

Florida LMSC Newsletter

Volume: 27 Number 2

May 2010

Florida LMSC Social & Awards Banquet - Feb. 13, 2010

by Marianne Bradley



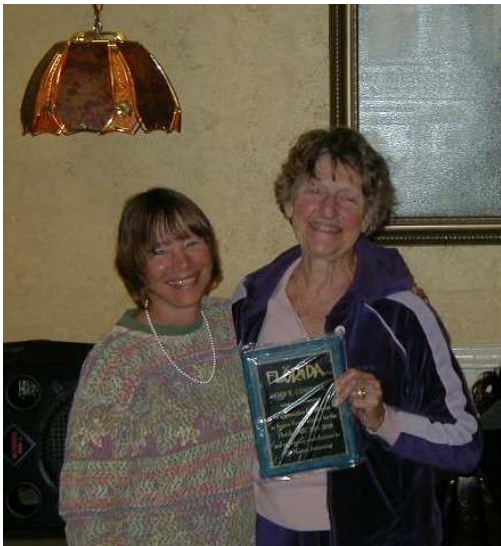
Sue Moucha awards Elliott Schofield the Overcoming Adversity Award.

Our 9th Annual Florida LMSC Social & Awards Banquet was held at the Sunset Grill in Clearwater on February 13, 2010 after the first days events of the SUN Valentine meet. The Florida LMSC subsidizes this event. The cost was only \$10 per adult and \$5 per child 12 and under. There were many items to choose from the menu.

Sixty seven people attended the banquet including U.S. Masters Swimming Executive Director Rob Butcher and Jim & Anna Lea Matysek, USMS Webmaster and USMS Membership Coordinator, respectively. The Florida LMSC honored it's Top Ten all round swimmers in both pool and long distance events and its volunteers.

Elliott Schofield received the Florida LMSC Sue Moucha Overcoming Adversity Award, named in Sue's honor.

Joan Campbell received a Florida LMSC Service Award for 10 years as the Florida LMSC Senior Games Liaison, contributions to USMS and her local club SUN Masters.



Joan Campbell receives a Florida LMSC Service Award from Florida LMSC Chair Meegan Wilson.

Our second annual Coaches Award went to **Paul Hutinger**. Paul is a dedicated coach and mentor who has contributed many articles to the Florida LMSC Newsletter under his *Ask the Swim Doctor* column.



Paul Hutinger received the Florida LMSC Coaches Award from Meegan.

Special thanks to Tom Bliss, Missy Bliss, Marianne Bradley, Joannie Campbell, Sue Moucha, Don Puchalski, Marly Wilson, and Meegan Wilson for making this event happen.

See page two for our Top Ten swimmers, male and female, in both open water and pool events as well as those who accomplished the Leather Lung fitness challenge.

Congratulations to Our Top Ten and Leather Lung Swimmers of 2009

Top Ten Pool Swimmers - Our first place female pool swimmer was Betty S Lorenzi, FACT. Second - tenth place Pool swimmers were: Jean D Troy, FMM, Nancy N Durstein, FACT, Margit H Jebe, SWIM, Patricia A Tullman, FMM, Joan K Campbell, FACT, Linda Visser, FACT, Patricia M Bond, FMM, Sylvia Eisele, FACT, Deb W Walker, FACT.

Our first place male pool swimmer was William L Specht, SPM. Second - tenth place pool swimmers were: Burwell Jones, SYSM, Keith M Switzer, BLU, Robert C MacDonald, FMM, Mark A Drennen, SYSM, Paul Huting, FMM, Robert M Williams, FMM, Casey Claflin, TMM, Donald J Puchalski, FACT, and Rowdy Gaines, BLU.

Open Water/Long Distance Top Ten Swimmers - Our first place female swimmer was Jessica Knapp, SPM. Second - tenth place swimmers were: Patricia Bond, FMM, Sarah Swoch, SPM, Elaine Bromwich, SPM, Sharon Steinmann, SPM, Sandy Steer, SPM, Regina Macolino, SPM, Nancy Durstein, FACT, Sarah Levine, SPM, and Ruth Hoskinson, FMM.

Our first place male swimmer was Robert Beach, SPM. Second - tenth place swimmers were: Timothy Kennedy, SPM, Kern Davis, SPM, Pat Marzulli, SPM, Ted Bradley, SPM, D Scott Wells, EAJM, Sean Esterly, SPM, Konrad Euler, SPM, Charles Weatherbee, FMM, and Keith Nelson, SPM

Leather Lung award winners were: Timothy Kennedy, (SPM) LD, Robert Beach, (SPM) LD, Flavia Zappa, (SPM) LD, Linda Visser - (FACT) SCY, Joan Campbell - (FACT) LCM, and Charlie Weatherbee - (FMM) LCM.



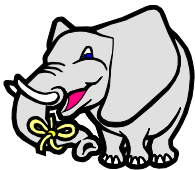
Dear Florida LMSC Members,

The following Florida LMSC Members have donated to either the USMS Foundation and/or the International Swimming Hall of Fame Foundation (ISHOF) from January through March 2010:

Walter Abstein, William Adams, Robert Aldrich, Ned Allen, Beatrice Bohm, Kathy Bryant, Sabrina Campbell, Owen Christie, Brian Cornish, Erin Crabtree, James Davis, Jesse Devine, Nicolas Dionisi, Ken Eckelkamp, N Joseph Farris, Michael Flick, Matthew Forbes, David Frazer, Andrew Gottesman, Barton Greenberg, Susan Halfacre, David Halpern, Sandra Hartmann, Rogers Holmes, Carol-Ann Hudson, Rick Kinard, Miranda Lessie, Robert MacDonald, David Marshall, John Marzulli, Robert Mraovich, John Muller, Robert Nagle, Davenia Navaroli, Keith Nelson, Dianne Ohlandt, Victor Sirbu, Mindy Solomon, Scott Stier, Keith Switzer, Allison Tolpa, Kevin Walters, W Matt Atkins, Wilson Wheeler, Tom Whiteleather, Glenn Woodsum, and Bruce Young,

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

Sincerely,
Florida LMSC Board of Directors,



REMINDERS:

Florida LMSC 2010 Meetings

Our next LMSC meeting will be in Ocala on July 17. Our annual meeting will be held October 16 in Orlando. Please Mark your calendars and make sure your club is represented

August Newsletter Submission Deadline

The deadline for submitting material for the Florida LMSC August Newsletter is July 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

LETTER FROM OUR CHAIRPERSON:



Dear Florida LMSC Members,

Our Awards and Social Banquet in Clearwater on February 13 was very well attended. Please see cover page of this newsletter.

Our new website designed by Ted Bradley of St. Pete Masters is now up and running. We hope you like our new look. We are fine tuning it, so if you have any problems or suggestions please let me know.

(meegan@floridalmsc.org)

At our LMSC meeting on March 20 in St Pete the following business was conducted:

1. The Bylaws change passed. ARTICLE 7, GENERAL PROVISIONS, 7.02 Payment of Moneys: All checks, notes, drafts, orders for payment of money or other evidence of indebtedness issued in the name of the corporation and all such instruments shall be signed by two authorized signatures **if payments are \$250 or more**. Four authorized signatures should be on file at the bank. The authorized signatures shall be of the Chairman, Secretary, Treasurer and Registrar.

2. Four committees were formed:

A. Technical & Planning Committee - Scott Bay, Chair, Fernette Ramnath and Sue Moucha. Task: To better determine when meets are held. Older, grandfathered in meets, have priorities as far as dates.

B. Financial Planning Committee - Margie Hutinger, Chair, Bill Brenner, and Jim Stine. Task: To come up with a list of ideas to spend Florida LMSC monies.

C. Nomination Committee: Fernette Ramnath, Chair and Joan Campbell. Task: To notify the Florida LMSC membership of the upcoming election of officers in October, advertise for candidates, and oversee the election process. Please see announcement in this newsletter.

D. MSA to pay for expenses for four coaches to SwimFest using Convention guidelines. SwimFest Committee - Bill Brenner, Chair, Joe Biondi, Scott Bay, and Meegan Wilson. Task: To send out information to all Florida LMSC coaches and inform them of the Swim Fest in San Diego, June 4-6. Applicants should contact Bill. Selection will be by committee.

3. MSA to rescind the requirement of including a copy of your USMS registration Card for Senior Games meets.

4. New requirement for Meet Directors: MSA that a meet referee must be named on the meet information letter before a meet is sanctioned as part of the sanctioning process. This will go into effect for all meet requests after May 1st.

5. MSA to discontinue the use of the Florida LMSC Consolidated entry form.

6. Delegates to 2010 National Convention in Dallas: Our four voting delegates will be: Charlie Kohnken (SPM); Bill Brenner (SYSM), Rick Walker (SYSM) and Margie Hutinger (FMM). Other voting delegates, due to USMS committee responsibilities are: Victor Buehler (300) - Convention Coordinator, Joan Campbell (FACT-SUN) - Finance, and Meegan Wilson (FACT-300) - Legislation. Two Delegate-at-Large requests will be sent to the USMS President: Scott Bay (DBMS) and Fernette Ramnath (SYSM).

Our next Florida LMSC meeting will be Saturday, July 17 in Ocala following the one day LCM meet. Please have your team represented.

Sincerely,
Meegan Wilson; Florida LMSC Chair

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



The New Florida LMSC Website Is Up!

www.floridalmsc.org

Please check out our new look thanks to SPM member Ted Bradley. Ted designed our new logo and website. Please let us know if you experience any problems. It is a work in progress.

ELECTIONS COMING UP - OCTOBER 16, 2010

In case you didn't know, this is an election year. The elected positions (two year terms) and current holders are listed below:

- Chairman, Meegan J. Wilson
- Treasurer, James Stine
- Secretary, Victor Buehler
- Registrar, Meredith Moore
- Newsletter, Jason Brauer
- Sanctions, Sue Moucha.....(resigning)
- Records & Top 10, Marly Wilson..... (resigning) - Bill Brenner running

We have vacancies in two positions, Sanctions and Top 10. Bill Brenner will be running for Top 10. There are no candidates for the Sanctions position. If you have ever considered getting more involved in your FL LMSC now is the time to act. If you are interested in running for any of these positions please contact Fernette Ramnath at framnath@hotmail.com . Don't be shy!

Sue Moucha has accepted the appointment of Fitness Chair for the Florida LMSC for 2010. Thanks Sue!



FITNESS CHAIR CORNER

by Sue Moucha

As the Fitness Chair for the Florida LMSC, it is my responsibility and pleasure to make swimmers aware of USMS sponsored Fitness events.

1. Go The Distance (GTD). Click on to join the fun: <http://www.usms.org/fitness/content/gothedistance>
2. Check-Off Challenge. Click on to join: <http://www.usms.org/fitness/content/checkoff>
3. Read the Article of the Month. Click on www.usms.org Health & Fitness link.
4. Fitness Award Nomination. Details on the award and the nomination form can be found at: <http://www.usms.org/fitness/content/fitnessaward> Nominations are due July 1: fitness@USMS.org

It is my GOAL to share with swimmers how fitness is being incorporated within our Florida LMSC via our Newsletter and monthly e-mails to Teams. However, I cannot do it without your help. I need to get the ball rolling and would appreciate you taking a few minutes of your time to answer the following survey.



Fitness Survey: Please send survey results to jbmoucha@aol.com

Learn and share with Florida LMSC and USMS what our own Florida LMSC Teams do to promote fitness.

Does your Team have a specific event to promote fitness? _____. Please describe. _____

Does your Team have specific designated practices to promote fitness? _____. Please give examples: _____

Has anyone from your Team written an article or conducted a specific study related to fitness? _____. Please elaborate. _____



ASK THE SWIM DOCTOR:

Paul Hutinger
ASCA Level IV
Coach
2004 IMSHOF
Inductee
2010 FL LMSC
Coach of the
Year

Question: I have recently read research in physiology at Canada's McMasters University and Jim Montgomery's clinic at Richmond, VA, 5/1/10, about the importance of high intensity in swim training. Is this something new, or has this technique been around before?

Answer: What goes around, often comes around, as in this case. The rest of my column is an excerpt from an article I wrote, which was published in the 1977 summer issue of "Swimming Technique" magazine. I attribute my personal success to following this type of training, for about 40 years.

A pervasive myth related to yardage and performance has invaded Masters swimming (Remember, this is 1977, and that myth still exists, today). If you asked, most Masters swimmers and coaches hold the somewhat erroneous idea that the only way to improve performance, is to increase one's yardage. Most Masters are caught up in the necessities to carry on work and family responsibilities, which leads to limited available training time. Since this is almost universally the case with Masters, many of them rationalize that because they only have 30-40 minutes a day, five days a week, they cannot possibly achieve a higher performance level.

Not so! There are alternate methods of training that will bring results. In order to arrive at a satisfactory training program, Masters will do well to carefully consider percent effort (intensity) and its relationship to training yardage. Coaches of world class swimmers have found that by training at 80%, or higher, yardage may be reduced from 18,000 to 12,000 yds a day, with an increase in performance. I used this same principle in SCY training from 9/75-5/76. I reduced my usual high intensity training from 2,500 yds to 1,500 yds. I maintained an 80% effort for all but several hundred yards warm-up and cool-down. This is an example:

QUALITY TRAINING

200 yds warm up

10 x 50 free @ 1:00, ave time, 31.5

4 x 50 kick @ 1:15, ave time, :50

5 x 100 IM @ 2:00, ave time, 1:19

100 yds easy cool down

TOTAL YARDAGE: 1500 TOTAL TIME: 30-40 min.

If you decide to try a similar training program, I recommend that 6-8 weeks of distance swimming precede the higher intensity training, gradually working into the

quality training in order to avoid sore muscles.

High quality training, but lowered yardage, earned me 10 first place USMS rankings, 50-54 age group, in SCY, in 1976. In addition, I had two personal best times in the 100 free (56.75) and 200 breast (2:46.40). In my distance events, I set the National records, 5:26.80, in the 400 IM and 21:38 in the 1650. This quality training also seemed to give me as good a capacity for repeat performance in meets, as in my earlier longer yardage training program.

Similar quality programs have been advocated and practiced by coaches with world-class swimmers, including Jack Nelson, Dick Jochums and Don Talbot. My program included only 25, 50 and 100 yd repeats, since the race speed for all events, except the 1650, could be specifically practiced with that format. Since longer distances, such as 500 yd repeats, are much easier to maintain, even at 90 % effort, a 500 best time of 6:00 would give a 6:35, for a 90% effort. This would be easier than a 90% effort with 10 x 50 @ 1:00, at 28.5, based on a best 50 time of 25.8.

If you decide to embark upon a quality program, be sure that you understand the following principles: Training should be close to race speed for your events. Since most events are 50, 100 and 200 yd events, training should be 1/4-1/2 the race distance.

Specificity of training develops the physiological energy systems to their highest efficiency, especially the anaerobic system, which is trained in the 1-30 sec work intervals. This important performance system is not developed in long, slow distance training. Stroke timing and efficiency is developed and enhanced by quality work. Both change at different speeds, so train at race speed. The % effort for each 50 of a 200, is 80-85%, so your training should approximate this effort level. Your distance per stroke can be maintained in a race if your training is similar to race speed. Many swimmers over-stroke and rush the recovery during the excitement of competition.

Base your training program on lower yardage and higher intensity, when training time is limited. Use caution in drastically changing training stress. Some individuals may experience shoulder joint problems in training at a higher intensity.

In conclusion, I was able to perform at the same level, even improving some of my times, with this change from reducing my daily yardage of 2,500 to 1,500, with a higher intensity or 80% effort. Also, with the shorter, higher quality workouts, I experienced less stress symptoms than during the previous year. If you decide to try it, you need more than a one-month trial. Give it time to work for you.

Want additional information or have comments?

Contact Dr. Paul Hutinger: 727-521-1172 OR

phut@usms.org

Florida LMSC Will Send Coaches to SwimFest 2010

Only 3 applications were received by the Florida LMSC so we will be subsidizing three coaches to SwimFest 2010 in San Diego, CA June 4-6. These coaches are: **Scott Bay**, **Bill Brenner** and **Rick Walker**. Congratulations!

www.usms.org

SwimFest 2010

Coaches are a vital part of the Masters swimming experience. In 2008, to better serve our coaches and offer educational opportunities, USMS created the Coach and Club Services business unit. We have four experienced Masters coaches serving as Coach and Club Services coordinators. Our coordinators are a resource to any Masters programs. In the last year, the coordinators have spoken by phone and offered guidance to numerous Masters coaches. They have logged thousands of e-mails. They have visited numerous Masters programs and LMSCs.

One of the most exciting Masters coaching developments is the creation of SwimFest. SwimFest 2009 was the first ever nationally promoted Masters interactive coaching experience. Ten of the most respected Masters coaches came to one location to educate, mentor and share best practices with other Masters coaches. There were 35 coaches who attended last year's SwimFest. Registration for SwimFest '10 is now available online at usms.org/swimfest. Participation for Masters coaches is FREE. Several LMSCs are offering scholarships to pay for a portion of travel and lodging expenses for their coaches. Swimmers may also attend. The clinics are for both pool and open water (\$130/one day; \$200/two days).

With the full support of the USMS Coaches Committee, a Masters coaches certification program is in development. Any Masters coach that attends SwimFest '10 will be granted experience credit towards any level of Masters coaches certification. USMS has partnered with the American Swimming Coaches Association (ASCA) to administer Masters coaches' certifications. Coaches must be members of ASCA to receive certification. Masters coaching certification is a valuable educational tool that every Masters coach should strive to achieve. Certification demonstrates a coach's commitment to their program. It can help to bring a higher level of professionalism to Masters coaching. Educated and certified coaches can add value to local Masters programs. A Level 1 Masters certification will be part of the curriculum at the ASCA 2010 World Clinic in Indianapolis. We encourage you to send coaches in your LMSC to the ASCA World Clinic. Coaches may register for the ASCA World Clinic at www.swimmingcoach.org.

USMS has and will continue to invest in educational opportunities for coaches and clubs. We thank you as well, as LMSC leaders, for your commitment to Masters coaching excellence.

Swimming for Life,
Rob Butcher
Executive Director

Jeff Moxie
President

Chris Colburn
Chair, USMS Coaches Committee



**U.S. MASTERS
SWIMMING**

USMS Top Ten Patches Swimmers who are listed in the official USMS Top Ten listings are eligible for Top Ten patches. To order USMS Top Ten patches, write to the address below with the following information: Your name, gender, age, year of your Top Ten swim, the course (SCY, SCM or LCM), and the event(s). Please include team name if requesting a patch for a relay Top Ten.

One stroke or relay segment comes with each patch. The patch with its accompanying segment costs \$5.00. Additional stroke or relay segments cost \$1.25 each. Make checks payable to *Lake Erie LMSC*. Send your information and check to: Tom Gorman; P.O. Box 43824; Richmond Heights, OH 44143.

INFLAMMATION

by

Edward H. Nessel, R.Ph, MS, MPH, PharmD

Much has been written over the years, especially with the change from prescription to over-the-counter of various non-steroidal anti-inflammatory drugs (NSAIDS for short), about **inflammation** and how to keep it in check. Let me first state that, in general, **inflammation** is not a good thing...better not to have it happening at all if possible; but on occasion it is a necessary process that the body endures to help it return to homeostasis (original biologic condition of adequacy) after some bad physiological things happen.

Many of the body's healing processes have **inflammation** as a component of the cascade of events to bring a condition to resolution; and this is as it should be. We can find our way into trouble, though, if the **inflammation** is not resolved, or if it becomes acute to where the body needs to marshal much of its inner natural energies to get on top of the situation. If **inflammation** is not resolved in a timely fashion and becomes chronic, then other physiologic processes appear; none of which is good for athletic performance, and general quality of life. To that end, it is wise to seek proper medical intervention be it medication, physical rehabilitation, a healing diet, a more healthful lifestyle, or even simple rest. This article hopefully will make the athlete aware, no matter the age, of the "three C's" of human biology: the **causes**, the **consequences**, and the **cures**.

Description of Inflammation

Using basic concepts, **inflammation** is a gathering of cellular elements (white blood cells, histamine and other chemical factors) that the body releases into circulation to the affected area involved either with **trauma, infection, overuse, or toxic exposure**. In an **acute** situation, the elements released cause a whole cascade of events to occur which nature provides to, at first, try and isolate the trouble to as small an area as possible, and then to immobilize the area to hopefully prevent further spread. An often-seen consequence of this is "The Three Musketeers" of **inflammation**...from the Latin: **calor (heat), dolor (pain), and rubor (redness)**. **Swelling (tumor)** is a common addition to the above trio...all done with Nature's best intent to heal what is wrong. But this intent is often not compatible with the athletic goal of "*swifter, higher, stronger.*"

If the **inflammation** is allowed to become **chronic**, a situation can emerge where the body sort of allows a "Mexican standoff" to occur. Here the main elements of the above cascade of **inflammation** subside but not totally disappear. The bad news here, even though the body may feel somewhat better, is that since total resolution has NOT occurred, tissue damage is allowed to continue, and a festering, if you will, begins to invade the affected site. What is even more disturbing is the possibility of altered tissue integrity...the loss of functioning capacity and even progression to a state of damaged DNA which can lead to pre-malignant or malignant states.

For more information please see our website www.movingthroughwater.com.

Also see: www.movingthroughwater.com/Welcome_files/2010campbrochure.pdf



Daytona Beach Masters Swimming:

On Feb 6, Daytona Beach Masters Swimming held their first indoor meet at Daytona State College. A fast meet was hotly contested by teams from across the state and some swimmers from other parts of the Dixie Zone. Special thanks to all those who attended and made this event a success!

Capitalizing on the momentum that started in 2009, DBMS swimmers attended the Dixie Zone Championships in Orlando the last week in March. The 8 swimmers that went returned home with 13 combined Zone titles. Swimmers at the meet were **Jackie Deal, Celeste Brandon, Cameron Edwards, Alan Holt, Brian Miles, Manny Chavez, Anthony Ufig, and Terry Livingston**.

Cameron Edwards who has been a long time swimmer and triathlete is now a part of the DBMS Coaching Staff. She joins Head Coach Scott Bay and assistant coaches Luke Downer and Frank Lill. She will be primarily assisting Coach Scott at the DSC facility and filling in. She brings with her a wealth of Triathlon experience including Ironman Florida and is a

(DBMS cont.) National Qualifier in many pool events.

Welcome to the world of adult aquatics Daytona Beach Water Polo! Another budding branch of the Daytona Beach Speed Organization is Daytona Beach Water Polo. As an adult club team they are comprised of mainly masters swimmers who want to get a good workout while at the same time playing a fun game and developing strength and stamina! Looking forward to Nationals in Atlanta!

Scott Bay, Head Coach- Daytona Beach Masters Swimming www.daytonabeachswimming.org



FACT:
by Joannie Campbell

The Hour Swim had greater participation this year and Coach Joe put several relays together. Glad to see more people entering this popular Postal Event. With only 20 swimmers we placed 18th in the medium club range. In the Top Ten **Don Puchalski** placed 2nd in the 70-74 age group; **Mary Tusa** and **Joan Campbell** placed 4th and 8th respectively in the 75-79 age group; and **Betty Lorenzi** and **Nancy Durstein** took 1st and 2nd in the 80-84 age group. The 75+ relay of Betty, Joan and Mary were 1st in the 75+ women; the 65+ women (**Martha Henderson**, **Marianne Bradley** and Nancy) placed 7th and the mixed relay of Don, **Dave Gifford**, Mary and Betty placed 5th. This is a BIG national competition – take a look at it in the USMS website under Distance competitions. Hope next year we'll have even more members join us.

The Polk Senior Games and Good Life Games had some good times and several FACT members joined in. Betty Lorenzi broke her own National record for the 200 back and we had some fun relays in Clearwater. Milan Kutanovski broke the 200 breast record at the Polk Games in the 80-84 age group. These local senior games are qualifying meets for the Florida State Games in December, which again is qualifying this year for the National Senior Games to be held in Houston in 2011. If you're interested, make sure you qualify in one of the local senior meets so that you can compete at the State level in December.

The SUN Masters Valentine Meet February 13 – 14 (President's Day weekend) was a Chapter meet – always a fun time and Clearwater's Long Center was very comfortable with their upgraded ventilation system. Our FACT chapter of The Villages placed 2nd in the women's and 3rd in Combined. SUN placed 4th in the women's – many of us were otherwise involved making it a memorable experience for you all. The combined FACT teams would have won the meet, but it's fun to recognize the Chapters in this annual competition. The LMSC Awards Social Saturday, February 13 featured good food, good company and many of our FACT members were recognized for their stellar achievements – our **Betty Lorenzi** was awarded Most Valuable female swimmer; **Elliott Schofield** deservedly received the Sue Moucha award for Overcoming Adversity and yours truly was thoroughly surprised with the Florida LMSC Service Award.

St Pete's 40th Anniversary Meet March 21 and our Valentine Meet were lightly attended this year – I think both suffered from the cold weather in early 2010 and poor economy. At least we were not hampered by the snow our neighbors to the north had to contend with. Our FACT team came in 4th at St Pete with several winning relays put together with fewer participants than usual. If you enter a meet and would not like to participate in relays it would be helpful if you would send me a note. I put relays together looking at the individual psych sheets and a "heads up" would help.

Orlando's Dixie Zone Championships the last weekend of March was fun – several new FACT members helped us out and we placed third as a team. The women took first with top performances by **Betty Lorenzi**, **Meegan Wilson**, **Joan Campbell**, **Gigi Hubbard**, **Mary Tusa**, **Martha Henderson**, **Rae Suttie** and **Joyce Hutchinson**. **Terry McGee**, **Don Puchalski**, **Ivo Pavlov**, **Bernardo Campesino** and **Greg Wayland** held up the men's end.

Atlanta's SCY USMS Nationals, May 20 - 23 plans have been finalized – our host hotel will be the Hyatt Place Atlanta Downtown, which has shuttle service within a 3-mile radius. The hospitality room will be open the first night, May 20th, from 6 to 9 pm. Coach Joe will have relays put together and will be looking for information from you prior to the meet. (See Current News on our FACT website under Clubs in the new floridalmsc.org LMSC website. Please keep in touch and Good Swimming!



SARASOTA SHARKS:

SARASOTA YMCA SHARKS MASTERS CONTROVERSIAL UPDATE

We hope everyone is enjoying a great short course season and their last hurrah with the FAST tech suits. No fear, we will all continue to swim fast and build health in our training – we don't need no stinkin' tech suits! We are masters swimmers and do not require magic for our success!

We want to invite (OK, strongly encourage, beg, plead) everyone to join us for the opening of the long course season at our annual Bumpy Jones International Classic, held from June 11 - June 13, 2010. This year, we have added the 800m free and 800m free relays, both on Friday evening. Due to this change, we will now host a three day meet. In an effort to increase swimmer participation and competition, we have also expanded the meet to include international teams. Bring on the competition!!

Additionally, on Saturday, we have an AWESOME "Party in the Park" adjacent to the pool where we will raffle off many wonderful prizes. Wait, there's more! If you bring 15 or more team members, we will have a \$50 gift certificate raffle just for your team!

At this time, we would be remiss if we didn't mention that Bumpy Jones was listed as one of the top 12 master swimmers in Swimming World for 2009. We are proud of Bumpy's accomplishments and look forward to this meet each year.

Finally, I lied about the controversy. I just wanted to get your attention. Did it work?

Fernette Ramnath on behalf of SYSM



SPM: 40TH ANNIVERSARY MEET CELEBRATED IN STYLE

March 20, the first day of spring, was a fittingly beautiful day, but as has been the case all winter long, we were not lucky enough to have a perfect meet weekend. But even Sunday's nasty rain, lightning and thunder did not dampen the spirit of the "*longest continuous running masters meet in the world*"! We started the **St. Pete Masters 40th Anniversary Short Course Yards**

Championship Meet on a nice note. The rain may have ended our 40th Anniversary meet a little early, but it certainly did not dampen the spirit of the many attendees!

Leading the field was newly registered team member, Carl Selles (60-64), with a blazing 19:39.74 in the 1650 Free and a split time of 11:48.21 in the 1000 Free which are both Dixie Zone records for that age group. Congratulations Carl! Saturday started out cool, but quickly warmed up to a beautiful day and the swimming went right along with the great day. Putting in some personal

bests over the course of the weekend were Dawn Clark, Adrienne Forkois, Sarah Kwon, Barbara McNulty, Samantha Mooren, Sharon Steinmann, Paula Texel and Flavia Zappa. Dawn was thrilled to nail three of her national cuts and Paula was thrilled with her 100 Back time! It was great having Jessica Knapp, Tiffany Felton and Lenore Rupert in their first meets with us and so much fun watching Davenia Navaroli's excitement at completing two events and getting third place medals as well! Davenia only LEARNED to swim less than two years ago and has slowly, but surely worked to her personal goal of competing in swim meets. A huge accomplishment and an inspiration to all of us. Congrats to our ladies high pointers: first place – Sarah Swoch (18-24), Adrienne Forkois (30-34), Paula Texel (35-39), JoAnn Harrelson (50-54) and Elaine Bromwich (65-69). Second place high point went to Tiffany Felton (18-24) and third to Monica Emory (35-39). Not to be outdone by the women, our men's team took home their share of the high point towels. First place winners were: Timothy Beck (18-24), Ted Bradley (25-29), Paul Scoville (50-54). Second place went to Eric Herman (35-39), Ron Collins (45-49), Bill Specht (50-54) and Carl Selles (60-64) and third to Theunis Van der veen (65-59). Personal bests were achieved by Tony Drain, with a very fast 1:10.43 100 breast making his day, Tim Kennedy (not "laying out" the 1650 as much as usual, I guess) and Jeff Swisher knocking off some time in the 200 Back and Free. Welcome to new swimmers, Matt Weidner, Jeff Johnson and Zsolt Gaspar (with a very fast 50 Free time of 20.77).

As always, many thanks to our tremendous volunteers. It does take an army to pull off a swim meet and the troops really came through this time. So....thanks to SPM team members: Mike Torsney, Tom Smith, Sally Decker, Stephanie Lee, Kathy Selles, Harold Ferris, Bruce Day, Vance Eaddy, Katy Kline, Colleen Egan, Tim Beck, Bob Aldrich, Samantha Mooren, Robert Chamberlin, Dave McCord, Jim Davis, Judy Humbarger, Sue Hotz, Kristin Keenan, Bryant Davies, Jessie Bardin, Melissa Dipple, Regina Morrissey, Gary Bastie, Lenore Rupert, Regina Novak, Vicki Quail, Joe Baker, Dawn Clark and Suzanne Sanchez. SPM spouses Kurt Steinmann and Bob Allen were a great help over the course of the weekend. Friday night went very smoothly thanks to the help of SPA team members Josh Chen, Georgi Krastev and Hristina

(SPM cont.) Krasteva. Our officiating crew: Dan Nardozi, Charlotte Petersen, Kevin Mooren, Kim Stoddard, Charlie Kohnken and Joanne Gauzens did a great job as usual. The national anthem singers, Ed Hempel and Bert Grindlay, started Saturday and Sunday off with their beautiful renditions and we are very thankful to have them volunteer their time for us. Last, but certainly not least, thanks beyond words to Sandy Steer, Pam Geiger and Kristen Nardozi. Sandy took on the big jobs of making sure everyone had a nice commemorative water bottle to take home from the meet and also organized all of the volunteers for the meet. Pam worked tirelessly all weekend (while swimming too) and helped with set-up and break-down of the social. Kristen obtained and coordinated the raffle baskets and organized the Saturday night social. Coach Patty Nardozi cheered on the swimmers while keeping everything running smoothly behind the scenes. Without their help this meet would not have been as successful!

As this was the 40th Anniversary meet, St. Pete Masters sponsored a very nice social at the home of team members, Steve and Diane Nelson on Saturday night. So many thanks to them for allowing us to use their beautiful club room and enjoy an evening of great food and drink and reminiscing. We were so fortunate that **Bob Beach** invited **John Spanuth** and his lovely wife to the social and both Bob and John were able to share their stories of the actual founding of Masters swimming.

Hurricane Man, our ever popular open water swim, is set for May 8, 2010. Entries and information are posted on our website, www.stpetemasters.org Get your entry in early to save your spot. In the meantime the focus is on SCY Nationals. SPM is taking 19 swimmers to compete in Atlanta!



SUN MASTERS:

SUN Masters of Dunedin...

Many of our accomplishments are mentioned in the FACT newsletter, so will try to keep our chapter information from duplicating most of that.

LMSC AWARDS: The recipient of the Sue Moucha Overcoming Adversity award went to our own **ELLIOTT SCHOFIELD**, 87, an outstanding swimmer with a rich background in swimming for the past 70 + years. That alone is a great accomplishment and well deserved. I'm sure it amounts to a few thousand miles under his belt....oops...we don't have belts when we swim do we? **BETTY LORENZI**, 82, was awarded the Most Valuable Female swimmer in our Florida LMSC for 2009 and **JOAN CAMPBELL**, 79, received the Florida LMSC Service award for her dedication, hard work and continuing contributions to our sport of swimming.

SUN WEBSITE: We are proud to announce that our good friend and team supporter and member, **Janet Shellenberger** has become our new webmaster, and is getting things updated and put together in grand style.

VALENTINE MEET: Once again, we were the host to more than 152 swimmers for our yearly meet at the Long Center in Clearwater. We want to thank all of the swimmers who are so complimentary to us about the wonderful meet we put together each year....we love doing it for everyone!!!! First place team trophy went to the Florida Mavericks, followed by #2 Sarasota Sharks and the Villages placing third. SUN team members going home with First place High point awards were **Frank Brandt** (65-69), **Joan Campbell** (75-79) and **Nancy Durstein** (80-84).

NATIONAL ONE HOUR POSTAL: We had seven swimmers entered this year with **Betty Lorenzi** taking first place, **Don Puchalski** and **Nancy Durstein** taking 2nd places, **Joan Campbell** in 8th, and **Marianne Bradley** in 21st in their respective age groups.

GOOD LIFE GAMES: Our SUN gals, Betty, Marianne, **Florence Delaney** and Nancy swam in that order to break the GLGames 200 Medley Relay record in a superb time of 3:51.74 over the past record of 4:06.87. Betty, Joan, Don and Nancy all each had three 1st places plus more, and Marianne had 1st & 2nds, and Florence came in with some good 2nd places.

ST PETE MEET: Joan, Don and Nancy again swept through with High Point awards and Betty placed 3rd.

ORLANDO MEET: Wow....Betty, Joan and Don came in first in all of their events at this meet. Keep up the great work.



Tampa Metro Masters

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

TMM Gives Back

Swimmers come in all shapes, sizes, and abilities and some have more challenges than others. On Saturdays after Masters Team practice, Tara Deering helps with the adaptive swim team practice at the New Tampa YMCA. On Saturday March 27, Tara had lots of help. TMM Masters swimmers Mark Calvert, George Corrigan, Jenny Faith, Luce Bassetti, Karen Ness, Barbara Coccagnia, Mike Ruel, Tim Carroll, and Ann Eddens assisted Tara with the adaptive swimmers. It was the first "TMM Gives Back Clinic."



Tara on deck with TMM'ers and the Adaptive Swim Team members in the water.



Masters swimmer Jenny Faith, Adaptive Swimmer Steven and Coach Tara discuss an upcoming swim drill.

Masters swimmers provided encouragement and swimming tips to the adaptive swimmers to help them improve and to get closer to their swimming goals.

Each Masters swimmer needed permission and had to be approved by the YMCA. Tara said, "The parents of the adaptive team swimmers were very excited and our TMM'ers loved their experience with these awesome athletes! They were asking when they could come back again."

Valentine Meet – February 2010 - As a team, TMM finished fifth out of 21 teams competing. High Points awards went to Jenny Faith (First), Tara Deering (Third), Karen Becker (First), Jay Smith (Second), and Mark Calvert (Second).

Karen Becker, our butterflyer, set a new team record in 50-breaststroke. Sheila Carpenter-van Dijk set six team records in her new age group of 60-64. Jay Smith set a new team record in each of the seven events he swam. Mark Calvert set four new team records. George Corrigan set a new team record in the 1,000 free. A 25+ 200 mixed free relay consisting of Karen Becker, Mark Calvert, Jenny Faith and Jay Smith set a new team record.



Swim meet drama: Mike Ruel lost his goggles in the 200- free relay and since his goggle strap was under his cap, he had to finish the race wearing his goggles like a mustache.



Mark swam the 200-free and said it felt like he swam the 1,000 all over again. He was pleased with his time (1:53.90), looked pretty tired at the finish and promptly had a short nap! He deserved that nap, he swam both races at two new team records.

St Pete SCY – March - As a team, TMM finished third out of 23 teams competing. High Points awards went to Jenny Faith (First), Tara Deering (Second), Karen Becker (Second), Karen Ness (Third), Jay Smith (Second), Mike Ruel (First), and (Second). Swim meet drama - it was cold on Saturday. More drama - it was cold and rainy on Sunday. Swim parkas were everywhere (and of course Sheila was wearing her Uggs sheepskin boots).



George Corrigan

and rainy on Sunday. Swim parkas were everywhere (and of course Sheila was wearing her Uggs sheepskin boots).

(TMM Cont.) Even more drama - Karen Ness swimming the 500 free, the last event, got thundered out of the pool around 350 yards. The two-hour storm that came through put an end to the swim meet and no additional 500-free heats were completed.



Karen swimming in the 500-free.

Team Records: Tara Deering ,1650-free; Sheila Carpenter-van Dijk, 100-free (with a personal best swim); Luke Paddington, 200-free; Jay Smith, 100-back; Mike Ruelf , 200-fly and 400 IM. TMM men in the 25+ 200-yard medley relay, Jay Smith, Tim Carroll, Eduardo Perez, and Luke Paddington; and TMM swimmers in the mixed 25+ 200-yard medley relay, Jay Smith, Jenny Faith, Karen Becker, and Luke Paddington both set new team records and both teams finished first! Congratulations to all those who set new team records at these two meets!

YMCA National Swim Meet Team Sendoff - Good luck to TMM swimmers who are participating in the YMCA Masters National Championship April 15-19 at the Hall of Fame Pool in Ft. Lauderdale: Mark Calvert, Sheila Carpenter-van Dijk, Tim Carroll, George Corrigan, Jenny Faith, Carl Hawkins, Luke Paddington, Mike Ruelf, Jay Smith and Kelly Spivey. Five relays and 59 swims among the 10 swimmers are planned. Good luck TMM. Swim fast and have fun!

New TMM members - TMM welcomes new swimmers: Ann Eddens, Dave Maddux (welcome back Dave), Alexis Mendenhall, Andrew Mendenhall, Dale Mulert, Luke Paddington, and Gene Peters. All swimmers are 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. 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.



Tampa Bay Aquatic Masters:

www.tampaswim.com

TBAM continues to swim on into spring and the team is enjoying the warmer weather and longer days. We would like to welcome new swimmers **Juan Cue, Andrew Lutton, Libby McKenna, Andrew and Jamie Miker, Alison Miller and Dana Putney.**

Congratulations to our high point swimmers at the SUN Valentines Meet. Valerie Mussler (w20-24), Libby McKenna (w25-29) and Becky Nelson (w45-49) all received high point awards. In the SPM Annual Championship Meet in March, Valerie Mussler and Becky Nelson both received high point awards and our newest swimmer Juan Cue had great swims. Congratulations all. We seen Juan churning away the yardage at practice and know he has more great swims on the horizon.



Triathlon season took Ann and Allen von Spiegelfeld to Clermont for the Season Opener. Whoa, talk about cold water! Ann felt like she had an out of body experience as she saw her arms moving in the swim but couldn't feel them, not to mention the loss of feeling in her feet on the bike. The course was kind to her and she placed second (w45-49) in the Olympic Distance. Allen had a great time in the sprint division and placed fourth (m60-64). Merit Greaves traveled north to compete in the swim portion of the event and had a great time as well. Nice long sleeved wetsuit Merit!

We have team members getting ready for the Escape from Fort Desoto and St. Anthony's triathlon. Many swimmers are also getting ready for the Hurricane Man 1000 meter and 2.4 mile swim. Rumor has it Lyn Heinz is now hooked on the 2.4 mile swim and will be participating for her third year in a row. Yea Lyn, you do inspire us all! Danny Hicks, Jan Thompson and Susan Ashbaugh have been putting in the mileage and will be traveling to Panama City for the Half Ironman in May. With our team just being over a year old we are grateful for our great coach Gary Goodner and our wonderful City of Tampa lifeguards Dean, James and Kenney. What they must think watching our group swim! Swimming truly does keep one young at heart.



2010 SARASOTA YMCA SHARKS MASTERS
“Bumpy Jones International Classic”
LCM Dixie Zone Championships
 Hosted by Sarasota YMCA SHARKS MASTERS
 Sanctioned by the Florida LMSC for USMS, Inc #140-015
Meet Directors: Rick Walker/Bill Brenner/Fernette Ramnath

DATE & TIME: Friday, June 11: Warm-up 4:00 p.m., meet begins at 5:00 p.m.
 Saturday, June 12: Warm-up 10:00 a.m., meet begins at 11:00 a.m.
 Sunday, June 13: Warm-up 9:00 a.m., meet begins at 10:00 a.m.

FACILITY: The beautiful Sarasota YMCA Selby Aquatic Center, 8301 Potter Park Drive, Sarasota, Fla., home to U.S. Masters Swimming. Pool is an outdoor, 50-meter x 25-yard Myrtha pool. (sysm.org/contactus) 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 800 Freestyle, 400 Freestyle and 400 Individual Medley, which will be swum fast to slow. These three 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 must be 18 years of age or older as of June 11, 2010, and registered with U.S. Masters Swimming. Non U.S. citizens should have a letter of introduction from their own swimming associations.

ENTRIES & FEES: ONLINE ENTRIES ARE PREFERRED at \$45; includes meet T-shirt. Mailed entries are \$50. Swimmers may enter a maximum of five individual events per day. Paper entries must be submitted on the Florida LMSC Consolidated Entry Form, properly completed with seed times. The waiver must be signed, with a copy of your USMS registration card attached. **AGAIN THIS YEAR: Entry fees will be waived for all swimmers aged 80+ as of Dec. 31, 2010, and for Bumpy Jones, himself. T-Shirts will be available to these special folks at a reduced price of \$10. Entries must be received by Thursday June 3, 2010. Late entries will be accepted until June 10 for a \$10 surcharge. Contact Fernette Ramnath at 610-368-0496 for late entry procedure. Send entries to: Fernette Ramnath, 22583 Morning Glory Circle, Bradenton, FL 34202 or framnath@hotmail.com. Make check payable to SYSM. NO DECK ENTRIES.**

Register online at clubassistant.com.

RELAYS: Relay teams may be deck entered at the meet Friday, Saturday and Sunday. Relays are \$5.00 per relay team. Only team members registered for the meet may participate. All relays will swim in combined heats.

PARTY IN THE PARK: Join us for fun, food and music on Saturday from 4 p.m. until 7 p.m. (subject to change). Potter Park, adjacent to the pool. Make new friends; relax with a cold beverage. Many fine gifts and gift certificates raffled away at the party (free raffle ticket with registration!) Food catered by SYSM Sponsors [Clayton’s Siesta Grill](#) and [Gecko’s Grill & Pub](#). Sign up online or on entry form below.

SCORING & AWARDS: A FREE top quality T-shirt will be awarded to swimmers paying the entry fee. Swimmers who are 80+ years old by Dec. 31, 2010 may purchase a T-Shirt at a reduced \$10. Mark your SIZE on the entry form below. Ribbons awarded 1-6th place.

STROKE CLINICS WITH KARLYN PIPES-NEILSEN have been rescheduled to early July check aquaticedge.org for updates.

ORDER OF EVENTS (all events are swum long course meters)

<u>M/W/M</u>	<u>Friday June 11, 5:00 PM</u>	<u>M/W/M</u>	<u>Saturday June 12, 11:00 AM</u>	<u>M/W/M</u>	<u>Sunday June 13, 10:00 AM</u>
1/2	800 M Freestyle	6/7	200 M Freestyle	25/26	200 M Backstroke
3/4/5	800 M Freestyle Relay	8/9	50 M Butterfly	27/28	50 M Freestyle
		10/11	100 M Breaststroke		29/30 200 Breaststroke
		12/13	200 M IM	31/32	50 Backstroke
		14/15	100 Butterfly	33/34	100 M Freestyle
		16/17	50 M Breaststroke	35/36	200 Butterfly
		18/19	100 M Backstroke	37/38/39	200 Medley Relay
		20/21	400 Freestyle	40/41/42	200 Freestyle Relay
		22/23/24	400 M Medley Relay	43/44	400 M Individual Medley

Contact: Rick Walker at: 941-346-7946 or rickmile@verizon.net

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

FEES: MEET ENTRY @ \$50 = \$____ Shirt Size: S M L XL XXL (Circle) (Remember online entries are \$45: clubassistant.com) Fees for 80+ year old = \$ NO FEE T-shirt fee for 80+ \$10: = \$____ Shirt Size: S M L XL XXL = \$____ Extra T-Shirt ____ x \$15 ea = \$____ Shirt Size: S M L XL XXL Party in the Park x \$12 ea = \$____ Total: = \$____	ATTACH A COPY OF YOUR USMS REGISTRATION CARD HERE
<i>Be sure to indicate size of shirt if applicable!</i>	



2010 Open Water Festival

Masters Mile & 5K Open

www.openwaterfestival.org

Sanctioned for USMS, Inc. by Florida LMSC, sanction # 140-014ow

HOSTS: Lee County Parks & Recreation *and*
Gulf Coast Swim Team

DATE: June 12-13, 2010

LOCATION: Fort Myers Beach, Florida (Estero Island)

RACE TIMES

1.5K (Saturday, June 12)

Check in:.....10:00-11:40 A.M.

Final beach briefing:..... 11:50 A.M.

Race begins:.....12:00 NOON

5K (Sunday, June 13)

Check in:..... 9:00-10:10 A.M.

Final beach briefing:..... 10:20 A.M.

Race begins:.....10:30 A.M.

COURSE: The Masters Mile course is one loop around a 1.5K rectangular course. The 5K course is two (2) circuits around a 2.5K rectangle clearly marked with large orange marine buoys at each corner. Swimmers must turn the corners with the buoys to their right. The start and finish will be on land. Course maps plus tide and water information is posted at www.openwaterfestival.org

TIMING: Hand-held watches.

FACILITIES: Average water temperatures in the Gulf of Mexico at the start of June are typically in the 80-84 degree range. Men's and women's restrooms are at Lynn Hall Park for changing.

TIME LIMIT: Maximum time permitted to complete the 5K is two (2:00) hours. Swimmers still in the water after the time limit will be notified that the race is over and they need to leave the water at that time. Results will show their time as Did Not Finish (DNF).

ELIGIBILITY: The race is open to all swimmers currently registered with USMS. A copy of your 2010 USMS registration card **MUST** be included with the entry form. Foreign swimmers must present a letter of introduction from their national Masters organizations.

One-event entries (OEVT): OEVT registrations are acceptable for non-USMS members. The OEVT registration form and fee must be returned with the race entry form. **NO** race day OEVT entries will be accepted. A OEVT form is on page three.

ENTRY LIMIT: Swimmers may enter one or both individual events.

AGE: The age on the day of the race determines the age group.

RULES: 2010 USMS Rules and Regulations govern this event.

CLIP CAUTION: For the safety of swimmers, fingernails and toenails must be clipped. Meet officials will check fingernail and toenail length before the race. Clippers will be available and will be used. Please plan ahead.

EQUIPMENT: Wet suits are NOT permitted. Support craft other than designated Race Craft are not permitted.

REGISTRATION, DEADLINE: Entries must be received by Saturday, June 5, 2010. Entries received after June 5 require a \$10 late fee with the entry! Send entries and fees to
Masters Open Water Festival
c/o Dick Brewer
2871 4th Street NE
Naples, FL 34120-1336

ENTRY FEES

Masters Mile.....	\$ 27.00
5K Open.....	\$ 32.00
Both races.....	\$ 50.00

Make checks payable to **SFSCI, Inc.**

RESULTS: Results will be posted at www.openwaterfestival.org

AWARDS: Special awards for the overall male and female winners in each race. Awards to the top three finishers in each male/female Masters age group (18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, etc.).

SOCIAL: A hospitality table will be open for both races.

T-SHIRT: All entrants will receive a goodie bag and a 2010 National Open Water Festival T-shirt at check-in.

PARKING: There is *very* limited parking at Lynn Hall Park. There are adjacent public parking areas, but they have parking meters.

LODGING: For discount rates, call (888) 529-6588. Ask for accommodations near Lynn Hall Park.

TRANSPORTATION: All major airlines serve the greater Southwest Florida area. The Regional Southwest International Airport (RSW) is about 15 miles east of Fort Myers Beach. The Tampa and Fort Lauderdale airports are each about two hours away.

RENTAL CARS: All major rental car companies are available at RSW airport.

INFORMATION: www.openwaterfestival.org

MEET DIRECTOR: Gregg Cross (239) 462-3322 or
GreggCR@LeeSchools.net

MEET REFEREE: Mark McCaw



Official Entry Form

Masters Mile & 5K Open

June 12-13, 2010 ~ Fort Myers Beach, Florida

Sanctioned for USMS, Inc. by Florida LMSC, sanction # 140-014ow

Individual Entry information

Name _____ USMS Registration # _____

Address _____ DOB ____/____/____ Age (race day) _____

City _____ State _____ Zip _____ Gender (circle) **M F** Club _____

Phone (____) _____ E-mail _____

T-shirt size: small medium large x-large xx-large

USMS Release: 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 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 NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEE, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in Open Water swimming and agree to assume those risks.

Signature _____ Date _____

Entry Fees and Deadlines

MASTERS MILE (\$25.00) \$ _____

(OR)

5K OPEN (\$30.00) \$ _____

(OR)

Both races (\$48.00) \$ _____

PLUS

MEET SURCHARGE \$ 2.00

Only if applicable

LATE FEE (entries received after June 5) (\$10.00) \$ _____

One-event USMS registration (\$19.00) \$ _____

TOTAL ENCLOSED \$ _____

Mail this entry/release form, with your check (payable to **SFSCI, Inc.**), and a copy of your 2010 USMS Card to

Masters Open Water Festival
c/o Dick Brewer
2871 4th Street NE
Naples, FL 34120-1336

	U.S. MASTERS SWIMMING	2010 MEMBER REGISTRATION CARD AND TRAVEL PERMIT
USMS #	NAME	CLUB
ADDRESS		
Attach a copy of your 2010 USMS registration card here.		
CLUB NAME	REG. DATE	EXP. DATE 12/31/2010
D.O.B.	AGE	SEX