

FLORIDA

LOCAL MASTERS SWIMMING COMMITTEE

May, 2005, Newsletter

Volume 22, Number 2

LMSC honors its best for 2004 at March awards banquet

Swimmers from around the LMSC gathered in Clermont on Saturday, March 19, to recognize the best of their peers. The annual awards dinner was held in conjunction with the Swift Swim Team Spring Splash meet at the National Training Center that weekend.

Four swimmers received shark trophies as the year's Most Valuable Swimmers. The top pool swimmers were Jean Troy and Bill Specht. The most valuable distance/postal swimmers were Joan Campbell and Keith Burbridge.

Receiving plaques as the 2004 Outstanding female swimmers in pool competition were Bunny Cederlund, Sylvia Eisele, June Reynolds, and Gertrud Zint. The outstanding male pool swimmers were Mark Drennen, Paul Hutinger, Burwell Jones, and Robert MacDonald.

The 2004 Outstanding female distance/postal swimmers were Patricia Bond, Pam Geiger, Sharon Salzman, and Flavia Zappa. Outstanding male distance/postal swimmers were Robert Aldrich, Robert Beach, Robert Blake, and Brian Rimel.

The Leather Lungs Award, new this year, was also presented at the dinner. It recognizes swimmers who completed all events in USMS meets during the year in short course yards, long course meters, short course meters, and/or postal championships. Recipients were

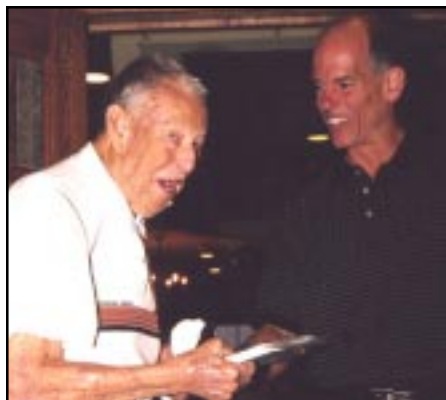
Robert Beach (postals), Kitty Magness (SCY), Gertie Perry (SCY), and Flavia Zappa (SCY, LCM, and postals).

Two swimmers were honored with special awards. Deb Walker, *left*, received the Frank H Tillotson Award for her service to Masters swimming and the swimming community in general. Kay Schimpf received the Overcoming Adversity Award.

All winners past and present, and the criteria for the awards, are on the LMSC's web page

– www.floridalmsc.org.

Two additional awards were also presented. Christine Swanson received accolades for her work as LMSC sanctions chair, and Frank H. Tillotson, *below*, was honored as a World Wide Swimming Advocate for his decades of dedication to the world of swimming.



Florida LMSC 2004 Most Valuable Swimmers



Jean Troy, pool



Joan Campbell, distance



Keith Burbridge, distance

not pictured: Bill Specht, pool

From the President's Desk *by Tom Bliss*

Dear FL LMSC Members,

The first FL LMSC meeting of the 2005 year was at the St. Petersburg meet on Saturday, April 9. With this being one of the largest amount of entries that St. Pete has had in quite some time we were expecting a good turn out for the LMSC meeting. But this was not the case. We actually had very few teams represented. None the less, the meeting occurred with many decisions made. This newsletter will be dedicated to the details of the meeting since so much was covered. These include the appointment a new position – the Coaches and Clinic Coordinator; delegates to the convention; and the development of policies and procedures.

A new position has been created in place of the old Coaches Liaison position to better support our geographically large LMSC. As the new name indicates, the Coaches and Clinic Coordinator position is to be one of fostering the coaching base in our LMSC and facilitating the pursuit of excellence in swimming ability of our individual swimmers. There are two individuals that have been appointed to take on this critical responsibility and they are Ed Nessel and Joe Biondi. With Ed Nessel on the east side of our large state and Joe on the west, these individuals will provide a balanced support for our swimming members. Both Ed and Joe have been putting on clinics on both sides of the state and we encourage you to take advantage of the services that they provide. Over the next couple of months Ed and Joe will be expanding the past job description and revising it to better support the growing demands of our LMSC.

The 2005 convention will be in North Carolina and once again we have four individuals that we are allotted to send on our behalf. This year you will be represented



by Joan Campbell, Margie Hutinger, Sue Moucha and myself, Tom Bliss. In addition, Meegan Wilson has an automatic bid as a Legislation Delegate, so in affect we will have 5 votes for the FL LMSC. Over the next couple of months please feel free to contact any of these individuals to address any issues that you would like to see handled on a national level.

With the needs of our LMSC growing and changing, it has motivated us to update our Bylaws and create some new policies to streamline our operations. The bylaws revisions will be initiated at our next LMSC meeting which will be held at St. Pete in July. Since the bylaws affect every member we highly recommend that you plan on attending this very important meeting. To facilitate the forming of policy we are pressing forward with the following approach. When an individual recommends that a policy be developed in support of a particular issue they will become the coordinator of a committee that will be formed of two or more individuals. The committee will develop the wording of the policy to a final draft state and pass it through the board of directors for review. Once the board has reviewed it, the document will be forwarded to the team representatives to make them aware of the pending new policy and its review/approval at the next meeting.

As I have stressed in the past, we are an ORGANization that is only as functional and vibrant as the parts of the membership are vitally connected. Your part in our LMSC is important and you will only benefit from it to the degree that you put into it. Presently, 5% of the people are putting in 95% of the effort that is required to run this ORGANization. Please consider if you could be more involved, starting with your own club first, then please consider helping at a higher level. Invest your talents in helping to make our ORGANization be the best that it can be.

Serving the ORGANization,
Tom Bliss
Chairman, FL LMSC

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The Florida LMSC newsletter is published quarterly in February, May, August, and November. Registered members of the Florida LMSC choose to receive the newsletter via email or postal mail. The Florida LMSC reserves the right to edit articles for appropriateness and/or brevity.

Top 10 & Records by Margie Hutinger



I submitted times from the SCM meets in Orlando the St Pete Development Meet. For the Florida Top 5 and Records, I included times from the final results that swimmers sent me from these meets: Albatross Open, MD; Chris Connor's meets; St Nick Meet, GA and Coral Springs, FL.

If you swam in the Countryside Sprint Meet on Jan 29, I have NO results (over two months late). I also do NOT have the results for the Polk Sr Games, March 4 & 5 (3 weeks late) or the Masters sign in sheet. By now, you should know that "Posted on the internet" doesn't fulfill the requirements.. If you swam in either of these meets, do you want your times to count?

A friendly reminder: when you compete outside the FL LMSC and want your times included for records and the Top 5, it is the swimmer's responsibility to send a copy of your official time, date and place of meet to the FL Top Ten and Records chair. This can also include team mates.

I would like to see the team concept continue at FL LMSC meets, as it encourages team spirit, more entries at meets, swimming for "points," camaraderie and competition among the smaller teams, without the larger FACT club presence.

At the recent St Pete meet, many teams were disappointed that there was no team competition. This is because there are clubs and chapters with the same name, and there is no easy way for data entry personnel to identify FACT swimmers. At the April LMSC

meeting, I recommended that someone from FACT identify their swimmers for the final results, including those on relays. I don't think it's fair to the meet director, the FL Top Ten recorder or the USMS Top Ten recorder to spend the extra time involved.

Included in this issue are the FL LMSC SCM records, with the 2004 records highlighted. Records broken included 12 women's individual and 1 relay; 35 men's individual and 1 relay; and 2 mixed relays. Congratulations to all record breakers. The most records broken was six, by Mark Drennen, 48, FACT. Two swimmers broke five records; Burwell Jones, 71, FACT; Paul Hutinger, 80, FMM.

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

WOMEN

19-24—1500 Free, 19:20.20, Claire Detra, FACT
broke Heather Perry's, ORLM, 1994 record of 24:56.45.

MEN

65-69—200 Breast, 3:13.98, Karl Wiedamann, FACT
broke Robert MacDonald's, SPM, 1995 record of 3:23.57.
80-84—200 Free, 3:25.53, Robert Blake, FMM
broke John Johnston's, SPM, 1995 record of 3:53.35.
80-84—1500 Free, 32:20.18, Robert Sigersmith, FACT
broke Fred Walbolt's, SPM, 1994 record of 34:29.00.

MIXED

280+ Medley Relay—2:56.74, FACT, Cederlund, Wilson, Geer, Sigersmith; broke SPM's 1995 record of 2:58.72, with P. Hutinger, MacDonald, Carr, Schimpf.

Sanctions/Performance Bond policy passes at April meeting

The following Sanctions/Performance Bond policy passed April 9, 2005, at the Florida LMSC meeting in St. Petersburg. This policy is effective immediately.

Introduction

The majority of Florida LMSC meet directors/hosts do a superb job of fulfilling their obligations as stated in the Florida LMSC sanctions packet.

However, problems have arisen with a few meet hosts this year and in previous years who have failed to report their meet results to the LMSC Sanctions Chair and Top Ten Recorder in an accurate and timely manner as required in the sanctions application and form.

This is a disservice to the swimmers who participate in those meets because it puts all of their individual and relay times in jeopardy of not being submitted to USMS by its required deadlines.

Policy

After the first failure to report accurate and timely results to the LMSC Top 10 and Sanctions Chairs as specified in the sanction form, a meet host will be placed on probation for its next meet and a performance bond of \$200 in addition to the regular sanction fee will be required with the sanction application.

If those results are reported accurately, in the proper format, and before the deadline, the performance bond will be returned. If not, the performance bond will not be returned. After a successfully reported meet, the performance bond will no longer be required and only the regular sanction fee will apply.

A meet host that fails to report accurate and timely results while on probation will continue on probation, with the required performance bond, until such time that it demonstrates that it is able to fulfill the obligations that it agreed to in the sanction application.

Note

This policy will apply only AFTER a meet host has failed to report accurate results, proper format, by the required deadline, within 14 days of the event.

THIS POLICY HAS ABSOLUTELY NO EFFECT ON MEET HOSTS WHO FULFILL THE OBLIGATIONS STATED IN THE SANCTION APPLICATION, NOR CAN IT AFFECT FIRST-TIME MEET HOSTS.

They will never be required to post any sort of performance bond. It will not discourage clubs from hosting meets, but it will ensure that swimmers are treated fairly and their results reported accurately and in time for those results to be forwarded to USMS.

Ask the Swim Doctor by Paul Hutinger



QUESTION: I've watched you at meets and you always seem so relaxed and have a positive attitude about your events. I train hard, but I'm always tense and nervous before my events. What mental strategies would you suggest I use to improve my swimming performances?

ANSWER: Psychocybernetics, mental preparation, for Master swimmers will give you some basic principles to improve performance beyond training and stroke mechanics. Since the person needs to be considered totally, confidence must be built into a positive self image for a well-rounded program. Establish the groundwork for a good self image and confidence during the year with regular training sessions. Program yourself for success with mental practice training, stroke mechanic skills, and race strategies. Your success program should include the following :

- *Establish goals or targets.
- *Develop self-confidence; correct any errors.
- *Forget failures; remember successes.
- *Have faith; don't wait for proof—let your creative mechanism work; don't make it work.

These basic principles should give you a new mental picture of yourself after a period of time. Use mental practice and imagery to improve your training techniques and stroke skills. Spend time thinking of correct stroke mechanics and how it feels to do the

stroke correctly. Use this same technique to prepare for your events before a meet. Many Master swimmers never plan ahead and train for their specific events, they just dive in and swim as fast as they can. Top swimmers mentally go through each event stroke by stroke from the dive in to the finish. To use imagery for your events, see yourself performing or feel yourself actually going through each detail when you swim the event. You can avoid many mistakes in races with this technique. Starts and turns can be enhanced with mental practice used as a supplement to the actual skill practice. During warm-ups, get to know the physical characteristics of the pools where you are competing, flags, blocks, etc.

This imagery, used frequently helps to keep your goals within sight and creates motivation to practice and train to make it a reality. Many people feed in failures instead of successes which interferes with achieving their goals. You should dehypnotize yourself from these ideas. Avoid negative statements like, "I can't..." or "I never do well..." as an ending in all aspects of your life. How many times have you put yourself down by saying you do not have the capabilities to do certain things? Measure yourself by your own standards. Have good thoughts about yourself and remember the successes that you have had. This servomechanism will help guide you toward goals and a higher achievement level. Use your failures as a guide to motivate you toward success

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

Eye on fitness... Getting everyone involved

Nearly 70% of registered Masters swimmers do not compete in sanctioned meets or open water events. How does a club encourage those swimmers to get involved but still have fun? USMS and the Florida LMSC have several fitness events that might be starting points.

One is the USMS Virtual Swim Series. The Florida Mavericks sponsored the virtual swims last year, and nine Mavericks and Victor Buehler represented Florida. This event is an excellent way to involve your fitness swimmers as well as the competitive swimmers who are looking for an

other challenge.

The 30 Minute Swim another event. It is a good indication if you have enough endurance to swim that long as well as good training for the One Hour swim in January.

The Checkoff Challenge (Mission I.M. Possible) has been revised, this year. You can choose from one or more missions: freestyle, open water and/or stroke and IM.

A new article about fitness is posted each month on the Fitness Web Site. This year, it will also include Sports Medicine. The USMS Web Master has not posted any new material, yet.

With the large numbers of swimmers in FL, we should have a greater participation from our area in these USMS events. Think about ways to get your swimmers involved.

Five of the Virtual Swim participants show off their "Swim or Croak" virtual swim shirts at the Clermont meet in March.



The Officials Chair *by Jeffrey Demlow*



Last time we discussed the in and outs of the breast stroke. I hope this helped to clear up any questions about the stroke and it's execution.

This article with address the butterfly stroke and it nuances.

As the rules read:

101.3 Butterfly

101.3.1- The start

The forward start shall be used. That's clear enough, from the block, deck, or pool, with one hand touching the end of the pool.

101.3.2- The stroke

After the start and after each turn, the swimmer's shoulder must be at or past vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull underwater, which must bring the swimmer to the surface. (Note: After the start and after each turn, only one breast stroke style is allowed prior to the arm that brings the swimmer to the surface) It shall be permissible for the swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the

start and after each turn. By that point, the head must have broken the surface of the water. The swimmer must remain the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and the pull back simultaneously.

A note from this official: there have been some conversations about the "over the water" wording in this part of the rule. I would like to, just for a moment express some findings and conclusions I have come to. As to over the water, if any part of the swimmers arm (the arm from the wrist to the shoulder) breaks the surface of the water during the forward recovery it should be considered over the water.

101.3.3 – The kick

All up and down movement of the legs and feet must be simultaneous. The position of the legs and the feet need not be on the same level, but they shall not alternate in relation to each other. The breaststroke or whip kick may be used exclusively and interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. However, when the breaststroke or whip kick is used, the arms must be recovered over the top of the water with each breaststroke or whip kick, except after the last such kick before the turn or fin-

ish. A scissors kicking movement is not permitted.

This is only a note to the rule in reference to over the water arm recovery: please note in this part of the rule, the rule states clearly "over the top of the water." Now you can understand why there has been so much conversation from this official.

101.3.4- Turns

At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the surface of the water. Once the touch had been 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.

101.3.5 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 water surface.

Please, to those of you I have had the conversations with about the meaning of the rule, my intentions are to insure a fair playing field for all the participants. One rule for all!

And please if you have any questions, please email me at pjdemlow@fbs.net

Safe and happy swimming!

Upcoming Florida Events

Information and entry forms for the following USMSM-sanctioned events, plus the Florida Consolidated Entry Form for the Sarasota and St. Pete meets, are on, or will soon be on, the Dixie Zone meets page (www.dixiezone.org/Meets.htm).

May 7 Hurricane Man 2.4-mile Rough Water Swim St. Petersburg
May 7 Pass-a-Grille Open Water Swim St. Petersburg
May 19-22 USMS SCY Nationals (*entry deadline has passed*) ... Ft. Lauderdale
June 11-12 SWIM Florida Bumpy Jones Classic (LC) Sarasota
June 11 Ed Gaw Amelia Island Open Water Challenge Fernandina Beach
June 12 Summer Series I (LC) Ft. Lauderdale
July 10 Summer Series II (LC) Ft. Lauderdale
July 15-17 St. Pete Masters Championships (LC) St. Petersburg

On the LMSC Web

- Updated Florida LMSC records for SCM as of 12/31/04 are on the LMSC web site.
- Postal records have been updated to include the 2005 One-hour postal swims.
- All records and LMSC Top 5 lists are at www.floridalmsc.org/Records.htm.

Florida LMSC www.floridalmsc.org
Dixie Zone www.dixiezone.org
USMS www.usms.org

August Newsletter Deadline

The deadline for August newsletter submissions is **Monday, July 18**.

It's an extremely last-minute deadline to allow everyone to include the St. Pete LC meet. Email articles and photos to Dick Brewer (floridaswim@yahoo.com) AND Gertie Perry (gertraud_e_perry@yahoo.com).

News from around the LMSC



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

by Joan Campbell

Dixie Zone Championships, February 25 – 27

Warm ocean breezes, rainy weather that threatened but never materialized, and the great facilities that will host the USMS SCY Championships in May greeted us in Ft Lauderdale over the weekend. What we lacked in number we made up with in quality swims as the FACT team amassed over 3000 points and handily won the first place visiting team plaque, which we passed around at the Clermont and St Pete meets to share over the year.

We again experienced the reason for our being – the Florida Aquatic COMBINED Team. Many of us were strangers on Friday night and Saturday morning but by the afternoon and Sunday, we were enjoying each other's company and felt that we had made some new friends.

We met Ken Hickey and Donna Kime from Alaska. Bet they were nice and warm. Donna swam on her very first relay and it won! All three of the relays Ken swam with also won first place.

Others were heard to remark that they never had a chance to swim relays – never had enough people of the right age from their team. We had eleven relay teams – 10 of them came in first and one 45+ set a record! Ed Nessel, coach from Rutgers, recently joined us from New Jersey – welcome aboard! He and Tom Bliss had some good races – kept Tom on his toes (it's kind of fun to compete with some one close to your times, even though you may be in a different age group).

Karl Wiedemann had some super swims – one of them a great anchor on the men's 200 Medley relay and then back in the water for a mixed free within seconds – is that called a split 100? Both relays took a first! Randy Magin had some great times – returning from quadruple by-pass last April. I never cease to be amazed! Nancy Durstein swam her 200 butterfly as 8 25's of butterfly to a standing ovation! She claims her next goal will be the 200 fly as 4 50's for Nationals! Nancy (75) returns from knee surgery and bursitis! Burwell (Bumpy) Jones, recent Hall of Fame inductee, had his usual stellar performances, culminating in an outstanding 1650! Many young and old – 26 to 80! – contributed to our win. Thank you one and all.

USMS One-hour Postal

Preliminary results of the One Hour Swim list four men in the Top Ten. Bumpy Jones won All American in the 70-74 age group with a stellar performance of 4,485 yards. Bob Sigersmith, Dave Gifford and Don Puchalski placed in the top ten in their age groups. The women placed five in the TT: Holly Detra, Jean Bancks, Joan Campbell, Nancy Durstein and Bunny Cederlund. All participants are listed on the FACT website. We would like to encourage great participation next year and for other postal event this year! We had only 37 entries – about 10% of the current regis-

tration for our team! We can do better than that! Send Joe Biondi your postal results so we can set up more relays!

USMS Short Course Meters Top 10

The USMS Top 10 for short course meters preliminaries had a strong showing for FACT. We had 15 individual All American swims from Christine Watkins, Claire Detra, Danielle Lavette, Mark Drennen, Karl Wiedemann and Burwell Jones. FACT had 150 swims in the Top Ten. In addition we had 8 relays place in the TT, four of them winning All American honors!

Florida LMSC Awards Dinner

FACT was well represented at the Florida LMSC's Awards Dinner on Saturday, March 19 in Clermont. Joan Campbell was named 2004 Most Valuable Female Distance Swimmer, Bunny Cederlund and Sylvia Eisele were two of the four women named 2004 Outstanding Pool Swimmers, Mark Drennen and Burwell Jones were two of the four men named 2004 Outstanding Pool Swimmers, and Deb Walker received the Frank H. Tillotson Award for her service to the swimming community. In addition, Joan, Meegan Wilson, Thomas Bliss, Dren Geer, and John McCall were named to Florida's overall Top 10 pool swimmers. Allison Snow, Mark Drennen, and Daniel Mullet were named to Florida's overall Top 10 distance swimmers.

Short Course Nationals this month

Fort Lauderdale and the Short Course Yard Nationals are coming up quickly! Check the FACT website and LMSC if you have any questions. They have all been answered in detail – we hope! Be sure to send in the relay sheet if you want to join us in the FAST FACT relays. We're anticipating a big turnout and lots of fun. Joe Biondi, Marianne Bradley, Nancy Durstein and myself will be at the Bahia where we hope you will stop by during the meet. We'll have information and a snack or two available on Thursday night beginning about 5 PM.



St. Petersburg
www.maverickswim.org

by Paul Hutinger

Champs at Clermont

Although the sun shone brightly on Saturday morning, the thermometer only registered 42 degrees and the winds from the north howled. Brrrr! Not a good omen for an outdoor meet with a pool perched atop a hill. Swimmers lived in their parkas, sweats, wool caps and staked out their territory in the sun and out of the wind. After we survived the cold on Saturday, all felt we deserved the warmer temps and the calm air on Sunday.

Twenty-one Mavericks drove to the first National Triathlon Training Center meet in central Florida. Fifteen won a high point award. Everybody contributed points, which led to an overwhelming team victory.

News from around the LMSC

LMSC Winners, Clermont Awards Dinner

Seventeen Mavericks supported the 4th annual Awards Dinner, Saturday after the meet.

Jean Troy received the Most Valuable Pool Swimmer Award. Blake, Carr, P Hutinger, MacDonald, Reynolds, Schimpf, Tullman and Zint were recognized for their outstanding pool efforts and Blake, Bond, Criche and Holden for their outstanding distance endeavors.

Kay Schimpf was named the Overcoming Adversity Award winner, for successfully dealing with the many challenges from her lupus and osteoporosis.

Frank Tillotson was presented with a special award for his involvement of more than 30 years in Masters swimming, as a World Wide Swimming Advocate.



Clermont Mavericks, above. The Jolly/Christie relay at St. Pete, right



St Pete Meet

Twenty-eight Mavericks entered this meet and enjoyed the camaraderie of teammates and the warmth of sunny skies. The highlight was the Jolly/Christie family relay, with dad, Owen and son-in-law, Tom, making the trip from Michigan and sons James and Eric from the area. James was the ring leader in forming the relay. "We had a GREAT time at the meet this weekend! It was truly magical to see my dad giving his all for the team." It was Dad's very first competition and Tom's first Masters meet since high school.

One Hour Postal

Twenty-seven Mavericks completed the hour swim and ranked an amazingly high 4th place in the Small Team Division and set three National records. Record breakers included the extra efforts of Robert Blake, 80, 3,750 yds; 85+ women's trio of Frances Cichanski, Kay Schimpf and Gertrud Zint, 5,590 yds and the 75+ Mixed relay with Robert Blake, Harrison Homans, Ruth Hoskinson and Jean Troy, 11,945 yds.



Jacksonville
www.holmes.masters.net

by Peter Nickodem

Tiger Holmes continues to spearhead the effort to build a World Class Aquatics Facility in Jacksonville. A 12-minute video has been produced which highlights the numerous Jaxsons who have contributed to swimming both competitively and with the "Every Child a Swimmer Program" and the need to have an Aquatics Facility.

In support of these efforts, the Aquatics Committee and the City of Jacksonville will be sponsoring an attempt to break the current Guinness Book of World Records for a 24-Hour Continuous 25-yard Relay. The current record is 2,400 swimmers and the goal is to get 3,000 plus swimmers. The event will be held at the Cecil Recreation Complex pool and scheduled to start at 5 PM on May 20 and end 24 hours later.

As usual HLJ picked the coldest day of the year to hold the One-Hour Postal Swim. While the participants basked in the 81 degree water, the Meet Director and Timer/Counters froze. Swimmers included Jean Bancks, Kerry Wick, Daryl Laroche, Pete Nickodem, Maria Vaughn, Joe Crozier and John Byron.

Holmes also had a good showing at the Clermont meet with Andrew Kates, Kyle Glick and Daryl Laroche swimming in their first Masters Meet. Other swimmers included Maria Vaughn, Kerry Wick, Margaret Dodson, Joe Crozier, Steve Garth, Robert Nagle, Pete Nickodem. Moral support was provided by Emily Crozier and Ann Laroche who cheered and video taped.

As this was the first meet of the season, many lessons were learned. Among the most important were

1. Some caps have a front and a back.
2. New starters command this season: "Lane 4 would you like to put on your goggles?"
3. You can't dive in when entering the pool for a backstroke event.
4. Don't drop the lap counter (until the final lap.)
5. Swim in your assigned lane if you want the event to count.
6. Assign someone to make sure the coach gets to her events.

CDR Keith Roberts USN and his shipmates from the Naval Hospital returned safe and sound from a 6-month plus deployment to Somalia.

Water Fitness Expo with Dr. Jane Katz

Thursday, May 12 from 10 AM to noon
at the Brandon Sports & Aquatic Complex
Brandon, FL

Download a flier with information and contacts at
www.dixiezone.org/Meets/0505brandon_clinic.pdf

Insurance note: this event is not USMS sanctioned

News from around the LMSC

Estero & San Carlos
www.minnows.info



by Dick Brewer

We finally have moved back to our San Carlos Park pool after a three-month hiatus while the pool was being resurfaced. Unfortunately, the water was incredibly hot the first two weeks – often 90 degrees or more – so our practices tended to be more like light aerobics in a really large hot tub than they were swimming in a pool. By Easter, the temperature had dropped to a balmy 86°. Right now, a good workout at that pool would be a Virtual Postal where we sit in chairs beside the pool with cool drinks in hand and visualize swimming for an hour. On the plus side, if anyone ever decides to host a “warm water-swim slow” meet, we’re ready.

We still use the Florida Gulf Coast University pool twice a week, and practicing there has helped. Dick Brewer recorded a p.b. in the 1000 free at the February Fort Lauderdale meet and anchored the winning 55+ 200 medley relay team, joining fellow FACT swimmers Randy Magin (SWIM), Ken Hickey (ORLM), and Jim Redic (CCYA). The relay just out-touched the 55+ GOLD relay team in the next lane. Randy, a workout friend at the university pool, made his NQT’s for short course nationals in the 50 and 100 back at the meet. At the St. Pete meet, he then improved all of his times.

A week after the Ft. Lauderdale meet, Dick swam in the Goodlife Games senior meet in Clearwater and bettered the men’s 60-64 meet record in the 50m free. His other times were piddly.

And in a vicarious victory, our Sunday morning San Carlos honorary Minnow Sylvia Eisele set American records in her age group for the 50, 100, and 200 yard breaststroke during the Clermont meet in March, broke LMSC records in two more events, and she was named one of the four LMSC Outstanding Female Pool Swimmers for 2004 at the annual awards dinner that Saturday night.



Notice: Florida LMSC meeting

The next Florida LMSC meeting is Saturday, July 16, at the North Shore pool in St. Petersburg. It will begin after the conclusion of Saturday’s last event at the St. Pete LC meet.

St. Petersburg
www.stpetemasters.org



by Livia Zien

On a brisk February morning, we held our first relay meet. Although the temperature outside was cold, the water was comfortably warm, and the competition was hot. Coach Patty put together various relays and set us off competing against one another. The meet was so much fun and such a success, we plan on making it an annual event. So, keep an eye out for the second Annual Relay meet next year!

Mike Torsney represented us well at the Good Life Games held at the Long Center in Clearwater on March 6, placing first in all his events: 100yd Breast, 50yd Fly, 100yd Fly, and the 200yd IM. Congratulations Mike!

The 1-hour postal swim this year was particularly successful. Among the individual top ten finishers were Farrah Hall, Kristin Nardozzi, Sharon Salzman, Konrad Euler, Bob Beach, Alex Ramirez-Miller, and Abrasha Brainin. In addition to all the individual top tens, SPM also had 15 of our 17 relays placing in top ten!

We celebrated our 35th Annual Spring SCY Meet on April 8-10 with nearly 300 swimmers entered. This was a particularly special event honoring our former coach George Bole, who came from England especially to attend this meet. It was a treat to see George back on deck, offering advice and cheering swimmers on in his spare time and when he wasn’t catching up with old friends.

We also had a great turnout at our social which was held at St. Thomas Episcopal Church and catered by Fred Flemings. To top it all off, we had spectacular weather all weekend long

A special thanks to our meet manager, Bob Atwood for another wonderful meet, to Patty Nardozzi and Sandy Steer, and to Mike Torsney for the beautiful t-shirt design. As always, without the help of all the officials and volunteers, we wouldn’t be able to keep the meet running! It’s 35 years old and going strong!

Just a reminder to everyone ... the Hurricane-Man will be held on Saturday, May 7, at Pass-A-Grille Beach. As this event has grown, we decided to make a few changes to help make it run more smoothly. This year, we are limiting the entries to 400 swimmers and there is no day of race registration, but there should be room for everyone who wants to swim. Swimmers are asked to pickup their swim caps and t-shirts the morning of the race, and the 1000M race will start at 7:15am instead of 7:30. We’ve always had a fun time with this race with a delicious breakfast afterwards at the Hurricane Restaurant, so please come and join us.

You can check out all our latest news on our spiffy new website www.stpetemasters.org ... thanks to Kern Davis!

SUNCOAST SWIMFIT

North Pinellas County

by Russell Frazier

Suncoast SwimFit is a newly formed team with practices held at the YMCA of North Pinellas and the new aquatic center at the Greater Palm Harbor YMCA. Our team has been formed in cooperation with the Suncoast YMCA. We not only have a choice of 2 pools to swim but a choice of practices as a matter of convenience are offered Mornings, Evenings, and Saturdays.

Our team attracts swimmers that swim for fitness as well as those that enjoy competition. No matter your swim level, we all swim together! That being said, we do have some pretty awesome swimmers on our team. Our experiences, sizes, and ages vary, but the commonality is the support we have for each other and the friendships we have made. With Russ Frazier as our head coach, our practices are beneficial, interesting, varied, and challenging. Our skills can't help but improve.

We will be entering our first meet on April 8, 9, and 10 at the George E. Bole Commemorative Invitational. Y-Nationals are to follow in April, and we will be sending seven women and seventeen men to Indianapolis. We will be attempting to improve on our 5th place finish at Ft. Lauderdale last year. Even prior to this formal introduction you may already have heard of us. We are looking forward to swimming with you!

Florida LMSC club information

- 300 Club user.gru.net/The300club/swim.htm
- BLUE www.mybsac.org/bluewave/groups.htm#masters
- CATM www.clearwateraquatics.com/Masters/masters_home.htm
- FACT www.floridalmsc.org/FACT.html
- FMM www.maverickswim.org
- GSC www.gatorswimclub.com/Masters.asp
- HLJ www.holmes.masters.net
- ORLM www.teamorlando.com/modules/news/SCMM
- SCMM www.minnows.info
- SPM www.stpetemasters.org
- SUN www.floridalmsc.org/SUN.html
- SWIM www.swimflorida.org
- TBAC www.tbac.netfirms.com

Submitting material for the newsletter

- Text: Send as .txt, .rtf, or as text in an email message
- Photos: Save at a resolution of 200 dpi or better with a maximum width of six inches, and send as a .jpg attachment with your email.
- Send to: floridaswim@yahoo.com *and to* gertraud_e_perry@yahoo.com



Clearwater & Dunedin
www.floridalmsc.org/SUN.html

by Pat Cohen

It's been a busy winter and spring for the SUN Masters, both in the pool and on the road.

SWIFT Swim Spring Splash in Clermont (March 19-20)

Well, Spring certainly went out like a lion and came in like a lamb for the four SUN Masters who went to Clermont March 19-20 to swim in the SWIFT Swim Team's first meet, the "Spring Splash."

It was 42 degrees Saturday morning when the warm-up started in the nice warm outdoor pool. The meet was held at the National Training Center, a beautiful Sports, Health, and Fitness complex on one of the highest hills in Clermont, with a panoramic view of the entire area. To add to the low temperature, the wind was blowing about 20 mph, which when one is on top of a hill, and is wet, it makes for very large goose bumps. If one didn't have a swim parka and sweat pants, they will next year.

Sunday morning, the first day of Spring, came up bright and sunny, calm and cool, but warmed up early, and gave us a wonderful day. What a weather contrast! The meet was very well managed, the Olympic size pool clear and bright, the hospitality of our hosts and their helpers warm and friendly, food was good and plentiful, and there was plenty of covered or sunny area to sit and overlook the pool down a small grassy knoll.

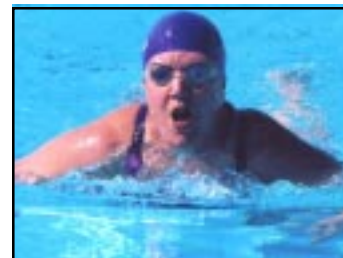
SUN swimmers fared very well. Marianne Bradley had two firsts, four seconds, and two thirds. Joan Campbell recorded four firsts and five seconds; Nancy Durstein had three firsts, three seconds, and two thirds; and Don Puchalski swam seven firsts and one second.

High Point Age Group Winners were Nancy Durstein (1st 75-79), Joan Campbell (1st 70-74), Marianne Bradley (1st 60-64), and Don Puchalski (2nd 65-69).

Countryside Sprint Swim Meet (January 29)

Seven opened the 2005 meet season at the Countryside Spring Swim Meet in January. Allison Snow had a personal record in the 50 free, Roz Randal placed first in two events and second in another; Marianne Bradley and Joan Campbell won all four of their

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Don Puchalski, left, and Marianne Bradley, right, breaststroke to the finish in their respective events at Clermont.

News from around the LMSC

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respective events; Nancy Durstein had two firsts and two seconds, Bill Conlon recorded a first and three seconds; and Don Puchalski won all five of his individual events.

Two relays also won gold: the 45+ 200-yard free relay of Joan Campbell-Marianne Bradley-Nancy Durstein-Jean Tsagaris and the 45+ 200-yard medley relay of Bill Conlon-Don Puchalski-Marianne Bradley-Jean Tsagaris.

Fort Lauderdale Masters Challenge (February 25-27)

A full weekend of swimming was again rewarding for a trio of SUN swimmers. Marianne Bradley had five individual firsts and three seconds; Joan Campbell had seven firsts, and Nancy Durstein had an amazing nine first places and one second.

Florida LMSC Awards Banquet (March 19)

The Florida LMSC Awards Banquet was attended by more than 50 LMSC swimmers and spouses. SUN winners for 2004 were Distance Swimmer of the Year — Joan Campbell (*photo, page 1*), Top 10 Pool Swimmers of the year — Joan Campbell, and Top 10 Distance Swimmers of the Year — Allison Snow 25-29 and Dan Mullet 45-49.

St. Petersburg Swim Meet (April 8-10)

The strong SUN presence carried over to the St. Pete Championships in April. Allison Snow earned four seconds; Beth Wonicker-Cook had a third; Marianne Bradley had a first and two fourths; Joan Campbell scored three firsts, four seconds, and a third; Nancy Durstein had three firsts and three seconds; David Gifford had two seconds, two thirds, and a fifth; and Don Puchalski had six firsts a second, and a fourth.

SUN shines on the road

Not all of the SUN activity was in a pool. Allison Snow and Beth Wonicker-Cook took 3rd place in the Female Relay Division at last October's Clermont Half Ironman. Beth Wonicker-Cook took fifth place in her age group at the St. Pete Beach 10K Classic; it wasn't her best time, but it was the first time she placed in a 10K event. Allison Snow recorded another personal record in the February Gasparilla 5K, while in the 15K, Beth Wonicker-Cook had a personal record, Roz Randall took second place, and Pat Cohen did the 15K as a race walker. And Liz Graham represented SUN in the Gasparilla Marathon, also in February.

In March's Armadillo 10K, Beth Wonicker-Cook placed second with a personal record and Roz Randall was first in the Grandmaster category. April saw Pat Cohen take third in the Tri-America Olympic Distance race in Clermont.

And rounding out the running activity, Roz Randall took first in April's Harvey's 5K and in the Beach to Bayou 5K, Beth Wonicker-Cook placed fourth and Florence Delaney fifth. Beach to Bayou 5K.

In other news notes, Coach Joe is resuming the monthly Gulf Swims just in time for the Triathlon Season. For those wanting to get a FACT T-shirt or cap check with Joan Campbell will have some navy and some white tees at the zone meet, and Victor Buehler is ordering more caps from Agonswim.



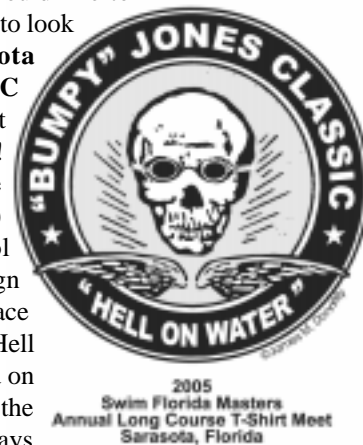
Sarasota & Fort Myers
www.swimflorida.org

by Jim Donnelly

We know some of you would like to know what the t-shirt is going to look like for **June 11-12 Sarasota**

"Bumpy" Jones Classic L.C meet like before ordering it ahead of time so here it is! (And no... that is not a picture of Bumpy Jones on the shirt!)

Jim Donnelly thought a cool motorcycle club t-shirt design would be a nice change of pace and right in style! The large "Hell on Water" logo will be printed on the back and a smaller one on the breast side on the front that says "Born to Swim."



Make sure that you get your entries in ASAP so we can order enough shirts! The T-shirt is free with 5-event meet entry, or order one for only \$10! What a deal! Still only \$10! Get your meet entry online at www.dixiezone.org.

Clermont Meet

Bumpy Jones, Deb Walker, Edna Gordon, Cathy Fedako and Jim Donnelly were among the SWIM group from Sarasota to compete in Clermont's first Masters Meet. It is a beautiful facility. This was Cathy Fedako's first Masters meet!

After the meet we attended the LMSC Award's Banquet where Deb Walker was awarded the Frank Tillotson Award for her many contributions to Masters Swimming and the whole swimming community (*see photo, page 1*).

St. Pete Meet

Bumpy Jones, Jim Donnelly, Chris Connor, Gary Trimble and Casey Claflin won some beautiful high point awards: very nice embroidered towels! Gary is still recovering from a broken hip suffered in a biking accident. Cathy Fedako swam in her second meet and teamed up with Deb Walker, Tillie Atkins, and Paige Dean to form an awesome first place medley relay. Not to be outdone, the boys in the 45-54 age group came through with a win in that event also. Congrats to Casey Claflin, Jim Donnelly, Robert Davie, and Rick Walker.

Edna Gordon, Kevin McCormack, David Hefner, and Holly Detra all had outstanding swims! Special accolades to our fast group of 40/44 gals, Cathy Fedako, Tillie Atkins and Paige Dean, who swam great. Also doing a great job in his second ever meet was David Oakes 65/69.

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News from around the LMSC

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Hurricane Man

We have secured a bus for the trip to St. Pete to swim the Hurricane Man on May 7. So far, 21 swimmers are on the bus. Look for our group to bring home a lot of top finishes.

Ironman Arizona

Congratulations to two of our members who recently completed Ironman Arizona on April 9: Laura Basti and Shelly Gruesen. Their swim times were excellent, which reflected all their hard work in the pool. Way to go girls!



Tillie Atkins turns in her 200 IM, left, as David Hefner, Deanna Doyle-Vallery, Scott Atkins, Holly Detra, and Rick Walker cheer her on, right.

SWIM Florida Bumpy Jones Classic June 11-12

information: www.dixiezone.org/Meets/0506sarasota.pdf
entry form: www.dixiezone.org/Meets/FL_consol_entry.pdf
map/lodging: www.minnows.info/Maps/Map_SarasotaY.html

Sign up for Saturday's **Party in the Park** on the entry form.

VILLAGES AQUATIC SWIM TEAM

Leesburg & The Villages

by Susan Schuerman

The Villages Aquatic Swim Team (VAST) was one of 25 US Masters Swimming Teams competing at the National Training Center in Clermont. The event was held on March 19 & 20. VAST finished in third place, as the swimmers faced initial morning air temperatures of 38 degrees. The eleven women on VAST won a total of 53 ribbons, 9 first, 13 second, 12 third, 9 fourth, 7 fifth and 3 sixth. In addition, the team won 2 first place ribbons and 1 third place ribbon in team relay competition.



Front, left to right: Kathy O'Leary, JoAnn Fowler, Martha Gutfran, Ellen Brown, Shirley Fishlock, Gloria Galbreath. **Back:** Cynthia Lasher, Irma Klimach, Jan Mellberg, Dianne Davies and Susan Schuerman

Florida LMSC clubs

The following list of registered Florida LMSC clubs is from the USMS Clubs database as of March, 2005.

It does not include chapters of FACT which did not register as independent clubs.

300C 300 Club Gainesville
 ACTT ... Aquatic Club Temple Terrace Tampa
 AJAX ... Amberjax Masters Swim Club Jacksonville
 BLUE ... Blue Wave Masters Brandon
 BMSC .. Bradenton Masters Swim Club Bradenton
 CATM .. Clearwater Aquatic Team Masters Clearwater
 CCYA .. Collier County YMCA Aquatics ... Naples
 CLA City of Lakeland Aquatics Lakeland
 FACT ... Florida Aquatic Combined Team .. state super team
 FCYM .. Florida First Coast Y Masters Ponte Vedra Beach
 FHA Forest Hills Aquatics Tampa
 FLA Florida League Of Aquatics Tallahassee
 FMM Florida Maverick Masters St. Petersburg
 GSC Gator Swim Club Gainesville
 HLJ Holmes Lumber Jax Jacksonville
 MOO Masters of Orlando Orlando

ORLM .. Team Orlando Masters Orlando
 OVMS .. Oviedo Master Swim Team Oviedo
 SAST ... St. Augustine Swim Team St. Augustine
 SCCS ... Sun City Center Sharks Sun City Center
 SCSF Suncoast Swimfit N. Pinellas County
 SPCO ... Space Coast Masters Cocoa Beach
 SPM St Pete Masters Inc St. Petersburg
 STAC ... Swimteam at Countryside Clearwater
 SUNM .. Sun Masters Clearwater, Dunedin
 SWIM .. SWIM Florida Masters Inc Sarasota, Ft. Myers
 SWSM .. South West Swim Masters Bonita Springs
 TBAC .. Tampa Bay Aquatic Club Tampa
 TBAY ... Tampa Bay Masters Tampa
 TTM Tampa Tarpons Masters Tampa
 VBYM .. Venice Bonefish Y Masters Venice
 WFLM . West Florida Lightning Masters St. Petersburg
 WIN Winter Haven Masters Winter Haven