



# SPM NEWSLETTER

St. Petersburg Masters | North Shore Aquatic Complex

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## SPONSORS



## Goodbye 2019 ... Hello



As we finished the year with lots of swimming, competitions, and socials, we also started looking forward to celebrating 50 years of Masters Swimming ... And the 50th Anniversary of the longest continuously running Masters meet, our Annual St. Pete Masters/Bob Beach SCY Championships.

Coach Gary made a wonderful suggestion to collect SPM memories from members for the newsletter, so I reached out to as many people as I could. I received so many responses, I will compile them in a special issue. I hope to get even more input. I'm looking for a paragraph or two of some of your earliest and/or fondest memories of SPM, along with a picture (recent or old). Thanks to those who have already sent theirs. So if anyone wants to write, modify or add to something that was already submitted, just e-mail me by February 15th.

Many thanks to all who contributed to this issue. John Nixon, Mike Smith, Karen Westerman, and Mike Zabel shared their experiences in their individual events. And thanks to new member Ryan Dunne who while deployed, responded to lots of 'interview' questions about his participation in the World Military Games. As always, Gary Bastie has insightful observations and tips to help us with our sport, and Regina Novak offers thoughtful, healthful advice for the new year with "2020 Vision". If I missed anything, be sure to let me know so I can include it in the next issue. Suggestions are always appreciated! Please e-mail me at [livia.zien@gmail.com](mailto:livia.zien@gmail.com).

For those of you who missed it, here is a [link](#) to the awesome time-lapse video Josh Morehouse (one of our lifeguards) took of our morning practice and sunrise. It's so much fun to watch ... Happy New Year and Happy Swimming, everyone!

## Upcoming Calendar of Events

**Jan 19 — Team Hour Swim #1.**

**Jan 25 / SCY— Circus Town Classic Mini Meet.** Sarasota FL. [Information & online entry.](#) *Entry deadline: online entry closes Thursday, January 23, at 5 PM*

**Feb 2 — Team Hour Swim #2 and Annual Team Meeting.**

**Feb 8-9 / SCY— 8th Annual Valentine's Meet.** Clearwater FL. [Information & online entry.](#) [paper entry.](#) *Entry deadline: paper entries received by Friday, January 31; online entry closes Sunday, February 2*

**Feb 29 / LCM — Goodlife Games.** Clearwater FL (senior games for 50+).

**Feb 29 — SPM Annual Awards Banquet.** Bayfront Towers Condominiums, 1 Beach Drive SE, St. Petersburg. 5pm. See the [invitation](#) in this issue.

**Mar 21-22 / SCY — 50th Annual St. Pete Masters/Bob Beach SCY Championships.** St. Petersburg FL. [Information & online entry.](#) *Entry deadline: online entry closes Tues., March 17*

**Apr 23-26 / SCY — USMS Spring Nationals.** San Antonio TX. [Information](#)

**Jul 11-12 / LCM — SPM LCM Championships**

## Pool Competition Recap

We rounded out the year with two SCM meets: the Rowdy Gaines Masters Classic and the Sarasota Shark Tank, both of which were well attended by SPM. John Nixon and Mike Smith did us proud at the Florida Senior Games, and John even made a trip up to DC to compete in the Capital Classic. The 3000yd/6000yd ePostal ended the year's postal season with some Top Ten and All-American finishers.

# Rowdy Gaines Masters Classic



Led by 16 women and 8 men, St. Pete Masters took 1st Place Local Team honors at the 11th Rowdy Gaines meet the weekend of October 11-13. The ladies placed 1st among all the women with 2087 points, and the men 3rd with 1225.5.



We also racked up some high point awards by Karen Westerman, Paula Texel, Cheryl Kupan, Carolina Tciera, Sarah Swoch, and Mike Zabel, each receiving a swimmer snow globe. Among other firsts, this was Ananda Kelley's first Masters meet and swam the 100m free. Kern's first speedy first comeback meet, placed a close 2nd in his very competitive 65-69 age group.

Another highlight of the meet was the outstanding performance by Marina Falcone, Charlotte Petersen, Paula Texel, and Chelsea Nauta, who were 0.9 seconds off the world record for the Women's 800m SCM, 160-199 Freestyle Relay with a time of 8:57.42. Charlotte won all her events with powerful swimming in the 800m, 400m, and 200m freestyle. Chelsea also showed a stunning performance in her 400m IM giving neighbor, Kevin Doherty a run for his money.

As Masters swimmers, we find inspiration all around us. At this meet alone three nonagenarians competed. The youngest, John Cornell, 92, swam 7 events; John Corse at 95 also swam 7 events, and Robert Geller, 97, swam the 25m free.

Congratulations to everyone else who participated scoring valuable points for the team including Sherri Bogue, Beth

Cullen, Linda Felton, Jo Ann Harrelson, Phyllis Scheidt, Tiffany Weidner, Livia Zien, Kern Davis, Jim Esposito, Eric Herman, Dan Newhaller, Greg Salomon, and Mike Smith.



High Point Women (photo: C. Tciera)

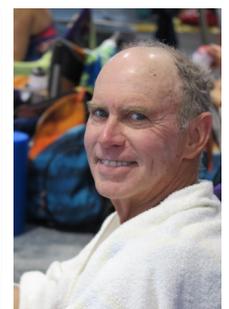


Less than 1 sec off the world record (photo: C. Petersen)



Chelsea's beautiful & fast 400IM

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





## DCAC Capital Classic

By John Nixon

I swam in the DCAC Classic Swim Meet in Washington, DC on October 12th. It was good to get caught up with some of the guys that I raced with when I was living up north, although some of them were working the meet instead of racing. There were 116 swimmers who entered. I swam the 50yd and 200m, as well as the 50m breast. I think that I am ready to add breaststroke and IM to my repertoire. It was a well run meet!

*Editor's note:* At 64 and at the top of his age group, John won his 200yd back and 50yd breast, and placed 2nd in the 50yd backstroke and 100yd IM. Congratulations, John — and check out [Gary's advice](#) for adding breaststroke to your repertoire.

## Sarasota Shark Tank Meet



Saturday's crew (photo: S. Swoch)

The Sarasota Shark Tank Swim met was held on November 9 and 10. We had numerous participants — some chose to swim one day, and others committed to the entire weekend. One thing almost all SPM participants did, was pose in the “Shark Tank!”

Dedicated swimmers, Jim Esposito, Mike Smith, Carolina Ticeira, and Mike Zabel swam hard both days. Jim had 2nd place finishes in his 100m Back, 50m Fly, and 100m Free events. Mike Smith placed 1st in his 100m IM, 50m Free, 50m Fly, and 50m Breast, which earned him a Top Ten finish for SCM 2019. Carolina Ticeira swam personal bests in her 100m Free, 50m and 100m Breast, and 100m. Mike Zabel placed 1st in his 200m Free and 2nd in his 200m IM.



Sunday's crew

Saturday's crew showed their strength with Tricia Moses placing first in her 100m IM and 50m Free, and Greg Salomon 2nd in his 50m Free. John Aversa, Sean Gerrard, Cheryl Kupan, Sarah Swoch (who also swam her maximum of 5 events), and Ken Wazyniak winning all their individual events.

Not to be outdone, Sunday's swimmers came ready to race as well. Dawn Clark saw gold (or blue) in all her events, and swam 9.51 seconds faster than her seed time in the 200m IM. Ananda Kelley placed 1st in her 100m Free, and Steve Freeman in his favorite event, the 200m Fly. John Nixon won both of his events, the 50m and 200m Backstroke. Noelle Ponce placed 2nd in her 100m Free. Sharon Steinmann swam strong backstroke races placing 2nd in her 50m and 200m events, and Livia Zien placed 1st in her 200m IM, 200m Fly, and 100m Breast.



Ananda and cheerleader, Graham



Mike, Jim, Mike, and Steve (photo: G. Smith)

## 7th CISM World Military Games



One of Ryan's favorite strokes (photo: R. Dunne)

This past October, Ryan Dunne competed in the 7<sup>th</sup> CISM World Military Games in Wuhan, China, swimming the 50m and 100m Free, 50m and 100m Butterfly, and 3 relays. Organized by the International Military Sports Council (CISM), the events are held every 4 years, one year before each Olympic game. There are a total of 27 sports, played over 9 days. It is the second largest organized multi-sport event, with the Olympics being the largest. The 2019 games drew nearly 10,000 athletes from over 110 countries, with 230,000 volunteers to help run the event. The US Swim Team was represented by 14 swimmers from the Army, Marines, and Air Force.

This was Ryan's first time participating. He and a long-time swimmer friend researched the event, put together an application,

and received approval from each of their chains of command, and submitted the application. He says, "Honestly, we just thought it would be a great way to represent and serve our country internationally in a sport that we both had great backgrounds in."

One of his favorite memories was the result of a false start during finals of the Men's 4 x 200m Free Relay. "Some of the swimmers from other countries continued to swim and the officials couldn't stop them. They ended up declaring that the event would be swum later that same night, only after the women's relay completed their event, plus some extra time for recovery. During that down time, our relay made friends with the Italian swim team! From then on, we ate dinners together, hung out together, and even traded USA gear for their Italian wear."

Ryan's swimming career began with the local community summer team. He says he was not very good his first season. So, he started swimming any chance he could with his father and sister and developed a love and competitiveness for the sport. In the 7<sup>th</sup> grade, his dedication grew, and he began club swimming waking up at 4:30 for morning practice and training after school. His commitment continued into the Air Force Academy and beyond where he competed as a student athlete at the Academy, and as an officer athlete in the World Class Athlete Program after graduation. He then spent a year in Northern Virginia training with the Nation's Capital Swim Program and qualified for and competed in the 2016 US Olympic Trials in Omaha, NE in the 100m Fly.

He grew up training as a long-distance swimmer because he was smaller in his youth but now loves the sprints. He thinks that the focus on stroke technique and endurance really paid off. "Sprinting is way more exciting to compete in and train for," and adds, "Sorry – my fellow distance guys and gals."

Ryan's father was an Army officer in the 1980's and inspired his decision to go to the Air Force Academy where he graduated from Air Force Pilot Training. "Flying is amazing. You learn so much, and I still revel at the fact that it's my job. It definitely helps the deployment fly by!" He continues to swim once or twice a week when he is deployed, in one of the two pools on base, but says, "The outdoor pool makes me miss having such a great pool like North Shore Aquatic Complex!"

Although Ryan works in Tampa at MacDill, he and his girlfriend live in downtown St. Pete. He tried to work out by himself but found it boring. So, he researched some teams in the area and showed up to a practice one day. "Everyone was so friendly and laid back, it made coming to practice a real joy. Plus, the flexibility and fluidness of working out with either the A.M. or P.M. group made scheduling my day a breeze. But really, coming from a Club or College program mentality to Masters is like night and day – you really come to grips with your love for the sport when you're not dreading practices every day."

His thoughts of St. Pete? "I couldn't have asked for a better place to live. The people are great, the weather's nice, and there's so much to do!" Welcome to SPM, Ryan — And congratulations on your accomplishments!



Wuhan, China (photo: R. Dunne)



Swim Team USA (photo: R. Dunne)



USA and Italy Teams (photo: R. Dunne)

# Gold is the Standard at FSG State Championships

By Mike Smith



Mike recovers after his event (photo: G. Smith)

The Florida Senior Games State Swimming Championships were held on December 7-8, 2019 at the Coral Springs Aquatic Center, Greater Fort Lauderdale/Broward County as the first of a two year commitment in that area culminating in the 2021 National Senior Games.

Representing SPM were iron man John Nixon and sprinter Mike Smith, both of the 60-64 age group, combining for a total of 14 gold! John took four gold, three in each of his backstroke events, 200 IM and silver in 100 IM. Mike collected six individual gold while setting four new senior games records; 25.05 free, 32.08 breast, 27.91 fly, and 105.60 IM. John and Mike teamed up with two male TBAM swimmers for relays collecting two more gold each with two more state records; the 200 Medley broke a nine year record by 12 seconds.



John springs into action (photo: G. Smith)

Cheryl Kupan wanted to attend but her flight was cancelled at the last minute.

The pool was an infinity type edge where the overflow of water flowed into a perforated drain line recycling the water back into the pool minimizing backwash. The overall attendance seemed to be light but the swimmers had a great time carousing, meeting new friends, visiting family, with many activities in the area, and a last evening trip to Deerfield Beach.

How does the FSG work? You must be 50+ to participate. There are 22 regional FL senior game meets, beginning as early as the last week of January through November that act as qualifiers for the FSG State Championships held in December every year. Even year FSG State Championships are qualifiers for the odd year National Senior Games, held every two years. Got it? So, 2020 is a qualifying year for the 2021 National Senior Games. Swim Hard!

Results can be found [here](#).



## ePostals

Final results of the 5k and 10k ePostals came out and all SPM participants finished in the Top Ten. Congratulations to Dawn Clark, Kern Davis, Tim Kennedy, Pat Marzulli, Charlotte Petersen, and Mike Zabel. Mike

swam both the 5k and the 10k! Special kudos goes to Marina Falcone who set a new record in her 30-34 age group, breaking Nadine Day's 2003 record, with a 1:03.01.99 finish. Kern comes back to competition by winning his 5k age group with a time of 1:13.57.99! And both the 55+ Men's and Women's 3 x 5k Relays won. Congratulations to Mike, Tim, and Kern, and Charlotte, Marina, and Dawn!

Eleven swimmers entered the 3000yd ePostal. Marina Falcone, once again led the pack winning her 30-34 age group, as did Paula Texel in her 45-49 age group. The 25+ Women's 3 x 3000 Relay showed a 1st place finish with Marina, Paula, and Livia, and the 55+ Women's Relay had some tough competition and placed 2nd with Charlotte, Cheryl, and Sharon. The 55+ Mixed Relay also placed 2nd, consisting of Charlotte, Mike, Steve, and Sharon. Congratulations to Marina Falcone, Heni Szeredi, Paula Texel, Livia Zien, Charlotte Petersen, Cheryl Kupan, Sharon Steinmann, Pam Geiger, Mike Zabel, Steve Freeman, and Pat Marzulli. Livia Zien and Pat Marzulli also swam the 6000yd ePostal.

Many thanks to Dawn Clark and Sharon Steinmann for putting the relays together.

All postal event results can be found [here](#).

## 1-hour ePostal Team Dates

- **Sunday, January 19 and Sunday, February 2**
  - 8:30 Lanes available for warm-up
  - 8:45-9:45 First Heat
  - 10:00-11:00 Second Heat
- **Sunday, February 2 — Annual Meeting and Breakfast** will begin around 11:15am and last approximately 1 hour

Those who want to swim must bring their own counter and reserve a lane with Coach Gary at [myppcusa@live.com](mailto:myppcusa@live.com). Limited lanes will be available for regular practice.





## Swimming a 5K and 10K—Lessons Learned

By Mike Zabel

Swimming these events had to be one of the most *interesting* things I have ever done. The 5K seemed to be nothing more than a workout without intervals. The 10K appeared to be a much more difficult task, bringing together two such 5Ks into a single time period. This thinking quickly proved to be the wrong way to look at the events.

The common denominator between these swims is that I was under-fueled and dehydrated and as a result, I had a headache from almost the beginning. I almost never get headaches. During these swims, I thought my goggles were too tight and repeatedly stopped to loosen them. Next was drifting in my lane. Going side to side, the wheels falling off my stroke, immediately surfacing after a turn, all indicators that I was not in control of my body and my swim. I became extremely nauseous and kept

stopping throughout the swim. I never experienced this before in a workout.

Looking at my times in both swims I noticed that my splits were markedly quicker when the team began practicing beside me. Normally you think that swimming is more of a solitary sport. This increase in speed points out the importance of being a part of a team. Charlotte Petersen was especially critical with her encouragement at the end of the 10K. I was disoriented, dehydrated, and feeling the effects of bonking, and she was extremely helpful in getting me to complete the 10K. While you may swim these events alone, you are never truly alone, and being a part of a team, surrounded by your teammates swimming enables you to put out much more of an effort and cannot be underestimated.

Lessons learned: The headaches, nausea, confusion and inability to make a quicker swim were all the results of not adequately fueling and hydrating my body for the swims. You cannot perform strongly without preparing your body and mind. This means you have to first practice fueling and hydrating for your events. As in swimming, practice is the basis for your event. Hydrating takes practice. Should you use water supplements? Should you use plain water? Regardless of the choice, you should start off fully hydrated. According to some references, “as a swimmer, you should additionally drink 16 ounces of fluids two hours before the training so you go into the pool well hydrated. To rehydrate properly you should drink about 8 ounces every 20 minutes.” Most of us do not drink enough to even meet this on a daily basis. For practice and for events we must keep well-hydrated at all times. It holds true for swim meets, and more importantly for these longer events.

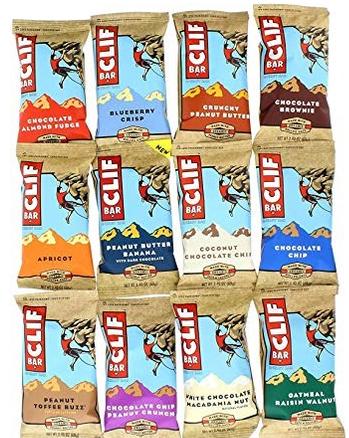
What about food? Should you wait an hour to swim after you eat? Parental guidance notwithstanding, you should and must fuel before, during and after these swims. First, this guidance is incorrect, and more importantly you must eat **DURING** the swim to keep up with your efforts. I lost three pounds during my 10K swim. I failed to adequately fuel before and more importantly during the swim. The morning of the swim is absolutely the worst time to try a new food idea. You should do a little research and practice different meals before a swim, and different foods during the swim. After the swim you should be eating or drinking to recover. Good recovery drinks include Chocolate milk or protein shakes.

Nutrition on a long swim is a highly personal thing, and no one solution works for all swimmers. Whatever you choose is fine, so long as you’ve tested it before the big day and know that it will agree with your system. Common food and supplement choices among marathon swimmers include bananas, Clif or PowerBars, or granola bars, Shot Bloks or energy chews, even candy and flattened cola. Canned peaches have long been the savior of many a seasick swimmer. They’re packed in syrup that provides a sweet, easy to swallow and digest, hit of sugar that also coats the tummy to help keep seasickness at bay.

Hammer Perpetuem, Maxim, and CarboPro are all popular choices for carbohydrate replacement, and these maltodextrin-based nutritional products are considered staples by most long-distance swimmers. Some swimmers use Gatorade, salt tablets, or electrolyte drinks electrolyte replacement. Experiment and find out what works for you.

Look for yummy stuff. Anything else that suits your fancy, feels good going down, and keeps you headed in the right direction is the right choice. The only way to find out what these foods are is to practice. Mix it up during training swims and note how you feel. This will allow you to find the optimum foods for you.

Results of my ill-conceived, dehydrated, underfed weight-losing effort? I managed to place 6<sup>th</sup> nationally in the 5K, 2<sup>nd</sup> in the 10K and a member of a National Championship 5K relay team with Tim Kennedy and Kern Davis. So after a year of getting back to swimming after a 40 year layoff, a 50 pound weight loss, and complete lack of preparation, I still managed to do ok. By heeding my experience and doing your homework you can and will do better. Best of luck!



## Go The Distance 2019

Thirteen SPM swimmers signed up for the annual Go The Distance challenge this past year, logging nearly 4248 miles. This one of many USMS' fitness programs sponsored throughout the year. I'm certain that some swimmers did not report all their miles because the number of times I saw them in the pool does not reflect their miles counted.



Congratulations to Bill Specht, our annual leader, swimming 834.68 miles, followed by Lisa Flanagan with 630.06! Brooke Bowman logged 513.06, Livia Zien 504.23, Paula Texel 367.92, and Sarah Swoch with 365.40, and Steve Nelson at 218.18.

## Open Water and Multi-Sport Events Biathlete/Triathlete World Championships



3rd place in the UIPM (photo: K. Westerman)

My husband Russ and I recently participated in the UIPM (Union Internationale de Pentathlon Moderne) Biathlete/Triathlete World Championships. We have competed in swimming, running, cycling and triathlon events, but never any type of competition such as this. This championship event took place in St. Petersburg, Florida at the Albert Whitte Park, which was a beautiful venue for racing. The first step was to apply to race for Team USA and we supplied them with our past experience. We opted to sign up for the biathlete relay event in which each participant had to run 600 meters, swim 100 meters and run 600 meters. You then tagged your teammate and they began the same run/swim/run sequence. There was a numbered transition bin for each relay team located near the swim start. The women lined up first and we ran with our cap and goggles on. At the finish of the

run, you entered the transition area, quickly removed your shoes, lowered your goggles into place and sprinted down a ramp to dive into the water for the swim leg. After a quick swim to a buoy and back, we had to run up some stairs out of the water and back into the transition area to get our running shoes back on to begin the last running leg of the event. We ended up finishing in 3rd place behind the team from Great Britain and Spain and took place in the podium medal ceremony. We enjoyed meeting athletes from so many different countries and would participate in this event again if it is ever held in the United States in the future.



(photo: K. Westerman)

## 24 Mile Tampa Bay Marathon Swim Update

Ron Collins, January 2, 2020

Four solo swimmers and 2 relay teams are confirmed for the next Tampa Bay Marathon Swim:

Preliminary Start List - January 2, 2020

**Kim Plewa** 37F, Cranford, NJ, USA

**Ryan Nelson** 39M, Pacifica, CA, USA

**Chad Hagedorn** 47M, Tacoma, WA, USA

**John Aversa** 44M, St. Petersburg, FL, USA

## Upcoming Open Water Swims

**Jan. 12: Tampa Bay Frogman Swim (5K).** St. Petersburg FL. [Information & registration](#). Registration is closed; charity slots and wait list are still open. USMS sanctioned: NO

**April 18: Tampa Bay Marathon Swim.** St. Petersburg FL. Contact Ron Collins at [www.DistanceMatters.com](http://www.DistanceMatters.com) or [tampa-taikol2@gmail.com](mailto:tampa-taikol2@gmail.com)

**Apr. 25: Swim Around Lido Key (7-miles).** Sarasota FL. [Information & registration](#). Entry limited to first 170 swimmers. Entry deadline: online entry closes Sunday, April 19, or when entry limit reached. USMS sanctioned: YES

**May 31: Dixie Zone Open Water Championships (5K).** Chattanooga TN. Registration opens January 19. USMS sanctioned: YES

# Let's be Social

It's not just all work and no play ... actually, swimming is hardly considered 'work', right? This quarter, our shuffleboard and holiday parties allowed us to chat, play, and ... wear clothes.

## Shuffleboard Night



Newcomers Noelle Ponce and Ananda Kelley, and Kim and Steve Brackin, squared up against teams veterans Alan and Eli Rook, and team Cherly and Eric. The storms held off that Friday evening. As always, time spent at the St. Petersburg Shuffleboard Club is filled with fun and friendly competition. At the end of the night, bragging rights went to Kim and Steve in a well-battled final match against Noelle and Ananda. Congratulations to the Brackins!



## Happy Holly, Jolly Holiday Party



Rob Tullman generously opened up his new home in Tiera Verde and hosted a wonderful party for this crazy group of swimmers. We witnessed a spectacular sunset over the Gulf at 5:37 ... As the winds picked up, we moved inside, guided by Chelsea's clever nutcracker dolls up to Rob's condo. There we feasted on tasty entrees from Tony and Nello's and lots of other delicious nosh from fellow team members.

Eric Herman, White Elephant game master, laid down the law and did a superb job making certain the rules were followed to a tee. The "As Seen on TV" gift theme was another hit this year, although some rogue gifts of alcohol were quite popular and exchanged hands multiple times ... but no more than 3! The Arctic Hat found two winners

... Bob Aldrich (as though he needs an arctic hat up there in snowy Wisconsin) and Mike Buchholtz (who might need one during those hot afternoon swim practices.). Warming socks, toilet fishing (who comes up with these?), and the historic Clapper, were among other fun gifts.

Sincerest thanks to Rob, and to Cheryl Kupan, Paula Texel, and Chelsea Nauta who did a tremendous job planning the holiday extravaganza, as well as Sean Gerrard and young Tyler who provided the parking shuttle for guests!







# St. Pete Masters Annual Banquet

Please join us in celebrating a year of accomplishments & volunteerism with your swimming friends at the Annual SPM banquet!

Appetizers, dinner, beer, wine, soft drinks & dessert will be served throughout the evening allowing plenty of time to socialize.

Come enjoy the best view in St. Pete as SPM ages up to 50!

- Date: Saturday, February 29, 2020
- Time: 5pm, Program begins at ~7pm
- Place: Bayfront Towers Condominiums  
1 Beach Drive SE, St. Petersburg, FL 33701
- Cost: \$30 per person (check payable to St. Pete Masters)

~~~~~RSVP on or before February 21, 2020~~~~~



Name(s) of Attendee(s):



Total Attending \_\_\_\_\_ x \$30 each = Am't check enclosed \$ \_\_\_\_\_

Please either give this sheet+check to Cheryl, drop in SPM box at pool or mail to Cheryl Kupan @1118 49<sup>th</sup> Avenue N., St. Petersburg, FL 33703

# Coach Gary's Tips of the Month

## Circle Turns

If there's more than one person in your lane, you probably swim in circles. That means, you also turn in circles. Here's what I mean. If you swim counterclockwise, then you'd move slightly to the left, do your turn, and push off towards the "left" side (going in, "right side swimming away). If not, you're going to eventually have a head-on-collision. But, that's another article. For now, just think about your turns and here's why.

If you circle turn in practice, there's a good possibility that you'll do so in a meet. And, if you don't make your turn on the left side of the lane so you can push off straight, you're practicing something that will take away from your speed and cause you to use more energy. So, the next time you make a turn (and I sincerely hope you do), think about making it just as you would if you were the only person in the lane. After all, that's what happens at swim meets and you might as well get ready for that eventuality.

## Circle Swimming

Now, let's talk about circle swimming. Here are some rules that will help because, there are times when we have limited lane space:

1. Circle swimming is perfect for multi people lanes. But, it's not good for meets. Why swim any farther then you have to?
2. If someone touches your toes, move to the right and let them pass. If you're at the wall, move to the right and let them pass. If you are the one touching someone's feet, move to the left so you can pass.
3. Always be on the lookout for someone passing someone else. If you like to swim right down the middle of the lane, consider using the line on the bottom as your left marker and the lane line as your right marker. Swim down the middle of the space that's left.
4. As mentioned, when you turn, turn to the left of the center of the lane. That way, as you push off, you won't be pushing off at an angle and thereby cutting off anyone behind you.
5. And finally, if you never circle swim, please disregard this article.



Beluga whales blow bubbles (photo: Smithsonian Magazine, Hiroya Minakuchi / Minden Pictures / Corbis)

## To Breathe Or Not To Breathe, That Is The Question

Since breathing into a turn will slow your momentum into the wall and, since breathing immediately out of a turn, tends to pick up your head and slow you down, here's what I suggest:

1. Practice not breathing into a wall, especially for shorter races. If it's the hour swim, then OK, take a breath if you must but, don't pick up your head, that will slow your momentum and make your turn less efficient. And, since hour swims are all about efficiency in using what we have, think efficiency.
2. As you turn, don't blow out all of your air. You're going to need it when you push off, streamline, twist, dolphin kick, break out, and take your first stroke. I've always suggested putting just a little pressure in the nasal cavity, just enough to keep water from coming in. The rest is kept so you can extend your turn and blow it out just before you need to take another breath.
3. If you're sprinting, then don't take a breath within a couple of strokes of the wall. That will slow you down. Same goes for the first breath you take after the turn. Take a stroke or two first (see above).
4. If you're "dying" in a race, and if you're doing an open turn, consider 2 breaths rather than one. The split second it takes for 2 breaths is offset by the fact that you wish to survive more than set a world record.
5. If you swim freestyle, need to breathe really bad, then do a "Papa John". That's where you take one breath/arm stroke for a couple of strokes, just to get your wind back.



## SPM turns 50 this year!

Can you believe it? As USMS celebrates 50 years of Masters swimming next year, so does St. Pete Masters! Established in 1970, SPM also holds the longest continuously running meet, now known as the Bob Beach SCY Championships named for one of the founding members of the organization, Judge Robert Beach. Plans for the celebration

are underway, and the festivities will coincide with our meet March 21-22, 2020. Stay tuned for more information and be prepared to celebrate!



*Regina Novak is the Wellness Specialist for the City of Clearwater*

## 2020 Vision

By Regina Novak

In the health education and promotion realm, you hear several sides to the same issue. Heated debates can occur about how to do it right and help individuals improve their total well being in the workplace. With 2020 upon us, the past month has been a lot about goal setting. While I wouldn't argue with the SMART approach (goals should be specific, measurable, attainable, realistic and time oriented), there are a few things I think we need to really throw in the equation to be successful with any goal we have, in or out of the pool.

First, I think we sometimes forget that many of our goals are more long term in nature, meaning they could take a few months, the full year or even beyond to reach. Write down the ultimate goal, and within that create mini goals along the way and track those successes. We can always alter the course along the way if we realize we want to take something in a different direction. Nationals may be your 2020 swimming goal, but it doesn't mean that along the way there are some tweaks as other meets or open water events come about.

Why are you doing this in the first place? The WHY behind the goal is the most important piece of it. Many of us, myself included, have been through life changing events and found ourselves in a rebuilding phase, where it's our identity, living situation, financial situation, change in health status, new occupational direction or all the above. Identifying the driving force behind the desire is honestly going to be the incentive to continue when the going gets tough. Anything worth achieving takes heart and soul, and the WHY is what propels us from maybe to absolutely.

Lastly, I want to challenge the thought process around the thought process that to achieve a goal, you need to focus on one goal. While the logic applies to someone starting their health journey, I think many of us at SPM can look more broadly. Let's think beyond our swimming goals and take a look at our life goals. I am personally a big fan of Dave Ramsey and his approach to financial peace. I was listening to an old episode on new year goals, and one of his views is that we can all improve in every aspect of our life, and instead of making just a physical goal for the New Year (ex: lose 10 pounds, drop our 1650 time by 15 seconds, swim 3 events a day at the spring SPM meet, etc), we should make goals in the other areas of our lives. In the wellness arena, we look at wellness as physical, social, intellectual, emotional, occupational, spiritual, environmental and financial.

If 8 areas are too much, then consider 2-3 that you want make a change in. Maybe along with swimming in Nationals, you also want to pay off your mortgage this year and start reading more books on a topic you really enjoy. Figure out what that burning desire of change is gravitating towards, and decide this year is different. It's going to happen. Not only will you swim that open water event you have always wanted to try, but maybe you also seek out a new, more fulfilling job this year and take that art class you find interesting. And if you need that accountability partner to keep you in line, remember that with your swimming goal, you have a whole team at your disposal to root you on.



## From Coach Gary: Some Workout Considerations



Since some people swim events that aren't freestyle, they need to swim more stroke in practice than they currently are. As a result, here's what I suggest, and it's from personal experience.

Years ago, Tim Kennedy and I would do a Fine Wine Workout, usually on Sundays where we'd swim only breaststroke. And, when I say only breaststroke, I mean ONLY breaststroke. Our warm up was breaststroke, our kick and pull sets were as well and, the main set was only breaststroke. What happened is that our breaststroke improved. Since both of us swam an occasional breaststroke or in an IM, it absolutely worked and boy, were we tired.

Other options include, at least one day per week, dropping down maybe from Shark to Stroke or from Stroke to Fine Wine and only doing stroke for that workout. Since Tim and I were purists, we wouldn't do anything but breaststroke and I think that held some of the challenge. In fact, I remember how keeping up with Peter Betzer and Theunis van der Veen became a goal.

The end result was that both of us did very well at Nationals. I placed in the 100 breast and both of us placed in the IM's. So, the next time you start feeling sorry for yourself in your current group, why not do what Tim and I did? At least, give it a try.

### Playing the Tape

Most of us play a tape insides our heads. Some play negative tapes. Others play positive tapes but most of us play both. Here's what I mean.

Let's say that someone told you that you'd never amount to anything. If you keep playing that tape, you'll never amount to anything. Same goes with whoever told you that you could do something. Believe it, work toward it, and you'll probably do it.

Then, there's the tape that comes out of our mouths. If we speak what we think, then what we think needs to be good for others to hear. That way, they'll want to hear what we say. But, if all we have is negativity coming out of our mouths, then that could be why you always have a lane to yourself (just kidding).

The point is, say what you'd like others to say to you. Make it positive and try to build up your teammates. Everybody wants to be around such a person and, if our team is filled with positive energy, everyone wins. But, it all begins with that mental tape each of us plays on a regular basis.

Finally, if your tape has kept you down, change tapes. It's like the guy who said "I really haven't been myself lately and everyone's appreciated it."



(photo: S. Swanson)

### Raymond Burns, Jr. (1935-2019)

Stuart Burns informed us of his grandfather's (papa's) passing on the morning of November 23. He was a longtime member of SPM and will be missed. His obituary is shown below:

"Burns Jr, Raymond S. age 84, of St. Petersburg passed away on November 23, 2019. Born and raised in Buffalo, NY, Raymond moved to St. Petersburg in 1961 with his loving wife of 58 years, Lois. He attained his Masters Degree from USF in Mechanical Engineering. Raymond worked for Florida Power for over 20 years until he retired at age 50. Along with his wife, Raymond owned and managed rental properties in Northeast St. Pete. He was very proud of his involvement in St. Pete's Masters Swimming Team at North Shore Pool. Raymond attained many national records for his age group. Because of their success in real

estate, Raymond and Lois were able to retire early and enjoy traveling around the world. Raymond is preceded in death by his wife, Lois. He is survived by his daughter, Cyndi Huston; son Raymond "Stuart" (Beverly) Burns; grandchildren Logan Huston, Stuart

Burns, Cory Huston, Kelsey Burns, Charlene Rambeau, and Evan Huston; great-grandchildren Adhon, Lydia, Aubrie Dale, Caleb, and Elle Jean. In lieu of flowers, the family requests donations to the Ronald McDonald House of St. Petersburg. There will be private family services held at a later date."

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