

FLORIDA

LOCAL MASTERS SWIMMING COMMITTEE

November, 2005, Newsletter

Volume 22, Number 4

LMSC swimmers hit the road for championship Top 10 swims

Twenty-two LMSC swimmers traveled from California to New York this summer and fall to compete in USMS national championships. They earned 70 top ten finishes including 15 individual championships.

The most popular destination was Mission Viejo, California, in August for the USMS Long Course Nationals.

Leading the LMSC parade of champions was Florence Carr (FMM) with four individual titles (50 and 100 free, 50 fly, and 200 IM). Her 50 free time set a new world record.

Robert Beach (SPM) and Burwell Jones (FACT) each garnered three national championships in their respective age groups. Beach won the 200 free, 800 free, and 1500 free while Jones was the nation's best in the 800 free, 200 back, and 400 IM.

William Specht (SPM) was the national champion in the 200 fly.

LMSC swimmers with six top ten finishes were Beverley Tucker (SPM) and Jerry Dawson (NTC).

Those with five top ten finishes were Jean Bancks (FACT), Mark Calvert (FACT), Russell Frazier (SCSF), and William Specht (SPM) in addition to his 200 fly title.

Karleen Dawson (NTC) had four top ten swims. Other swimmers with top ten finishes were Steve Allbritton (SCSF), John Cornell (FACT), Dean Dye (FACT), Carl Hawkins (FACT), Thomas Kane (NTC), and Ellie Trevison (FACT).

Also competing were Jeffrey

Bodenmann (NTC), Timothy Duchene (NTC), Cindy Januszewski (BLUE), Rick Trevison (FACT), and Steven Whitney (SWFA).

Pools weren't the only sites where swimmers made waves.

Robert Beach (SPM) and Beverley Tucker (SPM), were in Lake Placid NY in mid-July for the USMS 2-mile Cable Championships, where each placed second, and at the end of July both were in Bend, OR, for the 1-mile Open Water Championships, where each was national champion.

In August, Beach and Dane Griffin (CFM) were in San Diego, CA, for the 5-mile Open Water Championships. Beach finished first in his age group and Griffin third. And in September, Beach was in Chicago for the 2.5K Open Water Championships where he was again the national champion.

2006 USMS & FINA championship events

Pool

USMS SCY Nationals

May 11-14 Coral Springs FL

FINA LCM World Championships

Aug. 3-17 Palo Alto CA

Open Water

2.5K Open Water

June 17 Clemson SC

2-mile Cable

July 15 Charlottesville VA

1-mile Open Water

July 29 Cleveland OH

10K Open Water

August 12 Fort Collins CO

5-mile Open Water

September 9 Chicago IL

Postal Championships

One-hour January 1-31

5K/10K June 15-Sept. 15

3000/6000 yard Sept. 15-Nov. 15

Note: USMS postal championships are swum in local pools and results are mailed (the "postal" part) to the sponsoring club. 2006 USMS registration is required for the One Hour Postal. REGISTER EARLY to be eligible.

Information and entry forms are at www.usms.org - click on "Competition."



Thomas Kane, Jerry Dawson, Karleen Dawson, Jeff Bodenmann, and Tim Duchene represented the National Training Center at long course nationals.

From the President's Desk by Tom Bliss

Dear FL LMSC Faithful,

Our annual meeting was well attended on Saturday, October 8, at Panera Bread in St. Petersburg. We covered many important issues ranging from policy and bylaw changes to the awards banquet in February. As I have stated in many past letters, it is vital for team representatives to attend these meetings. This particular meeting affected all of our members and I will attempt to touch on some of the important aspects. My letter will include a review of a reimbursement plan to encourage team representatives to participate in the meetings, policy and bylaw changes, awards banquet and new officer positions.

To encourage attendance to our quarterly meetings, we will reimburse the travel for team representatives when they attend the meetings. With our LMSC having a reserve, we voted on supporting the participation of team representatives to the extent of covering your travel to future meetings by providing \$.30 a mile as well as tolls when receipts are provided. We desire your participation so much that we will try to offset some of your expense for attending. Now you don't have an excuse for not coming. Your board of directors looks forward to your future participation.

As earlier stated, the bylaws were reviewed, and proposed changes were introduced at our annual meeting. These changes will be available for all to review on the FL LMSC website. All members are encouraged to review and provide input through your team representative. These proposed changes will be voted on at our first meeting next year. Please take the time to check out the website and stay abreast of the goings on of your organization.

The annual awards banquet is returning to its birthplace in Clearwater. It will be in the venue as it was originally, which



is at the annual Valentines meet. Please mark your calendars and plan to attend. A flier is on page 14 regarding this special event, so get in the know ...we hope to see you there!

With the aim to better serve and support the FL LMSC, we as your board of directors are constantly assessing if there is another way to "do it." To effectively handle the volume of business the LMSC coordinates we wanted to add two more positions to a voting status which are the webmaster and a new position of vice chairman. In conjunction with the bylaw revisions, many of the job descriptions have been updated and the position of vice chair will be added. Please stay tuned as more of these updates are processed and presented to your team representative.

As you can see, your FL LMSC officers have been working hard to improve your organization. With that thought in mind, I want to put the spot light on Victor Buehler and Dick Brewer for all their hard work in word sleuthing many of the bylaw changes/updates. It is important to note, that even though these updates are in process, they do not become final until your team representatives review, concur, and each is voted on at our first meeting of the new year.

Hopefully, my brief review has served to inform you of some of the important news going on within the organization. You are an important part of the FL LMSC and we want your involvement. Now that team representatives are reimbursed for their travel, we want to see you at the meetings.

Check out the rest of the newsletter and plug in so that you can be all that you can be in our exciting organization. Hope to see you in the pool!

Swimmingly Serving,
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.

Special in this issue...

- Florida LMSC Consolidated Entry Form (p. 13– save to make copies for future use)
- One Hour Postal records, pace chart, entry form for your January swim (pp. 10-11)
- SUN Masters Valentine Meet information (p. 15)
- FL LMSC Awards Banquet – February 11 – information, menu, reservations (p.14)

Top 10 & Records *by Margie Hutinger*



Times submitted for LCM include these meets: Games for Life, Good Life Games, Sarasota T-Shirt, St Pete, Gulf Coast, Brandon, Euler from Germany meet, World Games in

Edmonton (from those that gave me their events) and USA meet times for Melissa Varlas and Mark Drennen.

If you swim at a USA meet where the pool hasn't been measured for USMS, you must get the pool measurements, fill out the form, and have it on file with Sanctions before I can submit your times. For the Florida Top 5 and Records, NO swimmers have sent me their times, so the only addition will be from LCM Nationals.

Florida records can be set by any

Florida LMSC swimmer, at any meet, anywhere, applying the same standards as a USMS Top Ten time.

Several years ago, the Dixie Zone voted to accept only times that applied to National Records. The difference is in hand-held watch meets, five in FL last year, including the August meet in Brandon. A FL swimmer broke the DZ 800 Free Record time, but didn't get the record because he only had two watches on him. At the Dixie Zone meeting, I spoke up on his behalf, and the other FL delegates supported my motion to accept DZ records with USMS Top Ten time standards (2 watches). Unfortunately, it was defeated and the older Florida swimmers who swam at Brandon and in senior meets are at a disadvantage.

With the proposed USAS-Approved Orlando USA/USMS meet, I had many e-mails with Leo Letendre, USMS Rules Chair on the legality of it. The way it was set up did not follow USMS rules; hence,

no Masters times can count. This resulted in discussions with USA & USMS Rules Committees, and this rule has been modified, but not completely clarified. (See legislation minutes, www.USMS.org or contact me.)

FINA changed two rules, which went into effect on September 21. The dolphin kick is now allowed on breast stroke starts and turns, and back stroke swimmers no longer have to keep their toes under water on starts. (See rules article on page 4, or contact me.)

Also from Florida, the Rules Committee began a discussion on disabled swimming, as it applies to swimmers with age and injuries, and will be more thoroughly discussed next year. The officials do have the authority to allow these swimmers to compete so their times will count for Top Ten.

Included in this issue are the postal records. LCM records will appear in the next issue.

Ask the Swim Doctor *by Paul Hutinger*



Question: I am a new Masters swimmer and have been wondering about hand position in the water when swimming. It seems that I should be able to pull more water with my

hand cupped and the fingers together. What is the best position for the fingers?

Answer: My coaching friend, Bob Bruce, OREG (2003 USMS Coach of the Year), puts on many Masters clinics every year. Some of these focus on only freestyle, so I turned to him for his opinion. He said he is constantly asked this question.

"The surface area of the hand is not changed whether or not the fingers are held together tightly, held together loosely, narrowly separated, or widely separated. If we believe that we should avoid excessive tension in the hands, we should avoid holding fingers tightly together. If we believe that there is significant (sculling) component during hand/arm propulsion, we should

avoid holding our fingers widely separated (wide finger separation interferes with lateral water flow over the hands). This leaves held together loosely or narrowly separated, which underwater video indeed reveals to be the hand configuration of nearly all strong swimmers. [Doc Councilman's original published comments are in the "Science of Swimming," 1968, pp.9-12].

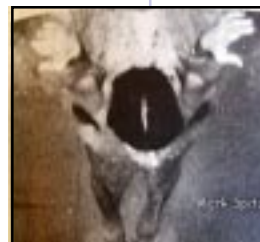
"I have developed another supporting theory (only a theory with a theoretical basis in nervous system anatomy but no experimental proof): Slight separation of the fingers leaves more surface area of the hand exposed to water flow than if the fingers were held together. Since the surface areas of the hands are loaded with sensory nerve endings, slight separation of the fingers should allow more exposed surface area and thus more (potentially better) sensory input to the cerebral cortex, which in turn may allow better proprioceptive and exteroceptive control to the motor output (i.e. better kinesthetic sense leading to better stroke control).

Think of this as 'feel for the water.'

"The surface area of the hand is diminished when the hand is cupped—avoid this! The surface area of the propelling unit is greatly increased when the forearm is combined with the hand into one unit."

I agree with Bruce's assessments. Doc Councilman was my Assistant Coach while I was at the University of Iowa, in the late 1940's. We had a hydro-plant and dam on the river flowing through campus. Doc worked with the hydro-engineers to research the water dynamics of the hand in swimming. These early experiments identified what Bruce describes as the "classic high elbow position and slightly separated fingers," which is just as efficient today as it was over 60 years ago!

The picture shows Mark Spitz swimming fly with fingers loosely separated. He was one of Doc's swimmers when I was at Indiana University doing my graduate studies.



Anyone wanting more info, please send a large SASE to: Dr. Paul Hutinger; 1755 Georgia Ave. NE; St. Petersburg, FL 33703 or e-mail: phut@usms.org.

News you can use... Snoopers and rule changes from USMS

Many events and changes transpired at the September USMS convention in Greensboro, North Carolina. Some will have major impact and others will have little to do with the average Masters swimmer.

Florida LMSC delegates Victor Buehler, Joan Campbell, Margie Hutinger, and Sue Moucha brought back the following information.

Snooper

Clubs can rent "Snoopers" from the USMS national office for a mere \$75 (rental and shipping) for a three-week period.

The Snooper is an underwater camera that attaches to a pole and is used from the deck side to film onto either a VHS tape or a DVD disk. The coach can then play back the recording to the swimmer to help improve technique.

Hy-Tek for all

During the Dixie Zone meeting, a motion was passed that the zone buy a site license for Hy-Tek's Meet Manager software and make it available to any club in the zone that needs meet software for use at its own meets.

2006 SCY Champs to cost more

The meet surcharge for the May, 2006, USMS Short Course Nationals in Coral Springs has been increased to \$40 as an emergency measure because the YMCA Masters Nationals are the following week in Fort Lauderdale.

2007 USMS Nationals

The 5K Open Water Championships will be in Fort Myers Beach, Florida; the USMS Short Course Nationals will be held in Federal Way, Washington; and the USMS Long Course Championships will be held in The Woodlands, Texas.

New officers elected

Rob Copeland (Georgia) was elected president of USMS, Debbie Cavanaugh (Florida) was elected chair of the Dixie Zone, and Jerry Clark (North Carolina) was elected Dixie Zone representative on the USMS Board of Directors.

USMS competition rules changes, effective Sept. 21, 2005

Actions taken by USA-Swimming during and after the recent annual meetings of USA-Swimming and USMS in response to actions taken by FINA have caused changes to some of the USMS rules of competition. The major changes are described below.

Breaststroke

Breaststroke Stroke

The phrase "It is not permitted to roll onto the back at any time" was added to the existing rules.

Breaststroke Kick

After the start and after each turn, a single downward butterfly (dolphin) kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly (dolphin) kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly (dolphin) kick.

Interpretation...

The official interpretation for the changes to the breaststroke is that during or at the end of the arm pull-down of the first stroke after the start and after each turn, a single downward butterfly kick is allowed, but not required, followed by a breaststroke kick.

During the pull-down, if a downward butterfly kick is taken, it must be followed by a breaststroke kick. It is not permissible to take only a downward butterfly kick without then taking a normal breaststroke kick. The downward butterfly kick is **not** permissible prior to the arm pull-down.

In addition, there is now a requirement for all movements of the legs to be "in the same horizontal plane and without alternating movement."

NOTE: this interpretation was subject to change based upon further consultations with FINA at a meeting that was scheduled for October.

Backstroke

Backstroke Start

All courses— The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes over the lip of the gutter, or bending the toes over the lip of the gutter before or after the start is prohibited. A backstroke starting block may not be used.

Interpretation...

The official interpretation for the change to the backstroke rules is that the toes are no longer required to be under the surface of the water at the start.

However, the toes are still not allowed to be above the lip of the gutter or curled over the lip of the gutter.

The change was made so that when full-face pads are used (pads that extend above the gutter) there is no requirement to have the toes under the water. From a practical standpoint, there is no change when using touch pads that hang on the pool gutter.

Backstroke Turn

Upon completion of each length, some part of the swimmer must touch the wall. During the turn, the shoulders may be turned past the vertical toward the breast, after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. The swimmer must have returned to a position on the back upon leaving the wall.

Note: The swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a "continuous turning action."

Eye on fitness: Birthday swims make workouts fun ... and challenging

idea contributed by Chris Gilligan, Sarasota

A Masters swim team is a special social group: exercise and camaraderie! We've combined the two and made practices enjoyable by celebrating a dozen or more birthdays throughout the year with "Birthday Swims."

The birthday boy or girl gets to choose the workout. Usually, whatever the birthday swimmer's age, we do that number times 100 yards/meters on a set interval.

As ages creep up, some swimmers bravely do whatever the workout takes: 5000, 5500, and more. Others opt to take a less aggressive approach for the birthday celebration and choose to do 50's or 75's times the age.



Rick Walker enjoys a surprise 55th birthday party at the end of September after his birthday workout.

A variation is to split into small groups and do continual free and medley relays of 50's or 100's until we get to the age x 100.

Occasionally, a birthday number or workout can be intimidating. On the morning of one swimmer's 79th birthday, only he and one other swimmer showed up for the workout; they decided to skip the 79x workout and go out for breakfast instead.

Another time, two swimmers turned 50 a day apart and chose to combine their birthday workouts into a 50 x 100 in the pool, 50 push-ups on deck, and 50 miles on the bike! However, by the time it got around to doing the bike portion of the workout, the number of participants dropped off precipitously.

Once we even played *Underwater Hockey* with the sticks and puck provided by the birthday girl.

Needless to say, the swims are followed by breakfast or lunch.

Some Masters can get very creative with their choice of workouts. One swimmer opted for no water at all, and we all went to the local country/western bar for some boot stomping.

Get fit, get published

Have an idea to make swimming fun for everyone? Send it to floridaswim@yahoo.com

The USMS Fitness Committee is also looking for articles for publication. Proper attribution of the source – author or reference to the website from which the article came – will be given. Swimmers who have articles to share can submit them to Fitness Committee member Jani Sutherland at janiskia@aol.com



Upcoming Florida Events

Information and entry forms for the following USMS-sanctioned events are on, or will soon be on, the Dixie Zone meets page (www.dixiezone.org/Meets.htm). Listed Senior Games are USMS-recognized and only for swimmers aged 50+.

Nov. 18 Sarasota Senior Games for Life (LCM) Sarasota
Nov. 19-20	... Holiday Classic (SCM) Coral Springs
Dec. 4-5 Florida State Senior Games (SCY) The Villages
January USMS One-hour Postal (<i>see pp. 10-11</i>) your pool
Jan. 14 GOLD SCY Invitational (SCY) Lauderhill
Jan. 28 South Florida Senior Games (SCY) Ft. Lauderdale
Feb. 11-12 SUN Masters Valentine Meet (SCY) Clearwater
Feb. 11 Florida LMSC Awards Banquet @ the Long Center Clearwater
Feb. 24-26 Masters Challenge (SCY) Ft. Lauderdale

World Masters

There will be no USMS long course nationals in 2006 because the FINA Masters World Championships will be at Stanford University in California from August 3-17. Be sure to make your hotel reservations early (there's a link to info at the informaton site below)!

Information

www.2006finamasters.org

Qualifying times

www.fina.org/SF2006_Qual.pdf

LMSC meeting

The next Florida LMSC meeting is Saturday, April 8, in St. Pete at the conclusion of that day's last event.

February Newsletter Deadline

The deadline for February newsletter submissions is **Monday, January 16**. Please email articles as .txt or .rtf and photos as .jpeg at 150 dpi to Dick Brewer (floridaswim@yahoo.com).

News from around the LMSC



Brandon

by Sue Moucha

Blue Wave Masters Swim Team hosted a 400 Meter Freestyle Relay/800 Meter Freestyle Swim Meet on August 27, 2005. There were 35 swimmers representing Blue Wave Masters, Bradenton Masters Swim Club, Florida Aquatic Combined Team, Florida Maverick Masters, and St. Pete Masters taking part in the Meet.

A new National Record for the Mixed 400 Free Relay 280+ was set by Florida Maverick Master members--Jean Troy, Florence Carr, James Browne, and Gaylord Hopkins. Their time of 5:45:38 demolished the old record of 6:08:62 set by San Mateo, CA, in 1989. Congratulations!!!



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

by Joan Campbell

A small contingent of nine FACT members went out to the left coast to compete in the Mission Viejo Long Course Nationals.

We hope the rest of our large competitive team was saving its energy to compete in the 2006 Short Course Nationals in May in Coral Springs. Competition with the Gold Coast Masters and the other large teams will equal the SCY National Meet last May in Fort Lauderdale, where we placed third overall.

The banners we won at this year's short course nationals were delivered last week and will be displayed wherever possible. Joe Biondi and Marianne Bradley show one of the three that FACT won at the right.



Also, many of us are working hard for the BIG one – the August, 2006, FINA World Championships in Stanford, CA. Stanford promises to be a great meet. The details are already on the USMS web site and entries can be made on line starting in January.

The facilities are fabulous and it will be a once-in-a-lifetime experience. The talent we have here in Florida should be a factor in both of these top competitions. Just take a look at the National USMS Top Ten for 2004-2005 SCY season – I'm sure you'll be impressed by the FACT competitors. You can see them listed on the USMS web site under the Florida LMSC Top Ten.

At Mission Viejo, our Hall of Famer Bumpy Jones was national champion in the 800 free, 200 back and 400 IM. Jean Bancks (49) had top ten finishes in the 100, 200 and 800 free and the 50 fly. More top ten finishers were Ellie Trevison (62) in the 50, 100 and 400 free; Mark Calvert (46) in the 50, 100, 200, 400, and 800 free; Carl Hawkins (53) in the 50 and 100 back;. Dean Dye (64) in the 50 and 200 back; and John Cornell (78) in the 100 and 200 free. Also representing FACT were Rick Trevison and Steven Whitney, who both swam three events.

Forms for 2006 registration are now posted on the floridalmsc.org web site (click on "Forms and registration") under 2006 interactive USMS registration forms. PLEASE CAREFULLY READ THE INSTRUCTIONS to avoid any confusion during the coming year.

The Coral Springs SCM meet on November 19-20 is outside our Florida LMSC, so, similar to the Dixie Zone Championships in Fort Lauderdale last year, you must enter as FACT.

The Valentine's Meet-Dixie Zone SCY Championships will be February 11-12 at the Long Center in Clearwater and will be run as a Chapter Meet in order to give all individual Chapters an opportunity to compete for Team High Point Awards.

At the recent SCM meet at St Pete's Fuller Pool, we were able to create FACT relays – fun to get to know other swimmers and makes the meet more enjoyable for the smaller teams.

Be sure to look for a FACT representative at any of these meets if you wish to swim relays. Either Joe Biondi, Don Puchalski or another designated representative is usually present.

Obviously the inclusion of all members of a Club as FACT members simplifies competition. Relays must be composed of only FACT members. Chapters cannot swim with other members of their Club for relays unless they are also FACT members.

Since the purpose of the Florida Aquatic Combined Team (FACT) was to give swimmers a chance to compete together on relays, we are defeating the purpose to have separate registrations within a club, but the option is available. At regional and nationals competitions there are seldom enough competitors within certain age groups, etc. to form relays without a combined team.

A note from FACT coach coordinator Joe Biondi...

In looking over the results from the meets in 2005, I have noticed that FACT has a ton of very good distance swimmers and I am looking forward to putting some awesome relays together for the National Postal events.

The FACT will pay for all relays that are entered for any National event (s) ... so, let's get the results to me and see how we do with the rest of the country.

The 3000/6000 National Postal Swim will conclude on November 15 and entries **are due** by November 25. Once you have filled out your entry (make sure you have signed it and attached a

News from around the LMSC

copy your USMS card) and just before you mail it in, if you are interested in being on a national relay please take a moment and e-mail me your results and include your USMS #. I would love to put some awesome relays together.

The USMS One Hour Postal Swim National Championship will contest in January 1-31, 2006 and entries **must** be received by February 17th. Once you have filled out your entry (make sure you have signed it and attached a copy your USMS card) and just before you mail it in, if you are interested in being on a national relay please take a moment and e-mail me your results and include your USMS #.



by Paul Hutinger

LCM Nationals, Mission Viejo, CA– Florence Carr, broke the World Record in the 50 m Free, 40.45, which set new standards in the 80-80 age group. She also won gold medals in the 100 m Free, 50 m Fly and 200 m IM. In the 50 m Back, she placed third.

St Pete SCM Development Meet– Since Orlando didn't host its usual SCM meet in October, we were fortunate that SPM stepped up and expanded their usual development meet. Although overwhelmed at the beginning with almost 100 swimmers, they soon got the ball rolling and kept the meet running smoothly the rest of the morning. Eighteen Mavericks enjoyed the short Sunday morning meet, with 50's and 100's, plus a 200 IM. Paul Hutinger was pleased with a clarification from the USMS Rules chair on the legality of his one-arm swimming (shoulder dislocates when he moves it forward) so he wasn't DQ'd by the officials. He swam a 2:01 in his 100 m Fly, which broke the 1996 FL LMSC record of 2:37, in the 80-84 age group.



Luis Rey, 70, *left*, swam in his first Masters meet. He hadn't competed since his youth in Cuba. The rest of the Mavericks included Jean

Allen, James Browne, Florence Carr, Gerry DeTore, Stephen Everhart, Rick Gee, Ruth Hoskinson, Margie Hutinger, James Pitts, Doris Prokopi, June Reynolds, Kay Schimpf, Frank Tillotson, Jean Troy, Marianne Vann and Robert Williams.

Masters Convention– Margie Hutinger was one of the four delegates from the FL LMSC to attend the United States Aquatic Convention, in Greensboro, SC, in September. "It's always rewarding to be surrounded by positive and energetic delegates who are more than willing to share ideas, support the efforts and talents of others and pick up ideas to serve our FL LMSC." The Mavericks bid for hosting the 2007 One Hour Postal was accepted.

News briefs...

Hutinger speaks on specificity of training at American Swim Coaches Association clinic

Paul Hutinger, Florida Maverick Masters, was one of the six Masters coaches selected to make a presentation at the American Swim Coaches Association 2005 World Clinic, in Ft. Lauderdale, in September.

Hutinger's topic was "Specificity of Training," and included several examples of the application of this principle that coaches can use to enhance their training program, at any level. Results have ranged from World and National Records to personal bests and increased feelings of self-worth for the average and beginning swimmer.

Illustrations of specificity he used included the training for Jean Troy who set her first World Records, nine, at age 75 and Robert Blake, 80, long distance pace for the One Hour Postal record; broken swims for pool events and training and warming up with a long suit.

Paul Hutinger, Kerry O'Brien, Kris Houchins, and Mel Goldstein were four of the six Masters coaches invited to speak at the September ASCA clinic. Not pictured are Karlyn Pipes-Nielsen and Charlie Hoolihan.



2006 FACT registration requires initial change

For 2006, FACT Chapters are required to have initials that are different from their parent Club. All Chapter registrars have been notified by email and this was also discussed at our annual meeting in St Pete on October 8.

The easiest way is to replace the last letter of the four letter abbreviation with an F or add an F if there are only three letters or numbers. Examples are: for 300 Club the chapter is 300F and for SWIM the chapter is SWIF, etc. It makes no difference whether the parent club is also registered or if all members are FACT. The name must be different.

Florida LMSC registrar, Pat Tullman will put the chapter on the lower right hand corner of registration cards for 2006.

Interactive registration forms for all Chapters are on the LMSC web page. We are hoping that there will not be as much confusion as there has been in the last two years. Swimmers can fill them in on line, copy them and sign and date them Send then to your parent club registrar with payment to your club. Only unattached FACT swimmers should send their signed forms to Meegan Wilson with payment to FACT.

News from around the LMSC

Sarasota



by Rick Walker

The SARASOTA YMCA SHARKS MASTERS is a new team formed in the Sarasota area and is currently taking registrations for the 2006 season.

By joining forces with the highly successful Sarasota Y Sharks USA SWIMMING team and the newly created Sarasota Y Sharks Triathlon Club, SYSM will become part of a larger group bringing the youth swimming community and adult athletes all under one banner. Plans for 2006 include sending a powerful team to Y Nationals in May, hosting the Bumpy Jones Classic LCM meet in June and continuing to make swimming an important facet in all members' lives, from beginner to elite level swimmer.

Any questions can be directed to Rick Walker 941-346-7946 or email rickmile@aol.com.

St. Petersburg

www.stpetemasters.org



by Christine Swanson

Let's start with **WOW**..... What a turn out for the SCM Development Meet on October 9th. Patty and I were both a bit overwhelmed on meet morning due to the huge turn out among other things.

Next year (keep your fingers crossed) we will be able to host a SCM meet at the new 25yd x 25m pool at North Shore. Ground has been broken and continued dry weather should work in our favor. You should be able to gauge the progress during our annual Spring SCY meet.

Besides the SCM meet, SPM is wrapping up it's year as host of the USMS 5k/10k Postal Meet. The dates were changed for the event by USMS at the 2004 convention and this caused some late confusion, but in the end the turnout (or should I say 'mail in') response was very good. For future reference the dates for this postal event run from May 15th to September 15th.

On October 1st, the St. Pete Masters participated in the 7th Annual Susan G. Komen Race for the Cure event in Vinoy Park. This is the third year we have formed a team in support of our SPM team members, friends and family who have been diagnosed with Breast Cancer. It is inspiring to join 11,000 others for a nice early morning run or walk.

As we near year end, our efforts shift to planning our spring meet, the Hour Swim in January and getting everyone re-registered for 2006 as early as possible.

See you at the pool!

Naples

www.floridalmc.org/swfa.html



by Lisa Koehler

Three SWFA members swam in the All America 2005 championships in Sao Paolo, Brasil, in October. Clara Beron, Michael Stollmeyer, and James Redic were invited to swim on the Columbian team *Acuacol*, Beron's team-away-from-home, which won first place out of the 50 competing teams. The trio brought home seven gold medals, nine silver medals, and eight bronze medals.

Beron, 54, won gold in the 400 and 800 free, the 3K open water, and was on the winning women's 200 free relay. She had silver in the 200 free and 200 women's medley relay, and bronze in the 100 free.

Stollmeyer, 68, earned silver medals in the 100, 200, 400, and 800 free and the 3K open water; gold on the men's 200 free and medley relays, and bronze on the men's 200 free and medley relays.

Redic, 59, won gold on the men's 200 free and medley relays, silver in the 50 breast, and bronze in the 100 and 200 breast, the 200 fly, and the men's 200 free and medley relays.

October swimming competitions were in open water. Ann Marie Guglielmi swam in the second annual Tropical Splash open water (1K, 3K, 5K) competition at Service Club Park in Venice on October 15. Guglielmi competed in the 5k race, finishing first in her age group, first overall woman, and third overall.



Mike Stollmeyer, far left, and Clara Beron, far right, pause with their Colombian teammates at the start of the games.

Submissions for February newsletter

text: send as .txt, .rtf, or as text in an email
photos: send as .jpg, resolution of 150 dpi, and maximum width of 6 inches
send to: Dick Brewer at 1d945b@earthlink.net
send by: Monday, January 16, 2006

News from around the LMSC



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

by Pat Cohen

Valentine's Meet- Feb 11-12, 2006

Back by popular demand. SUN Masters will be organizing, planning and presenting the Valentine's Meet which will take place at the Long Center. We will need everyone's cooperation and participation. Start thinking of Sponsorship prospects, what events you want to swim and how you can help by volunteering to time, help with hospitality and/or clean-up.

The LMSC Awards Dinner will take place at the LONG Center on Saturday the 11th after the meet.

The Valentine's Meet will be the Dixie Zone SCY Championships. Check the LMSC newsletter for an entry form.

The City of Clearwater and St Petersburg/Clearwater Sports Commission are co-sponsoring the meet along with SUN Masters. It should be a great meet in the newly renovated Long Center Athletic facility.

Thanks to Joan Campbell who has been the driving force for getting the support from the City of Clearwater and especially the St. Petersburg/Clearwater Sports Commission.

Top Ten USMS National list for SCY 2004-2005

Don Puchalski in 7 events, Nancy Durstein in 8, Joan Campbell 8 in the 70-74 age group and 10 in the 75-79 age group (Joan aged up in the middle of the season).

St. Petersburg SCM @ Fuller Pool, St. Petersburg (October 9)

Joan Campbell 75-79 1st x1; 2nd x3; 240-279 FACT relays-200sc Meter FR and 200sc Meter Medley

Clearwater Beach Patrol Ocean Swim- (July 23)

Arnaud Glacet - 4th pl age 34:56

Top Gun Rotary Triathlon- (August 6)

Beth Wonicker-Cook 35-39 13th, Arnaud Glacet - 6th 1:00:13, and Hal Cook-70-74 1st

Summer Sizzler 5K August 21)

Beth Wonicker-Cook 35-39 2nd

Red Mule 5K (August 27)

Beth Wonicker-Cook 35-39 1st

Crystal River Triathlon (September 4)

Beth Wonicker-Cook 35-39 2nd

Tarpon Springs Triathlon - (September 10)

Jason Dukas-25-, Jeff Allen -30-34 10th placing 6th in the swim a PR, Larry Witt - Clysdale over 40 - 2nd., Jerry Napp - 1st AG 59:10 sec (12th overall) Fastest swim time in AG (thanks to Joe), Beth Wonicker-Cook 35-39 6th, Hal Cook-70-74 1st

Run to The Rock 5K (September 24)

Arnaud Glacet 1st : 19:06

Strangeman Beach Biathlon (2 mile run-1/4 mile swim-2 mile run-1/4 mile swim)

Jerry Napp -1st pl in age- 4th pl overall

Sand Key Triathlon

30-34 Jeff Allen 1:14:10 (1/2-mile swim portion in 10:33), Larry Witt - Clysdale over 40 - 2nd., Beth Wonicker-Cook 35-39 4th

Fort Desoto Triathlon

Jason Dukas 25-29

Breast Cancer 3 Day 60 Mile Walk (October 7-9)

Pat Cohen completed the event unscathed but tired and grateful to all those who supported her efforts to raise the required donations. It was a great experience and meeting so many who are fighting the disease or who have survived it made it even more meaningful. We in Tampa Bay raised 5 million dollars!

LONGLEAF SPRINT TRIATHLON (October 16)

Florence Delaney-60-64 1st and Hal Cook-70-74 1st

1/2 Ironman Clermont, Florida (October 22)

Jerry Napp will be the swimmer and runner for a relay "team" (1.2 mile swim, 13 mile run) and Pat Cohen is registered in the age group competition

VILLAGES AQUATIC SWIM TEAM

The Villages

by Susan Schuerman

Villagers Compete in St. Pete

The Villages Aquatic Swim Team (VAST) gained more experience by participating in the St. Pete Masters Development Meet in St. Petersburg. Eleven of the sixty VAST members made a very nice showing against the participants of all ages. All of the swimmers were winners with their competitive spirit.



Front L to R: Pat McIntosh, JoJo Gutfran, Irma Klimach, Kathy O'Leary, Cindy Lasher, Susan Schuerman,

Back L to R: Dianne Castle, Dave Castle, Dave Gibson, Gil Wheeler, Bob Mraovich

Going Postal

Florida LMSC One Hour Postal Records

INDIVIDUAL WOMEN			
18-24	5,050	S Brownstein	SPM-89
25-29	5,025	Lisa Summers	SPM-97
30-34	4,865	Karen Sadler	BRAT-97
35-39	5,165	Charlotte Petersen	SPM-04
40-44	4,805	Wanda Brown	BRAT-98
45-49	4,675	Sharon Saltzman	SPM-05
50-54	4,300	Pam Geiger	SPM-03
55-59	4,180	Elaine Bromwich	SPM-98
60-64	4,170	Elaine Bromwich	SPM-03
65-69	3,625	Patricia Bond	FMM-05
70-74	3,375	Joan Campbell	CATM-04
75-79	3,155	Jean Troy	FMM-05
80-84	2,815	Bunny Cederlund	SPCO-02
85-89	2,240	Kay Schimpf	FMM-03
90-94			

INDIVIDUAL MEN		
4,990	Ryan Woodruff	GSC-01
5,600	J Sakovich	CATM-97
5,420	William Specht	SPM-93
5,435	William Specht	SPM-95
5,105	Tim Kennedy	SPM-98
5,150	Tim Kennedy	SPM-02
5,090	Rick Walker	SWIM-01
4,450	T Mahaffy	HLJ-91
4,125	D DeGroot	SPM-90
3,945	Don Puchalski	FACT-05
4,485	Burwell Jones	FACT-05
3,620	Robert Blake	FMM-04
3,750	Robert Blake	FMM-05
2,622	Dave Malbrough	FMM-00
2,020	Fred Walbolt	SPM-03

WOMEN'S RELAYS			
18+	14,190	Kaleel, M Lambke, S Brownstein	SPM-91
25+	13,500	Holdeman, Miller, Bowen	HLJ-93
35+	14,190	Peterson, Flanagan, Leadbetter	SPM-04
45+	13,375	Harrelson, Salzman, Stoddard	SPM-05
55+	11,530	Kn-Perry, Bromwich, Lambke	SPM-99
65+	9,815	Homans, Bond, Tullman	FMM-04
75+	8,245	Hoskinson, Troy, Olsen	FMM-05
85+	5,590	Zint, Schimpf, Cicharski	FMM-05

MEN'S RELAYS		
14,250	O'Brien, Pruitt, Rimel	SPM-05
15,730	Specht, Peters, Woodruff	SPM-93
15,200	Kennedy, Atkins, Specht	SPM-96
14,085	Davis, Freeman, Kennedy	SPM-04
12,785	Mahaffy, T Koenig, Jones	HLJ-92
11,564	Beach, Euler, Kohnken	SPM-04
9,400	Luke, Blake, P Hutinger	FMM-03
6,235	McCullough, Holden, Malbrough	FMM-01

What is a One Hour Postal?

That's a two-part question. First, the one hour part: you swim for one hour while someone else records how many yards you can swim. Second, you mail your results (the postal part) to the sponsoring club, which compiles all of the distances and posts the results.

Where and when can you swim it?

In your own pool any time during the month of January.

What do you need?

A stopwatch and someone to time and record each 50 yards of your swim.

MIXED RELAYS		
18,830	Hall, Nardozzi, O'Brien, Pruitt	SPM-05
19,080	Kyle, Swanson, Specht-Peters	SPM-93
19,730	Rimel, Petersen, Leadbetter/Collins	SPM-04
18,685	Kennedy, Davis, Harrelson, Geiger	SPM-02
16,015	Bromwich, Lambke, Betzer, Euler	SPM-99
14,035	B Atwood, Kn-Perry, Beach, Euler	SPM-02
11,945	Blake, H Homans, Hoskinson, Troy	FMM-05
8,080	Schimpf, Tillotson, Zint, Cleaveland	FMM-04

One Hour Postal Pace Chart

If you have a goal of reaching x number of yards in an hour, or of breaking one of the records above, you'll want to practice swimming a steady pace. Below is a chart to let you know generally what intervals you should be able to swim in order to reach your goal.

pace/ 100 yds	one hour swim pace	pace/ 100 yds	one hour swim pace	pace/ 100 yds	one hour swim pace	pace/ 100 yds	one hour swim pace
2:51	2100 yards	1:56	3100 yards	1:28	4100 yards	1:10.5	5100 yards
2:44	2200 yards	1:53	3200 yards	1:26	4200 yards	1:09.2	5200 yards
2:36	2300 yards	1:49	3300 yards	1:24	4300 yards	1:07.9	5300 yards
2:30	2400 yards	1:46	3400 yards	1:22	4400 yards	1:06.6	5400 yards
2:24	2500 yards	1:43	3500 yards	1:20	4500 yards	1:05.5	5500 yards
2:18	2600 yards	1:40	3600 yards	1:18.2	4600 yards	1:04.3	5600 yards
2:13	2700 yards	1:37	3700 yards	1:16.5	4700 yards	1:03.1	5700 yards
2:09	2800 yards	1:35	3800 yards	1:15	4800 yards	1:02	5800 yards
2:04	2900 yards	1:32	3900 yards	1:13.5	4900 yards	1:01	5900 yards
2:00	3000 yards	1:30	4000 yards	1:12	5000 yards	1:00	6000 yards

Compete or just swim?

Swimming the one hour postal is a good workout. Timing the swim adds incentive to do the workout a little more seriously. And setting a goal to reach, whether that goal is for personal satisfaction, a record, or USMS top ten, makes the swim and the intervals leading up to it a worthwhile experience. If it's your first one hour postal, then you'll establish a benchmark to surpass the next time.

If you decide to mail your distance, rules, information about entry fees and where to send your results, are on the USMS web site (www.usms.org) under "Competition" and then "Long Distance." A link will also be on the Dixie Zone web site (www.dixiezone.org).

2006 USMS One Hour Postal Split Form

Pool length (check one): 25 yards 25 meters 50meters (if left unchecked, distance will be yards). For a meter pool, convert meter times to yards: meter distance swum X 1.0936 = _____ yards.

Name (print): _____

I certify that I have read the rules of this competition and that on (date) _____, I swam a total of _____* yards at (pool) _____ in (city/state) _____.

Swimmer's signature _____ Lap counter's signature _____

Record splits using CUMULATIVE split times to the nearest 1/10 second Entries without splits will be treated as UNOFFICIAL and will not be eligible for awards or tabulated in the final results. * On the final partial lap, estimate the yards swum and round DOWN to the nearest five (5) yards; add that to the last recorded total below. **To enter the One Hour Postal Championship, use this split sheet and the official entry form published in the November USMS Swimmer magazine.**

lap	yards	lap	yards	lap	yards	lap	yards	lap	yards	lap	yards
2	50	42	1050	82	2050	122	3050	162	4050	202	5050
4	100	44	1100	84	2100	124	3100	164	4100	204	5100
6	150	46	1150	86	2150	126	3150	166	4150	206	5150
8	200	48	1200	88	2200	128	3200	168	4200	208	5200
10	250	50	1250	90	2250	130	3250	170	4250	210	5250
12	300	52	1300	92	2300	132	3300	172	4300	212	5300
14	350	54	1350	94	2350	134	3350	174	4350	214	5350
16	400	56	1400	96	2400	136	3400	176	4400	216	5400
18	450	58	1450	98	2450	138	3450	178	4450	218	5450
20	500	60	1500	100	2500	140	3500	180	4500	220	5500
22	550	62	1550	102	2550	142	3550	182	4550	222	5550
24	600	64	1600	104	2600	144	3600	184	4600	224	5600
26	650	66	1650	106	2650	146	3650	186	4650	226	5650
28	700	68	1700	108	2700	148	3700	188	4700	228	5700
30	750	70	1750	110	2750	150	3750	190	4750	230	5750
32	800	72	1800	112	2800	152	3800	192	4800	232	5800
34	850	74	1850	114	2850	154	3850	194	4850	234	5850
36	900	76	1900	116	2900	156	3900	196	4900	236	5900
38	950	78	1950	118	2950	158	3950	198	4950	238	5950
40	1000	80	2000	120	3000	160	4000	200	5000	240	6000

Coaches Corner by Joe Biondi

Here is a quick swimming tip, for the novice and the experienced swimmer, that most everyone has heard from a coach or teammate, or has read in a swimming article.

Dive & push-off for success...

On your dive in at the start of a race and on your push-off and breakout, you are going faster than you can swim. Every swimmer should strive to practice an efficient streamlining technique and break out at practice **every time** you do a turn or initiate a push-off and break out at the beginning of a set ... **every time**.

Make this a habit and you will be very pleased when you go to the next meet and your time drops a 1/2 second, or four or five seconds.

Swimmers will gain a significant time



drop if the time is taken to work on this. It is easy, it takes hardly any effort, it saves one or two strokes, and if done properly on a regular basis, it will make you faster.

Father Time and streamlining...

As swimmers change age groups and Father Time starts to sneak up on us, one of the greatest things swimmers can do is to pay greater and greater attention to swimming technique. Some swimmers have been very successful for years with the same technique. But as we start to lose some strength

and the swimming research shows us a more efficient way to propel ourselves down the pool, perhaps it is worth looking at. And some times a simple thing like being very streamlined off of a start or turn can make the difference between a best time (regardless of age) or a win – or not. At the next meet, take a moment to notice the swimmers who are streamlined and notice also that most of the fast swimmers, regardless of age, will be streamlining.

Thanks for taking a couple of moments to consider a small change in your practice routine that could give a big dividend at your next meet.

Hope to see you at the next meet, and don't forget to swim the postal events. They are challenging and a lot of fun.

Q & A: Do times count from senior games, non-USMS meets, or USAS meets?

Question

If I swim in a local, state, or national senior games meet, will my times count for USMS?

Answer

If the senior games meet is officially "recognized" by USMS, your times will count. Because both Masters and non-Masters will be competing, "recognized" senior games will have a sign-up sheet at the registration table for USMS swimmers where you must provide your name and your USMS registration number.

There are some other conditions: a registered Masters swimmer must observe the meet to be sure that USMS rules are followed, including the presence of certified officials, and the pool must meet USMS length certification requirements. Meet directors are responsible for following all USMS rules and they are responsible for submitting the results to the Florida recorder.

Times count for records and top ten if there is electronic timing. If the meet uses hand-held watches, two watches per lane are needed for Florida records and top ten, and three watches per lane are needed for zone and USMS records.

If the senior games are not officially "recognized" by USMS, your times will not count.

Question

If I swim in a non-USMS Masters meet, like YMCA Nationals, Huntsman Games, or a meet in a foreign country, will my times count for USMS?

Answer

YMCA Nationals, Senior Games Nationals, and the Huntsman Games are recognized. They are responsible for submitting individual times for Masters swimmers to the USMS Records & Tabulations chair. If you want your times to count for Florida LMSC Top 5 and records, you (or your Y team) are responsible for notifying the LMSC recorder of your events, Masters club, and USMS registration number.

The World Games are also recognized meets, but you are responsible for documenting your swims to the Florida recorder, who will submit them to USMS. They do not submit results to USMS.

At meets in a foreign country, the meet must be sanctioned by that Masters organization and follow FINA rules. You must represent your USMS club at the meet (not a foreign club), and you must document your swims to the Florida LMSC recorder.

Documentation is a hard copy of the results or an e-mail, giving the web site and events that you swam. You must meet the USMS deadline for submission for that course.

Question

I'm registered with USMS. Can I swim in a USA-Swimming meet (that doesn't also have a USMS sanction) and have my times count for USMS?

Answer

First, for people not familiar with initials and groups: USA-Swimming (USAS) is the youth program and USMS is the adult (Masters) program. They are separate entities governed by separate organizations.

Your Masters registration will not get you into a USAS meet. You can swim in a sanctioned USA-Swimming meet only if you are ALSO registered with USAS.

Once you've registered with USAS, you swim in the open division.

In a USAS meet, USA-Swimming rules apply. When there is a difference between USAS and USMS rules (and there are differences!), it is your responsibility to know what those differences are and to abide by USAS rules. You will be DQ'd if you don't.

Results from USA-Swimming meets are not reported to Masters organizations. If you are registered with BOTH USAS and USMS, your times count, but you must document your times and send them to the FL LMSC recorder.. See the last paragraph in the previous question for documentation requirements.

Florida LMSC Consolidated Entry Form

Name _____ male female USMS # _____
 Phone (____) _____ email _____ Birthdate ____/____/____ *Age _____
 Club _____ If applicable, FACT chapter _____
** SCY is your age on the last day of the meet; LCM and SCM are your age on December 31*

event #	FREE (seed time)	event #	BACK (seed time)	event #	BREAST (seed time)	event #	FLY (seed time)	event #	IM (seed time)
_____	50 ____:____.	_____	50 ____:____.	_____	50 ____:____.	_____	50 ____:____.	_____	100 ____:____.
_____	100 ____:____.	_____	100 ____:____.	_____	100 ____:____.	_____	100 ____:____.	_____	200 ____:____.
_____	200 ____:____.	_____	200 ____:____.	_____	200 ____:____.	_____	200 ____:____.	_____	400 ____:____.
_____	400/500 ____:____.	MEET _____		Office Use Only Amt. Rec'd. _____					
_____	800/1000 ____:____.	LOCATION _____		Date Rec'd. _____					
_____	1500/1650 ____:____.	MEET DATES _____		Read the information sheet carefully. Make your check payable as shown on the information sheet and mail it to the address shown there. All Masters swimmers may be asked to show their USMS cards, if requested, at the meet. Incomplete entries (no fee, no copy of USMS card, incomplete entry card) or late entries (post-marked/received after the deadline) MAY BE REJECTED! No time (NT) entries will NOT BE ACCEPTED!					

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

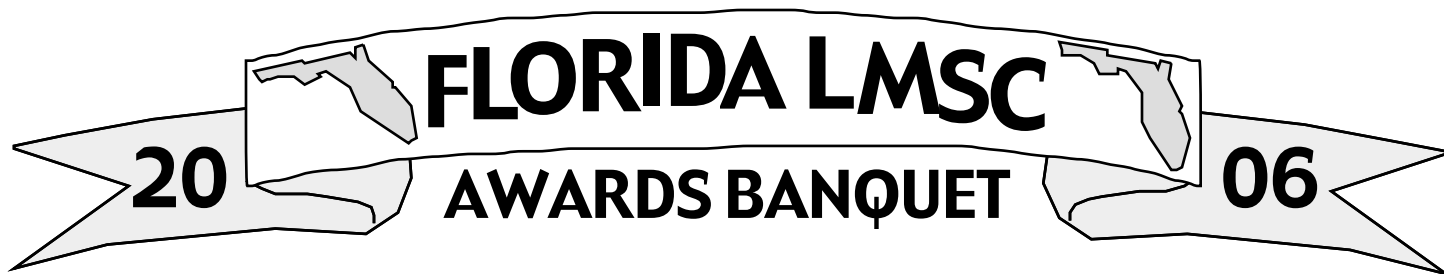
I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or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

PLEASE SIGN AND DATE _____

Attach the entry form tab from the bottom of the information page in the space below.

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

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



Saturday, February 11, 2006, at the Long Center, Clearwater

in conjunction with the February 11-12 SUN Masters/City of Clearwater Valentine Meet

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

The second floor banquet room at the Long Center will open at approximately 4:45 PM followed at 5:30 PM by the buffet dinner. The awards presentation follows the dinner, and all should be over by around 7 PM.

Spouses, significant others, and guests are welcome. Dress is casual.

Recognizing the Best in 2005

Most Valuable Swimmers of the Year

Awarded to one male and one female distance swimmer and one male and one female pool swimmer.

Outstanding Swimmers of the Year

Awarded to three male and three female distance swimmers and three male and three female pool swimmers.

Frank H. Tillotson Award

Awarded to a swimmer who has made outstanding contributions to his or her own team, to the Florida LMSC, Dixie Zone and/or USMS, and to the general swimming community beyond Masters.

Overcoming Adversity Award

This award recognizes a Florida LMSC Masters swimmer who has overcome adversity and who provides inspiration to all while pursuing swimming.

Leather Lungs Award

LMSC swimmers who have completed all individual events in short course yards, long course meters, short course meters, and/or all five USMS postals will be recognized for their superior efforts.

Criteria for all awards, past winners, and procedures and deadlines for nominating swimmers for the Frank H. Tillotson and Overcoming Adversity Awards are posted on the Florida LMSC web page (www.floridalmsc.org)

General Information

Adult Menu (\$16 per person)

Chicken Marsala, vegetable lasagna, tossed green salad, Waldorf salad, rice pilaf, California vegetable blend, rolls and butter, iced tea/ coffee/lemonade, dessert table with assorted pies (cash bar before dinner)

Children's Menu (\$9 per child 12 & under)

Chicken strips and fries

Reservations

Reservations are required and must be received by the meet entry deadline (Friday, February 3). Mail reservations (include your name, email address or phone number, and the number of adult and children's reservations) and checks made out to **Florida LMSC** to Meegan Wilson, 620 NW 27th Way, Gainesville FL 32607. Reserved dinner tickets may be picked up at the door. A few extra tickets will be sold at the door, but there is no guarantee of availability of food.

2006 SUN Masters Valentine Meet and Dixie Zone SCY Championships

February 11-12, 2006 ~ Hosted by SUN Florida Masters and the City of Clearwater Athletics
Sanctioned by Florida LMSC for USMS, Inc. #146-003

DATE & TIME: Saturday, Feb. 11: warm-up at 7 AM for 1000 free which begins at 8 AM, and warm-up at 10 AM for other events which begin at 11 AM; Sunday, Feb. 12: warm-up at 8 AM, meet begins at 9 AM.

FACILITY: The Long Center, 1501 N. Belcher Road, Clearwater FL. The Long Center is an indoor 50-meter x 25-yard pool. This meet will use 10 of the facility's 20 short course yard lanes with Colorado Timing for competition and 9 lanes will be provided for warm-ups during the course of the meet. All events will be swum in numerical order slow to fast. **Events 1 and 2 are limited to the first 50 to enter. Refreshments are provided free of charge while they last.**

ELIGIBILITY: Current USMS rules will govern. All athletes 18 years of age and older as of February 12, 2006, and registered with USMS, Inc. Non-U.S. swimmers should have a letter of introduction from their own swimming association.

ENTRIES & FEES: Swimmers must pre-enter by mail. **Entries must be received by Friday, February 3.** Swimmers may enter a maximum of five individual events per day. Each entry must be submitted on the entry form with your name, registered team (plus local chapter, if applicable), age, event description, event number, USMS registration number, and seed time. Please be sure that all information is filled out, the waiver signed, and a copy of your 2006 USMS registration card is attached. Entry fees are \$2.50 per individual event, \$5 per relay team, and a \$15 non-refundable timing/facility surcharge. Make checks payable to **SUN Masters Swim Team, Inc.** and mail entries to the address on the entry tab. Scratches will be accepted and allowable refunds made if the meet director (Joe Biondi – 727-725-9978) is notified prior to 4 PM, February 8.

RELAYS: Relay teams are deck-entered at the meet both Saturday and Sunday. Only team members registered for the meet may participate in relays. Age categories for relays are 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+. Relay cards are due before events 5 and 15 on Saturday and before events 27 and 33 on Sunday.

SCORING & AWARDS: Ribbons for 1st, 2nd and 3rd for each event. Individual High Point awards for 1st, 2nd and 3rd in all age groups (swimmers must participate five or more individual events to be eligible). Team awards for combined men and women 1st, 2nd, and 3rd. Scoring 9-7-6-5-4-3-2-1 for individuals, double points for relays. Team club awards may include chapters of **the Florida Aquatics Combined Team but not FACT.** Individual entries must **designate the chapter** immediately following their USMS registered team (ex: FACT/SUN). Members of each relay of club teams must be either registered all one club or members of same chapter and all registered FACT to count for team high point. FACT relays of individual members from different chapters may be swum but will not count for team high point. Notify the meet director if you would like to swim with other FACT members from different chapters on a relay – we will try to coordinate your relay entry.

DINNER: The Florida LMSC Recognition Dinner is Saturday night in the second floor Long Center Banquet Room.

ORDER OF EVENTS:

Saturday, February 11

1/2 *~1000 free
3/4 200 back
5/6 50 breast
7/8 200 free
9/10 100 IM
11 200 mixed free relay
13/14 200 fly
15/16 50 free
17/18 50 back
19/20 200 free relay
21/22 *400 IM

Sunday, February 12

23/24 200 breast
25/26 50 fly
27/28 100 free
29/30 100 back
31 200 mixed medley relay
33/34 100 breast
35/36 100 fly
37/38 200 IM
39/40 200 medley relay
41/42 *500 free (combined men & women)

* check in required one half hour prior to the event.

~ events 1 & 2 will be deck seeded, combined men and women, and limited to the first 50 entrants – seeded slow to fast

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 \$ 2.50 =\$ _____
Valentine Meet T-shirt @ \$10 each =\$ _____
circle size(s): S M L XL
TOTAL ENCLOSED =\$ _____

Make checks payable to **SUN Masters Swim Team, Inc.** and mail the check and the entry form with this tab attached to
Joe Biondi/SUN Masters
216 Elizabeth Avenue
Clearwater, FL 33759-4007

**ATTACH A COPY OF YOUR
2006 USMS CARD HERE.**

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

FLORIDA

Local Masters Swimming Committee
5432 Twin Creeks Drive
Valrico, FL 33594

No pace clock at your pool? Or having trouble seeing it on the far side of the pool?

Build a personal pace clock for under \$10



Materials needed (photo at right):

- (1) battery-operated plastic wall clock (Wal-Mart, \$5) & (1) AA battery
- (1) 12" length of 1-1/2" pvc pipe
- (2) 1-1/2" pvc pipe T-joints
- (1) clear plastic bag

Tools needed:

saw (hacksaw, jig saw, table saw, etc)

Steps:

1. Cut a 6" x 1-1/4" opening in the pipe



2. Slide the T-joints onto the end of the pvc pipe with the cut at the top
3. Put the clock inside the bag to protect it from water and set it in the hole in the pvc pipe
4. Put the clock at the end of your lane and swim your intervals

