



FLORIDA LMSC UPDATE

Meegan Wilson
Florida LMSC Chair



We held our second LMSC meeting of the year on July 14, 2012 in St Petersburg, FL following the first day's events of the St Pete Masters LCM Swimming Championships.

Here are the highlights:

- ▲ Sixteen people attended our meeting and six clubs were represented.
- ▲ As of March 20 we had 1,437 registered members and 51 registered clubs.
- ▲ This is an election year, and our elections will be at the Annual meeting in Ocala on Saturday September 22, following the Central Florida Marlins Fall Splash. We will be electing our slate of officers for a two-year term. See the entire slate in this newsletter.
- ▲ Due to a change in USMS standards for LMSCs we need to change our bylaws to include a Vice Chair position. At an earlier meeting the Board and Club representatives voted to make this an elected position with voting privileges. Please see the proposed changes later in this newsletter.
- ▲ Because there was confusion about the extended date for continuing the online subsidy for meet registrations, the consensus was to extend the subsidy to the end of this year. We will be discussing this again at our Annual meeting. The Board of Directors and Committee Chairs felt that this subsidy was a real service to our members. The subsidy does not include other products such as t-shirts or social tickets. It pays a flat \$1.50 per person for the registration fee charge plus 5% of the total entry fees charged.
- ▲ We discussed the one event registration fees and decided to keep the costs the same, at \$19 per registration, rather than reducing it to \$12 because our LMSC would not receive any of the fees.
- ▲ Our Florida delegates to Convention this year will be Marianne Bradley, SUN/FACT; Bob Jennings, VAST/FACT; Jillian Wilkins, BLU; Jack Groselle, SYSM, and Sherri Bogue, FMM. Also attending as automatic delegates due to USMS committee positions are: Scott Bay, Joannie Campbell, Laura Groselle, and Meegan Wilson.
- ▲ Please visit our website <http://floridalmsc.org/> for more meeting information and reports.

We will be having our **Annual meeting** in Ocala on September 22, following the one days events of the Central Florida Marlins Masters "Fall" Splash being held at the Central Florida Community College (<http://www.dixiezone.org/Meets/1209ocala.pdf>). The meeting was originally scheduled in Orlando on October 13, but we could not get a quorum of the Board for the meeting, which is required by our bylaws. Please see more information on the meeting as it becomes available: <http://floridalmsc.org/index.cfm?article=96>

We will be having elections of Officers (<http://floridalmsc.org/administration/Elections-2012-revised.pdf>) and By-Laws Changes (<http://floridalmsc.org/administration/By-LawsChanges-2012.pdf>). Please go to our website for further information.

Sincerely,
Meegan Wilson
Florida LMSC Chair

FLORIDA LMSC OFFICERS & COMMITTEE CHAIRS

Chair and Webmaster <i>Meegan J. Wilson</i> 352-373-0023 meeganwilson@bellsouth.net	Secretary <i>Fernette Ramnath</i> 610-368-0496 framnath@hotmail.com	Treasurer <i>James Stein</i> 813-504-6659 steinecpa@tampabay.rr.com
Registrar & Communications <i>Meredith Moore</i> 239-774-0822 Mamoo49@aol.com	Records & Top 10 and Long Distance <i>David Miner</i> 941-545-9709 Dminer02@verizon.net	Sanctions <i>Pat Tullman</i> 813-655-7648 Ptullma1@tampabay.rr.com
Newsletter Editor <i>Sheila Carpenter-van Dijk</i> 813-892-8991 sheilacv@tampabay.rr.com	Senior Games Liaison <i>Joan Campbell</i> 727-938-7181 Jcamp10@tampabay.rr.com	Official's Chair <i>John King</i> 239-514-4660 john@kingllc.com
Coaches Chair <i>Scott Bay</i> 386-677-1595 scottbay@usms.org	Awards & Social <i>Marianne Bradley</i> 727-784-0420 bradleym@tampabay.rr.com	Fitness <i>Sue Moucha</i> 813-689-4131 jbmoucha@aol.com
Past Chair <i>Tom Bliss</i> 321-453-3409 tbliss@cfl.rr.com		



2012 Florida LMSC Board Elections

Revised as of 7-14-2012

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 to be changed. When that happens we will have 8 elected positions with voting privileges.

Our elections will take place at our Annual Meeting in September. Contact Joan Campbell (jcampb10@tampabay.rr.com) or Marianne Bradley (bradleym@tampabay.rr.com) if you are interested in serving your LMSC. You may run for any elected position and nominations will also be taken from the floor at our meeting.

Elected Board Position	Current Officer	<u>Running</u>	Club Team
<i>Chair</i>	Meegan Wilson	<i>Scott Bay</i>	BLU
Treasurer	James Stine	<i>Sherri Bogue</i>	FMM
Secretary	Fernette Ramnath	<i>Fernette Ramnath</i>	SYSM
Registrar	Meredith Moore	<i>Meredith Moore</i>	T2NM
Top Ten Recorder	David Miner	<i>David Burris</i>	TTM
Sanctions	Pat Tullman	<i>Pat Tullman</i>	FMM
Newsletter Editor	Sheila Carpenter-van Dijk	<i>Sheila Carpenter-van Dijk</i>	TMM
<i>Vice Chair</i>	Not currently filled	<i>Jillian Wilkins</i>	BLU

Appointed Board Position	(appointed by the Chair)	<u>Appointed</u>	<u>Club Team</u>
Officials	Not currently filled	<i>John King</i>	T2NM
Coaches	Scott Bay	<i>Gary Henderson</i>	VAST/FACT
Senior Games Liaison	Joan Campbell	<i>Joan Campbell</i>	SUN
Social and Awards	Marianne Bradley	<i>Marianne Bradley</i>	SUN
Fitness	Sue Moucha	<i>Sue Moucha</i>	FMM
Long Distance	David Miner	<i>David Miner</i>	SYSM
Webmaster	Meegan Wilson	<i>Kimberlee Riley</i>	BLU Frog



Proposed Florida LMSC Bylaws Changes, 2012

The following changes to the Florida LMSC bylaws are underlined and emphasized below. They will be voted on at our Annual meeting of the Florida LMSC this year. A quorum of 4 of the current 7 Board of Directors must be present at the meeting in order to conduct business. Also fifty percent of the Club Representatives present must be in favor of these proposed changes to be accepted. Here is a link to download an entire copy of the current Florida LMSC Bylaws:

<http://floridalmcsc.org/administration/Bylaws3-20-10.pdf>

ARTICLE 2, OFFICERS:

2.1 Officers: The officers of the FL LMSC shall be a ~~Chairman~~, **Vice Chair**, a Secretary, and a Treasurer. These positions are elected by the Board of Directors and members of the House of Representatives.

2.2 Duties of Officers: ...

2.2.2 Vice Chair: The Vice Chair shall:

a. Carry out the Chair's duties in his or her absence.

b. Provide support and assistance to the Chair.

c. Accept specific responsibilities from the Chair

d. Attend Meetings of the FL LMSC.

3.1 Board of Directors: The Board of Directors shall consist of the ~~three~~ four elected officers of the FL LMSC: (Chair, **Vice Chair**, Secretary, and Treasurer) and the four elected Directors: (Registrar, Records, Sanctions and Newsletter).

Other Changes:

Housekeeping Changes - The word **Chairman** will be changed to **Chair** throughout the bylaws.



Swim Clubs and Teams in the Florida LMSC

Bradenton - Bradenton Masters Swim Club	Brandon – Blue Wave Masters
Clearwater - Clearwater Aquatic Team Masters	Clearwater-Team Windfall
Clearwater – Carlouel Buccaneers Masters Swim Team	Clermont – National Training Center
Cocoa Beach – Space Coast Aquanauts	Daytona Beach Masters Swimming
DeLand - DeLand Masters Swim Club	Dunedin - SUN Masters
FACT – Florida Aquatic Combined Team	Ft. Myers – Gulf Coast Swim Team
Ft. Myers – SWIM Florida Masters	Gainesville – 300 Club
Gainesville – Gator Swim Club	Hernando – Hilltoppers of Terra Vista
Indian Harbor Beach – Space Coast Masters	Jacksonville – Holmes Lumber Jax
Jacksonville – Bolles Sharks Masters	Jacksonville – UNF Masters Swimming
Lake Mary – Blu Frog Team	Lakeland – Lakeland Area Swimming
Largo – West Florida Lightning Masters	Leesburg – Leesburg City Aquatics Masters
Marco Island – Marco Island Swim Team	Melbourne and South Brevard – Space Coast Masters
Naples – T2 Naples Masters	Orlando – Masters of Orlando
Ocala – Central Florida Marlin Masters	North Port – North Port YMCA Masters
Orlando – Masters of Orlando	Ocala – Wahoos of Ocala
Palm Coast – Dynoswim Masters	Oviedo – Blue Dolphins Masters
Sarasota – The Original Sarasota Masters Swim Team	Sarasota – Sarasota Y Sharks Masters
St. Augustine – St. Augustine Swim Team	Sarasota – 21 st Century Swimming Lessons
St. Johns – Loggerhead Masters	St. Augustine – Palencia Piranhas Masters
St. Petersburg – Perform Coaching Group	St. Petersburg – Florida Maverick Masters
Stuart – YMCA of the Treasure Coast Masters	St. Petersburg – St. Pete Masters
Tallahassee – Florida League of Aquatics	Sun City – Sun City Center Sharks
Tampa – Aquatic Club of Temple Terrace	Tallahassee – Area Tallahassee Aquatic Club
Tampa – Tampa Bay Aquatic Masters	Tampa – Tampa Bay Masters
Tampa – Triton Masters Swim Team	Tampa – Tampa Metro Masters
The Villages – Villages Aquatic Swim Team	Tampa – Tampa Tarpons Masters
Winter Haven – Winter Haven Masters Swim Team	Winter Park – Water Exercise Technologies



FLORIDA LMSC ANNUAL MEETING Saturday September 22 Ocala, FL



Please attend our 2012 Annual Membership meeting. We will meet at the Olive Garden 3363 Southwest College Road Ocala, FL 34474 following the one day Marlins Masters meet at the Central Florida Community College. Bylaws changes and election information can be found earlier in this newsletter. Agenda and reports are located on our website.

FITNESS CORNER

Sue Mocha



I enjoy reading tidbits on swimming/fitness. When reading the **4You** section of the Tampa Tribune I found some interesting reading material.

First regarding the Myth: “Don't swim 30 minutes after eating”
The answer: After you have eaten a big meal and then decide to go for a swim the most likely scenario that will happen to you is you will get a cramp. The solution: get out of the water and rest.

All of us are constantly paying attention to our swim strokes. What about those flip-flops we wear around on the pool deck. We probably never give them a second thought. Well, a second interesting article I read brought out some facts to be aware of.

Those flip-flops may be the most comfortable pair of shoes, however your feet are working harder than you think. Your foot has to step forward a little quicker. The arch muscles change the way they function just to keep you moving along. You start walking differently and then your ankle, then knee, then back may start to bother you. The domino effect, there is no place for your toes to hang onto so you may end up with blisters between the first two toes. Next, we as swimmers are guilty of—we forget to put the sunscreen on the top of the feet. The result, that painful sunburn effect. Once we experience that, we vouched that it will never happen again.

Living in Florida and around the pool constantly consider the following. When shopping for flip-flops look for ones with an arch support. When doing yard work or taking a morning walk wear sturdy shoes and save your flip-flops for after your jump in the pool.

Remember you can swim in the continuous **Go The Distance, 5 & 10 Thousand Meter Postal Championships** this summer. Then, you have the **3 & 6 Thousand Yard Postal Championships** you can do in the Fall. See www.USMS.org for details.

Please send any Fitness swimming you are involved in so that I can share it with other swimmers. A lot of times swimmers like to hear something unrelated to competitive swimming. We always want to learn something new. jbmoucha@aol.com

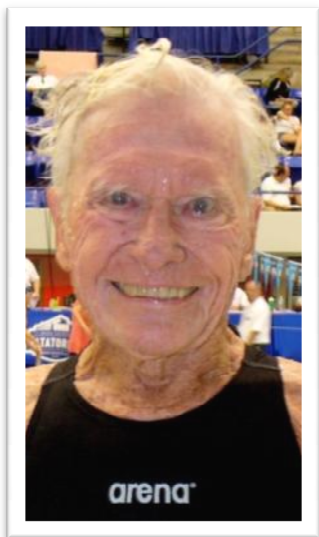
Note: Congratulations to Sue Moucha, Florida Maverick Masters, who was one of 40 Tampa Bay area female athletes profiled in the Tampa Tribune, Sunday, June 24 for the 40th Anniversary of Title IX---women in the sports field who have made an impact. Sue was also the Keynote Speaker for the Tampa Catholic High School Athletic Hall of Fame Induction Ceremony/Dinner, August 4.-editor



ASK THE SWIM DOCTOR

Dr. Paul Hutinger

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



Question: I've seen you swim with a swim mask instead of goggles at local meets. I would think your times would be slower. What is the reason for this?

Answer: In the summer of 2010, I was having major dental work. During one of the procedures, my dentist pressed against my glasses, which broke my nose. I didn't know it at the time, but after many nose bleeds, I saw an ENT. She discovered a squamous cell carcinoma growing inside my nose. I had no symptoms and was training and competing regularly. The surgery left a hole (1/4 inch) in the upper part of my nose. In order to train, I needed protection from pool water entering this hole. The only way I can accomplish this is by wearing a bandaid and a swim mask. Until I have reconstructive surgery, the surrounding tissues need to heal, which will give me a better prognosis for recovery. I entered the three backstroke (more protection for my sinus cavities) events in the recent Summer LC Nationals, Omaha. Since October, I

swam in six meets in Florida and was never questioned about my swim mask. Much to my surprise when I climbed up the ladder after my first event, 200 m back, an official told me I was DQ'd, as the rules state that only goggles, swim suit and cap are permitted. He wrote up a DQ slip. I kept mumbling as I walked back to my seat in the front row.

The Rules Committee Chair, Kathy Casey, and an official walked up to me. I showed her my swim mask. After looking it over, she told the official it was OK and to "tear up his DQ slip."

Masters rules also restrict other items that the average swimmer may not be aware of.

* Zipper suits are no longer legal. Several swimmers have been DQ'd at meets while wearing them, not realizing they were now illegal.

* Armbands and legbands are not part of the swimsuit and are not allowed. (Margie Hutinger, FMM and Ellie Trevison, FACT, have bicep and tricep tendonitis and wear Cho-Pats on their upper arms to protect their muscles.) They both have to carry letters from their doctors for their medical problem to show referees, so they can compete. Not all refs are so stringent, as they realize swimmers won't gain an advantage by wearing them.

* A woman at Nationals was DQ'd because she was wearing the old suit with "nubbies." She tried to remove them, but one remained, which led to a DQ.

* Only one suit is allowed and shall be made from textile materials. For men, suits can't extend above the navel nor below the knees. For women, it shall not cover the neck, extend past the shoulder nor extend below the knees.

* Exemptions may be granted on a case by case basis, by the Chair of the Rules Committee or designee. And only for conflicts due to a swimmer's verified religious beliefs or verified medical conditions.

I can see where a swimmer shouldn't wear anything that would give him/her an advantage in speed, pace, buoyancy or endurance during races. Boy, would I ever like to wear my swim fins! However, if there's no advantage, just let us compete. We're all trying to stay fit and for most of us reading my column, our approach is SWIMMING!

Want additional information? Contact Dr. Paul Hutinger; 727-521-1172 OR phut@usms.org.

NOTE: This summer I am scheduled for surgery to repair this opening in my nose. My hope is that after it heals, I can use regular goggles and swim with my face in the water.





NEWS FROM FACT

Joannie Campbell

Because of an unusual schedule for Nationals this year (prompted by the Olympic Games starting just after in London), we have two National events to report on in an abbreviated season. The SCY Spring Nationals held in Greensboro, North Carolina were a great success. 17 of

our team members participated and all gave stellar performances. The meet hosted over 1900 swimmers and it was hard to find your way to the starting blocks in some cases - particularly our older swimmers. However, the "boys" from Holmes Lumber Jax chapter managed to impress everyone with a National Record in the 85+ 200 Free Relay eclipsing the 1999 Texas record by over 33 seconds! (more on these self-proclaimed River Rats follows). Our Regional Team placed 8th Combined, 7th in the women and 8th in the men.

Our team had a wonderful hospitality room hosted by FLLMSC, FACT & SUN on Thursday night. It was great to see the turnout and we all had a fun time. Donations helped to provide the "loaves and fishes" and in particular Michelle Crook's appetizers were spectacular and we loved meeting her family and provider of fantastic Asheville goodies. Our next Dixie Zone Hospitality we will have to investigate the logistics more carefully. Unless you had a car, it was not easy to visit the various hotels - their shuttle service was not the best and many who wished to join us were hampered by lack of transportation.

The first Long Course meet of the season was in Sarasota - the Bumpy Jones Invitational. The FACT team was dominant with 41 members who walked off with the out of town team laurels. We had lots of relays and had great fun and well needed experience. Our first day the 50 meter pool threw a wrench into many of our races - where am I supposed to be? what lane am I in? We got the hang of it the second day though. In Omaha we all learned the way to do it - such great organization with monitors at each end checking!



Missing from our group photo was Linda Felton, who gave us points but only swam the 50 free and departed. Left to right is Joan Campbell, Karen Smith, Betty Lorenzi, Martha Henderson, and Ellie Trevison.

And now for OMAHA!! The seven members of FACT who traveled to Nebraska represented us well!! Our two women's relays of Karen Smith, Martha Henderson, Betty Lorenzi and Joan Campbell both took third in the highly competitive field of 280+. It was exciting!

Betty broke three world records in her 50, 100 and 200 backstroke; her 1500, came close to a world record,

and she won the 100 and 50 free. Joannie said she "survived" the 200 fly, but she placed 1st in both the 200 fly and the 400 IM. Martha Henderson, Linda Felton, Karen Smith and Ellie Trevison all contributed to our 7th place of the women's Regional teams. Our lone gentleman, Rick Trevison, also held up his end with placements in the 200 and 800 freestyle. A great meet and a great team effort!

Last week end's St Pete Meet saw 12 of us competing - some of us just returning from Omaha (Martha Henderson!) The swims and relays were excellent and would have enjoyed the 240 Mixed Relay - a

barnburner with a win by 100's of a second!! We look forward to a big turnout for Clearwater's August 11-12 Long Course meet and let's plan on the October Rowdy Gaines Meet October 12th - 14th in Orlando - it's great fun!

On a very personal note, Nancy Durstein is gravely ill with a recurrence of her cancer. Please keep her in your prayers. She bravely swam the 1000 at the Greensboro meet and left for the hospital soon after worrying about not being there for the relays!! - only Nancy! - a true teammate. In addition we have lost two of our teammates from years back and our thoughts go out to all who knew and admired Roz Randall and Dave Gifford. Also, please keep Joyce Hutchinson in your thoughts and prayers - she lost her husband Dick after returning from the Sarasota meet.



Persistence Pays Off

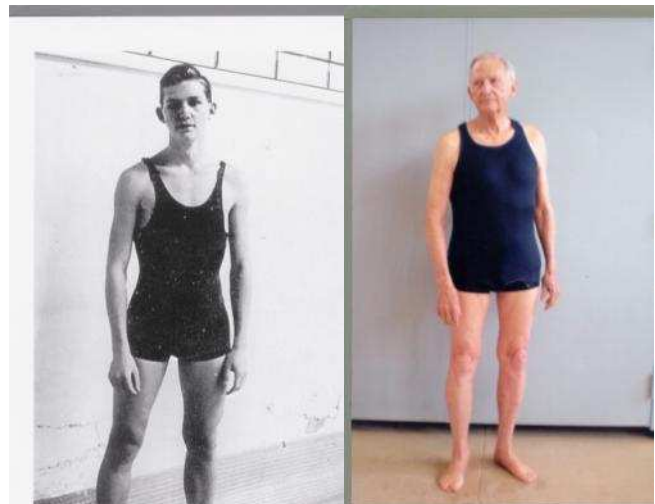
By John D. Corse

In the summer of 2011, I fell off my bulkhead on to some rocks about 5 feet below. Landing on my butt, I suffered a 40% compression fracture of the L2 vertebra in my lower back as well as some severe lacerations of my left arm as a result of contact with the barnacles on the rocks. I spent the next 4 months in a body brace which immobilized my torso 24/7. I had to sleep in a reclining chair to try to get comfortable.

When cleared by my neurosurgeon, I started swimming again with the goal of competing in the 85-89 age group at the USMS Spring Nationals. With my three long time swimming friends, we swam three times a week at the 50 meter indoor pool at the Naval Air Station in Jacksonville. One 90 year old, Tiger Holmes; two 88 year olds, Ed Graves and me, and one youngster of 66, Bill Adams, had each suffered through various major health problems as well as the usual infirmities associated with this age group.

Each of us during the 1940s had been members of varsity swim teams at our undergraduate colleges, Holmes at Florida, Graves at Georgia and Georgia Tech, me at Georgia Tech and the Naval Academy, and Adams at Duke.

Since we had not competed in several years, we arrived in Greensboro N.C. the last week of April, with some trepidation, facing competition from more than 1,900 swimmers of all age groups and from all parts of the country. Greensboro has a brand new indoor aquatic center with two huge competition pools side by side, two warm up pools on either side of those and a large elevated seating area for spectators. The starting blocks are Olympic size and of the latest design and most of us needed a little help getting up on them for the start of the races.



Then and now: John Corse, 1942 and 2012.

Surprisingly, we did very well in the races. Our high point was breaking the long standing National 200 yard freestyle relay record by more than 33 seconds! Our time was 3:05.24. That's the equivalent of finishing more than a length of the pool ahead of the old record holders.

In individual events we were also very successful: Tiger (90-95 age group) won first place in the 50 free, the 50 back, the 100 back and the 200 back. In the 85-89 age group: Adams won 1st place in the 100 free, took 2nd in the 200 free and 3rd in the 50 free. Graves won 2nd place in the 50 back and the 50 breast, finished 3rd in the 100 free and 4th in the 50 free. Corse won 1st place in the 50 free, the 50 breast, the 100 breast, the 200 breast, and the 50 fly.



John with his
National medals

Since our FACT team had no women in our age group, we joined with some younger girls to compete in the mixed 75+ 200 relay. Betty Lorenzi, 84, swam the backstroke leg, Corse, 88 swam breaststroke, Martha Henderson, 75, flew through the fly and Adams, 86, finished out the relay swimming freestyle. Despite giving away 10 years in age advantage, we placed third!

The real story is that, despite our advance ages and many infirmities, through swimming and perseverance, we have been able to recuperate and become competitive again. What a great sport for all ages!



HELP WANTED HELP NEEDED- get involved!

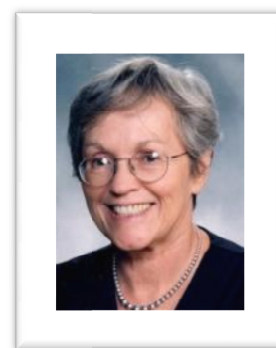
Pat Tullman

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!



GCST

GULF COAST SWIM TEAM



GCST swimmers (l-r):- Wayne Hannum, Ginger Thompkins, Bill Sawyer, John Henry, Sara Hehl, Heather Roka, Vanessa Brewer, Sam Moreland, Thom Pear. Not shown Jill Moreland, being a great host, running the festival and stuck in a closet sorting drinks!

The Gulf Coast Swim Team (GCST) of Ft Myers Masters group had a very busy summer. Most team members swam either the 1 Mile Crippen or 5K Masters event (some did both!) at the 2012 Open Water Nationals hosted by GCST this April at Miromar Lakes. Newcomer Sara Hiel was awarded the Trying Award by TryChips for finishing the Crippen Mile, her first open water swim ever! John Henry, Thom Pear, and Bill Sawyer completed the 12+ mile Swim Around Key West as a relay team and Heather Roka swam and completed the event solo in 5:19. Several team members also traveled to Haines City to swim on relay teams for the 70.3 Ironman event. The crew is currently gearing up and training hard for the Coral Gables meet in August.



SARASOTA SHARKS

www.sharksmasters.org

USMS Summer Nationals was everything we thought it would be and more. The Olympic Trials pool in Omaha was even more spectacular than it appeared on television and the meet atmosphere promoted fast swimming. Thirty-five Sharks made the trip to Omaha and came home with a combined third place finish among local clubs finishing behind the two "home" teams Nebraska and MOVY. The Sharks finished first in the Men's scoring for local clubs.



Ten SYSM swimmers brought home individual National Championships: Melissa Varlas, Ellen Bennett, Kyle Deery, Ramses Rodriguez, Steve Mortimer, Joel Kriger, Celso Jugend, Rick Walker, Bob Couch and Tom Verth.

Six Sharks relays also earned Gold Medals signifying a National Championship. Additional relay champions were Deanna Doyle, Laura Hamel, Laura Groselle, Ed Mench, Jamie Kendig, Luke Shaheen, Jack Groselle, Todd Stultz and George Mehok.

Please join us for our Tropical Splash Open Water swim October 6 on Siesta Key. Three distances will be offered 1K, 2.5K, 5K, something for everyone. Also our Short Course Meters Meet will be held November 10-11 at the Shark Tank in Sarasota. Entries can be found at www.sharksmasters.org





St. Pete Masters
<http://stpetemasters.org/>

A busy spring for SPM swimmers in St. Pete and those who journeyed to points beyond. In late April, ten of us took to the road and travelled to Greensboro, NC. It is a beautiful facility that yielded many fantastic swims by SPM members who attended the meet. The team was lead to victory by Charlotte Petersen, Bob Beach, Bill Specht and Carl Selles. Paula Texel and new team mate Eric Collins were high on the medal stands for each of their events. Dawn Clark, Joann Harrelson and Barbara McNulty also contributed to the team scoring during the meet. Christine Swanson drove over to the meet from her home in Durham, NC to dip her toe in the pool and served as team photographer throughout the 4 day meet. Patty Nardoizzi managed to keep all of us on track during the meet and other team bounding during the road trip.

After this quick trip north SPM turned its attention to the open water and hosted the annual Hurricane Man swim out along St. Pete Beach and Pass-a-Grille. The event filled up quickly. There were lots of fast swims and no serious complaints about rough water this year. Perhaps next year we will decide to host a race for the rubber ducks awarded during the post-race breakfast.

The next big event was in Omaha, Nebraska. After watching our future Olympians glide through the waters of the Olympic Trials pool it was time for USMS to host the summer LCM Nationals. Bob Beach and Carl Selles decided to test it out for themselves. They both posted fantastic swims continuing on their successes from Greensboro. This was Carl's first Long Course meet, he was taking time out from his other passion – SUP* racing. Bob on the other hand has attended just about "every" USMS National meet ever held. Although we all know Bob is a distance freestyler he has added the 200 Back to his repertoire and did quite well. As a side note: I would recommend people take advantage of the live-stream offered by USMS. It was a great way to watch the meet. (*SUP = stand up paddling)

Back in St. Pete, we were preparing to host our annual LCM Summer Championship. Unfortunately the timing of Nationals impacted the number of swimmers who attended. We cannot all move our meet dates due to the availability of local facilities. Thankfully, those who swam were treated to thunderstorm clear skies and a nicely 'chilled' pool temp.

One last note, as I jot this down the Olympics are hours from starting. SPM's Charlotte Petersen and Suzette Seril have crossed the pond to attend the London Games. Charlotte's God-daughter is competing for the Danish Olympic Swim Team this summer. We are all wishing Mie O. Nielsen the very best and hope to see her swimming the finals of the Women's 100m Back. Also competing in London later this summer is former St. Pete Aquatics member Brad Snyder. Brad served our nation proudly in the US Navy and while on duty in Afghanistan late last summer Brad lost his sight in an IED accident. One year later he will be representing the United States in the pool during the Para-Olympics as a blind swimmer. If all goes well for Brad, we expect to see him on the medal stand.

See you at 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 April - July 2012: *Monica Alba Sandoval, Ann Albert, B Hudson Berrey, Colin Clark, David Jeremy DeDios, Jeffrey Erickson, Hans Hellmann, Hollis Hoier, Susan Kelly, Tamara Kendall, Robert Mraovich, Anne Page, Mark Smith, Charles Stamey, Gillian Whatmore, and Bruce Wigo.*



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



T2 Naples Masters had two swimmers compete in the **FINA** World Championships in Riccione, Italy in June. **AnnMarie Morrisseau** (40-44) placed 18th 100 Fr, 21st 200 Breast, 18th 100 Fly, 20th 200IM, 16th 400IM, and 25th in the 3K Open Water Swim.

Michael Stollmeyer (75-79) placed 3rd 800 Fr, 6th 100Fr, 6th 200Fr, 8th 50Fr, 6th 400Fr, and 4th in the 3K Open Water Swim!



T2 Masters also had 8 swimmers compete in the **Kingdom Swim in Newport, Vermont** on July 7th. There were over 270 swimmers from all over the county competing in this event which took place in Lake Memphremagog. In the picture l-r: Fred Wakelin, Joan Gamso, Bruce Mohl, Meredith Moore, Ian Thompson, Susan Nolan, Tim O'Neill, Nick Thompson

Tim O'Neil (35-39) placed 2nd in the 3 mile non wetsuit division with a time of 1:10.57. In the men's 3 mile wetsuit division, T2 placed 1st in each of 4 age groups: **Nick Thompson** (18-24) led the way with a time of 1:12.27. Following Nick was **Bruce Mohl**, (65-69) 1:13.15, **Ian Thompson** (45-49), 1:21.14 (Nick's father), and **Fred Wakelin** (70-74) with 1:30.17.

In the ladies 3 mile wetsuit division, **Meredith Moore** (60-64) finished 1st with a 1:28.10, **Joan Gamso** (50-54) finished 2nd with a 1:30.00, and **Sue Nolan** (45-49) finished 2nd with 1:33.33.



A very spirited pirate parade preceded the swim the evening before the swim through the town of Newport. We were notified that the "hands down winners of this year's Johnny Depp (Pirate) look-a-like contest are Meredith Moore, a T2O from Naples, FL and her salty dog, yacker-hubby, Jim Moore". The prize? An hour in the air with Lakeview Aviation and special consultant status in selecting next year's look-a-like contest. Special

mention has to go to the scalliwags from Phoenix and Dragon Fly and that red-headed, one-miler, Luke Nicholas of Mesa, Arizona. Shivered me' timbers in fear of all of you. What a great, great parade!!!!"

Also last week **Margit Jebe** competed at the **USMS Long Course Championships in Omaha, NE**. Margit was the National Champion in her women's 70-74 age group in the 800M Freestyle with a time of 14:33.81. She also won the 100 Breaststroke in 1:50.31, placed 2nd in the 200 Backstroke, 3rd in the 50 Breaststroke, 3rd in the 100 Backstroke, and 4th in the 50 Backstroke.

GREAT JOB T2 MASTERS SWIMMERS!!!!



Tampa Bay Aquatic Masters
www.tampaswim.com



Tampa Bay Aquatic Masters has added a seasonal practice with the help of volunteer "mystery coaches". We continue to have Coaches Carmen Goodner and Jim Zinner for



our Monday, Wednesday and Saturday practices. In keeping with USMS insurance guidelines, our Thursday practices also have a USMS member on deck in a coaching position; however these practices are run by a group of volunteer swimmers. It is fun seeing who the mystery coach is and seeing what type of practice they have on hand. Be nice to your lane partners as the mystery coach might be that person swimming right alongside of you and give a set you won't soon forget!

We are proud of Bart Cobb who left this week headed to London for the English Channel crossing. Imagine swimming 22 miles in water with a temperature around 63 degrees. Bart has been training for almost two years for his dream of swimming the Channel and we wish him well.

Also headed out of state for competition are the team of Ann and Allen von Spiegel. Ann swam the USMS 10 mile National Championship in big Lake Minnetonka, Minnesota with Allen providing kayak support. [*Ann finished second in her age group! Way to go Annie!-editor*]. Look for the team of Ann and Merit Greaves for the 12 mile swim around Charleston South Carolina in September.

Juan Cue will be headed for the LCM Dixie Zone Championships August 4 in Greenville South Carolina. Several years ago Juan won the 200 meter butterfly at USMS long course nationals and is back in top form after having some health issues last year.



Not to leave our triathletes out, Jan Thompson and Danny Hicks are headed to the USA triathlon Sprint National Championship in Burlington Vermont on August 19th. Triathletes Norma DeGuenther, Joe Docobo, Allen von Spiegel, Susan and Chuck Ashbaugh and Sue Curtin will be back for the Atlantic Coast Half Ironman in October. What is so unique about each of these TBAMers mentioned above in all these rigorous events? They will all be 50 or older at the time of their competition

mentioned. Looking for the Fountain of Youth? We think we have found it right in the middle of urban Tampa at the Cyrus Greene Recreation Center.



Tampa Metro Masters

<http://tampametromasters.org/>

Functional Training by Kelly Spivey



It is well established that strength training enhances swimming performance. The buzz word in fitness lately is "*functional training*", which incorporates a variety of movement patterns that mimic activities of daily living. Having said that, traditional strength machines are far from functional for swimmers. These machines isolate a specific muscle group, which will enhance strength and size, but are not great for improving functional strength for swimmers who move through a different range of motion. And since most exercises on these machines are performed seated, the core is not engaged like it could be. Here's a sampling of functional exercises, using a cable-based system, that will benefit the swimmer.

Cable-based systems are great tools for mimicking many swimming motions:



LAT PULL DOWN WITH BENT ELBOW: Use light weights and good form

We often think of strength training as a tool for developing strength, and maybe power, but strength training can also be used as a tool to create balance among muscle groups. For example, swimming involves repeated movements that internally rotate the shoulder, so this muscle group becomes very strong...and if not counterbalanced, can create an unbalanced and unstable shoulder joint. (*Stand in front of a mirror with your arms by your side. If you can see the back side of your hands vs. your thumbs, that means your shoulders are chronically internally rotated...and this should be corrected!*)



SHOULDER EXTERNAL ROTATION: This exercise emphasizes the external rotators of the shoulder, which will help stabilize the scapula and counterbalance the internal rotators. Keep the wrist straight; use a towel at the elbow to ensure the upper arm stays "glued" to the torso as the hand moves across the body.

This exercise is a better version of a **CHEST PRESS**. By crossing the arm over the midline and really extending the arm at the end of the "press", the scapular stabilizers are also engaged, again aiding in shoulder stability.



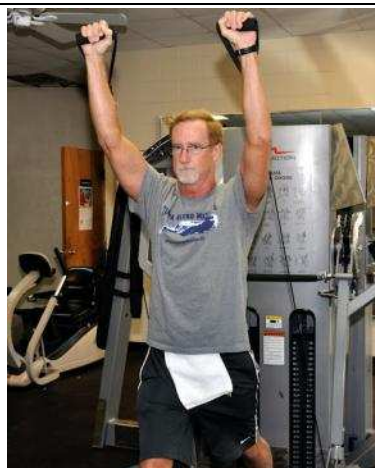
A staggered stance enhances balance and hip range of motion. Perform one set with right foot forward and another set with the left foot forward.



Swimming also involves starts and numerous turns. Leg strength and power can be enhanced with exercises like this **SQUAT WITH ROW** movement. Be sure to squeeze those shoulder blades together at the end of the row motion.

Pool training can be a big time commitment, but strength training doesn't have to be if you have the right plan. Consult a personal trainer who specializes in sports performance if you are unsure of a functional routine. The great thing about strength training is that results can be realized with even one session per week...though two to three are optimal.

See one last exercise, following.



Most of us are crunched for time so whenever you can kill two birds, shoot for that. Virtually all major muscle groups are activated while performing this **LUNGE WITH SHOULDER PRESS** exercise. To avoid placing excessive stress on the shoulder joint, try to keep the handles at chin level and above.

Special thanks to Mark Calvert of TMM for being our model, and also to the Bob Sierra Y for use of their FreeMotion Dual Cable Cross machine.



Tampa Metro Masters swim at the New Tampa YMCA and at the Brandon YMCA. Fourteen total swimmers competed in the St. Pete LCM Meet (l-r) Carl Hawkins, Mark Calvert, Karen Westerman, David Groomes, Robin Mathias, Kelly Spivey, Robin Hayes, peeking thru, Jack Ribecky w/ cap in back row, Nancy Westbrook, Annie Hayman, Lauren Saslow, and new TMM Friend, Shaakira Hassell. Not Shown: Barbara Hayes and Natali Van Clevon



Kelly Spivey (third from the left) and friends escaped from Alcatraz!

Note: Kelly finished in the top 12% women . Way to go Kelly-editor



VAST swimmers train and excel in the pool but they also have other talents. Each year we are delighted to watch our teammates as they trade in their swim suits for other attire and perform in our annual talent show to the delight of an enthusiastic audience. Talented musicians are always a treat but each year some new found talent is presented. This year Robert Mraovich was the show director. He also created our

puppets as well as designing and constructing their stage. Please enjoy the attached links to some of our acts.

Village Little People <http://youtu.be/nxaSX65QHfE>
Freda Pfeiffer performs The Warsaw Concerto <http://youtu.be/nxaSX65QHfE>
Rusty and Crusty <http://youtu.be/n0GNHJwDdrc>
Doctor Visit <http://youtu.be/n0GNHJwDdrc> Jim
Dee's Solo Performance <http://youtu.be/P8reFVYHsCg>
Solo Cup http://youtu.be/jgm_9JHlbq8
Flash Dance <http://youtu.be/xg3-C373EUM>
John Rogerson Performs <http://youtu.be/SeWD3N2wOoo>
Milan's Folk Dances <http://youtu.be/qXQGV2JJ0uI>
Border Collies <http://youtu.be/dTunkSE3Kj8> (Tribute to Coach Gary Henderson)
We Love U Coaches <http://youtu.be/0Fx9At3QBB0> (Tribute to VAST Coaches Gary Henderson, Trice Hirr, Glenn Kaye)



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. 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

Central Florida Marlins Masters “Fall” Splash

Sponsored by: Central Florida Marlins Masters Swim Team

Sanctioned by: Florida LMSC for USMC Inc. – Sanction 142-007

Meet Director: Bill Vargo

Meet Referee:

Date & Time: Saturday, September 22, 2012

Location: Newton A. Perry Aquatic Center – Ocala, FL.

Located on the Central Florida Community College Ocala Campus, I-75 & SR 200

Pool: Colorado Timing with 6 lanes 25yards with warm up and warm down available. 2 Hand held watches for all events

Warmup: 10:00am

Start: 11:00am

Eligibility & Rules: Open to all Masters, ages 18 and older. **A copy of your 2012 USMS card must be attached to the entry form.** USMS rules will govern the meet.

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

Entry Deadline: **Meet entries must be postmarked by Saturday, September 15, 2012.** Late entries received by mail (postmarked after September 15, phone or e-mail after September 18 will be accepted with an additional \$ 10.00 fee until Wednesday, September 19, 2012.)

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



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

Please send newsletter articles to Me! (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://floridalmc.org>) and in the mail in November, so I'll need your articles by October 8, 2012! Look for human-interest stories in your team; we'd love to hear about them!



ENTRY FORM

Central Florida Marlins Masters “Fall” Splash

Name: _____ Address: _____
City/State: _____ Zip: _____ Phone: (____) _____
E-mail Address: _____
Age as of September 22, 2012: _____ Date of Birth: _____ Sex: _____
USMS Registration #: _____ Team Initials: _____

Please circle event numbers and enter a time

Women's Events Entry Time Event in Yards Men's Events Entry Time

1 _____	200 Y Free	2 _____
3 _____	200 Y I.M.	4 _____
5 _____	50 Y Fly	6 _____
7 _____	200 Y Breast	8 _____
15 minute break		
9 _____	100 Y Breast	10 _____
11 _____	50 Y Back	12 _____
13 _____	100 Y Free	14 _____
15 minute break		
15 _____	100 Y Fly	16 _____
17 _____	50 Y Breast	18 _____
19 _____	100 Y I.M.	20 _____
21 _____	200 Y Back	22 _____
15 minute break		
23 _____	100 Y Back	24 _____
25 _____	50 Y Free	26 _____
27 _____	200 Y Fly	28 _____
15 minute break		
29 _____	500 Y Free	30 _____

Please read and sign:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by

a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible

permanent disability or death, and agree to assume all of those risks.

AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY

WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE

NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS

SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS

VOLUNTEERING OR OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. IN ADDITION, I AGREE TO ABIDE BY AND BE

GOVERNED BY THE RULES OF USMS.

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

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

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

Upcoming 2012 Pool Meets

Aug. 11-12 / LCM: Dog Days of Summer Long Course Meet. Clearwater FL. [Information and link to preferred online entry](#) | [Paper entry](#) | [Map](#). Entry deadline: Online entry closes by midnight, Wednesday, August 8; paper entries received by Friday, August 3

Aug. 18 / LCM: Last Chance LCM Meet. Coral Springs FL. [Information & entry](#) | [Map](#). Entry deadline: received by Tuesday, August 14

Aug. 18-19 / LCM: North Carolina Long Course Meet. Cary NC. [Link to meet info and online entry](#). Entry deadline: regular online entry closes Sunday, August 12; late online entry accepted to Friday, August 17, with additional fee

Aug. 18-19 / LCM: Southern Masters Swimming Championships. New Orleans LA. [Information & entry](#). Entry deadline: received by Tuesday, August 14

Sept. 15 / SCY: Steve Barden Memorial Meet. Asheville NC. [Information & entry](#) (link to preferred online entry on information page). Entry deadline: online entry closes Tuesday, September 11; paper entries received by Tuesday, September 11

Sept. 22 / SCY: Central Florida Marlins Fall Splash. Ocala FL. [Information & entry](#) | [Map](#). Entry deadline: postmarked by Saturday, September 15; late entries accepted to Wednesday, September 19 with additional fee

Oct. 12-14 / SCM: **Dixie Zone SCM Championships** / Rowdy Gaines Classic. Orlando FL. [Information & entry](#) (online entry preferred) | [Event web site](#) | [Map](#). Entry deadline: online entry closes Friday, October 5; paper entries received by Sunday, September 30 (late paper entries accepted to Friday, October 5 with additional fee)

Upcoming 2012 Open Water Swims

Aug. 18: Swim Across America/Nashville (1/2-mile, 1-mile). Hendersonville TN. [Information](#). For additional information, contact Jean at MTSC Masters 615-822-8800. *This event is not USMS sanctioned*

Aug. 25: USMS 1-Mile Open Water Championship. Lake Lure NC. [Information and entry](#). Entry deadline: online entry closes Thursday, August 23. *This event is USMS sanctioned*

Sept. 15 / SCY: Steve Barden Memorial Meet (200yd, 800yd, 1650yd). Asheville NC. [Information & entry](#) (link to preferred online entry on information page). Entry deadline: online entry closes Tuesday, September 11; paper entries received by Tuesday, September 11. *This event is USMS sanctioned*

Sept. 29: Triangle Open Water Championship (1.2 mi & 2.4 mi). Chatham NC. [Information & entry](#). Entry deadline: online registration closes Thursday, September 27. *This event is USMS sanctioned*

Oct. 6: Dixie Zone Championships --Tropical Splash (1K, 2.5K, 5K). Sarasota FL. [Information & link to online entry](#) | [Special hotel rates](#). **NO RACE DAY ENTRIES.** Entry deadline: online entry closes Thursday, October 4. *This event is USMS sanctioned*

Rowdy Gaines Masters Classic

October 12th – 14th, 2012

SANCTIONED BY: Florida LMSC # 142-S003

HOSTED BY: Team Blu Frog

TYPE OF MEET: 25 meter timed finals.

DATES & TIMES: & WARM-UP

Session 1 Friday, October 12 th	Warm-up 3 pm	Meet Start 4 pm
Session 2 Saturday, October 13 th	Warm-up 8 am	Meet Start 9 am

ROWDY GAINES CLINIC AFTER SESSION

Session 3 Sunday October 14 th	Warm-up 8 am	Meet Start 9 am
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LOCATION: YMCA Aquatic Center. 8422 International Drive, Orlando, FL 32819

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

TIMING EQUIP.: Colorado timing system with scoreboard

ELIGIBILITY: Open to all USMS registered swimmers.

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

SCRATCHES: No penalty for scratching on the block.

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

ENTRY FORM: Online Entry Preferred. <https://www.ClubAssistant.com/club/meet/information.cfm?c=1779&smid=3981> Online entries are accepted with credit card payment (Visa, MC or Discover). Please note that your credit card will be charged by "ClubAssistant.com Event Billing" for this meet registration.

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

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

ENTRY DEADLINE: All entries must be received by September 30th, 2012, 5:00pm. \$10 late fee between Oct. 1st through October 5th **Electronic Entry Preferred**

*Mail in Entries: Rowdy Gaines Classic, c/o RS2 LL, 20 Sycamore Cr.
Ormond Beach, FL 32174.*

Please Make Checks Payable to: Rowdy Gaines Classic

CHECK IN: Swimmers are considered checked-in for all individual events with a distance of 200 Meters and less. Swimmers must have a positive check in for 400 IM and 1500 Freestyle events on Friday October 12 by 3:30pm. Positive check in also required for the 400 free on Saturday and 800 Freestyle on Sunday at 8:30am the morning of your perspective race.

AWARDS: Individual Events & Relay Events: 1st – 3rd Medals & 4th – 8th Ribbons Age-Group High Point Awards

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

OFFICIALS: Head Referee: Fred Pigott; Starter: Steve Lacey; Chief Stroke & Turn: Kyle Kliewer; Head Marshall: Amanda Cole; Meet Director: Jillian Wilkins; Computer: Claudia Multer

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

INFORMATION: **Official Website:** www.rowdygainesclassic.com, Scot Weiss sweiss@surflink.net Scott Bay, Scottbay@usms.org, Jillian Wilkins, jillian@lane4swimschool.com, 407-415-9720

Hotels: Please see Official Meet Website www.rowdygainesclassic.com for updated hotel information.

**Rowdy Gaines Masters Classic
October 12th – 14th, 2012**

Registration Form

Name: _____ E-mail Address: _____

Age as of December 31, 2012: _____ Date of Birth: _____ Gender: M F

USMS Registration #: _____ Team Name: _____

Facility Fee \$25.00

Number of individual events _____ x \$4.00 = _____

T- Shirt (specify size and quantity below) x \$12.50 = _____

S _____ M _____ L _____ XL _____ 2X _____

Total _____ x \$12.50 _____

Rowdy Club

Number of passes _____ x \$50.00 = _____

Rowdy Club members will be entitled to V.I.P. hospitality, which will include breakfast, lunch, snacks and drinks. Cost is \$50 per member

Saturday Night Meet Social

Number Attending _____ x \$25.00 = _____

Total enclosed _____

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

Rowdy Gaines Classic

c/o RS2 LL, 20 Sycamore Cr. Ormond Beach, FL 32174

PLEASE READ AND SIGN THE MANDATORY 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 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 CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, 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 and regulations of USMS. (see Rule Book Article 203.1)

SIGNATURE: _____ DATE: _____

**Rowdy Gaines Masters Classic
October 12th – 14th, 2012**

Session: Day	EVENT	WOMEN ENTRY TIME (Odd Events)	MEN ENTRY TIME (Even Events)
Session 1: Friday, Oct 12th	EVENT		
1 - 2	800 Free Relay	DECK ENTRY	DECK ENTRY
3 - 4	400 IM		
5 - 6	25 Breast 1500 Free (combined)		
7 - 8	25 Fly		
9 - 10	400 Mixed Medley Relay	DECK ENTRY	DECK ENTRY
11-12			
Session 2: Sat, Oct 13th	400 Medley Relay	DECK ENTRY	DECK ENTRY
13-14	100 IM		
17 - 18	200 Fly		
19 - 20	25 Free		
21- 22	100 Breast		
23 - 24	400 Free (Combined)		
25 - 26	200 Mixed Free Relay	DECK ENTRY	DECK ENTRY
27 - 28	50 Back		
29 - 30	200 Free		
31 - 32	200 Medley Relay	DECK ENTRY	DECK ENTRY
33 - 34	100 Free		
35 - 36	50 Breast		
37 - 38	100 Fly		
39 - 40	800 Mixed Free Relay	DECK ENTRY	DECK ENTRY
Session 3: Sunday, Oct 14th	EVENT		
41 - 42	800 Free		
43 - 44	400 Mixed Free Relay	DECK ENTRY	DECK ENTRY
45 - 46	50 Free		
47 - 48	200 Back		
49 - 50	200 Mixed Medley Relay	DECK ENTRY	DECK ENTRY
51 - 52	200 Breast		
53 - 54	25 Back		
55 -56	50 Fly		
57 - 58	200 IM		
59 - 60	200 Free Relay	DECK ENTRY	DECK ENTRY
61 - 62	100 Back		
63 - 64	400 Free Relay	DECK ENTRY	DECK ENTRY

