



## FLORIDA LMSC BOARD UPDATE

Meegan Wilson, Florida  
LMSC Chair



Our second Florida LMSC meeting held in Ocala at the Olive Garden on July 16 was well attended. We are in good financial order and have been trying to promote Masters swimming by funding certain events and reducing costs for clubs. Some of these benefits are listed below:

- ▲ On a trial basis starting May 1<sup>st</sup> and continuing for one year, administrative costs for online meet registration will be covered by the LMSC. Club Assistant or another online registration company can be used.
- ▲ Sanction fees have been eliminated for any 2012 sanctioned meet requests.
- ▲ The LMSC subsidized four coaches to attend SwimFest 2011 held in Atlanta. The coaches attending were: Mark Canterbury, Water Exercise Technology; Michelle Apple, Ormond Beach YMCA Masters; Denise Metts, Deland YMCA Masters; and Debbie Roberts, Daytona Beach Masters Swimming.
- ▲ There will be a USMS/ASCA coach's certification course in Jacksonville at the USAS Convention on September 14. Level 1 certification is from 8 am – 12 noon and level 2 certification is from 1-5 pm. The LMSC voted to cover registration costs for one coach from each Florida LMSC Club. You must be a member of ASCA to attend. Please let Scott Bay know if you are interested.
- ▲ We are looking into the possibility of subsidizing a chip timing system in Florida LMSC sanctioned open water events which will increase safety.
- ▲ If you would be interested in attending a Social at National events for all Florida LMSC swimmers attending, please let us know. We will be voting on the LMSC subsidizing this at our annual meeting in October.

### Other News.

- ▲ As of July we had 1706 members registered in the Florida LMSC.
- ▲ Meet Directors, you must submit meet results to our Records/Top Ten Chair Bill Brenner within two week of running a meet, or your meet will not be considered for Top Ten. Please don't let our members down.
- ▲ Charlie Kohnken has resigned as Official's Chair. We are looking for a replacement. If anyone is interested, please contact me.
- ▲ We are also looking for a webmaster. If interested, please let me know.
- ▲ The Florida LMSC has a laser measuring device and Jim Wilson has built an apparatus that assures accuracy. Please contact Pat Tullman if you need to measure your pool for certification or verification purposes and would like to use the laser. Instructions are posted on our website under "Meet Directors."
- ▲ The Florida LMSC is responsible for hosting the Hospitality suite at Convention in Jacksonville September 14-18. Our Hospitality Team is Marianne Bradley, Pete Nikodem, Bob Jennings, and Victor Buehler. Jacksonville swimmers, please contact Pete (pnickodem@aol.com) if you want to help out. You will have a socially good time!
- ▲ Our Annual meeting will be held at the Rowdy Gaines SCM Classic meet in Orlando, on Saturday October 15.



## FLORIDA LMSC OFFICERS & Committee Chairs

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## IN MEMORIAM – BUNNY CEDERLUND

Pat Sargent

Bunny qualified for the 1940 Olympics, but WWII caused the games to be cancelled. She was the mother of four, grandmother of seven, and great-grandmother of six children. She was married to Walt Cederlund, a retired Air Force Colonel, who gave her the nickname of "Bunny". In her professional life, she was a physical therapist. In her sporting life she has many achievements in archery, canoeing, tennis, and golf. She was an outstanding woman, fantastic competitor, and lived life to the fullest. She will be missed and remembered fondly – and often.



## FITNESS CORNER

Sue Mocha

**Joannie Campbell**, FACT, adds to her list of accomplishments with a Radio Interview on June 11<sup>th</sup>, for the Ageless Media Network. Joannie's popularity continues as she is also featured in the July-August 2011 issue of the USMS Swimmer Magazine.



How many times have you stopped and read a flyer? **Jean Allen**, a Florida Maverick Masters, did just that. She answered the flyer and found herself featured on Bright House Cable TV--"Discovery Fit Health Channel, June 27" on "Are You Fitter Than a Senior?" On the show Jean competed with three others against a team of four young British individuals. The activities took place in the Sun City area.



Residents of Sun City served as host for the "kids" as Jean called them. The "kids" had to abide by the rules of the home that welcomed them in. The "kids" trained for approximately one and one half weeks. Then it was competition day. The British team won the running and biking events. A US woman took the kayaking and our own Jean Allen prevailed in the swimming event. Everything was done in the spirit of fairness, and at the end of the day everyone just had a great time.

Jean commented, "I would do it all again."



**Flavia Zappa**, St. Pete Masters, completed the 24-mile Tampa Bay Marathon Swim. Flavia swam solo in 15 hours and 10 minutes. It was not Flavia's first attempt. She tried again and again over several years and did not give up her dream of finishing. This year Flavia finished. That is one tremendous feat!

Hats off to **Pat Marzulli**, St. Pete Masters, who also completed the Tampa Bay Marathon swim. Pat was a member of "The No Names Relay", which finished the distance in 9 hours and 54 minutes. **Chris Burke** and **Tim Kennedy**, St. Pete Masters, made up the "Holiday in Cambodia Relay", finishing in 9 hours and 4 minutes.



The above proves that one can be fit regardless of age and who knows what opportunity can come your way? Congratulations to **Joannie, Jean, Flavia, Pat, Chris** and **Tim**! Way to go!



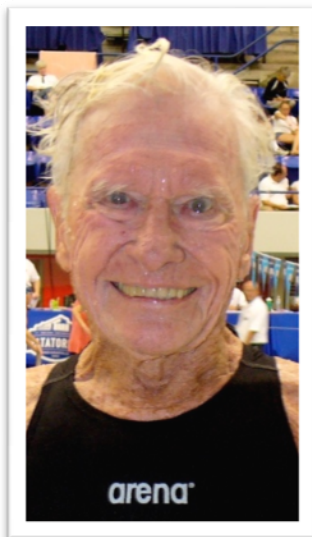
If you have something to share related to FITNESS or some other accomplishment related to swimming, please send to Sue Mocha at [jbmoucha@aol.com](mailto:jbmoucha@aol.com).



## ASK THE SWIM DOCTOR

**Dr. Paul Hutinger**

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



**QUESTION:** I re-read your August 2009 column on flexibility, and I hope to be in the 70+ age group one day. Until then, I'm in the younger crowd of Masters swimmers, recovering from injuries to the shoulders and back from an accident. I am struggling to reach a flexibility level that will allow me to progress with all of my strokes. Do you have any specific suggestions?

**ANSWER:** *If you are recovering from an accident or surgery, it is very important that your arms/legs/knees/hips are restored to a full range of motion (ROM) before adding strength and swimming to workouts.*

As you have discovered, one of the causes of poor performance is often due to a lack of flexibility, particularly the shoulder, but also the ankle and knee joints. It will hinder your ability for an efficient stroke technique, and your speed and endurance will suffer. When your joints are stiff, your muscles have to work harder and your body uses valuable energy that could be used to swim faster, harder, and longer. You need to find the appropriate stretching exercises which will enable you to increase your ROM which will lead to an improvement in technique.

My wife Margie Hutinger was struggling with wheezing while swimming, even during easy swims. She attributed it to Exercised Induced Asthma and used her inhaler regularly with little relief. Several weeks ago, during a massage with the Florida Mavericks' John Sampedro, LMT, he worked on the muscles surrounding her clavicle. They were tight and she said it hurt, at first. He gave her these new stretching exercises to open up the chest area:

- ☐ In a hot shower after practice, stand up straight, push the shoulders backwards as far as they go, extend arms behind your back, clasp hands behind back and push them away from the back, 5-10 times. Do this while letting the water run on your clavicle (front) and shoulders (back). At first, she couldn't budge the hands away from her back. After two weeks, they became more mobile and she could move them several inches away from her back.
- ☐ While lying on a bed, extend your arms straight up while holding a pole parallel to the bed. Keeping your hands close together, slowly lower the pole to the bed behind your head (5-15 times).
- ☐ With your upper arms on the bed, straight out from the shoulders, hands towards the end of the pole with a 90 degree angle on the pole, lower the pole behind your head, to the bed 5-15 times.

After two weeks, with the increase in flexibility, Margie no longer wheezes during her training, nor hangs the wall to breathe after hard sets. Now with easier breathing, she now is adapting her pace to actual meet conditions.

Improving the flexibility in your shoulders will result in more efficient techniques for all of your strokes. For breaststroke, the legs and knees need to be rotated to an 80 degree angle. Robert MacDonald, has one of the best ROM exercises for this. Sit between your outward bent knees. Very slowly and carefully, gradually progress on to your back. Lie flat on your back, with both knees and feet rotated outward. This position is difficult and very few of you will be able to achieve a complete MacDonald position, but come as close to it as you can.

As some of you have discovered, no matter what your age, accidents and surgeries can lead to a diminished capacity for flexibility unless you maintain a regular stretching program. Find the exercises that work for you in the areas that you need (beyond the examples given), be diligent in following through and you will have fewer injuries and aching joints and see an improvement in your strokes.

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

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## NEWS FROM FACT

**Joannie Campbell**

We are saddened by the passing of our teammate, Bunny Cederlund. We all have great memories of fun times with her. She was such a great outstanding swimmer and still holds the 50 meter back record and relay

records that we have set over the years. She was to turn 90 this year and planned on swimming at our Senior Games in Clearwater in March but serious illness got in the way. A blessing was her suffering was short lived.

We've had a busy summer season so far and some great early season performances. Our team placed third to Sarasota and Fort Lauderdale at the Dixie Zone Championships in Sarasota the first part of June. As always, Sarasota put on a great meet and we all enjoyed ourselves and basked in the warm temperatures and COOL pool. The social events were a plus – both at a local restaurant and at the annual picnic. Hardly anyone went home empty handed!

At the St Pete meet, our 280+ relays walked off with all the firsts. We didn't have a large attendance but still took a solid fourth in the meet. Many of our usual attendees were just back from the Houston National Senior Games – as many as 20 of the VASTF team made a great showing in Houston. Outstanding performances were made by **Bob Jennings, John Newman, Gary Henderson, Andy Miller, John Cornell and Ralph Gordon** – Congratulations to all you men! The ladies were no slackers either – **Cindy Lasher, Connie Greb, Patrice Hirt, Jeanne Hackett, Else Kaye, Mary Rose Rowan, Rae Suttie, Joyce Hutchinson, Pat McIntosh, Susan Newland**, and last but far from least, **Shirley Fishlock** all did outstanding jobs! Aside from VAST, **Martha Henderson** did us proud. Any of you I left out, it's because USMS teams are not categorized, so I have to guess.

We attended a one-day meet in Ocala which coincided with our LMSC meeting and from there we are on to Auburn University for the Long Course Nationals. Ten of our FACT team are swimming and we



should have a chance of placing well in the Regional Division. **“Tiger” Holmes** turns 90 and his daughter, **Mary Roebuck**, turns 50 – we’ll have to field a relay with both of them! – it will surely make the news – and also place well – keep an eye out for the results. We hope to have our usual Hospitality room and hope to include many of the really small clubs that are left to themselves at Nationals.

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## HELP WANTED HELP NEEDED

Pat Tullman



ATTN: SENIOR GAMES SWIMMERS: In order that the meet you swim in may submit times to USMS Top Ten, certain criteria must be met. One criteria is that the event must have a USMS Observer!

We need folks to volunteer for USMS Observers at swim meets. It may sound impressive but it only requires that you are able to follow a check list of requirements and see they are met during any recognized meet.

If you regularly attend swim meets and want to ensure your times are reported, volunteer for one or more meets!

Volunteer by contacting sanctions chair, Pat Tullman, [ptullma1@tampabay.rr.com](mailto:ptullma1@tampabay.rr.com) or Joannie Campbell, Senior Games Liaison, [jcampb10@tampabay.rr.com](mailto:jcampb10@tampabay.rr.com).

Consider this an opportunity to help yourself and your fellow swimmers while doing something you were doing anyway!

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## FLORIDA LMSC NEEDS A WEBMASTER!

Please contact Meegan Wilson ([meeganwilson@bellsouth.net](mailto:meeganwilson@bellsouth.net)) if you have the skills and interest to be Webmaster for the Florida LMSC.

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## FLORIDA MAVERICKS MASTERS NEWS

Paul Huting

Since I had cancer surgery in November, 2010, many swimmers have asked Margie or me how I’m doing. In early July, I had another PET scan. NO cancer was detected! I can still swim wearing my swim mask. I go to the pool three times a week for about 20 minutes and swim between 500-1000

yds. Nothing too hard, yet! On July 18 (much later than I anticipated), I had the first of many hyperbaric oxygen treatments.

### What is hyperbaric oxygen treatment?

Hyperbaric oxygen treatment is the breathing of 100 per cent oxygen at a pressure greater than one atmosphere which is the pressure of air at sea level. (In my case, the pressure is equal to 45 feet below sea level.) In order to accomplish this treatment, I am enclosed in a specially constructed chamber, made of acrylic and filled with 100 per cent oxygen.

Hyperbaric oxygen treatment was originally used to treat divers suffering from the "bends" or decompression sickness but is now used to treat patients with a variety of wound healing problems including certain chronic bone infections (osteomyelitis) and certain rapidly progressive acute infections such as those caused by "flesh eating" bacteria (necrotizing fasciitis). Several years ago, Frank Tillotson had a sore on his foot that wouldn't heal. After many treatments in a hyperbaric oxygen chamber, his wound was healed.

To enhance on-field performance and decrease injury recovery times, several notable stars of the National Football League have purchased portable hyperbaric chambers for their homes. Some players have a second chamber that they take on the road so that there is no interruption in their oxygen therapy regimen.

My 'wound healing' will heal the tissues from the surgery surrounding the hole in my upper nose. As long as it's considered wound healing, I'm optimistic about it working on my total body to heal what the radiation destroyed.

My two-hour time slot is Monday-Friday mornings, for thirty treatments or six weeks. While I'm confined to my 'capsule,' I can only lie quietly and watch TV. The only discomfort I have is a feeling of pressure, mainly my right ear, where I had mastoid surgery when I was two years old. The staff told me that most patients feel worse for the first week or so. I'm really tired when I get home and need an extra nap. I'm looking forward to getting past this phase.

Let the healing begin.

*It's good to hear Paul is on the road to recovery. I know we all wish him and Margie strong wills to recover fully! – editor.*

★★★★★★



**Sarasota Masters (SARF),  
a practice group within FACT**

Peter Hegwein  
Coach, The Sarasota Masters  
[www.Sarasotamasters.com](http://www.Sarasotamasters.com)  
941-924-6908

Bob Hope once said, "I don't feel old. I don't feel anything till noon. That's when it's time for my nap." Instead of napping, our own **Deb Walker** has been training hard, adding the popular TRX dry land to her weekly regimen, and the results have been worth it. At the recent Bumpy Jones International Classic, June 10-12 in Sarasota, Deb broke three USMS National records (women's 60-64) in the 50, 100, and 200m breaststroke! Congratulations, Deb!

On June 25<sup>th</sup>, several Sarasota Masters surprised long-time member **Milina (Mili) Rohr** with a going away party at the Peking Tokyo Restaurant in Sarasota. A native of the Czech Republic, Mili is returning home (for a few years, anyway) and will be swimming with a masters team there. Mili was the first Sarasota Masters to welcome yours truly on deck 4 years ago; she was always quick to help with moving lane lines, loaning a new swimmer her paddles or fins, or simply providing feedback on the workout (Peeter, can you make the distance longer; I need more yardage). Mili will be missed by everyone who had the good fortune to swim next to or even in her lane; I will miss her most – Coach Peter.

The Sarasota Masters practices at Arlington Aquatics Center in Sarasota, and because the pool doesn't have chillers, the water temperature can reach 88 degrees in summer. Courtesy of **Coach Ira Klein and the Sarasota Tsunami Swim Team**, Arlington pool now has two new evaporative chillers that have kept the water no higher than 84 degrees; perfect for swim training!



## ST. PETE MASTERS

Patty Nardoizzi

Thanks to perfect relay attendance, St. Pete Masters was once again able to clinch the overall team winner at our own Long Course Championship Meet on July 9 and 10. Contributing to the whopping 1,564 points with many individual successes were our High Point winners: **Samantha Mooren** (18-24), **Tiffany Felton** (25-29), **Adrienne Forkois** (30-34), **Shannon O'Brien** (30-34), **Ken Gersbach** (50-54), **Tim Kennedy** (55-59) and **Peter Betzer** (65-69). Congratulations all on your wonderful accomplishments!

Eight swimmers from St. Pete Masters travelled to Sarasota to compete in this year's Bumpy Jones International Classic, which was also a well-attended Dixie Zone Championship Meet. **Paula Texel, Barbara McNulty, Flavia Zappa, and Jo Ann Harrelson** competed on the women's side and all had a great meet. **Steve Freeman, Bob Aldrich, Peter Betzer and Bill Specht** represented the men quite well over the course of the weekend. A few of us stayed and enjoyed the Saturday evening BBQ dinner and fun raffle that the Sharks Masters team puts on. This is always a great meet and we enjoyed it as always!

**Pat Marzulli and Chris Burke** represented St. Pete Masters very well in the 12.5 mile Swim Around Key West on June 18<sup>th</sup>. Pat finished first in his age group (60-64) with a time of 5 hours 25 minutes and Chris won his age-group (45-49) with a time of 4 hours and 40 minutes, which placed him third overall.

Three SPM swimmers did extremely well at Canadian Nationals held May 20-23 in Montreal. **Mike Torsney** won the 200 IM and 50 and 100 Butterfly events and placed second in 50, 100 and 200 Backstrokes. **Sandy Steer** placed 3<sup>rd</sup> in the 800 Free and 200 Breastroke, 4<sup>th</sup> in the 100 and 400 Free and 50 Breastroke, 5<sup>th</sup> in the 200 Free and 6<sup>th</sup> in the 50 Free and 100 Breastroke. **Elaine Bromwich** won the 50 and 200 Breastroke, 2<sup>nd</sup> in the 100 Breast and 3<sup>rd</sup> in the 800 and 1500 Freestyle events.

Once again, St. Pete Masters hosted a successful Hurricane Man Open Water Swim on May 7<sup>th</sup>. Thanks to so many in our Florida LMSC that come out and support this event year after year and we hope you enjoyed the great weather, swimming conditions and FOOD!

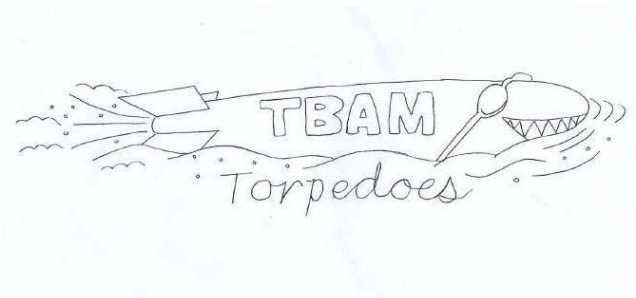
St. Pete Masters has just finished up a very busy few months, but it is great to see the hard work in the pool pays off for so many in so many different ways. SPM is on to the next event - the 5K/10K Postal. We have two team days coming up to "get the job done" and we are hoping for great swims for all participants.



## Tampa Bay Aquatic Masters

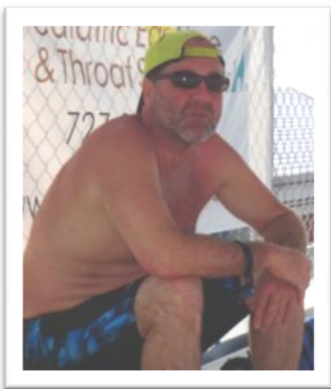
Annie von Spiegelfeld

[www.tampaswim.com](http://www.tampaswim.com)

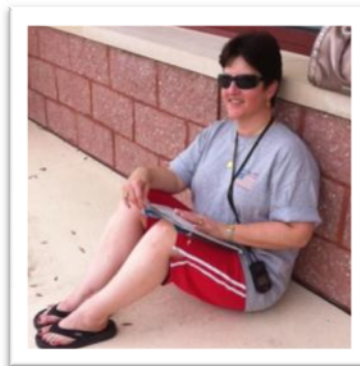


TBAM continues to grow and is now two and a half years old. With over 50 swimmers on our roster we have added a fourth practice during the week. We have a strong and talented team and are working at getting more of our swimmers to meets.

Due to health concerns, Coach Gary Goodner had to step down but his wife **Carmen** has taken over and made the transition seamless. Carmen has spent more than 10 years coaching age group swimming and has also spent time teaching the disabled how to swim. She swam in the age group ranks, made the Puerto Rican National Swim Team and held an age group breast stroke record for over 20 years.



Carmen joins Coach **Jim Zinner**. Jim swam through age group as a youth and earned a swimming scholarship and became a junior college All-American. He has been an avid masters swimmer for over 10 years and competes in local meets and open water swims.



Congratulations to **Jan Thompson** (second w65-69), **Sue Curtin** (tenth w55-59) and **Susan Ashbaugh** for completing St. Anthonys Triathlon. We also had 12 swimmers attend the Hurricane Man Swim in May. **Merit Greaves** won first in her age group (45-49) for the 1000 meter swim and **Scott Linebaugh**, at age 50, was the fastest overall swimmer in the 1000 meters. **Allen von Spiegelfeld, Jim Zinner, Cary Jones, Steve Knauss, Susan and Chuck Ashbaugh, Jan Thompson, Becky Nelson, Sue Curtin and Andy Lutton** all swam the 2.4 mile swim.

On June 17 **Ann von Spiegelfeld** participated in the USMS 10K National Swimming Championship and placed second in her age group (45-49). The swim was a 5 loop course off the beach of Ft. Myers held at the same time as the Canadian world 10K trials-what a thrill! We also had seven TBAM members participate in the St. Pete LCM July 9 and 10. Top three overall finishers included **Paul Jackson**, (3<sup>rd</sup> m30-34), **Jim Zinner** (3<sup>rd</sup> 55-59), **Valerie Mussler** (2<sup>nd</sup> w25-29), **Merit Greaves** (1<sup>st</sup> 45-49) and **Ann von Spiegelfeld** (1<sup>st</sup> 50-54). **Becky Nelson** and Allen von Spiegelfeld also had great swims. On July 13 **Ann von Spiegelfeld** placed third (50-54) at the Siesta Key Olympic Distance triathlon.



This summer it appears we are winning with the weather in that we have not had too many rain outs so with many swims and a nice social event coming we are happy swimmers. Look for more of us at the November Bridge the Bay Meet and the 8 mile Tampa Bay swim.

★★★★★★



## Tampa Metro Masters

<http://tampametromasters.org/>

Some TMMers swam in the St. Pete LCM on Saturday (and some did not)...(l-r) Dave Nafziger, Jenn Cullen, Tim Carroll, Mark Calvert, Sheila Carpenter-van Dijk, Mike Ruelf, and Jack Ribecky. Not shown:

Brandon Coach Vince Singer and

swimmers:

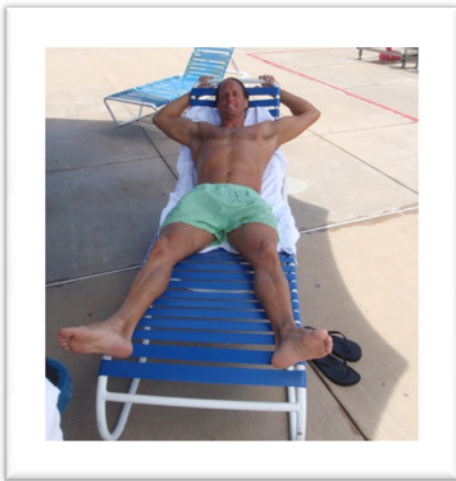
Natalie Van Cleven and Jenn Cullen.



Men's 200m free Relay, clockwise from the bottom, Jack Ribecky, Mike Ruelf Tim Carroll, Mark Calvert.



Brandon TMMers, Jenn Cullen, left, and Natalie Van Cleven ready for their 200 meter free relay.



Jack Ribecky found resting between swims. It was Jack's first swim meet in 28 years! He said, "It was an eye-opening experience."

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 and locations: [www.tampametromasters.org](http://www.tampametromasters.org)

Come swim with us;  
for fun,  
for fitness,  
for competition,  
for a while, or  
for a lifetime  
See you in the pool!



## **COMPETITIVE SWIMMING PAIN & OXYGEN DEBT**

**Dr. Kelly Spivey**

The second you dive into the water, your body goes into oxygen debt; the higher the intensity of your actions, the greater the debt. At low exercise intensity, the cardiovascular system can "pay back" much of the debt by increasing respiratory rate and flooding the working muscles with extra oxygenated blood. If you increase the intensity of exercise, your body will again go into a state of oxygen debt and you'll experience a certain level of discomfort.

### **Increasing Cardio Function**

Research shows that long-duration, moderate-intensity training will not significantly improve endurance in the athlete who is already in shape. Improvements in endurance can only be achieved with high-intensity interval training, or HIIT. Anyone who trains at high intensities -- for example, performing at a 9 or 10 on a 10-point scale -- knows it is painful. The muscles burn and the lungs are working in overdrive, but it is here where the body is challenged. Eventually, the body makes adaptations which increase overall cardiovascular function, or VO2 max.

Intrigued?

Read more: <http://www.livestrong.com/article/482561-competitive-swimming-pain-oxygen-debt/#ixzz1TQxkWf14>



### **About this Author**

Kelly Spivey began writing for the American Council on Exercise (ACE) in 2007. She authored chapters in the "ACE Advanced Health & Fitness Specialist Manual" and "ACE Personal Trainer Manual." Spivey holds a Doctor of Naturology from the American Institute of Holistic Theology and a Master of Sport Science in fitness management from the U.S. Sports Academy



## Space Coast Aquanauts

<http://www.movingthroughwater.com/Masters.html>

This article, though covering a dark topic, is truly essential for those of us who are AGING and ENGAGING in vigorous exercise. Coach Ed Nessel has coached 6 Olympians. He has been coaching over 46 years. He is a pharmacist, biochemist, and physiologist out of Rutgers University. Coach Nessel uses his scientific backgrounds to train his athletes in a scientific manner. "We don't count the yards, we make the yards count."

### **Treating Sudden Cardiac Arrest and the use of Automated External Defibrillators in the Community Setting** **Edward H. Nessel, R.Ph, MS, MPH, PharmD**

As a coach, masters swimming competitor, and general participant in vigorous exercise, I have eye-witnessed or was in close proximity, over a 30-year period, to several sudden deaths upon those partaking in competition, vigorous training, or informal intense athletic involvement. In all the cases but the last, there was no or very little warning something devastating was about to happen. This is a dark topic and one not comforting about which to write, but it needs to be brought forth and expounded upon so all who either partake in vigorous physical endeavors, administer same, or simply view them first hand will no longer be ignorant of the most important available life-saving procedures. We call these "the chain of survival." This refers to a series of critical interventions that can reduce the absolute mortality from sudden cardiac arrest. But if one of these actions is neglected or poorly executed, it is unlikely the victim will survive. Saving a life is as responsible and serious an act as one can perform. Most hope never to be put in such a traumatic situation, but we also never know what life has in store and places directly before us. Being prepared to correct sudden cardiac arrest is the greatest service one can provide our fellow man when circumstance presents.

What takes down a person almost immediately in these cases is "sudden cardiac arrest" (SCA). Most occur when the electrical impulses in the dysfunctional heart become rapid (tachycardia) or chaotic (fibrillation) through the more muscular segments (ventricles) assigned the task of blood circulation throughout the body. This irregular heart beat (arrhythmia) may cause the heart to suddenly stop beating, producing a precipitous drop to critically-low levels in arterial blood pressure. Death, if left to the natural cascade of events, usually ensues within 10 minutes due to the lack of oxygen supply to several vital organs. Less than five minutes of deprived oxygen at normal room temperature usually brings about some form of lingering brain damage.

Sudden cardiac arrest is a major health problem worldwide and is the leading cause of death in many developed countries. In the United States alone, there have been as many as a quarter million cardiac deaths in a single year; most arise from the high-risk segment of the population exhibiting several strong contributory factors of imprudent lifestyle which produce obesity, high blood pressure, coronary inflammation, excessive circulating fats in the blood, non-defusing of unremitting stress, and cardiac vessel

constriction from smoking. And there are the very unfortunate who have inherited the dangerous genes which can produce cardiac anomalies that can crossover into pediatrics and the athletic world.

Cardio-pulmonary resuscitation (CPR) was developed around 1960 with closed-chest cardiac massage as the key element. The "chain of survival" was fully described and delineated in the 1992 guideline for CPR and emergency cardiac care by the American Heart Association (AHA). Over the years the actual hands-on procedures have modulated into what is taught today where it is deemed more important to keep compressing the chest rather than interrupt this to give "rescue breaths."

The "chain of survival" has four interdependent links: 1) early access, 2) early basic CPR, 3) early defibrillation, and 4) early advanced cardiac life support (ACLS). Notice the one common word in each link: EARLY. The guidelines were again revised in 2005 to create a single international version of evidence-based, scientific resuscitation guidelines. There must be an unbroken continuation in the rescue process to ensure the greatest possibility of survival. But the obvious most critical point is the "immediate" recognition of the emergency and initiation of the "chain" by those surrounding the victim. If no one recognizes the signs of the emergency, and no action is taken quickly, the possibility of survival plummets to zero.

"Early Access" refers to the actions taken from the time the victim collapses until emergency medical service (EMS) personnel arrive. When someone suffers sudden cardiac arrest, the most important actions a bystander can take are to recognize the critical nature of the situation, have an emergency service number called, and to start procedures on the victim for resuscitation. Recognition of early warning signs, such as chest pain, shortness of breath, and patient activation of the emergency response system can significantly increase the rate of survival. This is the compelling reason the American Heart Association stresses education concerning the importance of recognizing the signs and symptoms of cardiac arrest, acute myocardial infarction and stroke, and initiating the action plan for survival.

"Early CPR" Statistics and logic confirm that the survival rate is much higher in victims who receive early CPR than in those who get delayed attention. The physical procedures involved in CPR (chest compressions pushing blood circulation through to the vital organs) help preserve cerebral and myocardial viability, but it can not stand alone as the sole important link to increased survival mainly because of the complexity of administration and the variability of the competence of the administrator. The main cause of failure to adequately resuscitate in this chain of survival is the delay in initiating defibrillation when needed.

"Early Defibrillation" The survival rate from sudden cardiac arrest, according to many studies, is poor if the victim does not receive electric-shock therapy within a few minutes to restore normal electrical cardiac activity. Studies have shown that the most critical factor for survival from ventricular fibrillation is the time difference between onset of fibrillation and administration of defibrillation. By the numbers, the probability of survival is reduced by about 50% for each three-minute delay in administration of defibrillation. Further, survival rates for sudden cardiac arrest can rise to as high as 90% when immediate electrical cardiac shock is administered. Because of this fact, the immediate correction of fibrillatory cardiac beating is recognized as the most critical component in the chain of survival. But, as stated



previously, early defibrillation is not the only important aspect of treatment; all the factors in the chain of survival must be interconnected, attended to, and applied.

“Early Advanced Cardiac Life Support (ACLS)” Defibrillation works best when CPR is provided right up until the electrical shock is applied, followed by rapid advanced care to prevent fall-back to the previous dangerous cardiac conditions. ACLS is enhancement of basic life support (BLS) and is provided by professional EMS personnel. It includes airway and breathing management, medications, and, in some cases, inducing dropping the body's temperature (hypothermia) to reduce onset of oxidative inflammation and destruction in cardiac and cerebral tissues. But since EMT personnel are almost never the first responders, it has been discussed with some persuasion that if the victim does not receive immediate adequately-provided CPR and fruitful defibrillation with an automated external defibrillator (AED), advanced life support will prove to be disappointing and of limited or no value.

Many studies show positive outcomes with early defibrillation in public places, as it saves precious minutes and improves survival rates for cardiac arrest victims. This positivity relies critically on the fact of having many trained lay rescuers with readily-available AEDs in public places that attract large crowds such as public transportation, shopping malls, hotels, venues that host sports competitions, high-rise buildings, and manufacturing plants. Of course, having a private-home unit is also a wise decision especially if there are cardiac patients residing.

As part of the public access defibrillation (PAD) program, a federal law was enacted in 2002 to provide AEDs to states and localities at places where circumstance might provide a need. Funds from this law also provide training for those wanting to learn to recognize symptoms of severe cardiac distress and the subsequent use, if need be, of AED's. The primary goal of a program of this type is simply to sustain the patient's previous quality of life by preserving normal neurologic functioning. The program seeks to enable rescuers to deliver early defibrillation to victims within three to five minutes of collapse, the first critical moments after sudden cardiac arrest. However, this program should not replace the care provided by EMS personnel, but rather provide a lifesaving bridge in the chain of survival during the several critical minutes it takes for advanced life support to arrive.



Dear Florida LMSC Members,

The following Florida LMSC Members have donated to either the USMS Foundation and/or the International Swimming Hall of Fame Foundation (ISHOF) from April through June 2011:



*John Brackett, Troy Church, Colin Clark, Andrew Findlay, Karina Findlay, Scott Guthrie, Frank Holleman, Sloane Hovan, Susan Kaineg, Joyce LaChapelle, Lauren Nichols, Anne Page, Greg Sullivan, Deborah Tullman.*

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

Sincerely,



## AUTUMN NEWSLETTER DEADLINE – OCTOBER 15

Sheila Carpenter-van Dijk

Please send newsletter articles to me! ([sheilacv@tampabay.rr.com](mailto:sheilacv@tampabay.rr.com)). Put your team name in the subject line please. If you have questions, just ask. The next newsletter is scheduled to be on the web (<http://floridalmcsc.org>) and in the mail in November, so I'll need your articles by October 15! Look for human-interest stories in your team; we'd love to hear about them!



## Rowdy Gaines Masters Classic

October 14th – 16th, 2011

**SANCTIONED BY:** Florida LMSC # 141-027

**HOSTED BY:** YMCA of Central Florida Swimming and Team Blu Frog

**TYPE OF MEET:** 25 meter timed finals. Time Trials are available

**DATES & TIMES:** Session 1 Friday, October 14 Warm-up 5 pm Meet Start 6 pm

Session 2 Saturday, October 15 Warm-up 8 am Meet Start 9 am

**ROWDY GAINES CLINIC AFTER SESSION 2**

Session 3 Sunday October 16 Warm-up 8 am Meet Start 9 am

Session 4 Sunday, October 16 TIME TRIAL Following Session 3

**LOCATION:** YMCA Aquatic Center. 8422 International Drive, Orlando, FL 32819

**POOL SPECS:** Eight lane 25 meter pool. Warm-up and Warm Down available (25 yards)

**TIMING EQUIP.:** Colorado timing system with scoreboard

**ELIGIBILITY:** Open to all USMS registered swimmers.

**SEEDING:** Times will be seeded Short Course Meters. No conversions by meet management. Please enter times for SCM.

**SCRATCHES:** No penalty for scratching on the block.

**ENTRY LIMIT:** Five (5) individual events per day, plus relays. No limit to the number of relays entered - indicate as "A", "B", "C", etc. Swimmers over-entered will be removed from their last event on each day over- entered.

Note: Time Trial entries do count toward the number if individual entries per day.

**ENTRY FORM:** Online Entry Preferred.

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1779&smid=3304](https://www.clubassistant.com/club/meet_information.cfm?c=1779&smid=3304)

Online entries are accepted with credit card payment (Visa, MC or Discover). Please note that your credit card will be charged by "ClubAssistant.com Event Billing" for this meet registration.

**ENTRY FEES:** \$4 per event. \$25 Facility Charge. \$10 per relay and paid at the meet

**Time Trials \$4 per event (\$25 Facility Charge if not already in the meet)**

**RELAY ENTRIES:** Entries for relays will be due the morning of the session they are swum. Entry deadlines will be announced during warm up sessions. Relays will be seeded after the deck entry deadline. Relay fees must be paid with submission of relay entries.

**DEADLINE ENTRY:** All entries must be received by September 30th, 2011, 5:00pm. \$10 late fee between Oct. 1<sup>st</sup> through October 13th Time trial entries will be accepted throughout the meet.

**Electronic Entry Preferred**

**Mail in Entries**

*Rowdy Gaines Classic*

*c/o YMCA Aquatic Center/Steve Corrie, 8422 International Drive, Orlando, FL 32819*

*Please Make Checks Payable to: **Rowdy Gaines Classic***

**CHECK IN:** Swimmers are considered checked-in for all individual events with a distance of 200 Meters and less. Swimmers must check in for ALL INDIVIDUAL Friday events before 5:30 PM the day of the event.

Positive Check in also required for the 1500 M free on Sunday by 3:00 PM Saturday October 15, 2011.

**AWARDS:** Individual Events & Relay Events: 1st – 3rd Medals & 4th – 8th Ribbons

Age-Group High Point Awards

**SCORING:** Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relays are double points.

**OFFICIALS:** Head Referee: Fred Pigott; Head Marshall: Amanda Cole; Starter: Steve Lacey; Meet Directors: Steve Corrie; Chief Stroke & Turn: Kyle Kliewer; Computer: Claudia Multer

**RULES:** Current USMS Swimming Rules and Regulations will govern the meet.

**INFORMATION:**

**Official Website:** <http://www.rowdygainesclassic.com>

Scot Weiss mailto:[sweiss@surflink.net](mailto:sweiss@surflink.net)  
Scott Bay mailto:[Scottbay@usms.org](mailto:Scottbay@usms.org)  
YMCA Aquatics Center 407-363-1911  
**Hotels:** Please see Official Meet Website:  
<http://www.rowdygainesclassic.com> for updated hotel information.

## Registration & Entry Form

Rowdy Gaines Masters Classic

October 14th – 16th, 2011

**Name:** \_\_\_\_\_ **E-mail Address:** \_\_\_\_\_

**Age as of December 31, 2011:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_ **Gender: M F**

**USMS Registration #:** \_\_\_\_\_ **Team Name:** \_\_\_\_\_

Facility Fee.....\$ 25.00

Number of individual events \_\_\_\_\_ x \$4.00.....\$ \_\_\_\_\_

T- Shirt (specify size, gender and quantity below)

Male

S \_\_\_ M\_\_\_ L\_\_\_ XL \_\_\_ XXL \_\_\_

Female

S \_\_\_ M\_\_\_ L\_\_\_ XL \_\_\_ XXL \_\_\_ Total x \$12.00 =.....\$ \_\_\_\_\_

### Rowdy Club

Number of passes \_\_\_\_\_ x \$50.00 =.....\$ \_\_\_\_\_

Rowdy Club members will be entitled to V.I.P. hospitality,  
which will include breakfast, lunch, snacks and drinks.

Cost is \$50 per member

### Wet N Wild Social

Number Attending \_\_\_\_\_ x \$25.00 =.....\$ \_\_\_\_\_

Total enclosed.....\$ \_\_\_\_\_

**Attach Meet Registration, Entry Form and Signed Release and  
send to:**

**Rowdy Gaines Classic**  
**c/o YMCA Aquatic Center/Steve Corrie**  
**8422 International Drive**  
**Orlando, FL 32819**