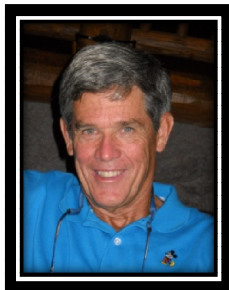




*Please note our FL LMSC Newsletter is electronic only.  
If you know of a swimmer who does not have access to a computer and you think they  
would like to have the newsletter, please print them a copy.*



### **Try Something New!**

**Bob Jennings  
FL LMSC Chair**

We are very lucky to be living in Florida especially this time of year. There are so many swimming options for us to choose among. There are open water events (in lakes, the ocean, bay, or Gulf), triathlons, and long course meets all within a couple hours drive.

This summer challenge yourself to try something new. Swim in a long course meet for the first time or choose an event that you have never swum before and swim it. Open water events are fun and very different than swim meets. There are a wide variety of distances and bodies of water to choose from. They also do not take as long as a swim meet, which is great with our busy summer schedules. As in open water swims, there are a wide variety of triathlons to choose from also.

Whatever you choose to do, find a friend and train together for the event. Having some else there really helps keep you on track and motivated. You will be surprised at the sense of accomplishment once you have achieved your goal.

Have fun and try something new!



Your Florida LMSC Board of Directors

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## ***Dine and Dash***

**Dr. Kelly Spivey**



### Are High Protein Diets Safe?

High-protein diets are a close cousin of the low-carb diet that Dr. Atkins made popular almost a half century ago. The Atkins diet and those that followed often focused on an intense restriction of carbohydrates. This type of diet has evolved and carbohydrate restriction is not as vital....high-protein diets are focused on protein-packed foods that leave you satisfied and satiated while reducing carbohydrate consumption vs. eliminating.

"I don't believe there is a standard rule or definition, but diets that contain more calories from protein than is recommended could be considered high-protein diets," says Sue Moores, RD, a spokeswoman for the American Dietetic Association. "Usually this means that of the total number of calories a person consumes each day, 25% to 35% of those calories come from protein, as opposed to a typical diet where only about 10% to 15% of calories comes from protein."

The risks associated with a long-term high-protein/carbohydrate restricted diet are still being studied. Several health problems may result if a high-protein diet is followed for an extended period of time. For those on intense training schedules, the lack of carbohydrates may contribute to fatigue and reduced performance, at least until the body gets used to the change in diet (3-4 weeks typically). Also be leery of high-protein diets that restrict carbohydrate intake...and consequently fiber...because constipation may become an issue. But, for most healthy people, a high-protein diet generally isn't harmful if followed for a short time, such as six months or less, and can certainly help with weight loss as long as calories aren't excessive.

If you want to follow a high-protein diet, many dieticians agree that it should only be done as a short-term weight-loss aid. Also, choose your protein wisely, especially if weight loss is the goal. Though excessive amount of fat may add unwanted calories, dietary fat is essential to good health. In fact, information presented by the Mayo Clinic shows that people who eat one to two servings of fish per week may cut the risk of heart attack death by as much as 33 percent. (Ref 6) Salmon and mackerel top the list of heart-healthy fish because of the omega-3 fatty acids. Fried fish may have the opposite effect. To derive the benefits from eating fish, it is best to bake, broil, poach or grill your fish. Choose the leanest beef, and when browning you can further reduce fat content by draining the fat, then rinsing in a colander with warm water. According to research conducted at Iowa State University, even beef that started with 30 grams of fat (270 fat calories) was left with only 4 grams (36 fat calories) after this rinsing process. (Ref 1) Lower fat options include fish, skinless chicken, lean beef, pork and low-fat dairy products. Then choose carbohydrates that are high in fiber, such as whole grains and nutrient-dense vegetables and fruit.

## Diabetes & Weight Loss

A high protein diet may also hold the key to combating obesity and diabetes. Recent research indicates that a diet consisting of 30/40/30 (protein:carbs:fats) was superior to the USDA MyPlate (which recently replaced The Food Guide Pyramid) Dietary Guidelines of 15/55/30. Diabetes markers, such as glucose control, were improved in those diagnosed with type II diabetes.<sup>2,3,4</sup>

Several investigators have also reported increased satiety with the high-protein diet compared to a control high carb diet.<sup>5,6</sup> This same high protein diet has also been shown to be superior to the USDA guidelines for weight loss. Furthermore, those on the 30/40/30 plan maintained more lean muscle tissue and lost a greater proportion of fat than those subjects consuming the high carb diet.<sup>4</sup>

*DISCLAIMER: Before starting a diet, it is best to consult with your personal physician or a registered dietician. It is also the opinion of this author that adopting a healthy eating plan for life is better than a short term "diet".*

### References:

- 1) "Food Safety. Wisconsin"; Reducing Fat Levels in Ground Beef  
[http://www.foodsafety.wisc.edu/assets/pdf\\_Files/Reducing%20Fat%20in%20Ground%20Beef.pdf](http://www.foodsafety.wisc.edu/assets/pdf_Files/Reducing%20Fat%20in%20Ground%20Beef.pdf)
- 2) Layman DK, Boileau RA, Erickson DJ, Painter JE, Shiue H, Sather C, Christou DD. A reduced ratio of dietary carbohydrate to protein improves body composition and blood lipid profiles during weight loss in adult women. J Nutr. 2003 Feb;133(2):411-7.
- 3) Layman DK, Baum JI. Dietary protein impact on glycemic control during weight loss. J Nutr. 2004 Apr;134(4):968S-73S.
- 4) Layman DK. Protein Quantity and Quality at Levels above the RDA Improves Adult Weight Loss. J Am Coll Nutr. 2004 Dec;23(6 Suppl):631S-6S.
- 5) Hill AJ, Blundell JE. Composition of the action of macronutrients on the expression of appetite in lean and obese human subjects. Ann N Y Acad Sci. 1990;580:529-31
- 6) Stubbs RJ, van Wyk MC, Johnstone AM, Barbron CG. Breakfasts high in protein, fat or carbohydrate: effect on within-day appetite and energy balance. Eur J Clin Nutr 1996;50:409-17



### Signs You're a Former Swimmer... (or a "swammer," but I think that word is weird)

Courtesy of Cycle Sage ([cyle.sage@on-running.com](mailto:cyle.sage@on-running.com)) Portland, OR, and Mandy Zipf, TTM

You streamline while stretching...then look around the yoga class and realize you're the only one.

You see a kid with fried white hair and know immediately what they do in their free time.

You see someone with turned-out feet and have to stop yourself from asking if they're a breaststroker.

You still buy underwear at least a size too small because things in that area should fit tight.

You refuse to buy a non-training one-piece suit because they flap weird in the water.

You hate closed-toe shoes.

You have no problem going barefoot in a locker room.

You LOVE the smell of an old indoor pool.

You have a lingering shoulder issue, which you baby like an old person. (If you swam breaststroke, it's a knee issue. If you have none of these, I imagine it was fun being a sprinter.) You refuse to buy your children off-brand goggles...even when they're two years old. You hate when people do that ridiculous freestyle stroke and then hold their noses when dancing to old beach music.

Every year, at conference time, you get a little nostalgic and wish for half a second you had one more meet. But you do not consider Masters, ha!

Early mornings get a little better when you remind yourself, *I don't have to get in a cold pool.*

You figure that if you absolutely had to, even without training, you could run a marathon, complete an Ironman, swim across the ocean, or finish whatever crazy physical obstacles someone could throw at you. (This may not be true, but you think it is.)

You know how many degrees of separation stand between you and just about every Olympic swimmer.

You hate every movie or TV show featuring "competitive swimmers." (*Seriously, how hard could it be to find someone who doesn't wear their suit and goggles like a dorky swim catalog model and actually knows how to dive? If a studio rep had showed up at my pool, I know we'd have been glad to swim in the background or be a stunt double for the actor who obviously learned to do freestyle exactly 5 days ago and looks like a brand-new age-grouper. Rant over.*)

You watched the Tara Kirk episode of What Not To Wear and became viscerally angry when she let them throw away her parka.

You have multiple former teammates who are professional triathletes, competitive CrossFitters, and Ironmen- men and women. You also have at least one former teammate who has sworn off physical activity and is indulging in all the ice cream they can find.

You have forgotten the details of every workout you ever did...except the one or two you cried all the way through.

Your favorite and least favorite parts of Olympic and swimming broadcasts are every time Rowdy starts talking...

***And for those swimmers who haven't yet joined the ranks of the retired, here's a heads-up...***

Things You Will Discover Upon Retirement:

"Regular" women are not comfortable with nudity in the locker room...or the apartment...or wherever else. (Though I can't speak for regular men, I would have to assume they're less of nudists than male swimmers...as it's not possible they could be more.)

Non-swimmers do not want your leftover food at a restaurant. If you offer them the rest of your sandwich or chicken breast, they will look at you like you have three heads. (When, by contrast, your swimmer friends would have already helped themselves to whatever you didn't look like you might finish or raided your plate when you went to the bathroom...).

Similarly, it will someday become necessary to take the quantity of food you think you should consume in a meal, and eat only about one-quarter of that. Meals are supposed to fit on a single plate. Who knew?

You will never again have an excuse to not shave your legs. (Men, you will never again have an excuse to have three women help you shave your legs and arms.)

Regular people do not find the experience of getting in the shower when dry as unsettling as you do, and therefore don't time their showers to avoid getting wet as infrequently as possible.

Collecting your hair into a drippy high bun is not an acceptable hairstyle. (My friend's husband calls this a "dookie roll.")

Ladies, someday you will be able to put on a dress in your actual size, and it will zip over your normal-sized lats. Hooray!

Boot camp classes and mud runs are not that hard. (In case you're wondering, childbirth is that hard.) But if you've survived four Christmas Trainings, you can get through anything in life.

Anything.

You will never again have a chance to see every one of your best friends, all together, every day.

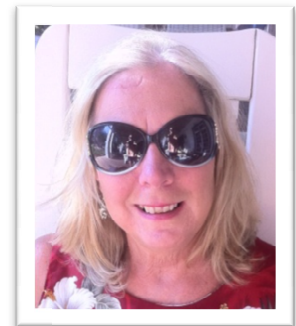
Appreciate it, and appreciate them.



## **FITNESS**

### **Connie Greb**

Preparing for RACE Day - Nutrition Component  
This is how I do it!



Proper Preparation Prevents Poor Performance! Yep, it is true! Let's get started swimmers. Preparing and executing a plan will remove doubt and worries about hunger, energy levels, digestive problems and keep you "focused" on your race.

Keep it light if you are swimming in the morning. Breakfast at home or on the road is the metabolism boost every swimmer needs. Instant oatmeal with skim or low fat milk, toast with peanut butter, yogurt and fruit are all light options.

It is better to be prepared with many options rather than one or two items. Pack fruit, vegetables, and grain and high quality protein sources to cover for your appetite. Energy bars are a great option to properly fuel your body.

In Florida we must be prepared for the heat. If you are packing perishables, be sure to add an ice pack.

Be prepared with proper protein to keep your blood sugar stable, thus keeping hunger, energy and mood in check. Some ideas include cheese sticks, nuts, peanut butter, hummus, hard boiled eggs or edamame.

Fuel up on carbohydrates. Your muscles rely on carbs for fuel. Fresh fruit, crackers, pretzels and graham crackers. Say no to refined sugar products such as soda, candy and desserts on race day.

Fiber is generally not recommended on race day.

Don't forget to drink water and/or sport drinks before and after each race. So to help with your recovery it is recommended to drink plain or chocolate milk. It is recommended because it provides protein for muscle to repair and carbohydrates to refuel your muscles.

Remember, Proper Preparation Prevents Poor Performance!  
HAVE FUN and stay FOCUSED!



## NEWS FROM FACT

*Joannie Campbell*



MANY of you have sent condolences at the passing of my husband, Jim, after 62 wonderful years of marriage. You have been so generous and I cannot thank you enough. For those of you that can join us, there is a Memorial Service and Celebration of Life on May 25th at 2:00 pm in old Palm Harbor at the White Chapel and Hall on Georgia Avenue.

One of his biggest concerns while he was ill was that I wasn't getting in the water! Life does get in the way, doesn't it? But there are more important things than swimming sometimes. I'm now back in the pool and hope to prove I can still swim at the Bumpy Jones meet - let's have a good turnout for this June 13-15 Sarasota Meet. Last year it was the Pan American Games and all of you did amazingly well.

I hear attendance at the St Pete Masters SCY meet was very low this year. All of us have an obligation to support our local meets. I realize that this conflicted with the Y Nationals and a popular Senior Games Meet at the Villages but I am sure just one day at St Pete would have helped them.

The Valentine Meet was a huge success. Fun to have workout groups competing against each other and I hope in the future there's better understanding of this feature. Take a look at the way North Carolina does this on their web site for an example. I think the confusing part this year might have been that work out groups registered as such rather than just chapters. This is a matter of choice and was just approved on the National level.

The small group of competitors in the One Hour Postal Swim in January did very well. Yours truly took gold in the 80-84 group; Meegan Wilson (65-69) placed 6th and Martha Henderson placed 5th in

the 75+ group. There were 2,440 National competitors and our relay of Lynn Brownstein, Meegan and Martha were 6th in the 65+.

I am looking forward to seeing you at the St Pete Meet on July 12-13 and the Dog Days at Clearwater on July 26-27. The FINA World Championships are in Montreal August 2-9. We have until June 1st to enter. And the Long Course Championships for USMS are just after from August 13-17. Can't say there's not enough to do this season!!



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

Christine Truhol Swanson

**SPM News** – News from the outside lane....

It's been a long, cool, rainy winter in St. Pete and everyone is very happy that the weather has warmed and spring has arrived. During this time lots of training has taken place at North Shore for various events: The Valentine's Meet in Clearwater, the SPM 44<sup>th</sup> Annual SCY Championships, Y Nationals and the upcoming USMS National meet in Santa Clara.

At the Valentines meet, the SPM women greatly outnumbered the men. Despite a small SPM turnout our swimmers recorded some nice early season times. The team was led by Barbara McNulty, Karen Westerman, Linda Visser, Regina Novak, JoAnn Harrelson, Sandy Steer and Davenia Navaroli on the ladies side and Bill Specht, Pat Marzulli and Bob Beach for the men.

In early April SPM hosted their 44<sup>th</sup> Annual SCY Championship at North Shore Aquatic Center. It was a beautiful weekend but the low number of swimmers attending had the meet moved into the smaller pool. Cheryl Kupan swam her first meet since undergoing shoulder surgery early this winter. And her times indicate she is well on her way to a full recovery. A lot of fast swims recorded during the meet

including an outstanding 200 Back by Josh Smith. Although the meet was the main event, two important dedications were added to the weekend. The 'small' pool was officially recognized as the George E. Bole Memorial Pool during the meet weekend. And a second plaque was dedicated at the

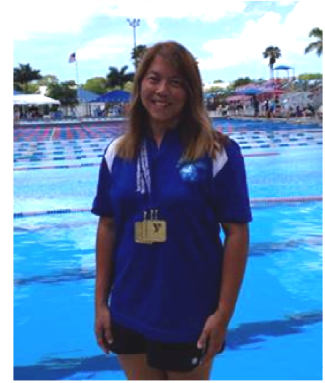


entrance to North Shore recognizing the accomplishments of Lt. Bradley Snyder. Brad, a former St. Pete Aquatics swimmer was blinded during his tour of duty in Afghanistan. A year after losing his sight, Brad represented the United States at the London Paralympics winning several medals during the meet. The new plaque joins the original



recognizing the Olympic accomplishments of Nicole Haislett. Thanks to Samantha Mooren and Ron Collins for the pictures.

Moving south, six St Pete Members participated in the Y National meet at the Sarasota pool representing YMCA teams. The team was led by Annie Hayman – collecting 3 gold medals for her breaststroke events; Karen Westerman taking gold in the 100 and 200 fly and the 400 IM and collecting silver for her 50 fly and 100 IM and bronze for the 50 and 100 back. Barbara McNulty continued her strong spring swims with top 3 honors in the 200 fly, 1650 free and 100 fly. Bill Specht recorded some fine times with first place finishes in the 50 and 100 back, 100 and 200 fly and second in the 50 fly. Cheryl was back in the pool for a second weekend and reunited with her old Y team mates from Connecticut. Lots of good swimming but she admitted she was a bit tired after the previous weekends swims. Last, but not least, Linda Visser was swimming with her Orlando Y turned in solid swims in a very competitive 40-44 age group.



Moving to open water.... Carl Selles took on the open water of Tampa Bay for the Distance Matters Marathon swim on April 19<sup>th</sup> with 15 other solo swimmers and 4 relay teams. He is hoping for calmer water than 2013 and hopes he doesn't have to implement his backup plan ~ using a large yacht to block the waves from any hard north wind. We wish him the best of luck. Successfully completing the swim means Carl can return to the pool and work on his sprinting skills. He was a little upset about not breaking 1 minute at the SPM meet .

Many turned out for the annual Hurricane Man swim out along St. Pete and Pass-a-grille Beaches. Swimmers filled all ranks weeks before the event and registration was closed at the maximum of 400.

Finally... **MARK YOUR CALENDAR** – The St. Pete LCM meet will be July 12<sup>th</sup> and 13<sup>th</sup>. Information is available at [www.dixiezone.org](http://www.dixiezone.org) and you can register on line.



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

Congratulations to Scott Linebaugh, swimming and Merit Greaves, kayaking at the 2014 Tampa Bay Frogman Swim. This is a fantastic fundraising swim for the Navy Seal Foundation. Scott placed 5<sup>th</sup> overall with a time of 1:06.54.







TBAM won first place overall at the 2014 Clearwater Valentine Meet. It was a great team event with swimmers Merit, Steve, heather, Hannal, Libby, Kelly, Julie, andy, Jan and Jen swimming numerous events tallying up the points. We had quite a few swimmers who swam the maximum number of events possible to win "High Points!"

We only won by 9 points so a big shout out to everyone that helped out including Becky Nelson and Ethel Galle swimming on Saturday. Scott Linebaugh and Norma DeGuenther swam one event and relays. Congrats to Jen Smith who just started swimming and won an event to help out with points needed to get this award. It is truly a team win!



The Tsunami Masters Team will be offering an Advanced Lesson/Learn to Train class during the month of May. There will be five 90-minute sessions, Saturday & Sunday, May 10/11, May 17/18 and May 24. Saturday sessions are 10:30 – noon, Sunday sessions are 9-10:30. There is only a \$50 registration fee. Thanks to a grant from USMS, the classes are free. Membership in USMS is NOT required. All individuals interested in attending the class should contact Coach Ira at 941-928-7946, or [usacoachira@gmail.com](mailto:usacoachira@gmail.com). The classes will be held at the Boys & Girls Club, 3100 Fruitville Rd., Sarasota, Florida.

Renovations on the Arlington Park pool are coming along on schedule. While that facility is being renovated, the program is practicing in the mornings at the local Boys & Girls Club. The current date for completion and reopening of the facility is August 9, 2014.

Two of our swimmers took advantage of the well-run St. Pete Masters Annual SCY Championship meet on April 3. Nancy Kunzle (56) came in second in the 50 back (51.80) and third in the 100 IM (1.45.05). Edna Gordon (87) got firsts in the 50 free (57.71) 200 back (5:20.47) and 100 breast (2:44.21).

Three other team members showed their talents at the 2014 YWCA Nationals, April 10-13 at the Selby YMCA in Sarasota. Marney Kuna (69) placed 7<sup>th</sup> in the 50 back (55.30) and in the 50 free (43.04). She also swam in two first place relays. Deb Walker (62) placed first in the 50 breast, 100 breast and 100 back and second in the 50 back. Jodi Schwartz (46) swam up a storm in six events: 1000 free (13:13.12) 4<sup>th</sup> place; 200 free (2:27.78), 6<sup>th</sup> place; 500 free (6:22.42) 6<sup>th</sup> place; 50 fly (33.85), 7<sup>th</sup> place; 100 IM (1:21.33) and 50 free (31.65). Jodi dropped seconds in all her events and 50 seconds in her 1000 free. If there was an award for Swimmer of the Meet, Jodi would have received it!



## VAST Happenings The Villages Games

Our Village Games always include two special events. Prior to the meet Coach Gary Henderson is chief chef at our traditional Pancake Breakfast that he spearheaded many years ago. It always revs up our enthusiasm and gets our team spirit in motion for competition. Here he is with the other coaches ready to start flipping.



As a culmination, our Post Meet Luncheon follows the meet and is a great finale to our competition - a time to relax and rehash our events with friends and coaches. Thank you VAST teammates for your contributions to the buffet and especially to Irma Klimach and Barb Brecht for organizing this scrumptious meal. We were happy to have the officials join our celebration.



## March Monthly Meeting

What started out as an ordinary monthly meeting quickly turned into surprise after surprise. In the middle of routine announcements the tune of Happy Birthday rang out to honor Coach Glenn Kaye with a birthday cake to be enjoyed by all. Shortly thereafter, as Coach Gary Henderson was describing things that make VAST members special, he became a bit emotional when he mentioned Cyndi Lasher. What ensued was a marriage proposal to her! Celebratory screams erupted from ecstatic team members as he rushed to Cyndi and placed a ring on her finger. We're still not sure anybody heard her response but they both looked mighty happy. Way to go, Gary! Congratulations to a special couple. We wish them much happiness as they swim the waves of life together.



★★★★★



## USMS Levels 1 & 2 Masters Coach Certification

The ASCA World Clinic is hosting a  
USMS Masters Coach Certification  
Levels 1&2

Friday, September 12, 2014

Hyatt Jacksonville Riverfront  
At ASCA WORLD CLINIC  
225 E Coast Line Drive  
Jacksonville, FL 32202

Friday, September 12, 2014  
Classroom Instruction Levels 1&2  
Level 1 Training: 8:00am - 12:00pm Level 2  
Training: 1:00pm - 5:00pm

**Who should attend?** Current full-time, part-time or volunteer coaches who would like to explore the possibilities of coaching Masters swimmers as a profession. Anyone interested in supporting their existing team and coach. Anyone interested in starting a Masters Program.

**Certification Process:** Upon successful completion of the classroom coursework, including all required applications and successfully completed tests, each person will be awarded USMS Level 1 or 2 Certified Masters Coach certification. USAT members will also receive continuing education credits.

### Registration and information:

<http://swimmingcoach.org/2014-world-clinic-registration/>

Contact: Marianne Groenings - [mgroenings@usms.org](mailto:mgroenings@usms.org)



## USMS Level 3 Masters Coach Certification

USMS is hosting a  
USMS Masters Coach Certification  
Level 3

Wednesday, September 17, 2014

Courtyard Marriott Jacksonville - Butler Blvd.  
4670 Lenoir Ave South  
Jacksonville, FL 32216  
904-296-2828

Wednesday, September 17, 2014

Check-In: 8:30-9:00 am

Level 3 Training: 9am to 3pm

Lunch: 12:00-1:00pm\*

\* Lunch will be provided by USMS

**Who should attend?** Open to anyone who has completed the Level 2 USMS Masters coach certification course, a minimum of 2 years Masters coaching experience and USMS membership.

**Certification Process:** Upon successful completion of the classroom coursework, including all required applications and successfully completed tests, each person will be awarded USMS Level 3 Certified Masters Coach certification. USAT members will also receive continuing education credits.

**Registration and information:**

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=60591>

Contact: Marianne Groenings - [mgroenings@usms.org](mailto:mgroenings@usms.org)

**Note: LMSC reimburses the participant \$50 upon completion of the course in both the Atlanta and Jacksonville clinics?**



**NOTICE TO ALL USMS MEMBERS FROM THE USMS RULES COMMITTEE**

**SEPARATED HANDS IN BREASTSTROKE AND BUTTERFLY  
Issued by FINA January 20, 2014**

The FINA Technical Swimming Committee has issued a clarification regarding the interpretation of the new rules about separated hands at the touch for breaststroke (USMS article 101.2.4) and butterfly (USMS articles 101.3.4 and 101.3.5). **The updated interpretation will apply to USMS competition immediately and replaces the USMS interpretation issued September 25, 2013.** USA Swimming has also published the new interpretation. The 2014 USMS Rule Book is available online at [usms.org](http://usms.org).

**Text of the clarification from FINA:**

“Separated” means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

FINA further states, “It is important that officials use common sense. Please also see attached a file which clearly illustrates the sense of the rules.” (See picture below.)



For any questions contact: Kathy Casey, Chair,  
USMS Rules Committee [rules@usms.org](mailto:rules@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 somewhere in the writing so I know  
what team you represent.

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 August 2014, so I'll need  
your articles by **July 15, 2014!**

★★★

## Looking for some competition?

For upcoming 2014 pool meets, open water swims, and lots of results, please go  
to: [www.dixiezone.org](http://www.dixiezone.org).

★★★★★★