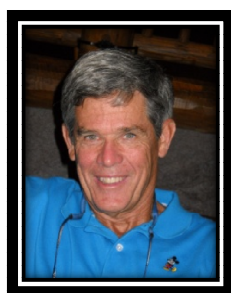




*Want to share the newsletter?
Print a copy, pass it on.*



**Bob Jennings
FL LMSC Chair**

US Aquatic Sports Convention

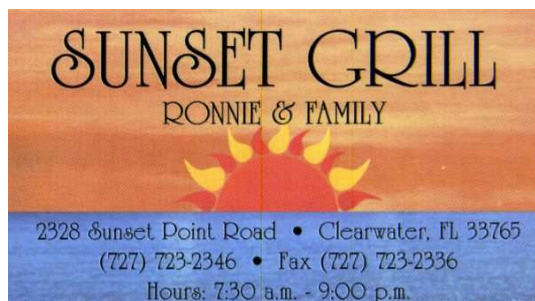
As the host LMSC for the United States Aquatic Sports Convention in Jacksonville in September, the Florida LMSC was given the task of running the hospitality suite for USMS and providing dinner for the delegates on Thursday night. USMS paid for all food, beverages, and supplies with the exception of the Thursday night Social which we paid for. The hospitality suite was open for breakfast, lunch and every evening. Hospitality also provided a bag breakfast for each delegate attending the 6AM swim practice. Marianne Bradley and I did the preconvention planning. Pete Nickodem coordinated volunteers from Jacksonville and was a “Jack of all Trades” for us. Connie and Ken Greb, Marianne Bradley, and Joannie Campbell spent long hours keeping the suite running smoothly. The Florida LMSC delegates all pitched in to help. The team effort of everyone involved was outstanding. We received many compliments for our services we provided. I was truly proud to be part of this group effort.



Your Florida LMSC Board of Directors

(* Elected positions)

***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**, Jodi Schwartz, jodilschwartz@hotmail.com; ***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**, Scott Bay, scottbay@usms.org; **Fitness**, Connie Greb, kgreb@netzero.net;
Social & Awards Chair, Marianne Bradley, bradley@tampabay.rr.com; **Webmaster**, Kimberlee Riley, kimberleemriley@gmail.com; **Safety Chair**, Patty Nardoizzi, pnardozzi@hotmail.com; **Past Chairs**, Megan Wilson, meeganwilson@bellsouth.net; Scott Bay, scottbay@usms.org



2015 Florida LMSC 14th Annual Social & Awards Banquet Saturday February 14

- ❖ **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
- ❖ **ALL** are welcome. Please bring family and friends. Dress is casual.
- ❖ **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 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 9th. 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; (727-784-0420); bradley@mampabay.rr.com)

*Recognizing the Best in 2014***

- ❖ **Most Valuable Swimmers of the Year** - Awarded to the top male & female swimmers selected from the top ten Florida Swimmers of the year in both long distance and pool.
- ❖ **Outstanding Swimmers of the Year** - Awarded to the next four top ten swimmers, male & female.
- ❖ **Top Ten Swimmers of the Year** - Awarded to the next five top ten male & female swimmers.
- ❖ **Leather Lungs Award** - Awarded to all swimmers who have completed all individual events in short course yards, long course meters and short course meters and/or all five USMS postal events. Please alert the Florida LMSC Records & Top Ten Chair, if you think you qualify, by December 31st.
- ❖ **Sue Moucha Overcoming Adversity Award** - Awarded to a swimmer who has overcome adversity and who provides inspiration to all while pursuing swimming.
- ❖ **Florida LMSC Coaches Award** - Honors coaches who have exhibited outstanding devotion to Masters coaching in the Florida LMSC
- ❖ **Florida LMSC Service Award** - The Florida LMSC honors those members for outstanding past and present service to the Florida LMSC.
- ❖ **Florida LMSC Service Award for Club Volunteers** - This award honors members of individual clubs for their outstanding past and present service to their club. One person from each Club can be nominated each year.
- ❖ **Please send nominations by December 31st.** For the Overcoming Adversity Award send to Sue Moucha; 109 E. Sadie St.; Brandon, FL 33510; jbmoucha@aol.com 813-689-4131. For Coaches and all Service Awards send to Awards Chair Marianne Bradley; 869 Manning Rd; Palm Harbor, FL 34683; bradley@mampabay.rr.com; 727-784-0420.

**Criteria for all awards are posted on the Florida LMSC web page (www.floridalmsc.org)

Florida LMSC Awards for the 2015 Awards Banquet need to be sent in soon. The deadline is December 31.

If at all possible, send them to me early in December! - Thanks, Marianne

Marianne Bradley is the Florida LMSC Awards Chair. Please send nominations to her at bradleym@tampabay.rr.com, or call for info at 727-784-0420.

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. *Send nominations to the Florida LMSC Awards Chair not later than December 31.*

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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 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 (by December 31) to: 109 East Sadie Street, Brandon, FL 33510 OR to: jbmoucha@aol.com

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Florida LMSC Service Award for Club Volunteers

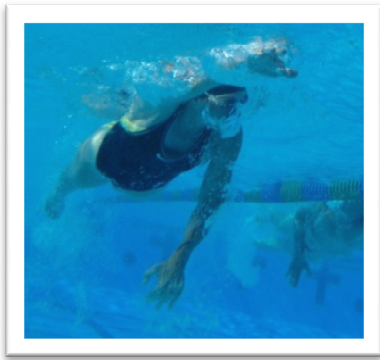
Honors members of individual clubs for outstanding service, past and present, to their club in the promotion of Masters Swimming. We suggest that only one person per year is nominated from the smaller clubs. The larger clubs can have more than one nomination. Nominations need to be approved by the clubs board and/or coaches. *Please send all service award nominations to the Florida LMSC Awards Chair by December 3.*

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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, and must complete ALL 18 events in SCY or SCM, and/or ALL 17 events in LCM, and/or ALL five USMS postal championships during a single season. 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.



Dine and *Dash*

Dr. Kelly Spivey

Meeting the Nutritional Demands of HIIT

High Intensity Interval Training is all the rage lately. With facilities like CrossFit™ and Orange Theory™ popping up all over the country, fitness enthusiasts are realizing the benefit of HIIT (greater fat loss, less time spent training, faster fitness gains, etc.). Those of us who prefer the H2O workouts are also realizing the benefits of mixing in high intensity/maximal-effort intervals with active recovery

To maximize the benefits of your HIIT sessions, keep in mind that nutrition plays a key role in workout performance as well as the post-exercise recovery. Long slow endurance swims rely mostly on fat stores as the primary energy source. This takes a while to breakdown into a usable form of energy, but there is an abundance of energy here. When intensity peaks, the body needs energy quick. This comes in the form of glucose in the blood and glycogen stored in the muscles and liver. If glycogen is depleted, performance drops and the workout may end prematurely.

Therefore, it is important to:

1. Start the workout with maximum glycogen stores
2. Maintain available energy during the workout.
3. Build up depleted stores following the workout.

Pre-Exercise: Focus on a diet that is about 60% carbohydrates, of course the focus should be on the complex assortment. Three to four hours before the workout, eat a balanced meal that contains both carbs and protein and then ingest a tolerable amount of carbohydrate about one hour before the workout. For those of us who prefer a morning workout, no need to get up at 3AM for a meal...just focus on the night before with a quick snack before your workout.

During Exercise: For exercise sessions lasting more than 30 minutes, a sports drink containing glucose, sucrose, maltodextrin and/or fructose is recommended. Drink at least every 15 minutes. A better alternative for longer sessions is a combination of carb and protein in a 3:1 ratio. For example, if your "bar" or "gel" has 200 calories, then 150 should be from carb and 50 from protein. There are also sports drinks that contain protein...ingest regularly.

Post-exercise: This is where it really matters. If glycogen stores aren't replenished quickly, it can not only limit recovery and future workout performance, but muscle breakdown can occur. (Not something that is desirable after busting butt for two hours!). Science says that within the first 30 minutes, ingest 0.6-1.0 grams of carbohydrate per kg. of body weight. If your brain just froze from flashbacks of those daunting math story problems, don't fret...here's how it breaks down:

130 # person should consume 144 to 240 carb calories immediately

160 # person should consume 174 to 290 carb calories immediately

190# person should consume 207 to 345 carb calories immediately

And for those of you worried about protein intake- which is also important for recovery - it is the carbs that matter most in the first half hour. The same benefits will be realized by staying at the low end of the carb intake and adding 40 to 80 protein calories. ..still following that 3:1 ratio.

For a quick and ready boost, grab your favorite bar, goo, gel or drink. Just read the nutritional information on the packaging to see if the math works. Or, *Got milk?*! A perfect recovery drink continues to be low-fat chocolate milk. (1 cup has 157 calories with 104 carbs and 32 calories from protein.)

Reference: *ACSM's Health & Fitness Journal*. "Meeting the Nutritional Demands of High-intensity Interval Training" by Raquel Garzon and Christopher Mohr.

....Kelly Spivey is a non-employee, non-paid spokesperson for the milk industry.

Next issue of *Dine-n- Dash* will focus on the supplements that may enhance performance and recovery from HIIT.

For regular health and fitness updates, check out Kelly's professional FaceBook page...which also contains links to her Blog site.

<https://www.facebook.com/pages/Kelly-Spivey/769847256410699?ref=hl>



NEWS FROM FACT

Joannie Campbell



Finishing off the summer season for those of us that did not go to World's or USMS Nationals in College Park, MD was the Dog Days Meet in Clearwater. We all enjoyed the relatively small meet to wind down the summer and some had a chance to see how their taper was working for Nationals and Worlds.

On to the FINA World Championships where Jeanne Hackett from our VAST/F group did us proud with a 7th in the 100 Breaststroke and 9th in the 50 and 200 Breaststroke in the 70-74 age group. She improved her times and place in a very competitive field. Just to show you – 595 swimmers in the 800 Free! I'm not happy at Worlds because they don't have a 1500!! AND I saw 27 heats in the 200 butterfly!!!! Sylvia Eisele, who swims for Canada when she competes up there but is a member of our FACT, was gold medal winner in the 50, 100 and 200 breaststroke and 200 backstroke in the 85-89 age group.

The USMS Summer Nationals in College Park, MD had a winning group from FACT. Our eight representatives came in 9th as a Combined Team in the Regional Division. Our ladies were FIFTH!! Elsa Kaye, Lin Butter-Sturman and Marilynn McKenney from VAST/F contributed in the 65-69 age group; Ellie Trevison medalled in the 70-74 age group and Martha Henderson captured gold, silver and bronze in all her events in the 75-79 age group. Our youngster, Bob Jennings improved all his times finishing in the top 9 of his age group 60-64; Rick Trevison did well in his events - taking 7th

place in the 800 free in the 70-74 age group; and Luke Kung placed in the top 7 in all his events in the 75-79 age group. Our three men took 9th in the Regional Team Men's Division.

This past week end we had 23 competitors from FACT in the Rowdy Gaines Classic and WHAT A GROUP WE HAD!! We captured the gold in the Regional Team Division with 18 relays and our enthusiastic group of swimmers earned over 2700 points.



The team of Holmes Lumber Jax/FACT, represented by Tiger Holmes (93), Ed Graves (91), John Corse (90) and Bill Adams (88) (pictured, left, with Rowdy Gaines) have destroyed the record books. They set a World and National Record in the 360+ 800 Free Relay. The age group 360+ had never been swum before ANYWHERE. They also set a World Record in the 400 Free Relay and beat the National Record by well over a minute. And not to be outdone, they claimed a new National Record for both the 200 Medley Relay and Free Relay. AND in addition, Rowdy awarded them all the Inspirational Award - usually given to one individual - it went to all four!!

Betty Lorenzi (87) made an early trip down from Wisconsin to redeem herself for a dq last year in the 200 back - and she did just that! - set a new World SCM Record and National Record in the 200 backstroke. Also, our 800 Women's free relay in the 320 Age group set a new National Record - Betty Lorenzi, Joyce Hutchinson, Martha Henderson and I swam that - just as a warm up Friday night!! - set the pace for the rest of the meet. Individual points are listed in the Rowdy Gaines Results - just Google the meet; and of course the results of the meet are on the Dixie Zone web site. We had close to 300 swimmers - I'm sure a record for that meet. Congratulations go to everyone who competed. We had some phenomenal times and swims for both relays and individuals - it was great fun!!

Coming up is the Shark Tank in November - I'll save the 1500 for that. In case it's cold, I would rather be under the water for 30 minutes!! It's always a good meet.

Coming up for the 50's and over is the State Senior Games at the Fort Myers Aquatic Center December 13-14. This is the qualifying event for the National Senior Games to be held in Minneapolis July 4 - 9, 2015. Paper entries are due November 14 and on-line registration by November 21, 2014. Check the procedure at www.flasports.com.



For the youngsters - there's the Dixie Zone SCM Championships that week end in Atlanta and the Coral Springs Classic. Good luck to anyone attending those meets.



HOLMES LUMBER JAX (HLJ)



HOLMES SWIMMERS SET NEW WORLD RECORDS



Tiger Holmes, Bill Adams, Ed Graves & John Corse (left to right) being congratulated by Rowdy Gaines after establishing a new World Record.

Holmes Lumber Jax (HLJ) swimmers affiliated with FACT set new World Records at the Rowdy Gaines Master Classic Short Course Meters Meet Oct. 10-12. HLJ team founder, Rodgers “Tiger”

Holmes (93); Ed Graves (91), John Course (90) and Bill Adams set new world records in the Men’s 360+ age group 800 Meter Free Relay, the 400 Meter Free Relay, the 200 Meter Free Relay and the 200 Meter Medley Relay. In addition these veteran swimmers teamed up with other FACT swimmers to swim in the following Mixed Relays: 800M Free Relay, 400M Free, 200M Free and 200M Medley.

Most of us would be exhausted and satisfied with swimming in 8 Relays but John swam an additional 11 events and Ed swam 8 additional events. John Corse won Individual High Point Award for the 90-94 Age Group. These guys were an inspiration to everyone at the meet and everyone will look forward to seeing them compete in the years to come.

Other Holmes swimmers at the meet included Donnie Trednick (54), Jill Sears (24), Gabe Becker (23), Pete Nickodem (65) and John Byron (56). John swam 12 events and won the High Point Award for his age group.

NEW HOLMES LUMBER COACHING STAFF

Holmes Lumber is continuing its partnership with the Episcopal Amberjax USA Swim Team. We are thrilled to have Olympian Martin Zubero as the Program Director and Olympian Greg Burgess as his assistant. Our two Masters coaches, Nikki Hinojosa and Erica Burgess are actively working to revitalize our team which has grown to 84 swimmers. (72 HLJ and 12 FACT-HLJ)

Nikki, a nationally ranked age group and senior swimmer coaches our morning Masters group. She brings 13 years of competitive swimming & coaching experience to the team. Her degree in degree in Applied Physiology and Kinesiology from the University of Florida helps her deal with the many challenges of coaching Master Swimmers.

Erica brings over 17 years of swimming instruction and coaching experience to our team and is our evening Masters Coach. Originally from Southern California, she was an accomplished water polo

player at Pepperdine University. While at graduate school she was an inaugural member of Duke's Women's Water Polo team. She took up Masters Swimming while at Duke to keep in shape for Water Polo. It was through Masters Swimming that she met her husband, Coach Greg Burgess.

USMS CONVENTION VOLUNTEERS

I would like to give thanks and recognition to the Holmes Lumber swimmers who volunteered to staff the Hospitality Suite at the 2014 Convention. They helped make the convention a success. Thanks to: Richard Shieldhouse, Kerry Wick, Maggie Rowe, JP Randle, Mike Craddock, Chris Himebach, Anne Marie Schrader, Don Thielman, Tracey Kuhn, Marco DeBruijn, Shay Hill, Margaret Dodson and Pete Nickodem. The convention will return to Jacksonville in 2018 & 2020.

HOLMES IRON WOMAN CHANTAL LEFERVE

Holmes Lumber swimmer Iron Woman Chantal LeFerve competed in the Kona Ironman World Championship on 10/11/14. Competing for her native country Belgium, Chantal placed 28th in the Female 55-59 Division, 564th for all Women and 1983rd overall. This is the second trip to the Ironman World Championship for Chantal who has been swimming for HLJ for over 20 years. When she is not training for Tris, Chantal is often off on an adventure to exotic destinations such as Mount Everest or Manchu Pichu.



2014 Annual Report From your FL LMSC Registrar, Meredith Moore

Currently, we have 2300 members registered. That represents about a 7% increase over 2013's final October figure of 2144.

1,423 were registered in 2013 (62%)

199 were last registered from 1994 to 2012 (8%)

674 are brand-new members (30%)

46% are female, 53% are male which is the same percent as 2013.

86% of registrations were done online; 14% by paper.

We had a total of 58 clubs registered for 2013; 59 in 2012.

Our newest Clubs this year were:

AERO - Aeropro Coaching, Clearwater/Land O Lakes

CCCW - Clearwater

CLCM - Clearwater Long Center Masters, Clearwater

4SWM - Forever Swimmers, Port Orange

PST - Parrish Swim Team, Titusville

Our 10 largest Clubs in 2014:

UN14-353 swimmers, SYSM-327, SPM- 267, FACT-136, 21st Century-89, BLU-88, HLJ-72, CFMS-67, GSC-62, T2NM-57.

We had 3 active Workout Groups of FACT:

CLCF 22 swimmers, HLJF-12, VASF-53.

Club registration for 2015 started during the month of October. So far, 35 Clubs have registered for 2015. All Clubs **MUST** have been registered by October 31st.

NEW FOR 2014/2015:

- September 1, 2014 (Late Season Registration), prospective members now have **two** registration options available online:
 - 1) An **end-of-year 2014 membership**, which is discounted from the full-year 2014 price. It expires on December 31, 2014; or
 - 2) A **"year-plus" membership**, which is a 2014 membership PLUS a prepaid 2015 membership (available only online). The way this works is that the member makes his LMSC and club selection and receives his 2014 card immediately. Then, in November, the member will be asked to confirm his LMSC and club choice for 2015. When he does that he will be issued his 2015 membership card, which will expire on December 31, 2015.Note that the "year-plus" membership includes an additional \$10 discount off the USMS portion of the 2014 membership fee.

The FL LMSC has had 117 Late Season Registrations since September 1st. 64 prepaid for the 2014-2015 Membership (51%) and 53 opted just for the End of Year only (49%).

2015 swimmer registration begins on November 1st. **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 to working with our Board, the FL LMSC, USMS and our Club Reps and swimmers in 2015. Thank you all for the opportunity to be your FL LMSC Registrar.



St. Pete Masters

<http://stpetemasters.org/>

Christine Truhol Swanson

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

Late summer and early fall are proving very busy for St. Pete Masters in and out of the pool. Aside from swimming, lots of swimming, there were team social events at Tropicana Field and movies in the park and the ever popular shuffleboard night.

Let's start with the Dog Days of August and the **Dog Days of Summer** LCM Meet in Clearwater. Five SPM swimmers competed some for the final chance to record LC times in their new age groups. Swimming fast was the order for the weekend for Karen Westerman and Kern Davis. Cheryl Kupan was busy fine tuning prior to a trip north for USMS Nationals and the team was rounded out with fine swims by Barbara McNulty and Davenia Navaroli.

A few of our swimmers then headed north for some competition. Livia Zien and Cheryl headed to Maryland for the **USMS LC Championships**. Both swam extremely well, bringing home medals in all of their events. The locale allowed Livia's family to stop by and cheer the ladies on. Team member Lauren Connolly was also attending the meet as the SE US Speedo rep. Further north, Sandy Steer and Bob Beach represented the team at the **FINA Worlds** in Montreal Canada. Sandy stuck to the pool events while Bob also competed in the 3K Open Water swim.



The Open Water pursuit of a Triple Crown continued for Chris Burke. After completing the Swim around Manhattan in early summer, Chris tested the waters of the Pacific. On Tuesday September 23rd (well really Monday night on the 22nd) Chris entered the water on Catalina Island and began his swim back to the mainland of California. Eleven hours and twenty three minutes later Chris walked onto the beach after completing the 20 mile crossing. Carl and Kathy Selles accompanied Chris on the boat as part of his support crew while his SPM team members were following

his swim via his GPS tracker on the internet. Next up... Chris plans to swim the English Channel during the summer of 2015 and complete his OW Triple Crown.

In the meantime, many SPM swimmers took time out of their regular training to spend a Sunday morning competing in the 5k/10k USMS Postal Swim. This was a tough sell as the team did not have access to long course training during the month of August. Great job everyone – can't wait to see the results.

Venturing south across the Skyway Bridge, a dozen of our swimmers headed to Siesta Key for the **Tropical Splash** event. Although most had registered for the 5k event, the weather (storms and excessively warm water temps) caused race officials to cancel the longer event and just swim the 2.5k. I am told that Charlotte Petersen wimped out ("very wavy") but the following team members plunged into the Gulf of Mexico with many fine performances. Great swimming by: Ted Bradley, Pat Marzulli, Herb Euler, Ron Collins; John Dolittle (and son Sean); Oscar Negrette, Phil and Melissa Harasz, Hannah Caron, Tiffany Weidner and Brooke Bowman. There was no mention as to whether the group stopped by Yoder's before driving back to St. Pete.

Photo credit to Ron Collins.



Continuing with the open water theme, Carl and Kathy Selles are making their way back to Florida this month. They made a stop in Chattanooga, Tennessee so Carl could "Swim the Suck" on October 11th. This is a 10 mile swim in the Tennessee River Gorge. The water was a chilly 73 degrees for the swim. Carl (and Kathy) finished in 3hr 58min 38sec. Carl you are fortunate to have such a dedicated paddler by your side. They are now meandering down the Natchez Trail and should arrive in St. Pete very soon.



On to Orlando for the **Rowdy Gaines SCM Meet...**

Cheryl, Barbara and Karen led the way; each winning high point in their age group during the meet. Joining them in Orlando to represent St. Pete were JoAnn Harrelson, Davenia Navaroli, Linda Visser, John Keen and Selina Herdman.

Although a highlight of this meet is getting your photo taken with Rowdy Gaines and getting to compete in 25 meter events; this group of

swimmers was able to witness the swimming of the men's 95+ relay. These men are truly inspirational.

And finally, I would like to share news of the passing of Forrest "Woody" McDaniel. Woody was a long time St Pete Masters member and friend to the team. For so many years he was the starter for our meets at North Shore Pool and also for our numerous Sunday morning Development Meets. RIP Woody.....





T2 Naples Masters by Susan Nolan

Once again T2 Naples Masters have travelled all over world to swim and represent beautiful Naples, Florida!! Destinations included Lake Mephemagog in Vermont, Montreal, Canad; Portland, Maine; Sarasota, Florida and Siesta Key Florida.

Newport, Vermont -2014 Kingdom Swim

The scalywags from Naples once again showed the northern folk how it's done. Everyone placed in their age group and even beat out many younger swimmers. While they were swimming the Kingdom our LMSC Registrar, Meredith braved the cold waters (made colder by a tropical storm) and swam the Peaks Island to Portland 2.4 mile swim. The water temp was a balmy 57 and she is still thawing out!



On the Montreal Canada and The Fina Masters Worlds, we had some amazing performances by our amazing athletes, many of whom placed in the top 8 in their respective age

groups.

Margit Jebe: (75-79) 5th 100 back, 3rd 200 back, 4th 50 breast, 3rd 100 breast; 2nd 200 IM

Mike Stollmeyer: (75-79) 15th 50 free, 12th 100 free, 11th 200 free, 9th 800 Free, Open water 3K – 5th

AnnMarie Morrisseau: (45-49) 12th 800 free, 26th 100 breast, 17th 200 breast; Open water 3K - 9th, 63rd female out of 500

Lisa Blackburn: (40-44) 3rd 50 breast, 2nd 100 breast; 3rd 200 breast, 1st 200IM, 1st 400IM

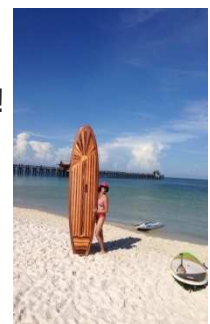
Meredith Moore: (65-69) 3rd 800 free, 6th 100 free, 11th 200 back

Fred Wakelin: (70-74) 11th 200 breast, Open Water 3K- 9th

Snowbird Gordon Wilson: (75-79) 28th 50 free, 23rd 200 free



Deb O worked for months and made her own wooden paddle board , what an accomplishment!!



We also had a brave group of swimmers that despite scary weather swam the Tropical Splash swim in Siesta Key.

Last but not least we would like to welcome Baby Max, born on 9/6/2014 to Nikki and Mike. Nikki swam until just before he was born. We cannot wait to see Baby Max swim !!



Tampa Bay Aquatic Masters

www.tampaswim.com



TBAM's triathletes participated in the **ST. ANTHONY TRIATHLON** - congratulations to Kate Tombillo and Chuck Ashbaugh in the Olympic distance, to Jan Thompson on her age division received 1st place in the Sprint (first time for this event), and to Dan Hicks on his age division received 2nd place. Some of our teammates swam the relay: Team N.T.M. came in 1st place (Libby McKenna) and Team Tri Forever came in 3rd place (Juan Cue).



We had several swimmers in the **24 MILE TAMPA BAY MARATHON EVENT**.

On the Nauti-Lady boat, is Allen Von Spiegelfeld, Hannah Smith and Jen Smith. Of the solo swimmers from our team: Ann Von Spiegelfeld accomplished this in 15 hours, 22 minutes holding the Endurance Record for one hour until Arnie Bellini finished behind her in 16 hours, 17 minutes saying "the last one mile was the smoothest." Please note, this was Ann's second consecutive time completing this event and each time the weather was rough (extremely strong gusts of wind and currents). Ann, you earned the "Tough TBAM" Award. To the great crew, you did a fantastic

job!! Out of the 15 solo swimmers that started, only five finished and all the local swimmers that started finished! What a great swimming community we have in the Tampa Bay area. Pictured is Merit Greaves (kayaking for Ann) at the finish.

Of the four relay teams registered, only three teams were able to finish the swim, with the Bull Shark Open Water Swim Club finishing with the fastest time of the day, 10 hours, 8 minutes. Way to go to Andy Lutton, Juan Cue, Scott Linebaugh and their other buddies, Andy's bro Big Donald Lutton, Christopher Beach and Bubba Drody.



Here are some of pictures of the Marathon Swim. Look at the weather and the choppy waves! The last picture is the relay team passing Ann as the Nauti-Lady crew and Merit look on.



Pictured is the relay team and their professional smiles for the public with their plaque

ESCAPE FROM FT.

DESOTO – Kudos go to Kate Tombillo for finishing 1st in her division.



ST. PETE LONG COURSE

CHAMPIONSHIPS IN ST. PETERSBURG was held on July 12-13 with Jullie Holbrook placing 1st in two (2) events and has two (2) more team records and Ann Von Spiegelfeld placing 1st in the 200 meter back and placed 2nd in two other events. She now has two (2) new team records and personal bests.

We are very proud of Libby McKenna for her ten (10) 1st places in her age group at the **3RD ANNUAL DOG DAYS OF SUMMER LCM MASTERS MEET** and six (6) new team records!

Our triathletes competed at the **25TH ANNUAL TARPON TRIATHLON**, Sept 26, for their age groups: Sue Curtin won 1st place and finished first in the swim. Susan Ashbaugh won 3rd place and finished second in the swim. Libby McKenna 3rd place and also finished first in the swim.

BEFORE and AFTER



Although conditions were not that spectacular for the **OCTOBER 4: TROPICAL SPLASH (1K, 2.5K, 5K). SARASOTA FL. (OPEN WATER)**, Kelly Imoto won 1st place and Allen Von Spiegelfeld won 3rd in their respective age group events.

OCTOBER 11th SWIM THE SUCK was held and our very own Ann Von Spiegelfeld completed the 10 miler through the beautiful Tennessee River Gorge with Allen Von Spiegelfeld as her kayaker. Check one more off the bucket list, Ann! Awesome accomplishment!

Andy Lutton participated in the **OCTOBER 11TH ROWDY GAINES** took 2nd place in the 400 M Free and 3rd place in the 200 M Free in his age group.



March, 2014, TBAM played tag with leadership where Merit Greaves and Ann Von Spiegelfeld stepped down for Scott Linebaugh and Norma DeGuenther, respectively, with Steve Knauss remaining on board and Carmen Goodner coaching the same team and going strong!

Until next time, just keep swimming!



The Alcatraz Invitational Swim

by Sheila Carpenter-van Dijk, Alcatraz Escapee

It was my 65th birthday on September 5 and what I wanted for this very special birthday was to swim across the San Francisco Bay from Alcatraz to the shores of San Francisco.

I signed up for the Alcatraz Invitational sponsored by the South End Rowing Club five months before the event. It was to be my longest open water swim, at 1.5 miles (seems like a long way to me!). So, following the advice of my swim coach, I added two additional days of training in addition to my usual 4 swim practices each week. Starting with 600

yards, each week I added 200 yards to finally get to 2000 additional yards twice each week. I kept track of my times and at the end was doing 50 yards on 1 minute, for the first 50 and for the last 50 of that 2000 and every 50 in between. I was ok with that. I tapered the week before the swim, dropping my additional yardage to 1800.

In San Francisco, we were staying right across from the Aquatic Basin (known as The Cove to the locals). It was convenient for my test swims for the three days before the swim. The water was historically warm at 67 degrees, but it still took my breath away (Florida girl, used to swimming in warm, i.e., at least 79 degree water)...at first.

The day of the swim, there was not a cloud in the sky and not a hint of fog on the water. At the pre-race meeting, the race director said to stop in the middle of the swim somewhere and look around; it was going to be something you will never forget.

Following the meeting, swimmers, support and friends walked, race-ready along Fisherman's Wharf's Jefferson Street behind a bagpiper to the ferry. Swimmers and those lucky enough to have a ferry ride ticket boarded two ferries for the ride out to The Rock. Two ferries! There were 740 swimmers!



On the ride out, I was thinking "WHAT what I thinking???"



When we arrived at our jumping off point I was thinking "What a great birthday present!!!" I jumped in and...the water did not feel so cold! I did stop in the middle of San Francisco Bay and looked around. Off to my right was the Golden Gate Bridge in all her glory, fully visible; to my left was Angel Island with the Bay Bridge visible in the distance. Behind me, Alcatraz loomed and in front was the entire skyline of San Francisco. Most

definitely an unforgettable moment, a life event!

The swim was good, a bit choppy in the middle. The race director told us we would experience a current sweeping us to the Golden Gate at first, then no current, then we would be swept back toward the opening to The Cove. But, the second current did not materialize and about 50 swimmers had to swim some extra meters to get to the opening to The Cove between the piers. And wouldn't you know it, that current materialized INSIDE the Cove. We were all swept to the far side of the Cove, away from the finish. After some scurrying for position, finally there was the finish! I escaped!



Thanks to my wonderful husband, Jos, for sharing the best 65th birthday present, ever!

By the way, thousands of swimmers have completed this swim in several different Alcatraz events. Three other TMM team mates have completed "The Alcatraz Swim:" Barbara Coccagnia, Tom Peterson and Kelly Spivey. Escapees, all of us!



The 2014 class of International Masters Swimming Hall Of Fame (IMSHOF) Inductees

Jean Troy, Florida Mavericks

Jean Troy, 87, holds 68 USMS individual pool records, as well as eight relay records. She's been competing since 1976 and has consistently ranked in the FINA World Top 10 for more than 32 years. She's earned 39 All-American honors, divided among 24 pool individual events, 14 relays, and one long distance event. She's also earned 37 FINA Masters world records. Jean is pictured at the induction ceremony with her daughter, Marsha, and sons Mark and Mike.



Born in North Carolina, Troy swam in the summers for a few years as a child but didn't start competing until age 45 when she joined USMS as a member of Colonials 1776. She was soon racking up Top 10s and All-American honors, scoring wins in the 50, 100, and 200 freestyle events. She's competed in three FINA Masters World Championship meets—1992, 1994, and 2002—where she earned five gold, three silver, and three bronze medals. She swims primarily IM, freestyle, and butterfly events. Today she trains and competes with the Florida Maverick Masters in Saint Petersburg, Fla.

Troy says the honor came as a complete surprise and she's pleased to be included in this year's class of inductees. "The nominating committee consisted of over 60 members from all over the world," and they had "quite a 'pool' to choose from. It means that this is the highest honor a Master swimmer can attain. It is something I will be proud off for the rest of my life. It's hard to believe it's real."



Troy hopes to continue her winning ways in the pool. "Having been an active Master since 1975, almost 40 years, I don't know how not to swim. Working out encourages your body to be as agile and healthy as it can be as you age. I just hope I'm around and in shape three years from now when I can try for some of the records of the 90 year olds," Troy says.

Pictured above is Jean wearing her IMSHOF sash with friend and fellow swimmer Margie Huting. Margie is holding a butterfly (the spirit of Coach Paul) in the jar.

Also inducted were David Guthrie, USMS swimmer from Rice Aquatic Masters, Houston Texas and Timothy Shead, USMS swimmer with the P2LifeClub, Ft. Lauderdale.



Letter to the Editor...

Retain Option of Paper Entries and Printed Newsletters

Respectfully submitted by

Margie Huting, and fellow Maverick, Mary Selke, who helped with the research

USMS Goals and Objectives - emphasizes enhancing fellowship and camaraderie among Masters swimmers.

USMS Vision Statement - provide consistently superior services to our members and clubs.

Communication is a powerful vehicle for converting our goals and vision into action. One means of communication is SWIMMER plus LMSC and club newsletters. As such, it makes good sense to deliver that information in a manner that reaches and meets the needs of all members.

As is the case with many organizations, we have moved into the electronic delivery of organizational newsletters. However, questions arise regarding access issues and the overall effectiveness of electronic newsletters.

There may be temporary or permanent circumstances in which a print newsletter is needed. A recent SWIMMER emphasized the need to "leave no swimmer behind" which pertained to hearing challenges. Doesn't the same belief apply to swimmers who are challenged in any way, including access to electronic newsletters?

We need to actively support swimmers who wish to compete throughout their lifetime. The move to only on-line entries is of special concern. People who have been independent for decades may reluctantly stop competing if they don't have electronic access and have to rely on someone else to do their entries. Credit card theft is also a major concern to some members. It should be the responsibility of the host club to have paper entries available where needed.

Electronic communication does not work for all members and can be less effective. This would mean: **1. ELECTRONIC or PAPER OPTION - FL LMSC newsletters. 2. ELECTRONIC or PAPER OPTION - ALL meet entries.**

The bottom line is that implementing these two items would support USMS goals and vision and it makes good business sense. I propose that we as an organization enact our goals and vision with a commitment that goes beyond "leave no swimmers behind" to "support and respect the needs of ALL swimmers."

"As long as the FL LMSC newsletter is only sent via e-mail, "EVERYONE" will not be informed about the FL LMSC dinner, meets, or anything else. Had some interesting discussions at convention LMSC discussion groups and other LMSC's felt that their members should have an option.....E-MAIL or PAPER. FL should go back to that option!"
– Margie

If you know of someone who would like a paper copy, arrange for me, Sheila, (sheilacv@tampabay.rr.com) to receive that message! – editor



Obituaries for Winnie Walter and Ellen Bowen

Winnie and Ellen were both swimmers with Clearwater Masters from the 80's until the mid 2000's, when they both moved away to live closer to their children as they advanced in age.

Winifred Francis Walter

Pickens –Winifred Frances Fasig Walter, formerly of Clearwater, Florida, wife of the late William Francis Walter, passed away on March 17, 2014 at the age of 93. Born in Arlington, Ohio on Feb. 22, 1921, Winnie is survived by daughters Vicki Cook (Charles) of Frostproof, Florida and Jan Sparks (John) of Pickens, SC. In addition, she is survived by grandchildren Jeremy Cook (Amber), Cassandra Cook, Laura Burkett (Chris), Jackson Sparks and great grandchild Maxwell Cook.

A life long artist, she attended the Dayton Art Institute, worked as a commercial artist, studied painting with William Pachner, and helped found Studio 1212 in Clearwater. Later in life she became an avid traveler and a competitive swimmer on the Clearwater Masters Swim Team.

Special thanks are extended to The Commons at the Willows of Easley and to her loving, dedicated caregivers from the Sitters Registry of Easley. The family will honor her privately.

Memorials may be made to the Dunedin Fine Art Center, 1143 Michigan Blvd, Dunedin, FL 34698, or The Pickens County Museum of Art and History, 307 Johnson Street, Pickens, SC 29671.

Ellen Bowen

Ellen Bowen, 89, of Iowa City, died Saturday, May 24, 2014. She was a resident of Oaknoll. She leaves 3 daughters, 8 grandchildren and 3 great grandchildren. The family wishes to thank the wonderful staff at Oaknoll for their years of excellent care, and Iowa City Hospice which provided excellent medical and comfort care. Family services will be held at a later date. Memorial gifts may be made to Iowa City Hospice.



Swim Without Limits

by David Miner

Swim Without Limits, Inc. is a new swim business based out of Sarasota, Florida. Our goal is to help masters swimmers become BETTER masters swimmers. Offering a basic to intermediate level open water clinic, called Swim Into Open Water and a swim stroke video clinic, called My Swim Stroke, Swim Without Limits is here to work with USMS swimmers/coaches/teams/clubs around the country. Our clinics are designed for every one of all ages and abilities. You don't have to be an experienced swimmer to take our clinics.

Swim Into Open Water clinic: Begin or grow your open water swimming experience by taking one of the most thorough open water training clinics available! Taking both a classroom and in-water approach, you'll learn the skills necessary to swim safely and effectively in the open water, whether



you're swimming for fitness, in open water races, or participating in triathlons. From pool swimmers looking to swim in the open water to beginner open water swimmers to the more experienced, our 3.5-4 hour clinic provides valuable skills and important information for you to swim faster, more safely, and to have more fun in any type of open water swimming event. Coaches/clubs/teams can sponsor the clinic at your location using either your pool or actual open water location. We come to your team/club and even offer a built-in profit share for the coach/host team.



My Swim Stroke video clinic: Swimming freestyle, backstroke, breaststroke, and butterfly well require exceptional technique. Just hearing your coach talk about the right technique or describe your technique can sometimes be difficult to comprehend. By having your strokes videoed, you can see your technique from above and below the water. We video your stroke from multiple angles and provide it to you on a USB flash drive for you to keep. With the help of your coach or

software apps like Coach's Eye or Finis Stroke Lab, you can see where you need to make improvements to your stroke. Those improvements can lead to faster swim times, a more efficient stroke, and overall better swimming. Coaches/clubs/teams can sponsor the clinic at your location using your pool. We come to your team/club and even offer a built-in profit share for the coach/host team.

For more details on pricing and how the clinics work, please see our website at www.swimwithoutlimits.com or email us at swim@swimwithoutlimits.com.





Job Posting

The New Tampa Y is seeking an enthusiastic, hardworking Masters Swim Coach to help grow our Masters program.

In a part-time, position, weekdays and Saturdays, with varying times, the Masters Swim Coach will be responsible for providing individualized swim training in a group setting for competitive masters swimmers, triathletes, and/or novice swimmers. The Masters Swim Coach will also collaborate with swimmers in developing goals, writing and administering workouts. He/she must be able to provide stroke technique, feedback, and create training programs for beginner through elite level participants. He/she will be present at all scheduled practices and swim meets as needed.

In addition to coaching responsibilities, the Masters Swim Coach will act as a liaison between Masters swimmers, YMCA staff and other guests and programs at the pool. As a representative of the Tampa Metropolitan Area YMCA, the Masters Swim Coach must at all times be professional, timely, and be able to work as a member of a team.

Requirements:

- Coaching and/or Swim Team experience preferred
- ARC Coaches Safety Training certification or YMCA Lifeguard
- Current CPR PRO, Oxygen Administration, AED & First Aid
- USMS member preferred
- USMS certification of ASCA level 1 preferred
- Successful completion of pre-employment drug screening and satisfactory background investigation.

Contact: John Bruenning (john.bruenning@tampaymca.org)





THE NEXT NEWSLETTER DEADLINE

Sheila Carpenter-van Dijk

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

Be sure to include your team name in the subject

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 May 2015, so I'll need
your articles by **April 15, 2015!**

★★★

Looking for some competition?

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

Happy
Holidays

Happy Swimming

2015 Dixie Zone SCY Championship Meet
5th Annual Valentine Meet ~ February 13-15, 2015
Hosted by City of Clearwater & St Petersburg/Clearwater Sports Commission
Sanctioned by Florida LMSC for USMS, Inc # [pending]

DATE & TIME:

Friday, February 13: warm-up 5 PM, Meet begins at 6 PM

Saturday, February 14: warm-up 8 AM, Meet begins at 9 AM

Sunday, February 15: warm-up at 8 AM, 1000 Fr begins at 9 AM; warm-up at 11 AM for other events, begins at 12 PM

FACILITY: The Long Center, 1501 N. Belcher Road, Clearwater, Florida. The Long Center is an indoor 50 meter x 25 yard pool. This meet will be using 9 of the facility's 20 short course yard lanes and 11 lanes will be provided for warm-ups during the course of the meet. Daktronics timing with hand held back-up watches for all events.

HOSPITALITY: Free refreshments for all swimmers. T-shirts will be on sale online for \$15 or throughout the weekend on the pool deck for \$20.

ELIGIBILITY: Current USMS rules will govern. All athletes must be 18 years of age or older as of February 15, 2015, and be registered with USMS, Inc for 2015. Non U.S. citizens should have a letter of introduction from their own swimming association.

ONLINE ENTRIES: Online registration must be completed by midnight Eastern time on Tuesday, February 10, 2015. Online registration for this meet is preferred for speed and accuracy.

PAPER/MAILED ENTRIES: Paper entries must be received by Friday, February 6, 2015. Each entry must be submitted on the entry form with your name, registered team, age, event description, event number, USMS member number, and seed times. Be sure that all information is filled out with the waiver signed and an attached copy of your 2015 USMS registration card.

ENTRY FEES: Entry fees are \$4 per individual event, \$8 per relay team, and a \$25 surcharge which is non-refundable. Online meet entry charges meet fees to your credit card (Visa, MC, or Discover). Your credit card statement will show a charge from "ClubAssistant.com Events." Paper/mailed entries, please make checks payable to City of Clearwater: Long Center Pool and mail to the address on the entry tab.

ENTRY LIMITS: Swimmers may enter a maximum of five individual events per day. **1650 Freestyle and 1000 Freestyle are limited to the first 50 to enter.**

CHECK IN: No check in required; pre-seeded

SEEDING: Times will be seeded Short Course Yards. **All events will be swum slowest to fastest.**

SCRATCHES: No penalty for scratching on the block. Scratches will be accepted and allowable refunds made if Mark Roberson (727) 793-2320 ext 107 or mark.roberson@myclearwater.com, is notified prior to 4 PM on Friday, February 6, 2015.

RELAYS: Relay teams may be deck entered at the meet Friday, Saturday and Sunday. Only team members registered for the meet may participate in the relays. Mixed-gender sequential relays shall consist of at least one swimmer of each gender is represented. Age categories for relays are 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+. Entries for relays will be due 30 minutes prior to event.

SCORING: Individual Events: 9-7-6-5-4-3-2-1. Double points for relays. Breaks taken as needed.

AWARDS: Individual events will be medals 1st – 3rd and 4th - 8th will receive ribbons. Individual High Point awarded to male and female of each age group (must swim five individual events to be eligible). Special Dixie Zone Championship Team Awards will be presented for combined men and women 1st, 2nd, and 3rd place. Members of the Florida Aquatic Combined Regional Team will swim as FACT and be eligible for a team award.

***Awards will be distributed Sunday after the last event. ***

*LMSC Social Saturday
night at Sunset Point
Restaurant. Close to
the Long Center. Look
for info in the LMSC
newsletter.*

PSYCHE SHEET: Will be available online at www.Midnightsports.com by mid-week prior to the meet.

ORDER OF EVENTS:

Friday February 13th, 2015

<u>Event #</u>	<u>Event Description</u>
1-2	1650 Freestyle
3	800 Mixed Freestyle Relay

Saturday February 14th, 2015

<u>Event #</u>	<u>Event Description</u>
4-5	500 Freestyle
6-7	200 Backstroke
8-9	100 Breaststroke
10-11	200 Freestyle
12-13	100 Individual Medley
14	200 Mixed Free Relay
15-16	200 Butterfly
17-18	50 Backstroke

19-20	200 Free Relay
21-22	400 Individual Medley

Sunday February 15th, 2015

<u>Event #</u>	<u>Event Description</u>
23-24	1000 Freestyle
25-26	200 Breaststroke
27-28	50 Butterfly
29	200 Mixed Medley Relay
30-31	100 Backstroke
32-33	50 Breaststroke
34-35	100 Freestyle
36-37	100 Butterfly
38-39	200 Individual Medley
40-41	200 Medley Relay
42-43	50 Freestyle

Florida LMSC Consolidated Entry Form

Name _____ ☐ male ☐ female USMS # _____

Birthdate ____/____/____ Age ____ (SCY is your age on the last day of the meet; LCM and SCM are your age on December 31)

Club _____ Phone (____) _____ e-mail _____

event #	FREE (seed time)	event #	BACK (seed time)	event #	BREAST (seed time)	event #	FLY (seed time)	event #	IM (seed time)
_____	50 ____:____	_____	50 ____:____	_____	50 ____:____	_____	50 ____:____	_____	100 ____:____
_____	100 ____:____	_____	100 ____:____	_____	100 ____:____	_____	100 ____:____	_____	200 ____:____
_____	200 ____:____	_____	200 ____:____	_____	200 ____:____	_____	200 ____:____	_____	400 ____:____
_____	400/500 ____:____	<div style="display: flex; justify-content: space-between;"> <div> MEET <u>Dixie Zone SCY Championship Meet/ Valentine Meet</u> LOCATION <u>Long Center Pool 1501 N. Belcher Rd, Clearwater, FL 33675</u> MEET DATES: <u>February 13th – 15th, 2015</u> </div> <div style="border: 1px solid black; padding: 5px; width: 150px;"> Office Use Only Amt. Rec'd _____ Date _____ </div> </div>						_____	
_____	800/1000 ____:____							_____	
_____	1500/1650 ____:____							_____	

Attach the entry form tab from the bottom of the information page in the space below!

Read the information sheet carefully. Make your check payable as shown on the information sheet and mail it to the address shown there. All Masters swimmers may be asked to show their USMS cards, if requested, at the meet. Incomplete entries (no fee, no copy of USMS card, incomplete entry card) or late entries (postmarked/received after the deadline) **MAY BE REJECTED!** No time (NT) entries will **NOT BE ACCEPTED!**

Signature on this form is **REQUIRED!** Be sure a copy of your USMS card is attached below!

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide and be governed by the rules of USMS. (see Rule Book Article 203.1)

PLEASE SIGN AND DATE _____

Fees: Meet Surcharge.....= \$25.00

Events (____) X \$4.00.....= \$ _____

Custom T-shirt (____) X \$15.00.... = \$ _____

Circle Size: S M L XL XXL

TOTAL ENCLOSED.....= \$ _____

Make checks payable to City of Clearwater: Long Center Pool
and mail the check and entry form to:

Long Center Pool
Attn: Mark Roberson

**ATTACH A COPY OF YOUR
CURRENT USMS CARD
HERE!
BE SURE TO SIGN AND
DATE ENTRY FORM**