

# Florida LMSC Newsletter

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May 2009

## 2009 SUN Social and Florida LMSC Awards Banquet



*Having Fun at the Banquet*

We celebrated and congratulated our top ten swimmers in both pool and open water at the Sunset Grill in Clearwater, Florida on Valentines Day. This was a new venue from last year and everyone seemed to have a great time. We will work on better acoustics for next year. I hope everyone will join us. Special thanks to **Marianne Bradley, Joannie Campbell, Tom & Missy Bliss, Sue Moucha, Don Puchalski, and Marly Wilson** for making this event happen.

Our top ten swimmers are determined on a point system, taking into account USMS top ten placement, USMS and World Records set. Congratulations to the following:

Our *Most Valuable Female Pool Swimmer of the Year* was **Jean Troy**. Continuing with our top ten female pool swimmers: **June Reynolds, Betty Lorenzi, Deb Walker, Gladys Olsen, Nancy Durstein, Margit Jebe, Joan Campbell, Patricia Bond, and Charlotte Petersen**.

Our *Most Valuable Male Pool Swimmer of the Year* was **Burwell (Bumpy) Jones**. Continuing with our top ten male pool swimmers: **Karl Wiedamann, Mark Drennen, Rick Walker, Bill Specht, Paul Hutinger, Bruce Mohl, Ted Bradley, Robert MacDonald, and Robert Beach**.



Our *Most Valuable Female Open Water Swimmer of the Year* was **Sarah Swoch**. Continuing with our top ten Female Open Water Swimmers: **Doris Prokopi, Patricia Bond, Pam Geiger, Betty Lorenzi, Sandy Steer, Nancy Durstein, Sharon Steinmann, Charlotte Petersen, and Frances Cichanski**

Our *Most Valuable Male Open Water Swimmer of the Year* was **Kern Davis**. Continuing with our top ten male open water swimmers: **Robert Beach, Pat Marzulli, Timothy Kennedy, John Rapp, D Scott Wells, Dane Griffin, Thomas Cornell, Ron Collins, Ted Bradley, Charles Schlegel, and Brud Cleaveland**.

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*Awards Banquet continued*

To qualify for the *Leather Lung Award*, a swimmer has to compete in every event in a single course (18 events in SCY or SCM and 17 events in LCM) or swim all 5 USMS postal championships. We had 10 individuals who accomplished this fitness feat: **Robert Beach, Marianne Bradley, Kern Davis, Sue Moucha, Doris Prokopi, Gregory Rotole, Sarah Swoch, Marly Wilson, Meegan Wilson, and Flavia Zappa.** *Side note: I have to say that this is not easy to do. Good luck to future Leather Lung attempts.*



*Tom Bliss accepting award from Meegan Wilson*

The Florida LMSC presented two service awards this year, to **Tom Bliss** - *In Appreciation for Outstanding Service for 8 Years as Chairman of the Florida LMSC, 2001-2008* and to **Flavia Zappa**; *In Appreciation for 3 Years as Newsletter Editor of the Florida LMSC 2006-2008.* Thanks Tom and Flavia for your dedication to the Florida LMSC.

The *Sue Mocha Overcoming Adversity Award* was presented to **Margaret Homans** of the Florida Maverick Masters. Good luck Margaret in your swimming endeavors.

The first *Florida LMSC Coaches Award* was presented to **Joe Biondi**, our Coaches Chair, *For Devotion to Florida LMSC Masters Coaching.* Joe exemplifies what a coach should be to all swimmers. He has been involved as a coach with the Florida LMSC since its inception. Thanks Joe for all you have done and continue to do to help our swimmers excel.



*Joe Biondi - first Coaches Award recipient*

Congratulations everyone and see you all next year at our next Awards Banquet.



*Dr. Paul Hutinger*

**Ask The Swim Doctor**

**QUESTION:** I just turned 70 and over the year have noticed a decline in my flexibility. Recently, I started a stretching routine but was wondering - what are your recommendations for maintaining flexibility as I age?

**ANSWER:** Flexibility, range of movement of a joint, is a desirable and important characteristic for anyone, especially significant for the Master swimmer. It adds grace and beauty to the flow of the body through the water. A high degree of flexibility allows for more efficient and effective movements, through maximum use of strength and coordinated movements. This will give you better stroke mechanics, which will lead to better performances. Since you turned 70, you are smart to realize your flexibility is declining. Some loss of flexibility seems to be irreversible, and can result in injuries and joint disease syndromes. However, many people have not only maintained, but improved their flexibility, compared to what they had as 20-year olds. The forty year old 2008 Olympic swimmer, Dara Torres, demonstrated how an older swimmer can maintain and maximize flexibility.

Doc Counsilman, the Assistant coach at Iowa while I was on the swim team, was an early advocate of stretching for range of movement to improve stroke efficiency. I had first hand experience with his program, which involved forced stretching.

"Ask the Swim Doctor" continued.

In 1951 I did a research study on ankle flexibility and kick speed, which indicated a very high correlation between the two. Ask your Masters coach if he/she could have a special day to go through a flexibility program, with materials to explain each exercise. An another suggestion would be to contact an exercise therapist to learn what type of stretches for the shoulders, upper legs and ankles would best suit you. With some special work, you should be able to retrieve what you have lost. You can increase your normal capabilities, with a regular program of only fifteen minutes a day.

Want additional information? Contact Dr. Paul Hutinger: 727-521-1172  
OR [phut@usms.org](mailto:phut@usms.org).



## **Letter From the Chairman**

Dear Florida LMSC Members,

I hope everyone had a good time at the SUN Masters Valentine meet in Clearwater and the Sun Social & Florida LMSC Awards Banquet. Please see the Awards Banquet story in this newsletter. Competition continued at the St Pete SCY Championships on March 27th, the first Florida LMSC vs. Florida Gold Coast LMSC State Meet. There were not many swimmers from the Florida Gold Coast competing however so those results were not tallied. Perhaps we can do a better job of advertising this if and when we try it again.

To those team representatives and board of director members and committee chairs who attended our first Florida LMSC meeting of the year, thank you. We got a lot accomplished and enjoyed meeting at Kern Davis' house. Thank you Kern for a beautiful meeting spot. Many of us stayed on and enjoyed St Pete Masters' Social afterward.

Our total Florida LMSC membership for 2008 was 1680 members with 34 clubs. As of our meeting, we had 1155 members for 2009. Welcome to all of our new members and Clubs. Please let us know how the Florida LMSC can better serve you.

Charlie Kohnken, Sue Moucha, Marly Wilson and I are in the process of updating our Sanctions packet to make it more user friendly for meet directors. Hopefully, this will reduce problems reporting meet results and following the rules that USMS mandates. If anyone has any suggestions for improvement, please send me an email.

Rick Walker suggested that we update our Web Page. The consensus at our meeting was that this would be a good expenditure of LMSC funds and would benefit the most members. Your Board of Directors is looking into this and further discussion will take place at our next meeting in St. Pete on July 11.

Meegan Wilson  
Florida LMSC Chairman

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# The Physiology of Being in Shape... The Adaptive Processes that Allow an Athlete to Push Through the Challenges of Vigorous Exercise at Ever-Increasing Intensity

By  
Coach Ed Nessel, R.Ph, MS, MPH, PharmD

Every person associated with prolonged vigorous activity realizes that with continuous training (appropriate or not) something positive happens over time that allows the body to withstand increasingly-demanding physical challenges. Even if armed with only a superficial smattering of understanding physiology, the coach and/or athlete realize that somehow dedicated continuous exercise brings improvement in movement.

Climbing the mountain to *being in shape* is commendable but not enough. Who climbs without wanting to reach the peak? Like grabbing correctly for foot- and hand-holds on the slippery mountain face, grabbing hold of the correct physiology is the surest way to get to the top. The top here means reaching the maximum potential of the person doing the "climbing."

Getting in "shape" is neither easy to attain nor to explain. The human body is a wondrous machine with complicated systems able to produce great quantities of energy both quickly and over extended periods of time. This permit's the body to try and adapt to whatever is physically challenging it and enlarge its capacity to handle increasingly more vigorous exercise. Unlike a manufactured automobile engine which has the exact parts needed to produce a certain amount of predicted energy and power, the human body's components can be made to produce more by having them induced more through utilizing specific physiologic protocols over time. In every instance of adapting to exercise, three main elements, the holy grails of athletic training as I see it, are brought into the picture and must be addressed to a greater or lesser extent depending upon the chosen venue and type of sport for participation: **endurance, strength, and power**. The correct pathway to physiologic condition is to build on endurance then go for strength and finally, most every athlete's goal: power. (Continued on the Florida LMSC Webpage)

Please visit the Florida LMSC website <http://floridalmsc.org> for this article in its entirety.

## **FACT NEWS**



Florida Aquatic Combined Team has accomplished much this spring. Our 200 LCM 320 Medley Relay broke the National Record at the Good Life Senior Games at the Long Center – a record set by California's Walnut Creek in 1998. The old record was 4:19.11 – new record 3:47.69. Our Sylvia Eisele broke two National Records in the 100 and 200 LCM Breaststroke and Betty Lorenzi broke the 200 backstroke National Record. The Valentine Meet February 13<sup>th</sup> and 14<sup>th</sup> saw many of our Chapters and individual swimmers doing well – remember that the smaller teams can band together with members of other Chapters should you not have enough Chapter members of the right age to form your own relays.

The St Pete Masters SCY Championship was scheduled as a State competition between the Florida LMSC and Gold Coast LMSC and therefore FACT was able to swim as the Florida Aquatic Combined Team and score accordingly. Our strength as a team was very apparent and indicated in a

FACT News continued:

small way what Florida can do on the National scene. We fielded 20 relays and set two National Records in the 75 and over women. Four of the relays entered failed to materialize because they did not show up on the blocks. We should make sure that members of our team check under the FACT banner for their name – it is difficult to find members of the team when we are spread all over the pool deck with their individual chapters and one of our pluses is getting to know members of other Chapters. Nevertheless we managed to place 2<sup>nd</sup> to the host team, St Pete, in the Women, 3<sup>rd</sup> to Sarasota and St Pete in the men, and 2<sup>nd</sup> overall to the host team. Betty Lorenzi set two National Records in the 100 and 200 backstroke. High Point Individual awards went to Linda Visser, 35-39 Don Puchalski, 70-74, Nancy Durstein, 75-79 Betty Lorenzi, 80-84, and John Woods, 85-89. Other High Point scorers (Top 3) were Donald Thieman, 40-44, Meegan Wilson, 60-64, Susan Newland, 65-69, Robert Mraovich, 65-69, Shirley Fishlock, 70-74, Sylvia Eisele and Mary Tusa, 75-79, and Ellen Brown, 80-84. At this writing Betty will be competing for FACT at the LCM Nationals in Indianapolis, along with Joan Campbell, Sylvia Eisele and Meegan Wilson. I will keep an eye out for anyone else making the trip. The meet schedule has a full day with just relays this year. Also, if you are going to Fresno for the SCY Nationals I will set up relays for you if we have enough making the long trip. We are paying for all the FACT relays at ALL meets – our treasury is able to do this currently.

So many of the teams, if combined, would overwhelm other areas at National meets. Keep in mind that next year SCY Nationals will be held in Atlanta. Those of you who swam in Savannah with us will recall the great fun we had as a team, taking home a 3<sup>rd</sup> place nationally. We are planning a hospitality suite, etc. Read up on the requirements should you just want to join us for Nationals – you must have 60 days between competing for another team. The competition in Atlanta is scheduled for May 20 – 23, 2010.

Remember to keep up with FACT News on the Florida LMSC website. We have a monthly or bi-monthly newsletter available regularly. Congratulations to all our participating swimmers!!



**FMM** Paul Hutinger, Team Rep

*"The greater the difficulty, the more the glory in surmounting it."  
Epicurus, 3rd century B.C.*

Twelve Mavericks accepted the challenge of the Hutingers and lesser known, Epicurus, not even a Masters swimmer. They were able to transcend the negative thoughts, "I can't swim for 3000 yards," into a positive, "I'm going to do it, this year!" We hope that you will be inspired by their success stories and personal journeys, and participate in one of the four remaining Postal National Championships, in 2009.

**Patricia Tullman** wasn't going to swim it, but decided to join the group swimming at St Pete. She thought of it as "using open turns as my rest and grab a slug of water on the 500 marks." Afterwards, "I'm glad I did it!" **Mary Stein**, new Masters swimmer, signed up in early November, so she would be eligible to swim in this event. **Michael Biggs** had an ear infection and couldn't make it on the day the group swam in St Pete. When he healed, he was able to join Stein when she did her swim. "Thanks for the push." **Margie Hutinger** had been diligently training for this swim. The week before her swim, she pulled muscles in both upper arms. She swam it, anyway, and survived by wearing arm bands on each arm. **Stephen Westling** didn't let his weakened muscles from childhood polio deter him from his journey. He hadn't swum it in several years, but worked on his endurance a couple of months before, and was able to better his time. **Jack Guze**

FMM continued:

talked his wife, Susan, into counting for him. "I used the stop watch on my iPhone for my 50 splits. I assume the swim is a straight 3000 with no stopping?" It was his first 3000. "I felt great!"

There is no rule against a swimmer stopping, but the watch has to keep on ticking. One swimmer, who shall remain nameless, said, "I can swim it. I will do 1000 yards Wed, Thurs and Fri." Margie replied that the splits would be rather long." The swimmer decided against it.

**Rosie Vijil** didn't think she was ready to swim. "I am grounded because of an fractured ankle. I have pins and plates to stabilize it permanently, so I'll be out about another six weeks." She was encouraged by Margie's comments. "I am back in the water...slowly. I feel like the local dolphin who has a prosthesis and is trying to jump out of the water at the Clearwater Aquarium." She completed her swim. **Patricia Bond** spent part of her summer traveling in Wisconsin with her husband, Guy. Camping along the way didn't allow for as much training as she would have liked. After her swim, she reported, "It wasn't the best, but not that bad either. Maybe it helps me to rest occasionally." **Doris Prokopi** always seems to have time and the energy to do these long swims. It seems like she has a harder time finding a counter, than doing the swim.



National Record - 75+ Men's Relay- 2:59:22.33  
Johnsen - Weatherbee - Schlegel

Last, but by far, not the least, was the incredible 75+ Men's Relay. **Charles Weatherbee** was the 1st of the three men to complete his swim. He wasn't able to convince his U of Miami teammate, **Ralph Johnsen** to swim it, "for the relay." **Charles Schlegel** swam it. He wasn't satisfied with his time. He swam it, again. He STILL wasn't satisfied. He is a high school swim coach, and talked his team into helping him out. Fifteen swimmers each swam 200 yards, along side of their coach. The deal was, if coach was faster on this, his third attempt, the team would have a pizza party....but no pizza for coach. On this last chance swim, the teenage swimmers encouraged their coach, who swam three minutes

faster! Weatherbee was still working on Johnsen. Even the lifeguards did their best to nudge him into swimming 3000 yards. He just laughed. Finally, on the very last day, Johnsen completed his leg of the relay swim. Thank goodness! The trio broke the National Record (held by another Maverick team). SPM also broke the record, but our men were ten minutes faster.

All three men were an integral part of this amazing relay, and it couldn't have been done without all three.



## **SARASOTA YMCA MASTERS**

Last quarter was pretty exciting for SYSM. In early February we were honored by USMS's decision to locate their first organizational headquarters in Sarasota. Late last year, Sarasota was selected, along with 5 other cities across the country, as a potential home community for USMS. Early in 2009, Sarasota, along with Ft. Myers, Daytona Beach, Raleigh-Durham, NC, Charlotte NC, and Shenandoah, TX, all submitted proposals to the USMS Board of Directors. Sara

*Sharks continued:*

sota's proposal was unique in that many stakeholders in the community came together in a grass-roots effort to persuade USMS to relocate here. A task force was formed with members from the Economic Development Corporation of Sarasota County, the Convention and Visitor's Bureau, the YMCA, Parks and Recreation, city and county officials, and several members of the YMCA Sharks swimming community, both age-group and masters. The task force members each brought different offers and letters of support from their respective organizations.

One of our SYSM swimmers and coaches, Laura Hamel, coordinated the task force and wrote and produced a comprehensive proposal. Included in the proposal was a stunning video production that showed USMS just how much our community loves swimming. You can download the video on our Web site, [www.system.org](http://www.system.org). Our entire community, especially the YMCA Sharks swimming community, are honored and excited about USMS's arrival in the early summer.

We are also looking forward to our annual Bumpy Jones Classic LCM meet June 13 & 14, followed by the party in the park. Again, this year swimmers over 80 are free and all relays are free. Please join us for some fast swimming and good times!



## **SUN Masters**

2008 USMS LONG DISTANCE INDIVIDUAL ALL AMERICAN'S for SUN Masters:

One Hour Swim-BETTY LORENZI - 3185 yards at 80 years young

3000 Yard Postal - BETTY LORENZI - 57:53.19 in 80-84 age group

3000 Yard Postal - NANCY DURSTEIN - 1:05:36.10 in 75-79 age group.

RELAY ALL AMERICANS: One Hour Swim 75+, JOAN CAMPBELL, NANCY DURSTEIN, BETTY LORENZI, 9230 yards.

VALENTINE MEET: Once again, our thanks to all of you who participated in our Annual Valentine Meet at the Long Center in Clearwater and to our many team members who volunteered all weekend. It was a great success again with almost 190 swimmers. We combined our Social this year with the LMSC Awards Banquet Dinner at the Sunset Grill in Clearwater and had a good turnout for food, drinks and trophies. Most of us were working at the swim meet with our various duties, so did not swim, but good showings were made by Cheryl Forgang, Roz Randall, Maria Buda O'Toole, Nancy Durstein, Betty Lorenzi, John Cornish, Paul Polgar and Don Puchalski.

ONE HOUR SWIM FOR DISTANCE, January, 2009: We had 11 members of the team who completed the One Hour Swim. Betty Lorenzi came in first in the USA at age 81 with 3185 yards. Go Betty!!! Joan Campbell and Nancy Durstein came in 3<sup>rd</sup> and 4<sup>th</sup> in the country with 2870 yards and 2740 yards respectively in their 75-79 age group. Others finishing were Gladis ChouEIFati (40-44) with 3055, John Cornish ((45-49) with 3955, Dan Mullett (50-54) with 4215, Roz Randall (55-59) with 2785, John Marzulli (60-64) with 3075, Maria Buda O'Toole (60-64) with 1815, Mari-anne Bradley (65-69) with 3075, and Frank Brandt (65-69) with 3260.

GOOD LIFE GAMES SENIOR MEET, March 2009. Our participants at this meet were Don Puchalski, Bryan Kutichins, Nancy Durstein, Joan Campbell and Betty Lorenzi. Betty broke two national records in the 100 and 200 Backstroke events. She keeps bringing home the gold.

ST. PETE 39<sup>th</sup> Annual SCY Championship Meet, March 2009. Wow, we really made a good show

*SUN Masters continued:*

ing here. Don Puchalski won first place in 12 of his 13 events including the relays, winning High Point award for 70-74 age group. Paul Polgar (60-64) took home 3rds and 4ths. Joan Campbell (75-79) had 3 firsts, a second, 3rds and 4<sup>th</sup>, while Nancy Durstein (75-79) had 2 firsts, 7 seconds and 3 thirds. Once again, Betty Lorenzi swam away with 7 firsts, one second and broke her own National records she had just made one week before in the 100 and 200 backstroke with times of 1:32.38 and 3:27.62. More Gold.



SUN competed at St. Pete as part of the Florida LMSC in a State Championship against the Gold Coast LMSC. As part of the Florida Combined Team we placed second overall, 2<sup>nd</sup> place for our women and 3<sup>rd</sup> place for our men. We were a big part of two National Record relay teams - setting new National Records in the 75 and over 200 freestyle and medley relay teams.

Y NATIONALS: Joan, Nancy, Betty and Don will be off to Ft. Lauderdale in mid-April for the YMCA Nationals. Good luck group!!!

On March 22, our SUN Masters team had an appreciation picnic at Dunedin's Highlander Park next to our team pool. This was to thank all of the volunteers who helped us with our meet with timing, hospitality, and all other facets of the Valentine Meet. We had a great Bar-B-Que and libations, and a good time was had by all. Beautiful sunny afternoon!

## SPM



### WEATHER DOES NOT AFFECT WINNING WAYS!

Despite dealing with a variety of weather conditions, incredible winds, rain, lightning and thunder, St. Pete Masters was again victorious at the St. Pete Masters 39<sup>th</sup> Annual Short Course Yards Championship Meet! With a combined team score of 2,341.50 points we were able to overcome the Florida Aquatic Combined Team (FACT) and a very deep Sarasota YMCA Sharks Masters (SYSM) for a convincing win. Thanks to all of our team members that participated either by swimming or working the meet. Now, on to the good stuff....

In his usual understated fashion, **Bill Specht**, has once again impressed. Aging up last year into the 50-54 age-group, we should be looking for national records on his behalf, and, low and behold, two of them from our meet! Bill broke the national records in both the 200 Fly (2:00.02) and the 50 Back (26.16). Congratulations, Bill! On the women's side, leading our team with a total of 99 points (the most that you can earn), was **Charlotte Petersen**. Swimming in the 40-44 age-group, Charlotte was high point winner by winning all of her 11 events.





SPM continued:

Other first place high point winners were: **Jessica Weinberg** and **Sean Esterly** (18-24); **Kristen Nardozzi** and **Ted Bradley** (25-29); **Tim Kennedy** (50-54); **Fred Lewis** (55-59) and **Sandy Steer** (65-69). Second place high point towels were awarded to the following: **Sarah Swoch** (18-24); **Paula Texel** (35-39); **Ron Collins** (45-49); **JoAnn Harrelson** (50-54); **Bill Specht** (50-54). Third place high point were awarded to: **Jessie Bardin** (18-24); **Eric Herman** (35-39); **Sharon Steinmann** (50-54); and **Paul Scoville** (50-54). SPM had quite a few swimmers competing (and scoring!) for us for the first time. Eckerd College students, **Alina Dallmeier** and **Sarah Levine** competed in the 18-24 age-group. New members **Anthony Drain** (40-44), **Daniel Fluet** (35-39), and **Keith Henthorne** (competing in his first swim meet ever) and **Rob Tullman** (45-49), each turned in great swims. A few of our triathletes joined us for the pool meet: **Keith Nelson** and **Dan McClenathan** both had very nice 1650 swims.

A big welcome back to **Melissa Dipple**, **Chris Swanson**, and **“Papa” John Galloway** (cheering fans in tow!) as they re-debuted with SPM at the meet. Personal best times were also recorded by the following: **Vancy Eaddy** (50 Free), **Steve Freeman** (400 IM), **Nick Lang** (100 Breast), **Pat Marzulli** (1650 Free), **Samantha Mooren** (50 Back, 50 Breast, 200 Breast), and **Flavia Zappa** (50 Back).



Last, but certainly not least, a big thanks to our coach, **Patty Nardozzi** and our wonderful volunteers. Coach Patty organized the entries, coordinated volunteers, and organized each winning relay team. As always, Coach Patty encouraged all participants, taking splits and cheering from the deck. Officials, **Dan Nardozzi**, **Kevin Mooren**, **Charlie Kohnken**, **Mike Halfast**, **Woody McDaniel**, **Kim Stoddard**, **Angela Jones** and **Joanne**

**Gauzens** kept the meet running at a great pace all weekend long. **Chris Burke** and **Christine Kirchner** did a great job announcing and kept those raffle sales booming with their very special “incentive gifts”. **Marie Torsney** and **Marge Kohnken** did a fabulous job of managing the eight raffle baskets and sales over the weekend, and a very special thanks to **Bruce Day** and **Sarah Swoch** for obtaining and creating the raffle items. SPMer’s that helped with timing or awards table were: **Jim Davis**, **Dawn Clark**, **Bruce Day**, **Stephanie Mischke**, **Vance Eaddy**, **Joe Hughey**, **Mike Torsney**, **Katy Kline**, **Dave McCord**, **Lenore Rupert**, **Regina Morrissey**, **Lisa Ross**, **Sue Hotz**, **David Larson**, **Harold Ferris**, **Stephanie Lee**, **Theun van der Veen**, and **Robert Chamberlin**. Special thanks to **Sandy Steer** and **Kern Davis** for their help with the social that was held on Saturday evening. As always, we cannot do this meet without significant help from St. Petersburg Aquatics volunteer timers. Thanks to **Lisa Flanagan** for managing the hospitality and concessions all weekend too!

Get ready for the one and only **Hurricane Man** on **May 9, 2009** and our **Long Course Meet July 11-12, 2009!** Check out the [www.stpetemasters.org](http://www.stpetemasters.org) for entries as well as in this newsletter.

## **AUGUST NEWSLETTER DEADLINE**

**The Deadline for Our August Newsletter is Wednesday July 8th. Please email articles, pictures and meet entries to Jason Brauer [jasbrauer@yahoo.com](mailto:jasbrauer@yahoo.com).**



## **The Original Sarasota Masters**

### **National Senior Games**

**Lynn Cartee** is driving her RV all the way to the National Senior Games at Stanford University in Palo Alto, California, where she will be competing. It will be a month long journey for her and a friend and her cats!

### **Sarasota Senior Games**

The Senior Games were held in Sarasota at the Arlington Park Aquatic Center, on Feb 20.

**Barbara Wear** took 4 firsts and a 2<sup>nd</sup> in 50 & 100 Fr, 50 & 100 Br and the 200 Fr.

**Vicki Meyer** swam to a 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> finish in the 50 Bk, 100 & 200 Fr.

**Ellie Trevison** finished 2<sup>nd</sup> & 3<sup>rd</sup> in the 100 & 500 Fr.

**Helen Vetter took** first place honors in the 100 & 200 Bk and a 2<sup>nd</sup> in the 100 IM.

**Deb Walker** finished on top in the 50 & 100 Br and the 100 IM.

**Rick Trevison** swam to first places finishes in the 100 & 500 Fr and a 3<sup>rd</sup> in the 50 Fr.

A big THANK YOU to Deb for setting up the meet and making sure it ran smoothly!



### **St Pete SC Meet**

Kudos to our intrepid quintet (**Deb Walker, Susan Francey, Lucey Malone, Helen Vetter** and **Phil Scavone**) for braving the high winds at the North Shore Pool in St. Pete, and battling the legions of swimmers from Florida Gold! The swim of the day goes to Helen, for knocking off more than 8 seconds from her previous best in the 200 fly, and taking first place! Well done! A lot of worrying for nothing, eh Helen? She also won the Women's 65-69 50 yard backstroke.

Susan took 3<sup>rd</sup> in the 50 Back, a 0.49 drop from her personal best. She took 6<sup>th</sup> in the 50 free, setting another personal best. Additionally, she participated in the winning women's

55+ 200 Medley relay (w/Deb!), which took 1<sup>st</sup>! Lucey started everything off with a 5<sup>th</sup> place finish in the 100IM, taking a 3<sup>rd</sup> in the 100 breaststroke, and anchoring the 6<sup>th</sup> place finishing 35+ mixed 200 yard Medley relay! Phil, who took the easy road with only 1 swim (!), placed 6<sup>th</sup> in the highly competitive Men's 65-69, 50 yard freestyle, dropping 2.38 seconds! Deb, as usual performed admirably. A JOB WELL DONE!!

**Coach Bill Kelley's** last day of practice will be April 14. Peter Hegwein will take over his noon practices at Arlington.

**ALL-AMERICA Deb Walker** has earned **ALL-AMERICA** status for swimming the fastest time in the country in the 100 SCM breast for 2008!!!

**Our Next Florida LMSC Meeting will be in St Pete on July 11, 2009 immediately following the 400 IM of the St. Pete Masters LCM Swimming Championships.**



## **Tampa Metro Masters**

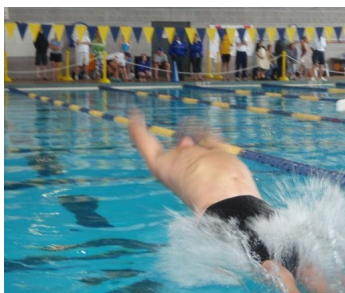
Website: <http://tampametromasters.org/>

With just several meets under our collective belts this season, already many new TMM team records have been set. In February at the Sun Masters Valentine's meet, TMM finished 3rd overall, with lots of records being set that weekend. Several of our swimmers received high point awards. At the Valentine's meet, **Jenny Faith** (27), **Matt Hart** (25) and **Karen Becker** (41) received first High Points. **Mark Calvert** (49) and **Casey Clafin** (55) received second High Points and **Dave Naffziger** (61) received third High Points.



*Karen Becker swimming for her 200-fly Florida LMSC record.*

At the St. Pete SCY, **Kelly Spivey** (46) received first High Points and **Karen Becker** (41) and **Jenny Faith** (27) received second High Points. All receiving third High Points were **David Elkins** (28), **Tara Deering** (31), **Mark Calvert** (49) and **Casey Clafin** (55).



*Casey Clafin starting the 50 backstroke at the Valentine Meet.*

**Karen Becker** broke the LMSC record in the 40-44 SCY 200 butterfly at the Valentine's meet in Clearwater, and narrowly missed breaking her own record in St. Pete in March by just a few tenths of a second. At the St. Pete SCY, we set 39 individual team records and 6 team relay records. In the Men's 55+ free relay, **Casey Clafin, Tim Carroll, George Corrigan** and **Mike Ruelf** broke the Florida LMSC record by just over a second. **Eduardo Perez** was the first TMM swimmer to break 50 seconds in the 100-free!

At the St. Pete SCY meet, TMM lead the top teams in the number of swims per swimmer, and also the points per swimmer. What our team lacks in numbers, we make up in guts!

Our swimmers swam races they have never before entered! **Sheila Carpenter-van Dijk**, aging up to 60 for the LCM meet, was the only TMM swimmer to enter The Good Life Games at the Long Center in Clearwater. Sheila swam six events, setting six new team records. Four of the events Sheila swam were personal records.

Also notable, **Casey Clafin** broke the World Record in the 55-59, SCM 50 backstroke in December of 2008. Casey's record was broken shortly afterward, but he is up for the challenge and is again training to recapture that record.

TMM team members swim at several pools around Tampa. Our 'home' pool is the New Tampa YMCA. Team members here are coached by **Beth Souers** and include USMS swimmers, an Iron Man triathlete, and fitness swimmers. **Casey Clafin** coaches several TMM Masters at the New Port Richey Recreation Center. Several other TMM Masters swim with **Jeff Feldman** at the **Bob Sierra** YMCA on Wednesday evenings.



*A cool, foggy Saturday morning swim for the Metro Masters at the New Tampa YMCA.*

TMM continued:

## **TMM Swimmers in the USMS Top Ten, SCM (2008)**

### Women

Karen Becker (41), 200 Fly

### Men & Men's Relay

Matt Hart (25), 200 Medley Relay 160-199

Mark Calvert (49), 200 Back, 200 Medley Relay 160-199

Casey Claflin (55), 50 Free, 50 Back, 100 Back, 100 IM, 200 Medley Relay 200-239,

200 Medley Relay 160-199

Mike Ruelf (55), 100 Breast, 100 IM, 200 Medley Relay 160-199

Tim Carroll (57), 200 Medley Relay 200-239



*Jenny Faith swimming in her favorite breaststroke race and always with a smile.*

## **Congratulations to all our TMM award-winning swimmers!**



*The team after the Valentine's Meet in Clearwater. High Point awards were heart-shaped boxes of chocolates. TMM finished third overall.*

## **Events**

### **Pool**

June 13-14 / LCM: Bumpy Jones Classic. Sarasota FL. Entry deadline: received by Wednesday, June 3; late entries accepted to June 10 with surcharge.

June 19-21 / LCM: Dixie Zone LCM Championships/June Krauser Summer Splash. Ft. Lauderdale FL. Information & entry. Entry deadline: received by Monday, June 15

July 11-12 / LCM: St. Pete Masters LCM Championships. St. Petersburg FL. Entry deadline: postmarked by Wednesday, July 1

July 17-18 / LCM: Plantation Piranhas Masters LCM Invite. Plantation FL. Pending sanction. Entry deadline: received by Monday, July 13

Aug. 6-10 / LCM: USMS LCM Championships. Indianapolis IN.

Sept. 16-20: (not a meet) USMS Convention. Chicago IL

Sept. 26 / SCY: Central Florida Marlins Fall Splash. Ocala FL. Entry deadline: postmarked by Saturday, September 19. Late entries accepted to Wednesday, September 23 with extra fee.

### **Open Water**

June 5: Fort Barrancas Open Water Races (1K, 5K, 5Kw/fins). Pensacola FL. Entry deadline: received by Wednesday, June 3 (entry fee discount if received by Friday, May 15). This event is USMS sanctioned.

June 12 & 14: Open Water Festival (1-mile, 5K). Ft. Myers Beach FL. Entry deadline: received by Friday, June 5. This event is USMS sanctioned

June 13: Swim Around Key West (12.5-miles). Key West FL. This event is USMS sanctioned



**“Bumpy Jones Classic”**  
**Long Course Meters T-Shirt Meet**  
**Hosted by Sarasota YMCA SHARKS MASTERS**  
**Sanctioned by the Florida LMSC for USMS, Inc #149-006**  
**Meet Director: Rick Walker/Bill Brenner**

**DATE & TIME:** Saturday, June 13: warm-up at 10:00 AM meet begins at 11:00 Sunday, June 14: warm-up at 8:00 AM meet begins at 9:00 AM

**FACILITY:** The beautiful Sarasota YMCA Selby Aquatic Center, 8301 Potter Park Drive, Sarasota, Florida: an outdoor 50-meter x 25 yard pool. (http://www.sarasota-ymca.org) Colorado Timing will be provided for competition. A 25-yard warm up pool will be available at all times. All events will be swum in numerical order, slow to fast, with the exception of the 400 Freestyle and 400 Individual Medley, which will be swum fast to slow. These two events will swim mixed gender. The Y pool is generally regarded as one of the top facilities in Florida. Pool chillers keep the pool temp at optimum levels for competition.

**ELIGIBILITY:** Current USMS rules will govern. All athletes 18 years of age and older as of June 13, 2009, and registered with USMS, Inc. Non U.S. citizens should have a letter of introduction from their own swimming association.

**ENTRIES & FEES:** Swimmers must pre-enter by mail. Swimmers may enter a maximum of five individual events per day. Each entry must be submitted on the Florida LMSC Consolidated Entry Form with your name, club, age, event description, event number, USMS registration number, and seed time. Please be sure that all information is filled out, the waiver is signed, and a copy of your USMS registration card is attached. **AGAIN THIS YEAR: Entry fees will be waived for all swimmers aged 80+ as of Dec. 31, 2009, and for Bumpy Jones. T-Shirts will be available to these people at a reduced price of \$10.** If it is necessary to scratch yourself from the meet, contact Rick Walker. **Entries must be received by Wednesday June 3, 2009. Late entries will be accepted until June 10 for a \$5 surcharge. Contact Rick Walker at 941-346-7946 for late entry procedure. Send entries to: FERNETTE RAMNATH, 22583 Morning Glory Circle, Bradenton, FL 34202. Phones: (h) 941-322-2075, and (cell) 610-368-0496 or framnath@hotmail.com. Make check payable to SYSM. NO DECK ENTRIES.**

**RELAYS:** Relay teams may be deck entered at the meet both Saturday and Sunday. THERE WILL BE NO CHARGE FOR RELAYS. Only team members registered for the meet may participate. Participants may swim in ONE relay per day: Women, Men or Mixed. All relays will swim in combined heats.

**PARTY IN THE PARK: Join us for fun, food and music! Saturday from 4 p.m. until 7 p.m. (subject to change), at Potter Park, adjacent to the pool. Meet new friends, relax with a cold beverage, and hope you are lucky enough to win one of many fine gifts and gift certificates to be given away at the party. Sign up on the entry form below, all are welcome at our legendary party!**

**SCORING & AWARDS:** A FREE top quality T-shirt will be awarded to any swimmer entering BOTH Saturday and Sunday. Swimmers who enter ONE DAY only, or who are 80+ years old by Dec. 31, 2009 will be able to purchase a T-Shirt at a reduced \$10. Mark your SIZE on the entry form below. Ribbons awarded 1-6<sup>th</sup> place.

**ORDER OF EVENTS:**

W/M	Saturday June 14 11:00 AM	W/M	Sunday June 15 9:00 AM
1/2	200 M BACKSTROKE	21/22	200 M BREASTSTROKE
3/4	100 M BREASTSTROKE	23/24	50 M BUTTERFLY
5/6	200 M FREESTYLE	25/26	100 M FREESTYLE
7/8	100 M BUTTERFLY	27/28	100 M BACKSTROKE
9/10	50 M FREESTYLE	29/30	200 M BUTTERFLY
11/12	200 M INDIVIDUAL MEDLEY	31/32	50 M BREASTSTROKE
13/14	50 M BACKSTROKE	33/34/35	800 M FREESTYLE RELAY
15/16/17	400 M MEDLEY RELAY	37/38	400 M INDIVIDUAL MEDLEY
19/20	400 M FREESTYLE		

**Contact:** Rick Walker. Telephone (941) 346-7946. email: [Rickmile@verizon.net](mailto:Rickmile@verizon.net)

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 .Fill out the information below and CLIP this portion of the page and ATTACH to the Florida LMSC Consolidated Entry Form.

FEES: ENTER ONE DAY @\$30 = \$ _____ Fees for 80+ year olds = \$ <u>0</u> T-SHIRT \$10** = \$ _____ S M L XL ENTER TWO DAYS@\$40 = \$ _____ (includes 1 FREE T-Shirt) <b>FREE T-SHIRT S M L XL</b> PARTY ( ) x \$12.00 = \$ _____ Extra T-Shirt _____ x \$15 ea = \$ _____ S M L XL Total: \$ _____ <b>** one day or 80+ y.o. entrants only</b>	<b>Be sure to indicate size of          shirt if applicable!</b>	<b>ATTACH A COPY OF YOUR           CURRENT USMS CARD HERE</b>
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# St. Pete Masters Long Course Swimming Championships July 11 and 12, 2009

**Sanctioned by:** Florida LMSC for USMS, Inc. Sanction #149-014

<b>Date &amp; Time</b>	<b>Saturday, July 11<sup>th</sup></b> 1500 Free Warm-up: 7:30 am; Swim: 8:00 am. <b>Saturday, July 11<sup>th</sup></b> Warm-up: 10:30am; Swim: 11:00 am <b>Sunday July 12<sup>th</sup></b> Warm-up: 7:00 am; Swim: 8:00 am																																																		
<b>Facility</b>	North Shore Pool is located at 901 North Shore Drive NE, St. Petersburg, FL 33701. Ten lanes will be seeded for the 1500 Free and <b>8 to 10</b> competition lanes will be seeded for all other events. Colorado Timing with hand-held watches will be used. Warm up for the 1500 Free will be available in the 25yd x 25m pool prior to public swim. If 10 lanes are used for other events, warm up will be available in the 25yd x 25m pool. If 8 lanes are used, there will be a segregated warm up lane in the competition pool.																																																		
<b>Eligibility &amp; Rules</b>	Open to all registered MASTERS, age 18 years and older. <b>Meet age is your age on December 31, 2009.</b> <b><u>A copy of your 2009 USMS Card MUST be attached to the entry form.</u></b> 2009 USMS rules govern.																																																		
<b>Entries</b>	Swimmers may enter five (5) events) per day ( <b>maximum of 10 events for the meet</b> ) PLUS relays. Cost per event is \$2.50. Cost per relay is \$5.00. There is a \$15 meet surcharge for all swimmers. Make check or money order payable to: <b>St. Pete Masters.</b> <b>Please use the designated meet entry form and not the consolidated entry form.</b> E-mail confirmation of entry receipt will be provided if you indicate such on the entry form. Any questions, contact Patty Nardozzi (727)343-5960 or <a href="mailto:pnardozzi@hotmail.com">pnardozzi@hotmail.com</a> .																																																		
<b>Deadline &amp; Scratches</b>	<b>Meet entries must be POSTMARKED BY TUESDAY, JULY 1<sup>ST</sup>.</b> Late entries received by mail (postmarked after July 1), phone or e-mail after this date will be accepted with an additional \$10.00 fee until Monday, July 6 <sup>th</sup> . Scratches received <b>prior to July 9<sup>th</sup></b> will be refunded in full. <b>No refunds after this date.</b>																																																		
<b>Seeding</b>	Check in required for the 1500 m Free, 400 IM and 400 Free. Entries will be seeded by time, mixed men and women, slowest to fastest, <b>except the 1500 Free and 400 Free will be seeded FAST to SLOW.</b> The 800 m. Free split will be submitted for all swimmers completing the 1500 m. Free and recording an electronic split at the 800 m. mark. <b>The 1500 m. Free is limited to the first 40 entrants (4 heats of 10 swimmers).</b>																																																		
<b>Relays</b>	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.																																																		
<b>Awards &amp; Scoring</b>	Ribbons (1 <sup>st</sup> – 8 <sup>th</sup> ) will be given for each event. <b>Individual High Point</b> awards for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> in each age group will be given with a minimum of five events completed. Scoring: 9-7-6-5-4-3-2-1 points for individual events.																																																		
<b>Heat Sheet &amp; Results</b>	A heat sheet will be provided to each entrant. Psych sheet and results will be posted at <a href="http://www.midnightsports.com">www.midnightsports.com</a> .																																																		
<b>Order of Events</b>	<b>Saturday: 8:00 am</b> <table border="0"> <tr><td><u>W/M</u></td><td><u>Event</u></td></tr> <tr><td>1 / 2</td><td>1500 m. Free (mixed seeding by time, FAST TO SLOW ~</td></tr> <tr><td colspan="2"><b>4 heats of 10 swimmers)</b></td></tr> </table>	<u>W/M</u>	<u>Event</u>	1 / 2	1500 m. Free (mixed seeding by time, FAST TO SLOW ~	<b>4 heats of 10 swimmers)</b>		<b>Saturday: 11:00 am</b> <table border="0"> <tr><td><u>W/M</u></td><td><u>Event</u></td></tr> <tr><td>3 / 4</td><td>200 m. Back</td></tr> <tr><td>5 / 6</td><td>200 m. Free</td></tr> <tr><td>7 / 8</td><td>50 m. Fly</td></tr> <tr><td>9 / 10</td><td>200 m. Mixed Free Relay</td></tr> <tr><td>11 / 12</td><td>100 m. Breast</td></tr> <tr><td>13 / 14</td><td>200 m. Fly</td></tr> <tr><td>15 / 16</td><td>100 m. Free</td></tr> <tr><td>17 / 18</td><td>200 m. Free Relay</td></tr> <tr><td>19 / 20</td><td>400 m. IM</td></tr> </table>	<u>W/M</u>	<u>Event</u>	3 / 4	200 m. Back	5 / 6	200 m. Free	7 / 8	50 m. Fly	9 / 10	200 m. Mixed Free Relay	11 / 12	100 m. Breast	13 / 14	200 m. Fly	15 / 16	100 m. Free	17 / 18	200 m. Free Relay	19 / 20	400 m. IM	<b>Sunday: 8:00 am</b> <table border="0"> <tr><td><u>W/M</u></td><td><u>Event</u></td></tr> <tr><td>21 / 22</td><td>400 m. Free (FAST to SLOW)</td></tr> <tr><td>23 / 24</td><td>200 m. IM</td></tr> <tr><td>25 / 26</td><td>50 m. Breast</td></tr> <tr><td>27 / 28</td><td>200 m. Mixed Medley Relay</td></tr> <tr><td>29 / 30</td><td>50 m. Back</td></tr> <tr><td>31 / 32</td><td>100 m. Fly</td></tr> <tr><td>33 / 34</td><td>200 m. Breast</td></tr> <tr><td>35 / 36</td><td>100 m. Back</td></tr> <tr><td>37 / 38</td><td>200 m. Medley Relay</td></tr> <tr><td>39 / 40</td><td>50 m. Free</td></tr> </table>	<u>W/M</u>	<u>Event</u>	21 / 22	400 m. Free (FAST to SLOW)	23 / 24	200 m. IM	25 / 26	50 m. Breast	27 / 28	200 m. Mixed Medley Relay	29 / 30	50 m. Back	31 / 32	100 m. Fly	33 / 34	200 m. Breast	35 / 36	100 m. Back	37 / 38	200 m. Medley Relay	39 / 40	50 m. Free
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\*\* There will be breaks scheduled around the relays \*\*

To enter meet complete and return meet entry form provided.  
 Mail Entry Form, check payable to **St. Pete Masters** and a copy of your 2009 USMS card to:

