



FLORIDA LMSC UPDATE

Meegan Wilson
Florida LMSC Chair



Interim Top Ten Chair Position

Bill Brenner has been hired by USMS to become their Club and Coach Services Director. Because of his new position within USMS, Bill has resigned as our Records & Top Ten Chair of the Florida LMSC. We wish him well in his new job and appreciate his volunteer work while he was on the Board. I am happy to announce that David Miner will fill Bills position, taking on two responsibilities, one as our Records & Top Ten Chair and one as Long Distance Chair. Thanks David for stepping in.

11th Annual Social and Awards Banquet

I hope you were able to attend our 11th Annual Awards Banquet where we honored our swimmers and volunteers. Awards and Social Chair, Marianne Bradley did a great job. Special thanks also to Joannie Campbell, Bill Brenner, Sue Moucha, and Marly Wilson. Award winners will be announced in our May newsletter.

1st LMSC Meeting

Our first LMSC meeting of the year will be held on March 24th in St Petersburg, FL following the first day's events of the 42nd Annual SCY Championships. Please plan to have a team representative at the meeting. Every Club gets at least one vote. Number of team members determine more votes. Please see our bylaws for more information.: <http://floridalmsc.org/administration/Bylaws3-20-10.pdf>

I have been very privileged to work with our current Board of Directors and Committee Chairs. Thank you all for your hard work and dedication in 2011. I look forward to working with you in 2012. If anyone is interested in getting involved with the Florida LMSC, please let me know. Attending our three meetings per year is a great way to get started. Every member of the Florida LMSC is invited to attend all meetings of the Florida LMSC. This October is an election year for our Board of Directors.

FLORIDA LMSC OFFICERS & COMMITTEE CHAIRS

Chair and Webmaster Meegan J. Wilson 352-373-0023 meeganwilson@bellsouth.net	Secretary Fernette Ramnath 610-368-0496 framnath@hotmail.com	Treasurer James Stein 813-504-6659 steinecpa@tampabay.rr.com
Registrar & Communications Meredith Moore 239-774-0822 Mamoo49@aol.com	Records & Top 10 and Long Distance David Miner 941-545-9709 Dminer02@verizon.net	Sanctions Pat Tullman 813-655-7648 Ptullma1@tampabay.rr.com
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Coaches Chair Scott Bay 386-677-1595 scottbay@usms.org	Awards & Social Marianne Bradley 727-784-0420 bradleym@tampabay.rr.com	Fitness Sue Moucha 813-689-4131 jbmoucha@aol.com
Past Chair Tom Bliss 321-453-3409 tbliss@cfl.rr.com		

FITNESS CORNER

Sue Mocha

Florida Maverick Master (FMM) swimmer Gregory Rotole has set an extremely challenging and interesting goal for September 2012. What is it? Answer—to swim ONE MILE of each swimming stroke, (butterfly, back, breast, free) underneath the Golden Gate Bridge in San Francisco, CA.

Greg will undoubtedly be the fittest Masters swimmer before he even attempts the event. Besides the physical vigorous swimming training, the psychological aspects are of equal challenges. Dealing with oncoming ships, jellyfish, sharks and the shivering 60 degree water temperature; the entire swim must be completed in 2.5 hours due to the currents.

Florida LMSC wishes Greg all the luck with his journey. One knows he will have completed a major goal with just the required preparation. We look forward to hearing the exciting details when Greg returns to Florida in September.

USMS continues to promote Go The Distance Fitness events. Go to usms.org for details.

If you have a unique Fitness goal please send to me at jbmoucha@aol.com.



NEWS FROM FACT

Joannie Campbell

Happy New Year and welcome to a new exciting year for Masters Swimming. The facilities for National competition this year are spectacular and we hope that many of our FACT members will join with us to

compete at the new venues. Remember that you may enter three events without qualifying times and, of course, any number of relays. The short course National meet in Greensboro, NC, is within our Dixie Zone and the LMSC will host a hospitality room on the Thursday night April 26th. We will be at the Best Western Plus Windsor Suites, 2006 Veasley Street, from 6:00 to 8:00 in the evening for appetizers and refreshments and invite all those from the Florida LMSC participating in the meet and their invited guests. We can go over the relays that have been entered and meet many of our teammates and enjoy some camaraderie with other team members. We will send a note to all the participants as it gets closer and ask for assistance with the goodies. Best Western is all suites and is close to the pool and on the shuttle route.

It was great to see Sylvia Eisele back in the water at the Florida State Senior Games!! As fast as ever and she looks great. There were many record breaking performances by members of our FACT group and a large group from the Villages swam super swims. These times are recognized by USMS but remember they will be counted in the 2012 Short Course times. The results are available on the midnightsports.com website and John Ware has done a super job designating the USMS connections.

We are looking for a good turnout at the Valentine Meet - this meet is open to individual Chapters to compete and offers good competition for all. Anyone wishing to compete as FACT is welcome to but our Florida Aquatic Combined Team will not be eligible for High Point, although our times will be recorded for Top Ten for the relays.

Let's have a good turnout for the St Pete meet March 23 - 25th. We can field a host of relays there. Be sure when you enter on line that you check whether or not you will be available for relays. It's a big help to me when putting the relays together!

It's a ways off, but some of us are already making plans for Omaha and the Long Course Nationals, to be held at the venue where the Olympic trials are being held. Please get in touch if you are interested in joining us: jcampb10@tampabay.rr.com

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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 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 or Joannie Campbell, Senior Games Liaison, 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 NEW OFFICIALS CHAIR!

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

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SARASOTA SHARKS

Rick Walker

The Sharks Masters enjoyed mild conditions for their 12th Annual Swim Across Big Pass on Jan. 1. A good crowd was on hand to enjoy the cold water and friendship as we welcomed in 2012. Here's hoping 2012 will be as successful as 2011.

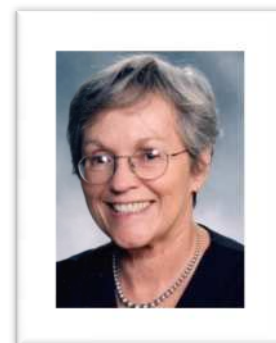
Seven Sharks braved the cold waters of Tampa Bay for the Frogman Swim held on January 8. Doing their part for the Navy SEAL Foundation were Allen Hillman, Danette LaFrance, Jim Matysek, Holly Mayotte, David Miner, Marty Rauch and Tommy Schwartz.

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Space Coast Aquanauts

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

When tendons get damaged either from chronic overuse or traumatic incident, most times the condition is NOT diagnosed correctly. INFLAMMATION, if it occurs at all, is most often the catch-all immediate diagnosis; this is wrong. Inflammation may be an early involvement but it morphs into other tissue conditions. For thorough and appropriate treatment to get the athlete back on track for vigorous



training and allow competition at full throttle, correct diagnoses and treatment are what the athlete and coach need most. - Coach Ed Nessel, RPh, MS, MPH, PharmD, Level 5 ASCA-certified Viera, Florida

Intrigued? For more information and interesting reading, please find Coach Nessel's complete article on "Tendinitis" on the FL LMSC website: <http://floridalmc.org/index.cfm?news=1&article=88>
- editor

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by Joannie Campbell

Happy New Year! We started off 2012 with our 12th Annual Benefit for the Special Olympics of Pinellas County with many swimmers completing 2012 meters, yards, inches or the like and enjoying a SUN Masters

get together at Carrabba's after the swim. We raised more than \$600.00 for a very worthy cause, all of which goes directly to the Pinellas County Special Olympics.

Our group of enthusiastic swimmers have disbursed to a number of work-out areas in North Pinellas with the closure of the Dunedin facility. Many of us are working out at the Long Center in Clearwater and have found plenty of water and teammates there and at the YMCA facilities in Palm Harbor and Oldsmar. We still meet for breakfast in Clearwater at the Sunset Grill every Friday (the site of our LMSC banquet each year) and have for the past 15 years at least; we enjoy comparing notes and lamenting over the loss of our pool and our great coach, Joe Biondi, who often joins us. We welcome any fellow swimmers that are in the vicinity at 8:30 a.m. every Friday!

We will have a few of us competing at the Valentine Meet in Clearwater on February 11th and 12th and many of us helping out as timers to assist the City of Clearwater with their support of United States Masters Swimming in hosting the popular meet. Also, you will see us helping out at the Good Life Games Long Course Meet on March 10 - an event which we help sponsor.

Many of us will be going to the Short Course Nationals in Greensboro, NC and Betty Lorenzi and I are heading for Omaha, NE for the Long Course Nationals in July - representing FACT. We'll keep you up on our doings.

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<http://www.t2aquatics.com>

T2 Aquatics

Susan B. Nolan

T2 Naples Masters would like to Congratulate **AnnMaire Morrisseau** on an awesome finish in the Tampa Bay Frogman Swim. The Frogman Swim is a 5K open water swim and fundraiser in support of the Navy Seal Foundation. She did an amazing 1 hour 11 minutes 50 seconds and placed 4th (female) and 19th overall including military personnel!

We would also like to give a special thanks to **Marshall King** and Boy Scout Troop 243 for our new locker room benches! Marshall needed



to plan, develop, and perform an Eagle Scout leadership service project to reach the rank of Eagle Scout. He received donations from Raymond Lumber, Grabber Construction Products, and T2 Aquatics (and of course Bank of Mom and Dad). The benches are all made out of composite materials. The project was completed January 2nd, 2012 and Marshall had help from about 15 members of his Boy Scout Troop 243. The total time, planning, meeting and carrying out for all those involved is around 150 hours.

The new benches are much appreciated by all T2 swimmers!



UPCOMING LCM MEET

Mark your calendars for the Southwest Florida LCM Spring Splash Meet and BBQ on Sunday, May 13th hosted by T2 Aquatics Naples Masters in Naples, FL. Warm-up 7:30am for 1500 free, start at 8am. Warm-up at 9:30am for all other events starting no earlier than 10:30am. Events include the 400M IM, 400M Free and relays. A BBQ (hamburgers, hotdogs, salads, chips, dessert, beer, wine and sodas) and Raffle will be held after the meet. Meet entry and Information Link will be on FL LMSC and Dixie Zone website SOON!!!!

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Tampa Bay Aquatic Masters (TBAM)

www.tampaswim.com



The swimmers of TBAM have certainly had a busy end to 2011. Our team continues to grow and we would like to welcome new swimmers Jessica Pall, Melinda Pierce and Chris Davis. We have been able to keep



a hearty core of swimmers through the fall months and are pleased with the warm winter weather. Libby McKenna (w30-34) traveled to the fall Ocala Splash swim meet in September and dominated all her races, especially the backstroke events. Valerie Mussler and Sebastian

Fernandez traveled to the Rowdy Gaines meet in October and also had many good swims. Valerie received high point for w25-29 and Sebastian used this meet as a baseline for future times. Libby, Valerie and Sebastian also represented TBAM at the Sarasota Bridge the Bay Meet in November. Traveling to Siesta Key for the Tropical Splash in October were Valerie Mussler, Sebastian

Fernandez and Andy Lutton. Sebastian placed 4th (m35-39) in the 2.5 K swim, and in the 5K swim Valerie placed 2nd in w25-29 and Andy placed 5th in m45-49.

Sue Curtin, Susan and Chuck Asbaugh, Norma Deguenther, Joe Docobo and Ann and Allen von Spiegelfeld traveled to Fernandina Beach in October to compete in either the Atlantic Coast Olympic Distance or Half Ironman Triathlon. Results were: Ann(2nd w50-54), Olympic Distance, 3:06. Half Ironman results were: Joe Docobo 6:29:38, Sue Curtin, 6:42:30 (2nd w55-59), Allen von Spiegelfeld, 7:10:44 (3rd m60-



64), Norma Deguenther 7:27:19, Susan Ashbaugh, 7:41:04 (4th w55-59), and Chuck Ashbaugh, 7:41:04 (5th m 60-64). All of us were pleased the swim course was long but not so pleased with the wind on the bike.

Joe Docobo and Sebastian Fernandez also participated in the Suncoast Sprint Triathlon in October with Sebastian finishing in 1:16:58 and Joe finishing in 1:18:19. Danny Hicks traveled to Las Vegas in November to compete in the ITU World Long Distance Championships and finished in 8:50:27. Bart Cobb, our star open water long distance swimmer traveled to Tennessee to participate in the Swim the Suck River event in

October. Bart finished his 10-mile swim with his wife Kathy providing Kayak support. Bart is training to swim the English Channel this July. Bart and Ann von Spiegelfeld also swam the Tri Floyd 8- mile swim from Clearwater to Tampa. Merit Greaves was Ann's kayak support and Bart was supported by his wife Kathy. Bart was third overall with a time of 4:01 and Ann was fourth overall, first woman, with a time of 4:13. The water had quite a chop and the kayakers got quite the workout along with their swimmers. Arnie Bernilli is also training with Bart to swim the English Channel this summer.

With a busy fall behind us we are looking forward to a busy spring. Look for several of our swimmers to do the Speedo 1-hour postal national championship in January. We are building our younger competitive age groups and hope to have some recent college graduates swim in the upcoming Valentines Meet. Our team consists of fitness swimmers, triathletes, open water swimmers and competitive meet swimmers. TBAM marks our third anniversary in January 2012 and continue to have coaches Jim Zinner and Carmen Goodner. If you are looking for a team conveniently located near downtown Tampa, look us up! Stay warm this winter and see you at the races!



When I asked Kelly about stretching at swim practice the other day, she told me "Many athletes and fitness enthusiasts forget one of the best parts of a workout: the stretching. Flexibility training is not only an important aspect in maintaining structural integrity and joint range of motion, but also aids

in the recovery process. Swimmers tend to be tightest on the anterior (front) side of the body, so spending extra time stretching the shoulders, chest and hip flexors will be especially beneficial." -editor

Tampa Metro Masters

<http://tampametromasters.org/>



The following article written by Kelly and found on the LiveStrong website, provides additional guidance for making the most of your stretching program.



WHAT KIND OF STRETCH TEARS DOWN MUSCLE TISSUE?

Dr. Kelly Spivey

Over time, muscles tend to lose their flexibility which can reduce musculoskeletal function and limit joint range of motion. According to the American College of Sports Medicine, flexibility starts to decline in the third decade of life. Muscle flexibility can also be lost as a result of acute trauma like an accident or surgery or even from years of poor posture. Limited range of motion can be a minor inconvenience - like when you can't quite reach the itch in the middle of your back - or can cause chronic pain and dysfunction. Stretching is one of the best ways to promote or regain flexibility and range of motion but if performed incorrectly, muscles can be further damaged.

Built-in Stretch Receptors

There are many sensors built into the muscle itself to protect it from stretching too far. For example, if you walk across an uneven surface and your ankle rolls the wrong way, the sensory organs within the muscles and tendons determine that the muscles are stretching too far and too fast and immediately cause the muscles to contract in an effort to prevent any sprains or strains. But if the stretch is too forceful or occurs too quickly, damage may not always be avoidable.

Don't Bounce

Stretching activities that are rhythmic and bouncy are called ballistic stretching. An example would be bending forward while bouncing up and down in an effort to reach the toes. The movements are often quick and forceful and work against the muscle's internal stretch reflex. As the body's momentum forces the stretch, the muscles try to contract as the muscle is still lengthening. This can cause microscopic muscle tears or even a strain of the muscle or tendon.

Don't Stretch Cold

Cold muscles are less flexible and more likely to tear. For this reason, it is best to stretch after a pre-exercise warm-up. Five to 10 minutes of light aerobic activity will sufficiently raise the body temperature and increase blood flow to the working muscles. According to the American Council on Exercise, as body temperature and muscle circulation rises, so does muscle elasticity. For this reason, stretching at the end of an exercise session is recommended.

Avoid Pre-Activity Stretching

Many exercisers believe that stretching prior to exercise or physical activity will actually prevent injury. According to research presented by Len Kravitz, PhD, with the IDEA Health & Fitness Association, much of the latest research is not only refuting this but pre-exercise stretching may actually contribute to injury. It is believed that static stretching may compromise joint stability which in turn can lead to injury of ligaments, tendons or muscles. Kravitz further comments that participating in a regular stretching program can positively benefit sports participants as long as stretching is not done prior to activity.

Regular Stretching is Most Effective

There are a number of stretching techniques, but for most populations, the ACSM recommends static stretching. This form of stretching is performed in a long, controlled motion. Physiologically, it takes from 7 to 10 seconds before the muscle actually accepts the stretch and begins to relax. Therefore, holding a stretch for 15 to 30 seconds is optimal for most people. The same stretch can be repeated up to three more times for maximum benefits.

References

- ACSM's Guidelines for Exercise Testing and Prescription, 7th Edition"; ACSM; 2006
- [American Council on Exercise"; Warm Up to Work Out](#)
- [IDEA"; Stretching-A Research Retrospective](#)

Read more: <http://www.livestrong.com/article/480207-what-kind-of-stretch-tears-down-muscle-tissue/#ixzz1IXIsb5lq>

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



Not only is Trice Hirr a dedicated member of our VAST coaching staff but also a committed and intense competitor. At the 2011 National Senior Games in Houston last July she set new records in the 50 Fly and 100 Fly as well as taking 2 additional gold and 2 silver medals. In the 2011 Florida Senior Games State Championship she broke 6 records in the 60-64 age group, some of these her own records set in previous years. These included 50 Breast, 100 Breast, 200 Breast, 50 Fly, 100 IM and 200 IM. She still holds the 100 Free and 100 Fly records set in 2009 so along with 3 relay records currently holds 11 Florida State records. For these achievements *The Villages Daily Sun* named her the #1 Sports Story of the year. She was previously honored with the 2009 Florida Senior Games State Championship Female Athlete



of the Year Award. Last, but certainly not least, we don't want to overlook her Masters accomplishments with National Top Tens this year in 50 Breast, 100 Breast, 200 Breast and 50 Fly as well as a Medley Relay. Trice has spent many years as a coach and VAST is fortunate to have her share her expertise with the team.



CANDY CANE PRACTICE

By Joyce Hutchinson



VAST held their traditional Candy Cane Practice in December. Swimmers are encouraged to dress in holiday attire, parade past judges and then swim 50 yards in costume to win prizes. Interesting strokes are observed and laughter can be heard as swimmers battle the bulk and disintegration of costumes. Our coach makes us work hard but also

makes sure we play too. He is the one who organizes these costume swims but doesn't let us go for the day before a real workout (and scooping up costume pieces from the bottom of the pool).



Dear Florida LMSC Members,

The following Florida LMSC Members have donated to either the USMS Swimming Saves Lives Foundation and/or the International Swimming Hall of Fame Foundation from November 2011 – January 2012:



**US. MASTERS
SWIMMING**
swimming for life! www.usms.org

Robert Aldrich, Armando Almada, Scott Bay, Robert Beach, John Beattie, Timothy Beck, Sherri Bogue, Rachel Bowman, Michelle Bracken, Marianne Bradley, Frank Brandt, Bill Brenner, Darlene Brown, Doug Brown, Ellen Brown, Sandra Brownlee Fox, Tim Buckley, Jennifer Burns, Rob Butcher, Sylvia Buxton, Mark Calvert, Joan Campbell, Robert Chamberlin, Brud Cleaveland, Jim Clegg, Barton Cobb, Jeanne Coleman, John Cornell, Tom Cornell, William Cottrell, Bob Couch, Ann Daly, Carlene Danart, Victor Danart, Bruce Day, Stephen DeCota, Kyle Deery, Florence Delaney, Kember DeMott, Martin Denker, Laura Dissington, Cliff Eastwood, Frank Elm, Dave Farrell, John Fox, Ambrose Gaines, Joan Gamso, Kim Gibbons, Roman Gomez, Susan Goodman, Edna Gordon, Merit Greaves, David Groomes, David Halpern, Laura Hamel, Threse Hammond, Jo Ann Harrelson, Mindy Harvard, Tanya Hench, Rogers Holmes, Harrison Homans, Margaret Homans, Oliver Huttner, Roy Ingham, Margit Jebe, Maureen Jones, Jamie Kendig, Cheryl Kenlin, Rick Kinard, Katie Knight-Perry, David Kolbas, Joel Kriger, Susan Kuhlman, Luke Kung, Christopher LaBianco, Joyce LaChapelle, Colette Lafuente, Agata Lagodzinski, Ken Lanigan, David Larson, Charles Lydecker, Robert MacDonald, Phyllis Mathiot, Anna Lea Matysek, Amy McCormack, Kevin McCormack, Barbara Mc Nulty, Doug Messineo, A .K. Miller, David Miner, Jim Morosco, Valerie Mussler, Robert Nagle, Carol Neal, Marjorie Newman, Susan Nolan, Dianne Ohlandt, Gladys Olsen, Keith Organ, Patricia Paine, Thomas Petersen, Donald Puchalski, William Ragan, Kimberlee Riley, Cathy Rohm, Gregory Rotole, Karen Saef, Thomas Schwartz, Thomas Seibert, Patricia Shankle, Tara Skinner, Elspeth Smith, Karen Spaun, Michael Stollmeyer, Greg Sullivan, Kate Sussman, Keith Switzer, John Sylvester, Mike Torsney, Mary Tucker, Deborah Tullman, Patricia Tullman, Robert Tullman, Helen Vetter, Jean Voisard, Allen von Spiegelfeld, Ann von Spiegelfeld, Fred Wakelin, Rick Walker, Matt Watkins, D Scott Wells, Robert Williams, Jennifer Willis, Brian Wilson, Gordon Wilson, Meegan Wilson, Lorraine Witzke, Glenn Woodsum, Scott Wright, Bruce Young, Livia Zien, and Tori Zimmerman.

Thank you!

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

Sincerely,
Florida LMSC Board of Directors

St. Pete Masters 42nd Annual SCY Championship Meet

March 23-25, 2012 – Hosted by St. Pete Masters

Sanctioned by Florida LMSC for USMS Inc. – Sanction # 142-011

Date & Time: **Friday, March 23** : 1650 Free Warm Up: 4:30 pm; Swim: 5:00 pm;
Saturday and Sunday, March 24 & 25: Warm Up: 8:00 am; Swim: 9:00 am
Facilities: North Shore Pool is located at 901 North Shore Drive NE, in St. Petersburg, FL. A maximum of 10 lanes will be seeded for all events. Colorado Timing with hand held back-up watches for all events

Eligibility: Open to all MASTERS, age 18 or older. A **copy of your 2012 USMS card MUST** be attached to the entry form.

Rules: 2012 USMS rules govern this meet.

Individual mixed M & W Check in required for the 1650 yd Free, 400 yd IM and 500 yd Free. These **3 events** will be timed

Events: Finals and seeded slow to fast **EXCEPT the 1650 Free will be seeded FAST to SLOW.** The 1000 yd Free split will be submitted for every swimmer completing the 1650 yd Free and recording an electronic split at the 1000 yd mark. All other events will be timed finals and seeded Slow to Fast.

Relays: Relays will be deck entered and seeded prior to each race. All relay swimmers must be registered for the meet (pay the meet surcharge and sign the meet waiver). Mixed relays consist of 2 Women and 2 Men.

Entries: Swimmers may swim a maximum of five (5) individual events per day PLUS relays. Cost per event is \$2.50. Cost per relay is \$5.00. There is \$15 meet surcharge for all swimmers. **Online entries preferred and register at** https://www.clubassistant.com/club/meet_information.cfm?c=1747&smid=3506. Otherwise, please use the designated entry form and make check or money order payable to **St. Pete Masters**. Any questions, contact Patty Nardoizzi (727) 343-5960 or pnardoizzi@hotmail.com.

Deadline: Meet entries must be completed **online** by midnight eastern time on **Friday, March 16, 2012** or **postmarked by Tuesday, March 13, 2012**. Late entries received by mail (postmarked after March 13), phone, e-mail or online after due dates will be accepted with an additional \$10.00 fee until midnight eastern time on Tuesday, March 20, 2012. **Meet entry fees are non-refundable and non-transferable.** Online registrations paid with a credit card will reflect a charge from "ClubAssistant.com Event Billing".

Scoring & Awards will be given for each event. **Individual High Point** awards for 1st, 2nd and 3rd in all age groups will be given **Awards:** with a minimum of five events completed. Scoring 9-7-6-5-4-3-2-1 for individuals, double points for relays.

T-shirt/Social: A commemorative meet T-shirt can be purchased for \$15.00 with your meet entry. Please enter the number & size(s) on your entry. **Social** cost is \$15.00 and will include food/drink. Details available at a later date.

Psych sheet: Will be available on-line at www.midnightsports.com by mid-week prior to the meet.

Officials: Meet Referee: Dan Nardoizzi

Order of Events:

Friday, March 23		Saturday, March 24		Sunday, March 25	
1/2	1650 yd Free ** (mixed seeding by time)	3/4	200 yd Back	23/24	100 yd Back
		5/6	100 yd IM	25/26	50 yd Breast
		7/8	200 yd Free	27/28	100 yd Fly
		9/10	200 yd Mixed Medley Relay	29/30	200 yd Mixed Free
Relay					
** check in required	11/12	50 yd Back	31/32	200 yd Breast	
With mixed seeding		13/14	100 yd Breast	33/34	100 yd Free
		15/16	200 yd Fly	35/36	200 yd IM
		17/18	50 yd Free	37/38	50 yd Fly
		19/20	200 yd Medley Relay	39/40	200 yd Free Relay
		21/22	400 yd IM **	41/42	500 yd Free **

The Florida LMSC meeting is scheduled to follow Saturday's events

St. Pete Masters 42nd Annual SCY Championship Meet

March 23-25, 2012 – Hosted by St. Pete Masters

To enter meet online at www.clubassistant.com or complete and return meet entry form provided.
Mail Entry form, check payable to **St. Pete Masters** and a copy of 2012 USMS card to:

Sanctioned by Florida LMSC for USMS Inc. – Sanction # 142-011

Last Name (as on 2012 USMS card): _____ First _____ MI _____
 2012 USMS number _____ - _____ Gender (circle) Male Female
 Date of Birth (mm/dd/yy): _____ Age on last day of meet (3/25): _____
 Club Name: _____ Club abbreviation: _____
 Street Address: _____ City _____ State _____ ZIP _____
 E-Mail Address (neatly): _____ Phone: _____ - _____ - _____

Meet Entry Times

(Swimmers may enter no more than 5 individual events per day of meet)

Event #	Friday, March 23	Entry Time	Event #	Event	Entry Time
1/2	1650 yd Free ***				
	Saturday, March 24			Sunday, March 25	
3/4	200 yd Back		23/24	100 yd Back	
5/6	100 yd IM		25/26	50 yd Breast	
7/8	200 yd Free		27/28	100 yd Fly	
9/10	200 yd Mixed Medley Relay	*****	29/30	200 yd Mixed Free Relay	*****
11/12	50 yd Back		31/32	200 yd Breast	
13/14	100 yd Breast		33/34	100 yd Free	
15/16	200 yd Fly		35/36	200 yd IM	
17/18	50 yd Free		37/38	50 yd Fly	
19/20	200 yd Medley Relay	*****	39/40	200 yd Free Relay	*****
21/22	400 yd IM**		41/42	500 yd Free**	

*** Event seeded FASTEST to SLOWEST, the 1650 Free will be combined Women and Men by time

**Event seeded SLOWEST to FASTEST, events will be combined Women and Men by time

FEES: Meet Surcharge = \$15.00
 # of Events _____ @ \$2.50 = _____
 Late Fee, if applicable @ \$10.00 = _____
 Social #attending _____ @ \$15.00 each = _____
 *** Circle sizes of shirts ordered
 T-shirt size S M L XL @15.00 = _____
 TOTAL ENCLOSED = _____

ATTACH A COPY OF YOUR CURRENT
USMS CARD HERE

MAKE CHECK PAYABLE TO: ST PETE MASTERS

Mail entry to: SPM c/o Patty Nardozzi ~ 6346 – 27th Ave. North ~ St. Petersburg, FL 33710

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 SWIM 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 by and be governed by the rules of USMS. (see Rule Book Article 203.1)

Signature of Participant: _____ Date: _____



MAKING WAVES TO FIGHT CANCER

Swim to Fight Cancer **TAMPA BAY** Inaugural Event

Saturday, May 5th, 2012
at Clearwater Beach

1/2 mile course OR
1 mile course

Benefiting Cancer Research at



ATTENTION SWIMMERS!

Kick off your summer swim calendar by joining us in the fight against cancer!

Swim with us in our inaugural Tampa Bay Open Water Swim and *Make Waves to Fight Cancer*. Join three-time gold medalist, Olympian **Brooke Bennett** for this fundraising event in beautiful Clearwater Beach! Choose our 1/2 mile or 1 mile course and swim as an individual or as part of a team in honor or memory of a loved one.

Swimmers of all ages and skill levels are welcome. Participants are encouraged to invite family and friends to celebrate at the finish and to attend the awards ceremony after the event.

Proceeds from the swim will benefit the world renowned **Moffitt Cancer Center**.

For more details or to register as a swimmer or volunteer, visit, www.swimacrossamerica.org/tampabay or call or email Trent Fraebel at 727-743-8460 and trent@swimacrossamerica.org

Swim Across America (SAA) is a national non-profit dedicated to raising money for cancer research, prevention and treatment through swimming.



**HURRICANE-MAN 2.4 MILE ROUGH WATER SWIM
PASS-A-GRILLE CHALLENGE 1000 METER SWIM
SATURDAY, MAY 5, 2012**

HOSTED BY: ST. PETE MASTERS & ST. PETERSBURG AQUATICS

Sanctioned by Florida LMSC for USMS, Inc. - Sanction #142-0130W

Sanctioned by Florida Swimming for USA Swimming, Inc. - Sanction #

Date & Time: May 5, 2012 7:15 AM – 1000 Meter; 7:30 AM – 2.4 Mile

Location: Check-In: Beachside of Hurricane Restaurant, 807 Gulf Way
1000 meter start: 22nd Ave., 2.4 mi. start: 4700 Gulf Blvd., St Pete Bch.

Eligibility & Rules: Open to all registered USMS members and all registered USA Swimming members. **ATTACH COPY OF 2012 REGISTRATION CARD TO ENTRY FORM.** One event USMS membership is available for swimmers over age 18. No refunds due to race cancellation. No wetsuits or fins. Younger swimmers require permission from coach to participate.

Officials: Dan Nardozzi, Kevin Mooren, Steve Freeman, Mike Halfast

Entries: Swimmers must pre-enter online at www.clubassistant.com or by mail. **NO RACE DAY REGISTRATION.** Maximum of 400 entries accepted. \$35.00 for USA/USMS registered members, \$54.00 for unregistered members over age 18. **Entries must be completed online by midnight eastern time on April 27 or postmarked by April 27, 2012.** Late entries received by mail (postmarked after April 27), phone, e-mail or online after this date will be accepted with an additional \$10.00 fee until midnight eastern time on Wednesday, May 2nd. **Race entry fees are non-refundable and non-transferable.** Online registrations will reflect a charge from "Club Assistant.com Event Billing".
Checks payable to St. Pete Masters and mail to:

Hurricane Man c/o Patty Nardozzi
6346 – 27th Avenue North, St. Petersburg, FL 33710

Registration confirmation: Visit www.stpetemasters.org for entry list

Awards: Overall male/female USMS & USA & Top 3 age-group finishers

Sponsor/Breakfast: Hurricane Restaurant famous post-race breakfast included with entry. Spectators can buy passes for \$10.00 at the door.

Race Schedule:
6:00am-6:45am – Check-in, packet pick-up and body marking
7:15am – 1000 Meter race start (North end of beach at 22nd Avenue)
7:30am – 2.4 mile race start (County Park at 4700 Gulf Boulevard – across from Dolphin Village Shopping Center)
8:15am – Official end of 1000 meter race
8:45am (approx.) – Awards for 1000 meter race – 2nd floor restaurant
9:30am – Official end of 2.4 mile race – **2 HOUR TIME LIMIT**
10:00am (approx.) – Awards for 2.4 mile race – 2nd floor restaurant

Parking/Transportation: Free parking for first 60 cars available behind restaurant; meter parking \$1.00 per hour after 8:00am. Shuttling available to 2.4 mile race start.

Information: Patty Nardozzi, pnardozzi@hotmail.com or 727-343-5960

**HURRICANE MAN 2.4 MILE ROUGH WATER SWIM
PASS-A-GRILLE CHALLENGE 1000 METER SWIM
SATURDAY, MAY 5, 2012**

Sanctioned by Florida LMSC for USMS, Inc. - Sanction #142-0130W
Sanctioned by Florida Swimming for USA Swimming, Inc. - Sanction #

Last Name: _____ First: _____ MI: _____ (as it appears on registration card)
Sex: _____ Birthdate: ____/____/____ Age: _____ USA/USMS # _____ Team: _____
Mailing Address: _____ City: _____ State: _____ Zip: _____
Phone: _____ E-Mail: _____ Cost: \$35.00 (reg) \$54.00 (oevt) \$10.00 (late fee)

IMPORTANT! – Circle all that pertain to your application! CHECK PAYABLE TO: SPM
Race: 2.4 Mile 1000 Meter T-Shirt Size: S M L XL Due: \$35.00 \$54.00 \$10.00

USA SWIMMING: 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 USA Swimming (training and competition), including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE USA SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: USA SWIMMING, INC. THE LOCAL 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 by and be governed by the rules of USA Swimming. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE OF PARTICIPANT: _____ **DATE:** _____
(USA Swimming participant or parent if under 18 years of age)

MASTERS SWIMMING: 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 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 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 by and be governed by the rules of USMS. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE OF PARTICIPANT: _____ **DATE:** _____
(USMS participant must be 18 years or older)

2012 USMS ONE EVENT MEMBERSHIP APPLICATION – EVENT DATE 5/5/12

Last Name: _____ First: _____ MI: _____ Today's Date ____/____/____
Address: _____ City: _____ State: _____ Zip: _____
Phone #: _____ E-Mail: _____ Birthdate: ____/____/____ Age: ____ Sex: ____

Cost: \$54.00 (\$19.00 credit towards one-year USMS membership if you join team within 30 days)

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 by and be governed by the rules of USMS. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE OF PARTICIPANT: _____ **DATE:** _____

Attach copy of USA/USMS registration card to this form. Mail to: SPM c/o Nardoizzi, 6346 – 27th Avenue No., St. Pete, FL 33710



THE NEXT NEWSLETTER DEADLINE

Sheila Carpenter-van Dijk

Please send newsletter articles to me! (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://floridalmc.org>) and in the mail in May, so I'll need your articles by April 16, 2012! Look for human-interest stories in your team; we'd love to hear about them!

