

Florida LMSC Newsletter

Volume: 27 Number 1

February 2010



**U.S. MASTERS
SWIMMING**
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Dear Florida LMSC Members,

A very special appreciation to *Bruce Meintjies* for another most generous contribution to the Florida LMSC. We really appreciate your support!

The following Florida LMSC Members have donated to either the USMS Foundation and/or the International Swimming Hall of Fame Foundation (ISHOF) from November through December 2009:

Jeff Adams, Joe Biondi, Georgia Blankenship, Sherri Bogue, Michelle Bracken, Marianne Bradley, Frank Brandt, Ellen Brown, Maria Buda O'Toole, Rob Butcher, Mark Calvert, Joan Campbell, Sheila Carpenter-vanDijk, Crew Chartrand, Frances Cichanski, Brud Cleaveland, John Cornell, John Cornish, Patricia Crow, Carlene Danart, Victor Danart, Jayson Davis, Bruce Day, Kyle Deery, Jacqueline Demars, James Enyart, Harold Ferris, Mark Gill, Susan Goodman, Christine Greider, Laura Hamel, Wayne Hannum, Martin Hollander, Harrison Homans, Margaret Homans, Kathryn Hood, Margit Jebe, Burwell Jones, Maureen Jones, Elsa Kaye, David Kolbas, Joel Kriger, Milan Kutanovski, Matt Lind, Kimberly Lonergan, Donald Loucks, Bruce Mann, Barbara Mc Nulty, Amy McCormack, Kevin McCormack, Doug Messineo, John Miller, Louise Moran, Daniel Mullett, Jerome Napp, Peter Nickodem, Gladys Olsen, Keith Organ, Patricia Paine, Patricia Paintner, Donald Puchalski, William Ragan, Gordon Ralph, Thomas Rawls, June Reynolds, Cathy Rohm, Gregory Rotole, Karen Saef, Dave Sanna, Elspeth Smith, Kenneth Sullivan, Anne Talbot, Mike Torsney, Gary Trimble, Patricia Tullman, Helen Vetter, Ann von Spiegelfeld, Rick Walker, William Wallace, Barbara Wear, Robert Williams, Jennifer Willis, Meegan Wilson, Samuel Young, Flavia Zappa, and Gertrud Zint.

Thank you! Your support of US Masters Swimming and the Florida LMSC is greatly appreciated.

Sincerely,

Florida LMSC Board of Directors,



LETTER FROM OUR CHAIRPERSON:

Dear Florida LMSC Members,

We hope you're planning to attend our Awards and Social Banquet in Clearwater on February 13. This Banquet highlights our swimmers and their accomplishments and recognizes our coaches and volunteers.

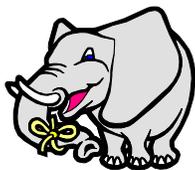
Our new website designed by Ted Bradley of St. Pete Masters is almost ready to be unveiled. Ted and I are working out the kinks and as soon as the Board approves it we will make it live and send out an email to our members. We hope you will like the new look. Ted has also designed a new logo which has been approved by USMS. Please check it out, it is awesome.

We have three LMSC meetings annually. Designated locations this year are: 1. March 20 in St Pete (coincides with SCY St Pete meet) 2. July 17 in Ocala (coincides with one day LCM meet) 3. October 16 in Orlando (coincides with SCM meet). We hope all clubs will send a representative to each meeting. It is the best way to stay informed and offer suggestions for improving the Florida LMSC.

Thank you to those members who indicated on their registration a desire to get involved with the Florida LMSC. I will be contacting each of you. Without dedicated volunteers we could not function. USMS has a set of new standards that all LMSCs must meet. In order to comply, we need our volunteers.

A special thank you to our current Board of Directors and Committee Chairs. To **Meredith Moore, Jim Stine, Victor Buehler, Marly Wilson, Sue Moucha, Jason Brauer, Tom Bliss, Joannie Campbell, Charlie Kohnken, Marianne Bradley, and Joe Biondi** for doing a great job this past year keeping the Florida LMSC running smoothly and efficiently.

Sincerely,
Meegan Wilson
Florida LMSC Chair



REMINDERS:

Florida LMSC 2010 Meetings

Our three LMSC meetings will be:

1. March 20 - St Pete
2. July 17 - Ocala
3. October 16 - Orlando

Please make sure your club is represented.

May Newsletter Submission Deadline

The deadline for submitting material for the Florida LMSC May Newsletter is April 8. To Meet Directors - space permitting we can publish meet entry forms. Please submit entries in a format other than .pdf. To Team Representatives - we reserve the right to edit material to fit space constraints. Mail to: jasbrauer@yahoo.com

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ASK THE SWIM DOCTOR:

Question: In my Masters club, I have several swimmers who are over 50 and want to work on, or learn the butterfly stroke. I realize that it is legal for Masters to use either the dolphin or breaststroke kick. How did this come to be and what suggestions to you

have for me to work with these swimmers?

Answer: Jack Sieg, University of Iowa, is given credit as the co-originator of the dolphin breaststroke (fly arms; dolphin kick), which dates back to 1935, a mere 75 years ago. This was written up in a published Journal article, in April, 1935. Most breaststrokers, from 1938-1952, were using the breaststroke kick with this overarm movement, in breaststroke events. A few around the country were using the dolphin kick. The interpretation of the rules led to confusion for the swimmers and officials. In 1952, Sieg's "ungodly stroke," became a new stroke, the butterfly, as we know it today. The orthodox breaststroke remained as a separate stroke.

Jack G. Sieg
Member of 1935 Varsity Swim Team,
University of Iowa



Body position and arm recovery in the "Dolphin" breaststroke.

The Journal of Health and Physical Education, April, 1935, Vol. VI, No. 4

Currently, in Masters competitions, butterfly is legal with either the dolphin or breaststroke kick. At Masters meets, the over 50 crowd (I will refer to this group as seniors) are more likely to use the breaststroke kick while swimming fly, as many seniors are faced with less flexible joints, and aching bodies from a variety of diseases associated with the aging process. I will address both techniques in this article.

In my 65 years of coaching, I have discovered that swimmers learn a new stroke much more quickly when they wear swim fins. When coaching seniors who are comfortable using the dolphin kick, have them kick with fins and a kickboard. As they become more proficient, work towards two kicks with the face underwater and a breath and continue with this pattern, across the pool. This will help get them into a comfortable fly rhythm.

When adding the arms, a good drill is to swim breaststroke, using the dolphin kick, with fins. The progression is two dolphins, stroke, breathe, glide. I use this technique to teach swimmers how to develop a diving butterfly. In this stroke, you dive slightly more under the water than a regular fly as the arms come forward; take two dolphin kicks; surface; stroke, breathe and dive again. This technique puts less stress on the aging body and develops the stroke rhythm. If you are lucky enough to have a talented younger flyer on your team, he/she can demonstrate.

Another drill to incorporate, is the one-arm fly, with fins. The easiest technique is to swim fly with one arm, and the other arm held in front, to stabilize the body. With more advanced swimmers, a harder drill is to have them swim fly with one arm at the side. I attended a recent clinic held by Rowdy Gaines in Orlando, FL, and he incorporated this drill in his presentation. Richard Quick was also an advocate of this technique. Although it is more difficult to perform, even by younger swimmers, it can be a challenge to try, occasionally.

In 2009, as an 85 year old, I was 1st in the Top Ten in the 50 m, 100 m and 200 m fly, using the diving butterfly and maintaining the dolphin rhythm throughout my entire body. I also have a permanent shoulder injury, and according to the guidelines for officiating swimmers with a disability, 108.1, I must keep my affected arm at my side, throughout the stroke, in order to compete in fly. I can attest to the difficulty in using this technique.

I also use the smaller PDF (positive drive fin) as a more advanced drill. These are an excellent transition from swim fins to no fins. Swimmers can use the same drills as with the swim fins.

Breaststrokers can develop a fairly easy conversion to fly. These swimmers can work on the stroke without fins. One of the problems is dropping the head as the arms recover. Have them work on a shorter breast kick, to develop the new timing and rhythm. The best timing is to use a delayed kick. In the younger age groups, it probably wouldn't be an advantage to compete with this technique, however, with many seniors, it is a matter of

survival. They can still compete and have a sense of accomplishment and purpose. Look around the pool at meets and you will see some amazing performances for these swimmers in their fly and IM events. As 80+ year olds, Robert MacDonald is still swimming a 44.34 for 50 m fly; Thomas Maine, 100 m fly, 1:45.50; 200 m fly, 3:54.51 and Frank Pieme, 50 m fly, 40.65. He still uses the dolphin kick, but can no longer maintain the technique to swim the 100 and 200 fly events.

There are still seniors around that never learned how to swim fly with a dolphin kick, in high school or college. They were breaststrokers, and still continue to use the legal breaststroke kick for their fly events in Masters. It requires less flexibility. Newcomers to competition have also learned this technique, and are able to compete in the fly and IM events. We are all aware that the dolphin kick is the fastest kick. Some seniors won't be able to use this kick, so they will have no advantage. As a coach, you shouldn't

try to change all of their kicks to dolphin. You need to discover what is the best technique, as far as flexibility and capability, for each of the swimmers you work with.

If they are interested in competing, have them be aware of what is a legal stroke. An ideal stroke probably won't be within their range, but a legal stroke, is. As long as any part of the arm is out of the water for their arm stroke, they're legal. Work on drills for the dive in, push offs and turns, so they become automatic. Many newcomers and less experienced swimmers are disqualified for one hand touches and a flutter kick off the wall and start. Keep it simple, so your seniors will experience feelings of satisfaction and accomplishment, as well as having fun with the butterfly.

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

Daytona Beach Masters Swimming:

Daytona Beach Masters Swimming has merged with Swim Volusia Masters and will swim as Daytona Beach Masters swimming for 2010. The group is coached By **Scott Bay**, **Luke Downer** and **Frank Lill** and is operating out of three sites. The move brings together all of the Adult Aquatics in the area that serve the competitive, fitness and open water/triathlon communities to provide a sound structure with professional coaches.

DBMS Swimmer **Charlie Lydecker** kicked off the Short Course season with 3 Top Ten Dixie Zone Swims. The 2009 Long Course Season continued that fast swimming and included Top Ten Dixie Zone times by **Scott Bay** (2) **Cameron Edwards** (3) **Debbie Roberts** (4) and **Terry Livingston** (9). Terry also claimed a National Championship in the 100 Breaststroke along with four other top ten National times and was also named as an All American for recording the fastest time in the 100 breast for 2009 in LCM.

The 2009 SCM season also had some fast swimming with **Alan Holt** putting up 3 Top Ten Dixie Zone times. He joins **Bill Blalock** (1), **Luke Downer** (5), **Terry Livingston** (3), **Blaire Fromm** (6), **Terra Brock** (7), **Mindy Nowviske** (6) and **Megan Hyndman** (6).

Masters swimmers **Ruth Thompson**, **Nadine Olney** and **Iris Threath-Milton** combined to swim two top ten times in the 3000 and 6000yd postal relays.

Daytona Beach Masters will also be hosting an indoor SCY meet on Feb. 6 at Daytona State College. Please see the website; http://www.daytonabeachswimming.org/MASTER_INDEX.html
Also see the Dixie Zone Calendar for information and entry.



FACT:

Hope you all had a very Merry Christmas and Happy Holiday season and are ready for a swimmingly good New Year! The fall season was unusually busy and many of our FACT members had some 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 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. 2010 is a qualifying year for the 2011 National Senior Games in Houston - watch the flasports.com website for state qualifiers. Keep informed by logging on to the floridalmsc.org regularly for results throughout the State and remember 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.

The Long Course Meters Top Ten are now out and FACT was spectacular - 18 of our relays made the list with 5 making All-American and one a new National Record! Our Top Ten individuals included (* designated All-American, **National Record and ***World Record): **Linda Visser, Kiki Steinberg, Deb Walker, Meegan Wilson (*Relay), Rae Suttie, Marianne Bradley, Martha Henderson (*Relay), Mary Tusa, **Sylvia Eisele (**Relay), Joan Campbell (**Relay), Lida Gaschke, ***Betty Lorenzi (**Relay), *Nancy Durstein (**Relay), Tom Bliss, Harold Murray, Don Puchalski, William Adams (*Relay), John Cornell (*Relay), John Corse (*Relay), Rogers Holmes (*Relay), and Robert Sigersmith (*Relay).**

The One Hour Postal Swim in January gives us an opportunity to compete as a Combined Team - hopefully we will have more than a few competing this year. **Joe Biondi** will put together relays from the various Chapters but needs the information from each of you at: jbiondi3@tampabay.rr.com.

This year the USMS Short Course Nationals are at Georgia Tech Aquatic Center May 20-23 in Atlanta, just a few hours away for many of us. We will compete as a Regional Team and may be able to at last equal our Savannah results in 2004, which was a 3rd place. If you wish to compete for the Florida Aquatic Combined Team please remember that you cannot compete for another USMS team within a 60-day window. This does not mean that you cannot compete as a Chapter. Also, you may enter three events for which you have not made the qualifying times and any number of relays, so it's a chance for many of you to experience a National competition and join with us as a team to compete against other large and competitive teams throughout the country. We will have a hospitality suite and make an effort to bring our Chapters together and meet socially. Any questions please contact me at jcambp10@tampabay.rr.com. We're looking forward to a busy season.

The Original Sarasota Master:

(a Chapter of FACT)

Our team members celebrated the Holidays with a pizza party at Shaners restaurant on Dec 27. Joining us was Deb Walker's sister, **Dot Munger**, a fellow Masters swimmer from Pennsylvania.



In the News

The November-December 2009 issue of USMS Swimmer included a spirited article describing how **Deb Walker** turned a long, depressing swim cycle into a slump-busting comeback that a lot of us can relate to.



Meets

Some of our swimmers swam in both the Sarasota and St. Pete **Bridge the Bay** meets. Not even a blow-out in one of Deb's tires on the way to St. Pete kept her from swimming the 100 breast in near record-breaking time. (Her time was #2 Nationally.)



Susan Francy, Lucey Malone and Helen Vetter endured a rain-soaking day to compete in the State Senior Games at the Florida Gulf Coast University in Lee County on December 5. Eager to return to competition, Helen swam the 50 back and 100 fly just seven weeks after hip surgery.

We have tentatively scheduled a **One Hour Postal Swim** for January 30th from 8 till 11am at Arlington Aquatic center.

Palm for USMS HQ



Team members delivered a potted Chinese Fan Palm as a Christmas gift to the USMS office here in Sarasota, with a tile attached that welcomed them to Sarasota. The office had a Christmas tree decorated with swim medals hanging from their ribbons, goggles, swim caps from various teams across the country and other swim paraphernalia. How appropriate for our National office. The potted palm will welcome swimmers as they enter the front entrance to the HQ.

Wedding Bells

Jim Donnelly, took the plunge and married his college sweetheart from 40 years ago, **Lynette King**, in a lovely wedding in

Sarasota on December 20. Lynette, a non-swimmer from Michigan, promises to change that non-swimmer status as soon as the weather gets a bit warmer.



2009 Accomplishments

Over the summer, Coach **Peter Hegwein** has added additional practice sessions in order to appeal to a broader range of potential participants. To that end, we have added over 20 new participants, and are now the second largest chapter swimming under the FACT (Florida Aquatic Combined Team) banner! Way to go!

In October, we received an inoculation of youth, with ten New College Swimmers joining our ranks! The energy and enthusiasm they bring to the pool is infectious (I'm taking Nyquil...) and three of them have joined USMS!! We are hopeful that New College will let them participate through Spring into Summer.

Recently, USMS finalized their top 10 lists for the long course season, as did the Dixie Zone. Here are the results for The Sarasota Masters swimmers:

Dixie Zone/National

Women:

35-39

50 Free: #2 Kiki Steinberg

50 Back: #1 /#8 Kiki

200 Back: #1 /#4 Kiki

45-49

100 Free: #7 Cindy Hegwein

100 Breast: #6 Gillian Whatmore

50 Back: #3 Cindy

55-59

50 Free: #2 Deb Walker

100 Free: #2 Deb

200 Free: #2 /#9 Deb

400 Free: #2 /#7 Deb

50 Back: #3

100 Back: #2

200 Back: #2 /#7

50 Breast: #1 /#4

100 Breast: #1 /#2

200 Breast #1 /#3

65-69

50 Free: #10 Ellie Trevison

400 Free: #5 Ellie

50 Back: #9 Helen Vetter

200 Back: #6 Helen

100 Fly: #2 Helen

70-74

50 Free: #7 Barb Wear

100 Free: #7 Barb

200 Free: #8 Barb

50 Breast: #9 Barb

100 Breast: #5 Barb

Men

45-49

50 Breast: #7 Peter Hegwein (!)

60-64

50 Free: #6 Jim Donnelly

50 Back: #7 Jim

100 Back: #4 Jim

50 Breast: #2 Jim

100 Breast: #4 Jim

200 IM: #4 Jim

65-69

200 Free: #6 Rick Trevison

400 Free: #4 Rick

75-79

100 Back: #5 Bob Coulter

Relays

200 Mixed Medley, 200-239

#4, with Deb and Cindy

400 Medley, Women 200-239

#5, with Cindy

800 Mixed Free Relay, 240-279

#1 /#4 with Jim and Deb

200 Mixed Medley, 240-279

#5, with Deb



SARASOTA SHARKS:

The Sarasota YMCA Sharks Masters team is in the process of concluding a very successful 2009. We will kick-start 2010 with our informal, yet growing annual swim across *Big Pass* on New Years Day. We look forward to our biggest year ever in terms of meet participation and event hosting in 2010.

On January 23/24 we will host our first SCY meet at the Shark Tank. June will bring the **Bumpy Jones International Classic**, with an added 800 Free on Friday evening. This meet has been designated as the LCM Dixie Zone Championship for the year 2010. In the Fall, we have our annual open water event, the **Tropical Splash 1K/3K/5K** at Siesta Key Beach, which has also been designated the Open Water Dixie Zone Championship event for 2010. And we received exciting news that Tropical Splash will be a part of U.S. Masters Swimming's new premier race series, the H2Open Series, along with several other races around the country. The **Bridge the Bay SCM** meet will be in November and conclude our season.

Sharks Masters will be traveling a lot in 2010. First for YMCA Nationals in Ft. Lauderdale, in April; on to USMS Spring Nationals in Atlanta, in May; and finally-- the trip most are looking forward to-- joining our friends in Puerto Rico for USMS Summer Nationals in August. 2010 will be a great year to be a Shark!



SPM:

With a beautiful red sunrise starting the day, St. Pete Masters showed up in force (34 swimmers) for the St. Pete Masters version of the Bridge the Bay Short Course Meters Meets on Sunday, November 22nd. Leading our team with an outstanding world record performance in the 200 Fly was **Bill Specht**. Swimming in the 50-54 age-group he broke his own record in the fly with a time of 2:12.54. Congratulations, Bill!

After breaking her leg just before our Spring Meet, **Elaine Bromwich** (65-69) decided to come back for the Bridge the Bay Meet and do her best - which is exactly what she did! Elaine swam 10 events and won every one of them! Brian Vaile (45-49) recently re-joined the team and won six events and earned high point in his age group!

In the 18-24 age group, **Sarah Swoch** won seven events to capture the 1st place finish. In 2nd place was **Sally Decker** and in third was **Sarah Levine**. In the 30-34 age group, **Adrienne Forkois** finished 1st. **Paula Texel** swam only one of the days and placed 3rd in the 35-39 age group. **Flavia Zappa** won the 40-44 age group. **JoAnn Harrelson** won the 50-54 age group, and **Barbara McNulty** was 3rd in that age group. **Peggy Coulthard** recently joined our team and won 3 events in the 85-89 age group. She also swam on a first place relay with her daughter **Elaine Bromwich**, **Judy Humbarger**, and **Sandy Steer**.

On the men's side, **Timothy Beck** scored the most points in the 24 & Under group. **Bob Aldrich** tied for 1st in the 60-64 age group. **Bob Beach** won the 75-79 title. Our other men did very well: 25-29 - **Shannon O'Brien** (2nd); 35-39 - **Eric Herman** (3rd); 40-44 **Joshua Smith** (2nd) and **Jeff Johnson** (5th); 45-49 **Ken Gersbach** (2nd) and **Keith Runyan** (7th); 50-54 - **Bill Specht** - (2nd) and **Steve Freeman** (4th); 55-59 - **Kern Davis** (3rd), **Fred Lewis** (9th), and **James Davis** (11th); 60-64 - **Pat Marzulli** (tied for 3rd); 65-69 - **Peter Betzer** - 5th and **Theunis Van der Veen** - 9th; 75-79 - **Mike Torsney** - 5th; 80-84 - **Ralph Coxhead** (5th).

As always, many thanks to our volunteers! Without your help, these meets cannot take place, so your help is most appreciated. Helping out from St. Pete Masters were: **David Abbey**, **Sandy Steer**, **Peggy Coulthard**, **Bruce Day**, **Joe Baker**, **Jessie Bardin**, **Katy Kline**, **Alegra Reich**, **Christine Kirchner**, **Karen Chase**, **Kristin Keenan**, **Pam Geiger**, **Steve Freeman**, **Bob Adrich** and **Tom Smith**. Our regular officials were on duty as always and their time and effort is appreciated: **Dan Nardozi**, **Kevin Mooren**, **Kim Stoddard** and **Joanne Gauzens**. As always, Coach **Patty Nardozi** ran a successful meet while taking splits and mixing up the relays. Thank you, Coach Patty, for all you do!

SPM has also had excellent participation in the recent postal swims, beginning in September with the 3000 yard and 6000 yard postal events. SPM had 34 individuals and 19 relays for the 3000 yard event, and 12

individuals making up 5 relays for the 6000 yard event. In the 3000, Jessica Knapp placed first in the 30-34 age group, as did Sean Easterly in the 18-24 age group. SPM 3000 yard participants included **Sarah Swoch, Sally Decker, Alegra Reich, Adrienne Forkois, Paula Texel, Flavia Zappa, Laura Kaleel, Chris Swanson, Sharon Steinmann, Patty Nardozi, Pam Geiger, Barbara Prescott, Storm Eddy, Elaine Bromwich, Sandy Steer, Ted Bradley, Keith Nelson, Ron Collins, Robert Rullman, John Woodruff, Kern Davis, Dan Newhaller, Tim Kennedy, Steve Freeman, Keith Hawthorne, Thomas Andrews, Fred Lewis, Jim Davis, Pat Marzulli, Bob Aldrich, Peter Betzer** and **Bob Beach**. In the 6000 event, 12 swimmers participated, including first place finishes by **Sarah Swoch, Jessica Knapp, Elaine Bromwich,** and **Kay Knight Perry. Regina Macolino** and **Sandy Steer** turned in second place finishes in their age groups. **Flavia Zappa, Keith Nelson, Kern Davis, Tim Kennedy, Pat Marzulli,** and **Bob Beach** also tackled the 6000. Way to go SPM!

Following the yard postal, many team members excelled in the 5K and 10K postal. SPM was 4th place overall in the combined 5K event, and 2nd place overall in both the men's and women's 10K and 2nd in the combined 10K event.

5K - **Regina Macolino, Dawn Clark, Laura Kaleel, Sharon Steinmann, JoAnn Harrelson, Pam Geiger, Sandy Steer, Ron Collins, Kern Davis** (50-54 placed 2nd), **Tim Kennedy,** and **Bob Beach** (75-79 placed 2nd).

5K Relays - 18+ **Macolino, Zappa, Steer** 5th; 35+ **Clark, Kaleel, Steinmann** 5th, 45+ **Swanson, Harrelson, Geiger** 4th; 45+ **Collins, Kennedy, Davis** 3rd; 45+ **Kaleel, Collins, Steinmann, Davis** 3rd; 45+ **Kennedy, Harrelson, Geiger, Beach** 5th.

10K - **Sarah Levine** (18-24 placed 1st), **Sarah Swoch** (18-24 placed 2nd), **Jessica Knapp** (30-34 placed 1st and swam a New National Record of 2:15.56.36!), **Flavia Zappa, Dawn Clark, Keith Nelson, Tim Kennedy** (50-54 placed 2nd), **Pat Marzulli, Konrad Euler** (70-74 placed 1st), **Bob Beach** (75-59 placed 2nd).

10K Relays - 18+ **Swoch, Levine, Knapp** 1st (New National Record!); 45+ **Kennedy, Marzulli, Euler** 4th; 18+ **Levine, Knapp, Kennedy, Marzulli** 1st (New National Record!); 18+ **Swoch, Clark, Euler, Beach** 2nd.

The many successes of 2009 will be celebrated at our annual awards banquet in February. We will start 2010 back in competitive action participating in everyone's favorite event, the Hour Swim! Don't forget to mark you calendars for SPM's 40th Anniversary SCY Championship Meet March 19-21!



SUN MASTERS:

A great big thank you to **John Cornish** for hosting our Wonderful Merry SUN Christmas party this year at his lovely home. A great fun time was had by all, and the pot-luck buffet was fabulously tasty, enhanced by the incredible smoked Christmas ham from the farm of LMSC secretary **Victor Buehler**.

MMMM good.

2010 VALENTINE MEET - February 13 & 14, 2010. Once again we will be entertaining all of our fellow swim teams at our annual Valentine meet held at the Long Center in Clearwater over Valentine's weekend. The LMSC Social and Awards Banquet again will be after the meet on Saturday the 13th. All of the info is posted with the swim meet information and forms on the LMSC website. Come and enjoy the competition, the free food and drink for the swimmers and the Social.

10TH ANNUAL NEW YEAR'S DAY BENEFIT SWIM - At the Long Center at 1501 N. Belcher Road, between 1:00-3:00PM. Our SUN members come and swim 2010 inches, feet, yards, meters or whatever distance they wish. Their generous donations to swim go to the Pinellas County Special Olympics. For celebration, the team provides complimentary drinks and hors d'oeuvres before our dinner, while everyone enjoys the New Year's games on the TV screens!

ROWDY GAINES SWIM CLASSIC in October in Orlando - **Florence Delaney** placed 2nd in the 50 Fly, 100 free and 100 IM. **Don Puchalski** placed first in the 100 Breast and 400 IM, and 2nd in the 100 IM. **Joan Campbell** placed 1st in the 50 Fly, 200 Fly, 200 Back and 400 IM, 2nd in the 100 IM.

CLERMONT HALF-IRON MAN. **Bruce Mann** did his 1st half iron man. He came in at 5:53.31 for a 3rd place in his age group (50-54) and was 41st overall. He was 11th out of the water.....see, all that time that Coach Joe has put you through those really tough workouts in the pool paid off!!

SARASOTA SPRINT TRIATHLON - **John Cornish** took got 1st Place in the Male 40+ Clydesdales division. In the GREAT FLORIDIAN SUPER SPRINT TRIATHLON in Clermont, John also got 1st place in the Male 40+ Clydesdale division, **Cheryl Forgang** (45-49) placed #4 and **Gene Wong** (35-39) placed 5th. Great going for our triathlete swimming teammates.

BRIDGE-THE-BAY SWIM. In November, **Marianne Bradley, Don Puchalski** and **Nancy Durstein** competed in the Bridge-the-Bay meet in Sarasota/St. Petersburg. Don (70-74) and Nancy (80-84) both came in first overall in their age group, and Marianne (65-69) came in 3rd overall. Marianne had firsts in the 50 Fly and 100 IM. Don had firsts in the 100 back, 200 back, 200 IM and 400 IM, and Nancy had firsts in the 50 Free, 50 Back, 100 Back, 200 Back, 100 Fly and 200 Fly.

3000 YARD POSTAL. Also in November, 13 of our team members participated in the 3000 Yard postal event. **Don Puchalski** (70-74) placed 1st in the country in his age group, **Nancy Durstein** (75-79) placed 2nd, **Marianne Bradley** (65-69) placed 5th. New participants this year were **Nicole Dufala, Kristin Zadrozny, Mike McCarthy, Tony Thomas** and **Frank Brandt**, and past participants were **Florence Delaney, Maria Buda O'Toole, Dan Mullett, Bruce Mann,** and **John Marzulli**. Congrats to all on your new & improved times!

FLORIDA STATE SENIOR GAMES CHAMPIONSHIPS in Ft. Myers at Gulf Coast University, Dec. 5 & 6. This year, five SUN Masters made the weekend trek to Ft. Myers for these games. **Nancy Durstein** broke four state senior games records in the 80-84 age group, in the 50 butterfly (1:02.66), 100 Fly (2:32.58), 100 IM (2:04.02) and 200 IM (4:41.91) She also took first in the 200 backstroke and 500 freestyle. **Don Puchalski** broke the state record in the 200 IM in the men's 70-74 age group with a 2:56.59, and also won the 100 backstroke. **Paul Polgar** captured four gold's in the men's 60-64 age group in the 50 back (35.10), 50 freestyle (26.89), 50 butterfly (30.31) and a personal best in the 100 Free (59.69). **Marianne Bradley** (65-69) took firsts in the 50 Back (49.88), 500 Free (8:55.19) and the 200 IM (4:05.07). **Florence Delaney** (65-69) placed 2nd in the 200 Free, and 50 Fly, and 3rd in the 500 free.

TOP TEN IN USMS for 2009. **Nancy Durstein** (75-79 and 80-84) had 26 top ten finishes this year in SCY and LCM, with a #1 in the 200 Fly in Long Course. **Joan Campbell** (75-79) followed closely with 20 top ten finishes, with a high of #3 in the LCM 200 Fly. **Betty Lorenzi** (80-84) had 18 top ten finishes with #1 in all back stroke events and the 1500 and 1650. **Don Puchalski** had 14 placements with a #2 in the 200 IM in SCY. **Marianne Bradley** finished 10th in the 400 IM in LCM. <<<<<<<<<<Way to go group!!!!



Tampa Bay Aquatic Masters:
www.tampaswim.com

Our hard core cold weather swimmers continue to churn the pool waters of Cyrus Greene. Welcome to our newest members **Beth Pease** and **Dean Edwards**. Although it seems this winter has been unusually cold the Cyrus Greene Pool has been toasty warm and the showers plenty hot. Coach **Gary Goodner** has a



way of making us forget the winter chill as he continues to design challenging sets, never the same from practice to practice. Coach Gary is also a USA swim coach and sometimes we think we are young kids again. We continue to welcome all to our team. Our youngest swimmer is 23 years old and our oldest 62 years old. We welcome swimmers of all ages so don't hesitate to visit our web site at www.tampaswim.com for more information on our team.

We had 3 TBAM members recently achieve high point status at local meets. Congratulations to **Valerie Mussler** for winning high point for the women's 18-24 age group at the Rowdy Gaines Classic. Valerie also had a stellar performance at the

Bridge the Bay Swim Meet. **Melissa Keiler Agee** won high point for the women's 25-29 age group and **Merit Greaves** won high point for the women's 45-49 age group at the Bridge the Bay Swim Meet. Way to go ladies!

We had 5 TBAM members participate in the Suncoast Triathlon on October 24. Great job **Joe Docobo**, **Allen von Spiegelfeld**, **Merit Greaves**, **Debbie Debaun** and **Joe Noel**. Everyone smoked the swim as usual and looked fresh throughout the race. Merit took first place in the women's over 40 Athena division.

TBAM upcoming events include the Clearwater Valentine Swim Meet, The Clermont Olympic Distance Triathlon season opener and of course St. Anthony's Triathlon. We hope the swim is not canceled at St. Anthony's this year!

We look forward for the return of our spring team mates. Also, congratulations to **Kira Kuhn** and her husband in the recent arrival of sweet baby Willow. We hope to see you back at the pool soon Kira!

Tampa Metro Masters
Website: <http://tampametromasters.org/>



**Aaron Peirsol's
Race for the
Oceans**



TMM competitors stand with **Aaron Peirsol** for a photo after Aaron presented the swimmers with their medals. In the photo, from left to right: **Karen Becker**, **Sheila Carpenter-van Dijk**, **Aaron**, **Karen Ness**, **Valerie Devanney** and **Luce Bassetti**.

Swimming the 5k race, Karen Becker finished 2nd and Karen Ness finished 3rd in the 40-44 age group; Valerie Devanney finished 1st in the 19-24 age group; Luce Bassetti finished 3rd in the 25-29 age group. Sheila swam the 1k race, finishing 1st in the 60-64 age group.

This is the second year for the Race for the Oceans in Ft. Meyers. Karen Ness, Luce, and Sheila also swam in the inaugural event.

Rowdy Gaines SCM Meet Orlando October 18, 2009

Matt Hart (25-29) and **Tom Peterson** (60-64) as the only two TMM swimmers had good meets and placed our team 13th! Nice going, guys.

Matt set some team records at the meet; well, Matt set team records in everything he swam: 50 Back; 100 Back; 200 Back; 50 Breast; 50 Fly; 100 Fly; 100 IM; and 400 IM! Tom also set a team record in the 200 Free.

Bridge the Bay SCM Meet - Day One Sarasota

We all had our game faces on as 17 New Team Records were set on a chilly November day in Sarasota by swimmers: **Kelly Spivey, Sheila Carpenter-van Dijk, Matt Hart, Mark Calvert, Tim Carroll and Tom Peterson.**



Game faces: Kelly, Sheila, Mark, Tim and Tom...Game ON!

New Team Records from the Bridge the Bay meet include:

Kelly: 50 free, 50 breast, 200 IM
Sheila: 50 free, 200 free, 100 back
Matt: 200 breast, 100 IM
Mark: 50 free, 200 free
Tim: 200 free, 400 free, 200 breast
Tom: 50 free, 200 free, 400 free, 50 breast

It was a day for Kelly to finish the last three events in her 2009 checkoff challenge. She has now completed every event for 2009.

It was a day for Tim to swim races he doesn't usually enter, for Mark to be ready for a fast 400 free and forget to check in and for Tom to swim a 400 as a 450. Tom says he decided to just tack on the warm down in the competition pool. □



Kelly has completed her check off challenge for 2009.

Bridge the Bay SCM Meet - Day Two St Pete



Sheila's first ever, FIRST High Points award!

More team records were set on this, the second day of the Bridge the Bay Meet.

Matt Hart and Sheila Carpenter-van Dijk won High Points awards. It was Sheila's first, ever FIRST High Points award.

Jeanne Wills swam for the first time in a while, swimming her breaststroke heat like it was a Sunday stroll until she heard the team cheering her on. Then she definitely picked it up. Way to go Jeanne!

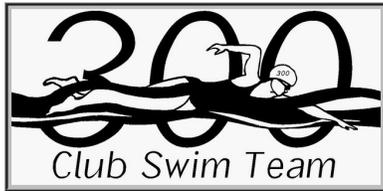
New members

Everyone is welcome at TMM; we are a Masters competitive team, but attendance at swim meets is not mandatory. Our Coach will work with you, whatever your goals are.



Matt Hart (25-29) and Mark Calvert (50-54) go head-to-head in their heat of 50-fly.

Check our website for practice times: www.tampametromasters.org and come swim with us, for fun, for fitness, for competition, for a while or for a lifetime.



300 Club Masters

and a Chapter of FACT

It is with regret that we inform you that after 33 years of Masters swimming at the 300 Club in Gainesville, Florida, we have had to disband due to rental rate increases and contractual changes that we could not abide. Our members have dispersed and hopefully will find a new pool to continue their fitness endeavors. The 300 Club Masters is still a USMS Club and some of us are still a chapter of FACT, at least for this year. We will see where the wind blows us for 2011. The 300 Club in Gainesville is a private Swim and Tennis Club that is run by a Board of Directors. As the Board changes, priorities change as well and we were no longer a priority for the Club. We thank the 300 Club for 33 years.

Lap swimmers, try an interval workout

by Wayne McCauley

If you are a lap swimmer churning up the yards, we have a great booster for your regular swimming agenda: interval training. Interval training will maximize your time in the water and help you to achieve new heights in your swimming abilities with increased conditioning and better form.

In a busy adult world time is essential. Use it all to the fullest.

INTERVAL PACING

Interval training is an integral tool for all modern sports training. It teaches you how to pace yourself during each workout both cardiovascularly and technically. It will also enable you to stay motivated. Most people have a self-defeating tendency to start each workout as fast as they can go. Remember, start off slowly and build.

What is an interval? It is a time which you can complete the swim and get some rest. It means you will consistently keep to a scheduled departure (every 50 sec., every 1:00 min. or every 3:00 min.) for a given distance. As you get in shape, learn to pace and improve on technique, your rest on the same interval (time schedule) for the same distance will be greater because you will be traveling faster. When you get more time than what we suggest below, challenge yourself by dropping your interval.

Interval training is integral to any self-coaching regimen. You will see immediate as well as long-term progress. We suggest writing down your swim times and your interval times after each workout so as to chart your progress. Pacing will also improve your stroke; it will become smoother, more stretched out and more relaxed.

U.S. Masters Swimming Statement on

Swimsuits:

Emergency Rule Change

January 20, 2010

EMERGENCY RULE CHANGE

Due to the change in Masters swimwear rules published by FINA January 16, 2010, and pursuant to Article 601.4.8, the USMS Rules Committee and the USMS Executive Committee have approved the following emergency changes to the USMS swimwear rules. These changes are effective immediately for short course meters and long course meters competition. The changes are effective June 1, 2010 for short course yards competition. Note that the new swimwear rules no longer allow modesty/privacy wear underneath the competition suit nor zippers or fasteners of any kind except for a waist tie on a brief or jammer. The new swimwear rules will not govern the One Hour Swim being conducted January 2010.

Changes to the swimwear rules are underlined below.

102.14 SWIMWEAR

102.14.1 Design-The swimsuits worn for competition shall be nontransparent and conform to the current concept of the appropriate. The referee shall have authority to bar offenders from competition until they comply with this rule.

102.14.2 Swimwear shall include only a swimsuit, cap and goggles (a nose clip and ear plugs are allowed). Arm bands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.

102.14.3 In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. Except for open water competitions, for men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knees.

102.14.4 Only swimsuits complying with FINA swimsuit specifications may be worn in any U.S. Masters Swimming sanctioned or recognized competition.

102.14.5 Exemptions to the foregoing restrictions may be granted to a swimmer, on a case by case basis, by the Chair of the Rules Committee or designee. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs or verified medical conditions.

A Procedures for applying for an exemption will be established by the Rules Committee and posted on the U.S. Masters Swimming website.

B No exemption to these restrictions will be granted for a swimsuit that will give the swimmer a competitive advantage.

C The decision of the Rules Chair may be appealed only to the entire Rules Committee whose decision shall be final and binding on all parties.

102.14.6 Swimmers are not permitted to wear or use any device or substance or swimsuit to help their speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Any kind of tape on the body is not permitted unless approved by the Referee.

102.14.7 Advertising-Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule.

For any questions contact:
Kathy Casey, Chair
USMS Rules Committee
rules@usms.org

You may also view the Emergency Rule Change at usms.org.

St. Pete Masters 40th Anniversary SCY Championship Meet

ENTRY FORM

March 19-21, 2010– Hosted by St. Pete Masters

Sanctioned by Florida LMSC for USMS Inc. – Sanction # 140-012

Last Name (as on 2010 USMS card): _____ First _____ MI _____
 2010 USMS number _____ - _____ Gender (circle) Male Female
 Date of Birth (mm/dd/yy): _____ Age on last day of meet (3/21): _____
 Club Name: _____ Club abbreviation: _____
 Street Address: _____ City _____ State _____ ZIP _____
 E-Mail Address (neatly): _____ Phone: _____ - _____ - _____

Meet Entry Times

(Swimmers may enter no more than 5 individual events per day of meet)

Event #	Friday, March 19th	Entry Time	Event #	Event	Entry Time
1/2	1650 yd Free **				
	Saturday, March 20th			Sunday, March 21st	
3/4	200 yd Back		23/24	100 yd Back	
5/6	100 yd IM		25/26	50 yd Breast	
7/8	200 yd Free		27/28	100 yd Fly	
9/10	200 yd Mixed Medley Relay	*****	29/30	200 yd Mixed Free Relay	*****
11/12	50 yd Back		31/32	200 yd Breast	
13/14	100 yd Breast		33/34	100 yd Free	
15/16	200 yd Fly		35/36	200 yd IM	
17/18	50 yd Free		37/38	50 yd Fly	
19/20	200 yd Medley Relay	*****	39/40	200 yd Free Relay	*****
21/22	400 yd IM		41/42	500 yd Free	

** Event seeded FASTEST to SLOWEST, the 1650 Free will combined Women and Men by time

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FEEs: Meet Surcharge = \$15.00  
 # of Events \_\_\_\_\_ @ \$2.50 = \_\_\_\_\_  
 Late Fee, if applicable @ \$10.00 = \_\_\_\_\_  
 Social #attending \_\_\_\_\_ @ \$15.00 each = \_\_\_\_\_  
 \*\*\* Circle sizes of shirts ordered  
 T-shirt size S M L XL @15.00 = \_\_\_\_\_  
 TOTAL ENCLOSED = \_\_\_\_\_

ATTACH A COPY OF YOUR CURRENT  
USMS CARD HERE

### MAKE CHECK PAYABLE TO: ST PETE MASTERS

Mail entry to: SPM c/o Patty Nardozi ~ 6346 – 27<sup>th</sup> Ave. North ~ St. Petersburg, FL 33710

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

Signature of Participant: _____ Date: _____

2010 Dixie Zones SCY Championships

March 26-28, 2010

YMCA Aquatic Center, Orlando FL
Sanctioned by Florida LMSC for USMS Inc.

Location: YMCA Aquatic Center, 8422 International Drive, Orlando FL 32819

Facility: Competition will be held in an 8-lane, 25 yard pool. Warm down space is available in the adjacent second 25 yard pool. Colorado 6 timing system will be used with an 8-lane scoreboard to display results. Hy-tek Meet Manager Software will be used for the meet.

Meet Conduct: Current USMS rules will govern the conduct of the meet.

Eligibility: All competitors must hold current USMS registrations or valid travel permits or equivalents; or have other acceptable proof of current Masters swimming registration, and must be 18 years of age or over.

Age Groups: Individual Events: 18-24, 25-29, 30-34, 35-39, etc. in 5-year increments.
Relay Events: 18+, 25+, 35+, 45+, etc. RELAYS ARE DECK ENTERED.

Entry Fees: A \$25 registration fee and \$2.50 per event entered. Cost per relay is \$5. **Make checks payable to YMCA Aquatic Center.** Deadline for entries is noon on Monday March 22nd.

Entry Limit: A maximum of 5 individual events may be swum each day.

Seeding: Swimmers will be seeded on the basis of submitted times regardless of age. Men and Women may be seeded together. Entrants submitting "no time" may be placed in the slowest heat for that event. Heats will be swum from slow to fast **except for the 500 Free, 1650 Free & 400 IM which will be swum fast to slow.**

Awards: Individual and relay awards will be given for first through third place by gender and age group. Medals for 1st, 2nd and 3rd places. High point awards by gender and age group.

Deck Entries: Deck entries are allowed for this meet. \$10 per event.

Meet Director: Steve Corrie. 407-363-1911

Meet Social Event: TBA

Hotels

Special rates are available at the following Hotels:

Radisson (<i>directly behind Aquatic Center</i>)	407-345-0505
Quality Inn ½ mile down street	407-996-1600
Rosen Center 1 mile down street	407-996-9840

