judy Stefanick's, SPM, 1992 record of 2:45.63.

40-44--200 Fly, 3:01.38, Maureen Jones, FACT; broke Stefanick's, 1992 record of 3:02.77.

45-49--100 Fly, 1:18.23, Tricia Moses, SPM; broke B Hoellen's, HLJ, 1989 record of 1:22.26.

240+ Medley Relay--3:08.26, FMM, Homans, Vaughn, Bayers, Troy; broke HLJ's 1993 record of 3:17.52, with Carr, Zint, Bowen, Glaraton

MEN

65-69--200 IM, 3:15.48, Donald Puchalski, FACT; broke Paul Hutinger's, SPM, 1993 record of 3:16.66.

80-84--400 Free, 7:20.49, Robert Blake, FMM; broke Peter Jurczyk's, IRCC, 1986 record of 7:43.68.

80-84--800 Free, 15:56.84, Blake, FMM; broke John Johnston's, SPM, 1996 record of 17:57.84.

80-84--1500 Free, 33:12.51, Robert Sigersmith, FACT; broke Johnston's, SPM, 1996 record of 34:03.67.

240+ Free Relay--2:08.03, FACT, Rodenfels, Stollmeyer, Redic, Nickodem; broke HLJ's 1990 record of 2:08.03, with Jones, Taylor, Holmes, Sears.

Will My Times Count? *by Margie Hutinger*

As the current FL LMSC Top Ten Recorder, this is a frequent question I hear. My response has been, "If I receive the results, your times will count."

As part of the meet sanction, each meet director is responsible for sending the recorder the final results, both as an electronic file and a hard copy, within TWO WEEKS (the times from the October Orlando SCM meet were in jeopardy of not being sub-

mitted, as I didn't receive them until two months after the meet).

Sometimes meet directors haven't responded to my requests for accurate results, and I appreciate all the help I can get. This is a united effort, which also includes YOU, the Masters swimmer. Have your team rep check with the meet director and ask if they have sent the final results to the Top Ten recorder.

At Senior Meets, it is the swimmer's responsibility to fill in ALL the blanks on the Masters sign-in sheets.

The USMS policy I must follow states, "Deadlines will be strictly enforced. LMSC recorders who fail to submit their tabulations in a timely manner do a disservice to the swimmers who participate in their meets. The errata that is produced for each course is for corrections, not for entering

Deadline for May newsletter submissions: **April 1**. Email articles and photos to Dick Brewer (floridaswim@yahoo.com) and Gertie Perry (gertraud_e_perry@yahoo.com).

Ask the Swim Doctor *by Paul Hutinger*



QUESTION: What other benefits can be derived from Masters swimming, other than cardiovascular?

ANSWER: There are many benefits from a regular Masters program which we tend to overlook. Scott Rabalais, 1996 Masters Coach of the Year and present Savannah, GA Masters Coach, lists an all inclusive combination of nine benefits: cardiovascular conditioning, strength, technique,

flexibility, kinesthetic ability, nutrition, rest, knowledge of swimming, and psychology and motivation.

A Masters swimmer who had never trained before discovered that his enhanced performance capability from swimming workouts carried over to his business. At his business meetings, he would look around at the group of out of shape and overweight partners and he felt more confident about his self-esteem.

A former average college swimmer discovered that his Masters training program gave him more power and strength and he had greater successes at meets. As he reflected later on in life, he realized how much his Masters training and successful performances in swimming increased his self-confidence in his ability which benefitted his career as an investing consultant.

Many Masters do not have the time or motivation to follow Rabalais' guidelines. However, many items can be part of a healthy lifestyle, like training (at whatever level satisfies you), nutrition

and rest. There are many benefits from these basic principles, which are known by most who have been in the program.

One area unknown to many, is the benefit to the brain. Many of you know about endorphins and the runner or swimmer's high. Many sufferers of depression take drugs, like Prozac to normalize the serotonin in the brain. Research has demonstrated that aerobic exercise, like swim training, increases serotonin levels which combat depression. The potential dangers of mood altering drugs neurotoxicity can also be avoided.

Social opportunities are available after workouts and meets. Many former age group swimmers have complained about their unpleasant early swimming experiences and didn't ever want to compete again. In Masters, they've discovered that they are responsible for their own program at their own level and can fit in their workouts around their jobs and family. Masters is different than age group swimming, for both the coach and the swimmers, and should be a refreshing change of pace.

Talking during your intervals is also important for an overall positive therapy and improvement in neurogenesis. While it was not allowed during age group practices, Masters see it as a positive force to talk at times, and should be encouraged for interaction and stress relief.

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

Did I Make a Top 10 or Top 5 List? *by Margie Hutinger*

USMS Top Ten & Records

If you are computer savvy, go to www.usms.org. On the left side under Competitions, click on Top Ten. On the right side of this page, you have several options, including individual, relay, club, LMSC or FINA Top Ten. For those of you who prefer to have a hard copy in hand to read at your leisure, you can get a one year's subscription (SCY, LCM, SCM), which includes World Records. Send your check for \$15, payable to USMS to: USMS National Office; PO Box 185; Londonderry, NH 03053-0185

Dixie Zone Top Ten & Records

Previous Dixie Zone Top Ten times and records are only available on the internet, www.dixiezone.org, click on "Top Ten & Records." The Dixie Zone includes only the swimmers from the eight states in the Southeastern US. As Dick Brewer is no longer compiling this list, we need someone to accept the responsibility for this recognition to continue.

Florida LMSC Top 5 & Records

These times can be found at www.floridalmsc.org and click on "LMSC Records" or "LMSC Top 5." A hard copy of this publication is sent to each team representative and is available for purchase by individuals. A one-year subscription includes all three courses and records. The only times that are included are swims by FL LMSC swimmers. If you compete, chances are good that you are on this list. It's a good measure of how you compare to local swimmers. Send your check for \$5, payable to FL LMSC to Margie Hutinger; 1755 Georgia Ave NE; St Petersburg, FL 33703.

Late Registrees, Beware!

All registrars need to encourage their usual late registrees to send in their registrations before MARCH 10. Then, all registrars need to send the forms and payments to Pat Tulman, LMSC registrar, by March 12. Anyone wanting to register for the SCY NATIONALS should send form and check no later than the 10th of March.

Pat will be away from March 21 through April 15, so those swimmers who procrastinate may not be able to enter some April and early May meets because they won't be registered.

From the Officials Chair *by Jeffrey Demlow*

I hope you found the last article informative as to the responsibility of being there when your heat starts to the process of starting the heat.

I would like to discuss the stroke and turns for the four strokes. Below is the first article, for breaststroke

Article 101.2 Breaststroke

101.2.1- The Start

The forward start shall be used. From on the blocks, edge of the pool or in the water. However in the rulebook it states only that "the forward start shall be used."

101.2.2- stroke (from the beginning of the first arm stroke after the start and after each turn)

The body shall be kept on the breast. The arms shall move simultaneously and in the same horizontal plane with out any alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except for the final stroke at the finish of the prescribed distance. The hands shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hip line, except during the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least

once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. This all sounds rather clear; however, if you have any questions please ask.

101.2.3-Kick

All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outward during the propulsive part of the kick movement. A scissors, flutter, or downward butterfly kick is not permitted. Breaking the surface of the water with the feet shall not merit disqualification unless followed by a downward butterfly kick. Please understand that all propulsion shall come from the bottom of the feet. When the legs have completed the kick and are extended and have come together, they may move upward only. Once again, getting propulsion from the top of the feet should be a DQ

101.2.4- Turns

At each turn, the touch shall be made with both hands simultaneously at, above, or

below the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete stroke cycle preceding the touch. Once the touch is made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall, and form prescribed in article 101.2.2 must be attained from the beginning of the first arm stroke

101.2.5- The finish

At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the surface of the water. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete cycle preceding the touch.

I hope you all get a chance to read and understand the rule. I hope this will give you a chance to refine your stroke and become as fast as you can. If you have any questions, please let me know! Happy swimming and Happy new Year!

If you have any questions about the above, e-mail me at pjdemlow@fbs.net

You Make Me Breathless *by Ed Nessel*

Ed Nessel comes to Central Florida by way of New Jersey. He has coached swimming for over 36 years, overlapping 25 of those years with both USA and Masters Swimming. He comes most recently from Rutgers University where for the past five years he ran the Masters program, produced the racing camps and presented the high-level clinics for which he is known nationally. Ed, whose credentials include R.Ph, MS, MPH and PharmD., has coached Olympic and World Championship medal winners, has shared his coaching knowledge and experience at the Olympic Training Center, and has authored over 70 articles appearing in all the major swim publications. Now a member of Central Florida area masters, Ed has offered to share his thoughts on a very interesting topic.

Overview

Aside from the 1950's old rock-n-roll tune by Jerry Lee Lewis, these words should be very familiar and ring true to every swimmer who honestly trains to go faster]

Rapid vigorous movement, whether sudden or prepared, is expected to bring about the body's compensating mechanisms which include the most visible and obvious: increased depth and rapidity of breathing. There have been many scientific experiments whereby normal athletes at sea-level were given pure oxygen to inhale before and after intense exercise in assumption of either delaying oxygen debt or enhancing recovery. Neither the arterial blood content of oxygen was increased nor the recovery time diminished. Since this proves

that the body can not store or accumulate oxygen to any great extent, the superficial interpretation of this intense breathing response would be that it is simply the body's way of bringing back its supply of usable oxygen. But this is only partially correct.

I submit that rather than simply developing an oxygen debt or deficit as a consequence of intense body movement, the build up of carbon dioxide (CO₂) from increased metabolism is the main cause of the sometimes nearly paralyzing symptoms of breathlessness.

Even a benign situation like being tired or bored can cause the body to work at compensation by causing a yawning sequence. This happens more to cause the blow off (forced exhalation) of increased CO₂ rather than to inhale more oxygen. There will be no buildup and no sensation to want to

(continued on page 9)



state combined team
www.floridalmsc.org/FACT.html

by Joan Campbell

The new and exciting year ahead of us promises to be bigger and better than last and hopefully without the added excitement of the many hurricanes that effected so many of us this year – shortening our season, interrupting our season and playing havoc with our lives. The recovery for many of us will be long and difficult and please be assured that our thoughts and prayers are with you and any help that can be directed to you through any of our organizations, please let us know.

FACT finished off the 2004 with a bang.

LONG COURSE TOP TEN

The preliminary Top Ten for Long Course Meters has just been published and the list of FACT honorees is long and impressive. ALL AMERICAN recipients (first in their age groups in the country!) include the following: Jessica Lizzoli, 19-24, in the 50 back; Deb Walker, 50-54, in the 100 and 200 breast; Sylvia Eisele, 75-79, in the 50, 100 and 200 breast and the 400 IM; Bunny Cederlund, 80-84, in the 50, 100 and 200 back; Anneliese Zoeller, 85-89, in the 100 breast; Mark Drennen, 45-49, in the 400, 800, and 1500 free; Tom Bliss, 50-54, in the 400 IM; Karl Wiedemann, 65-69, in the 100 and 200 breast; Burwell Jones, 70-74, in the 200 back and 200 and 400 IM.

A total of 52 placed in the Individual Top Ten with multiple listings totaling 209! I believe that must be a record number of TT for the Florida LMSC. Final listings will be available on the USMS web site Top Ten under Dixie Zone, Florida LMSC, Individual Club designation FACT.

In addition, 20 FACT relays made the USMS Top Ten, and four of these relays were ALL AMERICAN: the 200-239 Free Relay of Dave Hefner, Tim Carroll, Robert Nagle and Carl Hawkins; the Medley Relay of Dave Hefner, Rick Walker, John McCall and Tom Bliss; and the 320-359 Free and Medley Relays with John Corse, Bob Sigersmith, Rogers Holmes and Ed Graves. Great going for all of you, and we look forward to even greater participation and super times in at the USMS SCY Nationals in Fort Lauderdale this May.

We also have been churning up the waters in Long Distance events.

USMS POSTAL CHAMPIONSHIPS

In the USMS 5K Postal Championships earlier this fall, Allison Snow, Elspeth Smith, and Joan Campbell placed second in the 25 and up 15,000 relay. Individually, Snow placed 7th in 25-29, Smith placed 4th in 50-54, Dick Brewer placed 6th in 55-59, and Campbell 2nd in 70-74.

The USMS 3000 Postal saw six FACT swimmers finish in the Top 10 in their respective age groups. Our 3K Top 10 finishers were Alison Snow (25-29), Marie Reed (45-49), Meegan Wilson (55-59), Dan Mullett (45-49), and Barry McEwen (55-59).

OPEN WATER

Eight FACT swimmers had Top 10 finishes in the USMS 5K Open Water Championships, including one national champion: Mark Drennen. FACT swimmers placing in the top ten at the nationals were Heidi Maurer (35-39), Mary Roebuck (40-44), Drennen (45-49), John Byron (45-49), John Conlon (45-49), Rod Havriluk (50-54), Doug Rowe (50-54), and John Tilley (55-59).

FACT swimmers also swept their respective age groups in the inaugural Venice Open Water competition in October. Deb Walker (50-54) finished first in the 5K for women's 50-54, Rick Walker finished first in the 5K for men's 50-54 and was first overall, and Dick Brewer finished first in the 3K for men's 55-59

UPCOMING DIXIE ZONE CHAMPIONSHIPS

The Dixie Zone SCY Championships will be held at the Fort Lauderdale Aquatic Complex on February 25-27. This is the same pool as this year's USMS Short Course Nationals, so swimmers are encouraged to go to the February meet to get used to the pool and also to put together some winning relays. Because Fort Lauderdale is in the Gold Coast LMSC and not the Florida LMSC, all swimmers should be sure to enter their clubs as FACT rather than their individual clubs/chapters.

For those wanting to get a FACT T-shirt or cap in preparation for Nationals, Joan Campbell will have some navy and some white tees at the zone meet, and Victor Buehler is ordering more caps from Agonswim.



St. Petersburg
www.maverickswim.org

by Paul Hutinger

MAVERICKS MEN'S TEAM REPEATS AS NATIONAL CHAMPIONS, SMALL TEAM

The seven Maverick men earned the only National Championship for the FL LMSC at the LCM Nationals in Savannah, GA. The combined men's and women's team placed 3rd and the five women placed 9th. Robert MacDonald (75-79) set his first ever World records in the 100 m Breast in 1:35.55 and the 200m Breast with a time of 3:32.60.

Everyone scored points for the team, and the top three small team places weren't determined until the last exciting relays on the last day. Our outstanding National swimmers included Jean Troy, Holly Vaughn, Patricia Tullmanm, Margaret Homans, Pat Bayers, Robert Blake, James Browne, Paul Hutinger, Aaron Kurtzman, Charles Weatherbee and Frank Tillotson (90) -- the oldest swimmer in the meet.

FLORIDA MAVERICK MASTERS REPEAT AS ORLANDO SWIMMING MEET CHAMPIONS

Fourteen Mavericks won the visiting team championship at the annual Orlando SCM meet in Orlando, FL, October 8-10. Nineteen other teams competed from all over Florida, and as far away as Texas, Georgia and Canada. Age group high point winners in-

News from around the LMSC

cluded Reynolds, 80-84; Zint, 85-89; Browne, 65-69; Weatherbee, 70-74; Williams, 75-79 and Hutinger, 80-84. The rest of the supporting cast included Allen, Richard Criche, DeTore, M Hutinger, Regan Kenner, Pitts, Vann and Watkins.

FLORIDA SENIOR GAMES STATE CHAMPIONSHIPS

The Villages once again hosted this meet. "It was one of the best run senior meets I've competed in," said Paul Hutinger, Coach of the Florida Mavericks. "Although the weather was chilly the first morning, warming temperatures and an abundance of sunshine enhanced the overall meet enjoyment. For those of you in the above 50 crowd, I would recommend this meet, but first, you must qualify by competing in one of the 30 local meets in Florida."

Mavericks supporting this meet included Herbert Alvarado, James Anderson, Patricia Bond, Browne, Florence Carr, M & P Hutinger, Harold Miller, Gladys Olsen, Pitts, Doris Prokopi, Charles Schlegel, Vann, Weatherbee and Williams. They accounted for a grand medal haul of 52 gold, 15 silver and 3 bronze

CORAL SPRINGS

The Hutingers, Olsen, Troy, Tullman traveled to the east coast for their annual December SCM meet, held in November. We all appreciated the much warmer weather than in previous years. Paul Hutinger broke his own National record (80-84) in the 50 m back, with a time of 41.58. The team dinner on Saturday was at Carrabas, with Sue Moucha (BLUE WAVE) as our guest. We enjoy this meet and prime motel location with many choices of restaurants and shops within an easy walk

TRIATHLETE TRIO

Gus Rodriquez's main race this year was Ironman Florida, in Panama City Beach, November 6. He did several smaller races to prepare for it, including a Half Ironman in Macon, GA. Rodriquez felt he had a successful season. "I shaved 2_ hours off my Ironman time from last year with a 13:20:06. I woke up that morning with a bad cold, so just finishing was a victory for me. I feel I owe a great deal of my success to my increased time in the pool." His first Masters meet was an 800 free swim in Brandon in August. New Mavericks, Hank Campbell and Land Heintzberger were also active on the triathlon circuit.



by Dick Brewer

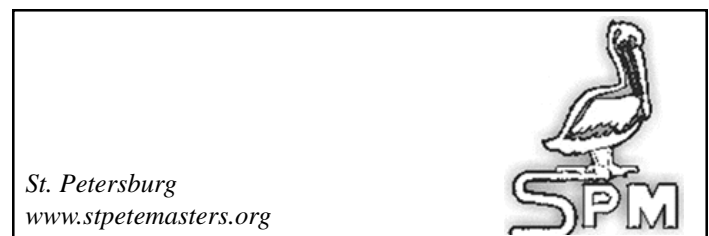
A combination of factors have led to a rather lethargic late fall and winter for the Minnows. In addition to procrastination, laziness, and busy work schedules, we've had to move our practices to Florida Gulf Coast University in Estero because our San Carlos pool closed for resurfacing and renovation. On the bright side, we don't have to put in and take out lane lines or put covers on the pool in the evenings before we leave.

One area where there was some Minnow activity was in distance. While the FGCU pool was set up for long course, Dick

Brewer and Mary Soucek swam the 5K postal. They were joined by Adrienne Seal and Kim Terpak from SWIM Florida. Dick placed 6th in his age group, and Mary, who swam it on a whim that morning, would have placed 8th in her age group had she officially entered. Adrienne placed 4th in her age group. Many thanks to Minnows Dave and Kathy Erickson for timing Dick and Mary and to SWIM Florida coach Gregg Cross for timing for Adrienne and Kim.

In October, Dick swam his first open water competition longer than a mile -- the Tropical Splash 3K in Venice. He finished third overall in the men's division and first in his age group (he was the only one in his age group). He has set a goal for 2005 to enter and finish a 5K open water swim. If he survives that and happens to be suffering from a moment of temporary insanity, he said he might possibly enter and try to finish a 10K.

Kudos also to FGCU workout friend Randy Magin, who just returned to Masters swimming after a long layoff and surgery. Randy competed in the state senior games championships at The Villages in December where he won two silvers and a bronze in the three backstroke events and a bronze in the 500 free. He qualified for the National Senior Games in Pittsburg this summer in all four events.



by Livia Zien

The fall and winter months were quieter months for us regarding swim meets, but not so with respect to postal swims, triathlons, and behind-the-scene preparations for upcoming meets.

A number of SPM'ers participated in triathlons in this fall.

The Half Great Floridian in Clermont sported numerous relays recruiting many SPM swimmers. Mike Halfast, Laura Kaleel, and JoAnn Harrelson all finished first for their respective relays. What a way to start, guys! Livia Zien also competed in triathlon, finishing 8th in her age group.

The Suncoast Triathlon in Fort DeSoto had several of our swimmers competing. Farrah Hall finished 2nd, Carolyn Kiper 3rd, and Katie Knight-Perry 1st in their respective age groups.

And finally, to round out the triathlon season, Angie Orr, Tim Kennedy, and Renee Tillwick all competed in their first Ironman races, the Ironman Florida in Panama City, with Angie finishing 11th and Renee finishing 9th in their age groups. Angie, Tim, and Renee are showing how swimmers can be triathletes too!

We had numerous members participate in the 3000/6000 yard Postal Swim. Katie Knight-Perry, when she is not doing triathlons, placed 4th in her age group for the 3000yd swim. Sharon Salzman placed 3rd, Skip Mitchell 4th, and Sandy Steer 4th in their age groups. On the men's side, John Cox was 4th, Bob Beach 2nd, and Ned Allen 7th. Both the men's and women's teams also formed relays placing first! In the 6000yd swim, Bob Aldritch, Bob Beach

News from around the LMSC

(who also swam the 3000yd postal!), Ned Allen, Pam Geiger, JoAnn Harrelson, Woody McDaniel, and Flavia Zappa all swam well, and we even had two first place relays finishes.

And finally, our 35th Annual Spring Championship Meet is coming up, April 8-10. We are all busy preparing for the meet. This will be a particularly special one for us as our former coach, George Bole, will be helping us to celebrate our 35th anniversary. Bob Atwood, our meet director, along with his aides, have been busy organizing and scheming to make this a spectacular meet. Please mark your calendars we hope to see you there!



by Pat Cohen

We are continuing to grow and improve under the guidance of our great coach Joe Biondi.

Team member Chris Kelly hosted a wonderful Holiday Party at her home in December that was well attended by the Sun Masters. Thanks to Chris for her hospitality

On January 1, 2005, SUN MASTERS hosted the Special Olympics Benefit Swim at the Long Center. We raised \$600.00 for this worthy cause and celebrated afterwards at the Palm Harbor Ale House. Bob Lavanture graciously hosted the event and picked up the tab for all of the team who attended. This has become a holiday tradition and a great way to start the New Year. The event is open to everyone (swimmers, snorklers, waders etc.). We hope to see more of you next year. Thanks again to Bob for his generosity and continued support of Master's swimming.

LONG COURSE TOP TEN, individual

Joan Campbell (70-74) 10 Top Ten

Nancy Durstein (75-79) 12 Top Ten

Don Puchalski (65-69) 7 Top Ten

LONG COURSE TOP TEN, relays

200-239 800 Free Relay - 4th Chris Kelly, Buffy Price, Karen Gardner and Jean Tsagaris

240-279 200 Free Relay - 4th Marianne Bradley

280-319 Free Relay - 3rd Nancy Durstein, Joan Campbell

280-319 200 Free Relay - 5th Joan Campbell

280-319 200 Medley Relay - 10th Elliott Schofield, Joan Campbell, Nancy Durstein

280-319 200 800 Free Relay - 4th Elliott Schofield, Don Puchalski, Joan Campbell and Marianne Bradley

10K USMS POSTAL CHAMPIONSHIPS

25-29 Allison Snow 7th

50-54 Elspeth Smith 4th

70-74 Joan Campbell placed 2nd Nationally in the 5K swim with a time of 1:51.01.00, breaking the existing LMSC record by 9 minutes!

15K Relay 25-29+ 2nd Allison Snow, Elspeth Smith and Joan Campbell

5K USMS POSTAL CHAMPIONSHIPS

25-29 Allison Snow 9th

45-49 Jairo Viafara 14th

45-49 Dan Mullet 5th

70-74 Joan Campbell 3rd (better than her LMSC record of 2 years ago!)

Florida State Senior Games December 2004 – The Villages
Joan Campbell (70-74) Nancy Durstein (75-79), and Don Puchalski (65-69) all qualified for the National Senior Games to be held in Pittsburgh, PA in June 2005



by Jim Donnelly

International Hall of Fame induction

Burwell "Bump" Jones, *left*, was inducted into the 2005 International Masters Swimming Hall of Fame on January 8, 2005, at the International Swimming Hall of Fame in Fort Lauderdale. His accomplishments in swimming are legendary with National and World Records in every age group he competed in. He can still whoop up on us "much younger" pups. Congratulations Bump!



Arlington Pool to close for repairs

Arlington Park Pool will be closed sometime in February for r e - marciting. The good news is that the 25m Lido Pool on Lido beach will be open by then after being completely redone and brought up to state of the art standards. We will of course still have the Selby and Euclid Y pools to work out in also.

5:30 AM News

Rick Walker's 5:30 am workout group at the Selby YMCA has grown to over 60 swimmers! We all love this beautiful facility where we hold our Annual Long Course T-Shirt meet and we held the Y Masters Nats a few years ago! We look forward to hosting our next LC meet this June with the best T-shirt design yet!

A large group of local Masters swimmers participated in a spirited workout on Thanksgiving morning at the Y. Looks like this will become a Thanksgiving tradition as we had over 25 swimmers. Among those present were Hall of Famers Anthony Nesty and Bumpy Jones.

The Masters program at the Y has a new name, Adult Aquatic Fitness Program and is requiring USMS membership for 2005. Over 60 swimmers have joined with many being first time USMS

News from around the LMSC

members. The 5:30 early morning group has some new faces and a lot of fast swimming going on. Come and join us.

Holiday celebration

SWIM Florida Sarasotans celebrated the Christmas holiday at the home of Stacey and Gary Howle. The pot luck was wonderful and the Ricky Kickfighter Band entertained us all.



Holiday time: Chinyere Uwah-King, Tillie and Scott Atkins, far left. Chris Gilligan and Rick Walker, near left.

VILLAGES AQUATIC SWIM TEAM

Leesburg & The Villages

by Susan Schuerman

The Villages Aquatic Swim Team (VAST) was well prepared for the Senior Games Championship which were held in The Villages on December 5 & 6. VAST took home a total of 107 medals in the 2 day swimming competition. The 26 women won 20 gold, 26 silver and 25 bronze, while the 14 men won 10 gold, 16 silver and 10 bronze.



You Take My Breath Away

(continued from page 5)

One gets drowsy in a car (and begins to yawn) with several people as passengers and closed windows and vents more so because of the build up of CO₂ in the air than any measured decrease in oxygen content. And this manifestation would be even more apparent and occur more quickly in aerobically conditioned athletes because of their ability to extract more oxygen from the ambient air per unit time and leave more CO₂ to build up.

I have also noticed on many occasions that exposure to cold would bring on the yawning reflex; here, due to the increased metabolism (shivering, etc) necessary to raise body temperature, more CO₂ was produced which then needed to be blown off forcefully.

Unlike plants and trees, which Nature has adapted to utilize carbon dioxide in a productive way (the manufacture of oxygen), human physiology has had to come up with metabolic pathways to neutralize or detoxify CO₂ since its production to excess has deleterious effects.

Funny how Nature has adapted man's most annoying pest, the mosquito, to allow it to hone in on us for their blood feasts. They sense our presence by our release of carbon dioxide into the air and follow its trail back to us for mealtime.

This article will hopefully relate in part what happens to the body when it is asked to endure the vigorous activity of swimming fast. Depending upon the duration, intensity, and specific type of movement through water, and, of course, the physical condition and athletic aptitude of the participant, breathlessness is the endpoint for which to train.

This is not an easy thing to ask of an athlete, especially on a constant basis. It is one thing to become short of breath during vigorous land-based exercise the body usually responds in its natural way of rapid respiration, in-and-out, without much thought given to controlling this process in any way other than the desire to recover as quickly as possible. But do the same in water, and we see a whole other story. No matter how athletic the participant, if one can not control the breathing part of swimming for as long as the race lasts, the whole technical aspect of the stroke usually breaks down, and movement through water becomes, at first, less efficient, then downright counter-productive.

AND, this negativity is magnified even more with the fact that as one moves faster through the water, the liquid medium holds the swimmer back with resistance that is either squared (under the surface) or cubed (at the surface). A land-based athlete with any logic might eventually analyze this and say: "why bother?" An experienced swimmer, on the other hand, comes to realize that in the final analysis, it is breath control that dictates speed throughout the race. Mispace the race by taking it out too fast, or make the mistake of holding the breath too much in the beginning, and all too often the back end of the swim becomes more of a struggle than the swimmer bargained for all because of the sensation that oxygen is in very short supply.

There are many complicated physiological processes that occur in cascade fashion when body movement becomes more demanding than staying in one's comfort zone. There are dictums and theories about oxygen deficit versus oxygen debt; about recovery oxygen uptake or excess post-exercise oxygen consumption

(continued on page 10)

tion (EPOC). I will discuss what I feel is the prime motivator to breathe, why we do this, and what happens if we don't.

Some Physiology of the Respiratory Response to Exercise

Metabolically, to move fast in any fashion for more than just a few seconds creates bio-chemical demands that must be caught up to and dealt with by the body. The forced deep exhalations automatically proceeding right after vigorous movement is one way the body tries to bring back its overall pre-activity condition (homeostasis). Carbon Dioxide (CO₂) is one of the end products of metabolism; it can not be prevented from forming, but it can be prevented or at least delayed from building up. If there is muscular movement, CO₂ is produced. If CO₂ is produced in low enough amounts (light to moderate movement) it can be easily ousted. The typical breathing blood circulation allows for the transported CO₂ to be adequately blown off at the lungs. The better the condition of the athlete, the more readily this process takes place.

Eventually, the more CO₂ produced, however, the greater the responding respiration becomes. Any time CO₂ production rises to a greater extent than can be handled by the rate and depth of breathing, blood will leave the lungs with some residual CO₂ in it to be re-circulated through the heart and then on to the arterial blood supply and to the body's various tissues and organ systems. If there is more CO₂ in place in the circulating blood, there has to be less room for oxygen (O₂) to be circulated. One of the typical end-result physical markers I look for in this case is seeing a face with blue lips (cyanosis) at the completion of an anaerobic (lack of oxygen) hard swim.

Since CO₂ is being produced throughout the body with vigorous activity, adding more to the immediate tissue environment from the circulating blood only deepens its negative effects. One such effect is actually a rescue mechanism of sorts: there are CO₂-sensors in the arterial blood supply which, when stimulated, produce the sensation of air hunger. THIS, I feel, is the primary stimulus that causes the breathing center of the brain to want to engage in forced respiration, not what might be construed as a relative lack of oxygen.

With rapid inhalation and exhalation of ambient air, the oxygen exchange is really

not that dramatic. As an example of quick inhalation-exhalation oxygen exchange, I submit the scenario of giving CPR to one who needs resuscitation. The ambient air contains 21% oxygen on average; forced air from a rescuer into the victim only contains about 16% oxygen; this shows that the body removes only about 5% of oxygen from quickly-inspired air. In addition, even with well-trained athletes, it takes time for all the respiratory trained mechanisms to kick in sometimes as much as three (3) minutes, so maximum oxygen consumption and oxygen exchange doesn't really come into play as quickly as the build-up of CO₂.

Physiologic Effects From Exposure to Altered Oxygen in Ambient Air

To put this presentation in proper perspective, I must mention the importance of the amount of available oxygen in the ambient air where and when vigorous movement is initiated. Right from the start, the amount of oxygen in the air and its corresponding pressures do have an effect on athletic performance. Though this discussion is about work at sea-level, I want to show the powerful influence of available oxygen at different altitudes.

If one trains at sea-level where the relative oxygen content of the ambient air is 21%, and the barometric pressure is 760 mmHg (mercury), and the atmospheric oxygen pressure is 160mm Hg, the alveolar (air sacks in the lungs) oxygen pressure averages about 110 mmHg, and the arterial blood oxygen pressure rises to 96 mmHg. The body gets used to this constant oxygen supply at this pressure while the adaptive enzymes become trained to extract what oxygen they have to work with from moment to moment.

Take the altitude up to 3000 feet and we see the barometric pressure drop to 687 mmHg, the atmospheric oxygen pressure drop to 142 mmHg, the alveolar oxygen pressure drop to 94 mmHg and finally the arterial blood oxygen pressure drop to 83 mm Hg, an almost 14% drop in blood oxygen content from sea-level.

Go to a mile high and the parameters drop to 631 mmHg barometric pressure, 132 mmHg atmospheric oxygen pressure, 85 mmHg alveolar oxygen pressure, and 75 mm Hg arterial blood oxygen pressure, a 22% drop in blood oxygen content from

sea-level.

Go to 8000 feet high and the important parameters read thus: alveolar oxygen pressure drops to 69 mmHg and the arterial blood oxygen pressure falls to 63 mmHg, an almost 35% drop in blood content of oxygen from sea-level to 8000 feet.

These physiologic numbers (lung and blood oxygen contents) are reduced by 10-15 mmHg in normal older athletes.

No rocket scientist needed to see that if a poorly adapted athlete pushes hard at altitude, the reduced oxygen supply will manifest the sensation of breathlessness sooner and with more intensity; any CO₂ buildup will happen sooner into the exercise bout and will produce a prolonged effect of breathing distress. What usually presents is what is called dragon-breathing. This is a type of involuntary adaptive reflex whereby the distressed athlete gasps for air with facial grimaces and neck muscle contractions.

You can see from the above listings that absolute available oxygen is extremely important to the body's ability to extract it for metabolic use; have it (oxygen) compromised in content, and the ability to utilize it is diminished immediately. Here the breathing mechanism and corresponding oxygen metabolism are stressed such that not only is the probability of CO₂-build up a certainty but any help from available oxygen to try and offset this will be hard to obtain. A physical manifestation that sometimes presents when respiration is compromised and the athlete is in distress is called dragon-breathing. Mostly seen with asthmatics but not restricted to same, dragon-breathing immediately signifies intensely-labored respiration. Once started the body only attends to recovery from this state at the expense of all other movement.

Holding one's breath during training provides, in my opinion, only one benefit to the swimmer. It helps somewhat in the tolerance of CO₂ build-up something that could prove decisive with streamlining off the walls and into finishes. This having been stated, I am otherwise against breath-holding while swim racing most distances.

Breathing Patterns While Racing

There are two types of distress that the body must be trained to withstand: physiological and psychological Correct physi-

ologic adaptations are hoped for with appropriate training sets throughout the main racing season. But it is the PERCEIVED bodily response and adaptation to the swim training that will prove to be most important in producing fast swims. How you practice is how you race!

Cecil Colwin wrote an informative article on several aspects of breathing when swimming the four racing strokes (American Swimming, 20003, issue 5). I agree with his presentation that the inhalation aspect of the breathing cycle is noticeably shorter than the exhalation aspect. But I disagree with Mr. Colwin that the used air should not be forced out with any great effort otherwise breathlessness will ensue more quickly. Of course the breathing and movement through each stroke cycle should be rhythmic, but this comes with practice and experience. Learning to pace an event and control the breathing cycle is just as important as knowing how to swim the required stroke maybe even more so. Many a good swimmer has taken a race out too hard and wished he hadn't; some are able to feel the mistake quickly and rely on their reserve of aerobic and anaerobic conditioning to hopefully salvage the effort, but most usually do irreparable damage physiologically (breathing-wise) and suffer the consequences.

I've seen this all too often with enthusiastic and energetic age-groupers. They get caught up in the immediate moment of competition and forget the whole concept of breath control for the whole race. The 100 yard/meter freestyle is a strong example.

Usually thought of as short enough to allow breath-holding as in the 50 free, what proves out is the fact that doubling the distance (50 to 100) in water at full blast requires almost four (4) times the energy (actual and perceived) since stressful metabolic alterations are occurring in an accelerated rate so the back half of the race is happening in an already unfriendly physiologic environment.

I suggest that the only breath-holding event be the 50 freestyle, and even here, some exhalations of CO₂ need to occur to assure a breath-holding strong finish. The 100 free should have the swimmer breathe every cycle going into the last 25 yards/meters where and when the athlete's ability to breath-hold during building discom-

fort will allow the quickest, strongest finish possible. Needless to say, this type of breath control needs to be practiced over and over for all freestyle events over a 50 so it becomes automatic during the combat of racing.

I am against double breathing in backstroke only because of the negative influence on the smoothness of the stroke cycle; some gravitate to this breathing cycle because the head is out of the water and no co-ordination of head movement with breathing is absolutely necessary. But the stroke should be trained with the same breath control as freestyle: of inhalation on one arm, exhalation on the other arm.

The correct breaststroke rhythm dictates one breath per cycle, and it is here that the inhalation is much shorter than the exhalation if one is to maximize the efficiency of the underwater glide good chance to blow out mounting CO₂.

The butterfly, consuming the most energy per unit time of swimming, requires regular inhalation/exhalation. World records have now been swum with breathing every cycle just as much for controlling the breath and keeping the sense of breathlessness at bay longer into the race as for maintaining the rhythm of the stroke.


Everyone slows down towards the end of a hard race. But with proper breath control, I prefer to have my swimmers slow down less than their competition. Hopefully this will mean a fast swim. Breath control - it keeps you in it to win it.

The Swift Swim Team Spring Splash

March 19-20, 2005

Sanctioned by Florida LMSC for USMS, Inc. #145-010

- Date & Time:** Saturday, March 19: warm up at 8:00 am; start at 9:00 am
Sunday, March 20: warm up at 8:00 am; start at 9:00 am
- Facility:** The National Training Center is located at 1099 Citrus Tower Boulevard, Clermont FL 34711. A maximum of 8 lanes will be seeded for all events. Colorado Timing with touch pads will be utilized with back-up watches for all events.
- Eligibility:** Open to all MASTERS age 19 or older. Entrants must have a 2005 USMS Registration Card or foreign equivalent. A photocopy **MUST BE ATTACHED** to the entry form. 2005 USMS rules govern this meet.
- Individual events: Check in required for the 1000 yd Free, 400 yd IM **1 hour prior** to the event, and the 500 yd Free by **8:15 am** Events will be timed finals and seeded slowest to fastest except for the **1000 Free, 400 IM and 500 Free, which will be swum fastest to slowest.**
- Relays:** Relays will be deck entered and seeded a half hour prior to each race. All relay swimmers must be registered for the meet (pay the meet surcharge and sign the meet waiver). FACT teams will be accepted.
- Entries & Fees:** Swimmers must pre-enter by mail. Swimmers may enter a maximum of five individual events per day PLUS relays. The entry fee is \$3.00 per individual event, \$5.00 per relay event, and a \$15 meet surcharge for all swimmers. Enclose a SASE if you wish to confirm your entry was received.
- Entry deadline:** **Meet entries must be postmarked by Monday, March 7, 2005.** Late entries (e-mails only) with an additional \$10 fee will be accepted until 6 PM, March 12, 2005. (E-mail to kdawson5@cfl.rr.com). Meet scratches will be refunded if you notify us by 4 PM March 15, 2005.
- Awards:** Ribbons will be given for each event. Individual High Point awards for 1st place in all age groups with a minimum of five events completed.
- Shirts:** Specially designed Tank Top shirts are available by pre-order, and some will be available at the meet for \$15. Please indicate size below – women's S-XL or men's S-XXL. Be sure to indicate gender as well as size; it makes a difference in the actual size.
- Information:** Call Meet Director Karleen Dawson at (407) 905-0816 or email kdawson5@cfl.rr.com
- Event order:**
- | <u>Saturday, March 19</u> | | <u>Sunday, March 20</u> | |
|---------------------------|------------------------|-------------------------|----------------------|
| 1/2 | **500 free | 23/24 | 100 back |
| 3/4 | 200 back | 25/26 | 50 breast |
| 5/6 | 100 IM | 27/28 | 100 fly |
| 7/8 | 200 free | 29 | 200 mixed free relay |
| 9 | 200 mixed medley relay | 31/32 | 200 breast |
| 11/12 | 50 back | 33/34 | 100 free |
| 13/14 | 100 breast | 35/36 | 200 IM |
| 15/16 | 200 fly | 37/38 | 50 fly |
| 17/18 | 50 free | 39/40 | 200 free relay |
| 19/20 | 200 medley relay | 41/42 | **1000 free |
| 21/22 | **400 IM | | |

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

Fees: Meet surcharge (not refundable)..... = \$ 15.00
events () x \$3.00..... = \$ _____
Shirt (W or M, size _____) x \$15..... = \$ _____
Late fee if applicable (\$10)..... = \$ _____
Copy of final results (\$5)..... = \$ _____
TOTAL ENCLOSED..... = \$ _____

Make checks payable to **Friends of South Lake/Swift** and mail the check and the entry form with this tab attached to
Friends of South Lake c/o Karleen Dawson
P.O. Box 120248
Clermont FL 34712-0248

**ATTACH A COPY OF YOUR
2005 USMS CARD HERE.**

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

