

FLORIDA

Local Masters Swimming Committee
November 2007, Newsletter
Volume 24, Number 4

FLORIDA LMSC SWIMMERS VICTORIOUS AT LCM NATIONALS

The Long Course Meters (LCM) Championships were held at The Woodlands Athletic Club in The Woodlands, Texas from August 10-13, 2007. Fourteen swimmers from five teams participated. Joan Campbell (FACT) placed first in six events: the 200 meter freestyle, 400 meter freestyle, 800 meter freestyle, 200 meter backstroke, 200 meter butterfly, and the 400 meter IM, and the Florida LMSC brought home ten gold medals, nine silver medals, and twelve bronze medals!



Joan Campbell

Other noteworthy performances included a second in the 1500 meter freestyle by Ana Alvarez (SYSM) and a third in the 50 meter freestyle by Shannon Cairns (SYSM). Arnaldo Perez (SYSM) placed third in the 400 meter freestyle and first in the 800 and 1500 meter freestyle. Pat Tullman (FMM) won third place in the 100, 200, and 400 meter freestyle.

In the backstroke events Shannon Cairns placed second in the 50 and 100 yard backstroke, and Arnaldo Perez placed second in the 200 meter backstroke. Charles Weatherbee (FMM) won third place in the 200 meter backstroke, and Margit Jebe won third place in the 100 meter backstroke.

In the 50 meter breaststroke, Shannon Cairns placed second, and Margit

Jebe (SWFA) placed third in the 100 meter breaststroke.

Many Florida LMSC swimmers entered the butterfly events. Shannon Cairns, Pat Tullman (FMM), and Margit Jebe all placed third in the 100 meter butterfly. Also, Arnaldo Perez and Pat Tullman won second place in the 200 meter butterfly, and Shannon Cairns won first place in the 50 meter butterfly.

Arnaldo Perez captured first place in the 400 meter IM (with an impressive time of 5:13.32)! Tom Bliss (FACT) won third place in the 400 meter IM, and Charles Weatherbee captured second place in the 200 and 400 meter IM.

Other LMSC swimmers at the LCM Nationals were David Oakes (FACT), Ellie Trevison (FACT), Rick Trevison (FACT), Jennifer Bronson (FACT), John Cox (SPM), and James Redic (SWFA). David Oakes captured fourth place in the 100 meter freestyle, Ellie Trevison won seventh place in the 800 meter freestyle, and Rick Trevison placed fourth in the 800 meter freestyle. In the 200 meter butterfly and 100 meter breaststroke, James Redic won fifth place. Jennifer Bronson captured tenth place in the 50 meter butterfly, and John Cox won fourth place in the 1500 meter freestyle.

In the relay area FACT placed tenth in the mixed 240-279 200 LCM freestyle relay with a time of 2:27.63. This relay consisted of David Oakes, Jennifer Bronson, Joan Campbell, and Tom Bliss.

The team results were as follows: FACT - 33rd place, FMM - 49th place, SPM - 124th place, SWFA - 58th place, and SYSM - 35th place.

Thank you and congratulations to this group of Florida LMSC swimmers on their victories at the LCM Nationals! We appreciate your traveling all the way to The Woodlands, Texas to represent us!



Jennifer Bronson (in the royal blue bathing cap)



Action shot of Jennifer Bronson (second on the diving blocks from the left)



Another action shot of Jennifer Bronson

SWIMMER FOCUS: PAT HOFFMAN

by Pat Hoffman (FACT)

I am a 57 year old athlete. I have participated competitively since 1990, in triathlons (over 400), including, but not limited to, aquathlons, duathlons, biathlons, open-water swims, cycling time trials and road races, running races, track and field competitions, fitness challenges, and started doing the Senior Games in Florida in 2000. I have participated in the National Senior Olympic Triathlon and swim events in 2001, 2003, 2005, and 2007. I won the Gold in the 2005 Triathlon. I also was the recipient of the Gold Torch in 2007 and 2005 with the Good Life Games. In 2006, I was the female Champion in the Florida Cycling Time trial series.

I won overall female in the AARP Triathlon in 2003,2004, and 2005. I also won overall female in the Longleaf Triathlon in 2006.

I started doing swim meets in 2000, winning several gold medals in the Senior State Games. I continued with swim meet events, as well as competing in the Clearwater Beach Patrol ocean-mile swims, and beach biathlons. I won 2nd place in the World Aquathlon in Hawaii in 2005.

I have found that I enjoy being a multi-sport athlete. I would get too bored with just one sport. Bodybuilding has been a part of my regime since 1982.

My two daughters, son-in-law, and husband, are all triathletes. We often race together. In 2004, I competed in the State Senior Games Triathlon in the Villages, and won overall (both male and female).

This season, I did the usual....the Hurricane Swim (1st place), the second Clearwater Beach Patrol Swim (1st place), Publix Fitness ocean mile swim in Fort DeSoto (1st place), and the Florida Sports Cycling Time trial Series, and the usual array of triathlons and duathlons, i.e., Crystal River Tri #1 (1st place), Mad Beach Tri (2nd Pl), Dunedin Duathlon (was a tri but water conditions were bad) (1st place), St. Leo Tri, (1st pl), National Senior Olympic Tri 2007 (4th pl), Palm Harbor Duathlon (1st pl), Morton Plant Tri (2nd pl), Tarpon Springs Tri (1st pl), Sand Key Tri (2nd pl), and Body and Soul Duathlon, (overall female Masters). I still have more to finish this season. God willing, I will have the strength and fortitude to complete my mission.



Career info:

I have been a nurse for 25 years. I started out as an LPN, then in 1994, received my AS in Nursing from the State University of New York, as an RN.

My husband, Thomas Hoffman, is an MD, who specializes in Infectious Disease at Morton Plant Hospital. My daughter, Malinda, is a Hair Stylist and EMT. My daughter, Anne-Marie, has a B.S. from Virginia Commonwealth University, and is currently seeking her

Pat Hoffman and Doggies (Beenie - Black Lab Doggy and Lucky - Blonde Doggy)

Masters in teaching. Anne-Marie is married to Lt. Commander Christopher Tucker (a Navy Jag being deployed to Iraq), and is the proud mother of my 2 and a half year old grandson, Grant.

Ah,....life is good!

I am grateful to have been healthy enough and fortunate enough to be able to compete all of these years in our local sports activities.

I have met so many outstanding people.



Pat's Daughters Anne-Marie (left) and Malinda (right)



Pat's 2 ½ year old Grandson Grant

From the Chairman's Desk



Dear FL LMSC Member,

It seems every time I start to write my letter for the newsletter, that there are events about to happen or have recently occurred which I would like to tell you about and I don't have the complete information to share. One of these things is an event in which we sent 7 voting delegates representing our FL LMSC members to California for the Annual Convention. United States Masters Swimming hosts a convention and meetings of the House of Delegates in the fall of each year. During the convention, the yearly budgets are approved, elections of officers may take place, organizational rules and bylaws may be amended, and the general direction of the organization is set for the coming year. The USMS Convention is held as part of the annual [US Aquatic Sports](#) convention, together with USA Swimming, USA Diving, USA Synchronized Swimming, and USA Water Polo. The USMS portion of the convention took place over 5 days which began on Wednesday, September 26 and ran through the 30th. Each of our delegates will be writing a report summary of the break out sessions that they attended which they will present at our FL LMSC Annual meeting on October 27. Once the convention delegate reports are presented at our meeting we will post the delegate reports on the FL LMSC web site for your enlightenment.

One of the focuses I have had during this term is to get others more involved in the FL LMSC. As a result I selected some new people to attend the convention. On the first of this month we hit an all time high of 1656 members, as reported by Meredith Moore, our Registrar. It still troubles me that we have so few who are taking an active part in helping run the organization. Normally you can expect 10% of the members within an organization to take an active part and assist in running/managing the organization. Simple math shows that about 1% of our membership represents active leadership. I know you are probably tired of hearing me talk about this, so suffice it to say we need more representation! Please get in touch with me or any of our board members to get more information on how you can be more involved.

An area your leadership is continuing to focus on is that of communication. There are several vehicles for this to occur, one of which is our web site and we are striving to update it to accommodate better information sourcing. By being informed we are hoping that you each will want to be more involved. Still your best communication source is your team representative, please strive to have an active and involved team rep. If for no other meeting it is imperative that your team representative attend the FL LMSC Annual meeting, it will be held in Orlando on October 27.

Serving,

Tom Bliss
Chairman, FL LMSC

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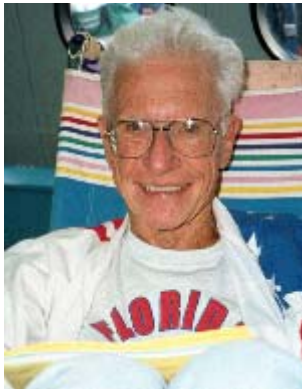
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The Florida LMSC newsletter is published quarterly in February, May, August, and November. Registered members of the Florida LMSC choose to receive the newsletter via email or postal mail. The Florida LMSC reserves the right to edit articles for appropriateness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

Ask the Swim Doctor



QUESTION: I want to improve my strokes. Everyone that tries to help me, tells me something different, and I'm very confused. Where do you suggest I start?

ANSWER: Masters swimmers can continually work on all the strokes in order to improve stroke mechanics and performance. Following are some concepts and techniques which you can use on the process of stroke analysis and correction. Identifying individual faults is the beginning step in developing better and more efficient stroke mechanics.

Everyone is different in respect to anatomical structure, coordination, kinesthetic sense, flexibility and strength. However, you should work toward maximizing the inherent capabilities you possess. Your stroke may not look like some of the world class swimmers, but if you can get the most out of your potential, then swimming will be a more satisfying experience. A continual and gradual improvement will also make swimming more interesting. Do not expect to make great improvements overnight. Be persistent and continually work toward improvement.

First, get an analysis of your stroke, with a list of errors or corrections from a coach or knowledgeable swimmer. If you can attend a Masters swimming clinic or camp, this would start you in the right direction. Movies and video tapes of all strokes are the best methods of stroke analysis. You can start on stroke corrections after receiving a list of your errors. This should be a part of your daily training sessions, and especially early season or between meets. Many times, the minor faults will dissipate with the correction of major faults, and likewise, corrections made on one stroke may carry over to another stroke. Because of the wide variation in individual potential, use a generalized approach to stroke patterns. You can use a variety of drills in practice sessions to help you make a change with your normal stroke pattern.

Use an overcorrection when changing your stroke. The new stroke pattern must feel different for it to be changed. This is difficult, because we feel secure and get feedback from our kinesthetic receptors when our stroke is the same. This is reinforced every time we swim and part of our servomechanism. This total pattern must be broken to make beneficial stroke pattern changes. For instance, if you are crossing over on your backstroke entry and wish to change it to a correct entry, then you must reset your kinesthetic receptors. You do this by making your arm feel like it is entering out to the side and this will get the hand close to the correct entry. You will need someone to check it for you from time to time for confirmation and positive feedback. Your new stroke patterns will feel strange and weird while you make the

adjustment. It may take months before your new stroke will feel right for you. Gradually work into your new stroke patterns by doing 25 yard swims with full concentration on the new mechanics.

Another point to remember, is that under pressure or during a race, you tend to revert to your old, comfortable stroke. In order to avoid this tendency, think of these first events as “technique swims,” and concentrate on your new mechanics, rather than speed.

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

Next Newsletter Deadline

The deadline for February newsletter submissions is **Wednesday, January 9, 2008. Please send submissions by email only. Thank you.**

News from Around the LMSC

BLUE WAVE

Blue Wave swimmers Sue Moucha and Keith Burbridge participated in the Orlando Masters LCM Swim Meet, August 4-5. Sue swam 10 events. Her 50, 100, and 200 Backstrokes were superb. She especially enjoyed her 400 Free. Keith also went for 10 events, picking up First place in the 200 and 400 Free, and 100 Backstroke. The meet was small in number of participants, however both Sue and Keith had a great time!

Blue Wave swimmers Cindy Januszewski, Liz Lehr, Sue Moucha, and Keith Burbridge participated in the Blue Wave Masters Meet, August 25. Cindy (40-44 female) took First in the 100 Breast, 100 Fly, and the 200 IM. Liz (45-49 female) finished in First place in the 800 Free, 100 Breast, 50 Fly, and 200 IM. Sue (45-49 female) picked up First in the 100 Backstroke, while Keith (75-79 male) finished First in 100 and 800 Free. They wish to thank everyone who took part in the meet. Great swims and fun time for all involved. They are ready to host the meet again next year.

Sue Moucha
Blue Wave Masters



FACT

An extremely hot week in The Woodlands, Texas with humidity comparable to Florida didn't deter our six FACT swimmers from turning in great performances and enjoying the hospitality of the Woodlands and a great meet put on by Tom and Carolyn Boak in a fantastic facility – our competition pool, an inside warm-up pool, a

diving pool and LOTS of shade.

Star performers were Joan Campbell, 77, with six National titles in the 200 fly, 400 IM, 200 back, 800 free, 400 free and 200 free. Tom Bliss with a 3rd in the 400 IM, 5th in the 200 fly, 6th in the 200 bk and 100 fly, 7th in the 200 IM and 9th in the 100 back – all personally excellent times (a little more competition than I had!), Jennifer Bronson took 10th in the 50 fly, 18th in the 50 free and 19th in the 200 free in the 45-49 age group, David Oakes and Rick Trevison swam in the 65-69 age group with Dave taking a 4th in the 100 free, 5th in the 50 and 6th in the 200 bk and 50 bk; Rick took 4th in the 800 free, 7th in the 400 and 9th in the 200 free. Good swimming!! Ellie Trevison also did well in the 60-64 age group – 7th in the 800 free, 9th in the

200 and 11th in the 400.

Our 200 240+ Free Relay bettered our seed time, coming in at 2:27.63 with the fastest ANCHOR time of all the competitors – Tom Bliss did a blazing 28.17 and made Fort Lauderdale’s A Team definitely nervous as he flew up behind them and almost out touched them. It was EXCITING!!

I see Pat Sargeant is back from surgery and turning on the heat! She swam in the Steve Barden Memorial Meet in Asheville, North Carolina in August, along with Jill and Jay Johnson. Jill and Jay made Open Water Records in the 750 and 1.5K and Pat set a record in the 100 free. Make sure you turn your times in to Marlee Wilson as these swims were outside the LMSC. Also, anyone that has swam in Ft Lauderdale over the summer – make sure you notify Marlee of any times you have done.

We hope there will be more local FACT participation over the season – remember that FACT was formed to give us all an opportunity to swim in relays at all these meets, either in or outside of the Florida LMSC. This Club is a conglomerate of many of the smaller clubs or large clubs that have very little representation at competitions. We have enjoyed the camaraderie it has created and look forward to a busy season. Remember to send coachjoeb@knology.net your yardage and times for the upcoming Postal Meets. We miss top recognition in many of these because individuals don’t send us their times to make up the relays.

Swimmingly Yours,
Joannie Campbell



FLORIDA MAVERICK MASTERS

ST. PETE MEET - Jean Troy continued her record breaking ways by crushing the 1500 m Free by 31 seconds, with a time of 29:04.81. At the 800 m split, her time of 15:12.94 was nine seconds faster than the previous record. Her two for one record-breaking swim was an outstanding way to usher in the meet. Her total number of new World Records is up to ten, for 2007.

ORLANDO MEET - At the Sarasota meet in June, **Cleaveland** missed the 200 m Breast National Record by less than five seconds. He hadn’t planned on going to any other LCM meets this summer, “I have other plans.” **Paul** convinced him that since he just aged up, he should really try to make the Orlando meet. “This is your year and the best time to get the record.” Cleaveland reconsidered and went to the meet. With his charming wife, Betty, giving him “thumbs up” for his timely splits, he was able to smash the fourteen year old record by 29 seconds, with a time of 5:55.72.



Brud Cleaveland - 90



Jean Troy - 80

SCY NATIONALS, THE WOODLANDS, TX - Charles Weatherbee’s highest place in his new age

group, 75-79, was 2nd, in the 200 and 400 I.M. He also had a 3rd in the 200 Back and 5th in the 100 Free, 50 and 200 Breast.

Patricia Tullman was eager to enter her first LCM Nationals as a 70 year old. Her highest place was also a 2nd, hers being in the 200 Fly. She placed third in her other events, the 100, 200 and 400 Free and the 100 fly.

Weatherbee said, "The dynamic duo represented the **Mavericks** admirably. We ranked 49th in a field of 132 teams."

FUN AND FITNESS - Eleven Mavericks have been participating in the USMS Fitness event, "Go the Distance. Miles achieved for 2007 include: Jean Allen, 89; Patricia Bond, 153; James Browne, 153; Brud Cleaveland, 65; Richard Criche, 50; Gaylord Hopkins, 264; Margie Hutinger, 45; Martha Jacobs, 50; Charles Schlegel, 176; Karen Swanigan, 68 and Marianne Vann, 63.

DOROTHY DONNELLY SERVICE AWARD - **Chuck Hutinger** received one of the prestigious USMS service awards at the recent Masters convention. He wrote the computer program Margie used for doing the FL LMSC Top Ten for eight years. As an iMac user, his program gave her the tools that enabled her to enter times from all meets in the FL LMSC and manipulate the data to transform it into the proper format. Through the years, he would tweak it as needed, to keep up with new rules.

When the Florida Mavericks received the bid to host the 2002 One Hour Postal Meet, Chuck tweaked Margie's Top Ten program, so it included all the modifications needed, including a comprehensive data entry format, which worked for 2005 entries. When the Mavericks received their 2nd One Hour Postal bid for 2007, he was again available. More tweaks, and we were off and running. This time, we had almost 2100 entries.



In the past ten years, Chuck has contributed his vast computer skills and talents to improve the reporting of Top Ten times in the FL LMSC. His suggestion for simplifying the final results order for relays was adopted by the Top Ten committee. His work with the One Hour Postal Meet contributed to two successfully run events for Masters swimmers.

Chuck Hutinger



Paul Hutinger, Club Representative

The Original Sarasota Masters (a FACT team)

The Dorothy Donnelly USMS Service Award

As a volunteer-driven organization, USMS is forever grateful to the hundreds of talented volunteers who give their time, talent, and expertise to help all phases of our programs. Among those volunteers there are some whose service stands out in its scope, its

impact on the program, and the numbers of USMS members who have benefited from their efforts on the local, regional, and national level.

This year, **Jim Donnelly**, of **The Original Sarasota Masters Swim Team**, has received this prestigious honor. This is the **4th time** that a member from **our local team** has earned this honor since 2000!!

Chris Gilligan and **Dick Brewer** in 2000 and 2001 respectively, when we were named **SWIM FLORIDA**. **Deb Walker** in 2005 when we became **The Original Sarasota Masters**.

A total of six members (*including our local members*) have earned this honor since 2000 as part of **FACT (Florida Aquatic Combined Team)**, including **Meegan Wilson** in 2002 and **Joan Campbell** along with

Jim this year in 2007! **Congratulations Jim & Joannie!!!**



The only other Florida LMSC swimmers to ever win this award all came from the **Florida Mavericks!**

Frank Tillotson, Pat Tullman and Margie Hutinger. All of the above are a fine bunch of volunteers who have helped make Masters swimming the great program that it is today!

Swim Clinic

Deb Walker gave a swim clinic at Arlington Park Pool on Saturday, September 22 at 3 PM. Deb worked with her teammates on how to improve their swimming with interval training. She also answered any swim questions they had.

FACT

Summer vacations are ending and cooler weather will be with us soon, but hopefully, not colder water! Our team will be receiving the 2008 registration applications late in October or early in November. We will continue to be part of the Florida team (**FACT**) of which there are presently close to **250 members**. Our team -- the **Original Sarasota Masters Swim Team** -- will be one of the many clubs under the Florida team. It's been fun to be able to swim in many relays and a pleasure to be part of the active Florida team!

Brandon Meet

The **Blue Wave LCM Masters** meet in **Brandon** on August 25 was the usual friendly and fun one-day meet which was beautifully run. If you haven't attended this meet in the past, please put it on your calendar for next year. It's usually the last LCM meet of the year and allows us the opportunity to squeeze in more long course events. **We were able to put together some great FACT TOP TEN Relays again!** A great assortment of food was provided during the meet and goody bags were included with our registration packets. Inside each was a special thank-you note from the Blue Waves Masters thanking each of us for attending. A nice touch!

SARASOTA YMCA SHARKS MASTERS

The Sharks Masters celebrated our successes and triumphs at our annual Banquet and Recognition night August 25 at the Y. In addition to recognizing our many Top Ten swimmers and All-Americans, nine Sharks Masters were named as Sharks All-Stars and each received a beautiful embroidered towel. Sharks All-Stars are those who give of themselves and through their actions, in and out of the pool, inspire their teammates and friends. The following All-Stars were recognized: Patience Anastasio, Ellen Bennett, Paul Butcher, Paul Cajka, Dean Dye, Laura Hamel, Al Hurxthal, Marshall Pepe, and Linda Showalter. A great night was had by all highlighted by the awesome DVD produced by Laura Hamel that captured our great year in pictures and music.

The Daiquiri Deck Tropical Splash open water event was held October 6 at beautiful Siesta Key Beach. Co-sponsored by the Sharks Masters and the South County Y, this year's race attracted over 100 swimmers. Each participant had their choice of a 1K, 3K or 5K swim. Conditions were ideal and some races went down to the wire. Overall winners were 1K: Lisa Repassy and Jonathan Fong. 3K: Cathy Fedako and Gary Peters. 5K: Melissa Varlas and Rick Walker. Awards were given at the Daiquiri Deck following the race. Lastly, the Sharks Masters became the naming sponsor for the Tri-County High School Championships held Sept 22 at the Selby Aquatic Center. Over 400 High School swimmers from Sarasota, Manatee and Charlotte county participated in this pre-lim/final meet. We plan continuing this sponsorship in future years.



Daiquiri Deck Tropical Splash

ST. PETE MASTERS

SPM continued to put up some numbers in the Postal swims this year. After 59 members swam the hour swim, 15 did the 5K and 7 did the 10K. Charlotte Petersen and Tim Kennedy set such a blistering fast pace in the 10K their 5K splits were faster than their 5K swims. Team results for 10K: Bob Beach 3:21.56, Kern Davis 2:24.54, Konrad Euler 3:13.51, Laura Kaleel 2:47.30, Tim Kennedy 2:23.00, Charlotte Petersen 2:18.31, Flavia Zappa 3:41.47. And for 5K: Bob Beach 1:36.08, Ron Collins 1:13.57, John Cox 1:51.23, Kern Davis 1:08.21, Pam Geiger 1:28.38, JoAnn Harrleson 1:22.27, Katie Knight-Perry 2:06.25, Tim Kennedy 1:11.35, Lori Leadbetter 1:15.19, Pat Marzulli 1:26.24, Charlotte Petersen 1:09.12, Sandy Steer 2:13.19, Chris Swanson 1:28.30, "Chopper" Bob Villacres 1:14:57, Flavia Zappa 1:50.07.

Sarasota and St Pete Masters have partnered in the upcoming Bridge the Bay Meets. All the 400m and under SCM events will be offered in consecutive weekends Nov 11 in Sarasota and Nov 18 in St Pete.

By the time this newsletter is available SPM will have picked the dates for our events for 2008 which will be posted on our web page at www.stpetemasters.org. And our web page should reach 20,000 hits.



LMSC October 2007 -SUN MASTERS QUARTERLY REVIEW

St Petersburg Masters LCM Meet- July 14-15, 2007

SUN took 4th overall of 31 teams. Our Women took 3rd place and our men's team took 13th thanks solely to **Elliott Schofield** who represented SUN Masters men

Marianne Bradley (60-64) 1st in 3 events, 2nd in 5 events and 3rd in one event earning her **High Point** for her age division.

Florence Delaney (60-64) 1st in one event, 2nd in one event and 3rd in two events.

Joan Campbell (75-79) 1st in 8 events and 2nd in two events. Runner up for High Point

Nancy Durstein (75-79) 1st in 5 events and 2nd in six events.. **High Point winner for the age group !**

LCM Meet – Orlando, Florida August 4-5, 2007

Florence (60-64) 1st in four events and 2nd in two events

Marianne Bradley (60-64) 1st in six events

Nancy Durstein (75-79) 1st in four events and 2nd in four events

USMS Long Course Nationals-August 4-13, 2007 The Woodlands, Texas

Joan Campbell (75-79) Swam in six National Championship events and won them all!!!

Blue Wave Meet – August 25, 2007 –Brandon, Florida

Marianne Bradley (60-64) 1st in one event and 2nd in two events

Florence Delaney (60-64) 2nd in three events and 3rd in two events.

Joan Campbell (75-79) 1st in the 800 free her only event that day

Daiquiri Deck 3 K Swim, Siesta Key, Florida, October 6,2007

Nancy Durstein (75-79) 1st Place

Future Happenings:

Valentine's Meet February 16th+ 17th, 2008 @ The Long Center, Clearwater, Florida.

SUN Masters are already at work planning this popular and well attended annual event.

This will also be the **Dixie Zone Championships** this year. Make sure you register early!!

SUN Masters would like to remind everyone that the **LMSC Awards Banquet honoring our Florida LMSC Swimmers of 2007** will be held on Saturday night, Feb. 16, 2008 immediately at the end of the first day of the Valentine Meet. The flier with all information may be found in this newsletter. It is a fun evening with food, spirits and swimming friends and awards.

There is still time for all of our SUN swimmers and all of the other LMSC team swimmers to participate in the **Minnesota Masters Postal Pentathlon.....**you can swim any or all of Courses - the Sprint Course, Middle Distance or Ironman Course, but you must be finished by Dec. 15. Below is the web address for the information. Nancy Durstein and Marianne Bradley are 2/3 of the way through this course. We only have the Ironman section left!

<http://www.minnesotamasters.com/meetinfo/2007%20PentathlonEntryForm.pdf>. Check it out!!!

Also, even if you are not into the serious competitive mode, try the USMS Fitness Event - the "Go The Distance". It has been going on for all of 2007, but they will have it again in 2008. You send in your monthly yardage and they record it all year and give awards for various milestone distances. The information can be found at **<http://www.usms.org/fitness/content/gothedistance>**. **Good for the competitive swimmers too!!!**

And don't forget about the **USMS 3000/6000 Postal Championships**. Must be swam between Sept. 15, 2007 and November 15, 2007.

SWIMMING TRIVIA

Question

How many Olympic medals has Janet Evans won? (Answer on page 14).

Happy Birthday and Anniversary to all Masters swimmers celebrating in November, December, and January!

If you compete in postal national championships, open water national championships, or meets outside of the Florida LMSC, please send your results to Marlee Wilson at marlee11@yahoo.com. Thank you.

Nominations Needed for FL LMSC Awards Saturday, February 16 at the Long Center, Following that Day's Events

Frank H Tillotson Award - FL LMSC Service Award

Presented by the Florida Maverick Masters to honor Frank Tillotson and recognize his contributions to the world of swimming, as an official, FL LMSC newsletter editor, delegate and committee member to the USMS convention, contributor to building a pool in Romania and as a world wide competitive swimmer.

CRITERIA: A registered FL LMSC swimmer, but not a Florida Maverick Masters; have displayed exceptional abilities in their contributions to his/her own team, to the FL LMSC, Dixie Zone, and/or USMS and must have contributed to the swimming community beyond Masters swimming.

NOMINATIONS: Nominator submits a one-page letter describing criteria for the candidate.

DEADLINE: Send nominations to Patricia Tullman - 5432 Twin Creeks Drive - Valrico, FL 33594, OR e-mail ptullma1@tampabay.rr.com by 01/10/08.

Upcoming Events

Long Course Meters

Nov. 16 / LCM: Sarasota Games for Life. Sarasota FL. *Senior Games for 50+*. For additional information, contact [Deb Walker \(debswim@comcast.net\)](mailto:debswim@comcast.net) or [Joan Campbell \(jcampb10@tampabay.rr.com\)](mailto:jcampb10@tampabay.rr.com). *This event is USMS recognized.*

Mar. 9 / LCM: Good Life Games. Clearwater FL. *Senior Games for 50+; qualifying meet for 2008 Florida Senior Games Championships. This event is USMS recognized.*

Short Course Meters

Nov. 11 / SCM: Bridge the Bay Meet -- Day 1. Sarasota FL. *Entry deadline: received by Friday, November 2.*

Nov. 18 / SCM: Bridge the Bay Meet -- Day 2. St. Petersburg FL. *Entry deadline: received by Saturday, November 10.*

Dec. 1-2 / SCM: Holiday Classic. Coral Springs FL. *Entry deadline: received by Monday, November 26.*

Dec. 7-9 / SCM: Dixie Zone SCM Championships/Southern Masters SCM Championships. New Orleans LA.

Short Course Yards

Nov. 10 / SCY: Miami-Dade Senior Games. Miami FL. *Senior games for 50+. This event is a qualifier for the December 1-2 Florida State Senior Games. Entry deadline: received by Thursday, November 1. This event is USMS recognized.*

Nov. 11 SCY: Collins Hill Veterans' Day Developmental Meet. Lawrenceville, GA.

Dec. 1-2 / SCY: Florida State Senior Games. Estero, FL. *Senior Games for 50+. Entry forms will be mailed to those who have qualified at one of the 2007 Florida county senior games. This event is USMS recognized.*

Feb. 16-17 / SCY: Dixie Zone SCY Championships/SUN Masters Valentine Meet. Clearwater FL. *Entry deadline: received by Friday, February 8.*

Feb. 29-Mar. 2 / SCY: Masters Challenge. Ft. Lauderdale FL. *Entry deadline: received by Friday, February 22.*

Open Water/Postal

Jan. 1-31/ Postal: USMS One Hour Postal Championships; YMCA Indy Swim Fit; Mel Goldstein, 317-253-8289, goldstein@sbcglobal.net.

Top 10s

The preliminary 2007 Dixie Zone LCM Top 10 lists are posted on the zone web site (www.dixiezone.org). Times included are from all zone meets whose results were posted on the zone meets page, plus the Colonies Zone championships, plus the Masters Pan Am games. Times from meets in the Dixie Zone whose results were not sent for posting on the zone page are not included; please encourage meet directors to submit those results.

If you had a time at a meet outside of the zone, it is your responsibility to notify your LMSC Top 10 recorder and the zone Top 10 recorder of the time and where the results can be found on the internet.

Dixie Zone Records

Dixie Zone records for SCY and LCM have been updated. The SCY records have been adjusted to reflect USMS Top 10 rankings, and LCM records have been adjusted to include USMS LCM Nationals. Both are available on the Dixie Zone web page (www.dixiezone.org). Thank you.

2008 Registration begins on November 1st. Go to our website: www.floridalmsc.org, click on Registration and Forms, then click on 2008 Interactive Registration Form, scroll down and select your Club's form. USMS/LMSC fees this year are \$33. Follow the payment information section at the bottom of the registration form. Be sure to register by December 15th, so that you don't miss the March/April issue of SWIMMER Magazine. We had a record year for the FL LMSC. **WE HAD A RECORD 1678 MEMBERS in 2007!** Great work! And keep recruiting new members and friends! Have a great holiday season and a great 2008 and especially promote good health by continuing to swim. Swimmngly, your FL LMSC Registrar, Meredith Moore

Important Websites: www.USMS.org - United States Masters Swimming; www.dixiezone.org - information and meets in the Dixie Zone; www.floridalmsc.org - news and information regarding our LMSC within the Dixie Zone

SWIMMING TRIVIA

Answer

5 total (3 gold 1988 Seoul 400m Freestyle, 800m Freestyle, 400m Individual Medley; 1 gold 1992 Barcelona 800m Freestyle; 1 silver 1992 Barcelona 400m Freestyle)

Sources: Wikipedia; www.janetevans.com

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**Sarasota YMCA Sharks Masters/St. Pete Masters
Bridge the Bay SCM Meet
Day One: November 11, 2007**

Sanctioned by: Florida LMSC for USMS, Inc. Sanction #: 147-021

- Date & Time** **Sunday November 11th:** Warm-up: 8:00 a.m.; Meet Starts: 9:00 a.m.
- Facility:** The beautiful Sarasota YMCA Selby Aquatic Center, 8301 Potter Park Drive, Sarasota, Florida
- Eligibility age & Rules:** Open to all registered MASTERS, age 18 years and older. **Meet age is your on December 31, 2007. A copy of your 2007 USMS Card MUST be attached to the entry form.** 2007 USMS rules govern.
- Entries:** Swimmers may enter five (5) events PLUS relays. Cost to enter meet is \$25.00 and includes relays. Make check or money order payable to: **SYSM**
Mail Entries to: Stacy Howle: 4666 Silent Creek Way, Nokomis, FL, 34275
Questions?: Contact Rick Walker at: (941) 346-7946 or Rickmile@aol.com
- Deadline & Scratches:** **Meet entries must be RECEIVED BY November 2.** If you are unable to attend, than contact Stacey Howle @ staceyhowle@verizon.net or 941-966-0432 no later **November 5th** and your money will be refunded in full.
- Seeding** Check in required for the 400 IM and 400 Free. Entries will be seeded mixed by time, fastest to slowest.
- Relays** Relays will be deck entered and seeded prior to each race. All relay swimmers must be registered with the meet; sign the meet waiver and pay the meet surcharge. Mixed relays consist of 2 Women and 2 Men. Co-mingling of FACT swimmers for relays is permitted. There is no charge for relays.
- Awards & Scoring** Individual High Point awards for 1st place only in each age group will be given with a minimum of five events completed, **and participation in both SYSM and SPM meets.** Scoring 9-7-6-5-4-3-2-1 points for individual events. Clubs and swimmers affiliated with FACT will swim as their chapter for this meet. No team awards will be given at this meet.
- Heat Sheet & Results** A heat sheet will be provided to each entrant. Results will be posted on-line and submitted for Top 10 consideration within 14 days of the completion of the meet.
- Order of Events** **Sunday: 9:00 a.m.**
- | <u>W/M</u> | <u>Event</u> |
|------------|---------------------------|
| 1 / 2 | 400 m. IM (mixed seeding) |
| 3 / 4 | 200 m. Free |
| 5 / 6 | 100 m. Fly |
| 7 / 8 | 50 m. Breast |
| 9 / 10 | 200 m. Mixed Medley Relay |
| 11 / 12 | 400 m. Mixed Free Relay |
| 13 / 14 | 200 m. Breast |
| 15 / 16 | 100 m. Back |
| 17 / 18 | 50 m. Free |
| 19 / 20 | 200 m. IM |
| 21 / 22 | 200 m. Free Relay |

15/16	100 m. Back		
17/18	50 m. Free		
19/20	200 m. IM		
21/22	200 m. Free Relay	*****	
23/24	400 m. Medley Relay	*****	
25/26	400 m. Free (mixed seeding)		

Fees: = \$25.00

ATTACH A COPY OF YOUR CURRENT
USMS CARD HERE

TOTAL ENCLOSED = \$25.00

Mail Entry Form, check payable to **SYSM** and a copy of your
2007 USMS card to:

Stacy Howle: 4666 Silent Creek Way, Nokomis, FL, 34275

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 SWIM 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 by and be governed by the rules of USMS. (see Rule Book Article 203.1)

Signature of Participant _____ Date: _____

ADVANTAGE VIDEO CLINIC

TWO ADVANTAGE VIDEO CLINIC'S

VIDEO SESSION WITH COACH JOE BIONDI

Coach Joe Biondi: One of the best stroke technique coaches in the state has been coaching masters and triathletes for over 30 years. He set three World records in Canada at the First World Masters Championships in 1979 (400, 1500 meter freestyle and 12,000 meter open water relay). He has coached swimmers to Top 5 and 10 rankings in the World, United States, Florida and Zone, in all distances and strokes.

If you are serious about improving your swimming you need to see what the coach sees.

That is where **ADVANTAGE VIDEO CLINIC** comes in.

The clinic will be on **SUNDAY, NOVEMBER 18, 2007**, from 11:00 am - 4:00 pm at Bill Jackson's, "In The Woods" at 9501 U.S. 19 North, Pinellas Park, 33789.

Directions: 3 miles South of Ulmerton Road, and 1 ½ miles North of Gandy/Park Blvd.

Everyone will be underwater video taped and in a group classroom setting the tape will be reviewed. Participants will re-enter the pool for some stroke corrective drills and then taped again to see what improvements have been achieved. Everyone will be underwater video taped again and in a group classroom setting the tape will be reviewed. Duration of the two video analysis sessions and pool time ranges from 4.5 to 5 hours depending on a range of factors. Each swimmer will take a tape of their session home.

Limited Space: Participation is limited to the first 12 swimmers that sign up per session. These Clinics fill quickly so reserve your spot early. Both clinic's will be mainly freestyle but we will do additional strokes if time permits.

Weather: This is an indoor 20 yard facility heated to 84/86 degrees so weather is not a factor.

Cost: \$70.00 Per participant, if paid after Monday, November 12, 2007.
\$63.00 If payment is received on or before Monday, November 12, 2007.

Payment: Make check payable to Joe Biondi and mail to 216 Elizabeth Avenue Clearwater, Florida, 33759-4007

You are registered when payment is received.

Cancellation/No-Show Policy: If you must cancel let me know immediately.

Because participation is limited, if you cancel less than 48 hours before the session (or just flat don't show) you owe full payment for the session, unless I am able to fill the vacancy. If I fill the vacancy you will be credited for a future session. If you cancel more than 48 hours before the session I will have plenty of time to fill the vacancy and you will be credited for a future session.

Questions or Sign-up: contact Joe Biondi at coachjoe@knology.net or 727.725.9978

Come join us, have some fun, improve your skills and the bottom line:

SWIM FASTER

2008 SUN Masters Annual Valentine's Meet


February 16-17, 2008 – Hosted by SUN Masters Swim Team, Inc. & St Petersburg/Clearwater Sports Commission
Sanctioned by Florida LMSC for USMS, Inc # 148-002

- DATE & TIME:** Saturday, February 16: 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, February 17: warm-up at 8 AM, meet begins at 9 AM.
- FACILITY:** The Long Center, 1501 N. Belcher Road, Clearwater, Florida. The Long Center is an indoor 60 meter x 25 yard pool. This meet will be using 10 of the facility's 20 short course yard lanes with Colorado Timing for competition and 10 lanes will be provided for warm-ups during the course of the meet. All events will be swum in numerical order slow to fast. Events 1 and 2 are limited to the first 50 to enter. Refreshments are provided free of charge. Breaks will be taken during the meet as needed.
- ELIGIBILITY:** Current USMS rules will govern. All athletes 18 years of age and older as of February 17, 2008, and registered with USMS, Inc. Non U.S. citizens should have a letter of introduction from their own swimming associations.
- ENTRIES & FEES:** Swimmers must pre-enter by mail. Entries must be received by Friday, February 8. 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 (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 2008 USMS registration card is attached. The entry fees are \$2.60 per individual event, \$5 per relay team, and a \$15 surcharge to cover the electronic timing system, which is non-refundable. Please make checks payable to SUN Masters Swim Team, Inc. and mail to the address on the entry tab. Scratchers will be accepted and allowable refunds made if the Treasurer, Marianne Bradley (727) 784-0420 is notified prior to 4 PM on February 12th. Questions? Call meet director Don Puchalski at (727) 786-1530.
- RELAYS:** Relay teams may be deck entered at the meet both Saturday and Sunday. Only team members registered for the meet may participate in the relays. Age categories for relays are 19+,25+,35+,45+,55+,65+,75+,85+. Relay cards are due before events 5 and 15 on Saturday and before events 27 and 33 on Sunday.
- SCORING & AWARDS:** Individual High Point awards for 1st, 2nd and 3rd in all age groups (must swim five 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 will include individual chapters of the Florida Aquatics Combined Team, but not FACT. Individual entries must designate the chapter immediately preceding their USMS registered team (ex: SUNF). Relays of club teams must be either registered all one club or members of all one chapter and all registered FACT to count for team high point. FACT relays from different chapters or individual members may be swum together but will not count for High Point Team awards. 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 entries.

ORDER OF EVENTS: (*check-in required 1/2 hour prior to event. ~ events 1 & 2 will be deck seeded ,combined and limited to first 50 entrants – seeded slow to fast) (Events 21/22 and 41/42 will be deck seeded. 41/42 will be combined)

Saturday, February 16		Sunday, February 17	
W/M		W/M	
1/2	*~ 1000 Freestyle	23/24	200 Breaststroke
3/4	200 Backstroke	25/26	50 Butterfly
5/6	50 Breaststroke	27/28	100 Freestyle
7/8	200 Freestyle	29/30	100 Backstroke
9/10	100 IM	31	200 Mixed Medley Relay
11	200 Mixed Free Relay	33/34	100 Breaststroke
13/14	200 Butterfly	35/36	100 Butterfly
15/16	50 Freestyle	37/38	200 IM
17/18	50 Backstroke	39/40	200 Medley Relay
19/20	200 Free Relay	41/42	*500 Freestyle
21/22	* 400 IM		

The annual Florida LMSC awards dinner will be Saturday night, February 16, at the Long Center.
Please check the Florida LMSC newsletter for more information.

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

Fees: Meet surcharge..... = \$ 15.00
events () x \$2.50..... = \$ _____
Custom T-shirt () x \$15..... = \$ _____
Please circle T-shirt size: 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
Don Puchalski, SUN Masters
157 Lakeview Way
Oldsmar, FL 34677-2257

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

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

FRIENDLY REMINDER: The Florida LMSC's Awards Dinner is everyone's LMSC dinner, so let's have a great turnout this year!



2008

FLORIDA

LMSC Awards Banquet

Saturday, February 16, 2008, at the Long Center, Clearwater

in conjunction with the February 16-17 SUN Masters Valentine Meet & Dixie Zone Championships

Please join your fellow Florida Masters swimmers for a relaxing evening at our seventh annual Florida LMSC Awards Dinner on the Saturday evening of the SUN Masters Valentine Meet. The Long Center Banquet Room, located east of the pool, will open at approximately 4:45 PM, followed at 5:30 PM by dinner. The awards presentation follows the dinner and will be over by 7 PM.

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

Recognizing the Best of 2007

Most Valuable Swimmers of the Year

Awarded to the top male and female swimmers selected from the top ten Florida Swimmers of the Year in both long distance and pool competition

Florida LMSC Outstanding Swimmers of the Year

Awarded to the next four in the top ten male and female swimmers in each

Florida LMSC Top Ten Swimmers of the Year

Awarded to the next five in the top ten male and female swimmers in each

The Frank H. Tillotson Award

Awarded by Florida Maverick Masters to a non-Maverick 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

Sue Moucha 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 USMS postals, and/or pool meets (SCY, LCM, and/or SCM), regardless of their speed or ranking, will be recognized for their superior effort. Eligible swimmers must notify Marly Wilson at marlifed@gmail.com.

General Information

Menu (\$16 per adult, \$9 per child 12 & under)

Chicken Marsala, vegetable lasagna, Waldorf salad, rice pilaf, California vegetable blend, rolls and butter, iced tea/coffee/lemonade, dessert table with assorted pies
(wine and beer bar before dinner – donations accepted)

Reservations

Reservations and a monetary commitment are required and must be received by the meet entry deadline (Friday, February 8). 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 for \$20, but there is no guarantee of availability of food.

A reservation is a commitment and payment is expected.

FLORIDA

Local Masters Swimming Committee
8846 Mariposa Court
Naples, FL 34113