



SPM NEWSLETTER

St. Petersburg Masters | Est. 1972 | North Shore Aquatic Complex

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Competition Recap

Competition in the last quarter of the year was filled with pool meets, open water swims, and postal events, and SPM was well represented in all three endeavors.

In the Pool

The USMS Masters Swimming Summer National Long Course Championship in Gresham, OR saw Lauren Yeager our Speedo representative do double duty, placing 7th in the 100m free and 8th in the 50m back, while working. Our consistent Judge Beach won his 200m back and placed a strong 2nd in all his other events: 100m, 200m, 400m, and 1500m freestyle.

The one day Tails End Meet in Clearwater on September 10 gave swimmers one more chance to post some fast LCM times, and a few of our members took advantage of the opportunity. Karen Westerman placed 1st in 50m and 100m fly giving her number 5 and number 3 spots in the Top Ten, respectively. Paula Texel's 1st place finishes in the 200m back and 200m IM also earned her Top Ten places. Cheryl Kupan had great swims, placing 1st in the 200m back, 100m fly, and 2nd in 200m IM. Phyllis Scheidt, a competition regular these days, posted fast swims in the 50m and 200m free and the 50m breast. Martha Gipson swam 6 events and earned 1st in 50m free and all three breaststroke distances! The lone rep from the men's team, Eric Herman, won both his events in 100m and 200m free.

On October 22, University of Tampa Swimming Masters Classic hosted a one day SCY event, and drew quite a few SPMers as well. Tiffany Weidner had a strong showing, placing 1st in the 100yd free,

and strong 2nds in the 50yd free, back, and fly events. Karen Westerman, back at her alma mater, won all her events in the 50yd fly and back, and 100yd fly and IM. This was also Sheila Carpenter Van-Dijk's first meet competing officially for SPM and placed 1st in the 100yd free, 2nd in the 50yd back, and 3rd in the 50 free.



Figure 1 Sheila Carpenter Van-Dijk and Karen Westerman staying warm at the University of Tampa Masters Classic

For the men, David Stiles placed 1st in all three of his events, the 200yd free, 100yd back, and 200yd IM. Parker Trojanowski earned 2nd places in the 50yd free and back, and John Nixon's powerful backstroke won him the 50yd back and the 200yd IM.

Three women made the trip down to Sarasota LCM Shark Tank Meet for a November weekend. Tabitha Brandt captured 1st in the 100m free and 50m fly. Cheryl Kupan, always going strong, placed 1st in her 50m free and breaststroke events, and 2nd in her 200m breast and fly. Martha Gipson had strong swims as well placing 1st in her 200m breast, 2nd in her 50m breast, and 3rd in the 400m free. The names of these three ladies sure seem to pop up a lot at meets!

In the Florida State Senior Games, Cheryl Kupan swept all her events including all her backstroke events, the 200yd breast, 100yd fly, and the 500yd free.

Out in the open

Not to be outdone by pool swimmers, our open water contingent was busy this season as well! On October 15, a strong group of SPMers participated in the Tropical Splash in Siesta Key. The event offered three distances. Sheila Carpenter Van-Dijk won the 1K. Rob Tullman



Figure 2 Sarah Kwon in her Ft. De Soto 10K

4th and Dawn Clark 16th in 2.5K. Chelsea Colwill

won the 5K with the dynamic duo



Figure 3 Melissa Harasz sporting her medal after taking a tropical splash

Team Hosted Events

Please put these dates on your calendar to either participate in or volunteer at:

February 5: Team Hour Swim Day, Annual meeting, and breakfast

February 18: SPM Team Banquet (please be on the lookout for invitation)

SPM Annual Meeting

Please plan on attending the annual meeting after the hour swim on February 5. As you all know, we've had a few coaching changes, and a few administrative changes. Officer and Board positions are opening up and we will have elections that day as well.

Melissa and Phil Harasz, and our energizer bunny Jo Ann Harrelson pulling in fast swims!

A perfect time for open water swimming in Florida, three swimmers participated in the Swim Ft. De Soto 10K on November 5, all with fantastic results. Sarah Kwon placed an impressive 5th among women, and Ian Tarrant 12th and Pat Marzulli 31st among the men.

Going ePostal

Our talent runs deep (like our pool) ... and with the 5K and 10K postal event, our speed and endurance talents shined! We had several All-American relays. Karen Westerman, Dawn Clark, and Brooke Bowman won the 5K relay for the 45+ age group. For the 10K relays, Brooke Bowman (again), Melissa Harasz, and Dawn Clark (again) topped the 45+ women's age group. Not to be outdone, Vince Brockman, Tim Kennedy, and Kern Davis won the 45+ men's 10K relay. For the mixed relays, Brooke, Tim, Kern, and Melissa captured the 55+ 10K. Jo Ann Harrelson, Melissa, and Sharon Steinmann placed 2nd in the women's 55+, Tim Kennedy, Kern, and Phil Harasz placed 2nd in the men's 55+ 5K relay, and Tim, Sharon, Kern, and Melissa placed 2nd in the 55+ mixed 5K relay.

The individual 5K/10K postals were equally as impressive. For the 5K, Brooke Bowman and Karen Westerman placed 3rd and 5th respectively. Dawn Clark placed 12th for the 50-54 women, and Melissa and Sharon 3rd and 4th in the 55-59 women's age group, and our eternally energetic Jo Ann Harrelson, 7th for the 60-64 women's group. Tim Kennedy was 8th, and Phil Harasz 21st.

Because the 5K was just a warm-up, some of our swimmers decided they needed to double the pain (yes ... we have some crazy people on our team, 7 of them to be exact). Brooke came in 2nd in the 45-59 age group, Dawn 6th in the 50-54 age group, Melissa 2nd in the 55-59, 2nd for Vince in the 50-54 men's, 5th for Tim, 15th for Phil, and Kern just doesn't like to lose, so he got 1st in his 60-64 age group. Because of the stellar individual performances, all 10K relays were All-Americans: Brooke, Melissa, and Dawn in the 45+, Vince, Time, and Kern in the 45+, and Brooke, Time, Kern, and Melissa in the 55+ mixed. Kudos to you all!

Rowdy Gaines Classic

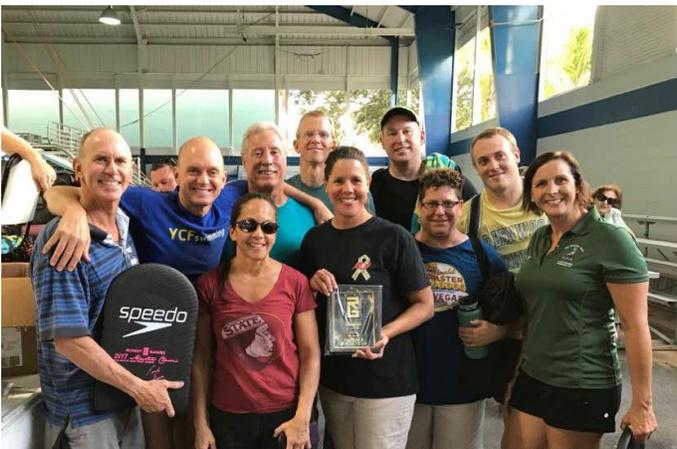


Figure 4 The Rowdy Gang: Kern Davis, Rowdy Gaines, Gary Bastie, Eric Herman, Ryan Rager (back row), Cheryl Kupan Paula Texel, Jodi Schwartz, David Stiles, and Karen Westerman

No hurricane can keep our swimmers down. While Hurricane Matthew forced the postponement of the Rowdy Gaines Classic, originally scheduled for October 7-9, the rescheduled event in December 16-18 found 15 SPM members swimming lots (and I mean lots!) of races, placing 3rd overall. Coach Gary Bastie was on deck as Karen Westerman, Paula Texel, and David Stiles each swam 19 events including relays!

We also had four high point winners: David Stiles (25+), Karen Westerman (45+) just beating

out fellow teammate Paula Texel, Cheryl Kupan (50+), and Kern Davis (60+).

According to our data researcher, Charlotte Petersen established multiple SCM Dixie Zone records in the 50-54 age group, including the 200m, 400m, 800m, and 1500m free as well as the 200m back. And the 800m free relay record was ‘crushed’ in the 160-200 women’s age group by the team of



Figure 5 High Point Winners David Stiles, Cheryl Kupan, Kern Davis, Gary Bastie (coach), Karen Westerman, and Paula Texel (so close they called her name first)

Chelsea Colwill, Paula Texel, Karen Westerman, and Charlotte Petersen.

Karen Westerman noted that one of the highlights of the meet was watching Eric Herman and Rowdy Gaines hash it out in the 100m free. “Had the privilege to swim next to



Olympic Gold Medalist Rowdy Gaines. He let me lead it out and then passed me by at the finish,” says Eric (I lifted his Facebook post.)



Figure 6 Eric Herman holding Rowdy Gaines off for the first 50 of the 100m free

Chelsea Colwill knew mostly 1st places in her individual and all relay events winning the women’s 25-29 200m free, 100m IM, and placing 3rd in the 25m fly. We had 4 women in the 45-49 age group: Paula Texel, Karen Westerman, Jodi Schwartz, and newcomer Tabitha Brandt. Paula placed 1st in her 800m free and 25m back, 2nd in the 50m and 200m back, 2nd in the 50 back, 25m breast, 100m and 200m IM, 3rd in her

100m back, 25m fly, and 50m free, and even more points in her 100m free and other relay events. Karen’s 19 swims included winning the 100m fly and the grueling 400m IM, placing 2nd in the 25m back, 3rd in 100m free, 50m back, 25m breast, 100m IM, and scoring more points in other individual events and 5 relays. Tabitha had great swims placing 2nd in the 50m fly and 3rd in the 200m free while scoring points for the team in all her events. Jodi, back in competition mode earning points in all five of her individual and relay swims, placed 2nd in the 400m free and 100m fly.

We have two heavy hitters in the 50-54 women’s group. Second place does not seem to exist in Charlotte Petersen’s vocabulary. She won all her individual events including the 100m, 200m, 400m, 1500m free and 200m back, and 5 of her 6 relays. As though winning wasn’t enough, she also broke Dixie Zone records in all her individual events. Cheryl Kupan not only swims in countless meets, she also swims in countless events in those meets, registering 16 swims at this meet. She placed in the top three



Figure 7 Karen with Rowdy and her High Point award

in all her events, both individual and relay, and won the 25m free, 25m and 100m breast, 25m and 200m fly, and 200m IM.

Sharon Steinmann had some great swims and did extremely well in the 55-59 age group, winning the 1500m free, as well as having a stellar 800m split. She also placed 4th in the 200m and 3rd in the 400m free. Phyllis Scheidt, in the same age group, racked up points in all her events, including a 5th in the 25m breast.

David Stiles, the men's team counterpart to Karen Westerman, might have spent more time in the water than out of the water, with his 19 swims. He was no stranger 1st place, winning the 200m, 400m, 800m, and 1500m free, the 100m and 200m back, 25m and 200m fly, and 400m IM. He placed 2nd in the 100m fly, and 3rd in the 50m fly, and scored in all 4 relays. In just one day, Ryan Rager scored plenty of points to help the team to a 3rd place victory. He placed 4th in the 100m fly and 5th in the 100m breast and 200m IM, in addition to other events and relays.

While Eric Herman's highlight may have been the 100m free next to (and leading against for the first half) Rowdy himself, he also had great swims, placing 2nd in the 25m and 200m free, and 25m fly, 3rd in the 25m back and 100m free, and multiple relays. With his wife Rabbit and his mom, Patricia Tullman cheering him on, Robert Tullman competed in his first Masters meet. After a shaky beginning with his 'interesting' racing suit choice and not waiting for the start, Rob had great performances in the 25m free, 100m IM and relays, and placed 2nd in the 200m free. Sixty must be the new 30 as far as Kern Davis and John Nixon are concerned. Kern placed 2nd in the 100m and 400m free, 100m fly, and 100m and 200m IM, and placed 3rd in the 50m, 100m, and 200m breast, and 200m fly, and swam in 5 relays. John had strong swims, placing 1st in the 25m breast and 3rd in the 400m IM.

Congratulations on a great meet to the 'rowdy' gang ... and as Charlotte hinted, could this be a precursor to the 2017 USMS Spring Nationals in Riverside, CA?

From Coach Gary Bastie

Now that the Rowdy Gaines Invitational is past, it's time to get ready for next swimming meet of the season. It's the City of Clearwater/KLR 26th Annual Valentine Masters Swim Meet. It will be held on February 11-12, 2017 at The Long Center (1501 N. Belcher Rd., Clearwater, FL 33765). Our goal is to have as many participants as possible. Many of our newest swimmers will be treated to swimming with our large team of aging aquatic enthusiasts. Events are as follows:

Men/Women	Saturday, Feb. 11	Men/Women	Sunday, Feb. 12
1/2	*1000 Freestyle	23/24	*500 Freestyle
3/4	200 Backstroke	25/26	200 Breaststroke
5/6	100 Breaststroke	27/28	50 Butterfly
7/8	200 Freestyle	29/30	100 Freestyle
9/10	100 IM	31/32	100 Backstroke
11/12	200 Mixed Free Relay	33/34	200 Mixed Medley Relay
13/14	200 Butterfly	35/36	50 Breaststroke
15/16	50 Backstroke	37/38	100 Butterfly
17/18	200 Free Relay	39/40	200 IM
19/20	*400 IM	41/42	200 Medley Relay
21/22	800 Free Relay	43/44	50 Freestyle

Tip of the Day

By Gary Bastie

The word on the street these days is that distance per stroke is where it's at. For example, at the last swim meet (the Rowdy Gaines Invite), I watched event winner after event winner, excel due to having a more efficient stroke where, instead of faster turnover, they did it by making it look easy. In other words, longer and more efficient strokes helped them keep their form throughout the race. For those who've watched him swim over the years, Rowdy Gaines' stroke is long and efficient. In fact, I've heard him say, on more than one occasion, that you need not sacrifice distance per stroke when trying to win a race. Sometimes it's when you sacrifice distance per stroke that you lose one. Here's how I know that's true.



A number of years ago, I attended the Men's NCAA Swimming and Diving Championships in Austin, TX. There, I watched a swimmer whom I'd worked with, swim the finals of a distance race. He had a great seed time but, when the competition became too great, he panicked and began to rush his stroke only to lose ground to the eventual winner. He'd reverted back to his old age group habits and it cost him a race and a much better time. Now, let's make this personal.

Let's say you're swimming freestyle at 30 strokes per length and the person next to you is doing only about 15. That means your distance per stroke count is double theirs and you are less efficient than you could be. So, what's the fix? It's as simple lengthening your stroke, not rushing the catch, and thinking efficiency more than just fast turnover. It's really nothing fancy, just greater efficiency. That lesson was obvious when AT & T hosted a national championship meet this December. It's still on Youtube. If you watch the men's 200 breast or 200 fly, you're going to see winners who took just 4 and 6 strokes per length. I've been told that some men's events are posted under the women's events. Likewise, the women's 50 free demonstrated that the finalists took very few strokes. So, start counting your strokes. More experienced swimmers will often check themselves by counting their strokes per length and it's a good tool for newer swimmers as well. Warming up with an efficient stroke helps you stay there for the remainder of practice. But, we all get a little sloppy, tired, or we forget. So, count your strokes during warm up and see if you're as efficient as you can be. Then, make an effort to keep your stroke count efficient as possible throughout practice.

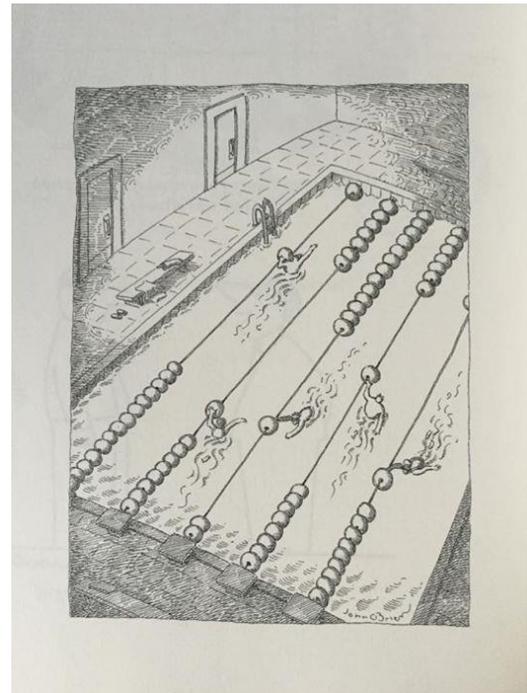


Figure 8 Cartoon courtesy of Miles Williams (where did you find this, Miles?)

Our very own celebrity – “Sully”



Sure, he’s a great swimmer and fierce competitor... but he’s even better known as the OxiClean guy! Sully generously equipped our Spring Nationals team with lots of OxiClean bling, and we were the talk (and envy) of the town. Instantly recognized, he was barraged with photo and autograph requests.

If any of you missed the great write-up in Swimmer Magazine, to access the online version [click here](#). You will be asked to log into your USMS account.

Enjoy!

Help! Voices needed ...

By Livia Zien



Hi everyone! Kristen Rambicure and Patty Nardoizzi are tough acts to follow in everything, let alone this newsletter, but I’m going to try my best to keep the news and stories flowing.

However, I am hoping to solicit some help from you all. Competition-wise, there are so many swim meets, open water events, triathlon activities, and postal swims. For those who participate in those events, if you have pictures or stories you’d like to share, please send me an email. They can even be a funny conversation or quote you heard or nail-biting race you observed.

Our team is like a big family with lots of fun stories that happen on a daily basis, especially at practice. We encourage each other, swim, joke, and push each other, and I’m sure each group has plenty of anecdotes to share. From the Sharks, Stroke, Marathon Man, Fine Wine groups, nooners, afternoons, and satellite swimmers, please tell us your stories, jokes, inspiring and silly moments ...

Email me at livia.zien@gmail.com Thanks!



2017 Calendar

Jan 1 – Feb 28 – 2017 Speedo USMS 1-Hour ePostal

Jan 15 – Tampa Bay Frogman Swim (5K), Tampa, FL

Feb 5 – SPM team date for One-hour postal, followed by Annual Team meeting and breakfast

Feb 10-12 – Valentine’s Meet, Clearwater, FL (SCY)

Feb 18 – Team Banquet (please be on the lookout for invitation)

Mar 11 – Goodlife Games (senior games for ages 50+), Clearwater, FL

Apr 1-2 – SPM 47th Annual SCY Bob Beach Championship Meet

Apr 22 – 24-mile Tampa Bay Marathon Swim, Tampa, FL

Apr 27-30 – USMS Spring Championships, Riverside, CA

May 6 – Hurricane Man (2.4 mile / 1K swim), St. Pete Beach, FL

May 15 – Sept 15 – 5K/10K ePostal

June 10-11 – Bumpy Jones Classic, Sarasota, FL (LCM)

July 8-9 – SPM LCM Championships, St. Petersburg, FL

Aug 2-6 – USMS Summer Nationals, Minneapolis, MN

Sept 15 – Nov 15 – 3000/6000yd ePostals

Oct 13 - 15 – Dixie Zone SCM Championships / Rowdy Gaines Masters Classic, Orlando FL

Oct 15 – Nov 15 – Tropical Splash (1K/2.5K/5K) Sarasota, FL

Nov 4 - 5 – Shark Tank Meet (SCM), Sarasota, FL

SPM Officers

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Vice President	Steve Freeman
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Head Coach	Fred Lewis
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