



FLORIDA LMSC NEWSLETTER

Volume: 28 Number 1-2

February/May 2011

Florida LMSC 10th Annual Awards Banquet



Marianne Bradley
Awards and Social Chair

We held our 2011 Florida LMSC Awards Banquet at the Sunset Grill, following the first day of the Valentine meet at Clearwater's Long Center. It was well attended with 73 people, including Meet Director **Mark Roberson** from the City of Clearwater, along with two of his assistants.

The cost of the dinner was subsidized by the Florida LMSC. Reservations were \$10 per adult and \$5 per child. There were many items on the menu to choose from and the food was delicious.

The **Sue Moucha Overcoming Adversity Award** was awarded to **Ed Nessel**, who coaches the Cocoa YMCA Aquanauts in Brevard County. Ed has had more than his share of personal tragedies, the latest was his wife Eileen dying only the week before the banquet. Ed has used swimming and coaching as a personal way of keeping up his emotional stability and

physical strength. Ed has been coaching masters more than 30 years and has received numerous national awards from USMS.

The **2011 Coach of the Year Award** was presented to **Rick Walker** who coaches and swims with the Sarasota Sharks in Sarasota. Rick has been swimming masters for over 30 years and has been coaching in Sarasota for 9 years. His Sharks team is now one of the largest teams in the state.

Special Recognition Service Awards were presented to **Sue Moucha** for six years of outstanding service to the Florida LMSC as our Sanctions Chair and **Marly Wilson** in appreciation for three years of service as our Records & Top Ten Chair.

Club Service Awards, for special service to individual clubs, were new this year. Awards went to **Patricia Tullman** of the Florida Mavericks Masters and **Marianne Bradley** of Sun Masters.

Florida LMSC Top Ten Swimmers and Leather Lung Awards of 2010

Our 2010 Long Distance Top Ten Women Swimmers were: **1.** Sara Holman, GSC; **2.** Mary Holman, GSC; **3.** tie between Patricia Bond, FMM and Sarah Swoch, SPM; **5.** Sarah Kwon, SPM; **6.** Sandy Steer, SPM; **7.** Sharon Steinmann, SPM; **8.** tie between Jessica Knapp, SPM and Betty Lorenzi, FACT; **10.** tie between Barbara Prescott, SPM and Dawn Clark, SPM.

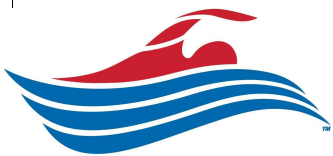
Our 2010 Long Distance Top Ten Men Swimmers were: **1.** Kern Davis, SPM; **2.** Carl Selles, SPM; **3.** Robert Beach, SPM; **4.** Christopher Burke, SPM; **5.** Ted Bradley, SPM; **6.** three way tie between Sean McClean, MOO, Adam Goldstein, GSC and Pat Marzulli, SPM; **9.** tie between Brian Rimel, SPM and Brud Cleaveland, FMM.

Our 2010 Pool Top Ten Men Swimmers were: **1.** Burwell Jones, SYSM; **2.** Donald J Puchalski, FACT; **3.** Paul Hutinger, FMM; **4.** William L Specht, SPM; **5.** Ambrose Gaines, BLU; **6.** Robert C MacDonald, FMM; **7.** Kyle B Deery, SYSM; **8.** Rick B Walker, SYSM; **9.** Keith M Switzer, BLU; **10.** Mark A Drennen, SYSM.

Our 2010 Pool Top Ten Women Swimmers were: **1.** Jean D Troy, FMM ; **2.** Nancy N Durstein, FACT; **3.** Linda Visser, ORLM; **4.** Patricia M Bond, FMM; **5.** Mary C Tusa, FACT; **6.** Betty S Lorenzi, FACT; **7.** Patricia A Tullman, FMM; **8.** June B Reynolds, FMM; **9.** Margit H Jebe, SWIM; **10.** Jennifer T Willis, AQNT.

Our 2010 Leather Lung Award Winners are: Ellen Bennet - SCY; Joanne Campbell - SCY; Nancy Durstein - LCM; Jim Matysek - SCY; Don Puchalski - SCY; Steve Laugen - SCY; Linda Visser -SCY; Sarah Swoch - POSTAL; Flavia Zappa - POSTAL; Dawn Clark - POSTAL

Congratulations swimmers for your special recognitions and swimming accomplishments.



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Dear Florida LMSC Members,

The following Florida LMSC Members donated to either the USMS Foundation and/or the International Swimming Hall of Fame Foundation from November 2010 through March 2011:

William Adams, Ned Allen, Armando Almada, Holden Bank, Scott Bay, Robert Beach, Timothy Beck, Joe Biondi, Georgia Blankenship, Gretchen Boehm, Rachel Bowman, Michelle Bracken, Marianne Bradley, Darlene Brown, Ellen Brown, Maria Buda O'Toole, Rob Butcher, Sylvia Buxton, Mark Calvert, Joan Campbell, Elena Cano, Josephine Carey, Sheila Carpenter-vanDijk, Owen Christie, Brud Cleaveland, Barton Cobb, Jeanne Coleman, John Cornell, Thomas Cornell, John Cornish, William Cottrell, Bob Couch, Patricia Crow, Ann Daly, Carlene Danart, Victor Danart, Kyle Deery, Kember DeMott, Anthony Drain, Luis Duarte, David Frazer, Robert Gary, Edna Gordon, Edwin Graves, Merit Greaves, Christine Greider, David Halpern, Laura Hamel, Rudy Heller, Tanya Hench, Harrison Homans, Margaret Homans, Burwell Jones, Maureen Jones, Christine Kelly, Jamie Kendig, Jill Kilsgaard, Rick Kinard, Joel Kriger, Susan Kuhlman, Luke Kung, Aaron Kurtzman, Christopher LaBianco, Kevin Lancer, Norman Lane, Gary Laursen, Celeste Lind, Betty Lorenzi, Robert MacDonald, David Marshall, Phyllis Mathiot, Amy McCormack, Kevin McCormack, Joel Mc Kenna, Barbara Mc Nulty, Doug Messineo, A.K. Miller, Brenda Mizner, Robert Mraovich, Robert Nagle, Carol Neal, Peter Nickodem, Dianne Ohlandt, Patricia Paine, Bryon Petersen, Donald Puchalski, William Ragan, Thomas Rawls, Lisa Repassy, June Reynolds, Cathy Rohm, Gregory Rotole, Douglas Rowe, Dave Sanna, Brenda Siggs, Elspeth Smith, Christopher Stafford, Michael Stollmeyer, John Sylvester, William Tillotson, Leslie Tilton, Gary Trimble, Mary Tucker, Patricia Tullman, Helen Vetter, Rosie Vijil, Don Volpe, Ann von Spiegel, Rick Walker, William Wallace, Catherine Ware, Matt Watkins, D Scott Wells, Gillian Whatmore, Jennifer Willis, Meegan Wilson, Mimi Wilson, Lisa Worthy, and Bruce Young.

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

Sincerely, Florida LMSC Board of Directors



Dear Florida LMSC Members,

I hope you were able to attend our *10th Annual Awards Banquet* on February 12th along with the annual Valentine's meet, February 12 - 13, both in Clearwater. We had a great time honoring and socializing with our Top Ten swimmers and volunteers. Special thanks go to our Awards and Social Chair *Marianne Bradley* and her committee members: *Joannie Campbell, Bill Brenner, Sue Moucha, Marly Wilson, Paul Hutinger, and Joe Biondi.*

A huge thank you to the Florida LMSC Board of Directors and Committee Chairs for their hard work making 2010 a great year. There are a few changes and additions for 2011:

Due to time constraints, *Jason Brauer* was not able to produce a February newsletter and has stepped down as our Newsletter Editor. We appreciate all of his hard work for the LMSC and wish him the best. This newsletter will attempt to incorporate news from January to May. *Sheila Carpenter van-Dijk* has volunteered to be our interim newsletter editor and will start with the August issue. Thank you Sheila! I have put this one together so please send all complaints to me.

Victor Buehler has stepped down as our Secretary. *Fernette Ramnath* has volunteered to be our interim Secretary. Thank you Fernette!

Meredith Moore has done a fantastic job as Registrar and she has also accepted the position as our Communication's Chair this year. Meredith will be sending out informational emails from time to time. Please allow her emails to reach you so that you don't miss important information.

Records and Top Ten Chair *Marly Wilson* has kept the top times flowing to USMS for inclusion in their Top Ten database for three years and we thank her for all her hard work. *Bill Brenner* was elected to replace Marly in 2011 and he is off to a fast start with the submission of the 2010 SCM results and quantifying our 2010 Top Ten swimmers in both Pool and Open Water for our 2011 Awards Banquet.

Sue Moucha has been our Sanctions Chair for 6 years and has done a great job. *Pat Tullman* was elected to replace Sue in 2011, so please send your sanction requests to her. Sue volunteered to be our new Fitness Chair in 2010 and will continue in this position in 2011.

Last year *Scott Bay* took over as Coaches Chair from *Joe Biondi* who was our first recipient of the Florida LMSC Coach of the Year award. Scott is doing a great job. Please see his contributions in this newsletter.

David Miner has volunteered to be Long Distance Chair in 2011, a new position on the board.

We are looking for a new webmaster. This is a volunteer position and requires involvement in Florida LMSC Masters swimming.

The 2011 United States Masters Swimming Convention will be in Jacksonville September 14 -18. Our LMSC is responsible for finding a pool for the delegates early morning workouts. *Pete Nickodem* is working on this. *Victor Buehler*, USMS Convention Coordinator and will be working closely with us. We are responsible for manning the hospitality suite during convention and for providing a Social on Thursday evening, September 15. Social Chair *Marianne Bradley* and Pete will coordinate this endeavor.

Sincerely,

Meegan Wilson, Florida LMSC Chair

FLORIDA LMSC OFFICERS & Committee Chairs

Chairman

Meegan J. Wilson

352-373-0023

meeganwilson@bellsouth.net

Secretary

Fernette Ramnath

610-368-0496

framnath@hotmail.com

Treasurer

James Stine

813-504-665

stinecpa@tampabay.rr.com

Registrar

Communication Chair

Meredith Moore

239-774-0822

mamoo49@aol.com

Records & Top 10

Bill Brenner

941-928-2396

amrx6@aol.com

Sanctions

Pat Tullman

813-655-7648

ptullma1@tampabay.rr.com

Newsletter Editor

Sheila Carpenter-van Dijk

813-892-8991

sheilacv@tampabay.rr.com

Senior Games Liaison

Joan Campbell

727-938-7181

jcampb10@tampabay.rr.com

Official's Chair

Charles Kohnken

727-531-0008

Charleythetuna@tampabay.rr.com

Coaches Chair

Scott Bay

386-677-1595

scottbay@usms.org

Awards & Social Chair

Marianne Bradley

727-784-0420

bradleym@tampabay.rr.com

Fitness Chair

Sue Moucha

813-689-4131

jbmoucha@aol.com

Long Distance Chair

David Miner

941-545-9709

dminer02@verizon.net

Past-Chairman

Tom Bliss

321-453-3409

tbliss@cfl.rr.com

Webmaster

Meegan J. Wilson

352-373-0023

meeganwilson@bellsouth.net



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

ASK THE SWIM DOCTOR: PAUL HUTINGER

Question: I was a sprinter in college and like the short events. What's the best training program for a Masters swimmer?

Answer: There are several examples that may work for you.

Dan Thomas, record holder of :23.63 for the 50 fly (40-44), gave his workout as a warm up of 8 x 25 kick and then 16 x 25 swim. The key was long rest at a 1 to 4 ratio (Example: 15 seconds on a 1:15 interval).

Another approach, if you have two hours a day, is the Alexander Popov program. This program was set up as a three week training cycle followed by one week of competition. An example of one week's training includes main sets of 8 x 800, 16 x 400, 16 x 100 at aerobic and anaerobic threshold levels. Once a week do a step test: 3 x 100 at aerobic speed (on 1:45), 3 x 100 at anaerobic threshold (on 2:00), 3 x 100 maximum aerobic (on 2:00), 1 x 100 maximum swim at lactate tolerance level. The stroke efficiency of 28 strokes per 50m (12 strokes/25 yards) was maintained throughout, even at sprint speeds.

A research study in the Journal of the American College of Sports Medicine (March 1997) gives scientific insights into the effects of high intensity training. This training is used by the Japanese coaches of the Olympic speed skating team. IE1 protocol was bouts of 20 seconds with 10 second rest, repeated six or seven times AT ALL OUT INTENSITY. This would be six to ten x 25 yards on 30 seconds with a maximum heart rate). IE2 was a 30 second exercise x 5 with 2 minutes rest (4 x 50 yards for swimmers). There was a 10 minute warm up for each training session, which lasted six weeks.

The IE1 program was superior, but both programs increased aerobic as well as anaerobic capacities. When you do the 6 x 25's, ALL OUT, with 10 seconds rest, you will understand what stress is put on both energy systems.

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



Coaches Corner: Scott Bay

As we begin a new year, there are a lot of things going on within our LMSC as well as throughout the coaching community of USMS. The National Office leadership along with the USMS Executive Committee has placed a priority on Coaches education.

In conjunction with our partner ASCA, the USMS Coaches Committee has selected 4 regional sites to host the level 1 and level 2 certification clinics. I am pleased to report that Florida has one of those clinics and that certification courses will be offered at the USAS convention in Jacksonville in September. You do not need to be a delegate to the convention in order to attend the clinics and it is a great place and time to catch up with friends from around the country that you ordinarily only get to see at major meets.

In addition to this opportunity there will be other regional clinics in California, Georgia, Virginia and New York as well as the ASCA world Clinic in San Diego.

We would like to encourage all coaches to become certified through these clinics and the coaches committee is working hard in cooperation with the national office staff to develop levels 3-5 as well. In addition to these clinics for certification there are a number of swimmer/coach clinics also being planned for the near future. We will get that information out as soon as it is available. For more information contact:

Scott Bay at scottbay@usms.org (386.341.2899) or www.swimmingcoach.org or www.usms.org

Paul Hutinger Writes:

On November 9, 2010, I had surgery on my nose to remove a nasal carcinoma. This was a tissue mass, growing inside of my nose, along the right side. The technical description is a malignant neoplasm. Even though I have spent many years in the water and on deck as a swimmer and coach, this was not a sun-related cancer, as you may suspect.

I spent one night in the hospital. The next afternoon when my doctor walked into my room, she stopped in her tracks, "Boy, do you ever look good!" You could say I'm not your average 85 year old. I was sent home with the admonition to follow her orders. "Don't screw up. I don't want you to mess up all of my hard work. My goal is to have you back in the water, next summer."

The surgeon wasn't able to remove all of the cancerous tissue as it was too close to my optic nerve. I would need radiation to remove the remainder.

A week after surgery I had the stitches removed. "Boy, do you look good," was the surgeon's comment, again.

I still have a tiny hole at the top part of the incision, so I'm grounded from the pool. However, I continue to find a way to exercise. Would you think otherwise? I have my bike set up on a wind trainer in our guest room. I walk down our street and work out in the fitness room at the senior center.

I finished my 30 radiation treatments in early February and there is no sign of the cancer. I feel pretty good, all things considered, except I need more rest than usual from the effects of the radiation. Therefore, I looked over my previous columns and am re-running my very first one, from May, 1997. You may recognize the familiar theme from my recent columns. Sprint workouts continue to be in style.

PS Since I wrote this for the Feb newsletter, I have a further update. In early April, I bought a swim mask that completely seals out the water from my nose. I've been swimming about 600 yds, three days a week, mostly 25's and 50's. That's all the energy I have. In May, I'll start on hyperbaric oxygen treatments to further restore my tissues. After that, I'll need reconstructive surgery on my nose.

Tips and Drills for Freestyle **by Scott Bay**

Tap Your Head Drill

This is a drill for freestyle that we really like at the moment for a couple of different reasons.

1. It lets you know where your head is for posture in the water.
2. It gives you an indication of where your hand is which prevents over reaching (reaching in front of the head).
3. It promotes rotation.

How to do it...

Swimming freestyle, stop in mid recovery and lightly touch the crown of your head. Then slip your hand into the water in front of your shoulder in a kind of catch up fashion. Pull the other hand through and repeat the motion. This is a Sloooooo drill.

Your hands should never touch each other and you need to make yourself as long as you can from fingertip to toe tip on each stroke. The kick should be kept to a minimum and the emphasis should be on awareness of head, hands, and hips.

As with all drills it is important to remember that you are effecting a change in habit, so forget the clock and do it slowly and methodically so you can do it correctly!

3-5 Switch For Freestyle

This is another freestyle drill we are fond of right now. Reasons we like it are:

1. It promotes rotation!
2. It promotes proper position and rhythm when breathing!
3. It promotes a strong kick!

How to do it...

This is a drill where you kick with one arm stretched out and one arm at your side. Kick five times, then take three strokes freestyle and repeat on the other side. The key points are to be at a 45 degree angle to the water when kicking and looking toward the bottom of the pool.

Remember to exhale when kicking and take a breath only during the 3-stroke phase of the drill. As with all drills this is done for technique, not time, so take a 15-20 second rest interval between efforts.

The Possibilities are Limitless

By Scott Bay

One of the more interesting things about the sport of swimming is that it continually evolves. If you think about it through the grand sweep of recent history of swimming, you can see where coaches and swimmers by design or by accident move the sport forward by trying something new. They discover a technique or training method, or a technology that creates an opportunity for an athlete to establish a new world mark or national standard, or maybe even just a personal best. Some examples of this are still with us... Video analysis, interval training, stroke changes, Dryland training, even advances in nutrition and diet. The most important element in all of these advances in the sport is still the coach that makes it all happen and/or puts all of the pieces together.

One of the ways that both coaches and athletes do this is by imitating (stealing from) others. We live in a time where you can see video of some of the greatest swims ever beamed directly to you via the internet or mobile network using technology that did not even exist 10 years ago! As much fun and convenience that this provides, there is no substitute for that experience of being there, which is why USMS and ASCA offer opportunities such as Swim Fest and the ASCA Regional Certification clinics.

As a veteran of many of these events, I can tell you first hand that having the ability to be on the pool deck with some of the greatest Masters coaches and USA Swimming coaches in the world makes the hassle and expense worthwhile. There are so many things that get exchanged in side conversations and through live demonstrations that just get lost via a video.

Swim Fest and the ASCA Regional Clinics provide a wonderful opportunity for even the most seasoned coach to learn a few new things. Through the generosity of our LMSC and by recognizing that coaches really are the lifeblood of the sport, we are helping to lead the way in making sure that every athlete in the LMSC has exposure to quality coaches that are dedicated to the sport.

This year and for years to come, Swim Fest will bring together swimmers and coaches from all over the country with different backgrounds to exchange ideas, coaching knowledge and training techniques to not only help the swimmers at the clinic, but also to enhance their own coaching. The more you go the more you will know!

If you need any additional information on this event or any other regional clinics or would like to request a clinic for your club please contact scottbay@usms.org.



Daytona Beach Masters Swimming

Members of DBMS ended the year by swimming at the Rowdy Gaines Classic. The team was represented by **Danielle Chance, Debbie Roberts, Luke Downer, Terry Livingston, Charlie Lydecker, and Brian Northshield**. The team swam fast as a group with top ten USMS times by Danielle C Terry L and Charlie L. In addition, Terry L and Danielle C were High Point winners for the meet.

Danielle C also finished with two #1 USMS times for SCM in the 100 Breast and 100 IM.

There is also a pretty competitive group getting ready for Spring Nationals in Mesa and Daytona Beach Masters is hosting a meet a few weeks before the entry deadline to try to get those times faster!

The cold weather has taken its toll on practices with the pool closings due to cold, but we are gearing up for our indoor meet in March.

The March Qualifier meet was held on the 12-13 at Daytona State college which is an indoor facility.

Scott Bay



Florida Aquatic Combined Team

Good news on the “walking wounded” front – Mary Tusa and Martha Henderson returned to the water at the State Senior Games with great times and looking good! Betty Lorenzi was back in town and had a successful season – she left for Wisconsin for the summer today. Sylvia Eisele is still having problems as a result of her fall last spring – our prayers are with her for a full recovery!

The Bridge-to-Bay meet was great fun but not much enthusiasm for relays. One of the difficulties was attendance at both events – geographically those near Sarasota concentrated on that and those near St Pete vice versa. Since our members are so scattered we seemed to be short of participants at both meets. Some of us weary participants attended both – which at the beginning of the season can be tiring.

The State Senior Games in Ft Meyers – after we thawed out from 40 degree temps – saw some awesome times from many of our FACT members. Several State records fell and although we do not swim for our USMS teams there, we had many stand-outs from SPCF, VASF, SUNF, SARF that I recognized. The Villages Chapter is sending 20 swimmers to Senior Games Nationals in Houston in June. Good luck to all of you. We hope you’re warming up at the Bumpy Jones Meet in June – a Dixie Zone Championship. Would be nice to see FACT have a good showing – we’ll be judged as a Regional Club at this meet.

The Valentine Meet this year was well attended – an indoor facility like the Long Center is perfect for February and it appears few other meets wanted to take the chance on the weather! This is a Chapter Meet, so you can swim as your chapter and also your relays will count at USMS top ten if they are all FACT members. The City of Clearwater hosted the meet this year with SUN hospitality!! The pool has been recently upgraded to a UV system so no chlorine odor!! It’s great! They are planning development meets and long course meets in the future so keep your eyes open.

We just returned from the YMCA Nationals in Ft Lauderdale – a great time was had by all and it was nice to see some of our FACT members as Y members swimming some great races. At St Pete we had five good relays and some good swims from many of our FACT members – SARF, SUNF, SPCF were outstanding. Enjoyed watching Terry McGee, our “grandfather” from Pine Key, with his wife, children and grandchildren cheering him on big time “GO GRANDPA”.

Be sure to follow the FACT news monthly on the Florida LMSC website – keep up with all that we are planning and our latest news items. The Dixie Zone Championships in Ft Lauderdale saw great performances by Betty Lorenzi, Joan Campbell, Don Puchalski, Luke Chung and Meegan Wilson. We were able to field some silver medal mixed relays. Remember to give us a heads-up if you are going to Nationals, or local meets and want to combine for relays. We need to know ahead of time if possible. Also, shoot for Auburn this August!!

Joan Campbell, FACT News Editor



U.S. Masters National 10K Open Water Championships

Gulf Coast Swim Team (GCST) of Ft. Myers, Florida is proud to be hosting the 2011 U.S. Masters National 10K Open Water Championships at Ft. Myers Beach on Saturday, June 11, 2011. Check-in opens at 6:30 AM and the race begins at 8 AM. Registration

deadline is May 17, 2011. Also taking place is the first annual Crippen Mile Open Water Swim. This inaugural race has been created to remember and celebrate the life of Fran Crippen, who tragically passed away in a World Cup Open Water 10k Race in Dubai, U.A.E. on October 23, 2010. These events are open to all USA Swimming and US Masters Swimming members.

Several other open water swims will take place that weekend including the USA & Canada Swimming 10K World Team Trials, FL Swimming Open Water Clinic, USA Swimming 5K National Championships and Age Group events including an 800M, 1.5K and 5K swim. Information and registration forms can be found at <http://openwaterfestival.org>.

The Holiday Inn on Ft. Myers Beach will serve as race headquarters. This will be a fun filled weekend for swimmers and their families and a great time to be in beautiful Southwest Florida. Air temperatures are expected to be in the mid 80’s with water temperatures in the low 80’s. Ft. Myers Beach is just a few minutes away from Sanibel & Captiva and offers many dining and shopping opportunities.

Don Henshaw



Florida Mavericks Masters News

One of my missions in attending convention was to get information on how the FL LMSC could implement collecting club fees with individual online registration, like other LMSC's do.

During the past three years, we mistakenly thought that this was not possible. FMM does not currently encourage online registration, as the individuals have to send a separate check to our registrar to complete their registration. This is a very frustrating process, as some individuals ignore repeated phone calls and e-mails.

Anna Lea Matysek, Membership Coordinator, told us that Club Assistant was able to do this, but it was up to each LMSC to set it up. Our FL LMSC hasn't done so. Objections were that it was extra work for the Treasurer and Registrar and the LMSC couldn't co-mingle its funds with the club fees.

I had a very enlightening discussion with George Simon, Chair of the USMS Registration Committee, who cleared up some misconceptions. This would not be considered co-mingling of LMSC and club fees but a "pass through" entry. We could set up a separate escrow checking account, recommended. USMS would write twelve monthly checks to FL-Club-escrow account, and our treasurer would distribute the appropriate amount to each club, as approved by the voting members.

There are 48 clubs in our LMSC, but only **14** have a club fee, less than half.

These 14 clubs each pay a yearly registration fee of \$40* (\$560) to the FL LMSC. Each member (over 300 that we know of) of these clubs pays an individual FL LMSC fee of \$8, an additional \$2,400 which supports the FL LMSC.

The FL LMSC has the money to provide a small stipend to the treasurer to encourage him to take on this extra responsibility and increase the stipend to the Registrar.

We propose that the FL LMSC Registrar set up our registration (a one-time task) with Club Assistant, so individuals registering online would also be able to pay their club fees.

A check from USMS for collected club fees would be sent to the FL LMSC every month.

The FL LMSC would vote on how many times a year the treasurer would disburse club fee checks to each club--every month (12 times/year), bi-monthly (6 times/year), quarterly (4 times/year) or twice a year.

It is important that the FL LMSC maintain a focus on how to improve service and support to its members and clubs. The Florida Mavericks would like to see this method implemented for the start of registration for 2012, as an excellent way to accomplish this goal. Each club decides if they will have a club fee, and if so, how they will spend it. Some use it to pay for relays, newsletters, awards, etc. They should be able to receive these fees in a timely manner to continue their programs.

UPDATE: In a recent e-mail from George Simon, he again recommended paying the treasurer a small stipend. His personal opinion is that it wouldn't be a lot of work for the FL LMSC treasurer. He can access the spreadsheets directly from USMS without involving the registrar.

Paul Hutinger, Team Rep

*Editor's Note: Of the \$40 Club Registration per year, only \$10 goes to the Florida LMSC, \$30 goes to USMS.



Sarasota YMCA Sharks Masters

SYSM members have recently taken on a leadership role within the Florida LMSC. We would like to say thank you to **Bill Brenner**, Top Ten Recorder, **Fernette Ramnath**, Secretary and **David Miner**, Long Distance and Open Water Chair.

The Sharks recently returned from YMCA Nationals in Ft. Lauderdale where we claimed our fifth consecutive combined title. The Sharks were also victorious in both the Women and Men's divisions. Great individual performances are too many to mention along with the 70 relays that we put on the blocks. We look forward to next year as everyone agrees that this meet is the most fun of all our competitions.

FINA World Top Ten Rankings for 2010 SCM and LCM were recently published and SYSM was well represented. The following SYSM swimmers earned Top Ten rankings: Fernette Ramnath 3, Eney Jones 5, Melon Dash 3, Kyle Deery 4, Mark Drennen 3, Bill Brenner 2, Joel Kriger 6, Kevin McCormack 4, Rick Walker 12, Jan Soderstrom 3, Bumpy Jones 12. Eney Jones ranked #1 in 200/400/1500 Free LCM. Bumpy Jones ranked #1 in 100/200 Back and 200/400 IM LCM. Rick Walker ranked #1 in 800 Free LCM.

SYSM had 25 relays rank in the World Top Ten SCM/LCM combined. Four SYSM Relays ranked #1:

800 Free Relay SCM Men 200-239: Bill Brenner, Rick Walker, Tommy Schwartz, Jordan Valenza

800 Free Relay LCM Women 160-199: Laura Hamel, Mary Tucker, Fernette Ramnath, Larissa Carmichael

800 Free Relay LCM Mixed 200-239: Bill Brenner, Kevin McCormack, Ellen Bennett, Eney Jones

400 Medley Relay LCM Men 200-239: Jay Lockaby, Rick Walker, Brian Saylor, Bill Brenner

Please consider attending the Bumpy Jones International Classic June 10/11/12. This meet will serve as the Dixie Zone Championship LCM for 2011. We promise a great t-shirt for all entrants and don't miss our legendary Party in the Park on Saturday.

Just in! Karlyn Pipes-Neilson will be holding two clinics at the Y in Sarasota on June 5. details to follow.

Rick Walker



SUN Masters News

Bridge the Bay Meet in Sarasota/St. Petersburg, NANCY DURSTEIN had 4 first place swims, a 2nd place and a 3rd place. JOAN CAMPBELL, High Point Winner, had 5 first place swims and 4 2nd place swims, both of them swimming in the 80-84 age group.

The State Senior Games in Ft Myers, once we thawed out from 40 degree temps, were successful for the SUN participants – Nancy Durstein, Joan Campbell, and Don Puchalski. All set State records in their events.

Joan Campbell went to New York after the Senior Games for a photo-shoot for the March/April AARP Magazine. With great care they applied make-up, fixed the hair-do, pampered and curled the eyelashes – AND THEN put a cap and goggles on. You may not recognize her in the magazine – the one in the swimming suit!!

We had a wonderful Christmas party at the gracious home of JOHN CORNISH. SUN supplied the meat and spirits and everyone brought a dish to share. A fabulous time was had by all, and Coach Joe was serenaded by a special group of ladies singing some great fun holiday songs. Though our SUN, without the Dunedin Pool for the winter, is scattered at various waterholes, we are intact.

January 1, 2011, found us at the Long Center for our 11th Annual Benefit swim for the Pinellas County Special Olympics. This year, with the help of our departed friend Elliott Schofield who enthusiastically supported our

Sun Masters cont.

yearly Benefit and swam every year, we raised \$1100 for our donation to them. After the swim, we continued our fun with drinks, hors d'oeuvres and dinner at the Palm Harbor Carrabbas.

We are all geared up to help the City of Clearwater put on the annual Valentine Meet. It should be as well attended as usual, and we look forward to seeing you all there. Don't forget the 9th Annual Awards dinner at Sunset Grill on Saturday night with the hostess with the mostest – SUN and Florida LMSC Social and Awards Dinner Chair Marianne Bradley.

At the St Pete meet in April, NANCY DURSTEIN took high point in the 80-84 age group, swimming 11 events.

At Y Nationals in Ft. Lauderdale, participating with the Sarasota Sharks team, BETTY LORENZI took eight 1st places, JOAN CAMPBELL took 5 firsts, two 2nd places and one 3rd place.

Joan Campbell

One Swimmer's Perspective about Swimming in the Winter

*By Sheila Carpenter-van Dijk
Tampa Metro Masters*

Remember winter? How cold it gets in Florida for what seems like forever? My attitude about Florida winter swimming used to be: "It's cold, it's dark, I don't want to." I'm told it's a Master's prerogative that I don't have to if I don't want to. But why not?

Our team has called pools 'home' where we had eight lanes, unheated locker rooms with perforated concrete block walls and one tiny shower for the girls. The guys didn't have a shower in their locker room but there was one on deck which was occasionally warm. We called another pool 'home' where there were only four lanes, all the showers were on deck, and the occasionally warm water came out in a mist rather than a stream. Again with unheated locker rooms. But we all showed up for practice. We may have had to remove the pool covers and replace them when we were finished with practice, but we swam. Sometimes the water was warm, sometimes not; it seemed heaters were broken more often than they worked. But still we swam.

Now we have one of the nicest pools in the area at the Tampa Metropolitan YMCA that we call home. It's 25 yards by 50 meters, and the water is heated in the winter to a fairly consistent 78 or so degrees and it's cooled in the summer. Our locker rooms are heated in the winter and cooled in the summer too. We have lots more than one shower for the girls and for the guys and there is what seems like an unlimited quantity of hot water. "It's cold, it's dark, I don't want to" *used to be* my attitude about Florida winter swimming.

Now my attitude is: "It's cold, it's dark, I'm going anyway." And it was great for me. There are fewer of my team mates in the pool when it's cold, so I got more of my coach's attention. My strokes were tweaked, my kick adjusted, my fitness level lifted, my mental focus sharpened. We have a Coach who is willing to be on deck for every cold evening practice wearing every piece of winter clothing he owns just to be there for three or four swimmers, who by the way are warmer in the water than he was standing on deck! For Coach Bruce Young and the swimmers who endured the cold, we are now members of the official TMM Polar Bear Club! "It was cold, it was dark... so what? I went to practice!"

It's just that "getting-out thing" and the long (at least 50-meter walk) down the deck that is still a bugger. But you know, that's why swim parkas and sheepskin boots were invented! It was cold, it was dark and I was OK with it. I went to swim practice!

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. Check our website for practice times in several locations: www.tampametromasters.org and come swim with us: for fun, for fitness, for competition; for a while, or for a lifetime. In the summer, in the winter, or all year long. See you in the pool.



Tampa Metro Masters

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

YMCA National Swim Meet



The Tampa Metro Masters 2011 YMCA National Swim Team

Front Row (l-r): Jeffrey Magol, Team Coach and Swimmer Bruce Young, Dave Lewis, Jay Smith, Kelly Spivey, Luke Paddington, Erin Hotchkiss, and Samantha (Sam) DeMott. Back Row (l-r): Mike Ruelf, Tara Deering, Karen Ness, George Corrigan, Tim Carroll, Mark Calvert, and Gene Peters. Not shown: Christy LeFleur

TMM swimmers competed in the 2011 YMCA National Swim Meet at the Hall of Fame Pool in Ft. Lauderdale April 16-19. For the first time, the team finished in the Top Ten! Congratulations to TMM!

Hearty Congratulations to our YMCA National Champions:

Erin Hotchkiss – 200 Free

Jeff Magol – 100 Fly

David Lewis – 200 Fly

Jay Smith – 100 Back, 100 IM, and 50 Back

Triathletes are One-Third Swimmers!

Some triathletes work very hard to improve swim technique and to become more comfortable in the water. The majority of TMM swimmers are USMS competitive athletes. But occasionally a triathlete will 'discover' us and attend our practices. Cindy Schiff took advantage of the coaching TMM had to offer two months before the Miami International Triathlon (MIT). Cindy is a member of the Tri Cupcakes, a very supportive group of 12 or so women who train together for triathlons and who swim at the New Tampa YMCA. Cindy attended our Masters practice and worked to "change my bad swim habits." Her poor swim technique caused her to "never really feel comfortable in the water, much less to get any faster in the water." As a triathlete, she wanted to be able to get out of the water feeling ready to begin work on the other 2/3 of the race: the bike and the run. She commented, "When you are fighting the water, and hope to just survive the swim portion of the race you use up a lot of your energy."

Tampa Metro Masters cont.

Every open water swim is different. Cindy gave this account of the Miami International Triathlon: "This race was different and interesting because we jumped in the water from the dock, swam to the first buoy and waited for the start. As we were swimming, we were told to sight with the smoke stack of the Carnival cruise ship on the other side of the buoy. I expected the water to taste like gasoline due to the number of ships using the basin, but it was surprisingly clean. The buoys were hard to sight, because the sun was just coming up, but I was pleased to finally come around the corner at the final buoy towards the stairs at the exit. I was unprepared for the current from the sea wall to my left, which kept pushing back at me and made the final quarter of the swim seem like an eternity. I was watching the hotels and high rise buildings as I swam, and I felt like I was never going to get past the final high rise to the stairs where I could exit!"

Cindy said, "TMM's Coach Bruce gave me tools to improve my technique and although I am not as fast as several of my training friends, I met my goal of exiting the water relatively calmly and without having used up all of my energy. I believe that the more I swim with TMM and work on speed using my new swim techniques, I will continue to improve. I have certainly developed a renewed passion for swimming that has been absent for quite a while. For many triathletes the swim is something 'tolerated' just to get to the bike and run portions of the competition. I can honestly say that I enjoy the swim very much, now that I have learned to swim in a more relaxed manner. Slippery swimming-- we have all heard those words!!"

Cindy took six minutes off her swim and finished first in her age group at the MIT! She has been doing triathlons for more than 7 years. Her first one was at the New Tampa YMCA in 2003. Cindy now has a new goal: "Next time there is a swim meet we will have to be there with the rest of the team!! That is one of my new goals- to compete in a swim meet. That is when I will truly have transformed into a swimmer!!"

A Triathlete Goes to a USMS Swim Meet

Tri Cupcake Stephanie Hart-Hughes trains regularly in the twice a week one-hour morning swims at the New Tampa YMCA. She says she joined TMM's two-hour Saturday session to be challenged by training with swimmers. She has been swimming evenings with TMM, not 'regularly' but she did show up often enough over the last couple of years to now own a TYR swimsuit (and not swim in tri shorts and a sport top). She also now has a mesh bag full of swim gear, swims all four strokes and goes off the blocks. She has also learned to do flip turns and can do a dolphin kick...a good skill for swim starts in triathlons.

Stephanie attended her first US Masters swim meet at the St. Pete SCY and swam several events including the 100, 500 and 1650 Free and several relays. When asked about the races, she commented: "The 1650 went OK and the 500 was OK also, but the 100 nearly killed me!"

Stephanie most recently competed in an Ultra Marathon, a 31 mile off-road run. She's an energizer bunny – she ran 10 or 12 miles before the 1650 race...100 yards is just not enough.

As a triathlete, Stephanie was 1/3 swimmer. Now she is a USMS swimmer, a member of the Tampa Metro Masters and is spreading the word to her fellow triathletes about the huge benefits of USMS swimming.

Sheila Carpenter-van Dijk

Next Florida LMSC Meeting - Saturday July 16

The meeting will take place after the Ocala LCM meet. Club representatives and interested members, please plan to attend. Important LMSC business will take place.



2011 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 # 141-019

Meet Directors: Rick Walker/Bill Brenner/Fernette Ramnath

DATE & TIME: Friday, June 10: Warm-up 4:00 p.m., meet begins at 5:00 p.m.
 Saturday, June 11: Warm-up 10:00 a.m., meet begins at 11:00 a.m.
 Sunday, June 12: Warm-up 8:00 a.m., meet begins at 9:00 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 10, 2011, 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. The one day entry fee is \$25, which does not include a T-shirt. 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, 2011, 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, 2011. Late entries will be accepted until June 8th for a \$10 surcharge. Contact Fernette Ramnath at 610-368-0496 for late entry procedure. Send entries to: Fernette Ramnath, 7702 Lake Vista Ct, Unit #405, Lakewood Ranch, 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. There is no charge for relays. 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](#), [The Broken Egg](#), [Panera Bread](#) 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, 2011 may purchase a T-Shirt at a reduced \$10. Mark your SIZE on the entry form below. Ribbons awarded 1-6th place.

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

<u>M/W/M</u>	<u>Friday June 10, 5:00 PM</u>	<u>M/W/M</u>	<u>Saturday June 11, 11:00 AM</u>	<u>M/W/M</u>	<u>Sunday June 12, 9:00 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
				45/46/47	400 M Freestyle Relay

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 at clubassistant.com)
 One Day Meet Entry @ \$25 = \$____
 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**

Be sure to indicate size of shirt if applicable!

Florida LMSC Consolidated Entry Form

Name _____ male female USMS # _____
 Phone (____) _____ e-mail _____ Birthdate ____/____/____ *Age _____
 Club _____ If applicable, FACT chapter _____ *SCY is your age on the last day of the meet;
 LCM and SCM are your age on December 31

event #	FREE (seed time)	event #	BACK (seed time)	event #	BREAST (seed time)	event #	FLY (seed time)	event #	IM (seed time)
_____	50 ____:____:____	_____	50 ____:____:____	_____	50 ____:____:____	_____	50 ____:____:____	_____	100 ____:____:____
_____	100 ____:____:____	_____	100 ____:____:____	_____	100 ____:____:____	_____	100 ____:____:____	_____	200 ____:____:____
_____	200 ____:____:____	_____	200 ____:____:____	_____	200 ____:____:____	_____	200 ____:____:____	_____	400 ____:____:____
_____	400/500 ____:____:____	MEET: _____ Office Use Only LOCATION: _____ Amt. Rec'd _____ MEET DATES: _____ Date _____						_____	100 ____:____:____
_____	800/1000 ____:____:____							_____	200 ____:____:____
_____	1500/1650 ____:____:____							_____	100 ____:____:____

Read the information sheet carefully. Make your check payable as shown on the information sheet and mail it to the address shown there. All Masters swimmers may be asked to show their USMS cards, if requested, at the meet. Incomplete entries (no fee, no copy of USMS card, incomplete entry card) or late entries (postmarked/received after the deadline) **MAY BE REJECTED!** No time (NT) entries will **NOT BE ACCEPTED!**

Signature on this form is **REQUIRED!**

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

PLEASE SIGN AND DATE _____

If you are a Florida LMSC registered swimmer, a copy of your current USMS registration card may be required to be attached to this form by the meet director. Please refer to the meet information.

If you are not a Florida LMSC registered swimmer, a copy of your current USMS registration card **IS** required.

Attach the entry form tab from the bottom of the information page in this space!

Central Florida Marlins Masters “Summer” Splash

Sponsored by: Central Florida Marlins Masters Swim Team

Sanctioned by: Florida LMSC for USMC Inc. – Sanction # 141-008

Meet Director: Bill Vargo

Meet Referee:

Date & Time: Saturday, July 16, 2011

Location: Newton A. Perry Aquatic Center – Ocala, Fl.
 Located on the College of Central Florida Ocala Campus
 I-75 & SR 200
 3001 SW College Road – Ocala, Fl. 34474

Pool: 8 lanes 50 meters with warm up and warm down available. 2 Hand held watches for all events

Warmup: 10:00am
 Start: 11:00am

Eligibility & Rules: Open to all Masters, ages 18 and older. **A copy of your 2011 USMS card must be attached to the entry form.** USMS rules will govern the meet.

Entries: Swimmers must pre-enter by mail. Swimmers may swim up to 5 individual events. Single fee of \$ 30.00 covers entry fee and facility charge E-mail confirmation of entry receipt will be provided if you indicate such on the entry form. There will be no deck entries.

Entry Deadline: **Meet entries must be postmarked by Saturday, July 9, 2011.** Late entries received by mail (postmarked after July 9) , phone or e-mail after July 9 will be accepted with an additional \$ 10.00 fee until Tuesday, July 12, 2011.

Information: Bill Vargo 352-873-5811 or mailto:OcalaMarlins@aol.com

ENTRY FORM

Name: _____ Address: _____

City/State: _____ Zip: _____ Phone: (____) _____

E-mail Address: _____

Age as of December 31, 2010: _____ Date of Birth: _____ Sex: _____

USMS Registration #: _____ Team Initials: _____

Please circle event numbers and enter a time

<u>Women’s Events</u>	<u>Entry Time</u>	<u>Event in Meters</u>	<u>Men’s Events</u>	<u>Entry Time</u>
1	_____	200 M Free	2	_____
3	_____	200 M I.M.	4	_____
5	_____	50 M Fly	6	_____
7	_____	200 M Breast	8	_____
		15 minute break		
9	_____	100 M Breast	10	_____
11	_____	50 M Back	12	_____
13	_____	100 M Free	14	_____
		15 minute break		
15	_____	100 M Fly	16	_____
17	_____	50 M Breast	18	_____
19	_____	400 M I.M.	20	_____
21	_____	200 M Back	22	_____
		15 minute break		
23	_____	100 M Back	24	_____
25	_____	50 M Free	26	_____
27	_____	200 M Fly	28	_____
		15 minute break		
29	_____	400 M Free	30	_____

Please read and sign:

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 off all 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 THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS VOLUNTEERING OR OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. IN ADDITION, I AGREE TO ABIDE BY AND BE GOVERNED BY THE RULES OF USMS.

Name (print): _____ Signature: _____ Date: _____

ENTRY FEE (Make check payable to Ocala Aquatics) - \$ 30.00

MAIL TO: Bill Vargo – 430 SW 43rd Pl. – Ocala, Fl. 34474



FITNESS CORNER: Sue Moucha

CONGRATULATIONS to *Joannie Campbell* who was featured in the March/ April 2011 edition of the AARP magazine, “Secrets of Super Athletes”.

Joannie also swam a mile for each day of the year in 2010. A total of 365 miles.

I am always reading for tidbits regarding FITNESS. In my reading I came across two very interesting words, **intention** and **attention**. We should always have the **intention of improving our fitness**. We should also **pay attention to the food and exercise activities to improve our fitness**

When reading the “4YOU” section of the Tampa Tribune one Saturday morning I enjoyed a Flexibility discussion and learned two important terms in easy defined language: **Dynamic stretching**—foreshadow of workout to come. Example, moving arms in circles if you are a swimmer. We always see swimmers doing this at swim meets. Such stretching gets your blood moving and your heart rate up which warms your heart so it will be able to pump blood to your muscles. Did you know that in a resting state, blood is distributed to organs like your heart and brain. Blood does not get to muscles unless you are using them.

Static stretching—done when workout is over. Said stretching allows the body to rest, start repairing and prepare for the next workout. Example, exercise positions held for 30 seconds or more. The muscles are more responsive to being stretched because they are warm. We are always hearing “cool down—long slow stroke motion” after swimming an event.

Commit the following to memory: intention, attention, dynamic stretching, static stretching--

Please send any related Fitness accomplishment, interest or idea to me at jbmoucha@aol.com