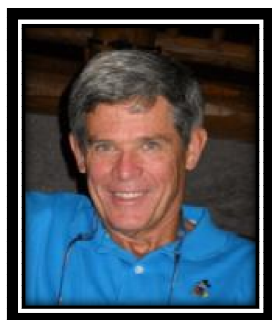




*Want to share the newsletter?  
Please - Print a copy, Pass it on.*



**Bob Jennings  
FL LMSC Chair**

**LMSC News**

As I have stated in the past, the Florida LMSC has many individuals, coaches and teams which go above and beyond in giving their time and effort to the sport we love. Beside our LMSC Awards, USMS has a number of awards to honor individuals, coaches, and teams. A nomination for one of these awards is a fabulous way to say thank you to an individual or team for all they do.

Below is a list of USMS awards.

For more information on these awards go to the USMS website ([www.usms.org](http://www.usms.org))

**Capt. Ransom J. Arthur M.D. Award**  
**Speedo/U.S. Masters Swimming Coach Of The Year Award**  
**U.S. Masters Swimming Dorothy Donnelly Service Award**  
**U.S. Masters Swimming Kerry O'Brien Coaching Award**  
**U.S. Masters Swimming Club of the Year Award**  
**U.S. Masters Swimming June Krauser Communications Award**  
**U.S. Masters Swimming Fitness Award**  
**U.S. Masters Swimming National Championship Meets Award**  
**U.S. Masters Swimming Open Water Service Award**  
**Ted Haartz U.S. Masters Swimming Staff Appreciation Award**  
**USMS Athletes Inducted into the International Masters Swimming Hall of Fame (IMSHOF)**  
**USMS Athletes Inducted Into the International Swimming Hall of Fame (ISHOF)**



# I Made it: 'With every roadblock, you learn patience'

By Sue Moucha

WithTribune staff

Sue Moucha, 57, Valrico

Goal: To come back from a devastating injury.



"I am a substitute teacher. On Oct. 29, 2014, while teaching in a classroom, I got my right foot caught in a backpack strap. I fell directly on both knees and both hands and ended up with a right patella fracture (broke my kneecap in half). Born with cerebral palsy on my entire right side, I knew immediately I had an ordeal ahead of me.

*"How I did it:* I am a four-time International Paralympic Games competitor (1984, '88, '92 and '96) and won seven medals. I was a member of world-record relay team at the 1998 World Disabled Swim Championships; a participant and trophy recipient in more than 250 able-bodied running, biking and swimming events; and a regular competitor in able-bodied Masters swimming events. It is just the way I was brought up — to just do it. Exercise has always been a daily

part of my life. There simply was no other option.

"After the accident, if I wanted to move forward and get back to my sports lifestyle, my self-determination and motivation philosophy would have to become the priority.

"Following surgery and at home from the hospital, the list went on and on: 24/7 care, using a walker (4½ months), a ramp installed outside my house, all the adaptations in the house had to be made, the brace on my right leg from the quadricep down to my ankle was so heavy and awkward. There were constant painful muscle spasms that kept me awake all night. But the fact that I just could not get around was the worst.

"I had to focus on what I could do. At the five-times-a-week home therapy (which went on for five months), I remember trying to lift my right foot straight up while lying on the bed — and nothing happened. I'm very demanding of myself, and I had a therapist who wouldn't settle for anything less than 100 percent. His remark to me, "I am not going to cry with you," always was in the back of my mind. In other words: Continue to work at it and you will be able to do it. I came to appreciate his style very quickly.

"I was amazed at what one can do from a bed. For an hour twice a day, I would stretch my arms all over the place (this was a must for my right arm, as I was out of the water for three-and-a-half months). I would move my left leg every way possible.

"My reward was that my aide would help me down the ramp so I could sit outside and get fresh air and sunshine. This went on for months. I wasn't able to attempt walking on my own until February.

"Finally, during the month of September, everything took a change for the better. No more aides. I started driving again. I could do housework, errands and grocery shopping all by myself. I was so happy to be getting my life back. I received the go-ahead to start working up to 20 hours a week.

"Hurdles: Last December, even with two screws and a wire net in my knee, there was a gap that the doctor did not want to get any wider. I had to cut back on physical therapy to where we were allowed to do mostly straight leg exercises.

"In January, because of constant issues with the cerebral palsy in my knee, the healing process was not going as hoped. A CT scan was ordered, and the doctor told me I could go around the house and sleep without the brace. It

was a night and day difference. After nine weeks, I had my first good night's sleep. The spasms were gone, and I could finally get around somewhat. I was ready to proceed with my rehab!

"In May, outpatient therapy didn't work out. All of a sudden, I could not walk correctly anymore. An aide told me I was going backward. To be making tremendous progress walking and then to be back at square one was quite overwhelming. To accept this new dilemma took quite a bit of time. There were many tears. Once again, my choice was to do what I had to do in order to move forward. I got back on home therapy with the same therapist.

*"Going the Distance:* My walking is a work in progress. Every day I receive compliments from neighbors as to how much I have improved. Best of all, I was able to go back to competing in Masters swimming meets, and I even went off the blocks. I am still having home physical therapy, focusing on weight bearing, balance and strengthening. I am looking forward to full-time work in the future. I am committed to doing whatever it takes.

*"Best advice:* It is your own personal attitude that is going to get you through a very tough situation. Do not be afraid to text/call your siblings every day to lean on and help you. You need to always think positive and dwell on that tiny forward step. This experience has taught me life is definitely a journey with highs and lows. With every roadblock, you learn patience. It will get better.

URL: <http://www.tbo.com/health/i-made-it-with-every-roadblock-you-learn-patience-20151226/>

"I Made It" is a regular feature highlighting individual health success stories.

To share your story, [email4you@tampatrib.com](mailto:email4you@tampatrib.com)



## NEWS FROM FACT

*Joannie Campbell*



Happy New Year!! Hopefully some of you are tackling the Hour Swim. I will put together relays when we see those of you that have participated – won't be available until sometime in February.

The November newsletter didn't catch the news from the Shark Meet November 7<sup>th</sup> and 8<sup>th</sup>. The weather was delightful – nice and warm – and it was good to see Andrea Rogers back as well as one of our newer members from Mexico, Horacio Cervantes. He did a great job just coming back from back surgery and his first United States meet. He's already done the Hour Swim in good time! Our team – although official scores weren't kept – placed second to the Sharks. Great effort!!

The FINA 2014 placements came out – finally. They lag our publications by quite a bit. Featured many of our swims – particularly many of our SCM relays. If you have a chance be sure to check on them. Individual top ten included John Corse, Rodgers Holmes, Sylvia Eisele, Betty Lorenzi and Joan Campbell. These are World placements. John and Betty were number 1 in several events!

This year's State Senior Games were held at the Long Center in Clearwater and will also be held there next year!! It was great not having to worry about the temperature outside. So many years we have frozen at various outside locations throughout the State. Many of our 50 and over FACT members swam excellent times and State records were

broken. We fielded 7 relays and all placed well. It was fun to get some relays together with participants that don't compete often. Many of the relays at State do not have four registered USMS members but they are counted as State times – just not USMS times.

Note that this year the Florida State Senior Games will be a qualifying meet for the National Senior Games in 2017 in Birmingham, AL. All local representatives must qualify in a local senior games for the State Meet at the Long Center. Watch the calendar and keep an eye on the competition.

Coming up the 13<sup>th</sup> and 14<sup>th</sup> of February is the Annual Valentine's Meet at Clearwater's Long Center. This promises to be a large meet this year – and again inside in February is a plus!! This will be a workout and local club meet. Scoring will include the workout groups of FACT but not FACT. The Hospitality Clearwater is well known for will include pot luck from the Clearwater Long Center Masters Teams – ENJOY!

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



## **FL LMSC Registrar Update**

Meredith Moore

As of Monday, Feb 8th, we have 1,869 members registered in the Florida LMSC. That's 77% of our total registered members for 2015! 54% are men and 46% are women! We have 55 Clubs registered for 2016.

We welcome our newest Clubs:

FE - Florida Elite - Land O Lakes

GTSA - Greater Tampa Swim Association

Tampa PIMS - Pine Island Masters Swimming

Pine Island TFM - Total Fitness Masters Swim

Tarpon Springs YMCA

Manatee Country YMCA - Bradenton

Here are some fun fitness events to sign up for this year:



## **USMS Check-Off Challenge**

The Check-Off Challenge is designed to motivate swimmers by encouraging them to swim 18 pool events and an open water swim during the calendar year and is a fun challenge for swimmers of all ability levels. Coaches can use the Check-Off Challenge to motivate their clubs to attend meets or inspire individual swimmers to try new events. Open to all registered USMS members, the entry fee to participate is \$30, which includes a custom-designed Check-Off Challenge towel, swim cap, and certificate of

completion. Check out the Check-Off Challenge event page at [www.usms.org](http://www.usms.org) for more information.  
<http://www.usms.org/fitness/content/checkoff>

## Go the Distance



**Did you know that 3,352 USMS Members swam more than 1.25 BILLION yards in 2015?**

The annual GTD program has become one of the most popular events offered by USMS. More than 3,300 members participated in this fitness event in 2015, logging more than 1.25 billion yards for the year (more than 700,000 miles).

### Go the Distance in 2016

GTD is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. There's no time limit for the distance milestones, except that they must be achieved in the calendar year. Speed doesn't count-just the effort to attain whatever goal you set for yourself.

All swimmers can track their swimming and other fitness activities via our online Fitness Logs. With this exciting online service--which is also the basis for the very popular Go The Distance fitness event--you can log a wide variety of fitness activities such as swim workouts, running, weights, and yoga on your FLOG calendar and track your weekly, monthly, and annual totals online.

Let your swimmers--especially new swimmers who may not be aware of it yet--know about this great tool and benefit of U.S. Masters Swimming membership.

<http://www.usms.org/fitness/enterflogevent.php>



### Fitness

**Connie Greb**

#### Healthy Habits for Morning Winter Workouts

Swimmers and coaches hear it all the time, "I hate getting up early to workout". Some Florida mornings may be cold as well and maybe you just don't like getting up early to workout but realize it is the BEST option for you based upon time, work, pool availability, etc, etc, etc. So I've put together some healthy habits to help prepare you for your morning workout that doesn't include cold water being dumped on your face.



The BEST healthy habit for morning winter workouts is to have a pre-sleep ritual. As many of you know, parents very often find pre-sleep rituals for children very beneficial. The same holds true for adults so here are a few tips. Turn off all devices at least 30 minutes prior to bedtime. Consistency is important so try and keep your bedtime at the same time every night. Well, not every night 'cause FUN late evenings are important too! Just try!

1. The evening before PREPARE your “swim bag” so you are ready in the morning. Maybe you can have an extra five minutes of that all important sleep. The extra benefit is that while you are preparing for bed the evening before you have that extra benefit of clearing your mind prior to sleep because you know you are prepared.
2. When you awake, give yourself permission to “wake up” for five minutes. Take this time to stretch your neck, arms, and hips prior to getting out of bed all the while allowing you to be grateful for the opportunity to workout for fun, for fitness, for life.
3. Drinking water is so important to your overall health. Now is the time to drink at least 20 oz of room temperature water with lemon. Why, because you may lose up to a liter of water while you sleep.
4. Have your healthy breakfast in the form of a shake or quick banana while you are moving. If you sit down and perhaps slump you are giving your body permission to rest and not preparing it for a workout

You can do this and achieve those goals for 2016!  
Together we can help each other develop healthy habits for morning winter workouts.

Happy laps to you!



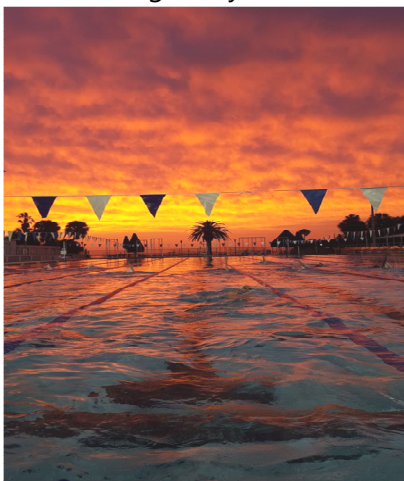
**St. Pete Masters**  
<http://stpetemasters.org/>



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

Happy New Year everyone!!!!

The 2015 **3000/6000 USMS Postal Swim** proved quite successful for SPM this year. Bob Beach and Ted Bradley achieved individual All American honors in the individual swims and Relay All American honors in the 3000 for the Women's 45+ team of Karen Westerman, Cheryl Kupan and Paula Texel and Mixed 25+ team of Ted Bradley, Karen Westerman, Kern Davis and Paula Texel. In all, 11 women and 9 men earned Top Ten finishes and 17 relays made the list. Nice swimming everyone!



After looking through meet results from November and December, Cheryl Kupan takes home the prize for miles travelled and yardage competed. She started off at the **Shark Tank SCM meet** in Sarasota with Paula, Livia Zien, Jo Ann Harrelson and Kern. She then ventured over to Coral Springs for the **Last Chance** meet (visiting with former teammate Dale LeClair) and then drove up the road to Clearwater. At the **Florida State Senior Games** Cheryl was joined by Sherri Bogue and Ron Collins who all swam well.

In Open water news: Ann Von Spiegelfeld, Kern Davis and Steve Seligson travelled down to Sarasota for the Tropical Splash. Steve competed in the 2.5k while Anne and Kern tackled the 5k.

### ***Tampa Bay Frogman – January 17<sup>th</sup>.***

The Tampa Bay Frogman is a fundraising swim that benefits the Navy Seal Foundation. This year's swim was limited to 160 swimmers and registration sold out in 15 minutes. SPM and SPA swimmers participating in the 7<sup>th</sup> annual event were: Brooke Bowman, Dawn Clark, Melissa Harasz, Maud Hoffman, Christine Swanson, John Doolittle, Pat Marzulli, Chris Quilty, Jordan Raynovich and Anthony Sullivan. From SPA: Sean Doolittle and Reagan Quilty. Unfortunately for swimmers and kayakers Mother Nature did not cooperate blessing the event with 25 to 30 mph winds out of the west, northwest and causing the swim to be cancelled for the safety of all participants and support staff. Those of us participating wish to thank our many team members who contributed to the swims fundraising efforts in excess of \$1,700; split between all of us.



Save the Dates: SPM will be hosting three sanctioned events in 2016.

**April 2-3** – St. Pete Masters SCY Championship Meet

**May 7** – Hurricane Man Open Water Swim

**July 9-10** – St. Pete Masters LCM Championship Meet

Registration is open for the SCY Meet and the Hurricane Man OW Swims.

Visit [www.dixiezone.org](http://www.dixiezone.org) for more information.



## **Tsunami Growing**

By Edna Gordon



The Sarasota Tsunami Masters Team has tripled in number the past six months as the coaching focus gears heavily toward developing stroke mechanics during 2500 - 4000 yard training sessions. Whether seasoned swimmers or beginners, all Tsunami team members drill proper pull and kick mechanics, stroke timing, and core movement before diving into the training sets.

In alignment with a technique-based coaching philosophy, Tsunami was thrilled to host Ernie Maglischo, author of the most comprehensive book on swimming physiology and mechanics, Swimming Fastest, for a February 5th seminar on Siesta Key in Sarasota. Ernie coached at both the collegiate and club levels for 38 years and won an unprecedented 13 NCAA Div II National Titles. He was named Coach of the Year eight times. After retiring from coaching Ernie did not excuse himself from the sport. Rather he took his talent a step further and sat down to write another comprehensive book on stroke mechanics and training, *A Primer For Swimming Coaches* (2015).

Please contact Tsunami coach Sheila Taormina at [contact@sheilat.com](mailto:contact@sheilat.com) if you would like more information about the Sarasota Tsunami Masters.





## **Tampa YMCA Swimming Masters**

### **Y Nats is Coming**

**By Alexis Mendenhall**

With a new name and a new beginning, TYSM is ready for 2016! We are a strong group of swimmers that practice at various YMCA's in the Tampa Metro area. We have the benefit of access to several SCY pools and a LCM pool at the New Tampa Y. We have some dedicated competitors that have braved the "colder than usual" Florida mornings and practice at 5:30am. We plan to get the year started and attend the Valentine's meet in February in Clearwater.

We are prepping for a big team at Masters Y Nationals in April in Sarasota. For the first time swimmers can register individually for Y Nats at the following link:  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=1709&smid=2950](https://www.clubassistant.com/club/meet_information.cfm?c=1709&smid=2950)



## **Scot Moser...Campo Y Masters swim coach for TYSM**

**By Kelly Spivey and Kyle Belz**

Scot's Credentials include: ACE Certified Personal Trainer | USA Track and Field Certified Coach | USA Cycling Certified Coach | US Masters Swimming Coach

He is a 35 years competitive runner/triathlete, Consistent Boston Marathon Qualifier Since 1980 and a Consistent USAT Nationals Qualifier Since 1985

On a personal note, Scot's pool coaching was geared toward triathletes and distance swimmers...when the team moved from the Brandon Y to the Campo Y, he was receptive to the coaching style needed to coach a Master's swimmer. We did more stroke work, speed work, short intervals/longer rest, etc. He even read a lot of content on USRPT (US Race Pace Training), which many of us subscribe to. The great part is that on non-coaching days, he will actually get in the pool and do 25 and 50 sprint workouts with us.

Scot swam with the TMM team in last year's YMCA Nationals meet...and the Coach became the "coachee" as Kyle and others worked with him on his starts and turns. It's been an interesting transformation to watch.

Here was Scot's pre New Year's Eve set due to limited time on the Thursday before New Year:

60x100 yards on 1:40 holding 1:25.

**This pushed his year total to 1,200,000 yards (a 100,000 yard a month average!)**

**This is a lifetime high for Scot at age 60.**

Kelly and Kyle are lucky enough to swim some times with Scot at the Campo Y. When they asked for a short 'interview' for our newsletter, he said, "Thank you, I am very humbled by the kind thoughts and words. As an endurance athlete for over 45 years and a triathlete for almost 34 years, I can not stress enough the importance of the use of Masters Swimming for triathlon training. This is something that I have utilized for well over 30 years. one of the biggest mistakes I think a triathlete can make is not focusing enough on the swim, and doing stand alone swim events much like they do with running and cycling. This particularly holds true in open water events.

There has been much fascination with USRPT in the swimming world, and while this may seem like a new concept it has been used in both running, cycling, and Triathlon for close to 40 years that I know of. I am



excited to see this method of training be used by swimmers particularly Masters Swimmers who juggle many other factors in life and still want to achieve performance goals in swimming events. This type of training provides the athlete with more bang for the buck.

I have enjoyed doing these short pace sets with my swimmers and thank you for including me into the group. These short sets and efforts provide valuable training for the open water swimmer. As a Triathlon Coach from Beginners to World Championship Podium Finishers , I can tell you that these short sets are showing great results in the swim portion of races.

Thanks again to both of you for the kind words. I am truly humbled.”

For more information on Scot, please check out his website: <http://www.futrmultisport.com/> -editor



**VAST Happenings**  
By Karen Panker

## VAST PROJECT TRAINING VIDEO

VAST has developed a series of instructional videos for competitive swimmers. Coach Gary Henderson recognized the benefits of watching videos of individual swimmers and realized that the problem with college videos was that they were done with a focus on the capabilities of elite swimmers. With his guidance the team decided to develop instructional videos using VAST swimmers. Some of these swimmers had been collegiate competitors and some had no competitive experience prior to joining VAST. Steve Hendrickson developed a unique method to video both above and below water simultaneously while Coach Gary narrated and provided feedback. The videos have been well received because both novice and seasoned swimmers can see a step by step path to success and can go back to the video to refresh their memory of each stroke.

There are a few of this series of four DVDs available for \$40. If you are interested please contact VAST Treasurer at [russfuninsun@embarqmail.com](mailto:russfuninsun@embarqmail.com).



Video Team



Coach Gary Instructs



# Swimming for non-swimming adults

By Melon Dash

Masters swimmers who wish to learn how to teach afraid adults, whether during the USMS adult learn to swim campaigns or at other times, may register for a one-day training in Sarasota or for Miracle Swimming for Adults, Inc.'s full 12-day training in April, 2016. This is the only training in the U.S. (and likely the world) where you can get comprehensive, powerful training on this subject, second to none. There is a vast need for good lessons for afraid adults. Contact MSA, 941-921-6420 or [info@miracleswimming.com](mailto:info@miracleswimming.com). Visit [www.miracleswimming.com](http://www.miracleswimming.com).

Melon Dash

[melon@miracleswimming.com](mailto:melon@miracleswimming.com)

CEO, Miracle Swimming for Adults, a 501c3 non-profit, Founder, Miracle Swimming



## Upcoming Open Water Swims

By David Miner

[Swim Without Limits, Inc.](http://www.swimwithoutlimits.com)

941-545-9709

## Swim Around Lido Key

April 2, 2016

This is a 7-mile open water swim around the island of Lido Key in Sarasota, FL.

You can enter the race as a solo swimmer, 2-person or 3-person relay.

USMS Sanctioned

Web: <http://www.swimwithoutlimits.com/open-water-races.html>



## Swim Fort De Soto

November 5, 2016



This is a 10k+ open water swim in the beautiful Fort De Soto Park in St. Petersburg, FL. You can enter the race as a solo swimmer, 2-person or 3-person relay.

USMS Sanctioned

Web: <http://www.swimwithoutlimits.com/open-water-races.html>



## Lucky's Lake: Eat Pray Swim March 27, 2016

*Easter Sunrise Service + top 100 open water swimming + breakfast for all*

by Jay Madigan

Imagine dawn's arrival Easter Day – and you and your family celebrating outdoors with the fellowship of swimmers. Each year Southwest Church sponsors an open-air service at Lucky's Lake, followed by an open-water swim! Our tradition is to serve a banquet of a breakfast and pass the hat for worthy causes – this year we chose to support Mathew's Hope. Matthew's Hope has a unique and so far highly effective approach for providing a "hand-up" rather than a "hand out" to the hundreds of rural homeless in and around Winter Garden. Come swim with us!

All are welcome – (see poster for details).



Link to more information about Lucky's Lake (including map):

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



## ROSARY OF WATER

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

By Nancy Russo Wilson, Masters swimmer, Sarasota Sharks.

[nancy46italy@yahoo.com](mailto:nancy46italy@yahoo.com)

The young girl swam back and forth in the large pool. Her brown arms lifting and gliding, and she moved like silk.

Back and forth, away and returning the child swims. Always at the end of the pool, her mother crouching quietly, watchful and waiting, her soft pliant words of encouragement are like prayers to her daughter. The young girl stops, and looks up at her mother who speaks Asian sibilant words softly as though she is pulling the gentle water away from her daughter's cap.

What is she saying? She appears not as a swimmer, this mother -sentry who sits patiently. She is slender and clothed poorly.

Why is she there if not to be at one with her little fish child, proud and silently watching this remarkable swimmer do what she will never herself attempt.

Her daughter listens and watches her mother's face intently. Words are rosary beads the woman rolls gently in her fingers. Her eyes mark her hope, pride and dreams for her daughter as they attend to the child's dutiful laps. "Your daughter is a very good swimmer," I say as I come out of the pool and near her. "She is on the team," smiling with sweetness and reverence she arises to get her daughter a towel.



## **International Hall of Fame Swimmer Jack Grossell, 2015 Honor Masters Swimmer**



Jack has competed in seven age groups (30-34 through 60-64) and holds 23 FINA Masters World Records. He began swimming at five years old, but it wasn't until high school in St. Joseph, Michigan that Jack began to blossom as a swimmer. At Hiram College, Ohio, he won the Conference 100 yd freestyle title all four years. He was a five-time All American in the freestyle sprints, In his senior year, he won the NCAA Division III national title in the 50 free. When he graduated, he held six school records and was named Male Student Athlete of the Year. Almost 40 years later, he still holds the school record for the 50 free with a time of 21.2 seconds, set in 1975.

In 1981, Jack discovered Masters Swimming. In his first meet he was seeded first (to his surprise) with Jim Montgomery and Joe Bottom flanking him – two of the greatest swimmers of the 1976 Olympic games. Jack later discovered he used his SCY times for a LCM event, having never swum LCM. Jack say both Olympians beat him but they were great sportsmen and welcomed him to Masters Swimming!

Jack and Laura both swim for the Sarasota Sharks and they represented Florida at the national level at the USMS Convention. The Florida LMSC selected Jack and Laura to represent Florida at the annual convention.

Laura said, "We wish we could be down there more but we have children in school here for a couple more years. Our best friends are in Sarasota and we visit often."





## ALTS Instructor Certification Course Tampa, Fla.

Adult Learn-to-Swim Instructor Certification Course

**Saturday  
March 19, 2016  
Tampa, Fla.**

### **Classroom Instruction**

[Embassy Suites -- Tampa Brandon](#)  
[10220 Palm River Road](#)  
[Tampa, FL 33619](#)

### **Pool Instruction**

[Brandon Sport and Aquatic Center](#)  
[405 Beverly Blvd.](#)  
[Brandon, FL 33511](#)

**ALTS Prerequisites:** You must be a current USMS member to participate in the course and receive USMS ALTS instructor certification. You must be able to perform the following five water competency skills:

- Step or jump into the water over your head.
- Return to the surface and float or tread water for one minute.
- Turn around in a full circle and find an exit.
- Swim 25 yards to the exit.
- Exit from the water. If in a pool, you must be able to exit without the use of a ladder.

**Certification process:** Upon successful completion of the classroom coursework and the in-water instruction, including all successfully completed tests, each person will be awarded USMS ALTS Certified Instructor status.

**Who should attend?** Anyone who teaches, or wants to teach, adult swim lessons. Anyone interested in supporting their community by helping to teach adults to swim.

**Scholarships:** Please contact your LMSC for scholarship availability.

**For registration and details, please visit:** <http://www.usms.org/alts/futurecourses.php>  
Maximum attendance per class is 25 instructors.

**Contact:** Holly Neumann - [holly.neumann@usms.org](mailto:holly.neumann@usms.org)



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