



*Please note our FL LMSC Newsletter is now electronic only.  
If you know of a swimmer who does not have access to a computer and they would like to have the newsletter, please make them a copy.*



### **Keeping Focus**

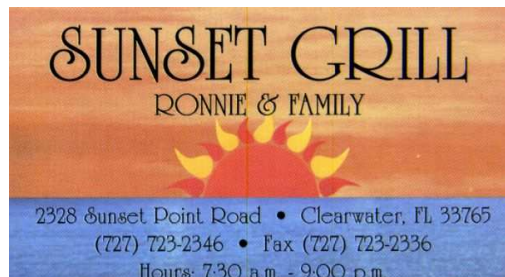
**Scott Bay  
FL LMSC Chair  
Blu Frog Coach**

While at a swim meet recently, I marveled at how much fun the 300 or so of us were having and later on that same day, I was in the LMSC annual meeting and it hit me like a ton of bricks right after our registrars report... The vast majority of our LMSC members don't compete. Don't get me wrong we have great events run by amazing hosts and meet directors but for most of our folks in the LMSC, we do this to promote a healthy lifestyle and get exercise in a non contact sport/activity.

So the challenge is this... How do we continue to provide our awesome competitive pool and open water events while better serving our fitness swimmers? I believe that we have the talent and resources here in our LMSC to make the USMS experience just as great for those who will never get up on a starting block or toe the line for an open water event as those who do. We have a great Fitness Chair in Sue Moucha who has been involved in keeping this issue in the forefront for many years and she is always open to ideas. If you have something you think we could do please drop Sue or me a note and let us know!

Happy laps to all.

Scott



### **2014 Florida LMSC 13<sup>th</sup> Annual Social & Awards Banquet**

**Saturday February 15, 2014  
Clearwater, FL**

❖ ALL are welcome. Please bring family and friends. Dress is casual.

- ❖ COST: \$10 per adult; \$5 per child (12 and under). (*Subsidized by the Florida LMSC*)
- ❖ TIME: Please join us around 5:00 pm.
- ❖ WHERE: Banquet Room @ Sunset Grill- 2328 Sunset Point Rd, Clearwater, FL
- ❖ MENU: Choice of seven entrees:

1. Jumbo Stuffed Ravioli Florentine (Vegetarian)
2. Chicken Breast Parmesan with Spaghetti;
3. Baked Stuffed flounder;
4. Top Sirloin Steak;
5. Fried Shrimp
6. Lamb Shanks\*
7. Grilled Chicken Greek Salad.

All served with soup or salad except Grilled Chicken Greek Salad. Flounder, Shrimp, Lamb Shanks and Top Sirloin are also served with choice of baked potato, baked sweet potato, vegetable or rice. Choice of soft drinks and assorted desserts. Full Cash Bar available.

*\*Please indicate on your check if you want the Lamb so that enough will be available.*

- ❖ CHILDREN'S MENU: Spaghetti, Fried Shrimp; Fried Fish; Hamburger; Pork Chop; Hot Dog, Mac & Cheese, Grilled Cheese or Chicken Tenders.
- ❖ **RESERVATIONS are required. Deadline is February 11th.** A few tickets may be sold at the door for \$15 each, but to be sure of food availability please email or call in any last minute reservation requests. *Remember that a reservation is a commitment. We can only accept up to 100 persons.*

Please make checks payable to Florida LMSC and mail to Marianne Bradley; 869 Manning Rd; Palm Harbor, FL 34683.

For questions, please call or email Marianne: (727-784-0420); [bradleym@tampabay.rr.com](mailto:bradleym@tampabay.rr.com))

## **Recognizing the Best in 2013**

### **Submission Criteria for Awards**

The Florida LMSC annually honors those swimmers who have excelled both in and out of the water at its Spring Awards Banquet. The first three awards below require action on the part of our swimmers to nominate someone for these awards no later than December 31, 2013.

The Leather Lung is an individual accomplishment by a swimmer.

### **Sue Moucha Overcoming Adversity Award**

- ❖ Recognizes a FL LMSC masters swimmer who has overcome adversity and provides inspiration to others while pursuing swimming.

*Please send a one page letter of recommendation by December 31 by the nominator AND a one page description by the nominee on how Masters swimming has had a positive effect on*

*his/her life, whether in training, competition and/or fitness activities to:  
Sue Moucha. 109 East Sadie Street, Brandon, FL 33510 OR to [jbmoucha@aol.com](mailto:jbmoucha@aol.com)*

### **Florida LMSC Coaches Award**

- ❖ Honors coaches who have exhibited outstanding devotion to Masters coaching in the Florida LMSC.
- ❖ Suggestions of information to include in your nomination letter are:
  - 1. Number of years as a coach.
  - 2. Number of years in current coaching position.
  - 3. Type of workouts.
  - 4. Motivational skills.
  - 5. Interaction with swimmers.
  - 6. Growth or retention of team members.
  - 7. Social activities in and out of the pool.
  - 8. Meet participation encouragement.
  - 9. Dryland training etc.
  - 10. Writes articles for club newsletters.
  - 11. Tracks swimmers improvements.
  - 12 LMSC or USMS involvement.
  - 13. Participates in running swim meets, postal, open water, fun events.
  - 14. Keeps up with latest swimming techniques etc.
  - 15. Works on stroke improvement - gives clinics or one-on-one instruction with swimmers.

### **Florida LMSC Service Award for Club Volunteers**

- ❖ Honors members of individual clubs (SPM, FACT, SYSM, FMM, etc.), for outstanding service, past and present, to their club in the promotion of Masters Swimming. One person from each Club can be nominated each year.

*Send above two award nominations by December 31 to the Florida LMSC Awards Chair,  
Marianne Bradley, at [bradley@tampabay.rr.com](mailto:bradley@tampabay.rr.com)  
OR to Marianne at:  
869 Manning Rd., Palm Harbor FL 34683.*

### **Leather Lung Award**

- ❖ Meant to encourage swimmers to participate in meets and events, regardless of their speed or ranking, this award recognizes them for their personal accomplishments. The award promotes versatility and fitness for swimmers and provides additional motivation to participate in events. A swimmer may receive more than one Leather Lungs award per year.
- ❖ *Criteria:*
  - *The swimmer must be a registered Florida LMSC swimmer,*

- *Must swim all events in USMS-sanctioned or USMS-recognized events,*
- *Must complete ALL 18 events in SCY or SCM,*
- *Must complete ALL 17 events in LCM, and/or*
- *Complete ALL five USMS postal championships during a single calendar year.*
- *Note: The only splits permitted are leadoff swims on relays.*

Swimmers, please notify the Florida LMSC Records & Top Ten chair by December 31 of the calendar year if you believe you have qualified so your events may be verified.

## THE FOLLOWING AWARDS ARE BASED ON A SWIMMERS PERFORMANCE DURING THE YEAR

### **Most Valuable/Outstanding Swimmers in Pool**

#### ❖ *Criteria*

- *Ranked on a combination of individual world records set in LC, and SCM events (20 pts each),*
  - *Individual USMS records set in SCY, LC, and SCM events (10 pts each), and*
  - *Individual USMS Top Ten rankings in SCY, LC, and SCM events (10 pts for each 1st, 9 pts for each 2nd, down to 1 pt for each 10th).*
- ❖ *If ties exist, Florida LMSC Top 5 rankings in SCY, LC, and SCM will be used (5 pts for each 1st, 4 pts for each 2nd, down to 1 pt for each 5th).*
- ❖ *For each gender, the swimmer with the highest total is named the Swimmer of the Year, the next four highest are named Outstanding Swimmers, and the next five swimmers are named to Florida's Top Ten.*
- ❖ *There is no limit to the number of times an individual may win an award, but an individual may not be named Swimmer of the Year in consecutive years.*

### **Most Valuable/Outstanding Swimmers in Distance/Open Water**

#### ❖ *Criteria*

- *National Championships (10 pts for each 1st, 9 pts for each 2nd, down to 1 pt for each 10th),*
  - *Individual LMSC records set (5 pts each), and*
  - *The overall number of individual top ten finishes in national championship events (3 pts each).*
- ❖ *For each gender, the swimmer with the highest total is named the Swimmer of the Year, the next four highest are named Outstanding Swimmers, and the next five swimmers are named to Florida's Top Ten.*
- ❖ *There is no limit to the number of times an individual may win an award, but an individual may not be named Swimmer of the Year in consecutive years.*





## 2013 Convention Report Meegan Wilson

The 2013 Swim Convention was held in September in Anaheim, CA. The Florida LMSC had several delegates attend.

1. **The Goal of the USMS History & Archives Committee** is to preserve USMS history. The committee made a lot of progress this year. One project for 2014 that we are working on is to digitize Top Ten relay data prior to 1998 for posting on the USMS website. We are also requesting help from our members for the following:

- We need help in identifying a list of swimmers in the 1970 – 1992 USMS Top Ten Times who are missing permanent IDs, birth dates, and/or full names in the USMS database. This list has been posted on the USMS website: [http://www.usms.org/hist/tt\\_swimmers\\_no\\_id.pdf](http://www.usms.org/hist/tt_swimmers_no_id.pdf). We have had a great response from USMS members so far and have made a lot of progress. The list will be updated as we continue to identify more swimmers.

- The History and Archives Committee is looking for early LMSC or Club registration files. These files will help with our identification of unknown swimmers.

- Pre 1998 Open Water and Postal Championship results continue to be located, scanned and prepared for posting on the web site. An updated list of missing results will be posted on the website and in *Streamlines*. Hopefully, some USMS members still have copies of these results.

- We are also asking members, clubs, and LMSCs to document their own history, i.e., when they were formed, who the founding members were, how their membership has increased over the years, etc. Each LMSC and Club should have their own Historian. The History and Archives Committee is interested in compiling this information since it has had a direct impact on USMS development.

- The History and Archives Committee welcomes stories on individual swimmers. Each USMS member has a web page on the USMS site. (To find yours, put your name in the search engine on the USMS homepage.) Most member pages however, do not have a story about the swimmer. For those members who enjoy writing, please write a story on one of your teammates or on yourself and send it to me with a photo if you have one. Include the photographer, if known and photographer permission. Make sure that the author of the story is noted, permission to post and the date that the story was written.

- Please contact the History and Archives Committee before discarding USMS historical documents in case they are needed.

2. **The International Masters Swimming Hall of Fame** inducted Edward Cazalet as an Honor Swimmer <http://www.ishof.org/Honorees/2013/edward-cazalet.htm> and Ted Haartz as an Honor Contributor <http://www.ishof.org/Honorees/2013/ted-haartz.htm> this year. It was a very nice program.

3. **Major new Rule Changes** ([https://www.usms.org/rules/20130915\\_unat\\_fina\\_changes.pdf](https://www.usms.org/rules/20130915_unat_fina_changes.pdf))

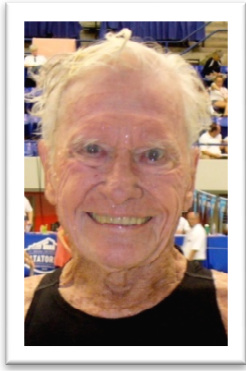
- **All swimmers in a meet must belong to a club.** If there is even one unattached swimmer competing at a short course or long course meters meet, NONE of the times from that meet will count for FINA Top 10 and World Records.

- **All unattached swimmers shall be a member of “Club Unattached”** in each LMSC in order to comply with this rule. “Club Unattached” swimmers cannot form relays or compile points in competitions.

- **Breaststroke/Butterfly:** The body must be on the breast when touching and leaving the wall. The hands must be separated (cannot overlap) as they touch the wall simultaneously. In Breaststroke, it is now allowed to take an arm stroke at the turn and finish without following it with a kick.

- **Power bands and adhesive substances** are not allowed in competition.





## Ask the Swim Doctor

Dr. Paul Huting

**Question:** After my workouts, I usually think that I have really worked hard. Besides my opinion, how can I really know that I have put in my best effort?

**Answer:** Blood lactates are used by some swim coaches to determine if swimmers are working at their maximum effort. A lactate level of 12 indicates the body is working at a maximum level.

In the early 1990's, I was doing a research project to measure lactate levels with several of my students at the Western Illinois University pool. My wife Margie was my assistant. They wore a belt which was attached to a tethered swimming machine which allowed me to adjust the resistance. They swam across the pool with that weight as resistance. They would swim for 30 sec and rest for 30 sec and did sets of 10 to 20 swims. I drew blood from them before they started their swim test and immediately afterwards. I then sent the blood vials to the lab where the lactate tests were done.

One day, my subject didn't show up, so I took his place, in spite of not feeling very good due to a flare up of my RA (rheumatoid arthritis). My results led me to serendipity.

My starting lactate level should have been 1.0 to 1.4 for normal, but it was at 4.0. After my swim test, same as for my students, it came up to an 8.0, which was normal. However, the resting test after ten minutes should have returned to my RA of 4.0 test. I was surprised that it was 1.5, showing my lactate of 4.0 at the beginning of the test was now normal, and I felt normal.

This gave me laboratory proof that my swim work out would help to normalize my RA, without medication. At that time my dose was 10 mg of prednisone.

Most of you probably don't have access to a lactate machine. I would suggest you check your heart rate. Your max heart rate is 220 minus your age. Your lactate or anaerobic threshold is 85% of your max heart rate. You could do a set of 5 x 10 (or how many you can handle) x 100's with 30 sec rest after each 100. By checking your heart rate during several workouts, you would have a good idea of how hard you are working by knowing your lactate threshold. As always, check with your doctor before engaging in any strenuous exercise.

Through the years I have known that my swim training helped to relieve my RA pains. This was the proof I needed that showed me why. Unless you have a physical injury, go to the pool and swim. I have discovered that on the days I feel my worst are the days I need a good swim workout. If you have had any similar experiences of going to the pool when you really didn't feel like it and gaining uplifting feelings afterwards, I would appreciate hearing from you.

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



## **FITNESS CORNER**

### **Sue Moucha**

When reading thru “4You” sections of the Tampa Tribune I came across some interesting tidbits relating to fitness:



1. Did you know your body goes into atrophy mode much quicker than most of us realize? Within only a few minutes the body metabolism slows down. The goal is to make every muscle fiber in your body move. So how do we accomplish that? Answer, make your body adapt more to movement than to sitting. You did your early morning swim workout, however as the day goes on you sit motionless. Solution, you do not have to go overboard. Get up and move for 5 minutes an hour, whether it be walking, swinging your arms, or lifting your knees. Just do something.

2. Water offers 12 times as much Resistance as air.

When reading thru the USMS SWIMMER September/October 2013 issue there was an interesting article, “The Case For Fitness.” Some points:

a. Two-thirds of USMS members do not compete in meets or open water events. Fitness swimmers spend their time in the water swimming for the love of the sport, and for their mental and physical well being.

b. There are the physiological and meditative benefits. Being able to see the sun rise or a sunset can do wonders for an individual.

3. The challenge of undertaking something new. Setting a goal and working at it until you master it. For example, an individual swimmer might want to learn how to swim the 100 fly efficiently. Competing in the same event does not hold their interest at all.

4. Fitness swimming provides structure. One looks forward to going to a workout. Doing the workout is very important, it is like a state of being. Fitness swimming is their daily exercise.

As for myself, I compete in swim meets/open water because I love to “go after it” and always to get the best out of me. However, there is also a fitness side to my swimming. Having a physical disability, swimming allows me to maintain being able to physically function in a healthy manner. I know would be lost, both figuratively and literally, without my daily swimming!

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.





## **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 May through September 2013:

Albert, Ann; Bello, Ricardo; Bodiford, Jack; Brooks, Lisa; Brooks, Peter;  
Dixon, Thomas; Dowling, Michael; Flick, Michael; Gallagher, Jim; Hawley, Serena; Jasper, Stephen;  
Johnson, Kenny; Lent, Mary; Laurienzo, Sally;  
Neace, Jeff; Norton, Neal; Roberts, Curtis; Savickas, Carl; Shepardson, Michael;  
Smith, Sheila; Stoma, Robert; Thompson, Robert; Uiterwyk, Henk;  
Wroblewski, Paul; Williams, Don; Watkins, Joan; Weiss, Alexandra; Wolfe, Richard

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.



### **Registrar Report**

As of Thursday, October 19, 2013, we have 2145 members registered. That represents about a 6% increase over 2012's final October figure of 2016.

46% are female, 53% are male.

We had a total of 59 clubs registered for 2013; 54 in 2012. Our newest Clubs this year were:

CFMS - Central Florida Masters Swimming, Clermont

MLMS - Midlife Multisports, Venice

NOLE - Club Seminole, Tallahassee

PSAM - Planet Swim Aquatic Masters, Ponte Vedra

SRQM - Sarasota Tsunami Masters, Sarasota

SUNC - Sun Country Masters, Gainesville

UCFM - University of Central Florida Masters, Orlando

Our 10 largest Clubs in 2013: SYSM, 296 swimmers. SPM, 256. UNAT, 253. FACT, 162. BLU, 108. 21<sup>st</sup> Century, 95. T2NM, 81. FMM, 61. GSC, 57. NFMS, 52.

We had 10 active Workout Groups of FACT: CATF, FITF, HLJF, SUNF, SWIF, SPCF, TBAF, VASF, UNAF. Our largest Workout Groups: VASF, 56 swimmers; CATF, 28; UNAF, 18; HLJF, 12.

Club registration for 2014 took place during the month of October. Reminder links were sent out to those Clubs which did not register by October 31.

## NEW FOR 2014:

- The biggest change for 2014 registration is that USMS is going to an in-house registration system and no longer using the Club Assistant software. We have been using Club Assistant for the past five years as it has served us well, but a USMS business decision was made to bring registration in-house so that it could be better integrated with the rest of the USMS database.
- NEW Clubs will be able to register online. The link to Club online registration is on the FL LMSC website (<http://www.floridalmc.org/>). The fee to register a Club is \$40.
- Workout Groups that wish to be listed in the online registration system **MUST REGISTER AND PAY A FEE**. This fee will be \$25. Swimmers will be able to choose that workout group when they register. If a Workout Group does **NOT** wish to be listed, they **DO NOT HAVE TO PAY** and their members will just select the parent club **FACT** when they register.

2014 swimmer registration began on November 1. Clubs must be registered in order for swimmers to register for a particular Club. Also, a parent Club must register (FACT) before any Workout Group can register with a parent Club.

I look forward to working with our Board, the FL LMSC, USMS, our Club Reps and Swimmers in 2014.

Thank you all for the opportunity to be your FL LMSC Registrar. -Meredith



**NEWS FROM  
FACT**  
Joannie Campbell



The 3,000 - 6,000 yard Postal Swim (25 yd or 25m pool) is currently active: 9/15 - 11/15. Give it a try!

Open water events over the past months have included the 5K National Open Water Championships Meet at Miramar Lakes, where two of our team participated. Jim Alabiso placed 6th in the 55-59 Division and Michelle Crook 7th in the 45-49 age group.



In the 1K OW Hurricane Meet we had several top finishers. Patricia Hoffman (63) was the lone gold medal winner; Keith Roberts (53) took third; Andy Rogers (53) and Tom Rawlings(45) were 4th place finishers; Jim Alabiso and Mike McCarthy placed 9th and 10th in the 55-59 division. Cynthia Tiffany (39) swam the 2.4 Mile race and placed 12th. The Pan American Games OW took place at the end of the swimming events and several of our members swam the 3K. Bob Jennings (60) and Roxanne Olmstead both placed 3rd Michelle Crook took a 17th in her 45-49 age group. In the 1K event, Jeanne Hackett (70) took the gold in her age group; Lin Butter-Sturman (64) placed 8th, and William Demambro took a 4th.

The Nationals in Indianapolis early in May had only three FACT competitors - too cold, too far and too expensive?! Adam Berko, John Goltz and Isaac Silver held up our end. Isaac placed 6th in the 50 breast; Jason was 2nd in his 50 fly; Adam swam fast in the 50 free, 50 breast and 50 fly! Told me they really had fun - good meet and always fast!

The National Senior Games in Cleveland were held July 19 - August 1st. I miss the old way we did things - all the age groups were together and we had an opportunity to be with those friends we had developed relationships with over the years. I see now where there are three different age groups on different days!! FACT participants are USMS recognized in this meet also - I know Rae Suttie, Joyce Hutchinson, Joe and Mary Rose Rowan, Jeanne Hackett and Susan Newland will be there from the Villages. We can add Marty Schenk, Andy Miller and Kathy Tittle. Susan Newland, Jeannie Hackett, Joyce, Marty, Rae and Martha all medaled.

The Gold Medal Meet of the year was the Pan American Masters Championships held in Sarasota from June 5th through 13th! The Games were fantastic and deserved 5 gold stars for the way they were run. Our team had 56 competitors - third largest team at the games - and we fielded 32 relays. Since International Meets do not have team scores, we have to assume we placed at least 3rd. With the number of relays I imagine it was certainly close. Our women's team captured 16 GOLD; the men 7 GOLD; and our relays 5 more of the precious yellow metal. Medals were awarded through tenth place individually and through 3rd in the relays. Three of our relays were within a couple of seconds of medaling - that close proximity can be frustrating!! Chapters from SARF, VAST, SPCF, CATF, HLJF, TBAF, UNAF and SUNF were all well represented. All results are available on the Dixie Zone website ([www.dixiezone.org](http://www.dixiezone.org)). Also, it was nice to be recognized by the Meet Director and thanked for our participation and support of the Pan American Masters first competition in the United States.

Some of the team made a trip to Torino, Italy for the August 4 - 10th World Masters Games. Joyce Hutchinson, Rae Suttie, Marilyn McKenney, Lin Butter, Heather Farnell, Karen Casey and Jennie Cleary from VAST participated - sounds like they had a great time and such FUN with others from foreign countries.



St Pete Masters Annual Long Course meet in July was well attended and we managed to survive the storms when we were herded into the locker rooms for a couple of hours. Suggestion: Have someone to give us a massage in the locker rooms next time we experience this. They did this in Ft Lauderdale during Y Nationals and it was a REAL success - for the masseur and for the swimmer!

Dog Days meet at the Long Center in August was a small meet but great fun and well run - we especially like the climate at this time of year and the fact that thunder and lightning are never a problem. Let's give them more support next year - July 26-27!

USMS Long Course Nationals at Mission Viejo were too far for most of us to travel; I especially wasn't able to make two trips to California in a month and the Annual USMS Convention was in Anaheim September 11-15. However, John Cornell was our lone representative and the recipient of three silver and two bronze finishes!! Congratulations John!

Convention in Anaheim in September was busy. All reports of what was done are on the USMS web site and our Florida LMSC representatives also give their reports at the Annual Meeting at the Rowdy Gaines Meet. Be sure to keep up to date on any new items.

Tropical Splash had many FACT members doing very well. See results on the Dixie Zone web site. Aside from a few jellyfish, sea lice and barnacle confrontations, the weather held up nicely.

Our FACT team did very well at Dixie Zones at the Rowdy Gaines Classic in Orlando last week end. Martha Henderson, Jeanne Hackett and Joan Campbell took age group High Point. We totally missed the men on Sunday but the women hung in there and garnered mucho points for the team. We welcomed our 200 relay and a great race for third place in the 200 scm free relay! It was a barnburner! The women's team placed fourth; men 9th and combined team fifth - we needed you men!!!

The Valentine Meet February 15-16 will be the big one for SCY this spring. Remember this is not a Zone Champs so the individual work-out groups or Chapters will vie for team awards. Also our workout group at Florida Tech Institute will be hosting their first meet in December - give them some support. Sounds like they have some fun events planned.





## FL LMSC Loses a Swimming Hero

Flo Carr passed away earlier this year. USMS has a really nice article on their website about Flo:

(<http://www.usms.org/photo.php?p=67>).

I will always remember her with love and admiration.

-editor



Following are some personal recollections of Flo.

Flo was one of my first friends in USMS when we were both swimming with Gold Coast Masters and I consider her one of my important teachers and motivators.

I had very little experience as a swimming competitor and she took me under her wing, inviting me to swim on her relay teams.

I first made Top Ten on the Mission Bay Masters mixed 200+ free relay that ranked number two in the 1990 SCM Top Ten and Flo as our anchor swimmer was the reason we did so well.

She was then 65 years old and I was 51 doing my best to keep up with her.

Since then swimming and competition have become very important to me and I'm very grateful to Flo for her inspiration. – Carl House

I remember Flo as a kind but fierce competitor. She always gave it all in both her racing and her training sessions (was never a lazy swimmer). If anything you had to try to hold her back a little sometimes!! I turned 60 last December! Thank goodness for Masters swimming as it will always (since I was 25) keep me inspired!! - Judy Bonning (Carl House's godmother in swimming)

Flo was a mentor to me because I would get so nervous before a swim meet. I would just go sit beside her and she would exude calm all over me. We swam in quite a few heats together and she beat me until....she definitely noticed when I finally beat her in a 100 IM. She was my hero and always will be! – Sheila Carpenter-van Dijk

My first time swimming in Florida I entered the 200 IM at the Long Center back in the early 90's. Flo said she was nervous because she had never met this "Connecticut speed demon" as she called me. She took off and kept looking for me, thinking I was way ahead of her!! She'd left me in her wake on the first 25!! – my seed time was way faster than I had intended – apparently they didn't read my writing properly. – Joannie Campbell





## Sarasota Tsunami Swim Team

<http://www.sarasotawimacademy.org/Home.jsp?team=flssa>

The **Sarasota Tsunami Masters** at Arlington Park Pool is a product of the original Sarasota Masters program that has existed at this site since its opening more than 25 years ago. In only one year, Coach Ira Klein combined the youth and adult programs working to provide a stable and growing aquatic program at the Arlington site. With a focus on health, better mechanics, fun for everyone and openness towards the new individuals in our sport as well as the veteran swimmer. To this end the Tsunami program has been selected to receive a grant from USMS to provide two programs to help develop future swimmers.

The first program is designed to help develop better skills in adults who have the rudiments of swimming but need work to solidify their stroke mechanics. The second program will be an introduction for adults into using swimming as their form of exercise and understanding the nuances of swim training in a group. Both are hopeful to increase the number of individuals using swimming as their daily form of exercise.

Jodi Schwartz, SRQ Tsunami Masters swimmer and former competitive age group swimmer has joined the coaching staff for the Tsunami Youth program! She will be working at both main sites, Arlington Park in Sarasota and GT Bray in Bradenton. Her background from swimming in several of the country's premier programs, Germantown Academy and Bolles School, will be a big plus and boost to the coaching staff. Her desire at this point in her life seems to be to take a focus on coaching.

Congratulations to Amy McCormack (55-59) who took first place in the 50 and 100 back and 100 IM at the Central Florida Marlins SCY Fall Splash in September! Way to go!

Congrats also to Deb Walker who finished third overall in the 2.5K open water Tropical Splash which also placed her first in the 60-64 age group.



## St. Pete Masters

<http://stpetemasters.org/>

News from the Outside Lane  
Christine Truhol Swanson

In late April six of our swimmers flew to Indy to swim in SC Nationals. Bob Beach, Steve Freeman, Bill Specht, Dawn Clark, Cheryl Kupan and Paula Texel all enjoyed great success during the meet. Bringing home an assortment of medals and Bob and Bill each managed a first place finish along the way.

During May, SPM along with St. Pete Aquatics hosted the annual Hurricane Man Open Water swims at St. Pete and Pass-a-Grille Beaches. A full house took to the water, aided by a swift current this year. We appreciate the support we get from local LMSC and USS teams.

At the 2013 Pan Am Masters Championship in June, the team was atop the awards podium in just about every event entered. Standout performances were turned in by Ted Bradley (5 golden swims and multiple Pan Am age group records); Charlotte Petersen (3 gold plus an assortment of silver and bronze), Bill Specht, Karen Westerman and Lauren Connolly. The most talked about day was relay day, enjoyed by all who participated and the women 160+ 200 Medley relay took the gold (Paula Texel, Colleen Schweitzer, Karen and Charlotte).

July took some of our team mates on the Road. Carl and Cathy Selles headed back to Colorado and pursuits of biking, swimming and SUP. Carl participated in a number of SUP events this summer, placing in all and winning some. Then on July 15<sup>th</sup> the Selles' headed to North Dakota to participate in the Red River to END-WET race, a 27 mile endurance river swim. He completed the Race in 7 hours 42 minutes while Cathy escorted him down the river. They followed this adventure with participation in RAGBRAI – The Great Bicycle Ride Across Iowa – 472 miles; 8 days of “leisurely, scenic cycling”. Their return to Colorado included more Stand Up Paddling, camping, cycling and of course much swimming. We look forward to their return to St. Pete so we can hear about their adventures first hand.



Back in St. Pete, the team along with local age-group teams took in an evening at Tropicana Field to watch the Rays and Blue Jays face off. The real attraction was on the pre-game activities. US National Team member and former St. Pete Aquatic swimmer Megan Romano was on hand, after her recent successes at the World Championships, to toss out the first pitch. She then joined the swimmers in the stands, watched the game and signed a lot of autographs.

August also took Bob Beach of “Planet Bob” out to California to swim in the USMS Long Course Nationals. Bob, our lone swimmer at the meet, collected medals in all 5 of his events including: gold in the 400, 800 and 1500 Free; silver in the 100 Free and bronze in the 200 Free. Congratulations Bob!

And finally in September, Ron Collins travelled to California to swim the Catalina Channel. With great conditions he departed the dock on Catalina around midnight and made his way across the channel. Ron has now completed the Triple



Crown of Marathon swimming; the English Channel, Swim around Manhattan and the Catalina Channel. All we can say is WOW! Fantastic job Ron!



## Tampa Metro Masters

<http://tampametromasters.org/>

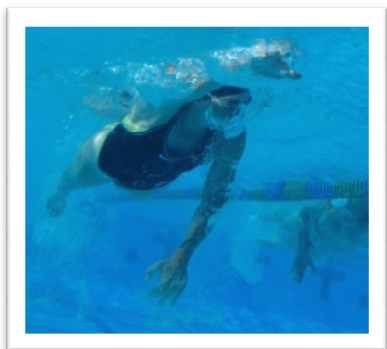


Please note, TMM is becoming a New Tampa YMCA team. Our name will be changing. Additionally, we have added more swim times with a coach on deck! For more information, please contact the New Tampa YMCA: 813-866-9622

Register now on line with your team as Tampa Metro Masters.



### Can Carbohydrates Be Stored As Fat By Dr. Kelly Spivey



It's irrefutable that a swimmer needs carbohydrates to fuel the body during and after a workout. During a workout, the body burns through the stored carbohydrates (muscle glycogen) and must be replenished almost immediately to enhance recovery. But too much of a good thing can be detrimental for those trying to lose or manage body weight/fat.

#### ***Can carbohydrates be stored as fat?***

The simple answer is "yes", carbohydrates can be stored as fat. In fact, any excess calories, regardless of the source, will be converted to fat. The preferred metabolic pathway is to breakdown carbohydrates into a glucose and glycogen. Glucose circulates in the blood and glycogen is stored in the liver and muscle tissue as a readily available source of energy. According to *Krause's Food Nutrition and Diet Therapy*, the liver stores about 90 grams of glycogen and the muscle tissue stores a baseline of at least 150 grams.(Ref 1) If those storage points are saturated, the body will store the excess carbohydrate calories as fat within the adipose tissue.

#### ***Physical Activity Increases Glycogen Storage***

As previously mentioned, the muscle tissue will store a minimum of 150 grams of glycogen. A notable finding is that athletes and regular exercisers can double or even triple this storage---allowing 200 to 500 grams of glycogen storage. (Ref 1) In fact, swimmers rely heavily on the stored glycogen to provide sufficient energy for a workout or training session. Absorption rate is at its peak within 2 hours post-exercise. The type of carbohydrate that is chosen is not significant at this point, but once maximum glycogen storage is achieved, it is important to be more selective. Within 30-45 minutes after a workout, it is recommended to eat between 75-100 grams of carbohydrate...or 300 to 400 calories. (Ref 4) This will supply adequate energy until a larger amount of carbohydrate can be consumed later.



## ***Glycemic Load and Fat Storage.***

According to the US Dept of Agriculture, 45 to 65 percent of the daily calories should come from carbohydrates. (Ref 2) Carbohydrates are the body's prime energy source and an important source of fiber, but not all carbohydrates are created equal. Carbohydrates are categorized according to their *Glycemic Load*, an indicator of how rapidly the blood glucose will rise upon digestion. For example, if you look at some common breakfast flakes, corn flakes have a Glycemic Load (GL) of 21 whereas All-Bran ® has a GL of 4. The goal is to choose carbohydrates that have a GL in the low teens or below.

## ***The Importance of Glycemic Load***

Foods with a high glycemic load are more likely to be sent to fat storage. The higher GL foods cause a rapid spike in blood glucose. This alerts the pancreas to release insulin in an effort to calm the influx of glucose into the blood. If all glycogen storage points are full, the body sends the excess glucose to fat storage. The effect is less drastic when high and low GL foods are combined; for example eating Special K® which has a GL of 14 with skim milk, with a GL of 4. This combination reduces the overall effect on blood glucose levels. (Ref 2) To reduce the likelihood of carbohydrates converting to fat, choose foods that have a low glycemic load, don't consume excess calories and participate in regular physical activity.

### ***...and for those wondering about the Glycemic Index (GI) vs. GL***

For many years, the glycemic index was the gold standard in determining the effect that carbohydrates have on blood glucose levels. The basic problem with the GI is that measurements were based on a single weight and measure and was closely related to the type of sugar; glycemic load is tied closer to the actual serving size. Glycemic load is found by taking the number of carb grams per serving, multiplying it by its glycemic index, then dividing by 100. (Ref 4)

#### References

R1-Mahan, L. & Escott-Stump, S: "Krause's Food Nutrition and Diet Therapy" (10th edition); 2000

R2-[http://www.health.harvard.edu/newsweek/Glycemic\\_index\\_and\\_glycemic\\_load\\_for\\_100\\_foods.htm](http://www.health.harvard.edu/newsweek/Glycemic_index_and_glycemic_load_for_100_foods.htm) "Harvard Health"; Glycemic Index and Glycemic Load for 100 Foods

R3-

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/DGAC/Report/D-5-Carbohydrates.pdf#xml=http://65.216.150.153/texis/search/pdfhi.txt?query=carbohydrate+percentage+in+diet&pr=MyPyramid&rdepth=0&sufs=2&order=r&cq=&id=4d9cfb30bf>

"US Dept of Agriculture"; Dietary Guidelines: Carbohydrates <http://www.glycemic-index.org/glycemic-load.html> "Glycemic Index"; Glycemic Load

R4- Article Source: <http://EzineArticles.com/1037948>







[www.tampaswim.com](http://www.tampaswim.com)

On February 25, 2013, TBAM lost a loyal and loving friend. Dametrius “Dean” Edwards was a lead lifeguard and supervisor at Cyrus Greene Recreation Center where our team has practiced for the past 5 years. He taught thousands of children and adults to swim and worked with the City of Tampa Parks and Recreation department for 26 years.

Upon hearing of Dean’s death, our entire team was shocked and still grieves his loss; a leader with much ahead of him, but leaving lifelong impressions behind. Dean was more than a city employee to our team, he was our friend who had a personality that could brighten the darkest of days. I still hear him now as I opened the door stepping on the pool deck “hey hey hey Miss Ann, how are you today?” his deep voice booming and full of energy. Dean knew no strangers, and made a lasting first impression. Just meeting him for the first time, you knew he was a compassionate, kind and loving soul. He never seemed to have a less than spectacular day, always there to greet each of us and then see us out the door after practice. He was a true gentle giant who made our team feel welcome from day number one swimming in “his pool”.

Thanks to the work and efforts of team members Norma DeGuenther and Libby Boosalis, on November 2 TBAM will honor Dean by presenting this plaque to the city. It will be located by the pool entrance for all to see. It is fair to say Dean touched the lives of all on our swim team and will never be forgotten. We hope this plaque will continue to remind all of us of what a special person Dean was and for those that didn’t know Dean, we are sure they will feel his presence on the pool deck, just like we all did every time we came to practice.

In Memory Of



**DAMETRIUS “Dean” EDWARDS**

July 5, 1969 – February 25, 2013

Larger than life with a heart of gold, he dedicated himself to protecting the people in this pool with comfort, safety and joyfulness. We know he is still with us.

Our guardian angel and Heaven’s lifeguard.

Presented by Tampa Bay Aquatic Masters



★★★★★★



## **T2 Naples Masters**

T2 Naples Masters had a very busy summer!! Members of T2 travelled the globe to swim and make our team proud!

We started out the summer with the Pan Am games in Sarasota..had some of our teammates placed in the top 10 and had a few first place finishes despite the tropical storm.

The next challenge was Key West where our 4 person mixed relay team earned 1st Place and some conch shells....

Then on to Vermont...once again our team had a good showing in the Northeast Kingdom of Vermont when they tackled the mighty Lake Memphremagog. They were backed by their Yackers and all finished strong.

One of our team members travelled to Greensboro North Carolina to participate in the USMS high performance camp and 2 others braved Lake Michigan for the Big Shoulders open water swim. They swam well and survived the cold.

We also had swimmers travel to warmer climates.. Maracas Bay Trinidad was the next destination ..once again we had top placements, a little further north but still warm, Tropical Splash in Sarasota had great conditions and our swimmers did well.

St Croix USVI is a great vacation destination but also a good place to swim and our teammates had fun in the sun.

Back to Florida and the Rowdy Gaines Classic. Close to home and great swims with quite a few 1st place swims and a picture with Rowdy!

After many months of study one of our teammates graduated from Nova Southeastern University with a masters degree in Physician Assistant Studies..she has accepted a position working in Emergency Medicine in Tallahassee..we are proud of her and she will be missed.. Way to Go Elise!!!

...and last but not least we have a new favorite coach (well our only coach) Welcome Chris Bowker we are happy to have you on deck!!

Watch for the next newsletter where we will have pictures from our EPIC halloween party!



What an active season it has been for VAST swimmers! It started in June with The Pan American Games where 30 team members competed throughout the 9 days bringing home a total of 44 gold, silver, and bronze medals.



In July, 8 swimmers traveled to Cleveland, Ohio for The National Senior Games. Jeanne Hackett was our shining star sweeping the breaststroke events with gold. In addition 10 other medals were earned by our team.

August saw us heading in different directions. John Cornell, age 86, competed in the USMS Long Course National Championships in Mission Viejo, Calif. John made us proud receiving 5 awards.



In the picture:

Back Row: Rae Suttie, Marty Scheck, Andy Miller, Joe Rowan, Mary Rose Rowan  
Front Row: Joyce Hutchinson, Jeanne Hackett, Susie Newland

Also in August, seven women decided on a European adventure and traveled to Torino, Italy making a statement for the USA at the World Masters Games. Our gals took charge of the 200 Breaststroke with Marilyn McKenney taking first, Karen Casey second and Joyce Hutchinson 3rd in their respective

age groups. Silver and bronze medals were brought home as well. It was an exciting moment when three of our swimmers, needing a fourth for a relay, engaged a Russian lady to complete the team of USA - Russia. What a thrill for Rae Suttie, Karen Casey, and Joyce Hutchinson to win a gold medal with our combined countries!



Lin Butter, Rae Suttie, Joyce Hutchinson, Jennie Cleary, Karen Casey, Marilyn McKenney, Heather Farnell



USA-Russia Relay Team



## VAST SUPPORT GROUP

**Anne Simonsen, Ph.D.**

The Villages Aquatic Swim Team (VAST) Support Group began in August 2012. The focus of this group was to support those who were the survivors of a relationship where the partner had died. Some of the members' partners/spouses had died eight years prior to the inception of the group, and others' partners/spouses had died within weeks of the groups' beginning. In the case of this particular group, it was support for those individuals who were either members of VAST or their partners/spouses had been members of VAST.





The mission of the Villages Aquatic Swim Team (VAST) is to provide opportunities for swimmers in the 55+ age group to develop and improve competitive swimming skills. The vision is to continue to enhance the quality of life for VAST members through a comprehensive competitive swimming program. The quality of life aspect is what triggered the creation of the Support Group. Although the primary purpose of VAST is to assist members in their swimming skills, it also functions as a “family” – one that supports members in their daily lives.

The VAST Support Group was the brain child of coach, Gary Henderson. As the coach of VAST for almost a decade, he was very aware of the needs of the members, and noted that as the age of individual members increased, they (and their immediate families) were experiencing increased losses. Members of VAST and their partners were being diagnosed with serious, and often, terminal illnesses. And the remaining partner was left alone – and often that person sought out someone who was familiar and with whom she (or he) had developed a trusting relationship. In many cases that person was Gary Henderson. Coach Henderson realized that the “typical” grief support group might not work for those with a connection to VAST – since these groups are often large and there is no unifying bond. At the same time, he did not want a VAST Support Group to replace other grief support groups that are available in The Villages – but rather to supplement these already established groups.

As the number of people who were associated with VAST increased, Coach Henderson realized that there was a need for people who were experiencing the loss of a spouse/partner to be able to join a group comprised of people who understood their love or connection to swimming and with whom they could trust their feelings. However, Gary was determined to create a support group for team members, but he was aware that he needed an experienced professional who had the credentials to work with this kind of group. He approached Dr. Anne Simonsen, a VAST member and a nationally certified counselor and recreation therapist, and proposed his idea. After receiving approval from the VAST Board of Directors, the group had its first meeting. There were nine individuals at the first meeting – all of whom were women and had lost their husbands in the past few years or in some cases, just a few weeks. At the first meeting, the group discussed some ground rules and very broad goals, and the next meeting time was established.

The group has grown, developed and matured, and it meets about every six weeks. It has been several months since that first, and rather awkward, meeting. The atmosphere in the group has changed from one of caution to one of trust and comfort. There have been moments of great sadness and moments of fun and laughter. There have been speakers who are members of VAST, but not members of the group. Some examples of the topics covered have been “stress management” and “dealing with grief”. The Support Group made cookies at the December meeting with help from other VAST members who shared special cookie dough and frosting recipes. And, there has been intimate discussion among the group members who have faced difficult issues while the other members of the group suggested potential solutions and provided emotional support. As group members have supported each other, the two initial “facilitators” – Henderson and Simonsen – have relinquished their directive leadership role in the group to that of facilitators who set up the meeting schedule and begin the meetings. At this point all the members participate as members and leaders – helping each other through difficult times and rejoicing in each person’s accomplishments. Seven of the women who attended the first meeting are still active members of the group, and one more has joined the group.

The major question at this point is – “What will the future bring to the composition of the VAST Support Group?” Right now, only women are members of the group, but it is foreseeable that there will be a time when a male member of VAST loses his spouse/partner. Will this group have a place for him, and will he feel comfortable attending the group? And, how will the group assist those who lose children and/or grandchildren to death? Is there a place for them in this group? Most likely

the members of the VAST Support Group will deal with these eventualities as they arise – and that is decision that must be made by the current members. Clearly this is a group of people who have learned to survive and cope with what life brings – and they will do the same as the group continues.



### **Looking for some competition?**

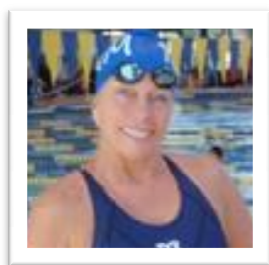
For upcoming 2013 pool meets, open water swims and lots of results, please go to: [www.dixiezone.org](http://www.dixiezone.org)

For information on the 2013 USMS Open Water/Long Distance Championships please go to: <http://www.usms.org/longdist/ldnats13/>



### **Letter to the Editor**

Sheila Carpenter-van Dijk



Please note the opinions expressed herein may or may not be the opinions of the FL LMSC.

Recently a swimmer took it upon himself to expand open water swimming and swam Butterfly/Body Dolphin kick for 2.4 miles. The swimmer finished the race, but was over the time limit as specified. Following is Gregory Rotole's letter.

2013 Hurricane Man Protest for Gregory S. Rotole - Competitor #53

Written By Gregory S. Rotole

May 9, 2013

In an effort to advance the future of open water swimming, I must protest the decision to not recognize my Butterfly/Body Dolphin Swim in the 2013, 2.4 Mile Hurricane Man Race in a time of 2:05:37, five minutes and 37 seconds beyond the 2 hour time limit. Currently emerging are a small group of Master Swimmers who would like to be recognized for their efforts to swim the other three strokes (fly, back, and breast) in open water events like the Hurricane Man (See my Golden Gate Bridge Medley Swim on UTUBE or Vimeo). Consequently, the "rule book" is being written to contest such swims to further expand open water beyond the "distance freestyle high mileage scenario". Indeed, there is a different way to swim beyond competing in pool events! Towards this end, I will discuss the necessity of the Butterfly/Body-Dolphin technique (Arms vs. No Arms Fly), and how it relates to the time limit of the Race. Finally, let me say this protest is not a criticism of the organizers of the Hurricane Man or officials, especially Patty and Dan Nardoizzi; on the contrary, I have always enjoyed coming to the North Shore Pool to swim with the St. Pete Masters where I started in 1998. Moreover, I was very appreciative to be able to complete the Race and receive an official time considering I prepared ten



years for it. (See Attachment). Although I did voice an unofficial protest to both Patty and Dan stating my Butterfly/Body-Dolphin Swim required additional time, I did not contest their immediate decision realizing the subject at hand would require considerable deliberation.

With the above said, I can now proceed to discuss the Butterfly/Body-Dolphin Technique (Arms versus No Arm Fly). After swimming hundreds of miles of butterfly, I will be the first to admit it's impossible for the average competitive butterflyer to utilize a continuous pull technique in open water analogous to the one used in distance freestyle. Even in the 200 Butterfly, 40 percent of the race is swum under water utilizing the body dolphin - the fifth stroke - for speed off the walls and more importantly, a programmed, predictable recovery period. Moreover, if you go to UTUBE, you can see Michael Phelps and others doing the body-dolphin (No Arm Fly) in preparatory drill work, whereby one utilizes a dolphin kick and undulation; but a reduced sculling pull in contrast to the greater one of the breaststroke, which it may appear to be to an untrained observer, the biggest difference being the feet moving like a dolphin tail versus the frog kick. In open water, one simulates swimming in a 25 yard pool, alternating say 10 fly pulls to 4 to 6 body-dolphins depending upon the variability of the presented conditions (current, chop, swell, and surf); the more severe the conditions requires a greater number of body-dolphins versus fly pulls, the penalty being a greater elapsed time to complete the race. In other words, utilization of the body-dolphin increases one's time by like 20 percent, but it allows continuous propulsion through the most difficult conditions, which would be impossible with a continuous butterfly pull technique - the arm pulls only act as turbochargers yielding about 30 percent of the propulsive force. Finally, the body-dolphin is recognized in the Paralympics for competitors who have no arms doing butterfly events - in essence, those individuals swim just like dolphins. Without question, one of the best Olympic races I've ever seen was of a no armed man who won the 50 butterfly. Are not the Paralympics under the jurisdiction of the International Olympic Committee? In conclusion, the Butterfly/Body-Dolphin Technique is required for swimming the butterfly in open water, in contrast to the continuous one used in distance freestyle.

In regard to the time limit as previously discussed, increased use of the body dolphin increases one's elapsed time to complete an event, depending upon the variability of the presented conditions. Indeed, the last 1/8 of a mile of the race presented with a two foot chop and surf from the wind picking up, which made it very difficult to do any fly pulls. Throughout the course of the race, whereby I was continuously observed by escorts, the 1 foot chop enabled about 6 to 10 fly pulls versus 4 to 6 body dolphins with overall good conditions. Considering the Butterfly/Body Dolphin Technique is 4 times harder to swim than say a person who completed the race just doing freestyle in a time of two hours, a request for an additional 5 minutes and 37 seconds would not seem to be an unreasonable, considering the significance of the swim to future competitions of the butterfly, backstroke, and breaststroke in open water. ( I am aware of a St. Pete Masters Swimmer who was allowed to start the Tampa Bay Marathon Swim an hour earlier so they could finish the race on time, considering they went through 6 agonizing, brutal previous attempts before achieving success. Without question, they are an Olympic swimmer!) Although I am keenly aware of the 2 hour time limit, serious consideration waving that requirement for my Butterfly/Body Dolphin Swim should be given considering the significance of it to the future of open water events. Without question, the proposed technique will allow the average competitive butterflyer to compete in open water. Therefore, my 2013 Hurricane Man Butterfly/Body-Dolphin Swim should be recognized being listed under that division, as opposed to the other distance freestyle entries. Finally, if more swimmers began to swim the other three strokes in open water events, then competitive swimming as a whole will be elevated to unprecedented levels. Without question, there is another way to swim the butterfly, backstroke, and breaststroke in competition besides in a pool; indeed, open water!

Respectfully submitted, Gregory S. Rotole



Do you think serious consideration for waving the time requirement for Butterfly/Body Dolphin Swim should be given? Do you think strokes other than Freestyle are significant to the future of open water events?

Please reply to the newsletter editor ([FishTail@USMS.org](mailto:FishTail@USMS.org))



### 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://floridalmc.org>) and in your inbox in February 2014, so I'll need your articles by **January 15, 2014!**



**Happy Holidays!**  
**Happy Swimming!**