

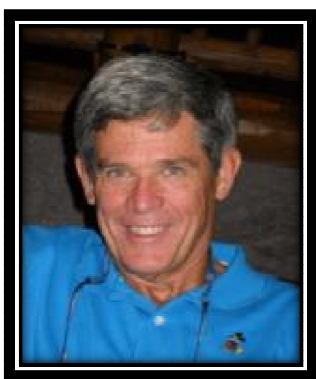


*See the newsletter  
on our website:  
<http://www.floridalmsc.org/newsletter/>*

## Websites.....

**Bob Jennings**

**FL LMSC Chair**



The Florida LMSC, Dixie Zone, and US Masters Swimming (USMS) all have fabulous websites. Each provides a wide variety of information that can guide swimmers towards the answers to most of their swimming related questions. For example: Where do I find the rules on the proper way to swim butterfly? Since I swim alone, where can I find already created swim workouts? Who is the registrar of my LMSC? Where can I find meet results? I am going on vacation, is there a USMS workout team or group in the town I will be visiting?

A number of swimmers on my team, The Villages Aquatic Swim Team (VAST) have very little experience using the Florida LMSC, Dixie Zone, and US Masters Swimming (USMS) websites. So, I created a website scavenger hunt to help them navigate through and learn about the information available on the websites. When you have a few minutes in your busy schedule, visit the websites below and take the SWIMMING WEBSITE SCAVENGER HUNT. Have fun with it! You might even learn something!

### SWIMMING WEBSITE SCAVENGER HUNT

Websites:

USMS	<a href="http://www.USMS.org">www.USMS.org</a>
Dixie Zone	<a href="http://www.dixiezone.org">www.dixiezone.org</a>
Florida LMSC	<a href="http://www.floridalmsc.org">www.floridalmsc.org</a>

### Dixie Zone Questions

1. Under **Meets and Results** on December 1-3 is the South Carolina SCY Championship. What city is the meet held in?
2. Under **Meets and Results** in 2018, what meets are held on March 10 and June 9 & 10? These meets will help prepare us for the Pan American Games.
3. Under **Meets and Results →→ 2017 Results** on July 8 at the St. Pete LCM meet which VAST swimmer won the women's 100 fly in the 65-69 age group?
4. Under **Records & Top Ten →→ Dixie Zone Top Ten →→ 2017 SCY →→ Men →→ 65 to 70**, what are the names of the top two men in 100 fly?

## USMS Questions

1. Under **About USMS→→National Office**, what is the phone number of the National Office?
2. Under **About USMS→→National Office**, what is name of USMS'S CEO?
3. Under **Fitness and Training →→ Workouts**, how many different types of workouts are available for USMS members?
4. Under **Volunteers →→Rule Book**, what does Section 101.1 deal with?
5. Under **Volunteers →→Rule Book**, what does Section 101.3.2 deal with?

## Florida LMSC Questions

1. Under **Board Information →→Florida Bylaws**, what does Article 1 deal with?
2. Under **Board Information →→Florida Bylaws**, what does Article 8 deal with?

★★★★★ See answers elsewhere in the newsletter! ★★★★★

★★★★★



### **FL LMSC Registrar Update**

**From your FL LMSC Registrar, Meredith Moore**

As of June 1, 2017, we have 2230 members registered. That is 98% of the total 2106 member registrations for the same time last year of 2273.

1195 male - 54%  
1035 female - 46%

We have 65 registered clubs in 2017 and had 62 in 2016. We have had quite a few new clubs register in the past couple of months:

AG	AcgtiveGRIT	Ft Myers
BTWS	Break the Waves Swimming	Vero Beach
PASC	Panther Aquatic Club	Palm Bay
SHWK	Silver Hawk Aquatics	Winter Park
SCMA	Space Coast Masters Aquatics	Satellite Beach
SDI	The Stroke Doctor	Greencove Springs

Club registration for 2018 started on October 1st. We had 19 Clubs register for 2018. Club registration ended October 31st.

USMS swimmer registration opened November 1st when the 2018 registration year began. (Note: Clubs must be registered in

order for swimmers to register for a particular Club and a Parent Club must register before any Workout Group can register with a parent Club.)

Swimmers, join or renew at [http://www.usms.org/content/join\\_or\\_renew](http://www.usms.org/content/join_or_renew).  
Your membership will be valid through December 31, 2018.



\*\*\*\*\****Be sure to check out our Florida LMSC***  
**website: [www.floridalmcsc.org](http://www.floridalmcsc.org)**\*\*\*\*\*



--Happy Laps, Meredith



### NEWS FROM FACT

*Joannie Campbell*



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

Betty Lorenzi was our lone representative at the Summer Nationals in Minneapolis in early August. She broke three World Records in the backstroke – can't ask for a better representative, can we?

As a member of our team in Budapest I can say we had a fabulous time. – Martha Henderson, Pat Tullman, Susan Meyers and myself. All swam well in perfect weather for the entire meet and I must say the logistics could have been horrific. We had 6,700 swimmers in four 50-meter pools in two different areas - two pools inside at the Arena, which many of you had seen when the “kids” swam, and two competition pools on Marget Island, outside and accessible by buses running constantly. As is the custom, we wore our medals as we acquired them and this always



brought conversation in many languages. Amazing how you can speak in completely different languages and still communicate with people. Many competitors from South and Central America said they would be seeing us in Orlando next year for the Pan American Games. Our FACT team took Gold in both of our 200m relays; the bling is all displayed in the attached picture – weighed down our necks and caused concern with our luggage poundage.

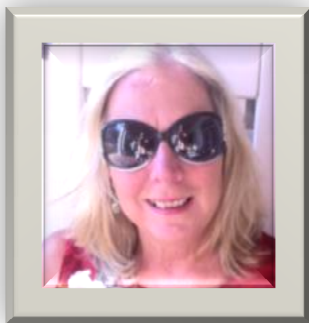
After returning from Budapest and our Vikings Cruise to Nuremberg we were back to reality quickly – Hurricane Irma!! I did get out of town for the Dallas Convention but many of you had great difficulties and fortunately just a week without electricity was all I had. Many at the Convention were still facing great problems from both hurricanes. The Tail's End Meet ended up being cancelled but is being rescheduled for next year September 9<sup>th</sup>. Along with that Clearwater will have a 2018 Dog Day's Meet August 18<sup>th</sup> and 19<sup>th</sup>. I've been told to get entries in EARLY for the Pan Am Games so be aware. Our Valentine's Meet is the Dixie Zone Championships 2018 – February 9<sup>th</sup> through 11<sup>th</sup>.

The Rowdy Gaines Classic this past weekend had amazing results for our FACT team. Our 17 swimmers amassed 2,296 points which placed us second in Regional to NCMS and a 4<sup>th</sup> overall in one



of the largest Masters Meets in Florida. Our individual high points were won by: Gordon Ralph, John Corse, Barbara McNulty, Martha Henderson, Joan Campbell and Betty Lorenzi. Our infamous 360 group of Betty Lorenzi 90, Joan Campbell 87, John Corse 93 and Ed Graves 94 destroyed the 400m Medley Relay Record of 13:31.90 – with a 9:47.81!!! Betty Lorenzi, in usual fashion, destroyed all three backstroke records – 50, 100 and 200 back.

HEARTY CONGRATULATIONS to these amazing swimmers!! - ed



**The Fitness Log**  
By Connie Greb  
FL LMSC Fitness Chair

The Fitness Log is a benefit of United States Masters Swimming membership. The acronym is FLOG for Fitness LOG. Go to the [www.usms.org](http://www.usms.org), click on **fitness training** and then **fitness logs**. There you will uncover a way to keep track of your daily fitness. It's



not just for swimming but also many other activities, including biking and running. In addition to the many options available to track there is also another section for anything else you might want to add. You can even have multiple workouts for each day. It's all tracked automatically.

The Fitness Log (FLOG) is also a benefit to the Fitness Education Committee since they are the source of input to the popular "Go the Distance" program. Now the participants can track their own workouts using the Fitness Log (FLOG). If you choose to participate in the Go the Distance Program, the data is picked up on a monthly basis.

Another big benefit to tracking your fitness may be to see your individual progress. What better way to see your progress. In some cases, it may be beneficial for coaching swimmers. Coaches may look at the fitness log and be able to identify and assist you in making additional progress.

Give it a try and have fun!



### **VAST News**

By Anne Simonsen, Ph.D., VAST President

## **VILLAGES AQUATIC SWIM TEAM**

### **THANK YOU, JOYCE**

Joyce Huchinson, the VAST liaison to the LMSC Newsletter, is retiring from this position. Joyce is a very special person – I have known her since I joined VAST. She made me feel a part of VAST as soon as I joined and then introduced me to other members. VAST practices and meetings are always fun when Joyce is there. Joyce joined VAST in 2004 and has been a member of VAST and USMS for the last 13 years.

Honestly, I do not know how long Joyce has been writing articles about VAST for the LMSC Newsletter, but I have always looked forward to the topic she has chosen and the recognition she gives to VAST members. She has written articles about VAST individual and team accomplishments, team volunteer efforts, and team bonding events. She also includes information on State, National and International swim meets.

A few years ago, Joyce began volunteering as an Assistant Coach for The Villages High School Swim Team. Her specialty area was working with the beginner swimmers so that they learned the correct stroke technique.

As stated earlier, Joyce is not only a great swimmer and good writer, but she is FUN! She has been an integral part of the social activities of VAST by participating in skits, talent shows, and "themed practices".

In May 2016, Joyce was one of the first VAST members to receive an Above & Beyond Award from VAST. To say the least, it was well deserved. This Award is given to a member of VAST who serves VAST, participates in VAST activities and generates a positive attitude for other VAST members. If you know Joyce, you know why she received this award.

Joyce also saves lives. When her close friend Larry's heart stopped in the middle of a wedding celebration this past year, Joyce was the person who administered CPR and brought him back to life. In my vernacular – "Joyce is SOMETHING ELSE". I am very lucky to have had the opportunity to practice with Joyce, swim in meets with her, and call her my friend and colleague.

**THANK YOU, JOYCE!!!!**

**"Different sides of Joyce".**



### **Rowdy Gaines Holds Swim Clinic for VAST**



**What a treat!** On September 28, 2017, Olympic Gold-Medalist, Rowdy Gaines, held a Clinic for the members of VAST. The Clinic was his way of thanking VAST members who volunteered at YMCA youth swim meets.

After swimming with VAST members during their regular practice, he worked with the swimmers on improving their front crawl stroke by using drills that would focus on specific skills that are basic to the freestyle.

It was a perfect day for swimmers – the sun was shining, the water temperature was just right, the lessons that the swimmers learned during the clinic were exactly what they needed, AND the clincher was having Rowdy Gaines there.

### **Broward County Sports Hall of Fame VAST Inductee**

Glenn Kaye, long-time swim coach in Broward County, and member and Coach of VAST, was inducted into the Broward County Sports Hall of Fame on October 24, 2017.

This is not only an honor for Glenn, who is a Life Member of VAST, but also for the team. We have been very lucky to have Glenn as a coach and friend. Congratulations, Glenn – well deserved!



## **SWIMMING WEBSITE SCAVENGER HUNT**

### **Answers**

#### **Dixie Zone Questions**

1. Columbia
2. Goodlife Games & Bumpy Jones
3. Kathy Tittle
4. Marty Schenk & Andy Miller

#### **USMS Questions**

1. 941-256-8767
2. Dawson Hughes
3. Seven different workouts
4. Starts
5. Butterfly

#### **Florida LMSC Questions**

1. Membership
2. Athletes Rights, Hearings, and Right of Appeal



## **VAST Out and About**

2017 World Masters Games, Auckland, NZ

By Nate Leech

Several of us from the Villages Aquatic Swim Team (VAST) attended the 2017 World Masters Games in Auckland, NZ. I am a member of The Villages Triathlon Club.



"After the triathlon" this is me after a very cool, windy and rainy Olympic distance triathlon. This event was after completion of the pool events, and the day before the 2500-meter open water swim.

"All of us ready to eat ribs", This is our contingent from VAST that competed in or attended the World Games in Auckland. On the left (front to back) are Carol Krouse, Marilyn McKenney, Mary Leech, Nate Leech. On the right (front to back) are Cyndy Lasher, Kathy Tittle, Brenda Walker and Allan Walker.



Nate Leech (left) and Allan Walker (right) following our open water swims – the last day of all of the competitions. The 65-degree water literally took my breath away!



At the swim venue, New Zealand's Olympic Training Center. It was a beautiful complex with two 50 meter pools as well as facilities for a number of other sports. Pictured (l-r) are Allan and Brenda Walker, Nate and Mary Leech. This picture was taken earlier in the week when the weather was warmer.



This picture of the "Swim Venue," was taken from the bleachers where we sat for much of the meet.

Pool events over for Nate, Mary and Nate Leech show off their medals. The picture was taken in the award ceremony room. Each event had its own individual ceremony and were very well done.

So my next event is IronMan Florida in Panama City, FL November 4. I have been training for it for about 10 months. It will be my first full Ironman – 140.6 miles!



I just want to finish this first one and if I ever do another, maybe I will actually race it!



**St. Pete Masters**

<http://stpetemasters.org/>

Christine Truhol Swanson

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

July, August, September and October has found the SPM crew at North Shore Aquatic Center very busy. Hurricane Irma posed our biggest threat, but thankfully it weakened significantly before impacting the Tampa Bay community and everyone was back in the pool the following week. Thanks to the City of St. Petersburg and the dedicated pool staff for helping keep people on track and help relieve the stress of many nervous team members during that week leading up to the storm. With hurricane season almost over we can now turn our attention back to swimming and socializing, priorities for all Masters swimmers.

### **San Francisco, California ~**

On the date of his 87<sup>th</sup> birthday, July 25<sup>th</sup>, Bob Beach plunged into San Francisco Bay accompanied by dedicated kayakers, and without goggles (ok – he took them off because they fogged up), and Escaped from Alcatraz. One and a quarter miles and 46 minutes later he emerged from the Bay. The next day, again accompanied by kayakers and a few small boats, Bob jumped back into San Francisco Bay and swam point to point (Lime Rock to Fort Point Beach) beneath the Golden Gate Bridge. A bridge he traversed by car with his Mom 80 years earlier when it first opened.

Surely this is a coincidence but not a week or so later, Laura Kaleel also hopped into San Francisco Bay to swim the inaugural Frogman San Francisco. She along with a dozen other brave souls completed the point to point swim under the Golden Gate Bridge. We are so proud of Bob and Laura for these accomplishments.



### **Catalina Channel ~**

Moving a bit south down the California coast, team member Ian Tarrant made an attempt of the Catalina Channel. As reported by Ron Collins, Ian abandoned his swim with about 4 hours to go. Hopefully he will give it another go.

### **Open Water ~ Tropical Splash**

Can someone say jelly fish? Yikes. Apparently there was a problem as reported by Melissa Harasz. Lots of folks were stung. Maybe next year there will be less of them.

### **Coral Springs – Last Chance Long Course meet...**

Never ones to miss a fun opportunity, SPMers Paula Texel, Eric Herman, Cheryl Kupan and David Stiles made the trek down to Coral Springs on Friday afternoon to have one last crack at achieving some Top Ten times or move up on their Top Ten rankings for 2017. They were joined at the meet by our east coast team members David and Dale Leclair.

Lots of good swimming! Cheryl completed her compliment of Long course events as she works to achieve the LMSC Leather Lung award and Paula improved her 200 Free. Eric, what are you thinking? He swam ALL of his events butterfly, including the 50 and 100 Freestyle. Glutton for punishment or he just LOVES butterfly! Eric then drove them back to St. Pete and safely navigated some torrential rain in the process.



### Long Course Nationals ~ Minneapolis?

You betcha – Carl and Kathy Selles headed to the Gopher State for Long Course Nationals this summer. Carl was our lone swimmer in the event, this before heading to Norway to bike and hike the fjords. Carl placed in all six of his events, although I am trying to figure out how he swam the 50 Free twice. The 70-74 age group proved to be very tough this summer.

### Senior Games anyone?

A few of our younger 'senior' team members have started dabbling in Senior Games swim events. Livia Zien isn't satisfied with swimming in Florida. She makes the trek to Rockville, Maryland to compete and also cheer for her Mom, Susie. Mom, at 81 added the 50 back to her event list this summer while Livia swam her full complement of events.



In the meantime Karen Pitre Westerman has also started dabbling in Senior Games swimming and biking events. Karen officially aged up in September and now qualifies. Her life is busy raising twin swimmers Madison and Jackson and training for her first Iron Man triathlon (IronMan Florida, report in the next newsetter). After spending the weekend in Orlando with her team mates at the Rowdy Games meet she showed up at Bobby Hicks Pool

in Tampa on Monday to put in a few more yards. Karen, pictured here with Doris Prokopi.



### Rowdy Gaines SC Meters ~ Orlando...

A great group of SPM swimmers headed across I-4 to the land of Mouse. **Congrats** to all our St Pete Masters teammates - you swam great at the Rowdy Gaines meet. The Women got 3rd Overall, Men 11th, 9th Overall Team. Some of the gals posed with Rowdy for their annual photo.



After a hard day at the meet there apparently is nothing better than Fireball Sangria – cheers y'all! And finally the team has enjoyed several social outing over the past few months. Bowling was a big hit and then they tried their hands and feet at Vertical Ventures. Sarah Swoch is the pro wall climber and gave the rest of the group quite a tutorial.







## **So What?** **Coach Gary Bastie, SPM**

Most swimmers, plow through the water for a few reasons. Some do it so they won't drown. This article's not about them.

Others do it to get/stay in shape but, if you're honest, some of you swim in order to pig out at your favorite buffet. This article's also not about you or any of them.

Instead, it's for those who are prepping for some type of competition, whether open water, in pool, or whatever (are there other alternatives?).

Next, I've also discovered that, whatever your reason, most of you enjoy the catatonic state in which an experienced swimmer can just swim while the human body goes through the motions, sort of like being on auto-pilot. OK, **so what?** Well, since your purpose for swimming helps determine your outcome, then being able to define your purpose must be important. If it wasn't, then nobody would have any goals, purpose, or method for the madness we call swimming. But, we do have purposes for doing what we do so let me explain what I've noticed over the years.

Let's say your goal is to get/stay in shape. The question is, what kind of shape and, what's your definition of "in shape"? Is it your body shape, your physical conditioning, a particular event or time, or what? Until you define it, you'll probably never achieve it.

Second, goals can be either general or specific. For example, if your goal is to get in shape, and you really haven't defined what that is, then you'll never get in shape because, even if you did, you've never defined it so you won't know what that actually means. But, if you've defined your goal (like swimming an event, achieving a certain time, being able to train for an hour, 4000 yd., or whatever), then you'll probably achieve that goal, feel good about it, and then move onto the next goal. Get it? An undefined goal leaves you hanging while a defined one gives you a sense of accomplishment. So, being without a goal is like the horse drawn cart where the poor horse moves forward, trying to reach the carrot on a stick. Since the driver wants the horse to move forward, he never lets the horse get the carrot so it's an exercise in futility (unbeknownst to the poor horse). Having and achieving specific goals however is like that same horse getting the carrot before the cart pulls forward so now he's happy and looking for his next snack. I know that's a poor example, but I thought it might gain your attention. I certainly got mine when I used to be that horse.

The point is, it's important for each of us to define their goals. For some, this means not setting them too high or too low but, if I had my choice, I'd set 'em too low so that I could gain the satisfaction of achieving one and then move onto the next, and the next, and the next. If you set goals too high however, you'll never achieve any of them and that leads to folks giving up. So, be specific about your goals.



Another aspect is to train towards your goals. For instance, if your goal is to break 30 seconds in a 50, then you'll need to train like it. That means going out in less than 15 seconds in your first 25. If you don't, it's too difficult to negative split a 50 so you gotta break 15 in your first 20 first. Then, what about the second 25? And, how would you go about training for that? Let's use a set of 25's. Here are some options.

If there's a set that includes a lot of rest between 25's, then train towards your **first** 25 of a 50. But, if the set has less rest, then work the **second** 25 of a 50. So, if your goal is to break 30 in a 50, then maybe you need to be able to go out in 12-13 for your first 25 and come back in 16-17 in the second 25. That means you know, in advance, how fast you need to train for whatever set you're swimming. And don't forget, training takes time and you might not get what you want immediately. It could take a while but, if you don't give up, and your goals are realistic, then go for it.

Now, let's say you're swimming 50's. If the set includes several 50's with less rest between, then train for the second 50 of a hundred, or try to achieve your goal time for a 200 or 500. But, if the set calls for fewer 50's and there's a lot of rest or recovery swimming, then train for your 50, 100, or 200 goal time, maybe trying to swim the first one as if it's the first 50 of your goal race.

Next, there's breathing. Few, if any, sprinters breathe during the first 25 of a 50. Many in fact, either don't breathe all that much during the entire 50 and it's usually breathing more on the second length than the first. **So what?** Well, if you train for swimming a fast 50, then it should include less breathing. That causes you to not only swim faster but also be better adapted for the actual race when you won't breathe as much. By contrast, a 1650 requires that you breathe often. So, am I saying that you shouldn't breathe but once or twice in a 50 during practice? No, I'm just pointing out that what you practice is what you'll tend to swim in a meet. That includes breathing patterns in practice vs those used in a meet. Remember you can define goals and, once you do, then you'll start to dissect each practice and find ways to train towards your goals, even if the set initially doesn't look as if it's going to fit.

Finally, there are turns and there are turns. If you swim sprints in meets, then you're going to need a turn that's fast and gains you great distance off the wall, and you won't want to breathe immediately out of that turn. But, if you swim longer distances, having a fast turn is still important but you're probably not going to see how many strokes you can take off each wall before you need to breathe, at least not unless you have a grudge against your lungs. So, just remember, define your goals, make them specific, not generalized, and then find ways to train towards them. Let your workouts serve your needs and not the other way around. But, if not, **so what?** At least you're getting in shape, right?

### Tip of the Day:

I've spoken with a number of swimmers who get out of breathe easily. I've asked them if they breathe out immediately after taking a breath and the answer is usually "yes". Since most learn-to-swim classes teach that method (like "bobbing"), it's natural that some would breathe like that. My advice has been to hold your air until just before you take the next breath. The

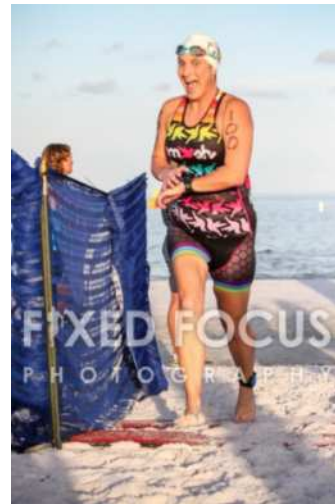
result has been immediate for most and that's a real positive for them because now, they can swim whatever distance and do it in a more aerobic state and not hypoxic as before.



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



On July 8, **Sue Curtin** got first place in the Sprint Triathlon held at Ft. DeSoto Multi Sport event for her age division and **Brenda Loggins** came in first place for the International Aqua Bike held at Ft. DeSoto Multi Sport Event overall! Awesome Brenda! Look how happy she is when Sue cheered her on!



Also in July, **Danny Hicks** became a member of Team USA for the 2017 ITU Long Distance Triathlon World Championships, Penticton, BC, Canada. What an accomplishment Danny! Finally, **David Hunter** competed in the USA Triathlon Age Group National Championships. Very proud of our triathletes!

October 14-15, the Rowdy Gaines meet was on and **Juan Cue** placed 2nd in the 100 meter fly. Way to go Juan!

Also in October, **Rick Cervis** and **Juan Cue** both participated in the Senior Games and have both qualified for the finals of the 2017 Florida Senior Games on December 2-10, 2017, in Clearwater, Florida. Congrats to both of you! Looking forward to the finals.

October 15, Shelley (5k), Coach Sonny (2.5K), Karen (2.5K) and **Norma DeGuenther** (1K got 1st place for her age division) drove down to Siesta Key. Imagine my surprise when I got out of

★★★★★

[illegible]

## Sheila Carpenter-van Dijk

**PLEASE INCLUDE YOUR TEAM NAME  
IN THE SUBJECT OF THE EMAIL**

If you have questions, be sure to ask me!

The next newsletter is scheduled to be on the web (<http://floridalmcsc.org>) and in your inbox  
In February, 2018, so I'll need your articles by  
**January 15, 2018!**

[illegible]



## 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, [kugrad@yahoo.com](mailto:kugrad@yahoo.com); **\*Newsletter Editor**, Sheila Carpenter-van Dijk, [fishtail@usms.org](mailto:fishtail@usms.org) or [sheilacv@verizon.net](mailto:sheilacv@verizon.net); **\*Sanctions**, Anna Lea Matysek, [kugrad@yahoo.com](mailto:kugrad@yahoo.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**, Erin Condon, [erin@gatorswimclub.com](mailto:erin@gatorswimclub.com); **Webmaster**, Meegan Wilson, [meegan@kodhaus.com](mailto:meegan@kodhaus.com); **Safety Chair**, Patty Nardoizzi, [pnardoizzi@hotmail.com](mailto:pnardoizzi@hotmail.com); **Past Chairs**, Meegan Wilson, [meegan@kodhaus.com](mailto:meegan@kodhaus.com); Scott Bay, [scottbay@usms.org](mailto:scottbay@usms.org)



# Happy Holidays, Y'all

## Best Wishes for a Grand New Year



# ALTS Instructor Certification Course

## U.S. MASTERS SWIMMING IS HOSTING AN ADULT LEARN-TO-SWIM INSTRUCTOR CERTIFICATION COURSE



### CLASSROOM INSTRUCTION

### POOL INSTRUCTION

**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 deep water
- Return to the surface and float or tread water for 1 minute
- Turn around in a full circle and find an exit
- Swim 25 yards to the exit
- Exit from the water

**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-Certified ALTS 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 [usms.org/alts/futurecourses](https://usms.org/alts/futurecourses)

Maximum attendance per class is 25 instructors.

**Contact:** Holly Neumann – [hneumann@usmastersswimming.org](mailto:hneumann@usmastersswimming.org)