



Kicking (and Screaming) for Triathletes, Open Water Swimmers and Distance Pool Swimmers.

Scott Bay, FL LMSC Chair, Blu Frog Coach

We can probably all agree that kicking makes a huge difference in swimming across all distances and abilities. One of the things we have struggled with in our program is explaining the necessity of kick sets for our long distance swimmers as well as our triathletes and open water people. I adopted a few thoughts that have been working and the disclaimer is that I ripped this off from another coach who was at the World Clinic. I just can't remember who so credit to everyone who spoke.

The way we had it explained was that you can have kicking and kickers with varying ability but just make sure the kick is not hurting you. One of the things we have noticed with our triathletes is that they tend to resist kicking and that when they do it is usually to maintain a body position. If we just coach them to at least keep their feet out of the way of their swimming it helps them make a lot of positive changes.

The drill is called tapping the toes. We encourage them to just lightly tap the toes on the top of the water. Very small kicks too and close to a 6 beat kick. What we found by having them do this is that they also started to relax the neck and have a more efficient position on the water in terms of aquatic posture. Additionally they started to spend a little less energy trying to overpower the kicking sets.

The most common feedback was they did not feel like they were working hard enough but the clock did not lie. They ended up faster over each interval. It does take time to change some old habits but in the end it is certainly worth it for those swimmers. They are fresh when coming out of the water and still ready to race and also feel like they 'saved their legs' for the rest of the race. Additionally we worked on transitioning back and forth from tapping to a bigger more propulsive kick to either speed up to drop someone or to get back on pace.

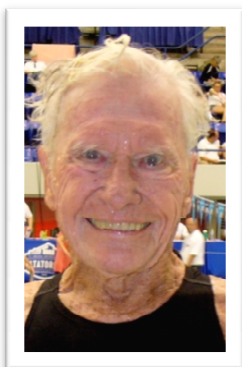
For distance swimmers we have been having them go to this after a good strong breakout. Solid off the walls with a powerful kick then drop it back to tapping especially for those swimmers that can pull faster than they can swim. We also have them transition back and forth to again drop someone or get back on pace. Similar to surging in running or something like that. In the end this is a drill that takes some time to master but for most it helps with position in the water and making best use of the energy you have.



Ask the Swim Doctor

Dr. Paul Huting

Question: I want to live at least ten years longer than my statistical age.



Will exercise help my aging potential? How much swimming is needed for health benefits?

Answer: Research in the past 35 years has keyed in on the effects of exercise on the decline of physiological performance. A study in biological aging has been a result of an increase in technology. Dr Tim Spector, a professor of genetic epidemiology at Kings College in London, published his study in Jan, 2008 (and similar recent studies produce the same results), in the "Archives of Internal Medicine." He used telomeres from white blood cells, collected from 2,401 twins participating in a long-term health study. He examined whether there was a relationship between the subjects' telomere length and how much exercise they did in their spare time, over a ten year period. The telomere length was a marker of the rate of biological aging. Exercise appears to slow the shriveling of the protective tips on bundles of genes inside cells.

Telomeres cap the ends of chromosomes, the structures that carry genes.

Every time a cell divides, the telomeres get shorter. When the telomeres get too short, the cell can no longer divide. Scientists believe that aging occurs as more and more cells reach the end of their telomeres and die--muscles weaken, skin wrinkles, organs fail, eyesight and hearing fade and thinking is clouded.

The results of Dr Spector's study demonstrated that the length of the twins' telomeres was directly related to their activity levels. Subjects who did a moderate (100 minutes a week) of tennis, swimming or running, had telomeres that on average looked like those of someone about five or six years younger than those who did the least, (about 16 minutes a week).

Those who did the most (about 3 hours a week) of moderate to vigorous activity, had telomeres that appeared to be about nine years younger than those who did the least. The researcher put it into a gradient, so that as the amount of exercise increased, the telomere length increased.

This study was done with twins, so individual differences were held to a minimum. However, his study did not address what happens to the telomeres of people who are sedentary for years and later on begin to exercise. This basic study at the cellular level, opens up many interesting possibilities for the future.

Readers need to keep in mind that both at the cellular and physiological level, if you train regularly, even at the recreational level, you are affecting the aging level of your body, in a positive manner.

Beginning in 1970, as a doctorate student (age 46), I had the opportunity to collect a full range of physiological measurements, such as O2 uptake, max Heart Rate, lung volumes, as well as my times from six events I swam in early Masters Meets, through the 1980s. I took lab tests every year and 16 years later, at age 62, made comparisons. AVERAGE NON-EXERCISERS decline an average of 1% per year.

MY RESULTS, from training an average of 2000 yds, five days a week, demonstrated I only declined 1% every five years.

Want additional information? Contact Dr. Paul Huting: 727-521-1172 or phut@usms.org.





FROM YOUR FL LMSC REGISTRAR MEREDITH MOORE

Hi Florida LMSC members! I want to officially welcome all our new members for 2013 and welcome back all our past members. We have had a very active registration season so far for 2013. We currently have 1460 members registered compared to 1360 for the same period last year. That is an amazing 7% increase over last year. Thank you everyone for being so diligent in getting your registrations completed in a timely fashion. 84% of you registered online. 53% are male and 47% are female. We currently have 53 Clubs registered in the FL LMSC and would like to welcome our 4 newest Clubs:

MLMS - Midlife Multisports, Venice

PCMS - Palm Coast Masters Swimming, Palm Coast

SRQM - Sarasota Tsunami Masters, Sarasota

UCFM - University of Central Florida Masters, Orlando

Be sure to check in on the Florida LMSC website from time to time: www.floridalmssc.org. The Registration Section has several helpful links at the bottom of the page: Need a copy of your USMS card? Want to see a list of all FL LMSC members? How about members by Club? It's all there.

This is my 7th year of being your FL LMSC Registrar and I look forward to working with you all this year! Thank you for your excitement and support! Happy laps!



FITNESS CORNER

Sue Moucha

As I enjoy reading and am always looking for swimming/fitness tips, I found a few suggestions from a 4You section of the Tampa Tribune. I would like to pass them on to you.

If you are a swimmer, one suggestion is you should add dryland training. You need to add weight bearing exercises such as running, walking, jumping, or stair climbing. These activities will help to increase bone density as well as increase your endurance.

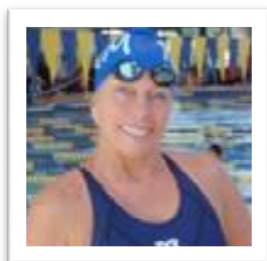
Strength training benefits swimmers. The reason a swimmer needs muscle mass is to be able to propel one's body through the water. As a result, upper body strength, core strength is developed.

A plus for Fitness swimmers—consistency helps one to establish the habit of exercising. Having a routine schedule (ex., swim Monday, Wednesday, Friday) to follow for swimming will play an important aspect for a healthy and enjoyable life. Found in a Personal Best section of the Tampa Bay Times.

Remember, you can always register for the "Go The Distance" USMS Fitness event at anytime. Check the USMS website for details.

Share any swim/fitness tips, ideas, or events you have done with other Florida LMSC members. Send to jbmoucha@aol.com.





Letters to the Editor

Sheila Carpenter-van Dijk
FL LMSC Newsletter Editor

Do you like your FL LMSC newsletter? Do you not like your FL LMSC newsletter? I'd like to know. Do you have an idea for a story? Do you have a comment that you just have to share? It doesn't have to be serious. It can be a joke, as long as it relates to swimming and is 'clean'! Send it to me at:

FishTail@USMS.org



Dine-n-Dash *Dr. Kelly Spivey*

Welcome to the first ***Dine-n-Dash*** column. This newsletter addition is designed to provide a common sense approach to overall nutrition...with the intent of fueling the body for performance. Our first installment will focus on the most basic of foods: fruits and vegetables. Of particular interest to athletes are foods that provide either a quick and sustained source of energy, and foods that fuel recovery.

Energy

Fruits provide a great source of energy...mostly in the form of fructose, a simple sugar. For sustained energy throughout the day, it is important to look for foods that have a low glycemic load, or GL. This will minimize energy highs and lows, which is especially important during a workout or competition. Most vegetables offer a low GL; the following fruits are also low on the scale:

- Apples, oranges, peaches, plums, cherries, watermelon, cantaloupe, grapefruit and apricots.

Eating lower GL foods is important for pre-exercise meals and snacks, but after a 90+ minute workout, any quality carbohydrate will do! The mission with a post-exercise meal or snack is to replenish depleted glycogen stores ASAP...this will maximize your glycogen stores, which helps to prepare the body for the next workout.

- Hi GL foods like bananas and raisins are great recovery foods because they are quickly absorbed.

Antioxidants, etc.

Exercise increases metabolic stress. A by-product of any sort of stress are free-radicals which can wreak havoc on the body, destroying or altering healthy cells. A diet rich in antioxidants can actually neutralize these free radicals, thus reducing the effects of stress on the body. Antioxidants include vitamin A, C, and E as well as the mineral Selenium. Another class of phytochemicals include carotenoids (like Beta carotene), flavonoids, lutein and lycopene.

Blueberries offer a rich source of antioxidants and continue to make the world's healthiest foods lists. We know that oranges and other citrus fruits offer substantial amounts of vitamin C, but where should one look for other antioxidant-rich foods? Instead of wasting time dissecting labels, simply choose by color. Most brightly-colored fruits and vegetables offer substantial amounts of phytonutrients:

- Purples: Cherries, purple grapes, pomegranate, cranberries,

- Green: green peppers, kale, broccoli, and kiwi
- Reds: strawberries, pink grapefruit and tomatoes,
- Orange: Squash, sweet potato, carrots

Potassium is another important nutrient. Not only does this mineral aid in muscle contraction and prevention of leg cramps, it can also help in preserving muscle mass. This is especially important to the aging athlete. Foods rich in potassium include bananas, potatoes, plums, sundried tomatoes, spinach, dried apricots, acorn squash and avocados.

Hydration

The other great thing about most fruits and vegetables is the water content...in some cases 75-90 percent of the total weight is water, depending on the type of plant. Eating a diet rich in fruits and vegetables can actually help with hydration. Cantaloupe and watermelon has some of the highest water content, but apricots, raspberries, oranges, plums, peaches and pineapples are also at least 85% water. Cherry juice is also a great recovery drink. On the vegetable side, choose cucumbers, celery, tomatoes and zucchini. High intensity exercise requires adequate hydration, otherwise performance suffers. For those who are not fond of straight water, throw some fresh or frozen fruit into a container of water to add some natural flavor.

"More Matters"

Adding fruits and vegetables to the diet is a great way to prevent disease, aid in weight loss/management and boost the immune system. Aim for at least 5 servings of fruits and/or vegetables per day...but more matters. The "More Matters" slogan is especially true for the athlete who not only requires excess calories to fuel training and recovery, but needs healthy food sources filled with antioxidants.

Add fresh fruits to your morning cereal or make a quick smoothie for a pre-exercise boost of energy. Many fruits and veggie are quite portable and make great snacks. A dinner salad filled with greens and assorted veggies can provide 2-3 additional servings to your day. Dust off the juicer...this is also a great way to increase vegetable consumption.



NEWS FROM FACT

Joannie Campbell



The month of December started off with the last SCM meet of the year in Coral Springs. Sylvia Eisele represented FACT with some great times while most of us competed in Lakeland at the State Senior Games for 50 and over and the qualifying meet for the National Senior Games to be held in Cleveland this year. The weather was perfect and we had a great group - remember these times will be counted in the 2013 SCY results.

The Shark Tank SCM meet in Sarasota in November was well attended and our relays were great. Again the weather held up for us. Sarasota tested some bulkhead changes in preparation for the Pan Am games - please pay strict attention to the instructions on their use. We had a near bad accident when one of our elderly swimmers tried to do a macho exit!! The Pan American Games schedule and all particulars are on the web site now - the relays are all in one day, which is really fun so plan

accordingly. Make sure you sign up for the Social at Ringling Bros - this competition is a great opportunity for us all and please support it.

The Valentine Meet this year was the 9th and 10th of February - so look for results in the next newsletter. This was the Dixie Zone SCY Championship, which means we compete as Florida Aquatic Combined Team, not as chapters. Hopefully we can give the other large teams in our Zone a run for their money! The Florida LMSC Social and Awards Banquet was held Saturday night - congratulations in advance to all the award winners. The results of the 2012 awards are listed on the FL LMSC website: www.floridalmcsc.org

I hope we have a number of participants in the One-Hour Swim Postal event in February. I have tried to encourage participation in this over the years but need the help of each Chapter to work with their coach on doing this in your own pools. The National participation is amazing but it doesn't seem to catch on with our group. Our older members hold National records individually and as relays. It is very competitive, but don't let it scare you - it's good training for the season. In February I will peruse the list of competitors and enter some relays if we have the members.

Please visit our new website: www.factmasters.org



We recently lost one of our most active swimmers. In December, Nancy Durstein lost a long fight with breast cancer. Nancy was a great competitor - with over 560 Top Ten times during her career. She was a great supporter of Masters swimming and an awesome Open Water competitor.

Twenty-five years ago Nancy moved to the Palm Harbor area and started swimming with Coach Joe Biondi at the Clearwater YMCA. Over the past twenty five years her many Top Ten swims (over 500) and All American swims have been recorded and appear on line on the USMS website. In early 2000 she developed breast cancer with a recurrence just a couple of years ago. At Greensboro last year she swam through the 1,000 free in obvious trouble and valiantly fought leaving the meet because she didn't want to ruin the relays!! She was on a downhill battle with her cancer, which had metastasized.



Five years ago she joined the Synchro Belles at her local Y and performed with them in Pinellas County. She was involved in synchronized swimming while in high school and in college. Water aerobics was also a passion of hers and she taught for several years at the Y. She was an avid sailor and member of the Windlass Sailing group in Dunedin.

Nancy was active as a volunteer and her community service in the mental health field earned her several awards. She was on the board of the National Alliance on Mental Illness (NAMI) for 10 years; received the Iris Award for her exemplary service in the Breaking the Silence teaching program for Middle and High Schoolers supporting education of people about mental illness; and was elected to the St Petersburg Hall of Fame for her work as citizen/volunteer with NAMI and the State Advocacy Council. Nancy always had a big heart and along with her passion for swimming she was recognized as a true volunteer for her community and for Masters Swimming. She served as Vice President of SUN Masters chapter of FACT and in other capacities, including Meet Director, a CAT Masters member in past years, and as an assistant Coach with Joe Biondi MANY years ago.

Nancy died just a few days shy of her 83rd birthday. I will miss her. - Sheila



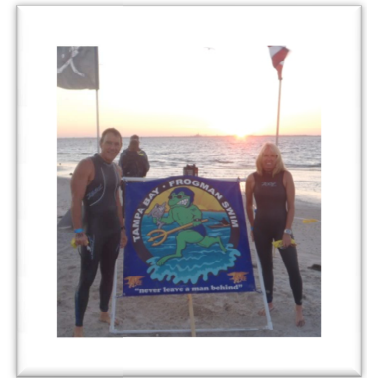


St. Pete Masters

<http://stpetemasters.org/>

St. Pete Masters - The happenings at North Shore Pool and beyond.... January 2013 has started off with a lot of long distance swimming in the pool and upon the open water. Hopefully more great swimming will follow us this year given all the opportunities afforded us in the Florida LMSC and with USMS programs like the Check-off Challenge and Go the Distance.

On Sunday, January 13 – at least 9 SPM swimmers joined 130 other swimmers along the 'red neck Riviera' (Gandy Beach) to plunge into the not so icy waters of Tampa Bay in the 4th Annual Tampa Bay Frogman 5K Swim. This was a local fundraising swim to benefit the Navy SEAL Foundation. Yes, we were blessed with 68'f water, sunny skies and a light chop, but darn that outgoing tide was, well.... Many of us were glad to leave our wetsuits in the car. Dawn Clark was the first SPM women out of the water in 1hr 19m; followed by Melissa Harasz, Laura Kaleel and finally Christine Swanson. Rumor has it Laura and Christine were busy looking at critters on the bottom of the bay. On the men's side the results indicate that Bryant Davies was first out in 1hr9m – really Bryant you need to move up to the shark lane after that performance.... Phil and Melissa Harasz duked it out as they crossed the bay with Phil coming out victorious. Chris Quilty finished on the heels of Phil and Pat Marzulli showed that he is in great shape with a 1hr 31m swim across the bay. Ron Collins, Chris Burke, Bob Aldrich, Cathy Selles and the rest ~ thank you for escorting us safely across the bay.



On to the USMS Hour Swim, every swimmers favorite or most dreaded event. Many have been seen fleeing the pool deck when Coach Patty approaches to see if they plan on swimming. As of this writing 28 have completed the Hour Swim with at least four more scheduled and one week to go.

Highlights: We welcomed long-time USMS member, Cheryl Kupan to our team with the Hour Swim. In all of her years competing, she has never done this event. Steve Freeman (55-59) and Paula Texel (40-44) had their best ever Hour Swims. Steve did a little over 4,500 and Paula a little over 4,600. Jim Montante scheduled his swimming comeback with the 2013 Hour Swim. It was Jim's first workout in 2 years. Monica Bradley completed 3,000 yards this year, she is 8 months pregnant - her due date in mid-February. Peter Betzer (70) completed his hour as repeat 400 IM's. Carl Selles and Charlotte Petersen turned in outstanding swims, both chasing USMS marks. Youngster Sarah Kwon finished with 4,525 and Adrienne Forkois was not far behind with 4,325. And then there is Ted Bradley with a goal of 5,400+ but falling short with a respectable 5,260. Not sure, but the Mac N'Cheese, Chicken Parmesan, Pizza and Cheesecake Ted had for dinner on Saturday night may have impacted his yardage.

Other news - just a reminder that St. Pete Masters is hosting their annual SCY Meet the weekend of **March 22-24**. We hope to see you on deck. This is one of the oldest Masters meets in the nation and North Shore is one of the prettiest places to swim, but then I'm partial...Chris Swanson.



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 October-December 2012:

Aldrich, Robert; Bowman, Rachel; Brown, Darlene; Brown, David; Christou, Kim; Daly, Ann; Day, Bruce; Delgado Semidei, Jane; Denker, Martin; Eastwood, Cliff; Gary, Robert; Groomes, David; Holloway-Adkins, Karen; Kendig, Jamie; Kenlin, Cheryl; LaBianco, Christopher; Lane, Norman; Matysek, Anna Lea; McCormack, Kevin; Messineo, Doug; Miller, AK; Nagle, Robert; Neal, Carol; Olsen, Gladys; Organ, Keith; Puchalski, Donald; Quail, Vicki; Ragan, William; Rambo, Buddy; Rohm, Cathy; Slay, Robert; Sussman, Kate; Wilson, Meegan



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 Masters

www.T2Aquatics.com



On March 2nd and 3rd, T2 Naples Masters will host the 2013 Southwest Florida Winter Open. It is a 2 day Masters meet with a luncheon after Saturday's events. Registration is open at:

https://www.clubassistant.com/club/meet_information.cfm?c=1904&smid=4390



T2 Masters is #2 in the FL LMSC for distance swum this year. We had 21 swimmers and we swam 7,339.47 miles averaging 349.50 per swimmer.

**T2 Masters in the Frogman Swim
in January**



Tampa Bay Aquatic Masters

www.tampaswim.com



TBAM's Andy Lutton braved the chilly water of Tampa Bay to swim the 5K Navy Seal Frogman Swim to support the Navy Seal Foundation. The NSF supports wounded and fallen Navy SEALs and their families with 100% of proceeds donated to the foundation. During the Opening Ceremony names of SEALs who died in service to our country were read aloud and

we were all reminded all Navy SEALs have made incredible sacrifices for our country.

TBAM supported the event with volunteer kayakers Merit Greaves, Hannah Smith and Norma DeGuenther. Ann and Allen von Spiegelfeld volunteered assisting the start and finish lines.

Congratulations Andy! We are proud of you and thank you for being of service to our country during your time spent in the Navy.

We also held the first ever New Years 100 x 100 swim. It took a while to finally get the task organized, but Hannah Smith, Merit Greaves, Scott Linebaugh and Ann von Spiegelfeld started before dawn early Sunday morning January 20 and completed the event, swimming our intervals straight through with a short nutrition break after 5000 yards. We hope to make this an annual event and get more swimmers next year!



Look out into Tampa Bay and you may see some of the TBAM members either kayaking or swimming getting ready for the upcoming 24-mile Tampa Bay Marathon Swim or the English Channel crossing. Bart Cobb is a regular swimming around Harbor and Davis Islands and Ann von Spiegelfeld has been putting the mileage in as well. It truly is a team event with kayakers Allen von Spiegelfeld, Merit Greaves, Hannah Smith and Norma Deguenther helping out. The kayakers are essential, watching for signs of swimmer

hypothermia, keeping swimmers safe from boat traffic and providing nutrition for the swim. Swimmers take nutrition every 30 minutes when swimming long distances in cooler temperatures to help ward off hypothermia. Our reward? An occasional photo opportunity with a cruise ship passing by!

Hearty congratulations to Jim Martin who completed Ironman Florida for his 50th birthday present. Once again, age is just a number, as Jim bettered his time over 2 hrs. from 10 years ago. Joel Arellano is training hard for the March Puerto Rico 70.3 and his swimming has improved by leaps and bounds since he started with the team a few months ago.

Until next time, just keep swimming!



Tampa Metro Masters

<http://tampametromasters.org/>

TMM swimmers are gearing up for Y Nats in April. If you are interested in competing with TMM at this event, please note there are two major changes this year:

1. You must be a **FULL** YMCA Member this year. Community or Program members are **NOT** eligible. You must be a member of the Y as of March 15, 2013 (date entries are due), and membership must be valid through April 14, 2013, the last day of the meet.



2. This year 5 individual events per day and 12 total individual events per meet are allowed! Information for Y-Nats, April 11 - 14, 2013 in Ft. Lauderdale, is available at: <http://www.ymcaswimminganddiving.org/displaypage.asp?Cat=2013Masters>. Hotel info is available on the site. We will be summarizing the important info on our web site soon. Please remember entries are due as a team, no individual entries.

Interested? Please contact Mark Calvert: mark@tampametromasters.org



Swim Coaching with Videography, an Integrated Approach

By Steve Hendrickson and Karen Klisch

Swim team members have heard various stroke corrections hundreds of times during a swim practice from their coaches. That is especially true on the The Villages Aquatic Swim Team (VAST). Well over two thirds of the 80+ team members never swam competitively before joining VAST. It is a team with no members under the age of 50.

For many swimmers there seems to be a disconnect between the understanding of the correction and the way the message gets to the arms, or legs, or body. It **feels** as though the correction has been made. The stroke **feels right**. ---- And yet the coach keeps telling the swimmer to make the same correction over and over --- and over again.

A few years back VAST began to look for a training technique that would help overcome this problem. They began to explore a way to assist the coaches in getting their points across, and for the swimmers to actually incorporate those points into their swimming strokes. After careful consideration they decided to buy equipment that would allow the swimmers to be videotaped as they swam. Granted, this is a common practice at universities and high level national and Olympic level swimming training sites. But, doing it for a local master's swim team with **limited funds** where practice is always **outdoors** presented a challenge.

After a lot of research on what equipment was suitable and affordable for videotaping swimmers, an underwater video camera /DVD Recorder system was purchased. This system allowed one person to video the swimming stroke.



Once the first silent underwater video DVDs were produced the immediate question was how to incorporate the coach's expert critique of an individual's swim into the video. The coach's commentary is an extremely important element in the feedback process. Fortunately, VAST had among its members, someone tech savvy enough to integrate a wireless coach's lapel microphone with the underwater Video/DVD Recorder. This allowed both audio and video elements to be recorded simultaneously. As the swimmer swims, the coach comments and a DVD is created. The swimmer gets a copy of the DVD and is able to view her/his stroke and listen to the feedback simultaneously. This can be done as often as desired.

Steve Hendrickson operates the underwater video camera. After working with the equipment and evaluating the overall result it was decided it would enhance the value of the DVD if a simultaneous above water video was added to the underwater images. A camcorder was purchased and modified to include a wireless coach's microphone so that the videographer would not have to be right next to the coach to



get decent audio. This also reduced the wind and other ambient noise.

Coach Gary Henderson, Joe Rowan and Kathy O'Leary perform underwater videotaping, the surface videotaping and simultaneous commentary for a subject swimmer.

Using video editing software, an integrated video containing simultaneous above and below the surface views with the coach's soundtrack is created. This is presented to the swimmer on DVD or YouTube. The most critical element of the VAST approach is the inclusion of the real-time coach's commentary/critique.

The result – a wonderful tool for the coaches and the swimmer.

Go to this YouTube link to review an example of the videos produced for the VAST swimmers...

<http://youtu.be/pjQyF01Q3X>

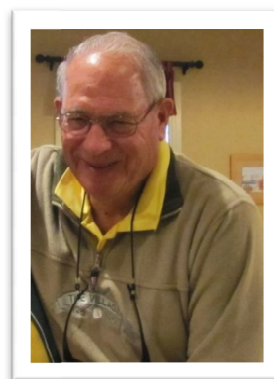
Please address any questions you may have to: swimvideo@comcast.net.



VAST is proud to honor one of our outstanding coaches. Volunteer Coach Glenn Kaye is being inducted into the National High School Coaches Association Hall of Fame on June 25th in Des Moines, Iowa. VAST members thank Glenn for his dedication to the sport and for sharing his expertise with us.

Glenn Kaye, a past president of National Interscholastic Swim Coaches Association, has been selected to be inducted into the National High School Coaches Association Hall of Fame.

Glenn started his swim coaching career in 1964 and has been active in aquatics ever since. His first 30 years of coaching were in the Ft. Lauderdale area where he was fortunate to have the opportunity of work with some very talented and dedicated young people who were willing to develop the necessary self-discipline to set and achieve high goals and objectives for themselves both in and out of the water. In his 17 years at Nova HS, Glenn's teams won six boys and one girls Florida state high school swimming and diving championships and five Florida state independent water polo championships (water polo was not under the authority of the Florida high school athletic association, FHSAS, as is true in many states.)



Upcoming 2013 Pool Meets

March 9 / LCM: Goodlife Games. Clearwater FL (*For ages 50+. This event is USMS-recognized*)

March 9-10 / SCY: St. Patrick's Day Meet. Atlanta GA

March 22-24 / SCY: St. Pete Masters Short Course Championships. St. Petersburg FL

April 11-14 / SCY: YMCA Masters Nationals. Ft. Lauderdale FL (*This event is USMS recognized*)

May 9-12 / SCY: **USMS Short Course Championships.** Indianapolis IN. *Entry deadline: online entry closes Wednesday, April 3; paper entries received by Thursday, April 4*

May 19 / LCM: Marlin's Spring LC Meet. Ocala FL. *Entry deadline: postmarked by Saturday, May 11; late entries accepted to May 14 with extra fee.*

June 5-12 / LCM: **Pan Am Championships.** Sarasota FL. This meet also serves as the 2013 **Dixie Zone LCM Championships.**

Upcoming 2013 Open Water Swims

Apr. 6: Swim Miami (1-mi, 5K, 10K). Miami FL *This event is not USMS sanctioned*

Apr. 20: 16th Annual Tampa Bay Marathon Swim (24 miles). Tampa FL. [Information & entry](#). *This event is USMS sanctioned*

Apr. 27: USMS 5K Championship. Miromar Lakes FL. *Entry deadline: Online entry closes Friday, April 19; late online entries to Tuesday, April 23 with additional fee. All paper entries received by Friday, April 19. Race day relay entries accepted with additional fee. This event is USMS sanctioned*

Apr. 27: 3rd Annual Crippen Mile Benefit. Miromar Lakes FL. *Entry deadline: early entry closes April 23; regular entry closes April 25; late/race day entries accepted with additional fee. This event is not USMS sanctioned*

May 4: Hurricane Man (1K, 2.4 mi). St. Petersburg FL. *Entry deadline: online entries close Friday, April 26; paper entries postmarked by April 26; late entries accepted to Wednesday, May 1, with additional charge. This event is USMS sanctioned*

June 13: Pan Am 3K Championship. Sarasota (Siesta Key) FL. *This event is USMS sanctioned*

Look for more swims and results on www.dixiezone.org



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 at the beginning of May, so I'll need your articles by **Tax Day, April 15, 2013!**

The 2013 Crippen Mile

(And Kids 500 free)

Proceeds to benefit the Fran Crippen Elevation Foundation

Sanction: Florida Swimming Inc., sanction # 6156-1

"In granting this sanction it is understood and agreed that USA Swimming and Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event."

Hosted by: Gulf Coast Swim Team

Meet Director: Gregg Cross. Phone 239-462-3322, or

<mailto:coachgregg55@aol.com> Referee: Mark McCaw, Assistant Referee: Matt

Wilson, Starter: Scott Jamieson

Location: 10160 Miromar Lakes Blvd. E. Miromar Lakes, FL 33913

Date: April 27, 2013

Course: The event takes place in the Miromar Lake. It is a 1-mile course with the start and finish on

land. The course is a 1-mile loop swim with the finish on the beach. All applicable USA Swimming open water rules apply (no wet suits, paddles, or use of flotation devices).

Start: Check-in opens at 5:00 PM, race start 7:00 PM.

Eligibility: Open to all registered swimmers with USA Swimming, or their FINA equivalents. One-event registrations for USA Swimming Registrations will be accepted. **ALL PARTICIPANTS MUST HAVE A VALID USA SWIMMING MEMBERSHIP.**
Age Groups: USA Swimming-- 10 under (500 yard swim), 11-12, 13-14, 15-16, Senior

Safety: Caps will be provided, and it is asked that swimmers please wear race caps. Safety boats, both power, and paddle craft will monitor the course.

Entry fee: Early Registration up to April 23rd. \$35.00. Up to April 25th \$45.00. All registrations on race day, \$60.00. Youth 500 free, \$20.00. Awards for all swimmers
The entry fee includes, cap and goodie bag. **PERCENT OF PROCEEDS GO TO FRAN CRIPPEN ELEVATION FOUNDATION.** For information on sponsorship opportunities or donations, go to <http://www.francrippen.com>

Awards: Awards will be given to the overall top 5 males and females as well as the top 3 in each age group.

Registration: **ONLINE REGISTRATION AT [ACTIVE.COM](http://www.active.com)**

Mail Entry form, check payable to **St. Pete Masters** and a copy of 2013 USMS card to:
Patty Nardoizzi ~ 6346 27th Avenue North ~ St. Petersburg, Florida 33710

Sanctioned by Florida LMSC for USMS Inc. – Sanction # 143-S009

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

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

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Date: _____

