



SPM NEWSLETTER

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

In this Issue...

A Record Quarter	1
Competition Recap	2
Frogman Swim	2
Thank You from the Doolittles	3
Short and Sweet	4
Hour Swim and Annual Meeting	4
Clearwater Valentine Meet	6
Good Life Games	7
Sand Key Open Water Swim	7
Upcoming Spring Nationals	7
Bob Beach SCY Championship	8
The 200 IM	9
Back on the Blocks	9
A Huge Thank You!	10
The "Art" of the 200 Butterfly	11
Out of the Water	12
Journey with the Pros	12
Inaugural Skyway 10k	13
More Than Just Swimming	14
Shuffleboard Challenge	14
Awards Banquet	14
Don't Sweat It, Phil	15
Casino Night	16
From Coach Gary Bastie	17
Tip of the Day	17
Looking Back	18
Odds and Ends	19
Brooke's Challenge	19
A Masters Swimmer Is ...	19
Calendar at a Glance	19

A Record-breaking Start



Representing the Sharks, Eric Herman, Chris Burke, Charlotte Petersen, and Chelsea Colwill

Within the span of a month, 2018 brought us record low and record high temperatures. On January 18, St. Pete's temperatures plummeted to a new record low of 32°F (although my car thermometer read 31°F that morning). A month later, on February 19, temperatures in the Tampa Bay area reached a record high of 88°F! No matter. SPM swimmers were unfazed by the temperature extremes. After all, a swimmer's gotta swim. Perhaps all this weather record-setting will

translate into record-settings in the water this year as well!

The first 3 months of 2018 started with a chilly open water swim to benefit the Navy Seals. Lots of competition in the pool, with the annual CAT Valentine meet and our 48th Annual Bob Beach SCY Championship. There were two inaugural events: the Skyway 10k Run and the Sand Key Open Water Swim. We held our annual meeting after the team hour swim, and had plenty of opportunities to socialize out of the water.

Many thanks to Gary Bastie, Brooke Bowman, John Doolittle, Phil Harasz, Eric Herman, Jeff Johnson, Carolyn Kiper, Cheryl Kupan, John Nixon, Phyllis Scheidt, Sharon Steinmann, and Christine Swanson for their contributions to this newsletter.



Cheryl Kupan



Brooke Bowman 'smiles'



Mary Beth Finster, John Nixon, and Patty Nardoizzi



Katie Doolittle and Michele Forte



Phyllis Scheidt



Ron Collins

SPONSORS



Upcoming Swim Events

May 10-13 — [2018 USMS Spring National Championship, Indianapolis, IN](#)

June 9 - 10 — [2018 Bumpy Jones Classic](#)

July 7 - 8 — St. Pete Masters LCM Championships

July 28 - Aug 4 — [2018 Pan American Masters Championships](#)

September 15 — [Central Florida Marlin Masters Fall Splash \(SCY\)](#)

Competition Recap

Plenty of racing to keep us busy! The year kicked off with the Frogman Swim on a cold January morning followed by the CAT Valentine Meet, Good Life Games, and our Annual Bob Beach SCY Championship in the pool. Members swam in an inaugural open water event, and we had lots of participation in the most popular ePostal event, the Hour Swim.

9th Annual Tampa Bay Frogman Swim

by Chris Swanson

On January 21, 2018 I crossed Tampa Bay for the 4th time as a participant in the Tampa Bay Frogman 5k, a swim benefiting the Navy Seal Foundation. It was the 6th time I have registered; one year was cancelled due to weather and one year I withdrew due to injury. This year, 2018, was my year to cross the Bay again, a goal I set when I was doing physical therapy in March 2017 and just wanted to swim without pain.

The first time I registered for the swim was the 2nd year of the event. I read about the ‘crazy’ people who founded the swim and their goals and I said “I need to be part of this”. My husband and family and friends, although thinking I am crazy, have been nothing but supportive of me each time I have registered to cross the Bay. In my heart I decided this is the great way to support our military and their families. This swim is first and foremost a fundraising event. In 2018 the swim raised just over \$600,000 for the Navy Seal Foundation. The organization's mission is to provide immediate and ongoing support and assistance to the Naval Special Warfare community and their families by:

- Providing immediate and ongoing tragedy assistance for families who have lost a loved one in training or combat.
- Supporting family events to boost morale and encourage camaraderie.
- Awarding scholarships and providing educational assistance to families of the Naval Special Warfare Community
- Preserving the rich history and heritage of the Naval Special Warfare community.



photo credit: Chris Swanson

Now I will confess that when I cross the Bay, I wear FINS. As my husband reminds me each time I drive down to Tampa from our home in North Carolina, this is not a RACE, it is a FUNDRAISER, and SEALs wear FINS. This is also a cold water swim and we wear wet suits. This year the water temp hovered in the low 50's. The week prior to the swim we look up water temps and look to see if we are slated to be hit with another cold front. We wonder if the sun will shine on us and help us forget how cold the water is. Will the water be flat or choppy? We wonder what the tide will be doing. Many of the conditions outside our control.



Chris Swanson and Anthony McCarley (photo credit: Ron Collins)

And then we arrive the morning of the swim. We find our kayaker, our guide and safety blanket while we are out in the bay. We fidget, we wait, we listen to the safety briefing and then we stand, silently, and listen to the names read of those brave SEALs who have lost their lives defending our freedom. We search the faces of Gold Star families who join us on Gandy Beach, these people who have endured the ultimate sacrifice. Talking with them and looking in their eyes makes crossing the Bay and raising funds seems so trivial. We swim on behalf of a fallen Navy Seal. Most of us have looked up the person we swim in tribute to;

know a bit of their story. It moves thoughts of the water temps and the elapsed time to the back of our minds while we swim. It gives the swim and our efforts a thoughtful purpose.

I am not alone when I swim this event. Each year about 170 swimmers cross the Bay; the waiting list is long. The swim sells out in a mere 15 minutes. This year, I was joined by SPM swimmers: John Doolittle and sons Sean and Ryan, Chris Quilty and his daughter Reagan, Brooke Bowman, Kern Davis, Pat Marzulli, Dawn Clark and Dan Newhaller. Kayakers: Ron Collins, Kathy Selles and Chris Burke. And I would be remiss not to mention that Laura Kaleel flew to San Francisco to participate in the inaugural Frogman event this past summer.



Kathy Selles, Dawn Clark, Brooke Boman, Pat Marzulli, and Chris Burke (photo credit: Ron Collins)

We all have our reasons for plunging into the waters of Tampa Bay on January 21st. Care to join us in 2019? Registration opens at 7am on August 6th and will close about 7:15am.

Thank you from the Doolittles



Team Doolittle! (photo credit: John Doolittle)

This is a “short” wrap-up for the 9th Annual Tampa Bay Frogman Swim...

Once again, this special event was a massive success!! It’s looking like we may get close to \$700K this year... and donations are still coming in... holy smokes. This is the 14th biggest fundraising swim in the world... with only 175 swimmers and kayakers as well as countless volunteers and donors. It is really a humbling experience to be part of an event that revolves around supporting Gold Star Family members.

The event really starts with all the Gold Star Families meeting for a casual dinner on SAT night – we had two of our most senior Frogmen on hand to be part of the dinner; VADM(ret) Sean Pybus and ADM(ret) Eric Olson. The families went out of their way to thank all the organizers, participants, and donors for keeping the memories and spirits of their sons, husbands, brothers, fathers, nephews, and uncles alive.

This year was especially meaningful since both Sean and Ryan swam with me, as did Zane Forte... well, Ryan swam “with” me and Sean was nowhere to be seen. Sean won the event for the second year in a row. Ryan truly got the Frogman experience. The water was 53-55 degrees (last year, the water temp was 65) and he was in the water for over 1 hour & 49 min... yes, I was watching him closely every stroke of the way. The kid was miserable, but he refused to quit. I was so darn proud of both of them...

As we all finished, 10-yr-old Meg immediately pulled me aside and said “Dad... I’ve given it a lot of thought and I think I should do the swim next year.” Ahem... oh my... THAT is too much to process right now ;-)

The day started with a 0600 arrival at Gandy Beach for Team Doolittle... yep, everyone in the family had a role to play. Katie, Meg, Michele Forte & Jennifer Peterson were start & finish logistical support. The kayaker for Sean was Tony Forte, the kayaker for Ryan was Phil Peterson, and I had Kevin Burke who has paddled in this event every year. Joe Walsh came into town to help with all the finish line logistics, and we had four USAFA classmates of mine swimming this year (Greg Robertson, Andy McCoy, Tom Anderson, & Wes Schaeffer).... **Sean D. swam for Jeff Lucas; Ryan D. swam for my old friend Neil Roberts; I swam for Nic Spehar.** I swam for Nic last year as well... his parents are regulars at this event.

The swim always starts off with the swimmer/kayaker brief, a safety brief, the presentation of the colors, and then a moving reading of all the fallen Naval Special Warfare (NSW) warriors since 9/11. Each year, this portion of the ceremony gets a little longer... and it’s always hard hearing the names of old friends and teammates. This year, we had 14 Gold Star families present... a very special motivation for ALL the volunteers and participants in this event.

We were in the first of seven waves (a special favor from Kurt, the race director... thanks brother). The weather cooperated, but the water was still chilly from the 31-degree air temp a few days prior (53-55 deg water temp seems to be the consensus). Ryan and I were in the drink for a long time, and... well, Ryan does not have much body fat on him; so, it was a rough day for RyRy... But, like I always say for this swim, it is designed to be miserable. Cold, wet, and tired; the mantra of guys going through training. In a way, I was happy to see him suffering a bit... because I could literally watch his resolve grow with each miserable, shivering stroke he took. I know parents are reading this and wondering what the heck is wrong with me... well, it’s a beautiful thing watching, in real time, as your son learns about something bigger than himself... and watching him understand that there are things in life FAR more painful and challenging than some frigid water. You see, the last thing we had the boys do before getting in the water was to read the back of the name tag hanging around their necks; each tag has the biography of the SEAL who had died; THAT was the last thing in their mind before plunging in the chilly H2O.

Of course, as we hobbled out of the water, there was a dry Sean with a giant grin on his face; looking like he was ready to swim back to St. Petersburg! Well, after Ryan “jackhammered” (shivering violently) in the warming tent for nearly an hour, he came out with a look of confidence I have rarely (ever?) seen on his face. He had conquered the impossible... awesome.

Afterwards, as is the tradition, we all headed to Hula Bay for some food, drink, and a festive reunion-like atmosphere focused on the 14 Gold Star Families. RADM(Ret) Ed Winters, VADM(Ret) Sean Pybus, and ADM(Ret) Eric Olson were all there spending time with the GS Families as well... a pretty cool therapy session soaked with good beer from 3-Daughters Brewing; there had to be 500+ people at the party.



Post race party at Hula Bay (photo credit: John Doolittle)

Sorry this is so long, but it's difficult to capture the full meaning of this event in a simple email. If you have not witnessed the start, finish, or the after-party at Hula Bay, please consider coming to visit us next year; you will not be disappointed. Thank you again for your generous donations.

If, per chance, you still want to donate, it's never too late... <https://www.imathlete.com/#/legacy?url=%2Fdonate%2FRyanSeanandJohnDoolittle>

Very Respectfully,
The FL Doolittles



photo credit: Tampa Bay Frogman Swim

Short and Sweet

By Brooke Bowman

Brooke shares her Frogman experience with four succinct stories. Take on her literary challenge to us, inspired by Ernest Hemmingway on [page 19](#).

Navy SEALs--thank you for everything!

Cold? Didn't notice. Will do again.

Chris Burke's voice and shoulder--strained. (Because I kept trying to swim to Safety Harbor.)

5K in cold water--great cause!

SPM Team Hour Swim and Annual Meeting

SPM swam the 1-hour e-Postal as a team on a grey Sunday morning, January 28. Thunderstorms were in the forecast, but we were spared and all heats finished without interruption. The best thing about this event is that you're done in an hour! A total of 15 men and 16 women from SPM entered the event with the most heavily populated age groups being the Men's 55-59 and Women's 50-54 with five each. Results for individual swimmers have been posted and can be found here for [men](#) and here for [women](#). Top Ten places by men were achieved by Sean Gerrard (5th), Dan Newhaller at the top of his age group (7th), Kern Davis (3rd), Tim Kennedy (9th), Carl Selles (4th), Pat Marzulli (8th), and Bob Beach (2nd).



On the women's side, Paula Texel and Charlotte Petersen both placed 8th in their age groups. David Stiles, Ryan Rager, Eric Herman, Josh Smith, Chris Burke, Vince Brockman, Alan Rook, Ken Gersbach, Victoria Kirkman, Regina Novak, Sarah Swoch, Cheryl Kupan, Dawn Clark, Livia Zien, Karen Westerman Melissa Harasz, Patty Nardoizzi, Nancy Kiernan, Suzzette Seril, Paula Shea, Pam Geiger, and Kathy Selles all spent their hour getting a great workout. Congratulations to all who swam and many thanks to all those patient and supportive counters and timers.



Coach Fred starts the second heat



Judge Beach all smiles after finishing

Following the hour swim, we had our breakfast and held our annual team meeting, where our new officers and Board members were elected, and changes to the by-laws were approved. The new slate of officers and board members are listed below. President Steve Freeman discussed our three major meets Annual Bob Beach SCY Championship meet in the spring, the Hurricane Man Open Water event in May, and our annual Summer Championship LCM meet in July and encouraged participation in competing and volunteering.

SPM Officers

President: Steve Freeman
 Vice President: Phil Harasz
 Secretary: Cheryl Kupan
 Treasurer: Kevin Mooren

Board of Directors

Kern Davis
 Melissa Harasz (past President)
 Katy Kline
 Paula Texel
 Miles Williams
 Livia Zien



Some noteworthy changes to the bylaws include:

- The makeup of the Board of Directors will consist of 4 officers, and a minimum of 3 / maximum of 5 additional elected members.
- The immediate past President may serve as a non-voting advisor to the Board.
- Clarification regarding North Shore pool fees, membership dues and workout fees.
- More flexibility regarding the annual meeting date, expanding the timeframe to the first 3 months of the year.

The adopted [bylaws](http://www.stpetemasters.org) can be found on our website www.stpetemasters.org. Thanks to Miles Williams, Cheryl Kupan, and Steve Freeman for working on updates to the bylaws!



Chris Swanson joins us from NC!



Miles Williams and Lisa Flanagan are camera shy



Sharon Steinmann, Lisa Plescia, Kevin Mooren



Pat Marzulli earns his breakfast



Mike and Gloria Smith, John Nixon, and Greg Lauwers



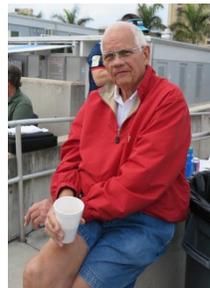
Paula Texel, Eric Herman, Nancy Kiernan, and Phyllis Scheidt



Ryan Rager and Sean Gerrard



Judge Beach and Carl Selles



Dave Larson



Patty Nardozzi



Chris Burke



Mark your calendars!

2018 Pan Am Masters Championships, July 28 - Aug 3 in Orlando, FL

Visit <http://www.2018panammasters.com/> for more information. Registration has begun. You must have your current 2018 USMS Membership to register.

Clearwater Valentine SCY Championship



Twenty swimmers participated in the annual Clearwater meet the weekend of February 9-11, bringing home 2nd place finishes for the men's, women's, and combined teams. Five SPM swimmers competed all three days, swimming in all the distance free events. Dawn Clark, Martha Gipson, Eric Herman, Cheryl Kupan, and Paula Texel racked up some serious yardage swimming the 500yd, 1000yd and 1650yd free in addition to all their other events.

The men's 60-64 age group was competitive with Kern Davis, Michael Smith, and John Nixon sweeping the 100yd breaststroke and the 100yd IM. Sean Gerard swam and won all his events as did Kern.

With Eric and Cheryl swimming the maximum allowable number of events (that's 11!) and Paula and Dawn with 10 each, SPM caps were seen everywhere in the water.

SPM was even present on the officiating side. Steve Freeman and Kevin Mooren generously donated their weekend to help out with the event.

Congratulations to all who participated and a special congratulations to the high point winners for the weekend: Paula Texel, Eric Herman, Cheryl Kupan, Jim Esposito, and John Nixon, who all received Valentine chocolates!

Complete results can be found [here](#).



Ryan and Martha pose for the camera



Smile, Coach Gary! Henrietta, Ryan, Linda, and Dawn



Cheryl in her 100m IM



Steve on deck



Glutton for more punishment, Eric in his 200 fly



Ryan, Eric, Livia, Linda, Paula, and Sharon



Karen, Paula, and Cheryl enjoy the sunshine



Linda in her 100 IM



Jim in one of many backstroke events



Tabitha and Paula



Kern winning his 100 breast



Thumbs up from Mike and Greg!



John and Phyllis came early to help count for our distance competitors

Upcoming ePostals

May 15 - Sept 15 — USMS 5k/10k ePostal National Championships hosted by the Chicago Smelts (50m pool)

Sept 15 - Nov 15 — USMS 3000/6000yd ePostal National Championships hosted by MEMO (25yd or 25m pools)

Good Life Games



The 'senior' team

Four of our 'young at heart' swimmers participated in the Good Life Games at the Long Center and ventured fearlessly into LCM competition in the midst of the SCY season on March 10! What an awakening that must have been. But they all had great swims. The 'baby' of the group, Karen Westerman won her 50m and 100m free, 50m back and breast, and 50m and 100m fly events. Cheryl Kupan also won all her events as well 400m free, 200m back, 100m breast, 200m and 400m IM. Phyllis Scheidt won her 50m and 200m breaststroke events, and had strong finishes in the 50m free, breast, and fly races. Kern Davis made a distance workout of his events, winning the 400m free and IM, 200m breast, fly, and IM events. Phyllis Scheidt had strong finishes in all her races and won the 50m back and 200m breaststroke. Great job representing! Full results can be found [here](#).

Inaugural Sand Key Open Water Swim

By Sharon Salzmann

Saturday, March 10th was the inaugural open water swim in the "Sand Key Open Water Swim Series" and three SPM'ers braved the cold air and brisk water temps to participate. Dawn Clark, Tori Kirkman & Sharon Steinmann participated and all three took 1st place in their events. Tori took 14th overall in the 1.2 mile swim and placed first in the women's.

25-29 age group in a time of 34:04 Dawn and Sharon teamed up to do the 2.4 mile relay (each swimming 1.2 mile legs) in a time of 59:25 to win 1st in the relay team division. Their individual times for the 1.2 mile legs would have placed them both in the Top 5 overall for the swim.

The big story was the cold! The Gulf had warmed into the 70's during our warm February but recent cold snaps brought the water temperature to a brisk 68 degrees day of the swim. Definitely chilly but otherwise calm seas!!!! This was the first in a series of open water swims at Sand Key. The next dates in the series are June 9th and Sept. 8th. The water is sure to be warmer by then!!!! And we all love the sunny yellow caps and towels we received for participating!



Is that a unicorn?

***** Don't Forget! Registration for Hurricane Man Ends April 25! *****
***** Sign up today! *****

[SPM/SPA Hurricane Man 2.4 Mile Rough Water Swim and Pass-A-Grille Challenge 1000m](#)

Nationwide

US MASTERS SWIMMING

2018 SPRING NATIONALS

INDY

Spring Nationals in Indy in May

The 2018 Nationwide USMS Spring National Championship will be held in Indianapolis, IN at the IU Natatorium on the IUPUI campus from Wednesday, May 10-13. Representing SPM will be Sherri Bogue, Dawn Clark, Kern Davis, Eric Herman, Anne Page, Ryan Rager, Steven Rager, Carl Selles, Sharon Steinmann, David Stiles, Paula Texel, Karen Westerman, and Livia Zien. To follow the results and streaming, check out this [page](#). Best of luck to the group!

Upcoming Open Water Events

Apr 14 — [Swim Around Lido Key](#)

May 5 — [SPM/SPA Hurricane Man 2.4 Mile Rough Water Swim and Pass-A-Grille Challenge 1000m](#)

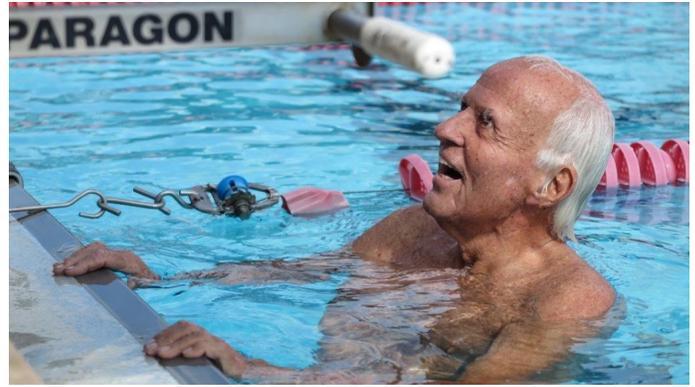
May 13 — [16h Annual Daiquiri Deck Tropical Splash Open Water Swim](#)

48th Annual Bob Beach SCY Championship

The 48th Annual Bob Beach SCY Championship (aka the longest continuously running Masters swim meet) was held on a brisk, but beautiful weekend. 39 swimmers from SPM came out for the two day meet, including our Coach Gary who placed 2nd in his 50 yd free, 50yd fly, and 100yd IM.

Lots of firsts again, not just in the water but in forging new territories. Jeff Johnson and Peter Betzer were back on the blocks after taking a break for a few years. Phyllis Scheidt and Alan Rook each swam their first competitive 200IM.

High point awards went to David Stiles, Celeste Brandon, Nat Glackin, Henrietta Szerdi, Ryan Rager, Paula Texel, Eric Herman, Livia Zien, Kern Davis, and Bob Beach. Each had a rainbow of color towels to choose from!



Judge Beach—our meet’s namesake

Overall, our team scored 1877 points, earning the first place finish for the meet.

Our swim meet gives us the opportunity to meet each other when we otherwise practice in our own groups. The early birds compete side by side with the afternoon and evening swimmers, the breakfast crowd next to the dinner crowd, the Sunday morning regulars next to the mid-morning regulars. Fan clubs are made up of families, kids, parents, and friends. Lots of pictures to follow, but hopefully it’s a good way to put some names to familiar faces.

Read about some of your teammates’ experiences, and maybe you’ll be inspired to start competing or to change up your repertoire a bit.

Full results can be found [here](#).



Jeff Johnson, Josh Smith, and Coach Gary



Rianne & mom Tabitha



Carl Selles



Hank and Kern



Celeste Brandon



Mike Smith’s game face



Sharon, Kern, and Eric roarin’ to go!



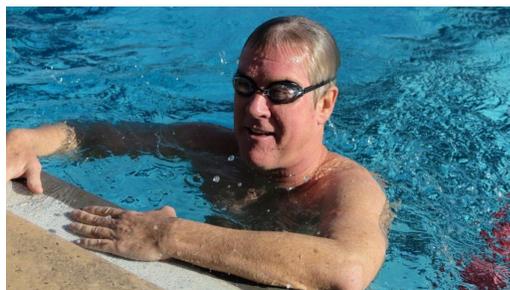
Ryan Rager and dad



Linda Cheng, Gary Bastie, Henni Szerdi, Ron Collins



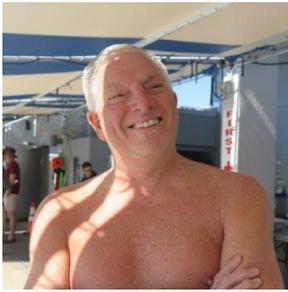
Peter Betzer



Jim Esposito



Sean Gerrard



John Nixon



Nancy Kiernan



Henrietta Szerdi, Sarah Swoch, and Dawn Clark



Paula Texel



Jack Pyhel



David Stiles



Alan Rook



Jo Ann Harrelson and Phyllis Scheidt



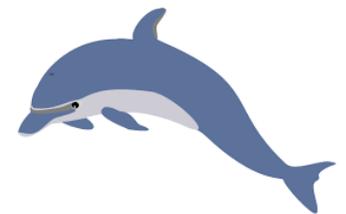
Mike Buchholtz



The 200 IM

by Phyllis Scheidt

We all swim for a lot of reasons. However, it can become tedious to even the most devoted water lover. If one stops swimming for a period of time, some don't go back. To avoid that urge, I began to vary the routine in a workout and also on occasion would sign up for a short open water swim for a little variety. I also thought about entering in more races than short sprints. My most difficult stroke is butterfly. I was too out of shape to do more than a few strokes. I knew that there are several advantages to developing your butterfly such as the stroke is a big calorie burner. Furthermore, you use a lot of muscle groups. Google it! The list of muscles utilized goes on and on ... Also, reputable websites point out that the fly is great for your core. In addition, the stroke is a great cardio vascular work out as well but we ALL can figure that out, can't we? I decided to enter in the 200 IM. A lot of high-speed, champion Fly swimmers tend to enter to 400 IM and the 200 Fly. Some don't bother with the 50 Fly and in my case, no one in my age group signed up for the 200 IM. I thought it would be good to swim a longer IM. I am not prepared for a 400 IM. During the meet, I had a sprint, immediately followed by a relay, and the next event after that was the 200 IM. I wondered how much juice I had. I did not shoot for speed but rather concentrated on principles to keep my hips from sinking. I completed the event with breath to spare. On another note, there is still a bit of a child in me who loves to frolic in water. The first few strokes of fly are exhilarating and that is when I am happiest in the water. Who doesn't want to swim like a dolphin?



Back on the blocks

by Jeff Johnson



When I joined St. Pete Masters nine years ago after about a year of swimming on my own, it was because I wanted to see what it would be like to swim in a meet for the first time since high school. (It was fun!) What's kept me going with SPM has been the camaraderie and relationships, which wasn't something I expected when I started but has been a real gift. Even so, I miss competing! This was my first meet in a couple of years, due to scheduling challenges, and I wasn't anywhere near the shape I wanted to be in, but it was still lots of fun. The other thing, which nobody told me, is that even if you're only swimming a few hundred yards total, it's a harder workout on your body to go all-out max effort than a full Fred-written practice. We should do this more often!

A Huge Thank YOU!

Including all the timers, announcers, and officials, there were almost as many SPMers who helped put on this meet as there were swimmers competing in the event.

Thanks to the next generations of Masters swimmers, Sylvia and Sheppard Smith, and Molly and Cameron Gerrard, who came out to cheer on their dads (Josh Smith and Sean Gerrard) and volunteer to time. Fellow teammates who chose not to compete helped tremendously by timing: Bob Aldrich, Eileen Burns, Bryant Davies, Vance Eaddy, Pam Geiger, Melissa and Phil Harasz, Susan Kajava, Cheryl Kupan, Dave and Margot Larson, Jerry Little, Patty Nardozzi, Colleen O'Reilly, Lisa Plescia, Phyllis Scheidt, Steve Seligson, Kathy Selles, Suzzette Seril, Ken Wazyniak and fiancé Anne.



Co-meet Directors Tora Williams and Katy Kline

Officials Dan Nardozzi, Charlotte Petersen, Steve Freeman, Joanie Gauzens, Kevin Mooren worked the entire weekend keeping us legal. Tora Williams and Katy Kline, co-meet directors ran a swift and smooth meet. They even arranged the beautiful weather (no storms) for the event! Tora's cousin provided delicious lunches for all who volunteered.

This is the longest continuously running Master's swim meet. Thanks to everyone who helped organize, time, and officiate to keep the streak going!



Pam Geiger, Sharon Steinmann, and Jo Ann Harrelson



Kathy Selles and Colleen O'Reilly, a musical duo too



Take care of that shoulder, Cheryl!



Ken and Anne



Patty Nardozzi, mic in hand



Kathy Selles and Eileen Burns



Susan Kajava



Margot and Dave Larson



Bryant Davies



Molly Gerrard



Cameron Gerrard



Lisa Plescia



Vance Eaddy and Suzzette Seril



Bob Aldrich and Steve Seligson



Phil and Melissa Harasz



Steve Freeman



Dan and Charlotte



John Ware and the scoring team

A Tale of Two Flyers (Part 2 of 2)

The 200 butterfly is a grueling and taxing event. Thanks to Steve Freeman ([previous issue](#)) and Cheryl Kupan for agreeing to share their strategies for training and competing.

The “Art” (aka technique) of the 200 Butterfly

by Cheryl Kupan



I’ve been asked many times how I train for the 200 butterfly. A 200 of any stroke or any race any distance starts with fundamentals. I’m a technique freak, so I will always hammer home that you should learn how to swim the stroke before you set grand expectations of attempting a 200 fly or even a 100 fly.

A little of my history...I learned to swim at 10 years old and got into competing immediately after taking lessons. In my first few 25 yard butterfly races, I always got DQ’d in the fly events because I would add a few free kicks. A million years later, I’m still at it (well, minus a recent shoulder injury). I swam my first 200 fly was when I was 13 years old. It was my first event that I qualified for Y Nationals. It was the event that earned me a scholarship to Florida State University and it pretty much was all I trained for. After FSU, I took a 6-year hiatus from the event and why I started swimming the event again, I’m not quite sure. Gotta be in it to win

it? I still feel sick to my stomach before every 200 fly race.

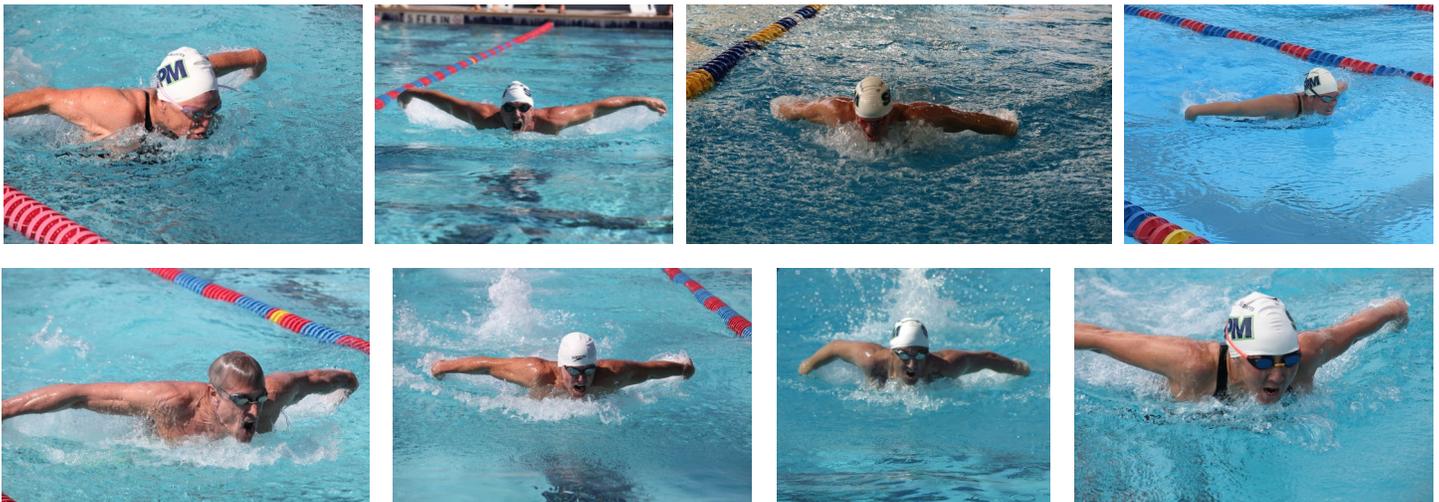
I don’t think swimming 500 yards of butterfly is necessary to be successful at a 200 fly. As I mentioned above, I’m a technique freak and if you don’t know the basics, how do you expect to swim a 25, 50, 100 or 200? Every workout is an opportunity to work on your kick & drill and if its not in the workout and you’re going to swim any length of fly, incorporate drills into your workout. You can’t just wing it with butterfly, as I like to ease into it by drilling first, then swimming.

If the intervals are too fast, do every other. Drills are meant to be done slowly. If you rush through the drill, you’re probably not doing it incorrectly, rushing your stroke or taking twice as many strokes just to make the interval.

If you don’t have a coach on deck, slow down, watch where your arms are entering, where your arms are pulling underwater all while incorporating your two kicks. Toss on a pair of fins, a snorkel or even a pull buoy (but make sure your pull is strong enough to use a buoy) – use your toys! When you’re first learning the stroke, fins are a great way to learn the kick. Also, there are no shortage of videos online that you can also refer to as well.

No one said swimming is easy. And, as we get older, less is more. Make each lap count by doing “perfect” strokes (technique), more distance per stroke which will usually result in less strokes per lap. Once you get the technique and can swim more yards/meters in workout, then take the time to work on your starts and turns.

Flying Fun



Out of the Water

Journey with the Pros

By Carolyn Kiper

Pro Athlete Coordinator for the St. Anthony's Triathlon

I don't remember when the St. Anthony's Triathlon started their homestay program, but I have been hosting since 2000. What is a homestay, you ask? Well, just think of "starving artists", only these are triathletes. These young up and coming triathletes really need to scrape to cover their costs to get to races where they hope to place high enough to cover their costs, let alone make a little money!

What does a 10th place finish at St. Anthony's Triathlon earn a Pro Triathlete? \$0.00. First place earns \$10,000 while the final money spot, 8th place, earns \$500. That makes it difficult to cover air fare, rental cars, and hotel.

When these athletes are able to find homes close to the race site where they can stay for a few days and not have to rent a car, it really helps them to save on travel costs and really reduces their post-race stress. In fact, some seasoned Pro Triathletes prefer staying with families to overcome the boredom and loneliness that comes with staying in hotels all of the time.

Originally, Kathy Morgan used to run the entire homestay program. However, it became so popular with the Pro Triathletes that we split up the duties. Now, I manage the homestay program while Kathy manages the volunteers who provide transportation to and from the airport and the homestay.



Julie Dibens

Compared to the starving artists, these are the "stick figure" drawers who become the Picasso's of tomorrow.

Just take Julie Dibens for example. When Julie requested a homestay, she was pretty much an unknown athlete in the U.S. She traveled from Bath, England to come to St. Petersburg for the race. Although she did not win, she was the fastest woman on the bike, earning the \$1,000 bike "preme" (the "premium" earned for being the best in a particular discipline). Julie went on to be a 3-time winner at the Xterra World Championships in Maui. The final year in Maui, she also won the 70.3 World Championship in Clearwater and the next year, she finished 3rd at the Ironman World Championship in Kona, Hawaii.

St. Pete Masters member, Katy Kline hosted Ivan Tutukin who finished in a very impressive 2nd place behind perpetual winner, Cameron Dye. Cam, by the way, came through the homestay program in his younger days when he was still unknown and yet to be the triathlon star he is today! He should be returning this year to defend his 3-in-a-row win at St. Anthony's. Only now, I believe he'll be staying at The Vinoy!

You never know where you'll go after hosting a Pro Triathlete. At this point, I have "kids" all over the world! Rene Vallant stayed with me for the first time in 2003 because he wanted to train in our humidity before going on to compete in Ironman Kona. He loved St. Petersburg so much that he has returned every year... this will be his 15th year here! Rene even moved his family here to live for an entire year. He has expanded his circle of friends in our area, many of whom now travel to Austria to visit Rene and their ever-increasing circle of friends, or to race at Ironman Austria. Rene has since retired as a Professional Triathlete and now manages the Pewag Racing Team and will be coaching to Austrian Triathlon Team for the next summer Olympics.

One of the more amazing homestay stories involves one of our own St. Pete Masters swimmers. It all started when I knocked over the beer of a fellow passenger on an airplane in New York City. After the mess was cleaned up, Anthony "Sully" Sullivan and I settled into our seats. Somehow, the chit chat turned to triathlon. Sully had participated in St. Anthony's in the past and was very familiar with this marquee event. AND... he was planning to move into a house on Brightwaters Blvd, right on the run course! I didn't have to twist his arm very hard for him to agree to host a Pro Triathlete for us that year.

Now, I don't get to meet all of the Pro's ahead of time, but I had met Terenzo Bozzone (of New Zealand) in the past and felt that his demeanor would be well-suited for Sully. In fact, they became fast friends and still stay in touch today. When Terenzo decided not to come back to St. Anthony's, he handed over this homestay spot for a couple of years to fellow Kiwi, Mark Bowstead. Mark introduced Sully to yet more triathletes, one who became Sully's coach for a while. Through these relationships, Sully was invited to participate in the CEO Challenge at the Island House Triathlon in the Bahamas! And it all started with a spilt beer!



Ivan Tutukin



Rene Vallant

Wanna Try a Tri?

Apr 14 — [Escape from Ft. De Soto](#)

Apr 28-29 — [St. Anthony's Meek and Mighty \(4/28\)](#) and [Sprint and Olympic Distance \(4/29\)](#)



If you are interested in hosting a Professional Triathlete for the St. Anthony's Triathlon, please send an email to me at eskipper@gmail.com. Most of the athletes arrive on Thursday or Friday before the race and leave on Monday after the race. The race is always the last Sunday of April. Some athletes need a longer stay, especially if they are between races. Some

travel with partners (spouses, training partners, girlfriend/boyfriend), and some may have special needs (cat/dog allergies). I'll do my best to match you with an athlete, then let your journey begin!

Hoofin' It

SPM team members Erick Herman, Tim Kennedy, Carolyn Kiper, Chris Burke (and his wife Traci), and Dawn Clark participated in the Inaugural Skyway race. Eric shares his experience below, and full results can be found [here](#).

The Inaugural Skyway 10k

By Eric Herman



For years I have driven across the Skyway and often thought to myself how cool it would be to run or walk across this architectural marvel one day. Forward to an early morning swim practice in late 2017, I overheard Tim Kennedy talking about a run across the Skyway in March. He gave me the scoop and mentioned they were only allowing a certain number of entries, so after practice and breakfast of course, I signed up: The Inaugural *Skyway 10K* benefiting the Armed Forces Families Foundation.

According to the race website:

The Sunshine Skyway was the longest segmental cable-stayed bridge in the Western Hemisphere when it opened in 1987. It was the first of its kind in the United States—a cable-stayed bridge with single pylons and single planes of stays. Since then, its groundbreaking design and majestic beauty have been recognized with 18 awards, including the 1988 Presidential Award for Design Excellence through the National Endowment for the Arts.¹

Bus departure 6:30am, March 04, 2018. I arrived early, got in a very long line, but they had hundreds of school buses shuttling us to the south end of the Skyway. I was in the third wave, 7:10 am start. I wasn't able to bus with Chris Burke or Tim Kennedy, but who did I see at the very

edge of the starting line? Tim. So I made my way up to the front and we talked some serious strategy.

The best part of the whole thing was the start. The sun was rising, weather was brisk, we sang the National Anthem, and then with a Texas sized starting pistol, the boom from a Howitzer to start us off. Tim and I took off, a few high fives from the brave men and women of our military, and we were on our way. Tim led the first 100 feet, gave me a good line, and then I took it from there.

The run itself was enjoyable, the weather was cool, the sun was out, and the views were spectacular. The first half was interesting as you could feel the incline increase as you came closer the top of bridge. There everyone got out their cell phones and took pictures, I just kept going. Luckily, I was able to get in some good pics from the staffed photographers throughout the course.

The second half was a little better as you go downhill, a little rough on the knees but manageable. The views kept my attention the whole way. Saw a lot of creative costumes, t-shirts with interesting slogans, and most impressive the firefighters running in full gear.

The end was a burn as it starts to incline again right before the finish line and after 9.9K, my legs, hips, and calves were burning. I was hoping for under one hour, but 1:00:02.3 didn't bother me, had too much fun and it wasn't about time. It was all about the views.

Plenty of buses again to get us back to the Trop, decided not to wait in the very long line to get my medal (not about the medals). I made my way to my car, grabbed some breakfast, and made it to 9:30am swim practice at North Shore.

¹About the Bridge. (n.d.). Retrieved April 10, 2018, from <https://www.skyway10k.com/about-the-bridge/>



More Than Just Swimming ...

Shuffleboard Challenge



Eric is not about to give up the title so easily

It was a chilly evening on Friday, January 14, with thunderstorms in the forecast (in January?), but that did not deter the reigning shuffleboard champions Eric Herman and Josh Smith from coming out to defend their title. However, Dan and Ashley Newhaller had other ideas and by the end of the evening emerged as champions after some fierce, but friendly competition from



Cheryl, Dan, Patty, and Paula stay warm

Dan and Patty, Paula and Cheryl, Chris and Traci, Josh and Eric, and Greg and Livia. It was a fun potluck evening at the St. Petersburg Shuffleboard Club — “the oldest and largest shuffleboard club in the world!”



At opposite ends of the courts ... competitors cavort in conversation ...



Josh and Greg taking the game seriously

Annual Awards Banquet



2018 SPM Awards Banquet

Once again, we were able to hold our annual awards banquet at Bayfront Towers, courtesy of Judge Bob Beach. Mazzarro’s beef tenderloin, a medley of appetizers, pulled pork, adult beverages, delicious dessert trays, and the best view of St. Petersburg were on the menu for the evening. As President Steve Freeman was sorely missed, unable to make the event this year (first time in his entire life as an SPMer), Veep Phil Harasz stepped in and emceed the event, providing comedy and laughter on the stage and throughout the evening.

Each year, All-American (individual or relay team earning first place in an event nationally) and Top Ten (individual or relay placing in the top 10 of any event nationally) swimmers are recognized at the banquet. This year, 20 All Ameri-

cans and 15 Top Tens were awarded a handsome portable device charger adorned with the SPM logo! Now the swimmers can be certain their phones and devices can be readily recharged at swim meets and other public places. This is certainly an incentive to participate in meets and postal swims. Remember, you too can be a proud owner of an SPM AA or TT award, as our team has always been strong in postal relay events! The list of recipients is listed on [page 16](#).

Leather Lung awards from the FL-LMSC were also recognized. Dawn and Kern swam every postal event: the Hour Swim, the 5k and 10k, and the 3000yd and 6000yd events. Cheryl swam every event offered in each of the courses: short course yards SCY, long course meters LCM, and short course meters SCM. They received the coveted ‘bobble head’ award. Now that’s a lot of swimming!



Swanky All-American and Top Ten Awards (photo: Tabitha Brandt)



Love the laughter, Phil, Mel, and John!

Finally the evening wrapped up with fun ‘Georgies’, an old SPM tradition. Named after former long-time coach George Bole, these awards are given out by teammates to teammates. Cheryl gave out two very creative awards. Eric Herman, famous for his voracious appetite, received a set of oversized utensils to help handle the quantity of food he consumes at breakfast after Sunday practices. A mini jacket went to Livia, as Paula Texel and Eric Herman been victims to her jacket ‘acquisition’ tendencies.

It was a beautiful and fun evening, and a rare chance for all to see each other with dry hair and in land apparel!



Dave Larson, Dan Nardozi, and Margot Larson



Steve Vatterot, Martha Gipson, and Patty Nardozi



Pam Geiger, Judge Beach, and Linda Cheng



Sarah Swoch and Jason Cheng



Ashley Newhaller photo-bombs the Nardoziis and Paula Texel



The tropical look: John Nixon, Greg Carlin, and Pam Geiger



Dawn Clark and Henrietta Szerdi



Jos and Sheila Van Dijk

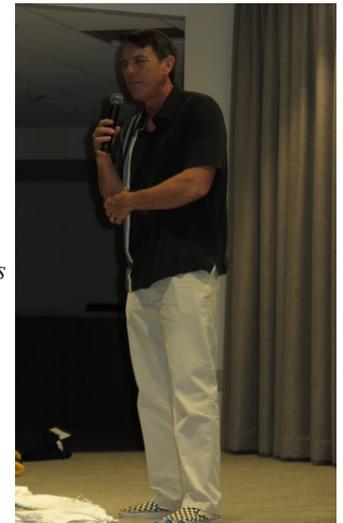
Don't Sweat It, Phil!

In collaboration with Phil Harasz

While the rest of us were noshing on banquet fare, Phil Harasz had been thoughtfully preparing his newly acquired task of emceeing the event. Here he shares his thought process with humor in a way that only Phil can. Thanks Phil!

Melissa and I are huge fans of comedy. When we watch TV, it is mostly comedy. TV Dramas are such a turnoff for us. Crime shows are horrifying - you read about crimes in the newspaper every day. The last thing we want to do is turn on the TV and watch a show whose opening scene depicts a bloody murder victim. No thanks, we just saw that on the nightly news!

So we watch a lot of stand up comedy (lots of those on Netflix and HBO) or network sitcoms. There are several comedians which have autobiographical series that depict their life as a comedian. These series show you how they go about the process of being a comedian. A few examples: Jim Gaffigan's series on TV Land, a wonderful series called Crashing on HBO, and the Marvelous Mrs. Maisel on Amazon TV. I highly recommend these shows to any fan of comedy. From watching all these shows I learned that these comedians just talk about their everyday lives, but they channel those emotional moments we all have into funny stories. This is the background which spawned my thought process, which became "The Swim Banquet Gig." When I was 'asked' to emcee our annual swim banquet, I wanted the banquet to be fun for everyone. I thought about how those comedians fight for open mike night at their local comedy club, and they get just five minutes. So I thought hey, all I need is five minutes of something funny to say, and there you have it, an opening monologue, and from there just follow the program and try to be entertaining. I didn't write anything down, but I was mentally preparing a five minute monologue for several days beforehand. I did practice a little bit with Melissa. She said my material was good and to go for it. Thanks to her encouragement, I got the little bit of confidence I needed.



I also reminded myself that every comedian says you have to be prepared to bomb, and that every comedian bombs, sooner or later. They say that bombing is inevitable, horrible, and when it happens, you have to shrug it off and try again.

The minute I picked up that microphone and started talking I began sweating profusely. I was dripping the whole time I was up there. I've seen comedians sweat like that many times, and always wondered why. Now I know. You're basically opening up and telling a room full of people a very personal story. All eyes are on you, and you're feeling embarrassed, totally self conscious, and as a result, blushing to the point it becomes a dripping sweat. But as soon as I heard laughter, I told myself to ignore the sweat dripping down my temples and just keep going. You have to remind yourself that everyone is laughing at you because you wanted them to, and not because you're a buffoon, even though you feel like one. You have to remind yourself that in this situation, being a buffoon is an asset, not a liability. So you just roll with that.

It has been suggested that I have to do it again next year. Just be warned that I may totally bomb. And if I do, I would like to shrug it off and try again.

All-American:

Bob Beach (I)	Kern Davis (I/R)	Cheryl Kupan (R)	Carl Selles (I/R)
Brooke Bowman (I/R)	Steve Freeman (R)	Dale LeClair (R)	Sharon Steinmann (R)
Dawn Clark (R)	Melissa Harasz (R)	Dave LeClair (R)	Paula Texel (R)
Chelsea Colwill (I/R)	Eric Herman (R)	Pat Marzulli (R)	Karen Westerman (R)
Bryant Davies (R)	Tim Kennedy (R)	Charlotte Petersen (I/R)	Livia Zien (R)

Top Ten:

Bob Beach (I/R)	Pam Geiger (R)	Dale LeClair (I/R)	Sharon Steinmann (I/R)
Tabitha Brandt (R)	Martha Gipson (I/R)	Robert Margalis (I)	David Stiles (I/R)
Vince Brockman (R)	Melissa Harasz (I/R)	Pat Marzulli (I/R)	Sarah Swoch (R)
Michael Buchholtz (R)	Johanna Hall (I/R)	Patty Nardozzi (R)	Henrietta Szeredi (I/R)
Dawn Clark (I/R)	Jo Ann Harrelson (I)	Charlotte Petersen (I/R)	Paula Texel (I/R)
Chelsea Colwill (I/R)	Jonathan Hartwell (R)	Jack Pyhel (I/R)	Robert Tullman (R)
Bryant Davies (R)	Eric Herman (I/R)	Jodi Schwartz (R)	Linda Visser (R)
Kern Davis (I/R)	Tim Kennedy (I/R)	Carl Selles (I/R)	Karen Westerman (I/R)
Steve Freeman (I)	Cheryl Kupan (I/R)	Kathy Selles (R)	Livia Zien (I/R)

† (R) denotes relay event, (I) denotes individual event, (I/R) denotes individual and relay events

** Corrections to the banquet program:

Charlotte Petersen: TT also included SCY 200 (8), 500 (4), 1000 (3), 1650 (3) free, 200 back (2) and 2016 SCM 100 (3), 200 (2), 400 free (2), and 200 back (2)

Martha Gipson: TT also included 4th Place 5k Postal

Sincere apologies for the omissions and misspellings.

Luck of the Irish – Casino Night

With John Nixon

Luck of the Irish was on our side for Casino night this year. The weather was perfect (i.e. no torrential downpours) and the tables were hot.

As it was St. Patrick's Day, the requisite corned beef and cabbage and Irish stew were on the menu. Paula Texel baked perfectly themed casino cookies (Aces, Diamonds, Spades, and Clubs). Gamblers were given \$500 in chips and were encouraged to visit the various gambling venues. Play continued until 9pm, when we all convened and counted our chips. At the end of the evening, Jo Ann Harrelson came in 1st, Patty Nardozzi 2nd, and Josh Smith 3rd, and walked away with gift cards to various restaurants. Not to worry, Cheryl Kupan prepared goodie bags for all participants so we were all winners.

As usual, Greg Carlin manned the craps table with finesse. Seasoned roulette *croupier*, Eric Herman kept the wheel spinning, and Paula and John dealt at the two black jack tables. First time dealer John Nixon, shares some of his observations in the tale of



Three Jo's and Two Dan's. Dealer John gently tried to steer decisions based on statistics, but often times players had their own ideas. Go figure!

Joe Baker showed keen interest in learning the game. After a few aggressive learning opportunities (including pulling a card when holding a 17), he settled into a steady, conservative strategy. Jos van Dijk was experienced and helpful. He sat at third base and saved the table on several occasions. Jo Ann Harrelson played aggressively, especially between 8:30 and 9 pm. She took advantage of opportunities to split or double down and was quite lucky.

Dan Nardozi and Dan Newhaller moved in and out over the evening. They both seemed to know the game well.



Fun as it is to win, John also reminds us ... *It's just a game ...*

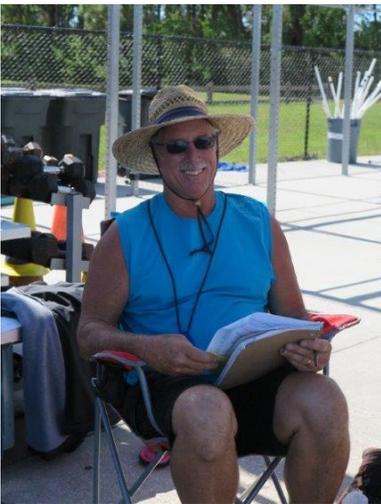


Photo credit: Cheryl Kupan



From Coach Gary Bastie

Tip of the Day: Learning to Play Games You Always Win



I don't know about you but there's something I always like to do. Win. The other is only playing games I can win. For instance, when I played basketball, if my goal was to be a seven-footer, then I'd have lost. It was better for me to be a good six-footer and I automatically won at that. When it came to swimming, I used the same philosophy and here's how I did it.

A set of 10 x 200 on whatever interval can be approached on several levels. Some of the choices include: 1) just do the set and hope for the best; 2) don't do the set; 3) do the set fast at first and slower with each rep or; 4) take that time to go to the bathroom, or, and I'll cut to the chase, 5) do the set so you can "win the set". Here's how it works:

First, take in the set. Think about how it will probably go down and then make a conscious effort to "win" it. What I mean by that is that you're going to approach it differently so that, by the set's end, you've accomplished whatever it is that you needed to do...win. For instance, if your goal was to execute good turns throughout the set, do that. If it was to keep a certain breathing pattern, do that. Maybe it's descend 1-3 (each set of 3 = one slower but stretching out, one faster while continuing to stretch your stroke, and one fast but with a longer stroke). Your mind can come up with an infinite amount of ways you can approach any set but you need to start.

Second, don't let yourself off the hook too easily but, be willing to let yourself off the hook. I remember a certain butterfly specialist whom we'll just call "Bill". I remember that he had shoulder surgery so he came in and kicked rather than swam. Now, his kick sets would mirror what everyone else was doing and he'd use fins. Some of his variations were underwater, under/overwater, on stomach, back, side, etc. Well, it worked and eventually his shoulder healed enough so "Bill" could swim as usual. I know how competitive we all. Keep in mind too that we all feel and swim differently with each practice. That doesn't mean we shouldn't have expectations but instead, it means we need to swim within ourselves and allow for that "off day", time constraint, or injury. Real competitors can frustrate themselves by expecting to function like robots but, that doesn't help anyone and, when you take yourself off the hook (so to speak), all you're doing is substituting something you can't do with something you can do. So, if you're injured, then do what you can (kick, another stroke, use fins, etc.). If you've been ill, let yourself get back into shape by whatever means is available. And, if you can't do something, then do something else that you can do. I think you get the picture.

Third, think of new ways to swim any set so you can win it. Approach each set differently. An example for beginners is to swim whatever distance you can swim, even though the set calls for a longer swim. If the set calls for 100's, swim 50's or 75's instead, just keep out of everyone's way and allow them to pass when it's appropriate. For the more experienced swimmer, it could mean swimming a set of 200's where you swim the first and third 50's as stroke and the rest is free (or first/last 50's or first/last 25's). Doing

that allows you to swim the set and it challenges you to swim fast just to keep up. You can also swim certain sets as stroke, not free-style (weak stroke, strong stroke, combo, etc.). An example would be to swim all sets of 25's as stroke, 50's as 25 stroke and 25 free, and maybe 75's or hundreds as having a 25 of stroke somewhere in there. Make certain you can do the set with the stroke inserted OR perhaps you can always drop a 25 (while not getting in the way of other swimmers). For instance, swimming 75's instead of 100's. Just don't be disruptive and your lane mates won't mind. Maybe you like to descend sets, swim a particular time (be realistic), or keep your form throughout the entire set. Whatever you can come up, make certain you win by doing whatever it is you've set out to do. Maybe you can announce your intentions and thereby convince some else into doing it with you. The goal is to make each workout, week, month, year, or season in life, more positive than the last. You can do it by winning (even in the smallest areas) and that helps you keep going. That's the real key here. Keep winning.

Did we mention that the 2018 Pan Am Masters Championships are July 28 - Aug 3 in Orlando, FL?

If you haven't signed up for it yet, the Master's Pan Am's are this summer AND they won't keep the signups open forever. You'll need to select your days, hotel, etc. in advance so start planning now. Again, if we take a huge team, we'll all have more fun and do much better than if only a few show up. Besides, we have so many who'd be great at the Pan Am's, even though they don't think so. And, how many of us don't need a goal so we can get back into or remain in shape? So, while you're at it, why not do some recruiting of your swimming friends. I know there's some great recruiting going on right now but we need more of it.

Please visit <http://www.2018panammasters.com/> to sign up.

Looking Back

Ever since I became a Masters' swimmer (in 1975), I've heard the same story, countless times. It goes something like this, "I'm really disappointed that I can't swim the times I used to when I was young." Then, that person either continues with Masters or they quit, at least for a while. I've heard this same story so often that I can recite it in my sleep. Why, just the other day, I was having this same discussion with Bob Beach who knows, all too well, how this mindset has negatively affected those who've quit. During his many years as a Masters' good will ambassador, Bob's probably heard this story a lot more than I have but, it's always the same old story. Someone looks backward and gets depressed but, dang that always leaves something off the table that ought to be smack dab in the middle of it. OK, so what is it?

When looking backward, as in 'hindsight is 20/20', what most fail to do is put themselves back into the same mindset they had when we were all young, stronger, and more flexible than today. What they focus on is their young person ability to leap tall buildings in a single bound, swim faster than a speeding bullet, and I think you get the point. What we ought to be doing is looking at ourselves now, through the eyes of that younger us. Instead of looking backward, we ought to go back in time and look at ourselves now, through the eyes of that younger us. When we do that, we'll be proud of what we've accomplished, not saddened by any loss in ability. So what that we can't hold sub minute times on a set of 100's or do some the younger "us" could do? So what that we can no longer ----- (you fill in the blank). Do you actually think your younger self would care? I seriously doubt it. Instead, focus on what the younger you would see you doing now. That would make any younger person proud. And, since that young person is still inside us, we need to think about ourselves now, just as we would have if, while we were young, someone would have showed us who and what we'd become. Think of the accomplishments, career, the relationships, family, and just think, we're STILL swimming and nothing has deterred us, nothing. So what if we can't do what we used to do. We're still at it. Here's a list of some of what the younger us would be proud of:

1. That we're still in shape, working out, and that we stayed with it (the "it" being swimming).
2. That we can still fit in a Speedo, 'nuff said.
3. That we can still do the same strokes and events that we used to do. The younger us wouldn't have cared about the times.
4. That swimming is still our anchor and our tenacity (and I don't mean sun bathing your butt within city limits) has kept us going, regardless of what's happened.
5. That we still look good, swim to feel better, and have made it a lifestyle.
6. That we've come back from some pretty major events in our lives and still swim. I know this affects a number of my teammates as well as myself.

I could go on, but I think you get the point. In fact, most of you could come up with your own list. So, instead of looking back, why not take a little time and focus on what the younger you would see if looking ahead say, 20, 40, 60, or even 80 years into the future. If we did that, we'd be proud of ourselves and rightly so. Why, just a glimpse into our future as the younger us, would have revealed a really "cool" older us and that's something to be proud of. Think about it.

Odds and Ends

Brooke's Literary Challenge



Brooke Bowman suggested a fun way to channel our creative energy. She writes:

Inspired by Ernest Hemmingway's famous six-word story, "For sale: baby shoes, never worn," the goal is write a concise story in six words. (See <https://www.npr.org/2008/02/07/18768430/six-word-memoirs-life-stories-distilled>).

For example:

*Early morning; please coach, be nice! Or
Thirteen exclamation points--means no fins?!?!?! Or
Intervals descending? Where did time go?*

You can read about her Frogman experience in just a few [words](#). Thanks for the great idea, Brooke!

So in the spirit of Brooke and Ernest, I'm soliciting *short* stories. Please send your ideas in!

Great time swimming? Share stories here!

Great swimming times? Share your event!

Got a story? Please email [me](#)!

Fill In the Blank: "A Masters swimmer is _____"

After soliciting some responses of what a Masters swimmer means to you, I received the following:

"Competitive, self-motivated, strong-willed, well fed" — Eric Herman

"Purposeful, fit, gregarious, fun" — Mike Smith

"Driven, resilient, motivated, tired and hungry!" — Ryan Rager

"Inspired" — Patty Nardoizzi

"An adult with a sense of playfulness, like a child" — Lisa Plescia

"Like family" — Livia Zien

SPM Officers

President	Steve Freeman
Vice President	Phil Harasz
Secretary	Cheryl Kupan
Treasurer	Kevin Mooren

SPM Board

Kern Davis	Paula Texel
Melissa Harasz	Miles Williams
Katy Kline	Livia Zien

Coaches

Head Coach	Fred Lewis
Assistant Coach	Gary Bastie

2018 At a glance

Apr 28-29 Triathlon — [St. Anthony's Meek and Mighty \(4/28\)](#) and [Sprint and Olympic Distance \(4/29\)](#)

May 4 Open Water — [SPM/SPA Hurricane Man and Pass-A-Grille Challenge](#)

May 10-13 Swim Meet — [2018 USMS Spring National Championship, Indianapolis, IN](#)

May 13 Open Water — [16h Annual Daiquiri Deck Tropical Splash Open Water Swim](#)

May 10-13 Swim Meet — [2018 USMS Spring National Championship, Indianapolis, IN](#)

June 9 - 10 Swim Meet — [2018 Bumpy Jones Classic](#)

July 7 - 8 Swim Meet — [St. Pete Masters LCM Championships](#)

July 28 - Aug 4 Swim Meet — [2018 Pan Am Masters Championships, Orlando, FL](#)