

FLORIDA

Local Masters Swimming Committee
February 2008, Newsletter
Volume 25, Number 1

ST. PETE MASTERS SETS NEW RECORDS IN POSTAL RELAYS

Many Florida LMSC swimmers participated in postal swims and open water championships in 2007. In the postal swims there were some new records: St. Pete Masters set a new record in the mixed 35+ 10K relay (Charlotte Petersen, Laura Kaleel, Timothy Kennedy, Kern Davis) with an extraordinary time of 9:53:56.98, and St. Pete Masters also set a new record in the mixed 65+ 6000 yard relay (Sandy Steer, Kate Knight-Perry, Ned Allen, Robert Beach) with an amazing time of 9:21:17.31. Also, Charlotte Petersen placed first in the 3000 yard, 6000 yard, 5K, and 10K postal swims!

Other spectacular performances in the postal swims were as follows: Patricia Bond (FMM) and Nancy Durstein (FACT) placed first in the 3000 yard postal swim. Second place finishes in the 3000 yard postal swim were seen by Ruth Hoskinson (FMM), John Reich (SPM), Timothy Kennedy and Robert Beach (SPM). Marly Wilson (FACT) and Kern Davis achieved third place finishes in this postal swim.



Timothy Kennedy (SPM)



Laura Kaleel (SPM)



Charlotte Petersen (SPM)



Kern Davis (SPM) with Chris Swanson

In the 6000 yard postal swim, the results were as follows: first place honors went to Sandy Steer, second place honors went to Doris Prokopi (FMM), Kern Davis and Robert Beach, and third place honors went to Kate Knight-Perry (SPM), Jeff Burton (FMM), Timothy Kennedy, and Ned Allen.

These Florida LMSC teams won first, second, or third place in 3000 or 6000 yard relays: FACT, SPM, and FMM, and SPM placed 3rd in the 3000 and 6000 team results.

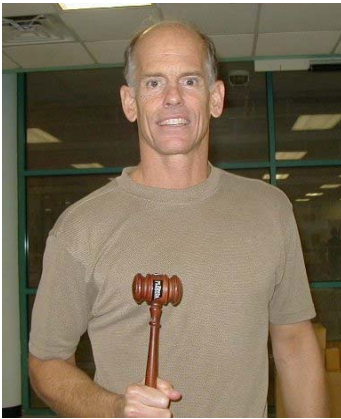
In the 5K and 10K postal swims, LMSC swimmers also performed well. Patricia Bond, Doris Prokopi, Kern Davis, and Robert Beach placed second in the 5K and JoAnn Harrelson (SPM) Sandy Steer, Kate Knight-Perry, and John Cox (SPM) placed third. In the 10K Doris Prokopi and Robert Beach placed first, Timothy Kennedy and Konrad Euler (SPM) placed second, and Kern Davis placed third. St. Pete Masters placed first, second, or

third in many relays. The team results were as follows: in the 5K postal swim BLUE - 39th place, FACT - 35th place, FMM - 16th place, and SPM - 3rd place and in the 10K postal swim - BLUE 21st place, FMM - 14th place, and SPM - 2nd place.

Many LMSC swimmers performed well in open water championships. At the two mile cable championships (Mirror Lake, Lake Placid, New York), Robert Beach placed first and Beverley Tucker (FACT) placed second. At the 5K open water championships (Gulf of Mexico, Ft. Myers Beach, FL), Melissa Varlas (SYSM), Ellen Bennett (SYSM), Deb Walker (FACT), Jerry Dawson (NTC), Mark Drennen (SYSM), and Rick Walker (SYSM) won first place, Jessica Shute (CFM), Kim Terpak (SWIM), Mandy Zipf (TTM), Sharon Steinmann (SPM), Clara Beron (SWFA), and Thomas Schwartz (SYSM) won second place, and Jill Johnson (FACT), Tricia Titus (SWIM), Tony De (SYSM), and Kern Davis won third place. Also, SPM won first place in the mixed 45+ relay.

For full results from postal and open water championships, please visit www.usms.org. Congratulations and thank you to all the swimmers who competed in postal or open water championships!

From the Chairman's Desk



Happy 2008!

Wow, where has the time gone?? It just goes to show how important it is to take the moment captive – if you don't, it is forever gone! To help us to take the moment captive, I want to share some information with you which ranges in recognition to calendar data. Some exciting things are in store for the year of 2008 as a result of hard working individuals who work behind the scenes to serve and make us all look good!

Just as with every year, it important for each of our members to register with USMS. This year we are transitioning into having an **automated registration system**, which will be accomplished primarily online. The “behind the scenes person” who made the “pre-construction” efforts in this endeavor is Meredith Moore our FL LMSC Registrar!

With the FL LMSC being one of the larger LMSC'S and with some of its unique aspects, it has been a very laborious activity. Meredith has meticulously orchestrated the overall FL LMSC registration process with the assistance of Gary Zarkis, our FL LMSC Web Master.

Registration for the 2008 year started in November, so you need to register NOW, if you haven't already done so. Please visit the FL LMSC web page to facilitate the registration process and please select “don't send” for the FL LMSC Newsletter – this will save our “behind the scenes person” time and your FL LMSC money. That behind the scenes person is Flavia Zappa, our Newsletter Editor. Her job entails far more than just editing the newsletter. The most challenging aspect of her job is making sure that each member receives the newsletter. One way that you can facilitate this process is by choosing to access your newsletter “on line”. Not only will it save Flavia time, but it will help save your FL LMSC postage and printing expenses.

Mark your calendars and plan to attend the **Feb. 16-17 / Dixie Zone SCY Championships/SUN Masters Valentine Meet** in Clearwater, FL. On Saturday of this meet after the last event we conduct our **Annual Awards Banquet**. This is a special time of fellowship, food, fun and focus (recognition)! The “behind the scenes” people that make this event possible are Joan Campbell, Meegan Wilson, Richard Brewer, Marly Wilson, Missy Bliss, Gary Zarkis, Flavia Zappa and Marianne Bradley. These individuals accomplished the following in some capacity to bless each of us and make this special function such a success:

Catering and site/room arrangements; Banquet flier; newsletter display; individual results

identification/tabulation/verification; banquet information/update web site posting; awards ordering; ticket coordination; program creation/reproduction.

With Christmas still fresh, remember that it is more blessed to give than receive! I know if you ask any of our “behind the scenes” individuals, they would share the benefits they have received from their service!

Our first annual **FL LMSC meeting** is scheduled for **Mar. 28-30/St. Pete Masters SCY Championships. St. Petersburg, FL**. Remember that there are three (3) scheduled FL LMSC meetings each year and that one of the major contributions a team representative provides is to attend meetings; where they collect data, participate in FL LMSC governance, network, fellowship and communicate critical masters organizational information to you. Your Team Representative is a Very Important Person (VIP) with your club. Please be sure yours is serving you well!

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.

IMPORTANT: Please note the change in price: \$10 per adult and \$7 per child 12 and under.

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 marlified@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.

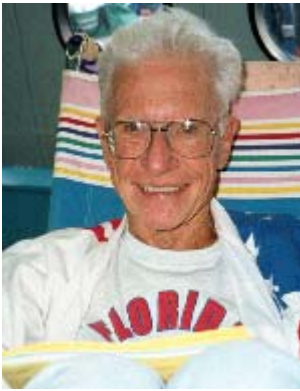
A reservation is a commitment and payment is expected.

From the Official's Chair

I've been asked to try to explain the roll-over backstroke turn in layman's terms. If you are going to do the rollover turn you have to know when to rotate your body from the back to the breast. This you do in warm up. You use the backstroke flags as your guide. The backstroke flags are located at a fixed distance from the end of the pool. For a meters pool that distance is 5 meters or 16 feet 5 inches. For a yards pool that distance is 15 feet. You also have to be aware of the wind. If it is windy you will start your turn at a different spot with regards to the flags. Once you have rotated your body from the back to the breast you are allowed to have one continuous single arm pull or a continuous simultaneous double arm pull. These pulls must be started immediately after you rotate from the back to the breast, but they do not have to be fast. Adjust the speed so that you are ready to do the forward turn at the completion of arm pulls. At the completion of the arm pulls you must immediately start the forward turning motion. You are not allowed to float into the wall. You are not allowed to kick in unless the kicks are part of the forward turning motion. After you complete the turn when your feet leave the wall your body position must be towards the back. Towards the back means that the line through your shoulders must be past the vertical (90 degrees to the water surface) towards the back. For the finish of your backstroke event or the backstroke leg of the I.M. you must touch the wall while still on your back. It should be noted if you rotate from the back to the breast and immediately grab the wall you may push off on your back. You don't have to do the roll-over turn. You can touch while on your back, spin around and push off on your back.

Again I will ask you to think about becoming an Official. It is the goal of our LMSC Chairman to have a pool of Officials available to the Meet Directors. I know that if you are a swimmer you want to swim in a meet, but your partner can become an Official. If you have children swimming you can become an Official and again have the best seat in the house.

Ask the Swim Doctor



QUESTION: I was a sprinter in college and consider 200 yard events, long distance. What type of training do you recommend for us speedsters?

ANSWER: I am frequently asked this question by Masters swimmers. I will give you the basic principles, which are applicable for all ages and abilities, and you can modified them accordingly, to fit your own unique capabilities.

Follow the principle: "Train fast to swim fast." The average Masters swimmer cannot do sets as performed by the American Olympians, Gary Hall, Jr. and Anthony Ervin. They do sets of 30 x 100 m @ 1:30 with a pace of 1:00 and heart rates of 150. However, use the concept of race pace in your training, whatever your speed, and learn to train to improve your 50 and 100 sprints.

Example of sets to include in your workouts would be 16 x 25 (race pace @ 45-60 sec). A good work/rest ratio would be 4:1 (15 sec. swim @ 1:15). Include fast, all out kicking, too. Every practice, do 4 x 25, your stroke. Once a week, swim a test set--5 x 50, all out, @ 2:00. Take more rest, if you need, in order to hold your time. Your anaerobic energy system will be enhanced with this type of training and give you better performances at meets.

These two stroke enhancers will provide variety and excellent training in your search for speed.

- Use **SWIM FINS** for part of your swim training (above paragraph), not just for kicking. These will give you the sensation of speed and how your stroke feels when you swim fast, plus improve your streaming.

- **TETHERED SWIMMING** - Swim 25 yards with surgical tubing. This resistance will help increase your strength, specific to each stroke. On the return 25 yard swim, you will feel the exhilaration of swimming fast, like a killer whale.

Specificity is principle to maximize your potential. Race pace should be done for events you are planning to swim in your next meet. The Masters swimmer will do better, overall, by training for three or four meets a year. The elite swimmers train for one big meet a year and swim through their other meets.

Set realistic goals for times you'd like to achieve--personal best, Florida Top 5, LMSC or zone records, USMS Top Ten times or the ultimate National or World records. Design your own training program or have your coach help you, in order to achieve your specific goals.

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

Next Newsletter Deadline

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

News from Around the LMSC

BLUE WAVE

Blue Wave Masters swimmers Sue Moucha and Keith Burbridge participated in the Ocala Marlins Fall Splash, October 13, '07. Both had a great time. The biggest concern- the SUN was so bright on the pool deck!!!!

Sue participated in the Bay the Bridge Swim Meet, Sarasota/St. Pete, November 11/18, '07. She went 10 for 10 events, improving her backstroke/breaststroke events immensely. Receiving First Place Female Age Group 45-49 was extremely meaningful to her.

Sue also participated in the Holiday Classic, December 1-2, Coral Springs. She had a superb 800 Meter Freestyle event. Also, her backstroke/breaststroke keep improving. Hurrah!

Sue Moucha
Blue Wave Masters



FACT

Joan Campbell

Hopefully our FACT members and would be members have discovered the recent communication upgrade. Rather than try to keep a website up to date, I have created a pdf file each

month which is available on the floridalmcsc.org and dixiezone.org websites. If you click on FACT you will get up-to-date information on our Combined Team after the first week of each month. I've made an attempt at explaining our purpose for existing and explained the procedure regarding joining, swimming outside our Florida LMSC, and entering local meets and swimming relays. As time goes on, we seem to be developing a better understanding.

January is our One-Hour Postal swim. We have a number of competitors and long-distance swimmers on our team and our relays have done well in the past but definitely not as well as our membership could. Please make an effort to swim the Hour swim during the month and when you send in your entry to USMS make sure you send a copy to Joe Biondi. HIS NEW EMAIL ADDRESS IS: jbiondi3@tampabay.rr.com. Looking forward to the short course season, the Valentine Meet in Clearwater February 16th and 17th will be a Chapter meet – be sure to let Don Puchalski, the Meet Director, know if you are from a smaller team (or just need an extra body of a certain age group) and need FACT members to combine for relays. We will help put things together.

During November, Pat Sargeant swam in South Carolina – our FACT team took 3rd place! Coral Springs, also outside of the Florida LMSC, saw star performances by Karl Wiedemann, Gary Zarkis, Tim Carroll and Laura Chan. The St Pete and Sarasota SCM Meets were also well represented by our members and some super fast relays. Tiger Holmes was back in the water with three of his HLJF 80+ friends – they had some great relays and individual times. The SCM National Top Ten has not come out yet, so we'll cover that in our pdf file and next month's newsletter.

USMS TOP TEN Long Course Meter National results have been published and we were awesome!! Marly Wilson placed in 5 events in the 18-24 age group; Beth Byron in 3 in the 25-29 group; Linda Visser in 12 in the 35-39 age group (way to go, Linda!!), Pat Sargeant in 8 in the 50-54 age group – great performances; Deb Walker in 11 events in the 55-59 and ALL AMERICAN in the 100 Breast!; Meegan Wilson in 5 and Margaret Dodson in 1 in the same age group; Marianne Bradley placed in 2 events in the 60-64 age group – just beginning to enter these Top Ten and wait until she ages up this year!; Janet Crisp in 3 in the 65-69 age group; in the 70-74 age group, Martha Henderson placed in 5 and Jean Stirling in 4. On to the 75-79 women – we are STRONG – Mary Tusa placed in 7 with an ALL AMERICAN in the 200 free; Joan Campbell placed in 17 with ALL AMERICANS in the 800 free, 1500 free and 200 butterfly; nipping at her heels with 17 Top Ten was Nancy Durstein. Finishing up the women, Edna Gordon placed in 8 and Ellen Brown in 2 in the 80-84 age group.

The men's TOP TEN Long Course Meters were also impressive: Mark Calvert placed in 2 in the 45-49 age group; Casey Claflin in 3 and Tom Bliss in 5 in the 50-54 age group; Glenn Woodsom placed in 3 and ALL AMERICAN in the 50 free and Bill Kelley in 1 in the 60-64 age group; in the 65-69 age group, Don Puchalski placed in 5 events and David Oakes and Charles Kilbourne each in 1; in the 80-84 age group, Robert Sigersmith placed in 4 and John Cornell in 3; our octogenarians also had Elliott Schofield placing in 5 events in the 85-89 age group.

The FACT Relays turned in four ALL AMERICAN performances, one setting a new Dixie Zone record: the 800 free relay of Bill Kelley, Don Puchalski, James Donnelly and Casey Caflin in the 240+; the 800 free relay of Deb Walker, Meegan Wilson, Pat Sargeant and Jennifer Bronson in the 200+; the 200 medley relay of Nancy Durstein, Joan Campbell, Marianne Bradley and Florence Delaney in the 280+ and the 800 free relay of Edna Gordon, Marianne Bradley, Nancy Durstein and Joan Campbell also in the 280+ (a new Dixie Zone record – breaking a 12 year old record!) Five other relays made Top Ten.

Any questions regarding registration, please contact Marianne Bradley, FACT Registrar, bradley@tampabay.rr.com; any news items please contact Joan Campbell, your FACT editor, jcampb10@tampabay.rr.com. Remember to check on our FACT file on the floridalmsc.org website periodically.



FLORIDA MAVERICK MASTERS

CORAL SPRINGS MEET - The Hutinger duo, Jean Troy and Gregory Rotole, made the trip across scenic Alligator Alley for this annual winter meet. Troy was still in her World Record setting mode, establishing a new standard in the 100 m Free, with a time of 1:33.88. Her total number of new World Records for 2007 is up to 13. It should be 15, but two were not submitted in a timely manner.



Jean Troy - 80

FLORIDA STATE SENIOR MEET - Nine teammates chose to compete in this meet, same weekend, held in Ft Meyers. Although it wasn't a qualifying year for the National Senior Games, the competition was lively. June Reynolds, 85, and Gladys Olsen, 80, set meet records in the 50 Fly & 200 IM. Reynolds was the first woman in her age group to ever swim these events, in the 16 year history of the Florida Senior State Championship. The rest of the Mavericks included Patricia Bond, Patricia Tullman, Doris Prokopi, Margaret and Harrison Homans, James Pitts and Cliff Eastwood.

5 AND 10K POSTAL CHAMPIONSHIP - Summer is that crazy time of year that swimmers get the urge to swim extraordinary distances, up to 10,000 meters in the pool. Some of them, that is. This distance seems like forever to those who won't consider swimming any event over 200 yds. **5K** swimmers included **Doris Prokopi**, 2nd; **Patricia Bond**, 2nd; and **Gregory Rotole**, 16th. The more adventurous swimmers who met the 10K challenge, were Prokopi, National Champion and Rotole, 11th.

FUN AND FITNESS - Eleven Mavericks have been participating in the USMS Fitness event, "Go the Distance. Miles achieved for 2007, through November include: Jean Allen, 175; Patricia Bond, 238; James Browne, 238; Brud Cleaveland, 85; Richard Criche, 87; Gaylord Hopkins, 404; Margie Hutinger, 93; Martha Jacobs, 100; Charles Schlegel, 259; Karen Swanigan, 104 and Marianne Vann, 108. Distance milestones have been expanded for 2008, so start keeping track of your monthly mileage and join the challenge.

Paul Hutinger, Club Representative



The Original Sarasota Masters (a FACT team)

With our new 2008 registration cards-we are ready to start another NEW year of training and healthy competition!! We're all looking forward to the upcoming meets.

Just a recap of some of the late 2007 meets...

Deb Walker helped run the **Sarasota Senior Games for Life** meet at Arlington on Friday, Nov 16. This LCM meet was a qualifier for the *December 1-2 Florida State Senior Games*, that several of our teammates competed in.

Long time friends and Sarasotans Robert Davie, Deb Walker, Kevin McCormack and Jim Donnelly made

a “road trip” to the **Ocala** meet where we enjoyed the nice laid back atmosphere.



Bill Kelley won the high point award for the Original Sarasota Masters in the 60-64 age group at the St. Pete/Sarasota Bridge the Bay SCM meet. Just look at that big Irish smile!! He swam like a Banshee!!



ALL-AMERICANS & TOP TEN!!

Congrats to our **Individual and Relay All-Americans for 2007!!!!** **Deb Walker, Edna Gordon, Jim Donnelly & Bill Kelley** and **Top-Ten swimmers Cynthia McGarvey and David Oakes.**

Deb was an **All-American** in 3 individual events plus a relay and currently holds the fastest time in the country in the **50, 100 & 200 SCM Breast!!** She has **21 Top-Ten times!**

Edna was a **Relay ALL-AMERICAN** and posted **14 Top-Ten times!** Also, **Edna** makes **FINA WORLD Top Ten 2006**

LCM: (80-84)

#6 800 Free 19:36.26
#9 400 “ 9:23.15
#10 200 Back 5:11.63

SCM:

#6 400 Free 9:11.55
#7 200 “ 4:25.35

David Oakes and **Bill Kelley** each had a **Top-Ten swim** and **Bill** teamed up with **Jim** and **FACT**

teammates **Don Puchalski** and **Casey Claflin** for an **ALL-American** relay in the **800 LCM FR!**

Cynthia McGarvey and **David Oakes** teamed up on a **FACT TOP-TEN 800 FR** and **Jim Donnelly** was on a **2nd place Fact 400 FR!!**

How nice it is to be able to throw together a FACT ALL-American relay at almost every meet! We do have some quality swimmers!

Jim Donnelly has been busy designing a new Team Tee-shirt for the **Florida Mavericks!** Look for them sporting it at the next meet!

Submitted by Jim Donnelly

SARASOTA YMCA SHARKS MASTERS

Things were fairly quiet for the Sharks as we closed out a very successful 2007. Among the highlights in the fourth quarter was our joint venture with St. Pete Masters in hosting the SCM meet(s) in November. We enjoyed the unique concept and look forward to doing it again next year.

Our 2008 registrations are already over 150 swimmers. Our team focus for the new year will be to support the local meets, make a good showing at Nationals in Austin and defend our YMCA Championship in May.

Many thanks to the Sarasota Y for supporting our program and providing a first class facility. We should consider ourselves very fortunate to have adequate lane space each day and water temps that allow us to train in all weather conditions.

Finally, also a word of thanks to our Support Team who makes everything work for SYSM.....Jay Lockaby, Paige Dean, Marshall Pepe, Gary Trimble, Stacey Howle and Cathy Fedako.



Above Two Photos: Big Pass Crossing (1/1/08)

ST. PETE MASTERS

The St. Petersburg Masters enjoyed a wonderful 2007! With the expansion of our “home” North Shore Pool, SPM was able to co-host the Bridge the Bay SCM Meet along with the Sarasota team. On November 11, Sarasota hosted the first day of events and SPM hosted the second day on November 18. Participants donated of canned goods which were taken to the local food bank. One of many fast swims was Ted Bradley’s record breaking 200 backstroke. Ted’s time of 2:08.69 set the new SCM 18-24 age group record.

The results of 2007 were celebrated at the annual SPM Awards Banquet on January 12. Fast swims throughout the year added to the team's large number of **Top Ten** swims and All Americans. Congratulations to Bob Aldrich, Ned Allen, Bob Atwood, Joe Baker, Gary Bastie, Peter Betzer, Abrasha Brainin, Eileen Bromwich, Howard Brown, Maria Camoes, Kathy Cleary, Lauren Connolly, Ralph Coxhead, Storm Eddy, Harold Ferris, Lisa Flanagan, Adrienne Forkois, Steve Freeman, Annette Frisch, Nancy Hall, Mike Halfast, Eric Herman, Kelli Hoover, Wendy Johnson, Claudia Junqueira, Christine Kirchner, Tom Koenig, Charlie Kohnken, Fred Lewis, Jerry Little, Beth Margalis, Phyllis Mathoit, Dan McClenathan, Woody Daniel, Janie Meadow, Mary Lou Mitchell, Samantha Mooren, Tricia Moses, Patty Nardozzi, H. Piper, J. Piper, B. Prescott, Alex Ramirez-Miller, John Reich, Bob Robinson, Suzette Seril, Dennis Shea, Bill Spect, Jim Stine, Brent Sunnucks, Sarah Swoch, Mike Torsney, Ruth Truhol, Thun van der Veen, Bob Villacres, Diane Williams, Flavia Zappa, Livia Zien, and Alexis Zubrod for achieving Top Ten times in individual or relay events. The 2007 **All American** award winners include Bob Beach, Ted Bradley, Ron Collins, John Cox, Kern Davis, Konrad Euler, Pam Geiger, JoAnn Harrelson, Adam Jerger, Laura Kaleel, Tim Kennedy, Katie Knight-Perry, Lori Leadbetter, Robert Margalis, Pat Marzulli, Kristen Nardozzi, Charlotte Petersen, Alegra Reich, Sandy Steer, Sharon Steinmann, and Christine Swanson. Additional awards were given in honor of our long time coach George Bole. The awards, affectionately known as "Georgies" honor swimmers who possess the determination and dedication (and of course the quirks!) of Masters Swimmers. The recipients were good sports and great sportsman throughout the season. A special tribute was given to Pete Arnold, a long time SPM teammate who passed away on October 23, 2007. He will be missed.

The SPM members will once again participate in the One Hour Postal, and swim the event as a team on January 27. Our upcoming meets include the SPM Short Course Yards Championship Meet on March 28-30, the *famous* Hurricane Man Swim on May 10, and the SPM Long Course Championship Meet to be held on July 12-13.



SUN MASTERS
LMSC Quarterly News: January 2008

LCM National Top Ten:
Marianne Bradley made Top Ten in 2 events in the 60-64 age group. In the 75-79 **Nancy Durstein** made Top Ten in 17 events as did **Joan Campbell** who was also **National Championship All American** in the 800 and

1500 free and 200 butterfly.

Our **SUN Masters 200 Women's 280+ Medley Relay** team were also **National Champions All American**. **Team members were** Nancy Durstein, Joan Campbell, Marianne Bradley and Florence Delaney.

Marianne, Joan and Nancy also placed in the **All American 800 Freestyle FACT relay** along with **Edna Gordon** from the Sarasota team.

The **SUN men National Top Ten** included **Don Puchalski** in the 65-69 age group and **Elliott Schofield** in the 85-59 age group. Both placed in 5 events.

Don was also a member of the **FACT 800 free 240+ relay** that placed **first All American Nationally**.

Florida State Senior Games Finals in Ft. Myers, Dec. 1-2, 2007

Congrats to the following SUN Team members who all finished very well at these Games. And a good time was had by all of us and the other swimmers over the weekend at this great event that continues to have superb weather yearly!!!

Paul Polgar - age 55-59

3 Silver medals in 50 Back, 50 Free and 500 Free

2 Bronze in 50 Fly and 100 Free.

Florence Delaney - age 60-64

2 Gold medals in 200 Free and 500 Free

2- 4th places in 50 and 100 Free

7th place in 50 Back.

Marianne Bradley - age 60-64

5 Gold medals in 50 Free and 100 Free, 100 Breast and 100 IM & 200 IM

1 silver in 50 Back.

Nancy Durstein - age 75-79

3 Gold medals in 50 Fly and 100 Fly and 200 IM

2 Silver medals in 100 IM and 200 Back

1 Bronze medal in 500 Free.

Our **Pinellas County Special Olympics 2008 Benefit Swim** was held on December 30, 2007. Money was raised for this worthy cause and swimmers had the opportunity to work off some of those Christmas cookies...Afterwards the regulars gathered at Carraaba's as usual for a great time.

Our Christmas party at Chris Kelly's was a great success as usual. The Kellys opened their beautiful home to the entire team past and present members included. It gave us all a chance to renew old friendships and catch up with all the news.

Inquiring minds want to know..

- 1 Janet Shellenburger did a marathon in Utah.
- 2 Elliott Schofield is back after many hospital trips last year - plans on swimming in February.
- 3 Dave Gifford is regaining his strength after a lengthy illness and looking forward to swimming again.

Future Happenings:

2008 One Hour Postal Swim

The team is gearing up for this yearly event which will take place this month.

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

SUN Masters are 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 Award 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.

Also, even if you are not into the serious competitive mode, try the USMS Fitness Event - the "Go The Distance". 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!!!

TAMPA BAY AQUATIC CLUB/ TAMPA METRO MASTERS

TBAC is now TMM

As of January 1, 2008, the Tampa Bay Aquatic Club, known as TBAC, is now the Tampa Metro Masters,

or TMM, or TMMF as part of FACT. Last fall, we moved our workouts to the New Tampa YMCA, leaving behind the city of Tampa public pools. This move necessitated a name change.

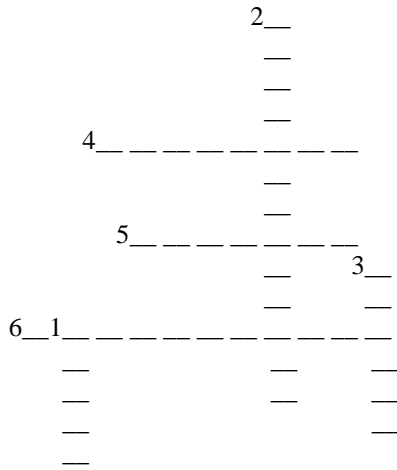
We have a full-time coach on deck, paid by the YMCA, Bruce Young. Bruce is a local product of Leto High School (many years ago), and this past fall was one of the coaches for Freedom High School in New Tampa. We have workouts Monday thru Thursday evenings, and Saturday morning. Our website is www.tampametromasters.org, or www.tbacswimming.com.

We are looking for interested swimmers from all over the Tampa Metro YMCA system. Full membership in the Y is not necessary, except to participate in Y masters nationals.

We are still the fun-loving group of swimmers you all know, we just have a new name. Hope to see all of you at the meets.

Dave Naffziger is still our contact person, with contact information on the website, as well as details about fees and workouts.

SWIMMING CROSSWORD PUZZLE (THEME: THE OLYMPICS)



Down

1. City where the 2008 U. S. Olympic swim team trials will be held.
2. Book by Olympian Janet Evans -- Janet Evans' _____.
3. Last name of the Olympian who holds the world record in the men's 200 meter butterfly.

Across

4. Last name of the Olympian who holds the world record in the women's 100 meter backstroke.
5. City where the 2008 Olympics will be held.
6. Last name of the oldest person to qualify for the U. S. Olympic trials.

(Answers on page 15).

Happy Birthday and Anniversary to all Masters swimmers celebrating in February, March, and April!

If you compete in postal national championships, open water national championships, or meets outside of the Florida LMSC, please send your results to Marly Wilson at marlifed@gmail.com.

Thank you.

The Florida LMSC is looking for a volunteer interim newsletter editor. If you are interested, please contact Tom Bliss at tbliss@cfl.rr.com. Thank you.

Upcoming Events

Long Course Meters

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.*

Mar. 14-16 / LCM & SCY: 2nd Annual Hammerhead Invitational/FINA Worlds Tune-up Meet. Pompano Beach, FL. *Entry deadline: received by Friday, March 7.*

Apr. 15-25 / LCM: FINA World Masters Championships. Perth, Australia.

June 14-15 / LCM: Bumpy Jones Classic. Sarasota, FL.

June 27-29 / LCM: June Krauser Summer Splash. Ft. Lauderdale, FL. *Entry deadline: received by Monday, June 23.*

July 12-13 / LCM: St. Pete Masters Long Course Championships. St. Petersburg, FL.

Aug. 14-17 / LCM: USMS National LCM Championships. Mt. Hood, OR.

Short Course Yards

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.*

Mar. 14-16 / LCM & SCY: 2nd Annual Hammerhead Invitational/FINA Worlds Tune-up Meet. Pompano Beach, FL. *Entry deadline: received by Friday, March 7.*

Mar. 28-30 / SCY: St. Pete Masters SCY Championships. St. Petersburg, FL. *Entry deadline: postmarked by Tuesday, March 18. Late entries accepted with additional fee.*

Apr. 5 / SCY: John O'Keefe Spring Splash. Miami, FL. *Entry deadline: received by Monday, March 29.*

May 1-4 / SCY: USMS National SCY Championships. Austin, TX.

May 15-18 / SCY: YMCA Masters Nationals. Ft. Lauderdale, FL.

Open Water/Postal

May 10 / OW: Hurricane Man and Pass-A-Grille Challenge (2.4 miles & 1000 meters). St. Petersburg, FL.

May 15-Sept. 15 / Postal: 5K/10K Postal Championship. Central Oregon Masters Aquatics. Bob Bruce, 541-317-4851, coachbob@bendbroadband.com.

June 21 / OW: Key West Community College Swim Around Key West (12.5 miles). Key West, FL. *This event is USMS sanctioned.*

Top 10s

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.

SWIMMING CROSSWORD PUZZLE

Answers

Down

1. *Omaha, (Nebraska)*
2. *(Janet Evans') Total Swimming*
3. *(Michael) Phelps*

Across

4. *(Natalie) Coughlin*
5. *Beijing, (China)*
6. *(Susan) Von Der Lippe*

Sources: www.janetevans.com, www.usaswimming.org, www.usms.org, www.olympic.org, World Book Encyclopedia, November/December USMS Swimmer 2005

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. Scratches 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.**

Florida LMSC Consolidated Entry Form

Name _____ male female USMS # _____

Birthdate ___/___/___ Age _____ (SCY is your age on the last day of the meet; LCM and SCM are your age on December 31)

Club _____ Phone (____) _____ e-mail _____

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					
	800/1000	LOCATION: _____		Amt. Rec'd _____					
	1500/1650	MEET DATES: _____		Date _____					

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

Read the information sheet carefully. Make your check payable as shown on the information sheet and mail it to the address shown there. All Masters swimmers may be asked to show their USMS cards, if requested, at the meet. Incomplete entries (no fee, no copy of USMS card, incomplete entry card) or late entries (postmarked/received after the deadline) **MAY BE REJECTED!** No time (NT) entries will **NOT BE ACCEPTED!**

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

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

PLEASE SIGN AND DATE _____

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

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

FLORIDA

Local Masters Swimming Committee
8846 Mariposa Court
Naples, FL 34113