



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



**Bob Jennings  
FL LMSC Chair**

**LMSC News**

I was honored to represent the Florida LMSC at the United States Aquatic Sports Convention recently in Kansas City. The highlight of the convention for me occurred Friday night, when Jack Groselle with his family surrounding him was inducted into the International Master's Swimming Hall of Fame. Jack and his wife Laura swim in our LMSC for the Sarasota Sharks. Next time you see Jack at a swim meet, congratulate him for this tremendous accomplishment.



**2016 Florida LMSC 15<sup>th</sup> Annual**  
**Social & Awards Banquet**

***Please note the Social and Awards Banquet will be held later in the year. Watch your FL LMSC newsletter for the announcement.***

***Nominations are being accepted now for awards.***

# Recognizing the Best in 2015\*\*

- **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. Chosen by the Florida LMSC Board.
  - **Florida LMSC Service Award for Club Volunteers** - This award honors members of individual clubs for their outstanding past and present service to their club.
- Please send nominations by December 31<sup>st</sup>. For the Overcoming Adversity Award send to Sue Moucha; 108 Tahoe Circle, Valrico FL 33594, [jbmoucha@aol.com](mailto:jbmoucha@aol.com) 813-689-4131.
  - For Coaches and all Volunteer Service Awards send to Awards Chair Marianne Bradley; 869 Manning Rd; Palm Harbor, FL 34683; [bradley@manningbay.com](mailto:bradley@manningbay.com); 727-784-0420.

\*\*Criteria for all awards are posted on the Florida LMSC web page ([www.floridalmc.org](http://www.floridalmc.org))



## NEWS FROM FACT

Joannie Campbell



The end of the Long Course Swim Season culminated with a really fun meet at the Long Center in Clearwater. Because of the necessary cancellation of the popular Dog Days Meet in August, the DOGS theme reappeared as the “Tail’s End Meet” and featured all of the Long Course events in one day – Saturday, September 19 – and gave everyone a chance to better or swim their event before September 30<sup>th</sup>, which is the end of Long Course 2015. We tried out some new ideas to save a bit of money this year and make this meet something you can do with little notice – no need to order things, etc. Something that was popular in Connecticut when I was there was to recycle medals – when you figure the cost of these you see that thousands of dollars are spent on medals. Many of us brought medals even back from the 1990’s – World, Pan American, National, Zone Championships. So many of them are just gorgeous and worth sharing just for the beauty of them. It was fun!!

With a small number of participants some contestants walked away with great times, individual high points, winners. Team high points were awarded – this was a Club meet and workout group meet –

Sarasota took high point, Clearwater FACT (CLCF) workout group was second and St Pete a close third.

In the Tropical Splash October 24<sup>th</sup>. Tom Davis, 70-74, placed 2<sup>nd</sup> in the 1K; Jim Alabiso, 60-64, placed 5<sup>th</sup> in the 2.5K. Good to see Andrea Rogers back in the water with a great finish in the 5K – second place.

Some new members of our Clearwater FACT group participated in the Ironman in Chattanooga, TN. I am dutifully impressed with the dedication needed for these events and rather new at determining how you have placed and how anyone can do all this without a nap!! – 10 to 14 Hours of racing!!!! Congratulation to all of you: Patrick Bene, 27<sup>th</sup> in his division in 10:54; Dave Bracken, 56<sup>th</sup> in 11:41; Viny Bourgeois, 48<sup>th</sup> in 11:40; and our lone woman – great Sherri Mauzy!! – 14<sup>th</sup> in 13:21.03. This was a qualifying competition for the Ironman in Hawaii – hope you qualified. Our SPAM MAN Bob Brubaker, who has done 19 Ironmen, will have to bring us up to snuff on the details of these events.

The Rowdy Gaines Dixie Zone Championships were spectacular as usual. Orlando's pool for SCM is their diving well and always makes for good times. High point age groups were won by FACT members Martha Henderson (75-79), John Cornell (85-89) and Joan Campbell (85-89). Can't locate the run-down so please excuse me if I have left anyone out. Everyone swam well and it was great to see our world champion Betty Lorenzi back in the pool competing. We had a good race with our 280 Mixed B relay beating the A relay – always fun. All of our 12 relays did well – careful on that take-off though. A DQ doesn't count for points!

In the process of gathering up the info sheet, etc. for the Valentine's Meet February 13-14, 2016 in Clearwater. The flyer is the very last two pages of this Newsletter. Since this is not a Dixie Zone Championship this year, team awards will include local LMSC workout groups as well as out of area participants at the meet.

Also, watch the deadlines on the Swimming for the Florida State Senior Games to be held December 5<sup>th</sup> –6<sup>th</sup> at the Long Center Clearwater facility. Swimming is receipt by 11/18 and on line 11/20, 2015. This indoor facility will also be used in 2016 for the Senior Games - a big plus for those of us that have endured freezing cold temperatures for years at other sites.

Please keep up to date with all the news on our website: [www.factmasters.org](http://www.factmasters.org)



## **FL LMSC Registrar Update**

We had 2,418 swimmers register in the FL LMSC for 2015 (November 1, 2014 thru October 31, 2015. That represents about a 5% increase over 2014's final October figure of 2,300.

1,584 were registered in 2014 (65%)

198 were registered anytime between 1994 to 2013 (8%)

643 were brand new members (27%)

53% are male, 47% are female, which is the same % as 2014.

97% of registrations were done online; 3% by paper.

The FL LMSC had 153 Late Season registrations (Sept 1 - Oct 31). 108 (71%) opted for the "End of Year" plus 2016 membership and 45 (29%) opted for just the End of Year membership.

We had a total of 62 Clubs registered in 2015; 58 Clubs in 2014.

38 Clubs have registered for 2016 including 2 new Clubs:

TFM - Total Fitness Masters Swim - Tarpon Springs

TYSM - Tampa Y Swimming Masters (replaces TMM) - Tampa

Our 10 largest Clubs in 2015 were:

|                    |                             |
|--------------------|-----------------------------|
| SYSM - 344 members | YCFM - 98 members           |
| UC14 - 337 members | 21st - 90 members           |
| SPM - 279 members  | GSC - 80 members            |
| FACT - 146 members | T2NM- 65 members            |
| HLJ - 110 members  | FMM and WIN with 47 members |

We had 3 active Workout Groups of FACT:

CLCF-31 swimmers, HLJF-14, VASF-55.

Club registration for 2016 started during the month of October. So far, 38 Clubs have registered for 2016. All Clubs MUST have been registered by October 31st.

2016 swimmer registration began on November 1st. Clubs must be registered in order for swimmers to register for a particular Club. We have around 24 Clubs that still need to register for 2016. Also, a Parent Club must register (FACT) before any Workout Group can register with a parent Club.

I look forward to working with our Board, the FL LMSC, USMS and our Club Reps and swimmers in 2016. Thank you all for the opportunity to again be your FL LMSC Registrar.

Happy laps,  
Meredith Moore, FL LMSC Registrar



## Meet the Coach

### Greater Palm Harbor YMCA Master Swim Program

By Mo Breden



The Greater Palm Harbor YMCA Master Swim Program has been through a rough time beginning with the departure of the coach who ran the program for many years. The time between then and now has splintered the core group of swimmers into other programs and interests. Everybody did what was best for him or her, as it should be. When I found out that a new Coach had been hired, I was cautiously optimistic but eager to begin the evening swims that I have enjoyed so much. This article is to introduce the new Coach to all of you, in my usual format, Meet the Coach.

When I arrived on deck for the interview Coach Martin Wagner was running up and down the length of the family pool encouraging the 7 year olds in the water to use big arms and kick. He was measuredly tough on them and turned to me and said, “See I’m tougher on these kids than I am on Masters.” We both laughed and I said, “That’s cause we talk back.” He said, “It’s really because I’m afraid you all will beat me up.” We laughed again. That’s Coach, in a nutshell.

I personally laugh a lot during practice, except when I’m complaining about having to kick, kick, kick, and sprint, sprint, sprint!!! But that’s just me.

Coach was born in York, Pennsylvania. He is an only child and moved to Orlando with his Mom when he was 12. As a young child he was always active and his activity was channeled into baseball, basketball, and football through his participation with the Boys Club. In high school he excelled on the wrestling team.

Coach started serious swimming later in life, directly due to his interest in Triathlons. I know many of you who can relate to that motivation. He is now a serious tri-athlete, competing in many events around the area. His distances are Ironman distances and he has completed a 5-mile swim at East Lake Toho, in Orlando. When I asked about his greatest swimming accomplishment he said simply, that he is happy to have gained the skills for himself, which have enabled him to coach others.

His coaching career began with his daughter’s high school swim team. Martin was assistant coach and helped to inspire the team. He told me the high school team was where he learned the most about swimming and swimmers. He’s also done some private coaching, coaching off-season athletes, two of whom went on to win State Titles in 2014. He also coached a large Masters team in Orlando.

In high school his wrestling coach was a major influence on him, encouraging him to do his best and reminding him that “Quitters never win and winners never quit.”

From his youth through today he has been inspired by two of his uncles. They were semi -pro football players and they coached him throughout his early life. His Uncle Roy McConnell was an Ironman. This uncle has a special place for Coach, and continues to inspire him. Before races he always spends a few minutes in reflection about Uncle Roy. Unfortunately he passed away suddenly, but his positive influence continues to motivate our Coach.

In addition to Uncle Roy, Coach is inspired on a daily basis by his children; he is the father of three, two girls and one boy. He does his best always with them in mind.

During a sprint triathlon Coach received a black eye from one of his fellow participants (a fear known to many open water swimmers at the start of a race). It was when he asked how to avoid getting a black eye, that he received his best single piece of advice about swimming.....”swim faster!” Seriously, though he reminds

himself and inspires others to never give up. Whether it is in the pool or any worthwhile endeavor in life, DO NOT QUIT.

When Coach came to our YMCA his intentions were to start a Masters Team, when he was told that there was a



program in need of a coach he felt that Palm Harbor was where he was meant to be. He believes that a higher authority had a hand in landing him in our laps. (that's a great pun, huh?)

Coach plans to compete in the Valentine's Meet in 2016 with members of the Palm Harbor YMCA Master Swim Team, so work on those sprints!!! Personally he is planning to compete at the Budapest Ironman 70.3 in August 2016.



P.S. Those of you, who know me, know I am Slow Mo. When Coach showed up I reminded him that I'm an old lady, and he said to me, "do you want me to treat you like an old lady, or do you want me to treat you like a swimmer?" My answer was immediate, of course, a swimmer. Working with him for just 5 weeks I have taken 17 seconds off of my timed 400 at last swim and am feeling better in the pool than I ever have. He gave me a few simple tips about my stroke and my kick or lack thereof, videoed me, and showed me where my arm position could improve. It's made a world of difference. He works with you as an individual; no matter where you are, you can be a Master Swimmer and improve with each workout. Come join us!



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



Christine Truhol Swanson  
**SPM News** – News from the outside lane....

It is always interesting to recap the news of SPM, especially since my home is 745 miles from North Shore Pool in St. Pete. I rely on friends, the SPM newsletter and Facebook to stay current and I occasional drop by the pool when I am in town. My last visit was early October for the local "Race For the Cure" event where the St. Pete Masters and Friends team has participated the past 10 years. Our team was a bit smaller this year without Sandy Steer and her family in attendance. Sandy was missed, remembered and celebrated. And then there was breakfast following Sunday morning practice where the group caught me up on all the goings on and antics of the team. That said, here goes.....





The summer months found several team members back in the open water making their mark on the swimming world in their own unique ways. In late July, Chris Burke set off from the Dover coast to embark on a short swim across the English Channel and an ever so brief visit to France at Cap Gris Nez. He began his attempt at 3:12am and finished only 10 hours and 44 minutes later. A quick boat ride back to Dover with his support crew, which included team mate Bill Specht, and he was proudly writing his name on the famed wall of the

White Horse Inn. More amazing than crossing the English Channel with such speed is that Chris joins an elite group of Open Water Swimmers who have successfully completed the Triple Crown (Catalina, Manhattan and The Channel). To Chris' credit he has also completed the Tampa Bay Marathon Swim, something most of the other Triple Crown swimmers have not done.

Not to be outdone, Bob Beach, 85 years young, participated on a relay team, appropriately named "Old Men and the Sea". A well accomplished group of USMS octogenarians left Catalina Island in the middle of the night with the goal of reaching the California coast. They reached their goal and they did it with speed and grace and calm seas.



Back in the pool SPM members travelled up to Clearwater for the Last Chance LC meet. I did read about a painful 200 Fly, but also about a lot of other fast last chance swims for 2015. Congratulations to high point winners Eric Herman (40-44), Cheryl Kupan (50-54) and Kern Davis (60-64).



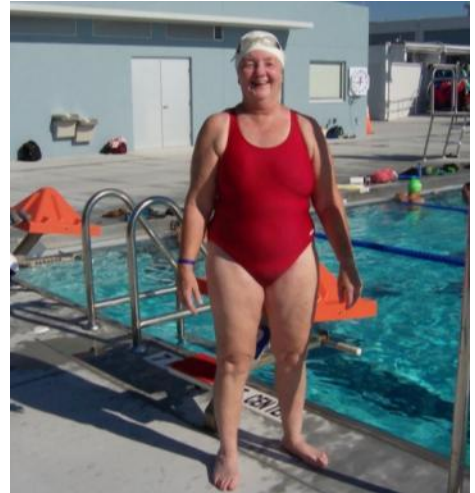
An enthusiastic group headed over to Orlando for this year's Rowdy Gaines SCM Meet and were very successful. Congrats to Sherri Bogue, Kern Davis, Annie Hayman (first meet post-baby!), Eric Herman, Cheryl Kupan, Phyllis Scheidt, Paula Texel, Karen Westerman and Livia Zien on a eighth place finish out of forty teams at a very competitive meet.

Cheryl Kupan is the ring leader and doing a fantastic job increasing our team participation at local meets.

The team had great participation in this year's 5K / 10K USMS Postal event and the preliminary results show a number of All American Individual and Relay swims. No doubt those who attended the annual 3000/6000 workout for the final USMS Postal swim of the year will find their names on a similar finishers list.

### *Goodbye to a dear friend...*

Sandy Steer passed away peacefully on Sept. 13, 2015 at age 76 after a short illness. Very active in Masters Swimming, she competed with St. Pete Masters and the Sault Ste Marie (Ontario) Polar Bears, where she had spent her last 40 summers. Sandy enjoyed swimming in our local meets and during the summers travelling with her 'other' team to the Canadian Nationals.



She gave her heart and soul to our team by serving on the board of directors in every position from President to Secretary, volunteering at meets and planning our banquet each year. Sandy had battled two bouts of breast cancer and handled the illness with courage, faith and a sense of humor. Despite her own trials, she spent more time caring for and helping others. She will be missed greatly by all of us at SPM and in the LMSC.



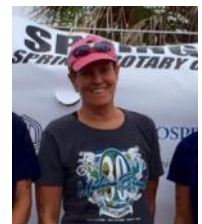
**Tampa Bay Aquatic Masters**  
[www.tampaswim.com](http://www.tampaswim.com)



On July 11 and 12, 2015, **Libby McKenna** and **Julie Holbrook** had a great time at the 2015 St. Pete Masters Long Course Swimming Championship at the North Shore Pool in St. Petersburg, FL and obtained new team records. **Libby** moved up an age group and snagged some vacant records and took over one. **Julie** Holbrook set two vacant records and broke one of her own records.



We are pleased to announce that **Liz Brown** won bronze medals for her 100 and 200 freestyle swims at the [Eurogames](#) in Stockholm Sweden on August 5-7, 2015. She placed 4<sup>th</sup> - 50 backstroke, 6<sup>th</sup> - 400 free, 9<sup>th</sup> - 50 free. There were over 900 swimmers from all over the world.





**Libby, Brenda Loggins** and **Sue Curtin** participated in the September 12, 2015, Tarpon Springs Triathlon. A big congrats to **Sue** for winning 1<sup>st</sup> place in her division.

**Libby** and **Julie** were the only two TBAM participants in the 1<sup>st</sup> Annual Tail's End LCM Master Swim Meet held at the Long Center in Clearwater, FL on September 19, 2015. Congrats to **Libby** who broke 5 team records and to **Julie** who broke 2 team records.

Fantastic job by **Libby** for coming in 1<sup>st</sup> place in her age group at the Ft. DeSoto sprint triathlon on September 26, 2015.

Congrats to **Brenda Loggins** who participated in the September 27, 2015 half ironman (70.3) in Augusta, GA. She had a great swim!

On October 24, 2015, at the UT Masters Classic meet, **Coach Carmen Goodner** watched over team participants as **Juan Cue** walked away with the team's 50 fly record. **David Hunter** established TBAM's first records for the 50, 100 & 200 free events in the men's 40 to 44 age group. The men placed 3rd as a team and **Brenda** obtained all the points for the women. Awesome job!



**Allen Von Spiegelfeld** and **Rachel Davis** each placed 2<sup>nd</sup> in their divisions at the Sarasota Sharks Tropical Splash 5k swim held this past Saturday October 24<sup>th</sup>. Congrats to both of you!

Until next time, just keep swimming!



Sarasota Tsunami Masters program is alive and making waves in the Sarasota area. New deck Coach Sheila Taormina brings a level of energy to each morning practice that makes each swimmer ready to push themselves further than they thought possible.

Coach Sheila brings an unparalleled athletic background having competed in four Olympic games in three different sports. No other female athlete in the world has ever accomplished this feat and only one male has ever been so successful. She is a swimming gold medalist from the 1996 Games and a participant in Triathlon at the 2000 & 2004 games. She ended her career with a final Olympics in 2008 making the team in the discipline of the Pentathlon. She was in her 30's when she learned how to ride a horse for competition as well as fence and shoot.

Looking to relocate from Michigan to the sunnier climate of Florida, Sheila was checking out the city of Sarasota which sports the #1 beach in the USA, to find out that one of her former coaches, Ira Klein, had a program in this town. Started in 2010, the Sarasota Swim Academy and Tsunami Swim Team runs programming from the womb to the tomb, all levels and all ages.

Coach Sheila and Coach Ira have a similar focus when it comes to adults. The program is designed to help competitive swimmers and triathletes perform at their possible best. However it is also a place for adults who

can swim but have never been “trained” as swimmers, to begin a new sport career at any age. In this program it is about the individual, not the team nor the coach that matters most.

Sheila is more than just a coach on deck, she is an accomplished writer with several acclaimed books already published and one or two more in the pipeline for the future. She is sought around the country and the world to give motivational talks as well as offering clinics to swimmers of all levels.

Currently the Tsunami Masters practice Monday through Friday morning, 6:00 - 7:45, at the Arlington Park Pool. There is a designed practice but swimmers have the ability and option to shape the practice to fit their need and level of training. During this time Coach Sheila is giving massive amount of stroke corrections, taking times, counting strokes, giving stroke rate and just generally providing positive reinforcement to the swimmers present.

Future plans are to expand the hours offered daily and to offer local clinics for both new and accomplished swimmers. Anyone interested in more information about the program can contact Coach Ira at [usacoachira@gmail.com](mailto:usacoachira@gmail.com)



TMM is becoming TYSM-  
**Tampa YMCA Swimming Masters!**



For 2016 registration, Tampa Metro Masters (TMM) will be renamed to Tampa Y Swimming Masters (TYSM). Since we are a Y team, we are working to closely align our Masters program with our age group TYS swim program. We are excited about this change and look forward to debut our new logo at Y Nationals in 2016.





[www.t2aquatics.com](http://www.t2aquatics.com)

T2 Masters kicked butt up in northern Vermont at the Kingdom Open Water Swim at Lake Memphemagogg in Newport, VT.

In the 6 mile swim: Tim O'Neill was **FIRST OVERALL** in 2:08:47. AnnMarie Morrissette was 1st Female and 3rd **OVERALL** in 2:24:16!!!

In the 3 mile swim: David Gray was **FIRST OVERALL** in 1:08:19. Bruce Mohl was **SECOND OVERALL** in 1:10:38 and Ian Thompson was 3rd **OVERALL** in 1:14:18! Joan Gamso rocked it at 1:26.05 and Fred Wakelin at 1:30:18.

Talbot Crowell participated in the **TEN MILE SWIM!**



AnnMarie Morrissette finishing.....Swimmers and kayakers



Joan Gamso finishing..... Talbot Crowell lathering up for his 10 mile swim

Early morning FOG DELAY.....



AnnMarie Morrisseau and Tim O'Neill



Amazing swimmer support - The KAYAKERS!!!



It was also a great day for T2 Naples Masters at the Tropical Splash Open Water Swim in Siesta Key!  
Shannon Cutting 1st (50-54) 1:18.54;  
Meredith Moore 1st (65-69) 1:40.09; Pieter Van Dien 6th (40-44) 1:33.41; Jeff Cahill 5th (55-59) 1:46.39; AnnMarie Morrisseau 1st (45-49) 1:22.02, David Poorman 11th (50-54) 1:46.03.

Congrats to Shannon who was the 2nd overall female finisher and to Ann Marie who was the 6th overall female finisher!!!





## VAST Happenings

By Joyce Hutchinson

VAST is proud of our members who represented the team this summer in several national meets.

Participating in The National Senior Games in Minnesota were Elsa Kaye, Marilyn McKenney, Bill Cleary, Todd Dickson, Bob Lyons, and Andy Miller. They report that there was a 100 year old swimmer who stole the show with her ability and enthusiasm. What an inspiration! Marty Schenk traveled to Ohio and The USMS Summer LCM Nationals.

We are also proud of our long standing relationship with The Villages High School Swim Team. A number of members have helped to coach them over the years and currently Rae Suttie continues this tradition. For the second year, team members were invited to be timers at The Rowdy Gaines Meet which continues our intergenerational relationship. What fun for VAST swimmers to see those smiles and hear those cheers as they have so often heard from us. It was an opportunity for the teenagers to watch 60-90 year old VAST members compete, etching in their minds that swimming is a lifelong passion.



This year since Rowdy was unable to be in attendance the day that our high school team timed, he came to their practice and gave a motivational talk. In addition each swimmer got to try on one of his Olympic Gold Medals. Once again he demonstrated what an ambassador of

his beloved sport he is and inspired these young swimmers in their endeavors. Enthusiasm was evident by the looks on their faces as they discussed ways to improve their training.



### *Swim Around Lido Key*

The 2nd Annual Swim Around Lido Key is taking place Saturday, April 2, 2016 and will be a USMS sanctioned event.

This is a 7-mile open water swim race around the beautiful island of Lido Key in Sarasota, FL. Each solo swimmer will have a pilot (kayak escort) to provide safety, navigation, and nutrition to the swimmer. Swimmers can enter as a solo swimmer, 2-person relay, or 3-person relay. Relay teams must take turns



swimming and paddling, meaning that each person swims a portion of the race and paddles the kayak a portion of the race. Last year's race was a huge success selling out well before the event date. We're only taking 150 entries so don't delay in registering for this great event. For details, go to [www.swimwithoutlimits.com](http://www.swimwithoutlimits.com).



## **An Additional Thought On the Psychology of Competition**

By Edward H. Nessel, R.Ph, MS, MPH, PharmD

*A note from Coach Ed: This article will be in my next book to a greater extent. My third and present book, Keeping the Athlete Healthy, is doing quite well in the sports medicine community.*

There are several physiologic markers that lead the way to the reasons for an athlete slowing down or showing general decline in performance with age. Yet because of individual variation, some humans show remarkable tenacity in their ability to hold on to quality efforts in various sports. But none of us is immune to Father Time's inevitable dipping into our purses of talent and extracting his withering tribute. Everyone will slow down, become weaker, lose endurance...eventually. The differences can be explained logically by the obvious physiologic diminutions at different rates. Those who have been blessed with gifted DNA, have religiously nurtured their talents and the energy systems needed to showcase them as the years pass, and, most of all, have attended to the ever-demanding bodily needs as aging ensues, have been noticeably able to keep pushing past their comfort zones. The balancing element to all this that must be acknowledged is to prevent foolish or reckless activities of life that will most assuredly diminish the athlete in so many ways. Who always comes to mind was my hero as a young boy growing up in New Jersey.

If you were a New York Yankees fan (me since the age of eight), following what Mickey Mantle, The Mick, old #7, did on the playing field was what made me turn to the sports page every morning to check his stats and the rest of the Bronx Bombers. At 10 years of age, I had no idea that The Mick did what he did when not donning the pinstripes. The drinking, the drugs, the carousing, the late hours, the breaking of training regimens and habits almost daily had to take their toll. But we didn't know that. The media kept it under wraps back then. Us "youngins" who looked up to and idolized these professional ball players could never have conceived to connect the dots from their chosen activities off the field to how they eventually diminished their skills on the field. They seemed to ignore the ever-possible right-around-the-corner terminal injury or illness just waiting to pounce. Unless they took very good care of themselves as if they were (and many were) prized packages from Mount Olympus for us mere mortals to adulate, bad things happened that seemed to us to be just tough luck..."who said life was fair." And this was most disheartening when you were pulling for your team in a crucial series, and your hero flubbed his job. As I got into the deep science of producing physiologically athletes of quality and how to help them sustain their elevated stature with my varied academic backgrounds and specific graduate studies, I also branched off into understanding and training aging athletes for which I am a humble specimen. I learned that the body as it ages still parallels youth and vigor in many physiologic markers but with ever-increasing diminution. The greatest of which is the mind's interpretation of what is going on with all the elements of the body as one progresses through a demanding event. The simple psychological presentation of "I feel OK, I don't feel OK, I think I am going to die" EXCLAIMES IN FLAMES how the mind can interpret its perceptions as absolute real in the moment. I can't enumerate how many times my swimmers have said to me after the fact of an important competition that they could have moved faster through the water and how disappointed and angry at themselves that they didn't when the opportunity presented. This has become

a very important part of my training modality. Preparing the mind for the sure-as-hell ensuing feeling of a near-death experience that one willingly seeks. It is no surprise to me that the mind controls most of what we do and several new studies have taken the time to show this.

Recent research into the psychology of competition has looked into an approach of the mind which seems to be rising in importance, incidence, and prominence. It is not the absolute physiologic deterioration, per se, that diminishes the athlete's performance, it is the mind's interpretation of this. What once was able to be accomplished with a derived and set amount of discomfort into abject pain can no longer be tolerated by the aging performer.



## **FLOWING WATER**

The following essay came from a book published this past summer in Sarasota from the Peppertree Press, titled: How Does Truth Travel?

By Nancy Russo Wilson, new Masters member of Sarasota Sharks.  
[nancy46italy@yahoo.com](mailto:nancy46italy@yahoo.com)

Sparkling high triplets, cascading into deeper alto rhythm- waves against the shore.

One single boulder in the confluence

Ripples of 3/4 time and always the music flows Again and again and again.

Water moving, time moving through me and beyond to where?

Creek to lake, riplets to waves—water flowing



## **Lucky's Lake Frogmen**

**Saturday, November 21<sup>st</sup> 2015**

The Tampa Bay Frogman Swim traces its roots to raising funds and awareness for a SEAL officer severely injured in September 2009 while serving in Afghanistan. With our registration filling out in a matter of minutes, we created the "Virtual Frogman Challenge" to allow other groups and swimming venues to participate in this great cause. In December of 2014, Lucky's Lake Frogmen were formed and they dedicated their efforts to a "Virtual" Frogman Swim at Lake Cane (Lucky's Lake) in Orlando. Lucky's Lake Frogmen was formed by a core group of regulars at Lucky's Lake where Orlando swimming icon Lucky Meisenheimer has been hosting swimmers for more than 25 years.

This year, Lucky's Lake Frogmen have kicked it up a notch with their "Night Ops 5K Swim Challenge" to benefit the Navy SEAL Foundation on November 21<sup>st</sup> 2015. Please consider supporting the Lucky's Lake Frogmen in their efforts or maybe even consider joining them. Use the links below to find out more.

The Lucky's lake Frogmen team page: <https://www.crowdrise.com/LuckysLakeFrogmen>  
To host an event please [contact\\_vfrogmanswim@gmail.com](mailto:contact_vfrogmanswim@gmail.com)

Help us "never leave a man behind" join us and swim for the SEAL's.  
[www.virtualfrogmanchallenge.org/](http://www.virtualfrogmanchallenge.org/)  
<http://tampabayfrogman.com/>  
[www.navysealfoundation.org/](http://www.navysealfoundation.org/)



## THE NEXT NEWSLETTER DEADLINE

**Sheila Carpenter-van Dijk**

Please send newsletter articles to Me! ([sheilacv@verizon.net](mailto:sheilacv@verizon.net))

**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 February 2016, so I'll need your articles by

**January 25, 2016!**





## Your Florida LMSC Board of Directors

(\* Elected positions)

\***Chair**, Bob Jennings, [guman1953@yahoo.com](mailto:guman1953@yahoo.com); \***Vice Chair**, Jillian Wilkins, [wilkins.jilliananne@gmail.com](mailto:wilkins.jilliananne@gmail.com);

\***Treasurer**, Nancy Kryka, [nkryka@gmail.com](mailto:nkryka@gmail.com);

\***Secretary**, Cheryl Kupan, [ckupan@gmail.com](mailto:ckupan@gmail.com); \***Registrar**, Meredith Moore, [MAMoo49@aol.com](mailto:MAMoo49@aol.com);

\***Records & Top 10**, Anna Lea Matysek, [annalea@usms.org](mailto:annalea@usms.org);

\***Newsletter Editor**, Sheila Carpenter-van Dijk, [fishtail@usms.org](mailto:fishtail@usms.org) or [sheilacv@verizon.net](mailto:sheilacv@verizon.net);

\***Sanctions**, Patricia Tullman, [ptullma1@tampabay.rr.com](mailto:ptullma1@tampabay.rr.com); **Senior Games Liaison**, Joan Campbell, [jcampb10@tampabay.rr.com](mailto:jcampb10@tampabay.rr.com); **Long Distance**, David Miner, [dminer02@gmail.com](mailto:dminer02@gmail.com); **Official's Chair**, John

King, [john@kingllc.com](mailto:john@kingllc.com); **Coaches Chair**, Scott Bay, [scottbay@usms.org](mailto:scottbay@usms.org); **Fitness**, Connie Greb,

[kgreb@netzero.net](mailto:kgreb@netzero.net);

**Social & Awards Chair**, Marianne Bradley, [bradleym@tampabay.rr.com](mailto:bradleym@tampabay.rr.com); **Webmaster**, Kimberlee Riley,

[kimberleemriley@gmail.com](mailto:kimberleemriley@gmail.com); **Safety Chair**, Patty Nardozzi, [pnardozzi@hotmail.com](mailto:pnardozzi@hotmail.com); **Past Chairs**, Meegan

Wilson, [meeganwilson@bellsouth.net](mailto:meeganwilson@bellsouth.net); Scott Bay, [scottbay@usms.org](mailto:scottbay@usms.org)



# 2016 25<sup>th</sup> Annual Masters SCY Valentine's Meet ~ February 13 - 14, 2016

Hosted by City of Clearwater & Kennedy Law Racing  
Sanctioned by Florida LMSC for USMS, Inc. #

## DATE & TIME:

Saturday, February 13: warm-up 7 AM for 1000 free, start at 8 AM; warm-up at 10 AM for other events, start at 11 AM  
Sunday, February 14: warm-up at 8 AM, meet begins at 9 AM

**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 8 of the facility's 20 short course yard lanes with Daktronics timing for competition and 10 lanes will be provided for warm-ups during the course of the meet. All events will be swum in numerical order slow to fast.

**HOSPITALITY:** Free refreshments ARE provided for all swimmers. Breaks will be taken as needed.

**ELIGIBILITY:** Current USMS rules govern. All athletes must be 18 years of age or older as of February 14, 2016, and be registered with USMS, Inc. for 2016. Non U.S. citizens should have a letter of introduction from their own swimming association.

**ONLINE ENTRIES:** Online registration for this meet is preferred for speed and accuracy. [www.clubassistant.com](http://www.clubassistant.com). Online meet registration must be completed by midnight Eastern Time on Tuesday, February 9, 2016. Your 2016 membership to USMS will be verified at the start of online meet registration. Links are available to renew or look up your membership.

**PAPER/MAILED ENTRIES:** Paper entries must be received by Friday, February 5. Each entry must be submitted on the entry form with your name, registered team, age, event description, event number, USMS registration number, and seed time. Please be sure that all information is filled out, the waiver signed, and a copy of your 2016 USMS registration card is attached.

**ENTRY FEES:** Entry fees are \$4 per individual event, \$5 per relay team, and a \$35 meet surcharge which is non-refundable (includes a signature t-shirt). Online meet entry charges meet fees to your credit card. 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. Scratches will be accepted and allowable refunds made if Mark Roberson (727) 793-2320 ext 107 or [mark.roberson@myclearwater.com](mailto:mark.roberson@myclearwater.com), is notified prior to 4 PM on Tuesday, February 11.

**ENTRY LIMITS:** Swimmers may enter a maximum of five individual events per day. **Events 1 and 2 are limited to the first 50 swimmers to enter.**

**RELAYS:** Relay teams may be deck entered at the meet both Saturday and Sunday. Only team members registered for the meet may participate in the relays. Age categories for relays are 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+. Relay cards are due 2 events prior to relay events.

**SCORING & AWARDS:** Individual High Point awards for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in all age groups (must swim five individual events to be eligible). Team awards for combined men and women 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> local LMSC and visiting teams. Local teams will include workout groups of FACT. Relay teams must be all one workout group to count for high point team awards. Scoring 9-7-6-5-4-3-2-1 for individuals, double points for relays.

**ORDER OF EVENTS:** \*check-in required 30min. prior to event. Event 1/2 will be deck seeded, combined, first 50 entrants only, seeded slow to fast. Event 19/20 will be deck seeded. Events 23/24 will be deck seeded, and combined.

| W/M Saturday, February 13  | W/M Sunday, February 14 |
|----------------------------|-------------------------|
| 1/2 *1000 Freestyle        | 23/24 *500 Freestyle    |
| 3/4 200 Backstroke         | 25/26 200 Breaststroke  |
| 5/6 100 Breaststroke       | 27/28 50 Butterfly      |
| 7/8 200 Freestyle          | 29/30 100 Freestyle     |
| 9/10 100 IM                | 31/32 100 Backstroke    |
| 11/12 200 Mixed Free Relay | 33/34 200 Mixed Medley  |
| 13/14 200 Butterfly        | Relay                   |
| 15/16 50 Backstroke        | 35/36 50 Breaststroke   |
| 17/18 200 Free Relay       | 37/38 100 Butterfly     |
|                            | 39/40 200 IM            |
|                            | 41/42 200 Medley Relay  |

**LMSC Social will be**  
Saturday night at *Sunset Point*  
*Grill* Restaurant near the  
Long Center. All are

*Fill out the information below, clip this portion of the page, and attach it to the Florida LMSC Consolidated Entry Form*

Fees: Meet Surcharge: = \$35.00  
# of Events ( ) x \$4.00 = \$  
Custom T-shirt ( ) = \$0.  
Circle size: S M L XL XXL

TOTAL ENCLOSED = \$

Please make checks payable to City of Clearwater: Long Center Pool and mail the check and the entry form with this tab attached to:

Long Center Pool

attn: Mark Roberson

1501 North Dale Street

**ATTACH A COPY OF  
YOUR CURRENT USMS  
CARD HERE IF REQUIRED.**

**BE SURE TO SIGN AND  
DATE THE ENTRY FORM.**