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FLORIDA LMSC NEWS



From the Florida LMSC Chair

Cheryl Kupan

Happy Spring to all!

If you haven't noticed, the competition calendars are showing more events each month. This past weekend, I swam at the *Take a Bite Out of Covid* meet in Sarasota and was happy to see so many (albeit partially covered) faces on deck again. Thank you Rick Walker, Anna Lea Matysek, Mike Whaley and your team of volunteers for an enjoyable & successful meet. There are a few long course meters meets and open water swims scheduled for this summer as well as a couple of short course meters meets this fall including one of my favorites, the Rowdy Gaines meet in October.

Also, if you're considering swimming USMS Spring Nationals in July in Greensboro, NC, the order of events has been posted. While the meet is still in the planning stages, all is subject to change.

Please read the note at the top of the page as the meet will be run differently to minimize the number of swimmers in the facility during each session.

<https://www.usms.org/events/national-championships/pool-national-championships/2021-pool-national-championships/2021-short-course-national-championship/2021-spring-nationals-order-of-events>





2021 Florida LMSC and U.S. Masters Swimming Officials Refresher Clinic

Mike Whaley
Officials Chair
Senior Games Liaison

In anticipation of a return to swimming competition and using the U.S. Masters Swimming, Phase 2 Sanctions Recommendations, the USMS Officials in the Florida LMSC sponsored a Stroke and Turn (S&T) Judges and a Starters Officials Refresher Clinic in Sarasota at the Shark Tank on Thursday, March 18, 2021. The goals of the Refresher Clinics were to prepare for upcoming 2021 Meets by reviewing and refreshing 2021 USMS Rule Book knowledge and procedures, recruit new volunteers as USMS Officials, provide interactive discussions and a practical training venue with in-water swimmers demonstrating strokes, turns and starts.

A dozen Officials attended the 90 minute S&T Judges Refresher Clinic. The subsequent 90 minute Starter's Refresher Clinic had 8 participants.

On deck discussions during the S&T clinic included, in addition to Part 1:

- Swimming Rules and Article 101: Starts, Strokes and Relays, why Sanctioned and Recognized Meets require USMS credentialed officials
- The reasons why fair competition requires trained volunteers who observe and enforce the rules consistently and fairly, and understand the rules of USMS Swimming
- The need to act and look professional on deck
- A review of major changes of rules for 2021.

On deck discussions during the Starter's clinic included, in addition to Part 1:

- Swimming Rules and Articles 101 and 103
- Meet Procedures
- How to conduct a fair start
- The swimmer's perspective while on the blocks
- The Starter's perspective of pre-meet swimmers on the blocks
- Patience.

Both clinics used in-water and on-the-starting-blocks volunteer swimmers for practical demonstrations reinforcing on-deck discussion topics. The participants found these demonstrations valuable in visualizing the rules.

Take away from the refresher clinics:

- Read the rules and have confidence in your knowledge
- Interact with other Officials, and learn from their experiences.
- If possible, use volunteer swimmers for visual learning
- Have good refreshments to entice participation.

Both 90-minute clinics were led by USMS Officials combining Rule discussions using the presentations of Teri White, Chair, USMS Officials Committee, with volunteer in-pool swimmers demonstrating strokes, turns and starts.

The Refresher Clinic was hosted at the Shark Tank Facility in Sarasota. Participants were appreciative to the Sharks Organization, the Shark Tank's facilities management, and to Brent

Arckey and Rick Walker for allowing the Clinic to use the Shark Tank facility, equipment, and open lanes to conduct the training! Thank you Sharks!

Are you interested in becoming an official?

The Florida LMSC is seeking volunteers to provide fair competition, enhance fellowship and sportsmanship. Without USMS Officials at Sanctioned and Recognized Meets, there are no times for a data base because, No Officials, No times! Meets must be run per USMS rules.

If you are interested in becoming a credentialed uniform-wearing USMS Official please contact the FL LMSC Officials Chair: Mike Whaley, FOfficials@usms.org or FLSeniorGames@usms.org

How to Become an Official

Officials Certification Program

U.S. Masters Swimming certifies swimming officials to work USMS sanctioned meets. Officials certification is open to anyone 18 years of age or older. USMS certification is not required for currently certified USA Swimming, NCAA, NFHS (high school), or YMCA officials to officiate at USMS meets. Membership in USMS membership is recommended, but not required, to receive certification as a Stroke & Turn or Starter official.

USMS membership is required for certification as a USMS Referee. The videos and online testing system created by USA Swimming is used for certification training and testing to become a USMS Referee. To begin this course, you create an account on the USA Swimming web site so you can take the certification test(s). Additionally, USMS uses another online testing site for the USMS Officials Supplemental Exam, which is required for Stroke & Turn and Referee certification and for Recertification at all levels.

Stroke & Turn Official

To gain this certification:

- On the USA Swimming site review all six (freestyle, backstroke, breaststroke, butterfly, individual medley, and relays) officiating training videos
- Take and pass (with 80% correct) the "Certification – Stroke & Turn/Timer" online test.
 - Your results will be emailed to you by USA Swimming. Once you receive your results, forward them to officialscertification@usms.org
- Then take and pass (with 80% correct) the "USMS Officials Supplemental exam" online test. The test score is shown immediately but no email is sent.
 - Note your score and include it in your email to officialscertification@usms.org including the Stroke & Turn test score.

Your credentials will be emailed to you by the USMS Officials committee upon receipt of your passing test results. Certification expires on December 31st of the second year of certification.

Note: Some LMSCs may recommend or require additional steps in the training of their officials. Contact your LMSC Officials Chair for further information.

Starter

Note: To gain certification as a Starter, you must previously be certified by USMS as a Stroke & Turn Official. There is no minimum length of time as a certified Stroke & Turn Official required before an individual can become a starter.

- First review "The Start: Philosophy and Protocol" training video.
- Take and pass (with 80% correct) the "Certification – Starter" and "Recertification Stroke & Turn/Timer" online tests

Your results will be emailed to you by USA Swimming. Once you receive them, forward them to officialscertification@usms.org. Your credentials will be emailed to you by the USMS Officials committee upon receipt of your passing test results.

Certification expires on December 31st of the second year of certification.

Note: Certification as a Starter automatically renews your certification as a Stroke & Turn Official.



2021 and 2022 Florida State and National Games Competition Opportunities

The Florida State and National Games promotes health, camaraderie and wellness for adults 50 and over through education, fitness and sport.

Each Game includes a swimming competition and is recognized by United States Masters Swimming (USMS) and the Local Masters Swim Committee (LMSC) where it is held.

Following is a summary of upcoming 2021, 2022 and 2023 Florida State and National Games:

2021 Florida Senior Games

The Florida Senior Games is an Olympic-style competition for athletes age 50 and over. In its 30th year, the Florida Senior Games is a program of the Florida Sports Foundation that serves as the State's lead organization in promoting and developing Florida's sports industry and tourism opportunities.

The 29th Annual (2020) Florida Senior Games (FSG) came to a close after nine days of events. More than 1,700 athletes competed in 20 sports in six different Florida locations. During the Florida Senior Games, athletes from 47 of the 50 United States and seven other countries, including Barbados, Canada, Cayman Islands, Netherlands, Slovakia, United Kingdom, US Minor Islands competed.

The 2020 Florida Senior Games held December 5th and 6th, in Cocoa Beach was a qualifier for the 2022 National Senior Games (NSG), to be held in the Greater Fort Lauderdale area.

The 2021 FSG swim meet, also a qualifier meet for the NSGs, has not been scheduled yet due to COVID safety issues but may be scheduled the first week in December 2021. As of late February, 2021, the 2021 FSG swimming competition is scheduled to be held at the Coral Springs Aquatic Center, in the Ft. Lauderdale area.

2022 & 2023 National Senior Games

Due to the disruptions caused by the pandemic, and out of an abundance of caution, the National Senior Games in Fort Lauderdale, Florida have been postponed to May 10-23, 2022. The swimming competition is scheduled for Thursday, May 12 through Monday May 16.

In response to the COVID pandemic, the National Senior Games Association (NSGA) adjusted the qualification process for the 2022 National Senior Games. Registrations for the 2021 National Senior Games opens Spring 2021. Qualified athletes can register for the 2021 Games when the Florida Sports Foundation submits a qualifier list to the NSGA. Registration will open in Spring of 2021 and is accessible through the NSGA website.

Swimming competition is scheduled Thursday, May 12 (warm ups) through Monday, May 16. A detailed schedule is available on the 'Schedule of Events' page when registration opens and sport specific schedules can be found on the 'Competition Schedule' page. Age specific competition start times will not be available until after registration closes in the Fall of 2021.

The 2023 National Senior Games will be held in Pittsburgh, Pennsylvania.

2021 Florida Sunshine Games

The Sunshine State Games is an Olympic-style festival program created throughout the state for amateur athletes of all ages and skill levels. Florida's citizens have the opportunity and incentive to develop their physical talents and competitive abilities. Participants can potentially also compete at the national level in the State Games of America. State Games provide a sporting event for everyone.

The 2021 Sunshine Games swim meet will be held in Gainesville, Friday June 4 through Sunday, June 6.

2022 State Games of America

The State Games of America is an Olympic-style event featuring competition between State Games medal winners (gold, silver, bronze) from across the nation. There are currently 30 states conducting or organizing statewide sports festivals known as State Games.

The 2022 State Games of America will be held July 27- 31, 2022 in Ames-Des Moines, Iowa.

For more information see: <https://www.stategamesofamerica.com/>

For eligibility see:

<https://www.stategamesofamerica.com/eligibility>





NEWS FROM FACT
Joannie Campbell



As indicated in our last newsletter some of the news will become “fake news” by the time it is published. This, of course, was true when it came to the Pan American Games. Games are now tentatively scheduled for July 21-28, 2022.

The meets held this year have been a patchwork of closed competitions with limited numbers, limited LMSC's, limited Club competitions, and virtual swims. Other than a Toyota Virtual Swim last year, I have been unable to take part for various reasons – the last being Mohs surgery just before the Sarasota Covid Swim. I understand that the few of us that were able to participate had some good times and indicative of the comment I made above, 11 of our team showed as the third largest team entered. Reminds me a lot of the individual competitions we had many years back with Edie Gruender and I swimming the 200 butterfly – she in Arizona and the west coast and me in Florida and New England!! We regularly were within hundredths of seconds of each other every season.

At our ZOOM LMSC meeting the other day, there was much discussion of the meets that are coming up – those that are tentative and those that are definite. The Senior Games were the most “definite” with many rules and restrictions coming up for the Nationals being held May 10-29 in the Ft Lauderdale area in 2022. This should be covered either on the Florida LMSC website (www.floridalmcsc.org) or otherwise in our newsletter. We are trying to revive the Good Life Games in Clearwater, so keep an eye out for that on the Southeast Zone (www.southeastzone.org) schedule.

The Spring Nationals in Greensboro July 21 – 25 are tentative, as are the Summer Nationals in Geneva, Ohio October 6 – 10. I am recommending attendance at the scheduled Rowdy Games SCM meet in Orlando, October 15-17th. We always have fun, have a good turnout and this is not labeled “tentative” at this time 😊.

The Florida LMSC discussed the upcoming St Pete Long Course and the Dog Days Meet in Clearwater. Clearwater has set a date for August 21, St Pete is still considering. I'm just hoping to get one practice in a Long Course pool before competing!! I know there are others that are in the same boat.

Hope to see you ON DECK soon-Joannie

Keep up to date with all the news on our FACT website: www.factmasters.org





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



News from the Outside Lanes...
by Regina Novak

With the arrival of 2021, a renewed sense of hope was cast for the return to a more 'normal' life. The Annual Tampa Bay Frogman started us off in January, and SPMers had a multiple swim meet opportunities, e-postals, and lots more pool time in the following months. Through it all, we supported each other both in and out of the water, giving real meaning to the definition of "Team".

On February 6, the Sarasota Sharks hosted the one-day Gulf Coast Senior Games, and our 8 'seniors' went to work and stayed busy! The newly inducted seniors of the 50-54 age group, Paula Texel, Tabitha Brandt, and Karen Westerman led the way with Paula winning all 5 of her events, and the group



of them either winning or sweeping the field. Cheryl Kupan, true to form and not to disappoint, swam the maximum allowable events and won them all. Susan Tokayer had some outstanding swims winning all her free and fly events in the 60-64 age group. The men were led by John Nixon who swam well in all 5 of his events, winning his back and breaststroke races and placing 2nd in his 200 IM. Jim Esposito won all of his breaststroke and backstroke events as well. And Mike Smith, a great competitor sprinted his way through the meet winning the 50 yard free and fly events, and placing second in the 50 breast.



A New Perspective

From Regina Novak
Swim Mom

All of us are familiar with the ups and downs that happen with swim meets, and sitting in the "Swim Mom" seat now, both as someone working the meet AND as a proud supporter/cheerleader, I have a perspective of swim meets that I didn't have before.

1. The Supporters

If you've been to a sporting event, you have likely seen a fight. Sometimes it happens on the field AND in the stands. There's name calling, colorful language, and referees (or security) intervening to bring peace and order. This is not common at a swim meet.

At swim meets, everyone cheers for the kid (or adult) that struggles through the race to finish. We celebrate the records broken, regardless of whose swimming. As swimmers, we see winning differently than in other sports. We don't go to swim meets to see our team beat the other team; we go to celebrate those important to us competing in the sport we love and pushing ourselves to new limits. Winning is more broadly defined in our sport. You don't just cheer for your kid or teammate; you cheer for all of them. When my kid's teammate does outstanding, we go home and tell the whole family who also celebrates in the victory.

2. The Coaches

At other sporting events, I have seen coaches yell at referees, ream players for poor performance, and in many instances, look like total fools. Not at the pool.

During a swim meet you will see a variety of coaching styles. Some are loud and big in their encouragement and cheer. Others are very deliberate in their sideline cheering and seem to have a secret language only their swimmer could understand. Others can be observed watching diligently during the race, making notes on their clipboard and watching for the splits on the scoreboard.

My favorite part as the parent is hearing the coaching that happens after the race. Sometimes the swimmer has knocked it out of the park, and sometimes it hasn't been their best race. But the great coach knows how to handle every situation. They know how to encourage a deflated kid who needs someone to lift them up, and they know how to praise a kid who has worked hard and done well in a way that makes the child walk away taller and more confident.

3. The Staff

We have an incredible, hard-working staff at Northshore Aquatic Complex! I have seen the team rush out when the emergency horn sounded to help a swimmer in need. I have witnessed time and time again the staff work together to accomplish a task, often in a short period of time. There is a level of camaraderie and fun that exists between the staff and they are ready and willing to do a great job. From a supervisor ensuring that all staff was adequately hydrated during a hot day, to staff helping to stage swimmers preparing to race so we could comply with COVID rules, they continually show up and bring their A game. We know this to be true, because we interact with them on a daily basis and are so grateful that they show up to do what they do so we can all do what we love to do.

4. The Swimmers

All ages. All sizes. All levels of ability. And all of them have a place at the competition.

Prior to the race, there's no smack talking. There might be muscle slapping, arm stretching, jumping, perhaps a prayer or two and a wave to acknowledge the parent, spouse, kid or teammate that is yelling their name, but there is no meanness. You don't see a bully walking up to the block and telling the other kids they are going to get smoked or creamed.

Instead, you see swimmers focused on their performance. At the end of my kid's races, you see swimmers smile at each other, offering words of congratulations and even handshaking or hugging their competitor. Thankfully, swimming is not a contact sport (minus the wall perhaps during backstroke) and winning is not solely based on beating everyone else. Entering a new race for the first time, dropping time or making a coveted qualifying time....it's all a win. Of course we enjoy being first place and bringing home a gold medal, blue ribbon or high point trophy, but we can walk away from a meet feeling victorious and satisfied with our hard work without any physical accolades.

5. The Water

We all come back to the water. It makes us feel alive in a way that some of us cannot achieve on land. It's for little kids learning to swim, it's for bodies that might be beaten and battered and the water is the most comfortable place to be, and frankly everything in between. It is for the elite Olympians, and the person just trying to make forward progress. It is life giving, renewing and always welcoming. The water hears our innermost thoughts and hides our tears. It's a gathering place for teammates and a refuge from the rest of the world, a place of peace and escape. We get our workouts here and we renew our spirits here. We make lifelong friendships at the pool and learn lessons that make us better people in our communities. No matter our age, there is something about getting in the water that makes us feel the giddiness of a child and like we are stepping into where we were meant to be. The water whispers to us "welcome home" as we get in.

Like all of you, I am so grateful and excited to see swimming take front and center stage for a little over a week at the 2021 Olympics. Always a joy to let the world see what we all know to be true: Swimming is the greatest sport there is!



Tampa Bay Aquatic Masters
www.tampaswim.com

by Norma Pellegrino DeGuenther

We may not all be swimming together, but we've had some exciting swims so far this year. For instance, the 2021 USMS 1-Hour ePostal National Championship closed on March 31st with final results for **Kelly, Becky, Susan** and **Norma** on the list in their respective age divisions. For the preliminary relay results, **Becky Nelson, Susan Ashbaugh** and **Norma DeGuenther** are currently in 8th place. Congratulations!!

We also just completed the "Take a Bite out of COVID" swim meet in Sarasota this past April 16th weekend. We had so many great swims and 1st place finishes.

One of our youngest team members had a great first meet back. **Christian Nunez** finished 1st in the 50 Free, 1st in the 200 free, 1st in the 50 Fly and 2nd in the 100 fly.

Kelly Ezagury finished 3rd in the 50 free, 3rd in the 100 free, 1st in the 200 free and 2nd in the 500 free.

Bill Bouyoucas finished 1st in the 1000 free and 1st in the 1650 free.

Juan Cue finished 3rd in the 50 fly, 2nd in the 100 fly, 2nd in the 100 IM and 1st in the 200 fly. Not only did Juan win his age group in the 200 fly, he was also the overall winner of the event.

Again, cheers to those that did these events and let's keep swimming.



In Memoriam

Dr. Burwell "Bumpy" Otis Jones 1933-2021

https://en.wikipedia.org/wiki/Burwell_Jones.

By Daughter, Eney Jones

I have never fully understood the Hawaiian word "Ohana" until now. The meaning of Ohana is family, - blood relations - adoptive or intentional. Swimming was my fathers' Ohana, deliberately, intentionally and wonderfully.



I also called my father, "Sammy Save Up." February 6th, 2021 marked the only time I have ever known my father to lose a race. His nemesis was vascular dementia / Alzheimer's. He is one of the very few people in the world that will always hold a World Record. (150 I.M.- before butterfly) Interesting fact they didn't even have his best event when he went to the Olympics. (Helsinki 1952). He held over 200 USMS records. In 2005 he was inducted into The Swimming Hall of Fame. He came away a gold medalist in the Olympics, but years after the 52 games, because of a rule change. This rule change enabled preliminary swimmers to be given medals, if the final swimmers won gold. (The event was the 4 x 200 freestyle relay, he swam in the preliminary relay).

Very few people wanted to spend the night with us growing up. Maybe it was because he posted workouts on the board even on weekends and holidays. Maybe it was because he had a Tom Brady aversion not only to sugar, but to salad dressing and to chicken skin as well. Maybe it was because of his extreme discipline and drive you always felt a little bit fat and a little bit lazy. But I do remember being proud to show friends that when you opened the World Book Encyclopedia and turned to the page marked "Swimming", there was a picture of my dad, Bumpy Jones.

His passion and purpose was highly unusual but highly inspirational. He had a calendar on the wall where he recorded his yardage. EVERY. DAMN. DAY. His philosophy was NO ZEROS. I was able to swim with him in October 2020. At the end of our training session we finished with what we always did, 6 x 25's sprints. On the last one when I was gliding into the wall, he blew by me. Only to yell, "SAMMY SAVE UP WINS AGAIN" As his words and memories started to die, it was swimming that always kept him alive. When he swam time stood still, his stroke was so smooth, so effortless, his competitive spirit always ready for the kill.

Ohana. In the days since his death I thought of his friends Graham Johnston, [https://en.wikipedia.org/wiki/Graham_Johnston_\(swimmer\)](https://en.wikipedia.org/wiki/Graham_Johnston_(swimmer)) and Don Hill, NCAA Champion

from the University of Michigan, I am so happy they can all be together again, joking, racing and swimming a lap or two.

Ohana. I thought of the amazing coaches he had in his life, Matt Mann, https://en.wikipedia.org/wiki/Matthew_Mann at the University of Michigan and Soichi Sakamoto https://en.wikipedia.org/wiki/Soichi_Sakamoto during his summers training in Hawaii. My dad is in the acknowledgements of Julie Checkoways' book *The Three year Swim Club* about Sakamoto. <https://www.amazon.com/Three-Year-Swim-Club-Untold-Olympic-ebook/dp/B00U6DNZU8>.

His first Masters swim team was Suncoast Masters and later Sarasota Y Sharks. I used to tease my dad about going to "Housewives practice" at 8:30 am because he always seemed to be one of the only males. In his later years he was coached by his white German shepherd Heidi, often seen pacing him while he swam in his home one lane 25 yard pool.



Since his passing, I have been contacted and comforted by Jeff Farrell https://en.wikipedia.org/wiki/Jeff_Farrell, Gregg Troy, https://en.wikipedia.org/wiki/Gregg_Troy, Rowdy Gaines https://en.wikipedia.org/wiki/Rowdy_Gaines, and many many Masters Swimmers all telling me stories of my father that I had never heard before. They told funny stories, loving stories, and encouraging stories, everything from having to share a lane with him to having to race a 400 I.M. next to him. Ohana.

In 1970, Alvin Toffler wrote the book *Future Shock*, exposing how society was undergoing enormous structural change because of the increase in rapid technological advances. In this book was the research of Dr. Ransom Arthur, a Navy Doctor, the founder of Masters Swimming, who exposed the correlation between life stress and health. Dr Arthur persuaded John Spannuth, the head of the American Swimming Coaches Association, to start Masters Swimming, giving older swimmers, ex- competitors and beginners a goal for keeping physically fit. At this same time, (1971) Dr. Ransom Arthur flew to St. Petersburg and coaxed Judge Robert Beach to host one of the first Masters meets at North Shore Pool, they drew 17 people. Judge Beach and my father competed and laughed for many years. These men were friends of my father. Ohana.

In 1971, my mother Rita-al Goding Jones, the mother of his 5 children, was coerced by my dad to swim. She set a National Record in the 1650 freestyle. (She was not a swimmer.) Masters Swimming was achieving its goal of incorporating both the ex-competitors and beginners in its very early days

Dr. Burwell Jones was a dermatologist. He had 5 children and is survived by 4 of them, B.J. Jones, Kathy Stottlemeyer, Maureen Jones and me, Eney Jones. James Jones preceded him in death. He has 9 grandchildren, Alden Jones, Allison Jones, Michael Jones, Emmett Stottlemeyer- a swimmer at Roger Williams, Brennan Stottlemeyer, Rydell Stottlemeyer, Saylor Stottlemeyer, Jackie Jagger and Paige Jagger. He is also survived by his wife Kathleen Butts Jones.





Ohana. There is a Japanese saying, " Okage Sama De" which translates to, "I am what I am because of you". We have become who we are because of each other. Swimming and our love for swimming has made us Ohana. With the support and encouragement of each other, we are Okage Sama De. I am so grateful for that and I am so grateful to now really know the true meaning of the word Ohana. As for my father, I am grateful to him everyday, because every time I swim I will think of him.

What a nice tribute! Thank you Eney - ed



UPCOMING SWIM EVENTS!

Hello Florida LMSC swimmers, get ready for a full summer of competition!

First up is Sarasota's annual Bumpy Jones Classic LCM Meet, to be held June 5 & 6, 2021, at the Selby Aquatic Center in Sarasota. This meet is open to any registered USMS member. Here is the link for meet information and online entry (open now):

https://www.clubassistant.com/club/meet_information.cfm?c=1290&smid=13881

In August, the St. Pete Masters will host a Long Course meet at the North Shore pool in St. Petersburg, Florida. This meet is open to any registered USMS member. The meet will be held on August 14 & 15, 2021. Here is the link for meet information and online entry (open now):

https://www.clubassistant.com/club/meet_information.cfm?c=1747&smid=13865

Clearwater's Dog Days LCM Meet is tentatively scheduled for September 11, 2021, at the indoor Long Center pool. Check the meet calendar on <http://www.southeastzone.org/meets.html> for further updates.

Not sure you're ready to swim in a meet? **All of these meets would LOVE to have you as a volunteer.** It's easy, it's fun, and you'll get to see what a Masters meet is all about. Contact the meet directors, listed on the above meet information links, to volunteer.

See you this summer!

Anna Lea Matysek

Florida LMSC Sanctions Chair & Top 10 Recorder

FLsanctions@usms.org



FROM OUR READERS

Just A Suggestion

Carter Elliott
Jacksonville

I recently read an article about shallow water blackout. A college student recently died as a result of this. I had never heard of it, and looking back on my younger swim days, we were doing the same thing that caused this student to die.

I am not a physician, so am not well versed in this issue. But, it seems like a good article for an upcoming newsletter.

If you are qualified to address this issue, please do so and submit the article- ed



Swimming Poetry

Michael Zahn, Unattached USMS swimmer
Poinciana, Polk County, FL
E-mail: MichaelZahn01@Gmail.com

SUNG TO WOODY GUTHRIE'S "THIS LAND IS YOUR LAND"

This lane is my lane,
This lane is your lane,
From the outdoor pool
To the old high school --
This lane was made for you and me!



LAMENT OF A MATURE SWIMMER (SUNG TO "MY BONNIE LIES OVER THE OCEAN")

My belly drapes over my Speedo,
My muscles are not to be seen,
The teenagers are making some comments,
And all of those comments are mean.
Oh bring back, bring back,
bring back my six-pack to me, to me!
Bring back, bring back,
my body at age 23!



Swimming

by Peggy DuBose
Unattached USMS Swimmer
Okeechobee, FL



I have been swimming for FUN and competitively since 1965. I took a course from the Red Cross to learn how to teach as a Water Safety Instructor and a Life Guard Training Instructor in Newark, NJ. I never knew how complicated swim strokes were as a High School student. The courses gave me a good foundation to swim better.

When I went to college at Indian River Junior College (now Indian River State College), I applied for a scholarship for the Swim Team and got it! So Swim Team, here I come! For the next two years, I loved my swimming. I also learned that a stroke Red Cross taught me was not used on the swim team! I have taught many participants over the years in New Hampshire, Vermont, Kentucky, North Carolina, Georgia, Virginia and Florida. I really have collected enough knowledge to overflow!

I have been a U.S. Masters Swimmer since 1975 but with just a little competing- here and there, mostly in Virginia at the Roanoke Valley Aquatic Association (RVAA) in the summer. The RVAA has summer swimming programs for youth and adults and competition within their age groups. I compete in swimming and also Judge there.

Living in Florida now and I hope someday to compete here again. My DREAM is to swim competitively again for FUN!

I am a Stroke & Turn Judge for USA Swimming and the team that I work with is wonderful! They help me, they are friendly, they keep me up to date on all of my qualifications, they enjoy their meets, and I get lots of invites to judge swim meets.

Thanks to Joe Glennon, Dave and Susan Nesper at Ultra Short Race Pace (USRP) Racers Club and all of the pools I have worked for!

I feel special that I am a TEAM member!
I LOVE my swimming!



<http://www.southeastzone.org/meets.html>



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(* Elected positions)

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***Vice Chair**, Bob Jennings

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Here is a link to the officer page on USMS:

<https://www.usms.org/lmsc/lmscofficers.php?LMSCID=14>

