



## FLORIDA LMSC UPDATE

Meegan Wilson  
Florida LMSC Chair



We held our first LMSC meeting of the year on March 24<sup>th</sup> in St Petersburg, FL following the first day's events of the 42<sup>nd</sup> Annual SCY St Pete Championships. Here are the highlights:

- ▲ As of March 20 we had 1,437 registered members and 48 registered clubs. Online registrations were at 79%.
- ▲ Our bank balance at the end of 2011 was \$52,388.53.
- ▲ Twenty events have been sanctioned or recognized so far this year.
- ▲ The Florida LMSC needs volunteers to be meet observers at Recognized events. Please contact Joannie Campbell if interested. ([jcampb10@tampabay.rr.com](mailto:jcampb10@tampabay.rr.com)).
- ▲ This is an election year, and at our Annual meeting in Orlando on October 13, (at the Dixie Zone SCM Championships) we will be electing our slate of officers for a two year term. Please consider volunteering for the Florida LMSC. Please contact Joannie Campbell or Marianne Bradley ([bradleyym@tampabay.rr.com](mailto:bradleyym@tampabay.rr.com)) if you are interested in serving. See more information later in this newsletter.
- ▲ We voted to extend the Florida LMSC online subsidy until May of next year. This subsidy is only for the online meet registrations. It does not include apparel, social tickets, etc.
- ▲ Because a vice chair is now a requirement of USMS, there was a vote to make this an elected position on the board. In order to do this, our bylaws must be changed. The bylaws can be found at : <http://floridalmssc.org/administration/Bylaws3-20-10.pdf>  
Please read the bylaws and send proposed changes to me before our next meeting in St Petersburg, July 14. At our annual meeting the bylaws changes will be voted in first, prior to elections.
- ▲ We voted to reduce our one event registration fees. Because there was misinformation at the meeting, your Board and Committee members have decided to readdress this at our next meeting in July.

With 48 clubs in our LMSC, we could have quite a turnout at our business meetings. Please consider being your Club representative and attend our meetings and bring back important information to your club. Please play an active part in the Florida LMSC.

### FLORIDA LMSC OFFICERS & COMMITTEE CHAIRS

<b>Chair and Webmaster</b> <i>Meegan J. Wilson</i> 352-373-0023 <a href="mailto:meeganwilson@bellsouth.net">meeganwilson@bellsouth.net</a>	<b>Secretary</b> <i>Fernette Ramnath</i> 610-368-0496 <a href="mailto:framnath@hotmail.com">framnath@hotmail.com</a>	<b>Treasurer</b> <i>James Stein</i> 813-504-6659 <a href="mailto:steinecpa@tampabay.rr.com">steinecpa@tampabay.rr.com</a>
<b>Registrar &amp; Communications</b> <i>Meredith Moore</i> 239-774-0822 <a href="mailto:Mamoo49@aol.com">Mamoo49@aol.com</a>	<b>Records &amp; Top 10 and Long Distance</b> <i>David Miner</i> 941-545-9709 <a href="mailto:Dminer02@verizon.net">Dminer02@verizon.net</a>	<b>Sanctions</b> <i>Pat Tullman</i> 813-655-7648 <a href="mailto:Ptullma1@tampabay.rr.com">Ptullma1@tampabay.rr.com</a>
<b>Newsletter Editor</b> <i>Sheila Carpenter-van Dijk</i> 813-892-8991 <a href="mailto:sheilacv@tampabay.rr.com">sheilacv@tampabay.rr.com</a>	<b>Senior Games Liaison</b> <i>Joan Campbell</i> 727-938-7181 <a href="mailto:Jcamp10@tampabay.rr.com">Jcamp10@tampabay.rr.com</a>	<b>Official's Chair</b> <i>Charles Kohnken</i> 727-531-0008 <a href="mailto:Charleythetuna@tampabay.rr.com">Charleythetuna@tampabay.rr.com</a>
<b>Coaches Chair</b> <i>Scott Bay</i> 386-677-1595 <a href="mailto:scottbay@usms.org">scottbay@usms.org</a>	<b>Awards &amp; Social</b> <i>Marianne Bradley</i> 727-784-0420 <a href="mailto:bradleyym@tampabay.rr.com">bradleyym@tampabay.rr.com</a>	<b>Fitness</b> <i>Sue Moucha</i> 813-689-4131 <a href="mailto:jbmoucha@aol.com">jbmoucha@aol.com</a>
<b>Past Chair</b> <i>Tom Bliss</i> 321-453-3409 <a href="mailto:tbliss@cfl.rr.com">tbliss@cfl.rr.com</a>		

## 2012 Florida LMSC Board Elections

We currently have 7 Officers on the Board that must be elected every two years. Because the Vice Chair is now a requirement of USMS, and at our last board meeting we voted to make it an elected position on the board, our By-Laws need changes. When that happens we will have 8 elected positions with voting privileges.

Elections will be held in Orlando in October. Contact Joan Campbell ([jcampb10@tampabay.rr.com](mailto:jcampb10@tampabay.rr.com)) or Marianne Bradley ([bradleyem@tampabay.rr.com](mailto:bradleyem@tampabay.rr.com)) if you are interested in serving your LMSC. You may run for any position and nominations will also be taken from the floor at our meeting.

Elected Board Position	Current Officer	Running
Chair	Meegan Wilson	Scott Bay
Treasurer	James Stine	Sherri Bogue
Secretary	Fernette Ramnath	Fernette Ramnath
Registrar	Meredith Moore	Meredith Moore
Top Ten Recorder	David Miner	Mary Holman
Sanctions	Pat Tullman	Pat Tullman
Newsletter Editor	Sheila Carpenter-van Dijk	Sheila Carpenter-van Dijk
Vice Chair	Not presently filled	No Candidate
Appointed Board Positions (appointed by the Chair)		
Officials	Not presently filled	No Candidate
Coaches	Scott Bay	Gary Henderson
Senior Games Liaison	Joan Campbell	Joan Campbell
Social and Awards	Marianne Bradley	Marianne Bradley
Fitness	Sue Moucha	Sue Moucha
Long Distance	David Miner	David Miner
Webmaster	Meegan Wilson	No Candidate

### Brief candidate information:

- Scott Bay, running for the Chairman position, has been our Coaches Chair for the past two years. He is a coach and member of the BLU Frog club.
- Sherri Bogue, running for the Treasurer position is a CPA and is a member of the Florida Mavericks Masters.
- Mary Holman, running for the Top Ten Recorder position, is a member of the Gator Swim Club.

While not an elected position, Gary Henderson has volunteered to be our next Coaches Chair. He received the Florida LSMC Coaches Award for 2012 and is a member of FACT and coaches the VAST team.

We currently need candidates for the Vice Chair, Officials Chair, and Webmaster. If you are interested, please contact Joannie or Marianne as noted above.

## FITNESS CORNER

Sue Mocha

Now that the warm weather is here, summer is just around the corner and vacation time may take center stage. How will your swimming remain a focal part of your day? Will you change your fitness regimen, add something new, or take a break? Do you have some extraordinary goal in mind?



If you would like to share your fitness ideas, interests, practice sessions for the long hot days of summer, please e-mail them to me at [jbmoucha@aol.com](mailto:jbmoucha@aol.com). I think swimmers are always willing to exchange ideas and are interested in what other sport activities our fellow swimmers do.

Remember you can join the USMS "Go The Distance" event at any time. Try it, I am sure you will like it. See the USMS website for details. Or, there is our LMSC "Leather Lung" to add variety to your workout goals. You can look it up on [Floridalmcsc.org](http://Floridalmcsc.org) to see what it involves.

Looking forward to hearing from you.



### FLORIDA LMSC 2012 SOCIAL AND AWARDS BANQUET

Marianne Bradley, Social and Awards Chairman

Our awards banquet was held this year on Feb. 11, 2012 at the Sunset Grill in Clearwater following the first day of the City of Clearwater's Valentine Meet. We had our best ever attendance at 85! We received so many compliments on this year's banquet; it's such a pleasure when you know everyone had such a grand time. There was only one complaint, which was about the level of the noise, and I think that was due to the great time and fun camaraderie going on.

The cost was \$1318.90, we collected \$860, and the LMSC covered the remaining \$458.90. What a great deal it was, the food was very good as usual with six choices of entrees, a dessert, salad and non-alcohol drinks. The service was very good and efficient.



Cindy Januszewski of the Florida Mavericks was awarded our prestigious Sue Moucha Overcoming Adversity Award for inspiring others through masters swimming. Cindy was injured in an automobile accident while in high school in 1983, and suffered a severe head injury. She was in a coma for almost three weeks and underwent recreational, occupational and speech therapy for a long time. She had been a competitive swimmer when younger and began swimming again while recovering, describing that she felt "at home" in the water, and attributing swimming to helping her recover over the years.

Gary Henderson of the Villages Aquatic Swim Team was awarded our 2012 Coach of the Year Award for devotion to Florida LMSC Masters Coaching. Gary was a collegiate swimmer in Delaware, and continued on with swimming, coaching children's teams, college teams and future Olympians. His Masters coaching career began in 1989 and continued when he moved to the Villages in 2003. Gary's

influence, guidance and expertise has played a significant role in coaching fledgling swimmers and skilled competitors, making the VAST team a large and successful competitive team.

The Special Recognition Service Awards were presented to Victor Buehler for 9 years as our LSMC Secretary, to Meredith Moore for 6 years as our LMSC Registrar, and to Jason Brauer for 3 years as our Newsletter Editor.

Club Service Awards for special service to their individual clubs went to Joan Campbell of the Florida Aquatic Combined Team and Margie Huting of the Florida Mavericks.



Our 2011 Long Distance Top Ten Women Swimmers were: 1. Mary Holman, GSC; 2. Sara Holman, GSC; 3. Melissa Harasz, SPM; 4. Patricia Bond, FMM; 5. Sandy Steer, SPM; 6. Charlotte Petersen, SPM; 7. Sarah Kwon, SPM; 8. Meredith Moore, T2NM; 9. Dawn Clark, SPM; 10 Mary Williamson, SAST.

Our 2011 Long Distance Top Ten Men Swimmers were: 1. Robert Beach, SPM; 2. Timothy Kennedy, SPM; 3. Konrad Euler, SPM; 4. Ted Bradley, SPM; 5( tie) Charles Schlegal, FMM and 5(tie) Pat Marzulli, SPM; 7. Bruce Mohl, T2NM; 8. Brud Cleaveland, FMM; 9. Ken Gersbach, SPM; 10. Cliff Eastwood, FMM.

Our 2011 Pool Top Ten Women Swimmers were: 1. Joan Campbell, FACT; 2. Jean Troy, FMM; 3. Nancy Durstein, FACT; 4. Linda Visser, BLU; 5. Patricia Bond, FMM; 6. Margit Jebe, T2NM; 7. Deb Walker, FACT; 8. Danielle Chance, BLU; 9. Sara Holman, GSC; 10. Betty Lorenzi, FACT.

Our 2011 Pool Top Ten Men Swimmers were: 1. Rick Walker, SYSM; 2. Steve Wood, BLU; 3. Jack Groselle, SYSM; 4. Gaylord Hopkins, FMM; 5. Keefe Lodwig, SYSM; 6. Keith Switzer, BLU; 7. Doug Messineo, FACT; 8. Kyle Deery, SYSM; 9. William Specht, SPM; 10. David Oaks, SYSM.

Our 2011 Leather Lung Recipients: Ellen Bennett, SYSM, SCY; Joan Campbell, FACT, SCY and LCM; Dawn Clark, SPM, Postal; Nancy Durstein, FACT, SCY; Ken Gersbasch, SPM, Postal; Mary Holman, GSC, Postal; Sara Holman, GSC, Postal; Tim Kennedy, SPM, Postal; Jim Matysek, SYSM, SCY; Keith Nelson, SPM,Postal; Flavia Zappa – SPM, Postal.

Congratulations to all of our above swimmers for their special recognitions and swimming accomplishments.

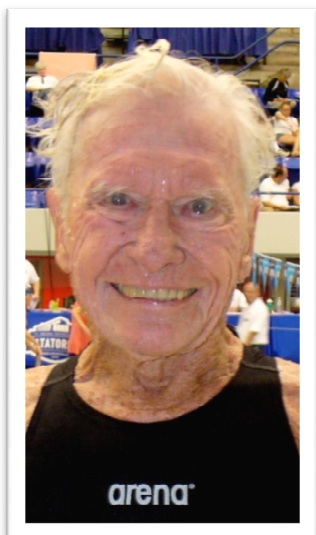


## ASK THE SWIM DOCTOR

**Dr. Paul Huting**

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

**QUESTION:** I've watched you at meets and you always seem so relaxed and have a positive attitude about your events. I train hard, but I'm always tense and nervous before my events. What mental strategies would you suggest I use to improve my swimming performances?



**ANSWER:** Psychocybernetics, mental preparation, for Master swimmers will give you some basic principles to improve performance beyond training and stroke mechanics. Since the person needs to be considered totally, confidence must be built into a positive self image for a well-rounded program. Establish the groundwork for a good self image and confidence during the year with regular training sessions. Program yourself for success with mental practice training, stroke mechanic skills, and race strategies. Your success program should include the following :

- Establish goals or targets.
- Develop self-confidence; correct any errors
- Forget failures; remember successes
- Have faith; don't wait for proof--**let** your creative mechanism work; don't **make** it work

These basic principles should give you a new mental picture of yourself after a period of time. Use mental practice and imagery to improve your training techniques and stroke skills. Spend time thinking of correct stroke mechanics and how it feels to do the stroke correctly. Use this same technique to prepare for your events before a meet. Many Master swimmers never plan ahead and train for their specific events, they just dive in and swim as fast as they can. Top swimmers mentally go through each event stroke by stroke from the dive in to the finish. To use imagery for your events, see yourself performing or feel yourself actually going through each detail when you swim the event. You can avoid many mistakes in races with this technique. Starts and turns can be enhanced with mental practice used as a supplement to the actual skill practice. During warmups, get to know the physical characteristics of the pools where you are competing, flags, blocks, etc..

This imagery, used frequently helps to keep your goals within sight and creates motivation to practice and train to make it a reality. Many people feed in failures instead of successes which interferes with achieving their goals. You should dehypnotize yourself from these ideas. Avoid negative statements like, "I can't....." or "I never do well....." as an ending in all aspects of your life. How many times have you put yourself down by saying you do not have the capabilities to do certain things? Measure yourself by your own standards. Have good thoughts about yourself and remember the successes that you have had. This servo-mechanism will help guide you toward goals and a higher achievement level. Use your failures as a guide to motivate you toward success.

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



## **NEWS FROM FACT**

**Joannie Campbell**

We have all been very busy this season, with a good representation at all the local meets and with great swims. The Valentine Meet, which is our only competition considering the Chapters of Florida Aquatic

Combined Team was really fun and the large contingent from the Villages put them in third place behind the large groups from Sarasota and Florida Mavericks. Just for your information - had FACT swam as a team, we would have had over 1,400 points and outscored the rest of the field by about 500 points. The LMSC Awards dinner following the Valentine meet on Saturday was a big success - over 80 people attended and the food and good company was fantastic. You can see the individual awards listed on our Florida lmsc website (<http://floridalmssc.org/>). Many of our FACT members received recognition. Congratulations to our FACT Villages coach Gary Henderson for the Coach's award!

The Senior Games in Sarasota saw our good friend and super competitor Sylvia Eisele with commanding leads in the breaststroke - we are so pleased to see her back after her health problems for the last few years. At the Good Life Games in Clearwater, Betty Lorenzi swam National records in all three of her backstroke events - she also broke the World records but will have to wait until a USMS

competition to have these recognized. World records are not recognized in a Senior Games event - only in a sanctioned meet.



Henderson, Joan Campbell, Nancy Durstein, Betty Lorenzi, Brenda Walker, Joyce Hutchinson and Rae Suttie. Congratulations yall! - ed

At the St. Pete Championships, the FACT women took second to the host team and third Combined. Our men were 9th - WE NEED A FEW MORE GOOD MEN! We'd love to see more of you men holding down the fort. The team is not lacking and the men that show up are GREAT but we'd love to see more of you compete.

Here are the amazing FACT women at the St. Pete Championships. From left to right: Meegan Wilson, Martha

The USMS Spring Nationals in Greensboro starts the 26th and we have 17 competitors - a good showing! The 75+ and 85+ age groups should do especially well - the 85+ group is within striking distance of National records. Be on the lookout for results. We encourage more of you to compete at the National level - we can definitely use you in our relays and you may swim three events besides even though you have not made qualifying times. FACT and the other Florida LMSC Clubs are hosting a hospitality room at the Best Western Windsor Suites the 25th - we hope that many competitors and their invited guests will enjoy the camaraderie and get to know others in our large Florida contingent. Remember that Summer Nationals are in the beginning of July this year at the site of the Olympic Trials in Omaha, Nebraska. We have three of our group signed up already and would love to see many more.



## HELP WANTED HELP NEEDED

### Pat Tullman

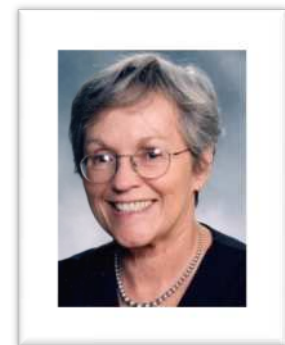
ATTN: SENIOR GAMES SWIMMERS: In order that the meet you swim in may submit times to USMS Top Ten, certain criteria must be met. One criterion is that the event must have a USMS Observer!

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!





## **SARASOTA SHARKS**

[www.sharksmasters.org](http://www.sharksmasters.org)



It is championship season for the Sharks. We took 86 swimmers to Ft Lauderdale for Y Nationals and plan to take 30 to Greensboro for USMS Spring Nationals. Both of those meets will be "in the books" by the time this newsletter is out. The focus meet for SYSM in 2012 will be Summer Nationals in Omaha at the awesome Olympic Trials venue. We plan to defend our title from 2011 at Auburn and a large squad will be needed to accomplish that goal. We are hoping to have 40+ Sharks in Omaha.

Top Ten for Short Course Meters has been published and the Sharks were well represented. SYSM is proud to announce 30 swimmers made Top Ten Individual and an additional 23 represented with Top Ten relay finishes. Five Shark swimmers attained All-American--#1 in the U.S.-- Ramses Rodriguez, Todd Stultz, Jack Groselle, Mark Drennen and Dean Dye.

Five Shark Relays were also All American and #1: Men 200 free Relay 200-239: Jack Groselle, Bill Brenner, Marshall Pepe, Noel Brewick; Men 200 Free Relay 280-319: Dean Dye, John Smith, David Oakes, Keefe Lodwig; Women 200 Free Relay 200-239: Laura Groselle, Fernette Ramnath, Deanna Doyle, Cathy Fedako; Women 400 Medley Relay 200-239: Deanna Doyle, Laura Groselle, Fernette Ramnath, Cathy Fedako; Mixed 400 Free Relay 160-199: Steve Mortimer, Laura Hamel, Rachel Bowman, Jamie Kendig.

Please plan on attending the Bumpy Jones Classic June 8-9-10. On line registration is currently available. Also our Open Water event *Tropical Splash* will again be held at Siesta Beach (named #1 Beach in the U.S.) later this fall.



## **FLORIDA LMSC NEEDS A NEW OFFICIALS CHAIR, A NEW WEBMASTER AND A FIRST-EVER VICE CHAIR!**

Please contact Meegan Wilson ([meeganwilson@bellsouth.net](mailto:meeganwilson@bellsouth.net)) if you are interested and have the skills needed for these positions.



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 February – March 2012:

*Holden Bank, Gretchen Boehm, Peter Brooks, Brenda Campbell, Mitchel Hoffman, Susan Kaineg, Paul Karstendiek, Bradley Lynn, Chris Macfarland, Lauren Nichols, and Tricia Moses.*



Your support of US Masters Swimming and the International Swimming Hall Of Fame is greatly appreciated.  
With many thanks from your Florida LMSC Board of Directors



## Tampa Metro Masters

<http://tampametromasters.org/>



Nine Tampa Metro swimmers competed at the YMCA National Championship swim meet in Ft. Lauderdale last month. In this team picture, front row (l-r) David Kolbas, David Kennedy, Mark Calvert, David Groomes, Joe Karney and Jim Karney. Back row (l-r) Kelly Spivey, EJ Charron, and Sheila Carpenter-van Dijk.



Most of the VAST team attended the FL LMSC banquet to honor their Coach-of-the-year, Gary Henderson. In the photo, Gary is the only person wearing a blue shirt! He's fifth from the right.



Sporting their high-point towels from the St. Pete Championships are VAST swimmers (l-r):  
Joyce Hutchinson, Brenda Walker and Rae Suttie



### **Volunteers Needed**

Jennifer Matteo, with the Florida Swimming Pool Association is calling for volunteers to help out with the FSPA (Florida Swimming Pool Invitational meet at the YMCA Aquatic Center in Orlando October 5-6. Please note, this meet is the NOT the HS STATE Championships (the FHSAA State Champs are in November).

The FHSAA does a lot of work towards pool safety and is an advocate for the pool industry. Every year, they hold a large High School state swim meet in Orlando at the YMCA Aquatic Center. The FHSAA is reaching out to area swim clubs and teams looking for volunteer support for the meet. They need both student and adult volunteers to help the meet run as smoothly as possible. It is a large meet with well over 1,500 swimmers. It is always a fun and energetic event!

The link for the site is [www.FSPASwimmeet.com](http://www.FSPASwimmeet.com). If you can help out, please contact Jennifer Matteo at the email or phone number below. If you do volunteer, please be sure to bring a hat, sunglasses, sunscreen, and shoes that can get wet.

Jennifer Matteo, Event & Marketing Coordinator  
Florida Swimming Pool Association  
2555 Porter Lake Drive, Suite 106  
Sarasota, FL 34240  
(941) 952-9293 ext. 105  
(866) 930-FSPA (3772)  
(941) 366-7433 Fax  
[JMatteo@FloridaPoolPro.com](mailto:JMatteo@FloridaPoolPro.com)



### **Correction to the August 2011 Newsletter**

In the August 2011 Florida LMSC Newsletter we ran "In Memorium – Bunny Cederlund". In the article it states that Bunny Cederlund qualified for the 1940 Olympics. The USMS History and Archives Committee has pointed out that only 13 women qualified and before any men could qualify, the Games were canceled. While Bunny was an exceptional swimmer, she was not a member of the team.

For more information on Bunny please see her story: <http://www.usms.org/hist/sto/index.php?ID=516>. Also see the article <http://www.usmsswimmer.com/200711/splashback.pdf> for more information on the 1940 Olympic team and visit: <http://www.usms.org/hist/oly/> for a list of Olympians who have been or are currently USMS members. -editor



### **THE NEXT NEWSLETTER DEADLINE** **Sheila Carpenter-van Dijk**

Please send newsletter articles to me! ([sheilacv@tampabay.rr.com](mailto:sheilacv@tampabay.rr.com)) Be sure to include your team name in the subject line. If you have questions, be sure to ask me! The next newsletter is scheduled to be on the web (<http://floridalmcsc.org>) and in the mail in August, so I'll need your articles by July 25, 2012! Look for human-interest stories in your team; we'd love to hear about them!



### **Upcoming 2012 Pool Meets**

More Dixie Zone pool meets and open water swims can be found at [www.dixiezone.org](http://www.dixiezone.org)

**May 20 / LCM:** NAC Masters Mayhem Meet. Nashville TN. [Information & entry](#). *Entry deadline: received by Thursday, May 11; late entries accepted with additional fee*

**June 2 / LCM:** Classic City Masters Meet. Athens GA. [Information, entry, lodging, map](#). *Entry deadline: received by Friday, May 25; deck entries accepted with additional fee*

**June 8-10 / LCM:** Bumpy Jones Classic. Sarasota FL. [Information & online entry](#) | [Information & paper entry](#) | [Map/lodging](#). *Entry deadline: received by Friday, June 1. Late online entries accepted to June 5 with additional fee*

**June 9 / LCM:** Eastern North Carolina LC Splash. Goldsboro NC. [Information & entry](#). *Entry deadline: received by Saturday, June 1*

**June 17 / SCY:** Florida Police & Fire Games. Sebastian FL. For information, contact [Jennifer Martin](#). *Guests who are not police or fire related may enter this meet as long as they are not felons. **This event is USMS recognized***

**June 23-24 / LCM:** Plantation Piranhas LCM Invite. Plantation FL. [Information & entry](#) (link to online entry on information page). *Entry deadline: received by Monday, June 18; late/deck entries accepted with additional fee*

**July 5-8 / LCM: USMS Long Course Nationals.** Omaha NE. [Information & entry](#). *Entry deadline: online entry closes Thursday, May 31; paper entries received by Thursday, May 31*

**July 14 / LCM:** Central Florida Marlins Summer Splash 2. Ocala FL. [Information & entry](#) | [Map](#). *Entry deadline: postmarked by Saturday, July 7; late entries accepted to Tuesday, July 10 with additional fee*

**July 14-15 / LCM:** St. Pete Masters LCM Championships. St. Petersburg FL. [Information & entry](#) | [Map](#). *Entry deadline: received by Thursday, July 5; late entries accepted to July 10 with additional fee. Link to preferred **online entry** on meet information page.*

## 2012 Open Water/Clinics/Camps

Many open water swims are not USMS-sanctioned, so USMS insurance will NOT cover the event. Those events are noted below. Check with the event organizer about insurance coverage for non-sanctioned events.

**May 26:** Ed Gaw Amelia Island Open Water Challenge (1-mile, 5K). Fernandina Beach FL. ***This event will be USMS sanctioned***

**June 9:** Death Valley Open Water Swim Meet (5K, 3K, 2K, 1K, 1/2K). Clemson SC. [Information & entry](#). **Online entry preferred -- link on information page.** *Entry deadline: received by Sunday, June 3; late/deck entries accepted with additional fee. **This event is USMS sanctioned***

**June 16:** Swim Around Key West (12.5 miles). Key West FL. [Information & registration](#). ***This event is not USMS sanctioned***





## 2012 SARASOTA YMCA SHARKS MASTERS

### *"Bumpy Jones International Classic"*

### LCM Championships

Hosted by Sarasota YMCA SHARKS MASTERS

Sanctioned by the Florida LMSC for USMS, Inc #142-S001

Meet Director: Bill Brenner

**DATE & TIME:** Friday, June 8: Warm-up 4:00 p.m., meet begins at 5:00 p.m.  
Saturday, June 9: Warm-up 10:00 a.m., meet begins at 11:00 a.m.  
Sunday, June 10: Warm-up 8:00 a.m., meet begins at 9:00 a.m.

**FACILITY:** The beautiful Sarasota YMCA Selby Aquatic Center, 8301 Potter Park Drive, Sarasota, Fla., home to U.S. Masters Swimming. Pool is an outdoor, 50-meter x 25-yard Myrtha pool. (<http://www.sharksmasters.org/contact-us/>) Colorado Timing will be provided for competition. A 25-yard warm up pool will be available at all times. All events will be swum in numerical order, slow to fast, with the exception of the 400 Freestyle and 400 Individual Medley, 400 M Freestyle Relay which will be swum fast to slow. These two events and the 800 Freestyle will swim mixed gender with a positive check-in required. The Y pool is generally regarded as one of the top facilities in Florida. Pool chillers keep the pool temp at optimum levels for competition.

**ELIGIBILITY:** Current USMS rules will govern. All athletes must be 18 years of age or older as of June 8, 2012, and registered with U.S. Masters Swimming. Non U.S. citizens should have a letter of introduction from their own swimming associations.

**ENTRIES & FEES:** **ONLINE ENTRIES ARE PREFERRED at \$45; includes meet T-shirt.** Mailed entries are \$50. The one day entry fee is \$25, which does not include a T-shirt. Swimmers may enter a maximum of five individual events per day. Paper entries must be submitted on the entry form on the next page, properly completed with seed times. The waiver must be signed, with a copy of your USMS registration card attached. **AGAIN THIS YEAR: Entry fees will be waived for all swimmers aged 80+ as of Dec. 31, 2012, and for Bumpy Jones, himself. T-Shirts will be available to these special folks at a reduced price of \$10.** Paper entries must be received by Friday, June 1, 2012. Late entries will be accepted ONLINE until June 5th for a \$10 surcharge. **Send entries to: Bill Brenner 8960 Rocky Lake Ct. Sarasota, FL 34238 or amrx6@aol.com. Make check payable to SYSM. NO DECK ENTRIES. Register online at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1290&smid=3511](https://www.clubassistant.com/club/meet_information.cfm?c=1290&smid=3511)**

**RELAYS:** Relay teams may be deck entered at the meet Friday, Saturday and Sunday. There is no charge for relays. Only team members registered for the meet may participate. All Men's and Women's relays may be swim in combined heats. Mixed relays will be swum separately.

**PARTY IN THE PARK:** Join us for fun, food and music on Saturday from 4 p.m. until 7 p.m. (subject to change). Potter Park, adjacent to the pool. Make new friends; relax with a cold beverage. Many fine gifts and gift certificates raffled away at the party (free raffle ticket with registration!) Food catered by SYSM Sponsors [Clayton's Siesta Grill](#), [The Broken Egg](#), [Panera Bread](#) and [Gecko's Grill & Pub](#). Sign up online or on entry form below.

**SCORING and AWARDS:** There will be no team scoring. Ribbons awarded for 1-6<sup>th</sup> place for individual and relay events.

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

<u>M/W/M</u>	<u>Friday June 8, 5:00 PM</u>	<u>M/W/M</u>	<u>Saturday June 9, 11:00 AM</u>	<u>M/W/M</u>	<u>Sunday June 10, 9:00 AM</u>
1/2/3	800 M Freestyle Relay	6/7/8	200 M Freestyle Relay	28/29/30	200 M Medley Relay
4/5	800 M Freestyle	9/10	400 M Freestyle	31/32	200 M F
		11/12	50 M Butterfly	33/34	100 M Butterfly
		13/14	100 M Breaststroke	35/36	50 M Breaststroke
		15/16	200 M Backstroke	37/38	100 M Backstroke
		17/18	100 M Freestyle	39/40	200 M Breaststroke
		19/20	200 M Butterfly	41/42	50 M Freestyle
		21/22	50 M Backstroke	43/44	400 M Individual Medley
		23/24	200 M Individual Medley	45/46/47	400 M Freestyle Relay
		25/26/27	400 M Medley Relay		

Breaks will be taken at the discretion of the meet referee.

**See next page for paper entry form. Online entries are preferred:**

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1290&smid=3511](https://www.clubassistant.com/club/meet_information.cfm?c=1290&smid=3511)

**Entry Form ~ 2012 Bumpy Jones Masters Meet****June 8-10, 2012**

Sarasota YMCA, 3801 Potter Park Dr, Sarasota, FL

Sanctioned by Florida LMSC for USMS, Inc., #142-S001

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_ Age on 12/31/12 \_\_\_\_\_ Sex \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

2012 USMS # \_\_\_\_\_ Club \_\_\_\_\_

Event# M/W/M	Friday Events	Seed Time
1/2/3	800 M Free Relay	<i>Enter at meet</i>
4/5	800 M Free	
	<b>Saturday Events</b>	
6/7/8	200 M Free Relay	<i>Enter at meet</i>
9/10	400 M Free	
11/12	50 M Butterfly	
13/14	100 M Breaststroke	
15/16	200 M Backstroke	
17/18	100 M Freestyle	
19/20	200 M Butterfly	
21/22	50 M Backstroke	
23/24	200 M Individual Medley	
25/26/27	400 M Medley Relay	<i>Enter at meet</i>

Event# M/W/M	Sunday Events	Seed Time
28/29/30	200 M Medley Relay	<i>Enter at meet</i>
31/32	200 M Freestyle	
33/34	100 M Butterfly	
35/36	50 M Breaststroke	
37/38	100 M Backstroke	
39/40	200 M Breaststroke	
41/42	50 M Freestyle	
43/44	400 M Individual Medley	
45/46/47	400 M Free Relay	<i>Enter at meet</i>

Release From Liability: 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.

Date \_\_\_\_\_ Signed \_\_\_\_\_

Fees	Price	Enclosed	Shirt size (circle)				
2-day meet entry	\$50	\$	S	M	L	XL	XXL
or 1-day meet entry	\$25	\$	<i>(no shirt for 1-day)</i>				
80+year old meet entry	\$0	\$	<i>(shirt not included with entry)</i>				
80+year old T-shirt	\$10	\$	S	M	L	XL	XXL
Extra T-shirt	\$15	\$	S	M	L	XL	XXL
Party in the Park	\$12	\$					
<b>Total Enclosed</b>		\$					
<i>(Make check payable to SYSM)</i>							

**Mail to:**

Bill Brenner  
8960 Rocky Lake Ct  
Sarasota, FL 34238

Phone: 941-928-2396

Email: amrx6@aol.com

**PLEASE ENCLOSE:**

- A copy of your 2012 USMS registration card
- This **SIGNED** entry form
- A check for the total amount shown above

*Paper entries must be RECEIVED on or before June 1, 2012*

# St. Pete Masters Long Course Swimming Championships

## July 14 and 15, 2012

Sanctioned by: Florida LMSC for USMS, Inc. Sanction #142-S002

- Date & Time** **Saturday, July 14th** 1500 Free Warm-up: 7:30 am; Swim: 8:00 am.  
**Saturday, July 14th** Warm-up: 10:30am; Swim: 11:00 am  
**Sunday, July 15th** Warm-up: 7:00 am; Swim: 8:00 am
- Facility** North Shore Pool is located at 901 North Shore Drive NE, St. Petersburg, FL 33701. Ten lanes will be seeded for the 1500 Free and **8 to 10** competition lanes will be seeded for all other events. Colorado Timing with hand-held watches will be used. Warm up for the 1500 Free will be available in the 25yd x 25m pool prior to public swim. If 10 lanes are used for other events, warm up will be available in the 25yd x 25m pool. If 8 lanes are used, there will be a segregated warm up lane in the competition pool.
- Eligibility & Rules** Open to all registered MASTERS, age 18 years and older. **Meet age is your age on December 31, 2012. A copy of your 2012 USMS Card MUST be attached to the entry form.** 2012 USMS rules govern.
- Entries** Swimmers may enter five (5) events per day (**maximum of 10 events for the meet**) PLUS relays. Cost per event is \$2.50. Cost per relay is \$5. There is a \$15 meet surcharge for all swimmers. Online entries preferred; register at [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1747&smid=3936](https://www.ClubAssistant.com/club/meet_information.cfm?c=1747&smid=3936) . Otherwise, make check or money order payable to: **St. Pete Masters and please use the designated meet entry form and not the consolidated entry form.** Any questions, contact Patty Nardozzi (727)343-5960 or e mailto:[pnardozzi@hotmail.com](mailto:pnardozzi@hotmail.com) .
- Deadline & Scratches** **Meet entries must be completed online by midnight eastern time on July 5 or postmarked by July 5.** Late entries received by mail (postmarked after July 5), phone, e-mail or online after this date will be accepted with an additional \$10.00 fee until midnight eastern time on Tuesday, July 10th. **Meet entry fees are non-refundable and non-transferable.** Online registrations paid with a credit card will reflect a charge from "Club Assistant.com Event Billing."
- Seeding** Check in required for the 1500 m Free, 400 IM and 400 Free. Entries will be seeded by time, mixed men and women, slowest to fastest, **except the 1500 Free and 400 Free will be seeded FAST to SLOW.** The 800 m. Free split will be submitted for all swimmers completing the 1500 m. Free and recording an electronic split at the 800 m. mark. **The 1500 m. Free is limited to the first 40 entrants (4 heats of 10 swimmers).**
- Relays** Relays will be deck entered and seeded prior to each race. All relay swimmers must be registered with the meet, sign the meet waiver and pay the meet surcharge. Mixed relays consist of 2 Women and 2 Men.
- Awards & Scoring** Ribbons (1st – 8th) will be given for each event. **Individual High Point** awards for 1st place in each age group will be given with a minimum of five events completed. Scoring: 9-7-6-5-4-3-2-1 points for individual events.
- Heat Sheet & Results** A heat sheet will be provided to each entrant. Psych sheet, heat sheet and results will be posted at <http://www.midnightsports.com> .
- Officials:** Meet Referee: Dan Nardozzi

Order of Events	Saturday: 8:00 am		Saturday: 11:00 am		Sunday: 8:00 am	
	W/M	Event	W/M	Event	W/M	Event
	1 / 2	1500 m. Free	3 / 4	200 m. Back	21 / 22	400 m. Free (FAST to SLOW)
	(mixed seeding by time,		5 / 6	200 m. Free	23 / 24	200 m. IM
	FAST TO SLOW,		7 / 8	50 m. Fly	25 / 26	50 m. Breast
	<b>4 heats of 10</b>		9 / 10	200 m. Mixed Free Relay	27 / 28	200 m. Mixed Medley Relay
	<b>swimmers)</b>		11 / 12	100 m. Breast	29 / 30	50 m. Back
			13 / 14	200 m. Fly	31 / 32	100 m. Fly
			15 / 16	100 m. Free	33 / 34	200 m. Breast
			17 / 18	200 m. Free Relay	35 / 36	100 m. Back
			19 / 20	400 m. IM	37 / 38	200 m. Medley Relay
					39 / 40	50 m. Free

\*\* There will be breaks scheduled around the relays \*\*

### FLORIDA LMSC MEETING WILL FOLLOW SATURDAY'S EVENTS

To enter meet, online at [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1747&smid=3936](https://www.ClubAssistant.com/club/meet_information.cfm?c=1747&smid=3936) or complete and return meet entry form provided. Mail Entry Form, check payable to **St. Pete Masters** and a copy of your 2012 USMS card to: **Patty Nardozzi -- 6346 - 27th Avenue North -- St. Petersburg, FL 33710**

