

Florida LMSC Newsletter

Volume: 27

February 2009

Letter From the Chairman:



Happy New Year Everyone!

I hope you all started off a good swimming season with the USMS Postal Hour Swim in January, www.usms.org/longdist/ldnats09/1hentry.pdf, and the February Fitness Challenge www.barracudas.org/pool/febfitness/2009/FFCentry&letter.pdf. These are fun events that everyone can do.

I want to thank **Tom Bliss** for serving our LMSC as Chairman for the past 8 years. He has done a fantastic job and received the USMS Dorothy Donnelly Service Award in 2008. Tom will be missed, but I know he will continue to be actively involved in our Florida LMSC.

I also would like to thank our former Newsletter Editor, **Flavia Zappa**, who passed the baton to **Jason Brauer** but continued to help with the newsletter this past year. We are sorry that she is leaving but we welcome Jason, who is doing a great job.

Thanks also goes to the other Florida LMSC Board of Directors and Committee members, without which we could not function. We welcome **Jim Stine** as our new Treasurer, **Meredith Moore** as Registrar, **Victor Buehler** as Secretary, **Marly Wilson** as Records Chair, **Sue Moucha** as Sanction Chair, **Charlie Kohnken** as Officials Chair, **Joe Biondi** as Coaches Chair, **Joan Campbell** as Senior Games Liaison, and **Marianne Bradley** as Social & Awards Banquet Chair.

At our July meeting in 2008, we voted that any member of a Club present at a meeting could represent and vote for their club, thus making it easier for Clubs to have representation at our meetings. It is important to keep all of our members informed of LMSC and USMS decisions. Please designate someone from your club to represent you at each of our meetings.

Our first meeting of the year will be in St Pete on March 28 following the days swimming events. At this Meet, March 27-29, we will have a battle between the Florida LMSC and the Florida Gold Coast LMSC. Points will be tallied to see which LMSC wins the Florida State Championship. I hope you all will turn out for this historic event.

I hope you are able to attend the SUN Masters Valentine meet in Clearwater and our Florida LMSC Social and Awards Banquet on February 14. Please help us support the accomplishments of our Florida swimmers.

Wishing you all the best year ever in your swimming endeavors and life in general.

Meegan Wilson
Florida LMSC Chairman



Dear Florida LMSC Members,

Thank you Florida LMSC Members who have donated to either the USMS Foundation and/or the International Swimming Hall of Fame Foundation (ISHOF) from November 2008 thru January 2009:

Walter Abstein, Robert Aldrich, Ned Allen, Gregory Anderson, Gary Bastie, Scott Bay, Robert Beach, John Boardman, Beatrice Bohm, Michelle Bracken, Marianne Bradley, Ellen Brown, Mark Calvert, Joan Campbell, Sheila Carpenter-vanDijk, Owen Christie, Brud Cleaveland, Jeanne Coleman, Thomas Cornell, John Cornish, Charlene Danart, Victor Danart, James Davis, Bruce Day, Florence Delaney, William Dougherty, N Joseph Farris, Cathy Fedako, Andrew Findlay, Shirley Fishlock, J Patricia Frantz, Ken Gersbach, Susan Goodman, Edna Gordon, Barton Greenberg, John Guze, Susan Halfacre, Andrew Halstead, Wayne Hannum, Matt Hart, John Heinbockel, Rogers Holmes, Harrison Homans, Margaret Homans, Matthew Jackson, Julian Javier, Burwell Jones, Maureen Jones, Elsa Kaye, Rick Kinard, David Kolbas, Joel Kriger, Colette Lafuente, Norman Lane, Sharon Lappin, Mary Lent, Betty Lorenzi, Robert MacDonald, Pat Marzulli, Phyllis Mathiot, Kevin McCormack, Christine McDonald, Barbara Mc Nulty, Ana McQueary, Doug Messineo, Vicki Meyer, John Miller, Tricia Moses, Alexandra Ness, Edward Newill, Peter Nickodem, Eri Ohashi, Dianne Ohlandt, Gladys Olsen, Keith Organ, Aaron Peter, Donald Puchalski, Vicki Quail, William Ragan, Lisa Repassy, June Reynolds, Meg Rogers, Alvin Rogerson, Gregory Rotole, Kathleen Shimp, Kelly Spivey, Sharon Steinmann, John Stephens, Greg Stuart, Kate Sussman, Frank Tillotson, Mike Torsney, Gary Trimble, Robert Tullman, Brian Voisard, William Wallace, Barbara Wear, Robert Williams, Marly Wilson, Meegan Wilson, and Gertrud Zint,

Thank you Florida LMSC member *Bruce Meintjies* for your generous contribution to the Florida LMSC.

Your support of U.S. Masters Swimming and the Florida LMSC is greatly appreciated.

Sincerely,

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&
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The Florida LMSC newsletter is published in February, May, August & November

The 2008 Beijing Olympic Games: An American Perspective

by Stephen Everhart

As my wife, Hanling, and our one year old baby were about to land at the Beijing airport to attend the 2008 Olympic Games, I looked out the window. I couldn't believe my eyes. From the air, the airport's roof and the arrangement of the buildings looked like a dragon that was awakening and getting ready to rise. It was a splendid tribute to the Chinese people and their



recent economic rise. We were met at the airport by our friend, Johnny (English name), who was a co-director of the Qingdao part of the games and who did the multi-media spectacular for those Games. His wife, Lilly, and their 13 year old daughter, Ella (who is fluent in English) had prepared a big, traditional Chinese meal. We were famished, and ate like pigs.

My wife's cousin, Nian Nian, had spent days working the lottery and standing in line after line to get us tickets. The seats we had for most of the swimming, diving, and gymnastics finals. were excellent. At my first final, I couldn't believe my eyes. At the Watercube, venue for the swimming and diving events, I looked across the pool and saw my President, George Bush and his wife, on the other side of the deck. What a sight. What a memory, as day after day, I watched Michael Phelps win gold medal after gold medal. The Chinese spectators were such good sports as they screamed and cheered for him in all of his events.



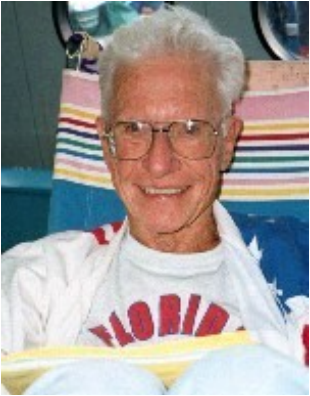
In between the Olympic finals we traveled all over Beijing. Security was present and effective, and we had no trouble clearing the gates to get to our events, inside and outside of the Olympic Green. The weather was hot, but there was no pollution, as the government had done what was necessary to make the Olympics green. Beijing streets were clean and trash-free. Everywhere we went, the thousands of young volunteers that were in the subways, on the Olympic Green, and all over the streets of Beijing helped us get to our destinations quickly and with smiles on their faces. Everywhere we went, the Beijingers welcomed us to Beijing, in Chinese and English. They constantly asked if they could help us.

My family will never forget our Olympic summer, and how the Chinese people went out of their way to make sure that the visitors who came to the Games had the time of their lives. We sure did!

Everhart is a law professor at Stetson University, Gulfport, FL. He has written a book about his Olympic perspectives, which his wife is translating into Chinese.

Ask The Swim Doctor:

Dr. Paul Hutinger



Question: I try to keep positive thoughts in my head, but it becomes very difficult when so often I am subjected to negative thoughts and put-downs from the people I associate with. What can I do to keep myself of track?

Answer: Your mind set can be a major factor for good performance, good health as well as any endeavor in which you may participate. I call this the power of positive thinking

I was fortunate to have known Doc Counsilman as a coach and a mentor for my Doctorate. He was one of the first swim coaches to believe in the power of positive thinking. In the late 1960's, Maxwell Maltz wrote a book called "Psycho cybernetics," which dealt with how to improve your self-image. Doc felt so strongly about the importance of this topic, that he got copies for each member of his swim teams. One of the important points that Doc emphasized was the **"X" factor**. He described it as something intangible, hard to put a finger on and explain, but that little extra that makes the difference between thinking like a winner, whether in the pool or life, in general. He worked on this principle with Mark Spitz, and it took forty years before another talented swimmer, like Michael Phelps, was able to break Spitz's record of seven gold Olympic medals,

As Masters swimmers, how do you develop this **"X" factor**? You can start by using only positive thoughts in everything you do to build a positive image of yourself.

- Take some time each day to relax.
- Key in positive thoughts and ideas; eliminate negative ones. You can change your self-image.
- On your next trip to the pool for your workout, tell yourself how fortunate you are that you have this opportunity to do something positive for your mind, body and level of fitness.
- Tell yourself how good the water feels and how good your stroke feels as you swim across the pool.
- If you compete, focus on your swim, not on your opponents. A recent medical article used the term, "nocebo effect." This is the opposite of the placebo effect. I've listed two example of how this would negatively affect the mind:
- Hospital patients were given sugar water and told that it would make them vomit. Eighty percent of them did.
- An age group coach would refer to his swimmers and former swimmers as "losers". He told one of his National level swimmers, "You never do well in your first event." Guess which events were his poorest events? Even in college, he still had this image imbedded in his meet performances.

In summing up the road to success, I am quoting from the Rudyard Kipling poem, IF.

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting, too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or, being hated, don't give way to hating,
And yet don't look too good, nor talk too wise....
You have a good start.

Want additional information? Contact Dr. Paul Hutinger: 727-521-1172 OR phut@usms.org.



Masters Of Orlando:

On September 20, 2008, ten swimmers from MOO attended the *Marlin Masters' Fall Meet* in Ocala, Florida. This eventful one day meet was packed with plenty of black and white excitement as **Ryan Hall 27**, **Erin Crabtree 28**, and **Teresa Szakos 25** dominated the ladies 25 to 29 age group while



Kathleen Fitzgerald and **Diane DeBrosse** took on their respective age groups to earn multiple top three finishes. In response to their stellar performances, each of the females received an Ocala Masters congratulatory swim cap.

On the men's side, **John Schrantz 27**, **Colin Schneider 26** and **Sean McCormack 27** did some cow tipping in their 25 to 29 age group while **Sean McClean** and **Mark Behrens** took the cow by its horns and finished best times in their respective 500 yard freestyles.



The MOO team STEPPED IT UP on October 18, 2008, when they competed against the Rollins College swim team at the *annual Orlando Masters Meet*. Along with Team Orlando masters, MOO gave the college swimmers of Rollins a run for their money. Although Rollins College came out on top at the end, MOO swimmers took home multiple top three wins. Congratulations to **Vanessa Martinez, Shannon McCormack, Jackie Spence, Erin Crabtree, Teresa Szakos, Ryan Hall, Kathleen Fitzgerald, John Schrantz, Kirby Bell, Colin Schneider, Tom Seibert, John Jackson, Wayne Baker and Sean McCormack** for a job well done!

The Original Sarasota Masters



Our teammates have been enjoying the wonderful **82 degree water** at **Arlington Park Aquatic Center!** The pool has been covered on those cold nights and there are always

many OPEN lanes. Hours are 10:30 ~ 7:30! Morning coached workouts with **Coach Peter Hegwein** - MWF 8:00~9:30 am. **Coach Bill Kelley** coaches Tuesday & Thursday 11:30-1:00.



Gulf Coast Senior Games is a new meet on Feb 20 at Arlington Park Aquatic Center in

Sarasota: combo of **Manatee** and **Sarasota**. Each county will host 10 of the 20 games. It is USMS recognized and the info is on the LMSC site. Contact **Deb Walker**: 941-371-1600.

Our 2009 Sarasota Swim Team members will be getting together for an informative and fun pizza party at Deb Walker's home on February 6. We will discuss and make plans to attend the upcoming meets.

FACT NEWS:



The busy fall season had many of our FACT members with good early season swims at the Bridge to Bay meets in Sarasota and St Pete, the Coral Springs Holiday Classic and the Florida State Games (not USMS but recognized for Top Ten times). The results of the Florida State Senior Games may be seen on midnightsports.com - many records were broken by our FACT

members throughout the state and The Villages had a great representative group - we'll look forward to having them join us at the upcoming Masters meets. Keep informed by logging on to floridalmsc.org regularly for results throughout the State and remember when swimming in a meet such as Coral Springs, which is outside our LMSC, you must swim as FACT and report your times to Marly Wilson, our Florida LMSC Recorder.

Top Ten Relays results for LCM list 9 of our relays; individuals placing in TT are (* designates All American): **Jennifer Cunningham, Marly Wilson, Jennifer Faith, Linda Visser, *Deb Walker, Maureen Hughes, Pat Sargeant, *Meegan Wilson, Marianne Bradley, Martha Henderson, *Mary Tusa, Joan Campbell, Nancy Durstein, Sylvia Eisele, *Betty Lorenzi, Edna Gordon, Mark Calvert, Tom Bliss, Michael Ruel, Glenn Woodsum, Bill Kelley, Don Puchalski, Fred Wakelin, Michael Stollmeyer, *Karl Wiedemann, Robert Sigersmith, *Rob MacDonald, Lester Bell and Elliott Schofield.** Individual placing can be seen on the usms.org website under Competition, Top Ten, Florida LMSC. Many JUST missed All-American. We have a strong group nationally.

Preliminary results of the 3000-6000 Postal Swim are posted on the usms.org website. FACT has placed well in many of our relays and Individual All-American honors go to **Nancy Durstein** (75-79), and **Betty Lorenzi** (80-84). Take time to look at the number of swimmers on our team that compete in these postal swims with a State team of over 300 members. Let's increase our participation in these postal swims and be sure to send **Coach Joe Biondi** (jbiondi3@tampabay.rr.com) a copy of your results so that he may put together relays. Hopefully we will increase the number of swimmers in our January Hour swim.

Please also take time to look at the information provided regarding the FACT team. The floridalmsc.org website provides all the information you need by clicking on the Florida Aquatic Combined Team wherever listed and under FORMS for Meet Directors an explanation of scoring for relays and meets. The 2009 Valentine Meet combines the scoring such as CATM and CATF for team awards and scores. The LMSC State Meet in St Pete the end of March will score FACT, not the individual chapters, as a competition between the Florida LMSC and the Gold Coast LMSC. We should have a really good showing there as we combine our chapters in some strong relays!!

Any questions, please get in touch with **Joan Campbell** @jcampb10@tampabay.rr.com or Coach Joe.

Sharks Masters:



Sharks Masters welcomed in 2009 with our annual open water Swim Across Big Pass. This year was our largest group ever and included four swimmers from the University of North Carolina who were at the Y for winter training. Included in the UNC group was 10K World Champion **Chip Peterson**. The weather was perfect and the water a chilly 65 degrees and a great time was had by all. Some rumors about a possible mooning incident were floating around but have not been confirmed.



Our training groups at the Y have been hard at work and we hope for a good turnout for the St. Pete meet where we will square off against Gold Coast. Also planned for March is a Black vs. Gold intra squad meet to benefit the YMCA Caring Campaign. From there it is on top YMCA Nationals in mid April.

SYSM individual Top Ten and All-American swimmers for 2008

LCM are **Brandy Wince, Kathryn Dougherty, Sylvia Buxton, Larissa Carmichael, Laura Hamel (All-American), Claire Deboer, Deanna Doyle, Jay Lockaby, Mark Drennen (All-American), David Hefner, Bill Brenner, Rick Walker (All-American), Kevin McCormack, Bill Kelley, Jan Soderstrom, Gary Trimble, Bumpy Jones (All-American), Dren Geer.**



Relay All-Americans were **David Oakes, Dean Dye, Walker, Trimble, Buxton, Hamel, Ellen Bennett, Carmichael, Cathy Fedako.** Congratulations to all!!



St. Pete Masters:

Happy New Year!

The final team event of 2008 was the Bridge the Bay meet, held in conjunction with the Sarasota Y team. The meet was held on November 16th and 23rd. Many teams participated and great competition resulted in many fast swims and speedy relays! Congratulations to those who finished in the top three of their age group! First place finishers: **Sarah Swoch, Adrienne Forkois, Jeff Swisher, Eric Herman, Joann Harrelson, and Sandy Steer.** Second place finishers: **Kate Cillian, Barbara McNulty, Bob Aldrich, Pat Marzulli, and Peter Betzer.** Third place finishers: **Kaitlyn Laichak, and Ted Bradley.**

Coach Patty has been keeping the team focused on the "hour swim preparation work-outs" since December- and the practice paid off for the 80 team members who successfully completed the hour swim (as Kern says: Everyone can finish the hour swim). The incredible yardage turned in by **Ted Bradley (5,375)** and **Jessica Knapp**

(5, 070) set high standards for the rest of the team. Thanks to those of you who swam because you wanted to, or because you could not bear the nagging of "when are you going to do the Hour?" The results from the hour swim, Top Ten, and All American awards will be unveiled at our annual banquet on February 21. At the banquet, in addition to recognizing swimming achievements, the board will again recognize other special achievements with the popular Georgie Awards.

Our annual Short Course Yards Championship meet will be held the weekend of March 27-29 at North Shore Pool. Meet entry deadline is March 10. The beloved HURRICANE MAN swim is scheduled for May 9. Be sure to register for both events!

The SPM team is off to a great start for 2009! As the snow birds return and USMS registration renewals pour in, the lanes at North Shore will be filled! We welcome our new members, and welcome back our returning members. All of the important registration forms can be found on our website, www.stpetemasters.org.



SUN MASTERS:

Bridge to Bay: **Joan Campbell** took 1st in 4 events and 2nd in one; **Nancy Durstein** took 1st in 3 events and a 2nd in one event.

Christmas 2008: Sun Master's long time member **Chris Kelly** and her husband David hosted our annual Christmas Party in their beautiful and historical Dunedin home. As usual the event was well attended and gave us all a chance to reconnect with fellow swimmers.

New Year's Fundraiser: We raised \$700.00 for the benefit of Pinellas County Special Olympics by starting the New Year at the Long Center swimming, kicking or pulling to log in 2009 feet, yards or meters...

Countryside Sprint Meet: Six Sun Masters took part in this event. **Marianne Bradley** took 1st in 4 events; **Florence Delaney** took 2nd place in 2 events; **Nancy Durstein** took 1st in 2 events and 2nd in 3 events; **Joan Campbell** took 1st in 3 events and 2nd in 2 events; **Betty Lorenzi** took 1st in 2 events; **Don Puchalski** took 1st in 3 events and 2nd in 1 event; **Paul Polgar** took 3rd in 4 events.

SUN Masters Valentine's Meet: Our SUN Masters Valentine Meet is coming up shortly at the Long Center. Hope to see you all there!!!

Six of our swimmers made it into the Top Ten for USMS in 2008. **Betty Lorenzi** swam away with all first in all back stroke events in SCY and LCM, and in LCM she was first in the 400, 800 and 1500 in freestyle. She also placed in the Top Ten in many other events. **Joan Campbell** was first in 1000 free and 200 fly in SCY, and placed in 11 events in LCM and 7 more in SCY. **Nancy Durstein** placed in 8 events in LCM and 12 in SCY. **Marianne Bradley** placed in 4 in LCM and 1 in SCY. **Don Puchalski** placed in 2 in LCM and 1 in SCY. **Elliott Schofield** placed in the 50 back in LCM. Betty, Joan, Nancy, Marianne and **Florence Delaney** also placed in relays. Way to go team!

Six of our teammates competed in the *Florida State Senior Games* in Ft. Myers in December. **Don Puchalski** took four golds and two silvers. **Nancy Durstein** swam to two golds and three silvers. **Paul Polgar** had three golds, a silver and a bronze. **Joan Campbell:** a gold, a silver and three bronze. **Marianne Bradley:** a gold, a silver, a bronze, and 3 fourth places. **Florence Delaney:** a silver, a bronze and two fourths. Good job group!!! Plus we enjoyed the après-swim time also! One of our swimmers and a great triathlete, Jerry Napp, won the Master's overall in the 5 mile run in Clearwater Jan. 18th. Go Jerry!

Get Well wishes: Our teammate, **Rosalind Corbo**, had a serious bicycle accident this past Nov. 15, and suffered some badly broken bones in her shoulder, clavicle and a bad head bump. She is finally out of her cast and on the road to recovery with a lot of therapy. Also, teammate **Marie Reed** is still undergoing treatment for cancer. Hope to see you both back in the pool soon.



[Check Out the New U.S. Masters Logo](#)

USMS unveiled their new logo (left) on January 9, 2009 after a year of research and development. The old logo is on the right.



Attention Florida LMSC Members:

We will have our **first LMSC meeting** of the year following the second days events at the SPM SCY Championships **in St Pete on March 28**. Please make sure that your club is represented. Please check out our website for information on registration, LMSC meetings, newsletters etc. Much information can be found. Go to www.FloridaLMSC.org

Deadline For Receiving Material For The May Florida LMSC Newsletter Is April 8. Please Get Your Submissions To Jason jasbrauer@yahoo.com and cc meeganwilson@bellsouth.net

UP COMING EVENTS:

Links to information and entry for the following sanctioned or recognized competitions are posted on the Dixie Zone web site (www.dixiezone.org/Meets.htm):

- Feb. 14-15** (SCY): SUN Masters Valentine Meet. Clearwater FL
- Feb. 20-22** (SCY): Masters Challenge. Ft. Lauderdale FL
- Feb. 20** (SCY): Gulf Coast Senior Games. Sarasota FL
- Feb. 28-Mar. 1** (SCY): Polk Senior Games. Lakeland FL
- Mar. 6-8** (SCY): Dixie Zone SCY Championships. Pompano Beach FL
- Mar. 21** (LCM): Goodlife Games. Clearwater FL
- Mar. 27-29** (SCY): St. Pete SCY Championships. St. Petersburg FL
- Apr. 16-19** (SCY): YMCA Masters Nationals. Ft. Lauderdale FL.
- Apr. 18** (OW): Tampa Bay Marathon Swim. Tampa FL
- Apr. 25** (OW): Nike Swim Miami (1-mi./5K/10K). Miami FL
- May 7-10** (SCY): USMS SCY Championships. Fresno CA.
- May 9** (OW): Hurricane Man open water swim. St. Petersburg, FL
- May 17** (LCM): Central Florida Marlins Masters Spring Splash. Ocala FL
- May 23** (OW): Ed Gaw Amelia Island Challenge (1-mi./5K). Fernandina Beach FL
- June 12** (OW): Open Water Festival 5K. Ft. Myers Beach FL
- June 13** (OW): Swim Around Key West (12.5-mi.). Key West FL
- June 13-14** (LCM): Bumpy Jones Classic. Sarasota FL
- June 14** (OW): Open Water Festival Masters Mile/LMSC Challenge. Ft. Myers Beach FL
- June 19-21** (LCM): Dixie Zone LCM Championships. Ft. Lauderdale FL
- July 11-12** (LCM): St. Pete Masters LCM Championships. St. Petersburg FL
- Aug. 6-10** (LCM): USMS LCM Championships. Indianapolis IN

