

Florida LMSC Newsletter

Volume: 27 Number 4

November 2010



CURRENT EVENTS: FROM YOUR REGISTRAR MEREDITH MOORE

Thank all of you for joining USMS, and I hope everyone who was a member in 2010 will register for 2011. Please ask a friend to join also. By now most of you should have received a link for online registration or paper registration. Go to our website: www.floridalmsc.org, click on "Information", then scroll down the left to "Registration". You will find the links to both Online registration and paper interactive registration. USMS is offering some incentives if you register for 2011 by December 31, 2010. See details later in this newsletter.

We had an outstanding high of 1,755 members registered for 2010 (Nov 1, 2009 - Oct 31, 2010) not including the Club MSI that transferred from California in October. About 65% registered online. Our breakdown between male and female was exactly 50%/50%. Ages ranged between 18-93. Our largest Club was SPM with 261 members, followed by FACT with 213, SYSM with 212 and DBMS with 118.

If you belong to a Club that charges a Club fee with registration, PLEASE be aware that if you register online, you must pay that Club fee to the Club Rep. Most clubs charge their program fee separate of USMS registration, but we have about 15 Clubs that do collect Club fees with the registration. We can't collect Club fees with online registration, so please be diligent about getting the Club fee to your Club Rep. Clubs that collect their Club fee WITH USMS registration are: 300C, BMSC, BOLM, DYSM, FACT, HLJ, SCSF, SPCO, SPM, SUN, TMM, and Workout Groups SARF and VASF, UNAF (Any chapter of FACT has a \$5 Club fee).

We had 56 Clubs registered for 2010 and several more are in the process of registering for 2011. Other than the Pacific LMSC with 125 Clubs and over 10,000 registered swimmers and the Southern Pacific LMSC with 79 Clubs and over 4,000 swimmers, Colorado has 1900 swimmers and only 2 Clubs, Illinois Masters has 1800 swimmers and 15 Clubs, Metropolitan Masters (NYC area) has 1900 swimmers and 19 Clubs, New England Masters has 1900 swimmers and 6 Clubs and Potomac Valley has 2300 swimmers and 26 Clubs. You can see that we are among the largest of the 52 LMSC's in the country and rank 3rd as far as number of Clubs registered. So far in the 2011 season, we have 45 Clubs registered which includes 4 new Clubs: T2NM - T2 Naples Masters, Naples; YCFM - YMCA of Central Florida Masters, various locations; DMSC - Deltona Masters Swim Club, Deltona; and MSI - Miracle Swimming Institute, Sarasota.

REMEMBER, if you have a MINDSPRING or EARTHLINK email address and want your Newsletter via email, you MUST approve me so I don't go directly to your spam filter! All your emails get bounced back to me "for approval" and because there are so many, I DON'T fill out all the "approval" forms, so please allow my emails to go through: mamoo49@aol.com. If you don't and don't receive the Newsletter, you can always go to our website www.floridalmsc.org and download the current copy of the Newsletter.

We continue to have roughly 625 people in the Florida LMSC request a paper copy of our newsletter. We realize some of you have either no computer or a dial up connection to the internet (which means that downloading our newsletter is a slow process), but for the others who ask for a paper copy, we plead that you help us (a) save money and (b) become greener, by not requesting a paper copy. Thank you for considering this. If you register online, please un-check the Newsletter via USPS option.

Many happy laps, Meredith Moore, Florida LMSC, Registrar. If you have any registration questions, you can reach me at mamoo49@aol.com.



LETTER FROM THE CHAIR: MEEGAN WILSON

Dear Florida LMSC Members,

We held our 2010 Annual LMSC meeting on Saturday October 16 in Orlando at the end of the first day of the second Annual Rowdy Gaines Masters Classic. Nine clubs (BDO, DBMS, FACT, FMM, TTM, SUN, SWIM, SYSM, WPRC) were represented with eighteen people attending the meeting and 3 proxy votes.

Highlights of the meeting are:

- Congratulations to Sue Moucha and Victor Buehler for being awarded the USMS Dorothy Donnelly Service Award at this year's Convention. Sue was presented her award at our annual meeting.
 - The slate of Officers for the next two years was elected unanimously.
 - Chairman: Meegan Wilson
 - Treasurer: James Stine
 - Secretary: Victor Buehler*
 - Registrar: Meredith Moore
 - Newsletter: Jason Brauer
 - Sanctions: Pat Tullman
 - Records & Top 10: Bill Brenner
- *Note: Victor Buehler would like to step down as secretary due to time constraints. Please contact Meegan if you are interested in the position.
- As of October 31 we had 1755 registered members of the Florida LMSC, our highest number ever. We have 56 Clubs this year. New Clubs are: DTMS, GCST, HTA, KSAM, LM, SPWM, TBAM, WOO, and YFFC. Welcome!
 - A committee was formed (Jason Brauer, Sherry Bogue, and Jim Stine) to study the impact of online collection of Club fees. Pros: Clubs don't have to collect these fees themselves making registration easier for the individual registrars. Cons: Work load is added to the Florida LMSC Treasurer and Registrar and this will complicate bookkeeping. USMS' LMSC Required Minimum Standards state: *The LMSC bank account must be separate and distinct from any other account. LMSC's may not comingle funds with club funds for any reason or accept payment for matters not pertaining to the LMSC, member registration, or LMSC sanctioned or approved events.*
 - There is a \$2 increase in USMS registration fees (from \$35 - \$37) this year. Another \$2 increase was voted to go into effect for 2012.
 - Attention Meet Directors: Pools with moveable bulkheads must now be measured before and after each session.
 - The Florida LMSC has purchased a laser measurer, Leica Disto D330. Our next step is to design an apparatus to hold the laser measurer accurately. Marly and Jim Wilson will make our first one. Teams who have a moveable bulkhead will want to make their own once the plans are finished. USMS has a set of plans (<http://www.pacswim.org/certifyingpools.pdf>). Credit is given to Skip Thompson for the initial plans (<http://floridalmc.org/forms/PoolMeasurement.pdf>) The Florida LMSC should be able to purchase more lasers for teams that run meets with bulkheads.
 - In the future, there will be a USMS requirement that all coaches be ASCA certified.
 - Convention 2011 will be in Jacksonville September 14-18. Please contact Meegan if you want to volunteers to man the hospitality suite.
 - We are implementing ways to spend our assets with the help of the Financial Planning Committee (Margie Hutinger, Bill Brenner and Jim Stine). A rotating swim clinic at meets was suggested.
 - The Technical Planning Committee (Scott Bay, Bill Brenner, recommends that no meet be scheduled the weekend before and weekend after any long established meet.
 - Scott Bay conducted a survey of Florida LMSC Coaches. See results in this newsletter.

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



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

ASK THE SWIM DOCTOR: PAUL HUTINGER

Question: I'm new to Masters swimming and have competed in some pool events. I've always been intrigued by swimming in lakes and rivers and have noticed some open water events. What are the benefits of these open water swims?

Answer: When I was younger and didn't have the shoulder limitations (injury from a bike crash) that I now have, I competed in lake, quarry and river swims. I found them to be an enjoyable and pleasant diversion from my usual pool swims. I recently had the opportunity to observe the Tropical Splash Open Water (OW) Swims at Siesta Key, FL. They offered three different distances (1K, 2.5K, 5K), so you could chose which one you are comfortable with. This is typical of OW events. Ages ranged from 24-82, with almost 100 swimmers. I only stayed for the 1K, and had the honor of supporting my wife, and four other teammates in their first OW event.

The challenges differ from pool events, and will help to make you more of a total swimmer, able to deal with a variety of challenges. There is no black line to follow on the bottom, so you have to be resourceful to sight the buoys and shore line and swim in a straight line. Practice lifting your head forward, so you don't drift outside the boundaries. Throw in a couple of breast stroke kicks if you can.

Some of the slower swimmers gained even more than the top swimmers. Some were out there by themselves, with no one around them. As they struggled to see the next buoy, there were life guards in kayaks and paddle boards to redirect the stray swimmers.

One of the 70 year olds said it wasn't as bad as she thought it would be. Her body recovered quickly, and she felt perky for the award ceremony. First, second and third place winners in each age group were recognized with certificates of their achievement. Kyle Deery, 25, was the overall men's winner in the 1K with a time of 15:44.1. The oldest swimmer, John Cornell, 82, finished in 30:20.3. The slowest time was 42 minutes, so you can see there was a great variety in abilities.

Planning ahead for your OW swim is important for reducing the stress that is always a part of competition. If possible, get to the site the day before to check out parking, facilities and the beach. As always before a competition, have your early morning breakfast and go through your mental preparation to focus on your event.

Rick Walker and his volunteers did an excellent job of organizing this OW event. If your club is sponsoring an OW event, being a volunteer is another important aspect. This valuable contribution and social interaction is sometimes overlooked, yet it can be as important as the training and competition.

Good luck! This will be an excellent experience and give you more mental strength, a feeling of confidence and a positive self-image of yourself. You can look back on the experience and be appreciative of the opportunity to participate and push yourself to your personal limit. Your friends will be impressed with your guts to swim in an open water event.

OW events in the Dixie Zone (southeast US) can be found at <http://www.dixiezone.org/> or ask your coach. Want additional information or have comments? Contact Dr. Paul Hutinger: 727-521-1172 OR phut@usms.org.

Dear Florida LMSC Members,

From July - October, 2010, the following Florida LMSC Members have donated to either the USMS Foundation and/or the International Swimming Hall of Fame Foundation (ISHOF):

Gretchen Boehm, William Cottrell, Andrew Halstead, Wayne Kittle, Luke Kung, Jim Morosco, Dora Pearl, Robert Rehnke, and Brandi Szen.

Your support of US Masters Swimming and the International Hall of Fame is greatly appreciated.

Thank you! Your Florida LMSC Board of Directors





Coaches Corner: Scott Bay Survey Results

The purpose of the Survey Monkey data collection instrument was to gather information about the clubs/coaches in the LMSC so their needs could be better served.

87% of respondents swim with a club/workout group.
88% also have a coach on deck
92% of coaches are certified (85% by ASCA, 64% by USA Swimming, 7% by YMCA and 7% NA with fairly even distribution between levels 1-5)

- The majority of the clubs offer six or fewer practices per week.
- One third of the coaches are paid through collected masters fees; the rest are either volunteer or a club coach that also participates in the masters program.
- One third of the responding clubs have a coach at almost all meets.
- One quarter of clubs had a coach at 10 or more championship meets (Zone or Nationals).

What Does LMSC Mean?

Many of you have asked "What does LMSC mean?". It means your Local Masters Swimming Committee. We are the Florida LMSC. The Florida LMSC encompasses the state of Florida except the counties of Palm Beach, Broward, Dade, Monroe, and that part of Hendry County east of Route 833 (Florida Gold Coast LMSC); and also excluding the counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, Bay, and that part of Calhoun and Jackson Counties west of the Apalachicola River (Southeastern LMSC).



Nominations Requested For Our 2011 Awards Banquet February 12, 2011; Clearwater, FL

**Criteria for all awards are posted on the Florida LMSC web page
(www.floridalmsc.org)**

Please send nominations by December 31st. For the Overcoming Adversity Award send to Sue Moucha; 109 E. Sadie St.; Brandon, FL 33510; jbmoucha@aol.com; 813-689-4131. For Coaches and all Service awards send to Awards Chair, Marianne Bradley; 869 Manning Rd; Palm Harbor, FL 34683; bradleym@tampabay.rr.com; 727-784-0420.

Please note our new award for volunteers at the club level.

- **Most Valuable Swimmers of the Year** - Awarded to the top male & female swimmers selected from the top ten Florida Swimmers of the year in both long distance and pool.
- **Outstanding Swimmers of the Year** - Awarded to the next four top ten swimmers, male & female.
- **Top Ten Swimmers of the Year** - Awarded to the next five top ten male & female swimmers.
- **Leather Lungs Award** - Awarded to all swimmers who have completed all individual events in short course yards, long course meters and short course meters and/or all five USMS postal events. Please alert the Florida LMSC Records & Top Ten Chair, if you think you qualify, by December 31st.
- **Sue Moucha Overcoming Adversity Award** - Awarded to a swimmer who has overcome adversity and who provides inspiration to all while pursuing swimming.
- **Florida LMSC Coaches Award** - Honors coaches who have exhibited outstanding devotion to Masters coaching in the Florida LMSC
- **Florida LMSC Service Award** - The Florida LMSC honors those members for outstanding past and present service to the Florida LMSC.
- ***Florida LMSC Service Award for Club Volunteers - New Award*** - that honors members of individual clubs for outstanding service, past and present, to the club in the promotion of Masters Swimming. One person from each Club can be nominated each year.



FITNESS CORNER: SUE MOUCHA

MILESTONE: Congratulations to Greg Rotele for completing the Swim Around Key West, 12.5 miles Greg's quote " I know I had lots of fun as I conquered a difficult challenge, and I have seen Key West from a swimmer's point of view.

FITNESS EVENT: Remember the USMS One Hour Postal Swim, January 2011.

FITNESS THOUGHT: I would like to share with you my thoughts as to what I have learned from participating In Masters Swimming over the years.

Always remember to have **F**un. Masters swimming Is both an **I**ndividual and a **T**eam sport. At the end of the day, both come out ahead. Never say "**N**o, I can't swim this event". Just "**D**o It" and go from there. Always remain **E**nthusiastic no matter what the outcome may be. Masters swimming is a balance between both being **S**erious and enjoying the social aspect. We participate in Masters swimming because we love the **S**port. Please send me your insight as to what **Fitness** means to you. Send to jbmoucha@aol.com



FACT: Florida Aquatic Combined Team

Long Course Nationals in Puerto Rico was sparsely attended – could be because of the fact that it was during the week and also it was an expensive trip in this economy. The attendance was historically low but I am sure those that went had a great time – looked like fun. **Martha Henderson** from SPCOF and **Doug Messineo** of SARF did us all proud! Martha took 5

bronze and a National Champion in the 50 butterfly in the 70-74 age group and Doug took 3 silver and National Champion in the 100 and 200 breaststroke in the 70-74 age group. Congratulations!!

We've had some serious health issues develop with a few of our older swimmers and pray that they are all in the past – at least at this writing everyone seems to be recovering nicely. **Sylvia Eisele**, after near fatal heart attacks last year, fell before leaving Ft Myers and had 18 stitches in her head, two broken bones in her wrist, hip and back damage – fortunately she is now recovering nicely but only got back in the water about a few weeks ago! **Betty Lorenzi's** heart stopped while in Wisconsin this summer and she has a pacemaker which is holding her up and restricting her training and competition the rest of this year – she is planning on joining us in the new year and we'll be looking forward to her return. **Mary Tusa** had a minor heart attack after the Ocala games this summer and had to have a stent inserted!! In addition she's on schedule for some skin cancer surgery – sun is not our friend I'm afraid. She plans on competing later on in the year. UPDATE JUST RECEIVED: Add **Martha Henderson** to our list of bionic swimmers. On her way to Utah for the World Senior Games Martha suffered a heart episode and is now sporting a pacemaker! Thank goodness to quick thinking and care all is well. Let's keep them all in our prayers for speedy recovery.

We had a number of swimmers attend the Ocala meet in September – representatives from the Villages (VAST) were numerous and had some great swims for so early in the season. In addition Sarasota (SARF) and 300 had some good times. We hope to see a good group at the Rowdy Gaines and Bridge to Bay meets this fall.

In addition to pool swims a good number of swimmers from VAST, SARF, SUNF, etc. competed at the Tropical Splash and Dixie Zone Open Water Championships. I spotted at least 15 Villages in the 1K – great to see you all come out for the races. I see **John Cornell** (82) of VAST and **Nancy Durstein** (80) of SUNF had the distinction of proving “older is better” – taking 1st in the 1K and 2.5K respectively.

Up north **Don Puchalski** (SUNF) was in an 8-mile swim in Lake Geneva as a fundraiser supporter for Special Forces families the “Swim 4 Freedom” raised \$20,000. Note the January 2nd Tampa Bay Swim for the benefit of Navy Seal families – you'll need your wetsuit for that!! Also, January 1st SUNF has a

(FACT cont.) fundraiser for the Pinellas County Special Olympics at the Long Center in Clearwater - all the contributions go to the kids.

Be sure to catch up on current news on our Florida LMSC website under People and Places, Florida Aquatic Combined Team Current News. We update at least once a month.



FLORIDA MAVERICKS MASTERS:

In 1999, the Florida Maverick Masters hosted the 3000/6000 Yards National Postal event and made a substantial profit. Our members decided to invest a portion of the proceeds and use it for a yearly award, to contribute to the FL LMSC, beyond our team.

In early May, 2001, our Special Awards committee decided we would honor Frank H. Tillotson, an original Maverick, with the creation of the "Frank H. Tillotson Award," which would be presented annually, to a deserving Florida LMSC member.

This award recognized his numerous contributions to swimming, throughout his illustrious career and contributions to the world of swimming. Through the years, he served as an official, FL LMSC newsletter editor, volunteer for club functions, delegate and committee member to the USMS convention, contributor to building a pool in Romania and was a worldwide competitive swimmer.

Criteria for this award, exemplified Tillotson's characteristics:

1. FL LMSC Masters swimmer (non-Maverick)
2. Contributions to their own team
3. Contributions to the FL LMSC, Dixie Zone and/or USMS.
4. Contributions to the swimming community, beyond Masters.
5. One-page letter describing criteria for the candidate.

Tillotson and the Special Awards Committee made the final selection and the presentation was at the FL LMSC awards dinner, in the spring. The award was approximately \$200 in value, with a plaque and cash. "Swim in good health."

Starting in 2002, we have had numerous nominations and six deserving recipients:

Dick Brewer, 2002; Meegan Wilson, 2003; Sue Moucha, 2004; Deb Walker, 2005; Rogers "Tiger" Holmes, 2006; James Donnelly, 2007;

Sadly, for the past three years, we have had NO nominations, in spite of notices advertising it in the FL LMSC newsletter and web page. Perhaps it's a lack of interest or a lack of members exemplifying Tillotson's outstanding characteristics.

Currently, there is another FL LMSC service award, so as of 2010, we will not be accepting any more nominations nor presenting any more FHT Awards within the FL LMSC. We are in the process of searching for another worthy organization.

Paul Huting, Team Rep



SYSM: SARASOTA SHARKS MASTERS

The Sharks Masters closed out their Championship season with a very impressive Third place finish among local teams at the Summer Nationals in Puerto Rico. Along with our tenth place finish at Spring Nationals in Atlanta and our fourth consecutive YMCA National Championship, it has been a banner year on the national stage for the Sharks. Individual National Champions in Puerto Rico were **Kyle Deery, Rick Walker, Bumpy Jones, Ellen Bennett, Fernet Ramnath** and **Eney Jones**. SYSM was the top Florida LMSC scoring local team in both Atlanta and Puerto Rico.

(SYSM cont.) A few short weeks after Nationals, SYSM held our annual banquet and named Sharks All-Stars for 2010. Receiving the symbolic towel as an All-Star were **Jonathan Fong, Terri Goodman, Steve Grossman, Ed Mench, David Oakes, Lisa Repassy, Karen Saef, Jan Soderstrom, Allison Tolpa** and **Gary Trimble**. Also recognized were 32 Sharks who earned Top Ten honors along with an additional 32 more Top Ten Relay swimmers. Recognized as All-Americans were **Courtney Hudak, Eney Jones, Rob Butcher, Kyle Deery, Mark Drennen, Keefe Ludwig, Rick Walker** and **Bumpy Jones** who earned an amazing 19 All-American awards. In addition, three Sharks relays were named All-American, #1 in the country.

SYSM co-hosted the 8th Annual Tropical Splash Open Water Swim on a beautiful October 2 day on renowned Siesta Beach. Distances contested were 1K, 2.5K and 5K. The swim was designated as part of USMS H2Open series and was also the Dixie Zone Championship. It was by far our best ever as entries nearly doubled to 290 and electronic timing chips were used for the first time. The new rectangle course layout and safety support crew drew rave reviews. As always is the case SYSM volunteers helped make this a first class affair. We hope you will join us next year as the race continues to grow.

SYSM will be hosting two more events in the near future; we pride ourselves on running an organized and fun meet and invite you to participate. You won't be disappointed. Our meets are always held in a laid back atmosphere with usually some socializing afterwards. Day 1 of the Bridge the Bay SCM meet will be held in Sarasota November 13. An 11 AM warm-up will allow all out of town swimmers to drive in that morning. Day 2 of Bridge the Bay will be held in St. Pete. Please consider entering both days, you'll be glad you did!



THE ORIGINAL SARASOTA MASTERS:

"There comes a time when autumn asks, "What have you been doing all summer?" The members of The Sarasota Masters have been quite busy, thank you for asking!

It all started in Ocala at the *Central Florida Marlins Masters Fall Splash* on September 25th. Coach Bill Vargo puts on a very nice meet and the quartet of **Deb Walker, Helen Vetter, Gerry Chojnowski** and **Doug Messineo** took advantage. Gerry (60-64) had the swim to write home about; 1st place in the 100 breast and a new best time by more than 3 seconds! He then added another 1st in the 50 breast, and took 2nd and 3rd in the 200 Free (new best time) and 50 Free, respectively. Helen, swimming in a new age group (70-74), had two new best times herself, in the 100 Free (2nd place) and 50 fly (1st). Blue ribbons were *de rigueur*, as she took 1st's in the 100 Back, 100 Fly and 100 IM. Not to be outdone, Doug (65-69) swam to a new best time and 1st place in the 100 breast, later adding a pair of top podium finishes in the 50 breast and 100 IM, and a 2nd in the 50 free. Deb Walker (55-59) took all 1st's in the 100 back, 50 and 100 breast, and did so at her personal bests; can't wait to see her when she's tapered! After all that success, the really impressive part was when Gerry taught Helen how to use cruise control during the drive back to Sarasota!

Back in January, Helen entered the Go the Distance Program (GTD) sponsored by Nike and USMS. Her goal was to reach 350 miles by year-end and as of October 1st, she is at 321.17 miles or 92% of goal. She was the subject of USMS story, which can be read here: <http://www.usms.org/hist/sto/index.php?ID=479&srt=date>

Occasionally, Masters coaches "allow" their swimmers to partake of the various Open Water swims or Triathlons that take place this time of year. The recent 8th Annual Tropical Splash Open Water Swim was attended by eight Sarasota Masters and the results were outstanding, to say the least! Swimming for the first time as a member of SARF, **Cara Wright** (25-29) was 2nd Female overall and 1st in her age group in the 1k. Her husband **Robert** (25-29) also took 1st in his age group and was 2nd Male overall. **Tess Rosales** (40-44) finished 5th, notable for the fact that she swam with a very painful shoulder. In the 2.5K swim, **Nancy Kunzle** (50-54) placed 3rd in her age group, as did **Helen Vetter** (70-74). **Deb Walker** (55-59) took top honors in her age group and was 2nd Female overall, missing 1st by 7 seconds to a woman 23 years her junior. In the 5K race, newcomer **Jordan (J.J.) Valenza** finished 2nd in 35-39 Males; he just

(Original Sarasota Masters cont.) returned to swimming about 1 month ago after a nearly 10 year absence. He is already making plans for the June 12th 6+ mile National Championships in Fort Myers, FL.

The very next day, the 27th Annual Sharks Siesta Key Triathlon was held, and several SARF members participated. **David Begala** (40-44) took 11th/53 in his age category and 83st overall (over 900 athletes). As promised, **Tina Lipe** (55-59) returned to competing in triathlons, taking 1st in her classification. Of note: Tina finished 5th overall at the 1986 Ironman World Championships in Kona, Hawaii. **Milena Rohr** was the first leg (swim) of the CY International Team that finished 2nd overall in the Mixed Gender relays. In the Duathlon competition, **Stephanie Burger** took 5th in her age group (55-59), but did comment that next year, she will enter the Tri, if only to test her newly found swimming ability!

Finally, the Sarasota Masters sends best wishes to **Carl Knutsson** (50-54) as he gets ready to compete at the 2010 Ironman World Championships on October 9th in Hawaii. Only 1,800 "lucky" people get to test themselves on one of the biggest challenges the sports world has to offer ... 2.4-miles of swimming through tough ocean waves, 112-miles of biking, and a 26.2-mile marathon run, over challenging lava-covered terrain. We at SARF are in awe and eagerly await the results for next months' newsletter!



SUN MASTERS:

This winter presented us with changes beyond our control - our home base, the City of Dunedin's only pool, has closed for the winter and our team has scattered throughout Pinellas County. This has caused us to make a difficult decision, which is to cancel our hosting of the annual popular Valentine Meet held every year at Clearwater's Long Center Pool. We have sent out pleas to other Clubs, in hopes that they could take over the obligation and

manage the February 12-13 event. Mark Roberson and the City of Clearwater & St Petersburg/Clearwater Sports Commission has picked up the gauntlet and will be hosting this annual event. Please see the meet flier in this newsletter.

COACH JOE BIONDI has found a home at the Palm Harbor YMCA Monday thru Friday from 5:30 am to 7:00 am. Those of us that are finding the time and location agreeable are gravitating there while others are at the Long Center and other pools around the area. We are still together as SUN Masters but are missing the daily camaraderie and found it too cumbersome to coordinate a large swim meet.

The Open Water and Triathlon called during the summer and early fall and many of our members placed well. JOHN CORNISH placed 1st in the Florida Challenge International Triathlon in Clydesdale 40-over and 4th in the 50-54 age group in the Top Gun Triathlon.

The Tropical Splash Dixie Zone OW Championships were held October 2nd in Sarasota. NANCY DURSTEIN, 80, took a 1st in the 80-84 2.5K race. JOHN MARZULLI placed 4th in the 5K 60-64 age group and DAVID PERKEY, 60, placed 2nd in the Triathlon portion. Looked like a perfect day from where I sat (I'm partial to that black line) and where they swam!! Good going everyone.

In the Tarpon Springs Tri, BRUCE MANN took 1st in the 50-54 age group; JERRY NAPP took 2nd; GENE WONG took 2nd in the 35-39; CHERYL FORGANG 3rd in the 45-49; and BRANDY SZEN 2nd in the 30-34. Great showing!!!

We're looking forward to some aquaquack at future meets - will miss the daily gatherings at practice, but maybe this will be an excuse for more of us to participate in the coming SCM fall meets coming up - the Bridge the Bay is fun at Sarasota and St Pete and it's all in one week end this year!! - check it out November 13 and 14.

PLEASE ATTEND THE ANNUAL AWARDS BANQUET THIS FEBRUARY 12, 2011 IN CLEARWATER FOLLOWING THE VALENTINE MEET. COST IS \$10 PER ADULT AND \$5 PER CHILD. RESERVATIONS ARE REQUIRED. PLEASE SEE FLIER IN THIS NEWSLETTER.



SPM: ST. PETE MASTERS:

Fall has fallen and it is beautiful at North Shore Pool! To conclude the heat of the summer many of our swimmers participated in the 5K and 10K postal events. Those who dared to swim the long distance include: **Chris Burke** 2:22.54, **Dawn Clark** 2:56.20, **Sarah Kwon** 2:28.05, **Carl Selles** 2:44.29, **Sarah Swoch** 2:40.47, and **Flavia Zappa** 3:20.27. We also had 18 swimmers complete the 5K, with a photo finish (you had to be there...) between **Steve Freeman** (1:20.38) and **Dawn Clark** (1:20.41)! Congratulations to all: **Bob Aldrich, Bob Beach, Pam Geiger, Ken Gersbach, JoAnn Harrelson, Beth Kostreva, Pat Marzulli, Colleen O'Reilly, Charlotte Petersen, Barbara Prescott, Carl Selles, Josh Smith, Sandy Steer, Sharon Steinmann, Sarah Swoch, and Flavia Zappa.**

Congratulations to our SPM swimmers that traveled down to Sarasota for the Tropical Splash & Dixie Zone Open Water Championship. Sounds like everyone enjoyed the race and our team did extremely well. In the 5K **Sarah Kwon** (18-24) took 2nd place, **Sarah Swoch** won in 25-29, **Charlotte Petersen** was first overall for women and **Dawn Clark** (45-49) was third in her age group. **Sharon Steinmann** took first in the 50-54 age group. The men's 5K had **Ted Bradley** in first (25-29), **Chris Burke** in 2nd (45-49) and **Pat Marzulli** at 3rd (60-64). In the 2.5K **Paula Texel** won her age group (40-44), **Roma Allen** 4th in 65-59 and **Steve Farrenkopf** 2nd in 30-34. The 1K swim had **Michael Buerkett** at 4th in 25-29 and **Mary Lou "Skip" Mitchell** won the 75-59 age group.

Don't forget about our 3000/6000 postal! Our team day will be Sunday, October 24th. This should be an easy event for all of the 5K and 10K swimmers! Contact Coach Patty for more information, and check the team website for all upcoming events and meet entries. Meet information for Bridge the Bay Meet in Sarasota (November 13) and St. Pete (November 14) is now posted on our website, www.stpetemasters.org under Results & Awards. The info is also available at www.dixiezone.org. Put your swim practices to the test and enter a meet before the end of the year! Last, but not least, there will be the Annual Meeting for St. Pete Masters on Sunday, November 21st at 8:45 AM (before practice).



TBAM: TAMPA BAY AQUATIC MASTERS

<http://www.tampaswim.com/>

Congratulations to **Juan Cue**. Juan traveled to Puerto Rico for the USMS long course nationals. He had many top finishes, but we are most impressed with his WIN in the mens 50-54 age group 200 meter butterfly. Open water swimmers **Juan, Becky Nelson** and **Andy Lutton** all had top places in the Daiquiri Splash October 2.

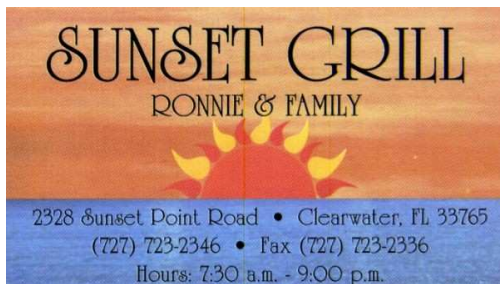
Triathletes **Danny Hicks** and **Jan Thompson** recently competed in USAT long course nationals in Myrtle Beach South Carolina and earned a slot to participate in Worlds next year. Good luck to **Norma DeGeunther** as she travels to Amelia island for her first half ironman in late October.

FLORIDA LMSC MEMBERS - PLEASE REGISTER EARLY

Register by December 31st and you will receive discount codes, totaling more than \$30.00 in savings, from eight of USMS's sponsors. When you register, you will automatically receive a "Welcome" letter from USMS which will have the gift codes included.

Barracuda: 10% off total purchase
Blueseventy: \$15.00 off purchase of \$30.00 or more
Finis: \$10.00 off total purchase
Fitness Nutrition: 20% off total purchase
Hammer Nutrition: \$5.00 off total purchase

SwimOutlet.com: 10% discount on Sporti and ClubSwim products
TRISWIM: 30% off total purchase
TYR: 20% off total purchase



2011 Florida LMSC 10th Annual
Social & Awards Banquet
Saturday February 12, 2011
Clearwater, FL

- **COST:** \$10 per adult; \$5 per child (12 and under). (*Subsidized by the Florida LMSC*)
- **TIME:** Please join us around 4:30 pm.
- **WHERE:** Banquet Room @ Sunset Grill- 2328 Sunset Point Rd, Clearwater, FL
- **ALL** are welcome. Please bring family and friends. Dress is casual.
- **MENU:** Choice of seven entrees: 1. Jumbo Stuffed Ravioli Florentine (Vegetarian) 2. Chicken Breast Parmesan with Spaghetti; 3. Baked Stuffed flounder; 4. Top Sirloin Steak; 5. Fried Shrimp 6. Lamb Shanks* 7. Grilled Chicken Greek Salad. All served with soup or salad except Greek Salad. Flounder, Shrimp, Lamb Shanks and Top Sirloin are also served with choice of baked potato, baked sweet potato, vegetable or rice. Choice of soft drinks and assorted desserts. Full Cash Bar available. **Please indicate on your check if you want the Lamb so that enough will be available.*
- **CHILDREN'S MENU:** Spaghetti, Fried Shrimp; Fried Fish; Hamburger; Pork Chop; Hot Dog, Mac & Cheese, Grilled Cheese or Chicken Tenders.
- **RESERVATIONS** are required. Deadline is February 4th. A few tickets may be sold at the door for \$15 each, but to be sure of food availability please email or call in any last minute reservation requests. *Remember that a reservation is a commitment.* Please make checks payable to Florida LMSC and mail to Marianne Bradley; 869 Manning Rd; Palm Harbor, FL 34683; (727-784-0420; bradleym@tampabay.rr.com)

Recognizing the Best in 2010**

- **Most Valuable Swimmers of the Year** - Awarded to the top male & female swimmers selected from the top ten Florida Swimmers of the year in both long distance and pool.
- **Outstanding Swimmers of the Year** - Awarded to the next four top ten swimmers, male & female.
- **Top Ten Swimmers of the Year** - Awarded to the next five top ten male & female swimmers.
- **Leather Lungs Award** - Awarded to all swimmers who have completed all individual events in short course yards, long course meters and short course meters and/or all five USMS postal events. Please alert the Florida LMSC Records & Top Ten Chair, if you think you qualify, by December 31st.
- **Sue Moucha Overcoming Adversity Award** - Awarded to a swimmer who has overcome adversity and who provides inspiration to all while pursuing swimming.
- **Florida LMSC Coaches Award** - Honors coaches who have exhibited outstanding devotion to Masters coaching in the Florida LMSC
- **Florida LMSC Service Award** - The Florida LMSC honors those members for outstanding past and present service to the Florida LMSC.
- **Florida LMSC Service Award for Club Volunteers** - This is a new award that honors members of individual clubs for outstanding service, past and present, to the club in the promotion of Masters Swimming. One person from each Club can be nominated each year.
- *Please send nominations by December 31st. For the Overcoming Adversity Award send to Sue Moucha; 109 E. Sadie St.; Brandon, FL 33510; jbmoucha@aol.com 813-689-4131. For Coaches and all Service awards send to Awards Chair Marianne Bradley; 869 Manning Rd; Palm Harbor, FL 34683; bradleym@tampabay.rr.com; 727-784-0420.*

****Criteria for all awards are posted on the Florida LMSC web page (www.floridalmsc.org)**

2011 Masters Annual Valentine's Meet ~ February 12-13, 2011

Hosted by City of Clearwater & St Petersburg/Clearwater Sports Commission
Sanctioned by Florida LMSC for USMS, Inc #

DATE & TIME: Sat., Feb. 12: warm-up 7 AM for 1000 free, start at 8 AM; warm-up at 10 AM for other events, start at 11 AM
Sun., Feb. 13: warm-up at 8 AM, meet begins at 9 AM.

FACILITY: The Long Center, 1501 N. Belcher Road, Clearwater, Florida. The Long Center is an indoor 50 meter x 25 yard pool. This meet will be using 10 of the facility's 20 short course yard lanes with Daktronics timing for competition and 10 lanes will be provided for warm-ups during the course of the meet. All events will be swum in numerical order slow to fast. **Events 1 and 2 are limited to the first 50 to enter.** Free refreshments for all swimmers. Breaks taken as needed.

ELIGIBILITY: Current USMS rules will govern. All athletes must be 18 years of age or older as of February 12, 2011, and be registered with USMS, Inc. Non U.S. citizens should have a letter of introduction from their own swimming association.

ENTRIES & FEES: Swimmers must pre-enter by mail. **Entries must be received by Friday, February 4.** Swimmers may enter a maximum of five individual events per day. Each entry must be submitted on the entry form with your name, registered team (local chapter, if applicable), age, event description, event number, USMS registration number, and seed time. Please be sure that all information is filled out, the waiver signed, and a copy of your 2011 USMS registration card is attached. Entry fees are \$2.50 per individual event, \$5 per relay team, and a \$20 surcharge which is non-refundable. Please make checks payable to **City of Clearwater: Long Center Pool** and mail to the address on the entry tab. Scratches will be accepted and allowable refunds made if Mark Roberson (727) 793-2320, ext 107, or e mail to: mark.roberson@myclearwater.com, is notified prior to 4 PM on Tuesday, February 8.


RELAYS: Relay teams may be deck entered at the meet both Saturday and Sunday. Only team members registered for the meet may participate in the relays. Age categories for relays are 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+. Relay cards are due before events 5 and 15 on Saturday and before events 27 and 33 on Sunday.

SCORING & AWARDS: Individual High Point awards for 1st, 2nd and 3rd in all age groups (must swim five individual events to be eligible). Team awards for combined men and women 1st, 2nd and 3rd. Scoring 9-7-6-5-4-3-2-1 for individuals, double points for relays. **Team club awards will include individual chapters of the Florida Aquatics Combined Team, but not FACT.** Individual entries must **designate the chapter** immediately preceding their USMS registered team (ex: SUNF). **Relays of club teams must be either registered all one club or members of all one chapter and all registered FACT to count for team high point.** FACT relays from different chapters may be swum together but will not count for High Point Team awards. Notify the meet director if you would like to swim with other FACT members from different chapters on a relay – we will try to coordinate your relay entries.

ORDER OF EVENTS: Events 1 & 2 will be deck seeded, combined, limited to first 50 entrants, and seeded slow to fast. Events 19/20 will be deck seeded. Events 21/22 will be combined and deck seeded.

W/M	<u>Saturday, February 12</u>	W/M	<u>Sunday, February 13</u>
1/2	*1000 Freestyle	21/22	*500 Freestyle
3/4	200 Backstroke	23/24	200 Breaststroke
5/6	50 Breaststroke	25/26	50 Butterfly
7/8	200 Freestyle	27/28	100 Freestyle
9/10	100 IM	29/30	100 Backstroke
11	200 Mixed Free Relay	31	200 Mixed Medley Relay
13/14	200 Butterfly	33/34	100 Breaststroke
15/16	50 Backstroke	35/36	100 Butterfly
17/18	200 Free Relay	37/38	200 IM
19/20	*400 IM	39/40	200 Medley Relay
		41/42	50 Freestyle

*check-in required 1/2 hour prior to event

 Fill out the information below, clip this portion of the page, and attach it to the Florida LMSC Consolidated Entry Form

Fees: Meet surcharge.....= \$ 20.00
 # events () x \$2.50.....= \$ _____
 T-shirt () x \$10.00.....= \$ _____
 TOTAL ENCLOSED.....= \$ _____

Make checks payable to **City of Clearwater: Long Center Pool** and mail the check and the entry form with this tab attached to
 Long Center Pool
 attn: Mark Roberson
 1501 N. Belcher Road
 Clearwater, FL 33765

**ATTACH A COPY OF YOUR
CURRENT USMS CARD HERE
IF REQUIRED.**

**BE SURE TO SIGN AND DATE
THE ENTRY FORM.**



2nd Annual **Tampa Bay Frogman Swim**
A 5k Open Water Swim Challenge & Fundraiser
January 2, 2011



Swim with the Navy SEALs

100% of the proceeds are donated to the [Naval Special Warfare Foundation](#) which supports the men and families of Naval Special Warfare.

Our goal is to build awareness in the Tampa Bay area by making this an annual event that challenges athletes with weather conditions similar to SEAL training.

Please visit our website at www.tampabayfrogman.com for information including qualifying requirements and fundraising expectations.

Questions? Please contact us at frogmanswim@gmail.com
Volunteers Needed Too!



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IMATHLETE

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