



## **Similarities and Differences Age Groupers and Masters Swimmers**

**Scott Bay  
FL LMSC Chair  
Blu Frog Coach**

### **Similarities**

1. Both lose/leave stuff at the pool. The male of the species usually explains that someone must have stolen it.
2. Both get upset at bad swims.
3. Both usually have a family member at meets but sometimes the parent/child roles are reversed.
4. Cold water is just cold water to both.
5. Both are competitive.

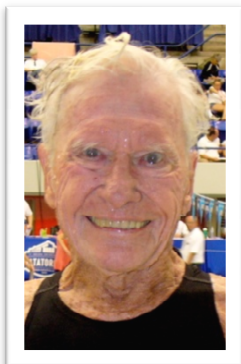
### **Differences**

#### *Age Groupers*

1. Parents make them go to the pool.
2. The older they get the faster they get
3. Can perform well on junk food.
4. Swim finals at night
5. Have swimming heroes born in the 90's

#### *Masters*

1. Inexplicable desire to go to the pool.
2. The older they get the faster they were.
3. Know the glycemic index of foods.
4. Go out for dinner with friends at night.
5. Are swimming heroes



### **Ask the Swim Doctor**

Dr. Paul Huting

**Question:** How, or is it even possible, that swim training can be used as a substitute for legal doping?

**Answer:** I have never used drugs to enhance my performances, but I have run a total testosterone level of 869 as an 84 year old. The highest level on this scale is 827. This was first measured above scale on me as a 60 year old by the Mayo clinic when I was a subject for a student's Masters thesis. This benefit from legal doping was due to my use of a high intensity training program since the early days of Masters swimming, 1970. The first researcher to discover benefits of high intensity training was Dr L. Morehouse, who was the director of NASA's space

flight programs. The 25 year old trainees had only 40 min of training, but alternated between high intensity and rest periods. Richard Abrahams, a multi-record holder in the 60-65 age group, has been successfully using this type of training for many years.

Your training should be close to race speed for your events. For events that are 50's, 100's and 200's, train at 1/4 to 1/2 the race distance. Specificity of training develops the physiological energy systems to their highest efficiency, especially the anaerobic system. This is trained in the 1-30 second work intervals. This performance system is NOT developed with slow distance swimming. Your percent effort for each 50 yards of a 200 yard event is 80-90%, so training should be at this level of effort. I swim sets of 25's, 50's and 100's with a rest interval equal to my swim time. However long it takes you to swim this distance, all out, rest an equal amount of time. This would be a one to one rest/work interval.

For distances of 500 and longer, do sets of 100's equal to the distance you are training for. Be realistic in your goals. For instance, if your 500 goal is 10:00, try to keep your 100's at 2:00. Your interval time should be as long as it takes to hold your 2:00 swim. As you improve, gradually decrease your interval.

After my November 2012 plastic surgery to repair a hole in my upper nose, my doctor said I should do no exercise for a month in order for the incisions to heal better. My testosterone level after one month dropped to 600, from my previous above scale of 860. This one month of no exercise showed me, again, how important it is to maintain a continuous exercise program for a healthy body. Now that I have been back in the pool for several months, I am wondering how long it will take for my retraining to re-establish my previous healthy hormone levels? In several months, I will give you an update on how successful this 88 year old has been in restoring his normal high hormone levels after resuming his usual high intensity program.

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



## **FITNESS CORNER**

### **Sue Moucha**

In January, I had the opportunity to speak to a middle school Club regarding confidence and self esteem. The program went so well, I was able to demonstrate my flexibility--doing a left split at the end.

As a Substitute Teacher, which I thoroughly enjoy, I have had the chance to sub at the same school a number of times. Since January the students would say to me:

I heard you can do a split;

If we do our work, will you do a split for us;

Will you bring a pair of sweatpants the next time you teach us so you can show us your split.



Even a teacher commented to me regarding the split. To top it off, a student gave me drawing of myself doing a split.

In March, I was assigned to teach Physical Education at the same middle school. I realized this would be a tremendous opportunity to share my “Can Do” motivational article message to others. I was given permission to bring in my leg brace, speak to the classes about my sports background as an athlete, and demonstrate my flexibility.

The entire day was simply super! Other PE teachers became involved and I ended up speaking to approximately 500 students who were very attentive and asked intelligent questions. The presentation included talking about goal setting, overcoming obstacles, not making excuses, and how to be content with your results. The students were amazed when I demonstrated my left split.

A comment I received after the presentation, “It is pretty neat when someone your age can do a split.” After giving the quote a lot of thought, I look at the compliment in a very positive way. Masters Swimming does keep us in very pretty good shape. I just love to swim!

Please send any Fitness news to [jbmoucha@aol.com](mailto:jbmoucha@aol.com) so I can share the topics with our other LMSC swimmers. We are always interested to learn.

On a separate note, at the Florida LMSC Awards Dinner, it was a tremendous honor for me to present the “Sue Moucha Overcoming Adversity Award” to the Nancy Durstein family. Nancy was not only a great swimmer, but a truly wonderful woman. Myself, as well as other swimmers, were fortunate to swim with, against, and not many of us were able to touch the wall before she did. Remember Nancy is watching all of us from the edge of the pool above, so swim fast and make her proud!



### **Letters to the Editor**

**Sheila Carpenter-van Dijk**  
**FL LMSC Newsletter Editor**

Do you “like” your FL LMSC newsletter? Do you LOVE 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 ‘in pretty good taste’!

Send it to me at: [FishTail@USMS.org](mailto:FishTail@USMS.org).

If you don’t have a computer, call me: 813-892-8991.

You may also catch up to me at a swim meet!



## FROM YOUR FL LMSC REGISTRAR MEREDITH MOORE

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 January through March 2013:

Beck, Timothy; Calvert, Mark; Campbell, Brenda; Church, Troy; Colegrove, Judi; Coleman, Jeanne; Corley, Mark; Cornell, Martha; Cover, Domenick; Doffing, Lawrence; Edwards, Annette; Faubel, Bruce; Gomez, Roman; Gordon, Edna; Hammond, Threse; Hoffman, Mitchel; Holmes, Rogers; Kaineg, Susan; Lewis, Tom; Lynn, Bradley; Marshall, Kimberly; Michael, Mark; Murtha, Patrick; Ohlandt, Dianne; Riley, Kimberlee; Saraceno, Carmelo; Seifert, David; Van Elswyk, Brice; Watkins, Matt; Whatmore, Gillian; Wigo, Bruce; Wright, Scott; Zimmerman, Tori



Sorry we missed Steve Newman as a donor last time!

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.



## NEWS FROM FACT Joannie Campbell



The One Hour Postal Swim had few participants but good results. Our small team entry placed 12th in the women's. Our 65+ relay of Karen Klisch, Susan Newland and Martha Henderson came in 5th with a total of 9,655 yards - good swimming ladies! Karen placed 6th in the 70-74 age group; Susan Newland placed 12th and Joyce Hutchinson placed 16th. In the 75-79 group Martha Henderson placed 7th and Mary Tusa won the gold in the 80-84 group. Our lone male, Heriberto Delgado needs some help next year. Coming up for Postals are the May 15-September 15, 5 and 10 K postal. This must be done in a meter pool. Then the 3,000/6,000 short course yard or short course meters postal runs from September 15 - November 15.

The Dixie Zone Championship Valentine Meet in Clearwater February 9 and 10th was a huge success. Our FACT team had 18 relays and a total point score of 1,554 - competing as a USMS team because of the Dixie Zone Championship status. The indoor and outdoor weather was perfect and the more than 185 competitors had great fun and good times. Our Betty Lorenzi (85) set three National records in all



three of the backstroke events. Our relays were a great example of the camaraderie we strive for - many participants swam with complete strangers and chapters throughout the state and we all came away with new friends. Many of our group received 2012 recognition at the LMSC Awards Banquet - listed on the Florida LMSC web site. Our good friend Nancy Durstein, whom we lost to cancer in December, received the coveted Sue Mocha Overcoming Adversity Award.

Many FACT members swam well at the several Senior Games this spring - the games mentioned are USMS Recognized and therefore times count for USMS. The Good Life Games March 9th, the Sarasota Gulf Coast Games and The Villages were well attended and good times were reported from all. The results are posted on the Dixie Zone web site.

March 23 - 24 was the St Pete Meet where we had 11 relays and multiple high point winners and records. Our combined team placed second to St Pete in the women's and combined score and 4th in the men's. Good Team Effort!! Betty Lorenzi set National Records in all three backstroke events again and in the 1000 and 1650 freestyle. Results are posted on the web site for Dixie Zone.

On to the YMCA Nationals for some of us where we just completed on April 14th four days of great competition. This is a recognized meet by USMS and competitors included Martha Henderson, Joan Campbell, Don Puchalski and Betty Lorenzi from our FACT group. Please excuse me if I left anyone out as we do not swim as our designated USMS team but as a YMCA group. Betty again broke the 500, 1,000 and 1650 USMS records and in her 8 events, all of the YMCA outstanding records!! My 200 fly finish on Saturday was greeted with a CLAP - of thunder that is!!!! - thank goodness I had completed the event!

Looking forward to a good representation in June at the Pan American Masters Games in Sarasota. It will be a great experience for all of us. Rick Walker and the Sarasota team has asked for volunteers - hope everyone will "step up to the plate", as this will be a large undertaking.

To volunteer for Pan Am Games, please contact Rick Walker at:  
[rick@panamericanmasters2013.org](mailto:rick@panamericanmasters2013.org)



## **TAMPA BAY MARATHON SWIM REPORT**

By Carl and Kathy Selles

A sinking boat sunk my chances to complete the Tampa Bay 24 Mile Marathon Swim April 20, 2013

I am listed as Swimmer #8, Boat #8. The race began at 7:02 am, the water is calm, swimmers will head due east for about an hour before turning north up into Tampa Bay. My kayaker is Amanda, in a 6-foot plastic SOT (sit on top) kayak. At 8:11 am, as we approach Marker 4, the water is becoming choppy, wind is estimated at 15 knots; my stroke count is 60/minute. Amanda and I get into a good rhythm as we continue east along Pinellas Point, then we turn north at Marker number 4.

Now that we are in the Bay, away from the protection of land, winds are from the north at 20+ knots, flags are whipping straight out from their poles. Building swells create swimming ecstasy for me, and I am



enjoying the adventure. However, by 9:00 am, the conditions became so rough that nearly all kayakers, including Amanda, had to quit and climb aboard the escort boats.

Kathy will tell me later about a sobering sight they passed at 9:00 am: Boat #3 is ahead of us, listing to the side with the starboard edge in the water. All passengers have been rescued off of the sinking boat. The Coast Guard is arriving to attempt to save the boat and tow it to shore. We will later learn that the bilge pump failed and the boat began to sink.

At 9:15 am, we are passing Waterside at Coquina Key; my stroke count is 56/min. Around 9:40, we see the St Pete skyline to the west; stroke count still at 56/min.

Unfortunately, as conditions worsened through the morning, our escort boat began taking on water; this fishing boat was not built for these conditions. The captain, John, does a superb job of handling his boat, but the swells are huge. Swells of 4-6 feet are breaking over the bow of the escort boat, filling it with water faster than Kathy and Amanda can bail it out, and the bilge pump cannot keep up. The boat is now listing to starboard, and sea water is washing over the stern. John notes that the wells are filling with water and he is very concerned about losing his boat. Amanda was wearing her PFD from kayaking, now Kathy has also put on her PFD, and by 9:15, the two women are bailing constantly. They have drained all excess water from the coolers to lighten the load. John tries gunning the motor and runs a circle around me at higher speed, allowing some of the water to clear, but when we return to the slow speed, the problem returns as the swells wash over the boat. John attempts to call the Coast Guard for a rescue, but the marine radio is dead, damaged by waves/water. Kathy uses her cell phone (kept around her neck in a Dry-Pak) to notify the race director and they flag down a race marshal to notify him that the boat is in danger of sinking. John must get out of these conditions in order to save his boat.



The race marshal wants to pull me from the race, but I urge him to allow me to continue. While the marshal contacts the race director, I am treading water and drifting back south, pushed by wind and waves. After much discussion, the marshal reluctantly contacts a nearby escort, Boat #21, to see if I can swim along with them. Boat #21 is carrying a relay, The Dirty Half Dozen. Kathy gets in the kayak and paddles alongside me, but eventually also transfers to this boat via the kayak. Our escort boat #8 departs at 10:30 with Amanda and heads into shore; thankfully the motor was still running well. I continue to swim alongside Boat #21, and begin to catch up to their relay swimmer, who has progressed and is now ahead of us.

The race marshal returns and informs us that Kathy must be in the kayak alongside me as my escort boat. She complies, and we continue on for about 20 minutes. Conditions are really too rough, and Kathy cannot keep pace in the little 6 foot SOT kayak in these 6 foot swells. Additionally, we were unable to bring along the total volume of my feedings during the transfers, leaving me without adequate nutrition for the remainder of the swim. At 11:15, the race marshal returns and helps us face the reality that we really cannot continue under these

conditions. Regretfully, we load the kayak into the marshal's boat. We are now east of the North Shore Pool and are transported there. John and Amanda will come and pick us up there; they made it safely ashore also. Their calm demeanor was much appreciated throughout this.

I was swimming so well, feeling good and very confident; I will always wonder if I could have completed the rest of the swim in these difficult, rough conditions. Out of 18 solo swimmers and three relay teams that began the race, six solo swimmers and one relay team finished.

### **Official Results <http://www.distance matters.com/>**

10 hours, 7 minutes - **Chelsea Nauta**, 24F, Brandon, FL  
10 hours, 11 minutes - **Brooke Bennett**, 32F, Clearwater, FL  
12 hours, 16 minutes - **Chris Burke**, 51M, St. Petersburg, FL  
12 hours, 33 minutes - **Mark Smitherman**, 55M, Clearwater, FL  
13 hours, 37 minutes - **Sergio Salamone**, 45M, Buenos Aires, Argentina  
14 hours, 37 minutes - **Ann von Spiegelfeld**, 51F, Tampa, FL

10 hours, 2 minutes - **NC State of Mind** Relay Team:

Patrick Woodruff, 29M, Durham, NC  
Kelly Woodruff, 27F, San Diego, CA  
Mary Robbins, 28F, Durham, NC  
Greg Sanchez, 55M, Cary, NC  
Jack Roney, 25M, Fuquay-Varina, NC  
Sarah Sanchez, 15F, Cary, NC

Congratulations to all these amazing swimmers.  
Whether you finished or not, you had the courage to begin!  
This is a 24-mile swim through Tampa Bay.  
...and I think 1,000 meters is "long distance" ☺ -editor

★★★★★



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

This winter SPM lost one of its Old Timers ~ Harold Ferris. A Celebration of Life was held during the weekend of the SPM Short Course Yard Championships. We would like to thank all who attended the meet, the Celebration of Life and took time to express their condolences during the meet.

Harold, a happy and jovial man and in all the years that I have known him I would call him, one of the most 'likeable' people I have ever met. Perhaps this was the doing of the Breakfast Optimist Club – attempting to balance with his cautious Insurance man nature. He was always concerned about not making waves in his interactions with family, friends and fellow swimmers. And if he was upset by someone he rarely let on.

When I first met Harold at Northshore in February of 1985 he was best buddies with Charlie Kohnken and Ray Burns; the three amigos.... or 3 /4 of a relay. These three gentlemen introduced me to Masters

swimming along with Abrasha Brainin, Beverley Tucker, and a few other wonderful people who are no longer with us. They set an example of how to welcome and include new people in the club. A lesson I hope I learned well.

For those of you who wonder (or ever doubted), Harold counted all the medals and ribbons every winter and spring before our two meets and handled the order with Levy Brothers in Tampa. This was the insurance guy in him: Precise, Certain, and a bit Cautious.....

Harold only swam the 50's and 100's and with arm twisting at one time could be convinced to swim the HOUR. He was a "master" of manipulating George Bole's workouts. Apparently Fred Lewis (SPM/SPA coach) caught on to Harold's game pretty quickly, naming his workout group "Fine W(h)ine". Wine for the ladies and 'WHINE' for Harold. It is well known that Harold never liked the cold pool water. He preferred it tepid, the way it was during the summer months in the mid and late 1980's before the pool was upgraded with an aeration system (pre-chillers).

I will miss Harold for the example he set in our community (in and out of the pool) and in his friendships. I have no doubt where ever he may be that he has control of the thermostat at the pool.

A life well lived...Sincerely, Christine Swanson



**In other SPM news...** St. Pete held a successful Short Course meet in late March although the Grand Prix engines racing through downtown could be heard throughout the meet. The first weekend in May, SPM along with St. Pete Aquatics hosted the annual Hurricane Man 1000m and 2.4 mile swims out along St. Pete and Pass-a-Grille Beach. A full house registered for the event and although the water looked a little rough I am told the current was in the favor of the swimmers.

We have a number of swimmers heading north to Indianapolis for Short Course Nationals and even more plan to drive south to Sarasota in early June to compete in the PanAm swimming events.

Happy Swimming everyone!



## **Tampa Metro Masters**

<http://tampametromasters.org/>



At the YMCA National Swim Meet in Ft. Lauderdale, April 11-14, Kelly Spivey (50-54) swam some of her best times in 11 seasons!

Kelly started swimming at 9, swam in High School and in college at Kent State. However, she took a hiatus from Master's swimming because she stopped to raise two sons.



She resumed competing again at 40, swimming now with Tampa Metro Masters.

Kelly said the most memorable swim at Y-Nats was the 500 free. “At the 200 mark, I was ahead of the pack and wondered ‘did I take this out too fast?’ I felt strong, but I just kept going for it and figured ‘if I die, I die, but I’m going for it!’ Having the bell rung over my lane was the most exciting! It was my best time in 11 seasons by at least 12 seconds!”

Kelly also had personal best times in the 400 IM, 50 Fly, and 100 Fly. The 50 and 100 were both her best time in 10 years! She said, “The 100 fly could have gone better if I had not swallowed a couple big gulps of water.”

In the backstroke events, Kelly swam 50, 100, and 200 backstroke; all with her best times in 3-4 years. Kelly said “I had to look back about 4 years to find times that were as fast as this meet. For most Master’s swimmers, it seems that status quo is something to be proud about...but personal bests are exciting.”

When asked “Why, what did you do differently?” Kelly said, “Since I started working for FreeMotion® last year, I embraced their training techniques. I’ve followed many of their functional training programs, incorporating the cable-based strength machines and the Rip60 suspension training. On their website, [www.FreeMotionFit.com](http://www.FreeMotionFit.com), there are a variety of dry-land exercise routines for the whole body. (Disclaimer...my educational background is in Exercise Science so I am always tweaking my training program. This year, it just so happened I incorporated a product that I represent. To be honest, the results were better than anticipated).

On the wet side of things...I will say that even though my swimming yardage didn’t change, our TMM Coach, Bruce Young, has us doing a lot more “wall work”, focusing on the underwater push-offs. For instance: swim sets with the goal of a staying under water after the flip, until reaching the third line (10 yards or so). We also do “zoomers”, which are 25s of underwater dolphin/flutter. It all helps to make us better, faster, stronger swimmers.”



## **Vacation Workouts**

Bob Jennings  
VAST president  
USMS coaching committee



Just because you are on your family vacation doesn’t mean you have to give up your swim workouts. Of course you can always contact local USMS club in the city you are visiting, but sometimes their practice times don’t fit your family’s schedule.

Sometimes you just have to think outside the box to get your workout in. If you are at the ocean or on a lake, it shouldn’t be too difficult to get in an early morning swim while everyone is still asleep. Staying at a resort or hotel with a pool can be a little more difficult with their smaller and odd shaped pools. When we visit Disney World, the hotel we usually stay in has several small rectangular pools and a larger irregular shaped kiddie’s pool.



I like to get up early and swim in the larger pool. Initially the shape was a problem because without lines I was all over the place. Until I placed a couple small stones in several caps and placed them in a straight line on the bottom of the pool, problem solved! I could do any type of workout except backstroke.

Swimming in the smaller pool creates a different set of problems. First I never push off from the wall. It is a great time to work on the different drills your coach has been working with you on and do kicking sets without fins. There is always room for breaststroke and butterfly turns. Practice getting off the wall as quickly and efficiently as possible with a tight streamline. A long distance swim with constant turns gets quite boring but sometimes is still better than nothing.

Spending time with your kids in the pool and sharing your swimming knowledge with them is beneficial in so many ways. Just remember to be positive and talk to your children/grand children the way you like your coach to talk to you. It helps them improve while reinforcing in your own mind the skills you have been working on. Sharing your love for the sport and quality time together is invaluable.



## MAJOR RULE CHANGES FOR 2013

John King

### Starts:

- Swimmers starting in the water must have at least one foot on the wall and one hand in contact with the wall or starting block. (Articles 101.1.1 and 103.8.5)

### Swimwear for Pool Competition:

- Medical identification items may be worn in competition. (Articles 102.12.1E and 102.13.9)
- Snorkels and neoprene caps are prohibited. (Articles 102.12.1E and 102.13.9)

### Timing:

- If the secondary timing system is a fully integrated video system, a tertiary system of one stopwatch per lane is not required. (Article 103.17.2C)
- When overhead video cameras replace timers, other meet personnel shall perform other duties normally performed by timers. (Articles 103.11.2A&D, 103.11.3B, and 104.5.10C)
- If there is a touchpad malfunction and fully integrated, stationary overhead cameras are operating properly as the secondary system, then the video camera time shall be the official time without adjustment. (Article 103.17.3D)

### Scoring:

- For non-standard meets the LMSC and/or meet host may establish the scoring point values to suit the format of the meet. (Article 103.19.3)

### National Championship Meets:

- All bids for a national championship meet shall be submitted to the chair of the Championship Committee no later than July 1 (or the next business day if July 1 falls on a Sunday or holiday). (Article 104.3.4)
- The Championship Committee may limit participation in the 800/1000 or the 1500/1650 freestyle to only those who meet the national qualifying time for that event. (Article 104.5.3C[2])
- A swimmer shall notify the meet host of a valid club transfer prior to the first event in which that swimmer competes. (Article 104.5.4A[3])
- National championship meet information shall be published according to Championship Committee

policy. Entry forms and additional information shall be published on the USMS website. (Article 104.5.4B2)

- Eliminated the option of swimming two-to-a-lane in freestyle events over 200 meters.

#### Pool Measurement:

- Record applications and Top 10 submissions shall not be accepted unless certification of course length accompanies them or is on file with USMS or FINA. USA Swimming verification of pool length certification will be accepted if it meets the USMS requirements for pool measurement. (Article 105.1.6A&B)
- Structural changes to a pool include resurfacing. (Article 105.1.6C)
  - If a bulkhead is used and the initial pool length certification for all lanes is on file, the measurement rules and policies of FINA shall be the standard for events sanctioned by a FINA Masters member federation other than USMS. (Article 105.1.7D)
  - If a bulkhead is used and the initial pool length certification for all lanes is on file, the measurement rules and policies of USA Swimming shall be the standard for Top 10 eligibility for events sanctioned by USA-S. The measurement rules and policies of USMS shall apply for dual sanctioned events. (Article 105.1.7E)

#### All-American and All-Star:

- All-Star criteria were added to the rule. (Article 105.4)

#### Facility Standards:

- Water temperature from 25 to 28 degrees Celsius (77 to 82 degrees Fahrenheit) shall be maintained for competition. [M\*, NC] (Article 107.6)
- The rule requiring a line marking the midpoint of a long course pool has been deleted.



## Upcoming 2013 Pool Meets

**June 5-12 / LCM: Pan Am Championships.** Sarasota FL. [Information & entry](#) | [Order of Events](#) | [Map](#). This meet also serves as the 2013 **Dixie Zone LCM Championships**.

**June 8 / LCM:** Eastern North Carolina Long Course Splash. Goldsboro NC

**June 16 / SCY:** Florida Police & Fire Games. Pembroke Pines FL. [Information and link to entry](#). Open to registered USMS members after phone call; number on information page. *Entry deadline: received by Friday, June 7. **This event will be USMS recognized***

**June 22-23 / LCM:** Southern Masters LCM Championships. New Orleans LA

**June 29-30 / LCM:** Powerade State Games of North Carolina. Charlotte NC. [Information & entry](#). *Entry deadline: received by Wednesday, June 19. **This event is USMS recognized***

**July 13 / LCM:** Marlins Summer LC Meet. Ocala FL. [Information & entry](#). *Entry deadline: postmarked by Saturday, July 6; late entries accepted to July 9 with extra fee*

**July 13-14 / LCM:** St. Pete Masters Long Course Championships. St. Petersburg FL. [Information](#) (link to preferred online entry on information page) | [Paper entry](#) | [Map](#). *Entry deadline: online entry closes Friday, July 5; paper entries postmarked by Friday, July 5; late paper entries accepted to Tuesday, July 9, with additional fee*

**July 20-21 / LCM:** June Krauser Summer Splash. Ft. Lauderdale FL

**Aug. 3-4 / LCM:** Dog Days of Summer Meet. Clearwater FL. [Information](#) (link to online entry on information page) | [Map](#) | [Paper entry](#). *Entry deadlines: online entry will close Tuesday, July 30; paper entries received by Friday, July 26*

**Aug. 7-11 / LCM:** **USMS Long Course Championships**. Mission Viejo CA. [Online entry](#).

**Aug. 17-18 / LCM:** South Carolina LMSC Long Course Championships/Greenville Splash Invitational. Duncan SC

**Sept. 11-15 (not a meet):** USMS Convention & Dixie Zone meeting. Anaheim CA

**Sept. 21 / SCY:** Marlins Fall SC Meet. Ocala FL. [Information & entry](#). *Entry deadline: postmarked by Saturday, September 14; late entries accepted to September 17 with additional fee*

**Oct. 11-13 / SCM:** **Dixie Zone SCM Championships** / Rowdy Gaines Classic. Orlando FL. [Information & entry](#) | [Map](#). *Entry deadline: received by Friday, October 4*

## **Upcoming 2013 Open Water Swims**

**June 13: Pan Am 1K & 3K Championship.** Sarasota (Siesta Key) FL. [Information & entry](#) (link to online entry on information page). *Sanctioned: PENDING*

**Aug. 24: Dixie Zone Open Water Championships** (2-mi). Lake Lure NC. [Information & entry](#). *Entry deadline: online entry closes Thursday, August 22. Sanctioned: YES*

**Sept. 21:** 1st Annual Alligator Lighthouse Swim (8-miles). Islamorada FL

**Oct. 5:** Tropical Splash (1K, 3K, 5K). Sarasota FL

## **2013 USMS Open Water/Long Distance Championships: [information](#)**

**Apr. 27:** USMS 5K Championship. Miromar Lakes FL

**May 19:** USMS 10K Championship. Las Vegas NV

**June 9:** USMS 1-mile Championship. Livermore CA

**July 6:** USMS 10-mile Championship. Newport VT

**Aug. 4:** USMS 2.4-mile Championship. Mission Viejo CA

**Aug. 10 or 17:** USMS 2-mile Cable Championship. Lake Placid NY

**Watch for more swims, more information, and results at:**  
**[www.dixiezone.org](http://www.dixiezone.org)**



## **21<sup>st</sup> Century Swimming Lessons**

21st Century Swimming Lessons, an LMSC team, is a different kind of team. Rather than running workouts and going to meets, it brings adults into swimming who have not been able to "get in" before. Why would adults not be able to get into swimming? Because swimming lessons were too advanced for them. Yes, beginning swimming was too hard, too scary, too fast.

However, since 1983, 21st Century Swimming Lessons, known as Miracle Swimming Institute when it was a for-profit business, has taught adults who are afraid in water to swim. In 2010 it became a 501c3 non-profit charitable organization in Sarasota. Its courses are 24 hours long over 5 days or two weekends. Each course is 8 meetings of 3 hours each: one hour on land followed by 2 hours in a warm water pool. The Beginning course starts from scratch, showing students how the water works. People who are afraid in deep water would not be afraid if they knew how the water and their bodies work together. They also need to know how to prevent panic, which is the kingpin of 21st's system which sets it apart. The classes teach people how to be in control and confident. It usually takes 2 courses (48 hours, 2 weeks) before students are completely free in deep water. Then, no longer worried about their survival, they can learn strokes.

USMS gave 21st Century Swimming Lessons a grant of \$3400 for two scholarships for interested swimming instructors to learn how to teach Miracle Swimming so that more adults can learn to swim.

Any instructors who are committed to bringing more adults into swimming and who would run a beginning adult program in their locale for at least the summer months each year are encouraged to apply for one of these scholarships. For information contact Melon Dash, [melon@conquerfear.com](mailto:melon@conquerfear.com) or call 941-921-6420. [www.conquerfear.com](http://www.conquerfear.com)

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### **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://floridalmisc.org>) and in the mail in November, so I'll need your articles by **October 15, 2013!**

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**Have a Wonderful,  
Safe Swimming Summer!  
from your FL LMSC Board**