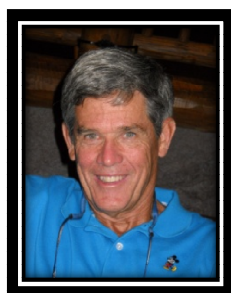




*Please note our FL LMSC Newsletter is electronic only.
If you know of a swimmer who does not have access to a computer and you think they
would like to have the newsletter, please print them a copy.*



Bob Jennings
FL LMSC Chair

What is LMSC?

Recently, several people have asked “What is an LMSC?” and “What is the Florida LMSC?” LMSC stands for Local Masters Swim Clubs and is a part of United States Masters Swimming (USMS).

The Florida LMSC is made up of Master’s swim clubs in the state of Florida except for clubs in the counties of Palm Beach, Broward, Dade, Monroe, and that part of Henry County that is east of 833. This region makes up the Gold Coast LMSC. The Florida LMSC also does not include the counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, Bay and that part of Calhoun and Jackson counties west of the Apalachicola River. This region is part of the Southeastern LMSC.

For more information about the Florida LMSC go to our website www.floridalmssc.org

The Florida LMSC is part of the Dixie Zone. The Dixie Zone is made up of LMSCs in North and South Carolina, Georgia, Tennessee, Alabama, Louisiana, and Florida.

Your Florida LMSC Board of Directors

Chair, Bob Jennings, guman1953@yahoo.com; **Vice Chair**, Jillian Wilkins, wilkins.jilliananne@gmail.com; **Treasurer**, Nancy Kryka, nkryka@gmail.com; **Secretary**, Cheryl Kupan, ckupan@gmail.com; **Registrar**, Meredith Moore, MAMoo49@aol.com; **Records & Top 10 (Interim)**, Anna Lea Matysek, AnnaLea@usms.org; **Newsletter Editor**, Sheila Carpenter-vanDjik, fishtail@usms.org; **Sanctions**, Patricia Tullman, ptullma1@tampabay.rr.com; **Senior Games Liaison**, Joan Campbell, jcampb10@tampabay.rr.com; **Long Distance**, David Miner, dminer02@gmail.com; **Official's Chair**, John King, john@kingllc.com; **Coaches Chair**, Gary Henderson, lochie10@comcast.net; **Fitness**, Connie Greb, kgreb@netzero.net; **Social & Awards Chair**, Marianne Bradley, bradley.m@tampabay.rr.com; **Webmaster**, Kimberlee Riley, kimberleemriley@gmail.com; **Past Chairs**, Meegan Wilson, meeganwilson@bellsouth.net; Scott Bay, scottbay@usms.org

For more information on the Dixie Zone go to their website: www.dixiezone.org

The Dixie Zone is one of eight zones in United States Masters Swimming (USMS). The other zones are Breadbasket, Colonies, Great Lakes, Northwest, Oceana, South Central and Southwest.

For more information on United States Masters Swimming go to their website www.usms.org



Swimmers are a Different Breed: Swimming in South Korea

I always look forward to meeting new people whether it be through travel, working out, or practicing with different master's swim teams. Recently, my wife, two oldest sons and I planned to travel half way around the world to visit our youngest son, Kevin. He had been teaching English to Korean children in Suwon, South Korea for the last year. As a compulsive swimmer, I had no idea of what to expect, but he had guaranteed me a place to swim so at least I could get in a little pool time. I knew swimming in South Korea was going to be a challenge since I don't speak the language. I was very nervous about communicating and fitting in, especially since the Korean culture is so conforming. After participating in last years Pan Am Games in Florida and hearing stories from teammates competing in the World Games in Italy, I was up for the challenge.

To my surprise only 4 or 5 blocks from our hotel was the Yeongton Social Welfare Center. It was a multi building fitness center with a five-lane, 25-meter indoor pool. Arriving at 6am, I had not a clue where to go but my desire to swim was much stronger than my embarrassment. I started asking anyone I saw in English "Where is the swimming pool?" When that didn't work I started moving my arms imitating freestyle. Finally a gentleman pointed me in the right direction and walked me into the correct building. He even convinced the lady at the front desk to let me in for the small fee of 3,000 won or \$3. Next he led me towards the locker room, but first we had to leave our shoes in a designated area before entering. Wanting to show my appreciation to my new friend, I gave him the first of several USMS caps I brought to trade. He gladly accepted it with a smile.

The locker room was huge. It had all the normal amenities but also a hot tub, cold tub, sauna, and a sit down shower area with stools. The pool was similar to many others I have swum in. The only differences were, everyone was required to wear a cap (I am glad I brought USMS caps) and there was a small training pool off to the side where people worked on their strokes. Three lanes were used by a master's program leaving two lanes for fitness swimmers. The usual equipment was on the deck: paddles fins, and pull buoys.

A coach wearing a wet suit was at the end of each lane with 10 to 12 master's swimmers. The first day they were working on butterfly.

The master's practices started on the hour with a series of stretches for those in and out of the water. Everyone in the pool area stopped whatever they were doing even the fitness swimmers and participated. A coach on the deck led the stretches by demonstrating and whistle counts. This is how they finished each practice along with a team cheer.

After the initial stretches, two of the three coaches got in the water and began working with the swimmers while one supervised standing straight as a statue on the deck. Each coach provided freestyle and butterfly stroke corrections to the individuals as they swam in their lane.

Moving over to the fitness lanes, which were each filled with 8 to 10 swimmers of varying ages and abilities, I slipped in the water. Everyone was very courteous and polite, allowing faster swimmers to go pass once they reached the wall. After completing my workout and the master's practice was over I tried to communicate with one of the coaches, but I didn't think he understood me. The next morning when I arrived he acknowledged my presence with a wave and a smile. Maybe he did understand.

Each day I returned to swim, I was greeted with a big grin from the woman at the front desk. Each work out I had, was better than I ever expected on this vacation. After finishing on my second day, I sat at the end of the pool and watched two women work on their breaststroke. Their technique was very good. After they finished, I showed my appreciation of their hard work by clapping and gave each one a new USMS cap. You would have thought I had given them each a \$100. Their faces lit up and they smiled ear to ear.

After each workout, I headed to the locker room and then the relaxation of the hot tub. The first time all the men in the tub shook their head and pointed to my suit as I entered the water. The suit had to come off before I entered. Who would have guessed? Getting dressed the first day in the locker room, the guy next to me kept giving me funny looks. I couldn't figure out what I had done wrong. I tried to communicate but it didn't work. Finally he pointed to my tan lines from my suit and laughed. No one else in the locker room had tan lines so I guess he had never seen them before. Living in Florida and swimming outdoors year round, I never thought twice about them.

Before leaving the fitness center, I had to put my shoes on in the lobby. While doing this I made another new Korean friend, Joan. She understood a little English so we were able to talk for a couple minutes. It was very enjoyable finally having a conversation with someone new without my son's help.

The following day while walking to dinner with my family, I spotted a swimming store. It had all the latest equipment, but all I wanted was cap with Korean writing on it. I couldn't find one so I bought a cap with a Korean flag on it. The entire trip I never spotted a shirt or hat with Korean writing, only English.

Waiting to cross a street after the swim shop, a car pulled up to the intersection and stopped at the light. A young lady rolled down her window and shouted, "Hi mister Bob. How are you doing?" I thought my family was going to die. Here we are half way around the world and had been only in the country for a couple days and a South Korean stops to say hi to me. It was my friend Joan from the Fitness Center. I quickly introduced my family to her and then she drove away.

I never should have worried about swimming in a foreign country. Swimmers are a different breed. The best part of our trip besides the whole family being together again was swimming and making new friends at the pool.

★★★★★

**Ask the Swim Doctor, the last column
By Margie Hutinger**



Paul Hutinger
ASCA Level IV Coach
2004 IMSHOF Inductee
2010 FL LMSC Coach of the Year
Born - 11/26/24

Died - 7/17/14, 8:20 PM - Suncoast Hospice Care Center; Pinellas
Park, FL

On December 10, 2013, Paul had an eight-hour surgery to remove a nasal sinus carcinoma and lost his right eye. The next day, he had a ten-hour plastic surgery to cover up the opening with a graft taken from his left thigh. After two months in the hospital, he came home, Feb 7. His doctors were optimistic they had removed all the cancer as the "margins came back clean." Unfortunately, his was a very rare, aggressive cancer which kept coming back (skipped over the margins) and he had four more day-surgeries to remove the new sites.

After his last surgery, June 24, 2014, his surgeon told him his cancer had spread to the base of his skull and he was unable to reach it without causing further damage. As a last resort, on July 1, he saw his radiologist from his previous bout with cancer, three years ago. Again, the location was the problem as it was within the boundaries of that last treatment and all hope for a cure had vanished.

Paul had always felt that he had beaten this round of cancer, as did his family, but after that appointment, we knew that wasn't to be. He had daily hospice care at home to change his wound dressing. On July 7, I knew he needed more care than I could provide for him at home and he went to a Hospice Care Center. They were very caring in his end of life days.

Paul aged up to 90 this year and his goal after his first surgery, and his doctors agreed it was realistic, was to swim in Orlando's SCM in October. He wanted to continue his first place streak of 43 years with a USMS Top Ten ranking, since 1971.

Our son, Chuck, and I want to thank the FL LMSC for giving him the opportunity to write the "Ask the Swim Doctor" column for 17 years. It was extremely gratifying to him to talk to swimmers at meets, on the phone and via e-mail and discuss swimming challenges and find ways to overcome them. His final advice to swimmers, at whatever level you are, would be to, "Keep up your swimming, incorporate specificity of training as well as high intensity training into your workout."



FOR FUN, FOR FITNESS, FOR LIFE

Connie Greb

It's that time of year again when focus on swimming lessons and fun are on the to do list for the summer season. Well, in The Villages, (a retirement community in central Florida) an opportunity is provided by the Villages Aquatic Swim Team for children to participation in the intergenerational program. Of the many activities provided is, of course, swimming. It is for fun, for fitness and hopefully for life. While the children and grandparents learn skills there is an even better opportunity for the volunteers to learn as well. Health and wellness translates to many areas of everyone's life and here are many benefits of helping with the swimming program here in the Villages.



1. **RESPONSIBILITY** - Leaders provide swimmers with the skills to save their own lives or someone else's.
2. **LEADERSHIP** - Watching someone successfully complete a skill you taught them is an amazing feeling.

3. **TIME MANAGEMENT** - Juggling teaching time with current responsibilities helps you prioritize your time and become more focused, organized and punctual.
4. **FIND YOUR VOICE** - The leadership skills you hone will translate to a confidence boost in other areas of your life.
5. **BE SOMEONE'S HERO** - Your swimmers will remember you as the person who helped them learn to swim- a life skill that may also be a lifesaving one.
6. **STAY IN SHAPE** - You'll increase your own fitness as you instruct others in how to become healthier.
7. **LEARN MORE ABOUT SURROUNDINGS** - You will meet people from all walks of life.
8. **YOUR BUTTERFLY WILL IMPROVE** - Really???!!!!

Opportunities are all around us each day. Explore your opportunity to help others and yourself continue to have fun, for fitness and share a life skill.

Happy Laps to YOU,
Connie Greb
Fitness Chairperson



NEWS FROM FACT

Joannie Campbell



Can't believe August is here already - time flew by this summer!
The Bumpy Jones meet in early June was well attended and in spite of a thunderstorm that affected some of our faster swimmers, all went well including good weather for the annual Picnic in the Park.

We have a group of meets here in late summer crammed together which makes for light attendance at EVERY meet. The Ocala meet last week end had to cancel because of poor attendance; the St Pete Meet was the same week end and the weather was unusually cooperative - I'm sure Patty Nardoizzi was thankful. The competitors that turned out were close to normal for a non-snowbird meet and our team did very well - three high point winners (Cynthia Tiffany of CLCF, Nate Leech of VASTF, and myself) and our team with a respectable third place - outdone by only Gold Coast and the host team St. Pete). All but one of our relays took first place - the only second place had an 84 year old anchor!

The Dog Days Meet in Clearwater at the Long Center was July 26-27. This is becoming increasingly popular because of its weatherproof facilities but this year we were in conflict with a meet in Jupiter

(the regular Fort Lauderdale scheduled meet) plus FINA World Championships in Montreal in August and a week later the USMS Nationals in College Park, Maryland. We will have swimmers at all of these meets and I want to wish them all well. My plans to attend were unfortunately changed because of my husband's death but I'm slowly getting up to speed again.

Don't forget the Rowdy Gaines SCM Meet in Orlando in October. This is always a fun affair and well attended. Check with the Dixie Zone Meet web site (www.dixiezone.org) for reservations. I had a problem because there is another affair at the same time cramping our usual hotels. Scott Bay and Rowdy are working on it.

This is a qualifying year for National Senior Games in Minneapolis next summer. Be sure to meet your criteria and qualify at a local game in order to swim at the State Games in Ft Meyers on December 13-14. State Games information can be found on the Florida Sports website (www.flasports.com) and National Information on the National Senior Games website (www.nsga.com). The Nationals Games are July 3 - 9th, 2015.

Have a successful swimming summer and see you in the fall!!



2014 STATE SENIOR GAMES QUALIFYING GAMES FOR 2015 NATIONALS AT UNIVERSITY OF MINNESOTA

Florida residents should be aware that the 2014 State Senior Games to be held in Ft Meyers December 13 - 14 is the qualifying meet for the 2015 National Senior Games in Minnesota. The 2015 National Senior Games will be held at the University of Minnesota in Minneapolis July 3 - July 9, 2015. Details are available on the NSGA web site: www.nsga.com.

Florida State residents cannot swim in the State Senior Games unless qualified by swimming in a local senior games meet. You can place in the top five of any event in a local meet to qualify for States. When you swim in the State Games you must swim the events you will be swimming at Nationals. If you qualify in the 200 IM you can swim that and the 100 IM as a bonus. The 500 free must be swum as an individual event. In a particular stroke you must qualify in the 200 back for instance to choose the 100 back and 50 back for bonus events.

In other words, in order to qualify for the State Senior Games Florida residents must have placed in the top five of any event in a local senior games meet. That event does not necessarily mean you must swim that particular event at the State Senior Games; however, at the State Games you must swim the 200 Individual Medley or the 500 freestyle as individual events and the longest of a particular stroke if you wish to choose a bonus event of a shorter distance at the Nationals. Those swimming the 200 IM may only choose the 100 IM as a bonus event.

Entry regulations at the Nationals require a finish in the top four at the State Games OR a time that meets the NSGA minimum performance standards. This "OR" is important in our state as often the entire roster of competitors at our State Meet fall within the minimum NSGA performance standards. Two bonus events are allowed at the Nationals. The times

entered for those events must be within the past 12 months. The swimmer must swim the qualifying event as well as the bonus event in their particular stroke. A total of 6 events are allowed at the National Senior Games.

Several of our local meets are not recognized by USMS; however, they are qualifying meets for the State Meet. Without recognition, times will not be counted by USMS. I caution you that if you swim in one of these meets there could be a rule infraction in your stroke that won't be caught since they do not have to follow USMS official rules.

A list of the remaining local meets with contact information can be found on the Florida Sports website (www.flasports.com). Give yourself plenty of time to inquire as often the entry dates are not as flexible as they are for our USMS local meets.

Any questions please contact me: jcampb10@tampabay.rr.com

★★★★★★



2014 Registration Summary From your FL LMSC Registrar, Meredith Moore

As of July 18, 2014, we had 2070 members registered. That is a 3.8% increase over the same time last year of 1624 registered members.

We are 54% Male, and 46% Female which is the same ratio as USMS National registrations.

85% of registrations are completed online.

98% are completed online nationally.

We have 85% returning USMS members with 15% New Members
Note: 78% of the returning members reregistered from 2013 and 7% from prior years)

We have 57 Clubs currently registered for 2014.

We welcome our New Clubs:

APRO - Aeropro Coaching, Land O Lakes;

CCCW - CCC Wave, Clearwater;

CLCM - Clearwater Long Center Masters, Clearwater

★★★★★★



St. Pete Masters

<http://stpetemasters.org/>

Christine Truhol Swanson

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

In the heat of the summer our club appears to be busier than ever. The SPM Annual LCM meet took place at the beautiful North Shore Pool. We hope everyone had a great time and enjoyed some fast swimming and seeing old friends. Now for the team's recent news.....

Judge Bob Beach was our lone team member at the USMS Spring Nationals out in California. Although no golds were collected in the 'Golden' State Bob did not disappoint with fantastic swims in the 200, 500 and 1650 Free events and his 200 Back. Bob also took a recent road trip north to Chattanooga, TN to swim in the USMS Open Water 2.4 mile Championship event where he took 1st place in the 80-84 age group with a time of 1hr 29min.



In late April, thirty plus SPM team mates took to the bay and the streets of St. Pete in the annual St. Anthony's Triathlon. This year's race featured an Olympic distance course and a Sprint course. Fifteen competed in the Olympic distance as individual races, led by Nat Glackin. There were at least 10 participating on relays with both Ted Bradley and Colleen Schweitzer leading relay swimmers out of the water. In the sprint race I spotted SPM club president Melissa Harasz, Davenia Navaroli and Patty Connolly at the run turn around. To all of you, fantastic job!

Hurricane Man..... it was a stormy morning and the God Thor flung is lightning bolt in the direction of St. Pete and Pass-a-grille Beaches causing the cancellation of the 2.4 mile swim. The 1000 meter swim was raced and swimmers were out of the water before the storm rolled in. Breakfast was wonderful as always and went off as planned. We appreciate everyone's understanding why the swim was cancelled as our concern is always the safety of the swimmers, officials, race workers and spectators. **Next year we'll do it again (without the thunder and lightning hopefully)....**

Looking back at the spring news I am reminded that Carl did in fact complete the 2014 Tampa Bay Marathon Swim. Several weeks later Carl ventured south of the border to compete in the 10k swim of El Cruce ~ Cancun to Isla Mujeres. Unfortunately weather interfered with the planned 10k; it was shortened to 6K. Carl was 1st in his age group and 17th overall with an outstanding time of 1hr 25min. **Way to go Carl!** Now Carl and Kathy Selles have returned to Colorado for the summer and their many adventures.



Possibly upstaging Carl was Chris Burke who headed north to NY City and competed in the Manhattan Island Marathon Swim (MIMS) on Saturday, June 14th. Chris was blessed with a great day and his navigation of the Island of Manhattan was completed in 7hr 42min (unofficially). Chris was the 6th swimmer out of the water and 4th male finisher overall.

Venturing south across the Skyway Bridge, Cheryl Kupan, Jodi Schwartz, Barbara McNulty and Kern Davis proudly represented the club at the annual Bumpy Jones LMC Meet in Sarasota. Jodi led the way with eight first place finishes in her 45-49 age group; Cheryl made a great showing with three 1st and five 2nd's in her new age group. Barbara was her ever consistent self with a great 800 Free and 200 Fly (2 of her many events) and finally Kern (also aged up) and dominated the distance Free and IM events.

Finally, on June 29th, Dawn Clark, Carolyn Kiper and Timothy Kennedy competed in Ironman Austria. Dawn was the first to finish of the three in 15hr 14min, followed by Tim 6 ½ minutes later and finally Carolyn at 16hr 31min. You all are amazing!



TBAY MASTERS Launches in South Tampa!

The TBAY Masters program, a new offering for Tampa Bay Aquatics got under way July 7th with already over 20 members in the pool! The program is utilizing 2 of the City of Tampa Pools (Interbay Pool and Roy Jenkins Pool on Davis Islands) and is coached by PJ Keller of the Tampa Bay Aquatics Coaching Staff.

The program runs 11 workouts a week at various times, and has a variety of membership options. For more information visit the TBAY website at www.tbaycentral.org or send an email to tbaymasters@gmail.com.

TBAY Masters is a member program of United States Masters and USA Triathlon. All coaches are certified members of these organizations as well as USA Swimming and the American Swimming Coaches Association.





The Sarasota Tsunami Masters are anxiously waiting for the re-opening of the Arlington facility in early August. This is the first time since the pool was built that any upgrades have been performed-- and they were well-needed and much appreciated! A new filter system and a heat pump were installed to both heat and cool the pool. The electrical was upgraded and there are new starting blocks. New deck was added and the rest resurfaced to reduce the burning surface temperature on our feet. We have been without our home pool since February and we can't wait to get back with Coach Ira!

During the restoration, the team moved to the Boys and Girls Club along with the kid's team and the Swim America Program. Thanks to their generosity, our team continues to grow.



Remembering Jan Mellberg 1942-2014

Unfortunately VAST has sad news to share in this newsletter.

We have recently lost one of our longtime members.

Jan Mellberg passed away on June 30, 2014 in her hometown of De Pere, Wisconsin.



You probably met Jan. She was the gal with the beautiful smile accented with red lipstick and accompanied by a cheery greeting whether she knew you or not.

She competed in most swimming events including the most difficult, always encouraging others to join her. Her last accomplishment was the 200 Fly. Her nickname was "Jan 'I will

swim anything' Mellberg".

Jan's passion also was running. She competed in races from 5K to the 191 mile Ragnar Relay Race from Miami to Key West. Of no surprise to her friends was her concern about how she would reapply her makeup during the relay. Her remedy was to carry her lipstick in her sports bra!

After every practice and wherever she went we all knew we would have to stop at McDonald's so she could order her favorite drink, a sugar free vanilla flavored coffee latte. Recently about 40 VAST and track teammates met at McDonald's for a farewell toast to our dear friend as we drank our sugar free vanilla flavored coffee lattes in her honor.

She was a multitallented positive person who took on any task with vigor. All who knew her loved her and are better off for that relationship. She taught us all a lesson to live by with her motto - Attitude and Gratitude. Her beautiful smile will always be with us.

From Coach Gary Henderson:

A day without Jan is like a day without sunshine. She was ALWAYS sunny side up!! Every day she would say to me, "best day of my life, coach". We will miss her.

Please enjoy the enclosed video tribute to this special lady by Steve Hendrickson.

<https://dl.dropboxusercontent.com/u/82858296/JAN%20MELLBERG%20TRIBUTE%20Jul%205%202014.mp4>

Instructions to access the video (from Steve):

PC users, I suggest right-clicking on the link and executing the "Save target as..." function. You can then open the video on your PC anytime. If you left-click on the link it should open (be patient).

Mac users, I suggest doing a control-click on the link or right click if you have a newer Mac.

The link will also open on an iPad or iPhone.

Do not open OK in IE or Safari.

Will not open in Firefox. Suggest copying and pasting the link into another browser.



HOW WOULD YOU LIKE TO SWIM FASTER...RIGHT NOW?

World Masters swimmer of the year Karlyn Pipes of Aquatic Edge (www.aquaticedge.org) would love to share with you the secrets to swimming faster. Using easy to understand drills and techniques, Karlyn will teach you how to become a faster, more efficient swimmer in just one clinic.

Click here to watch a video of Karlyn demonstrating how a slightly wider than shoulder hand entry can help you to set up the catch for ALL the strokes...not just freestyle!

https://www.youtube.com/watch?v=ZTQpF_mmg44

Karlyn knows the SECRETS to faster swimming! It is about doing LESS, not MORE. If you have already taken the clinic, then please consider a REFRESHER course to help you take your strokes to a new level!

The benefits to taking an Aquatic Edge clinic are many:

- Learn the freestyle technique used by Karlyn as well top triathletes and Olympians
- The teaching methods are simple and easy to understand...you "get" it right away.
- After just one clinic you will swim faster with LESS effort
- Training tips and recovery suggestions will also be provided

In collaboration with Rick Walker of the Sarasota Sharks, Karlyn is excited to announce that we have set up a series of Aquatic Edge swim technique clinics the weekend of November 14th and 15th. This is the fourth time in the past few years that Rick and I have worked together to set up these successful events. I am also be competing in the Sarasota Y's Shark Tank meet November 8/9.

We will be offering the following::

Friday: Faster Freestyle clinic from 5:00-8:00 PM \$125

Saturday: Faster Freestyle with before/after videotaping from 10-2:30 PM Space is limited to 10 \$195

Saturday: Multi-Stroke clinic (back, breast and fly) from 3:30-6:30 \$125

Register at: <http://aquaticedge.org/registerNow.php>

Mahalo!
Karlyn

Karlyn Pipes
Aquatic Edge Swim Camps & Clinics
Kona, Hawaii and beyond
Email: aquaticedge@hawaii.rr.com
Website: <http://aquaticedge.org>

Facebook: <https://www.facebook.com/karlynschwim>
Twitter: <https://twitter.com/Karlynschwim>
Karlyn's Faster Freestyle video:
<https://www.youtube.com/watch?v=2bPvk0paWcg>



Faster Freestyle Swim Clinic

With Masters World Record Holder Karlyn Pipes

Friday, November 14th from 5:00-8:00 PM at Sarasota YMCA, Florida

Are you tired of working so hard to swim so SLOW? How would you like to...

- ***Swim with less effort and A LOT faster...right away!***
- ***Learn how to relax, breathe effectively and swim straighter!***
- ***Become more self-aware so you can "fix" your own stroke!***

Then this clinic is just for you! Karlyn will use easy to understand drills and techniques to show you how to become a faster and more efficient swimmer...in just one clinic.

Where: Sarasota Family YMCA, 8301 Potter Park Drive, Sarasota FL 34238 (941) 922-9622

About Karlyn: Lives in Kona, Hawaii and travels the WORLD teaching swimmers and triathletes how to SWIM FASTER. While Karlyn is known for being an accomplished swimmer with over 208 masters world records set to date, she is equally as talented as an instructor and uses her high energy to deliver a fun and face paced clinic. The drills and techniques are simple, easy to understand and make sense...you will "GET IT" after just one clinic. For great articles on technique or to watch FREE YouTube videos of Karlyn demonstrating open water techniques or a "high elbow catch" visit <http://aquaticedge.org/>

Cost is \$125. Hurry! Space is limited. If you attend both the Multi-stroke clinic and a Faster Freestyle clinic (video or non-video), you will receive Karlyn's Go Swim DVD for free! A \$40 Value.

Register ONLINE <http://aquaticedge.org/registerNow.php> If you do not wish to register online, please contact Karlyn via email for other options. Local contact is coach Rick Walker at rickmile@me.com <http://www.sharkmasters.org> Participants need to be USMS registered, or sign up for a 30-day trial.

Pre-order Karlyn's **Go Swim** DVD & pay only \$30 or purchase @ clinic for \$40

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Faster Freestyle Clinic @ Friday, November 14th from 5:00-8:00 PM at Sarasota YMCA, Florida

First Name: _____ Last _____

Address _____ City _____ State _____ Zip _____

☎ Phone: () _____ Email _____

Emergency contact info: _____

Age: _____ Level of swimming: ☐ beginner ☐ intermediate ☐ masters ☐ multi-sport

Please identify one goal for the clinic: _____

Cost is \$125 Register ONLINE <http://aquaticedge.org/registerNow.php>

If you would prefer another method of payment, please contact Karlyn at aquaticedge@hawaii.rr.com



Faster Freestyle Swim Clinic with Before/after Videotaping

With World Record Holder Karlyn Pipes in SARASOTA, FL

Saturday, November 15th from 10:00 AM-2:30 PM. Space is limited to 10!

***Are you tired of working so hard and yet still swimming so SLOW?
How would you like to swim FASTER with less effort...right NOW?***

Then this clinic is just for you! Karlyn will use easy to understand drills and techniques to show you how to become a faster and more efficient swimmer...in just one clinic.

- See yourself swim with TWO videotaping sessions -before and after-with analysis
- Small group environment...no more than 10 students
- Your before/after videos are sent via email so you can continue to improve your technique

Where: Sarasota Family YMCA, 8301 Potter Park Drive, Sarasota FL 34238 (941) 922-9622

About Karlyn: Lives in Kona, Hawaii and travels the world teaching swimmers and triathletes how to SWIM FASTER. While Karlyn is known for being an accomplished swimmer with 200+ masters world records set to date, she is even more talented as an instructor and uses her high energy to deliver a fun and fast paced clinic. You "get it" right away! For articles on technique & to watch YouTube videos of Karlyn demonstrating open water techniques or a "high elbow catch" visit <http://aquaticedge.org/>

Cost is \$195 and space is limited to 10! Register ONLINE <http://aquaticedge.org/registerNow.php>
If you do not wish to register online, please contact Karlyn via email for other options. Local contact is coach Rick Walker at rickmile@me.com <http://www.sharkmasters.org> Participants need to be USMS registered, or sign up for a 30-day trial.

Pre-order Karlyn's *GO SWIM Instructional* DVD & pay only \$30 or purchase at the clinic for \$40
For questions or last minute sign-ups, please call Karlyn at 808 756-0195 or aquaticedge@hawaii.rr.com

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Faster Freestyle Clinic w/video Sat. Nov. 15th 2014 from 10:00 AM-2:30 in Sarasota, FL

First Name: _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact info: _____

Age: _____ Level of swimming: ☐ beginner ☐ intermediate ☐ masters ☐ multi-sport

Name one goal for the clinic: _____

Cost is \$195 and space is limited to 10! Register ONLINE <http://aquaticedge.org/registerNow.php>

If you would prefer another method of payment, please contact Karlyn at: aquaticedge@hawaii.rr.com



Multi-Stroke (back, breast, fly) Swim Clinic

With Masters World Record Holder Karlyn Pipes

Saturday, November 15th from 3:30-6:30 PM at Sarasota YMCA, Florida

Learn the EASY way to swim BACK, BREAST & oh-so-hard Butterfly!

- The teaching methods Karlyn uses are **simple**, easy to understand & really fun!
- You will swim **faster with LESS effort right away**
- Training tips and "how to survive fly" suggestions will also be provided

Even if you do not know how to do the "OTHER" strokes, please consider attending anyway...Karlyn will teach you how!

Where: Sarasota Family YMCA, 8301 Potter Park Drive, Sarasota FL 34238 (941) 922-9622

Karlyn Pipes: Regarded as one of the most VERSATILE swimmers in the world, Karlyn has set a Masters world Record in every stroke. She is also the 2012, 2009, 2008, 2007 & 2004 World Masters Swimmer of the Year and has been the Int'l Masters Swimming Hall of Fame and since 1993 has set over 200+ Masters World records. For great articles on technique, motivation and training or to watch FREE YouTube videos of Karlyn demonstrating great swimming technique visit <http://aquaticedge.org/>

Cost is \$125. Hurry! Space is limited. If you attend both the Multi-stroke clinic and a Faster Freestyle clinic (video or non-video), you will receive Karlyn's Go Swim DVD for free. A \$40 Value.

Register ONLINE <http://aquaticedge.org/registerNow.php> If you do not wish to register online, please contact Karlyn via email for other options. Participants need to be USMS registered, or sign up for a 30-day trial. Local contact is coach Rick Walker at rickmile@me.com <http://www.sharkmasters.org>

✂----- Keep top portion -----✂----- Keep top portion -----✂-----

Aquatic Edge Multi-Stroke Clinic @ Sarasota YMCA, Saturday, Nov. 15th 3:30-6:30 PM

First Name: _____ Last _____

Address _____ City _____ State _____ Zip _____

☎ Phone: () _____ Email _____

Emergency contact info: _____

Age: _____ Level of swimming: ☐ beginner ☐ intermediate ☐ masters ☐ multi-sport

Please identify one goal for the clinic: _____

Cost: ☐ \$125 Adult ☐ I am attending BOTH clinics and will receive a FREE Karlyn Pipes Go Swim DVD

Register ONLINE <http://aquaticedge.org/registerNow.php>

If you would prefer another method of payment, please contact Karlyn at: aquaticedge@hawaii.rr.com



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



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:

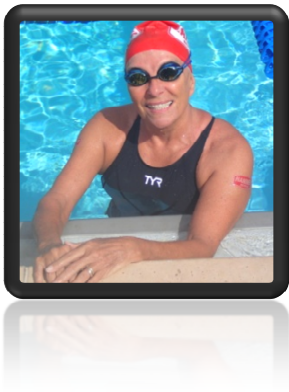
<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=60591>

Contact: Marianne Groenings - mgroenings@usms.org

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



★★★★★



THE NEXT NEWSLETTER DEADLINE

Sheila Carpenter-van Dijk

Please send newsletter articles to Me! (sheilacv@tampabay.rr.com)

Be sure to include your team name 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://floridalmcsc.org>) and in your inbox in November 2014, so I'll need your articles by **October 15, 2014!**

★★★

Looking for some competition?

For upcoming 2014 pool meets, open water swims, and lots of results, please go to: www.dixiezone.org.

Excellence...

“The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.”

– Confucius



6th Annual **Tampa Bay Frogman Swim**

presented by



5k Open Water Swim & Fundraiser
Official Navy SEAL Foundation Event
January 11, 2015



NAVY SEAL
FOUNDATION

Honoring our warriors. Supporting their families.

Swim with the Navy SEALs

and help us “never leave a man behind”

100% of the proceeds go towards supporting the mission of the [Navy SEAL Foundation](http://www.navysealfoundation.org) which provides tragedy assistance to the families of Naval Special Warfare personnel killed or wounded in combat or training.

Not swimming? Please visit our website www.tampabayfrogman.com to sponsor a swimmer or donate directly to the Navy SEAL Foundation.

Registration opens August 6 at 7am.

info@tampabayfrogman.com

www.tampabayfrogman.com
www.navysealfoundation.org