



## FLORIDA LMSC BOARD UPDATE

Meegan Wilson  
Florida LMSC Chair



Our Annual Florida LMSC meeting was held in Orlando on October 15, 2011 following the second days events of the 3<sup>rd</sup> Annual SCM Rowdy Gaines Masters Classic. Thirteen people attended the meeting representing eight Clubs – BLU, FACT, FMM, HLJ, LCAM, SYSM, TMM, and T2NM.

A comment I made in our August newsletter was incorrect. While meet directors are required to submit meet results to our Top Ten Recorder within two weeks of completing the meet, times will still count toward top ten if they are submitted before the cut-off date of USMS. If meet results are submitted late, a performance bond may be required before the club can receive another sanction to run another meet.

Just a couple of reminders:

- ▲ The Florida LMSC will continue to reimburse online administrative costs to teams that offer online meet entries until May 1, 2012. Club Assistant or another online registration company can be used.
- ▲ Sanction fees have been eliminated for any 2012 sanctioned meet requests.

Here are the highlights of our meeting:

- ▲ As of October 13 we have 1,906 registered members, a 3% increase over last year. We have 53 registered clubs. Our new clubs this year are: Deland Masters Swim Club (DMSC), North Port YMCA Masters (NPYM); T2 Naples Masters (T2NM), and Y of Central Florida Masters (YCFM).
- ▲ Clubs must register before individuals can register to your club.
- ▲ There will be a \$2 increase in individual USMS registration fees for 2012. Our local fee will remain the same. The total registration fee will be \$39. Please try to register early, so that you don't miss one of the USMS SWIMMER magazines.
- ▲ Florida LMSC Assets as of September 30, 2011 are: \$56,581.04.
- ▲ Thirteen pool meets and nine open water events were sanctioned and ten pool meets were recognized this year.
- ▲ Dixie Zone policy: a pool meet may not be held on the same weekend as a Zone Championship pool meet and new this year, an open water event may not be held the same weekend as a Dixie Zone Open Water Championship event. Appeals can be made to the Dixie Zone Chair and will be decided by a committee comprised of the Dixie Zone LMSC Chairs.
- ▲ Swimmers who participate in international swimming events and want their times considered for top ten, should notify Bill Brenner before the meet to make sure that the event meets all minimum USMS requirements. Also, please send your results of the meet to Bill after the meet. Also submit your times if you swim in a recognized meet.
- ▲ Many thanks to Marianne Bradley, Pete Nickodem, Bob Jennings and Victor Buehler for a very successful hospitality suit and LMSC social at the USAS convention in Jacksonville this year. We will have this same responsibility in 2014.
- ▲ Sue Moucha was featured in a story and video on the Tampa Bay local ABD affiliate in September. You can find the link in her story on our website: <http://floridalmsc.org/index.cfm?article=87> Congratulations Sue!

### FLORIDA LMSC OFFICERS & Committee Chairs

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## 2011 USMS Convention Highlights

The following article was taken in part from our 2011 Delegate Convention reports from Joan Campbell, Laura Groselle, Jack Groselle, Meredith Moore, David Miner, Margie Huting, Marianne Bradley, Bill Brenner, Scott Bay, and Meegan Wilson. For more information, please see the individual reports posted on our website under: Administration/Convention Reports.

Our Florida LMSC was responsible for hosting and supplying the Hospitality Suite at the USMS National Convention, September 14-18, 2011 in Jacksonville. Our convention team of **Marianne Bradley, Pete Nickodem, Bob Jennings, Victor Buehler,** and **Meegan Wilson** kept the hospitality room supplied with food and volunteers. Thanks also goes to: **Keith Roberts, Margaret Dodson, Robert Nagle, Sarah Pamula, Maggie Rowe, Richard Shieldhouse, Kerry Wick, Don Thieman, Hudson Berrey, Joan Campbell, Meredith Moore, Bill & Pam Brenner,** and **Lori Payne** from St Louis. Our social Thursday evening was well-attended and the food was great!

It was an "off" year for Rules changes and an "on" year for Legislation changes. Most rules changes were to keep up with USA language changes. The word "Chapter" will be added to the USMS rule book glossary as a definition for "Workout Groups" or "Club Teams".

Registration discussions included bad addresses determined by the return of USMS *SWIMMER* Magazine to the National Office. Club Assistant can modify the system to better automate marking bad address in the system and notifying members. Please let Meredith know if you have moved or changed your email address.

Every USMS member will be affected by a \$2 increase in the USMS fees. Individual registration fees for Florida members will be \$39 for 2012. This annual increase of \$2.00 in fees will expire in 2014. USMS is examining whether to continue this increase after that.

Registration for 2012 starts November 1. Please register early. Remember, Clubs must be registered before members can register. USMS Member Services are: Calendar of Events & Event Results Database, My USMS, Fitness Logs (FLOGs), Go the Distance, Blogs and Forums, Online Workouts, Stories about Swimmers and *SWIMMER* Magazine.

### Dixie Zone News:

- ▲ \$1000 from Dixie Zone treasury will be donated to the USMS Swimming Saves Lives Foundation which is the successor of the USMS Endowment Fund. The Swimming Saves Lives Foundation is the charitable arm of USMS.
- ▲ Jerry Clark, of NC Masters, was elected as the new Dixie Zone Chair replacing Debbie Cavanaugh.
- ▲ 2012 Dixie Zone Championships were awarded to: SCY – Baton Rouge, LA; LCM – Greenville, SC; SCM – Orlando, FL; Open Water – Sarasota, FL. Sarasota was awarded the Pan American Masters Games in 2013.
- ▲ Dixie Zone policy: a pool meet may not be held on the same weekend as a Zone Championship pool meet and an open water event may not be held the same weekend as a Dixie Zone Open Water Championship event. Appeals can be made to the Dixie Zone Chair and will be decided by a committee comprised of the Dixie Zone LMSC Chairs.
- ▲ Sanction Chairs are encouraged to submit their events to the USMS Calendar of Events so these events can be advertised nationally.

The USMS SCY Spring Nationals at Greensboro N.C. April 26-29, 2012 was discussed in detail. The 2013 USMS SCY Nationals will be in Indianapolis, IN - May 9-12, 2013.

The USMS LCM Summer Nationals at Omaha, Nebraska July 5-8, 2012 was discussed in detail. This event will be held immediately following USA Olympic Trials in the same pool. This is a great opportunity for Masters Swimmers. The 2013 USMS LCM Nationals will be held in Mission Viejo, CA August 7-11, 2013.

Scott Bay, USMS Coaches Committee Vice Chair, was one of the coaches giving instruction at the Dryland/Coaches Presentation. He was also one of the instructors for the ASCA Masters courses. Bill Brenner attended the coaches certification courses at convention and was certified in both Level 1 and level 2. Scott Bay, coach of BLU, our FL LMSC has made a commitment to our members to reimburse up to one coach per team to take this ASCA Masters Coaching certification. Additional sites for the program to be offered this year are in Houston, TX and Seattle, WA. Please contact Scott Bay if interested: [sbay@cfl.rr.com](mailto:sbay@cfl.rr.com).

Several events will not be held in 2012: SwimFest, High Performance Clinic, H2O Open Series and Open Water Safety Conference.

At the reception for IMSHOF Paul Hutinger was a presenter to inductee Lynn Marshall of Canada for this year's induction. Richard Abrahams and Jeff Farrell were the USMS inductees this year.

LMSCs, and individual clubs are encouraged to store their newsletters and other historical documents to preserve their history.



## **FITNESS CORNER**

**Sue Mocha**



Our own Meegan Wilson was named Volunteer Profile, "Inside USMS", page 46, September in the October 2011 issue of USMS Swimmer magazine. Meegan has quite an extensive involvement in USMS. Read the article and learn more about our LMSC Chairperson. Great job Meegan, keep up the good work!!!!

What does FITNESS mean to you?

**F** Fun  
**I** Invite someone to swim with you  
**T** Take time to enjoy your swimming  
**N** Nobody swims alone  
**E** Enjoy what you do  
**S** Swim because you want to; not because you have to  
**S** Swim a race and be grateful for the time you swam it in



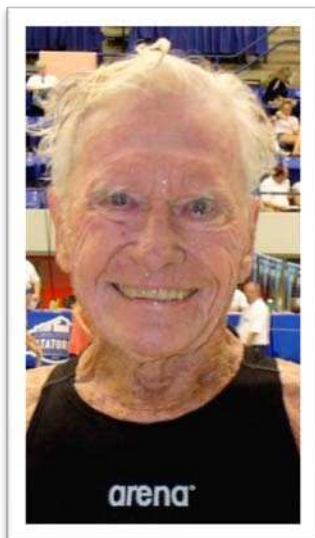
If you have something to share related to FITNESS or some other accomplishment related to swimming,  
please send your article to to Sue Mocha at [jbmoucha@aol.com](mailto:jbmoucha@aol.com).



## ASK THE SWIM DOCTOR

**Dr. Paul Hutinger**

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



**QUESTION:** I recently noticed that you swam for Holmes Lumber Jax (HLJ) in the 1989 World Championships in Australia. Why would you do that?

**ANSWER:** In the mid-1980's, Tiger Holmes (HLJ) decided to put a team together for the 1988 World Masters Championships in Sydney, Australia. His purpose was to spotlight the city of Jacksonville, its need for a 50 m swimming pool and a youth swimming program. I was one of several hundred Masters that took advantage of this opportunity. Our team was successful and would have won the meet, if official scores were tallied.

After the meet, I stayed and besides being a tourist, I worked out with a local Sydney Masters team and learned the Australian Masters training technique.

I had to walk across the Sydney Harbour Bridge to get to the pool to train with them. When I was cooling down after our workout, several swimmers cut through my lane. I asked, "What's going on?"

They replied, "We're headed for the pub!" It was easy for me to find a ride.

At the pub, there were many that had their own ideas of how Masters swimmers should train. The group that was at my table questioned me about my own training, which was typical of many USMS swimmers. The most vocal Aussie said that he knew what was wrong with my training, even though I won three events in the 60-64 age group. The Aussies have many world class swimmers and I was interested in his advice. He said, "For every one hour you put in the pool, you need to put in at least two hours in the pub!"

It was an interesting assessment, but I have not followed his "laid back" advice. My program was, and still is, based on a high heart rate intensity training, or race pace. This type of training has enabled me to be successful in my swimming achievements, which led to my 2004 induction into the International Masters Swimming Hall of Fame.

My 2011 assessment of the Aussie's Masters training advice is, "Whatever works for you."

After returning from Australia, Tiger's local team members devoted themselves to teach the underprivileged Jacksonville children how to swim. In three years, over 12,000 kids participated in these free swim lesson program.

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



### **CURRENT EVENTS**

Meredith Moore, Registrar  
Florida LMSC  
[www.floridalmc.org](http://www.floridalmc.org)



Thank all of you for joining USMS in 2011, and I hope everyone who was a member will register for 2012. Please ask a friend to join also. By now most of you should have received a link for online registration or paper registration. Go to our website: [www.floridalmc.org](http://www.floridalmc.org), click on "Information", then

scroll down the left to "Registration". You will find the links to both Online registration and paper interactive registration.

We had an outstanding high of 1,920 members registered for 2011 (Nov 1, 2010 - Oct 31, 2011). That represents about a 3% increase over 2010's final October figure of 1851 swimmers. About 77% registered online. Our breakdown between male and female was 46% female and 54% male. Ages ranged between 18-94. Our largest Club was SPM with 246 members, followed by SYSM with 219, and FACT with 181. We had 53 Clubs registered for 2011 which included our new Clubs: DMSC (DeLand Masters Swim Club), NPYM (North Port YMCA Masters), T2NM (T2 Naples Masters), and YCFM (Y of Central Florida Masters)

Attention Clubs: If your Club charges a Club fee with registration, there is a new pilot program to collect club fees with individual 2012 online registrations. A fee for this service will be charged to the club. Please contact Dan Wegner - [Dan@ClubAssistant.com](mailto:Dan@ClubAssistant.com) - of Club Assistant, if you are interested in this service.

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

We continue to have roughly 600 people in the Florida LMSC request a paper copy of our newsletter. We realize some of you have either no computer or a dial up connection to the internet (which means that downloading our newsletter is a slow process), but for the others who ask for a paper copy, we plead that you help us (a) save money and (b) become greener, by not requesting a paper copy. Thank you for considering this.

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



## **Is an International Swim Meet in Your Swimming Future?**

Meredith Moore

Bill Brenner, our LMSC Top Ten Recorder requests that swimmers from our LMSC who plan to participate in International swim events should notify him ahead of their participation. There are certain requirements the event must meet, including pool measurements and FINA sanctioning, if the swims are to be eligible for Top Ten consideration. If you wait and notify him after the meet, there might be issues that can't be overcome. For example, pools with a movable bulkhead must be measured before and after the meet and be certified by USMS. So please notify Bill Brenner at [amrx6@aol.com](mailto:amrx6@aol.com) if you plan on competing internationally.





## **NEWS FROM FACT**

**Joannie Campbell**

It has come to my attention recently that there seems to be a misunderstanding that an entire Club must participate as FACT in order to have an individual join the combined team. I would like anyone that is under that misconception to read

the FACT information on the Florida LMSC website. (<http://www.sunmasters.org/FACTwebsite.htm>) As long as your Club (such as Sun Masters, Cat Masters, Holmes Lumber Jax) is a USMS registered Club, they are eligible to vote in our LMSC - the Club may send a representative registered with the Club or send a proxy with one of their FACT chapter members. As long as there is at least one member registered with the club, the club can vote at meetings. I find this question is arising at National and Zone Championships, where the small Clubs find themselves unable to field relays because their Club is operating under this misconception and they do not have the numbers and age groups to participate on relays. Any USMS FACT member can join in our relays. This was the concept for our FACT organization and we welcome those who wish to be part of a Combined Team.

The LCM Nationals in Auburn had a group of 10 competing in the National Championships. We hosted a Hospitality Suite on Thursday night and many from around the Florida LMSC joined us for camaraderie and food and drink. Our 10 super swimmers took 6<sup>th</sup> place at the Regional level, competing against other strong teams from around the country such as Georgia with over 2,000 points and 97 swimmers! We held our own against many of the other strong teams – our women took 4<sup>th</sup> and men took 7<sup>th</sup>. Three of our relays were National Championships in the 280+ age group. Our Mixed Medley had Tiger Holmes and his daughter in a championship swim!! Tiger turned 90 and Mary Roebuck, his daughter, turned 50 this year. They were awesome! In addition, Tiger just missed records in all the backstroke events – next time Tiger!!!! The usual “over the hill” gang from Jacksonville reported broken ankle, broken leg and broken back!! – all in recovery mode. Wish them the best and hope to see them in good shape next year! Check the results for our new National Champions, individually and team wise – we pulled in lots of medals.

The Tropical Splash Open Water races on October 1 listed some FACT participants that I recognized, although they were only listed geographically. Many of The Villages chapter did very well.

Last weekend the Rowdy Gaines 2011 Masters Classic was attended by 13 of our team and what fun it was!! Any of you that missed it will have to put it on the calendar for next year. The deck has been redone and the freezing temperatures and uncomfortable surroundings of prior years gave way to a 1st class facility. Rowdy, Scott Weiss and Scott Bay went out of their way to provide us with the best - the luau at Wet and Wild, the provisions for every race, the World Records broken and chance to see the best of the best in swimming, plus Rowdy's free clinic. Our FACT team Combined took 5th, the woman took 2nd to the Host Blu Frog and the men placed 8th - it was awesome!! Results are listed on the Dixie Zone website - outstanding were the age group high point winners - Rogers (Tiger) Holmes, his daughter Mary Roebuck, and Joan Campbell. Our five relays all took 1st place. Please note the individual results on the website.

Plan on a good turnout at the February Valentine Meet, where you can compete as your Chapter of FACT for Club awards.



**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 criterion 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!



**FLORIDA LMSC NEEDS A NEW OFFICIALS CHAIR!**

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



**FLORIDA MAVERICKS MASTERS NEWS**

An Editorial by Paul Hutinger



Gary Bastie (SPM), Margie Hutinger (FMM) and Ellie Trevison (FACT) wear Cho-Pats (therapeutic velcro support bands) and William Specht (SPM) wears supportive tape in order to train and compete without causing further injury to their arms. The current USMS rules, 102.14.1 Sections A & E do not allow them to be worn in competition unless

approved by the referee, which isn't always a given. Swimwear shall include only a swimsuit, cap and goggles (a nose clip and ear plugs are allowed).

Bastie and Hutinger combined their ideas in a paper which Margie handed out at the recent 2011 Masters convention. This was a preliminary step in order to change this rule at the 2012 convention.

The Masters Swimming Rule Book lists several goals of Masters swimming. The Mission Statement is to promote fitness and health in adults by offering and supporting Masters swimming programs. The Goals &

Objectives are to encourage and promote improved physical fitness and health in adults as well as offer adults the opportunity to participate in a lifelong fitness and/or competitive swimming program. Two of the Core Objectives are to service and educate the membership.

Has USMS created two types of unintended double standards?

1. USMS promotes swimming for life yet often we forget that those things which help facilitate training AND competing for life have been made illegal. Without these aids, USMS would be telling members that, "It's OK to swim for life but ONLY if you are fortunate enough to not require a therapeutic support device." Velcro bands offer no advantage to a competitor. We'd add face masks (no advantage) because we have noted a number of swimmers (often older) who have sinus and other problems where their noses need to be covered.

2. That which is allowed at Nationals may not be allowed at a local meet, as referees may differ in opinion (they have). A rule should determine the outcome.

It's high time for USMS to address this issue in a positive fashion. Rather than allow for a referee's opinion, it would be straightforward to create a rule that simply states, "If the therapeutic support device offers no competitive advantage and/or does not attempt to cover an open or unhealed wound, then it shall be allowed." Remember, we're dealing with an aging population of Masters' swimmers who should be encouraged to do whatever it takes to keep them training and competing without further injury to themselves. It is important to train and educate officials to achieve fair and equitable officiating in each LMSC.



## Duel in the Pool

Paul Hutinger, left, 87, in his first meet in a year after cancer surgery with Tiger Holmes, 90. They had outstanding duels in the 50 m back (Paul won) and 100 m back (Tiger won).



### Sarasota to Host 2013 Pan American Masters Championship

**October 24, 2011**—U.S. Masters Swimming is pleased to announce that it will partner with the Sarasota Family YMCA to host the **2013 Pan American Masters Championship**. The Championship will be held at the Selby Aquatic Center, part of the Sarasota Y's Evalyn Sadlier Jones branch in Sarasota, Fla. USMS, the national governing body for adult swimming, bid for and was awarded the Championship by the Union Americana de Natacion, an organization that oversees amateur aquatic sports competition in the Western Hemisphere.

This will be the first time the USA has hosted the biennial event. The 2013 Championship will include synchronized swimming, Masters swimming, and open water swimming. To be held May 31-June 10, 2013, the Championship is expected to attract up to 2,000 swimmers from around the Western Hemisphere.



“The Sarasota Family YMCA has one of the most respected aquatic programs, and certainly Masters swimming programs, in the country,” says USMS Executive Director Rob Butcher. “They have experience hosting large events and have the facility, volunteers, and community support to showcase this international event.”

“It is an honor for the Sarasota Y to host the Pan American Masters Championships,” says Sarasota Family YMCA Executive Vice President Jim Purdy. “We recognize the prestige of hosting this international event and our Sarasota Y Sharks Masters team, Y Synchro team, Sharks age group team, and volunteer support team are excited for the opportunity.”

“My kids grew up swimming with the Sarasota YMCA and I swim Masters,” says PGT Industries CEO Rod Hershberger. “To be awarded this international event is a testimony to our community, swimming program, and supporters.”

“The 2013 Pan American Championships will span 10 days, bringing adult participants and their families from South America, Central America, the Caribbean, Canada and the USA,” says Jason Puckett, director of the Sarasota County Sports Commission. “Nearly 90% of the participants will come from outside the State of Florida, and more than half from outside the USA. The economic impact to Sarasota County is going to be in the millions. We will host the open water event at Siesta Key, recently voted the best beach in the United States. The hospitality and experience we offer to these guests will have a long-lasting benefit to Sarasota County.”

“Our aquatics programs are a treasured resource,” says Nora Patterson, Sarasota County Commission Chair. “We have nationally respected swim programs, we have existing events that draw significant tourism, we have organizations such as the Sarasota Family YMCA that teach thousands each year to be water safe, we have U.S. Masters Swimming headquartered here, and now we have a prestigious international event coming to Sarasota County!”

#### 2013 Pan American Masters Championships Schedule:

Masters Synchro: May 31-June 2  
Masters Swimming: June 5-8, 2013  
Open Water: June 10, 2013

#### ▲ **About U.S. Masters Swimming**

U.S. Masters Swimming, founded in 1970, is a membership-operated national governing body that promotes adult health, fitness, wellness and competition through aquatics. It does so by partnering with more than 1,000 adult swim programs across the country that offer swimming and fitness programs, promotes information via a bimonthly member magazine and [usms.org](http://usms.org), and sanctions and promotes pool, open water and virtual competitions. More than 55,000 adults are registered members of USMS. For more information, contact USMS at 655 North Tamiami Trail, Sarasota, FL 34236 or by phone at 941-256-USMS (8767).

#### ▲ **About Union Americana de Natacion**

UANA is a sports organization representing the Western Hemisphere, including South America, Central America, Canada and the USA, with the purpose of organizing, supervising and controlling the amateur aquatics activities of Swimming, Diving, Water Polo, Synchronized Swimming, Masters Swimming and Open Water. For more information, visit [uana-aquatics.org](http://uana-aquatics.org).

#### ▲ **About Sarasota Family YMCA**

The Sarasota Family YMCA is a charitable nonprofit organization in good standing with the national organization, the YMCA of the USA. The YMCA of the USA exists solely to serve its member

associations, currently totaling 2,575 nationwide and in over 120 countries around the world. The Sarasota Family YMCA is home to the nationally recognized age group swim team, the Sarasota YMCA Sharks; and Masters swim team, Sarasota YMCA Sharks Masters.

### ▲ **About Sarasota County Sports Commission**

The mission of the Sarasota County Sports Commission, a division of the Sarasota Convention & Visitors Bureau, is to position Sarasota County as the must-experience sports destination on Florida's Gulf Coast through quality events and initiatives. For a list of upcoming events, visit [sarasotafl.org/sports](http://sarasotafl.org/sports).

Contact: Laura Hamel, U.S. Masters Swimming  
Phone: (941) 556-6272; email: [lhanel@usms.org](mailto:lhanel@usms.org)



## **SARASOTA SHARKS**

Rick Walker

On September 10 the Sharks Masters gathered for their annual Banquet and Awards Night. The Banquet gave us an opportunity to recognize our outstanding swimmers and contributors during the last twelve months. SYSM was proud to recognize 8 USMS All-American swimmers, 42 Individual Top Ten swimmers, 77 Top Ten Relay swimmers and 12 USMS All American relays, # 1 in the US.



Sharks All-Stars were also named for 2011. These individuals each contributed to the team's success in a variety of different ways. Named this year were Ray Becker, Rob Butcher, Douglas Damm, Russ Gill, MaryJo Hencye, Allen Hillman, David Miner, Linda Riley, Kathy Singleton, Scott Tyle, Tammy Weger and Tom Weigand. Congratulations to all!

The Banquet also gave us a chance to reflect back on what was accomplished in the past year as The Sharks will end the year with our largest roster ever, 219 members:

Won our first USMS National Championship at Summer Nationals in Auburn.

Won our fifth consecutive YMCA combined National Championship

Hosted two first class swim meets and one Open Water competition.

Instituted a weekly Open Water practice at Siesta Beach with coaches.

Raised over \$18,000 at our Shark-A-Thon for facility upgrades.

Sarasota YMCA was awarded the 2013 Pan American Masters Swimming competition which will be held in June of that year.

A few short weeks after our Banquet SYSM hosted the 9th Annual Tropical Splash Open Water event at Siesta Beach, recently named the # 1 beach in the U.S. The 2011 event was by far our best as over 400 swimmers entered the swim. The weather was perfect and all swimmers appeared very happy and satisfied. We plan a few improvements for 2012 and hope for 500 swimmers next year.

Lastly SYSM is proud to announce the addition of four new members to our Sharks Support Team: Lisa Repassy, Anna Lea Matysek, David Miner and Mary Tucker.



## Tampa Metro Masters

<http://tampametromasters.org/>

Several TMMers participated in the Siesta Key Tropical Splash October 2. Clockwise from the bottom, Lauren Saslow, Stephanie Hart-Hughes, Sheila Carpenter-van Dijk, Lisa Smaga, Tony Schwalm, and Karen Ness. Karen, Tony and Stephanie swam the 5k; Lauren, Lisa and Sheila swam the 1k.

Not shown 1K swimmers: Natalie VanCleven, Laura Singer, Melissa Perrin, Brie Cohen and Rob Voor.

Special Congratulations to Brie and Rob – it was their first open water swim! “Great job, guys, I am very proud of you!”

–Brandon TMM Coach Vince Singer.



♥♥♥ Triathletes Stephanie and Tony used this race as practice for their upcoming Florida Ironman Triathlon held November 5 in Panama City. The Florida Ironman Triathlon was a very special race for these two; they were married on the Friday before the race and spent their honeymoon at the Ironman. Both recorded personal bests in the swim and both attribute their successes to swimming with TMM. ♥♥♥



## WHAT TO EAT FOR SWIMMING SMART AND FAST

Dr. Kelly Spivey

For swimmers, it is especially important to eat good-quality food frequently throughout the day. Exercising on a full stomach can be uncomfortable and exercising hungry can be a struggle. It is also important to stay well-hydrated. An additional, but often-overlooked aspect of training -- perhaps because of time constraints or weight loss strategies -- is the post-workout meal.

### Eat Small Regular Meals

A swimmer who trains intensely should not have a full stomach, since it can interfere with his workout. However, he shouldn't skip meals, either. Research published in "Medicine &

Science in Sports & Exercise" found that those who skipped breakfast only lasted 109 minutes until exhaustion, whereas the breakfast-eaters went a full 136 minutes -- virtually 20 percent longer. Nancy Clark, author of the "Sports Nutrition Guidebook," suggests spacing meals throughout the day to avoid feeling hungry. She recommends a four-meal-a-day plan to ensure adequate calorie intake and to avoid a sluggish workout. She recommends breakfast, lunch, a second lunch and then dinner.

### **Carbs**

According to USA Swimming, swimmers need a diet that is 60 percent carbohydrates, 15 percent protein and 25 percent fat. Eating carbs at every meal is important, as is combining them with protein and fat. Carbohydrates are the body's preferred source of energy -- it breaks them down stores them in the muscles as glycogen. Protein, when combined with carbohydrates, slows digestion and prevents blood sugar highs and lows. Fat in the diet is equally important, especially for long training sessions, since fat provides more than twice the energy of carbs. Choose omega 3-rich fish oils like salmon and tuna; another healthy fat comes from monounsaturated oils like olive and canola oil. These are especially beneficial to athletes because of their anti-inflammatory properties.

### **Hydration**

Hydration should begin well before the training session. According to the American Council on Exercise, it is important to drink 16 to 20 ounces of water two hours prior to a workout or training session. During exercise, you should drink about 7 to 10 ounces at least every 20 minutes. If you perspire a lot, drink 16 to 20 ounces for every pound lost to sweat. Water provides ample fluid support, but a sports drink containing sodium is beneficial after 45 to 60 minutes of intense exercise. The sodium actually enhances fluid absorption. If you find your urine is dark yellow, it is likely due to dehydration.

### **Know Yourself**

Respect your GI tract and stick with the foods you know you can digest easily. During early morning workouts, you rely heavily on last night's meal, but a light morning snack will stave off hunger throughout the workout. For day and evening workouts, avoid eating a big meal within three to four hours of the workout, and include a light snack beforehand. Experiment with your food choices before the day of competition, so you don't have to worry about a GI upset. Even though orange juice is easily absorbed, the acidity may bring about an upset stomach. For others, milk or other dairy products are out of the question, as are fatty foods. On race day, it is important to focus on easily-digested carbs or sports drinks within an hour of race-time. Prior to that, fuel as you can based on the pre-workout recommendations.

### **Refuel to Recover**

Many athletes make time for their training program, but aren't as diligent about refueling. The body actually gets bigger, faster and stronger during the post-exercise recovery period. Long-term neglect of refueling glycogen stores can also lead to the breakdown of muscle tissue, which can be self-defeating. For these reasons, it is essential to eat very soon after exercise. Since glycogen was likely depleted with your swim workout, eat carbs and proteins to help repair the muscle tissue that was broken down during the training session and to help balance out insulin. Nancy Clark recommends eating a 3:1 carb/protein combination within an hour of exercise. For many, consuming 240 calories is a good target, such as a turkey sandwich, cereal with milk, or spaghetti with meat sauce.

Learn and read more at: <http://www.livestrong.com/article/477706-what-to-eat-for-swimming-smart-and-fast/#ixzz1dh6vMqUb>

**About the 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



<http://www.t2aquatics.com>

**T2 Aquatics**  
Susan B. Nolan



T2 Naples Masters has had a very busy summer. We have many members that travel north of the Mason Dixon line to swim in cooler waters for the summer. And we have also been busy swimming postal and open water events here at home.

Bruce Mohl (pictured left) swam in the 2 mile National Championships in Lake Placid, NY. This was a cable swim and the water was a balmy 76 degrees. Bruce placed **1st** in the 65-69 age nationals breaking the national 2-mile record by 18 seconds.

Fred Wakelin, Bruce Mohl, and Joan Gamso competed in the Kingdom Swim in Lake Memphremagog, Vermont. The water was a chilly 67-ish degrees and wetsuits were the fashion statement of the day! Rules of this competition stated that each competitor must

have his/her own kayaker for the duration of the swim. Amy Thompson kayaked for Joan, Bruce's wife Marian kayaked for him and Fred's daughter was his kayaker.

T2 swimmers at the Siesta Key Tropical Splash Open Water Swim. Front Row (l-r): Dave Poorman, Trish Titus, Fred Wakelin, Joan Gamso, Josephine Carey, Anne Marie Morrisseau, Susan Nolan. Back row: Timothy O'Neill, Maureen Massara, Bruce Mohl, Virginia Craig



Congratulations to T2 Masters swimmers who have made the USMS Top 10 List for 2011 in Short Course Yards:

**Holly Vaughn, Margit Jebe, Meredith Moore, Bruce Mohl, and Mike Stollmeyer**

Special congratulations to All American **Margit** who ranks **1st** overall in the 100 Backstroke!



Dear Florida LMSC Members,

A very special appreciation to **Bruce Meintjies** for his a generous contribution to the Florida LMSC.



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

*Lisa Charest, Kevin Hutchins, Bradley Lynn, and Bruce Wigo.*

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

*Florida LMSC Board of Directors*



*2012 Florida LMSC 11<sup>th</sup>*  
*Annual Social & Awards Banquet*  
*Saturday February 11, 2012*  
*Clearwater, FL*

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

***Recognizing the Best in 2011***  
***Nominations Requested For Our***  
***2012 Awards Banquet***  
***February 11, 2012; Clearwater, FL***

*Criteria for all awards are posted on the Florida LMSC web page:*  
[www.floridalmcsc.org](http://www.floridalmcsc.org)



*Please send nominations by December 31, 2011 as noted below.*

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

*For the Overcoming Adversity Award, send nominations to Sue Moucha; 109 E. Sadie St.; Brandon, FL 33510; [jbmoucha@aol.com](mailto:jbmoucha@aol.com), 813-689-4131.*

*For Coaches and all Service Awards send nominations to Awards Chair Marianne Bradley; 869 Manning Rd., Palm Harbor, FL 34683; [bradley@mampabay.rr.com](mailto:bradley@mampabay.rr.com), 727-784-0420.*



**Remember, all nominations are due by December 31, 2011.**



**SPRING NEWSLETTER DEADLINE – JANUARY 21, 2012**

**Sheila Carpenter-van Dijk**

Please send newsletter articles to me! ([sheilacv@tampabay.rr.com](mailto:sheilacv@tampabay.rr.com)) and put your team name in the subject line. If you have questions, just ask me. The next newsletter is scheduled to be on the web (<http://floridalmcsc.org>) and in the mail in January, so I'll need your articles by January 11, 2012! Look for human-interest stories in your team; we'd love to hear about them!

**Happy Holidays!**



**2012 Masters Annual Valentine's Meet ~ February 11-12, 2012**  
**Hosted by City of Clearwater & St Petersburg/Clearwater Sports Commission**  
**Sanctioned by Florida LMSC for USMS, Inc # Pending**

**DATE & TIME:** Saturday, February 11: warm-up 7 AM for 1000 free, start at 8 AM; warm-up at 10 AM for other events, start at 11 AM, Sunday, February 12: warm-up at 8 AM, meet begins at 9 AM.

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

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

**ENTRIES & FEES:** Swimmers must pre-enter by mail. **Entries must be received by Friday, February 3.** Swimmers may enter a maximum of five individual events per day. Each entry must be submitted on the entry form with your name, registered team (local chapter, if applicable), age, event description, event number, USMS registration number, and seed time. Please be sure that all information is filled out, the waiver signed, and a copy of your 2011 USMS registration card is attached. Entry fees are \$2.50 per individual event, \$5 per relay team, and a \$20 surcharge which is non-refundable. Please make checks payable to **City of Clearwater: Long Center Pool** and mail to the address on the entry tab or register on-line. Scratches will be accepted and allowable refunds made if the Mark Roberson (727) 793-2320 ext 107 or [mark.roberson@myclearwater.com](mailto:mark.roberson@myclearwater.com), is notified prior to 4 PM on Tuesday, February 7.

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

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

**ORDER OF EVENTS:** (\*check-in required 1/2 hour prior to event. Events 1 & 2 will be deck seeded, combined, limited to first 50 entrants, and seeded slow to fast. Events 19/20 will be deck seeded. Events 21/22 will be combined and deck seeded.

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

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

**Fees:** Meet Surcharge.....=\$ 20.00

# events ( ) x \$2.50.....= \$ \_\_\_\_\_

Custom T-shirt ( ) x \$10.00.....= \$ \_\_\_\_\_  
 Circle size: S M L XL XXL

**TOTAL ENCLOSED.....= \$ \_\_\_\_\_**

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

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

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

## Florida LMSC Consolidated Entry Form

Name \_\_\_\_\_  male  female USMS # \_\_\_\_\_

Birthdate \_\_\_/\_\_\_/\_\_\_ Age \_\_\_ (SCY is your age on the last day of the meet; LCM and SCM are your age on December 31)

Club \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ e-mail \_\_\_\_\_

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 :____ :____	<div style="display: flex; justify-content: space-between;"> <div> MEET: _____  LOCATION: _____  MEET DATES: _____ </div> <div style="text-align: right;"> Office Use Only  Amt. Rec'd _____  Date _____ </div> </div> <p style="text-align: center; margin-top: 10px;"><b>Attach the entry form tab from the bottom of the information page in the space below!</b></p>							
_____	800/1000 :____ :____								
_____	1500/1650 :____ :____								

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!** Be sure a copy of your USMS card is attached below!

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 \_\_\_\_\_

Complete and detach the entry form tab from the information page and tape it in this box.

Be sure that a copy of your current USMS registration card is attached to the entry form tab.