



# SPM NEWSLETTER

St. Petersburg Masters | North Shore Aquatic Complex

## In this Issue...

Putting on the Brakes	1
Competition Recap	1
Circus Town Classic	2
CAT Valentine Meet	3
Florida Good Life Games	3
Polk Senior Games	4
Bob Beach SCY Championship	4
11th Frogman	5
Hour Swim ePostal	6
Skyway 10k	6
Let's Be Social	6
Annual Team Meeting	7
Awards Banquet	7
Coach Gary's Tips	7
What Coronavirus Has Taught Me	7
swimswam.com	8
Keep Your Head in the Game	8
Reimagining 2020—Regina Novak	9
Sing It, Mike!	9
Code of Conduct	10

## Putting on the Brakes ...

The SPM gang was busy gearing up for a hallmark year, ready to commemorate the longest continuously running Masters meet in the country (our Bob Beach SCY Championship meet) and the 50th anniversary of our team. We were also preparing to send a group large group to San Antonio, TX to celebrate 50 years of Masters swimming at the Spring SCY Nationals at the end of the April. And then ...



With the NBA and NHL canceling their seasons in early March, the Board made the decision to cancel the Bob Beach SCY Championship, eventually followed by cancellations of all USMS meets through April and Spring Nationals. On March 17, our second home, along with all City pools, closed to the public much to the dismay of us all, even though we knew it was for our safety.

Still before everything came to a screeching halt, we were very busy with meets, open water swims, and even enjoying socials before social-distancing became the new thing. There were a lot of firsts as we had members swim their first Masters meet in Clearwater or their first meet as a St. Pete Master. Be sure to check out Mike Smith's woeful lyrics ... [Sing It, Mike!](#) Regina shares her healthy perspective during this most unprecedented time, and enjoy Coach Gary's serious safety tips with a touch of humor, as only he can add.

Thank you to Gary Bastie, Cheryl Kupan, Regina Novak, Mike and Gloria Smith, Chris Swanson, and Sarah Swoch for recapping some of those events!

I fear that the next issue will be for want of content, so I'm going to make a plea — no, don't worry, I'm not going to ask for articles. But if you could, please send in a picture or two of how you've been keeping busy, active, sane, through this period of social-distancing — to share with your teammates at ([livia.zien@gmail.com](mailto:livia.zien@gmail.com)). Remember a picture is worth a thousand words!

I bet we're going to treasure those days of sharing a lane with 5-6 people now, maybe? Hope to see everyone back at the pool when things eventually return to normal. In the meantime, stay healthy and be safe!

## SPONSORS



## Upcoming Calendar of Events

**June 6-7 / LCM:** Bumpy Jones Classic/Dixie Zone LCM Championships. Sarasota FL. [Information](#). *Entry opens May 1; entry closes Wednesday, June 3*

**July 11-12 / LCM:** St. Pete Long Course Championships. St. Petersburg FL. [Information](#). *Entry opens May 1; entry closes Tuesday, July 7*

**Aug. 12-16 / LCM:** **USMS Summer Nationals**. Richmond VA

**Oct. 9-11 / SCM:** Rowdy Gaines Masters Classic. Orlando FL. [Information & registration](#). *Entry deadline: online entry closes Monday, October 5*

## Competition Recap

Believe it or not, it was full steam ahead with swim meets at the beginning of the year. By the end of February, members had participated in the 11th Tampa Bay Frogman Swim, 4 pool meets and the hour swim ePostal.



## Circus Town Classic Mini-Meet—Jan 25

Thirteen of our swimmers participated in the inaugural Circus Town Classic Mini-Meet, hosted by the Tsunami Masters in Sarasota. Veronica McCumber swam strong in her 5 events! Jennifer Stringer won all her events in the 45-49 age group, and Paula Texel, at the top of her age group, won 4 of her 6 events, and placed 2nd in the 50 free and butterfly. The women's 50-54 age group was well represented by Tabitha Brandt, Lisa Cool, and Karen Westerman, with Karen winning her signature 100 and 200yd backstroke. Cheryl Kupan, always maximizing her events, swam the allowed 6 and won her 200 breaststroke and 500

free. On the men's side, Ken Wazyniak placed 2nd in both of his IM races. Sean Stringer, Eric Herman also swam the full gamut of events and won his 500 free. A double inaugural meet for Kevin Hickam, this was his first Masters meet and it was at the first Circus Town Classic. Mike Smith had some great races, placing 2nd and 3rd in his 50 yard breaststroke and fly, respectively. Congratulations to SPM and thanks to Tsunami Masters for putting on this fun event!



## CAT Valentine Meet

By Sarah Swoch

St. Pete Masters are gearing up for our 50th Anniversary Swim Meet in March. We had a strong showing at the Clearwater Valentine's Day Meet with 30 swimmers! The great meet attendance gave our team a competitive edge, not only in scoring points, but in having a large cheering section.

We welcomed new team members to competition, and welcomed some of our long-time members back to the competition pool as well. Lisa Flanagan once told me, "you don't need a meet, you can race every day at practice." Maybe more of us should adopt this practice philosophy, she had an outstanding meet scoring first place in the 50 and 200 breaststroke. Claudio Coimbra

CAT Valentine Meet — SPM makes a splash! (photo: G. Smith)

dove into competition in the 50 and 100 freestyle. Susan Tokayer swam her first meet with our team, scoring in the 50, 100, and 500 freestyle. Susan Henry swam her first masters swim meet, taking on the 100, 200, and 400 IM! Alison Hayden had a dominating performance at her first meet as a SPMer with first place finishes in all her events. Allison Retotar also snagged firsts in her rigorous schedule of events.

Many swimmers were using this meet to prepare for 2020 Nationals in San Antonio, TX. Ryan Rager bravely swam the 200 Fly to prepare. Dawn Clark, Alison Hayden, Lisa Flanagan, Sarah Swoch, Cheryl Kupan, Paula Texel, Eric Herman, Tricia Moses all had excellent lent times and looked ready to have great swims at nationals.

Breaststroke was dominated by Carolina Ticeira, and she even branched out to swim some butterfly. She also took first in the high point competition. Ananda had a great 100 backstroke, picking up points for the team. Karen Westerman also had super backstroke swims taking first in the 50, 100 and 200 as well as the 50 and 100 butterfly. Phyllis Scheidt and Sherri Bogue got a payoff for all their stroke practice with great swims in breaststroke and butterfly. Sharon Steinmann made a comeback from a broken foot and scored



Mike Zabel, Sarah Swoch, Tricia Moses, Dawn Clark, Lisa Flanagan, Sharon Steinmann (photo: S. Swoch)



Ananda Bergeron, Claudio Coimbra, John Nixon, and Sherri Bogue (photo: S. Swoch)



Claudio Coimbra, Sarah Swoch, John Nixon (photo: S. Swoch)



Coach Gary (photo: G. Smith)

first place in the 100 and 200 back. Martha Gipson came in first in the 100 breaststroke as well. Paula Texel captured first in high point along with Karen Westerman, Sarah Swoch, and Cheryl Kupan.

For the men, Kenneth Wazyniak won every event he swam as well as the high point competition. Sean Gerrard, Eric Herman, and Ryan Rager swept up the top three spots in their events for the 45-59 men's events. For the 55-59 men, Jim Esposito took first in all his events. Ron Collins had a full schedule of events to secure his high point box of chocolates. Michael Zabel put his swim camp training to the test and had great swims in an equally full schedule of events. Michael Smith dominated the sprint breaststroke and John Nixon picked up the distance breaststroke and the 50 backstroke. Steve Freeman snagged first in the 100 and 200 butterfly. Michael Smith won high point with Steve Freeman on his feet. Kern Davis came in first in nearly all his events, leading to a high point chocolate box. Eric Herman was first with Ryan Rager close behind in 3<sup>rd</sup> and Sean Gerrard 5<sup>th</sup> in a very competitive men's 45-49 age group

high point competition.

You could feel the energy of our team, cheering, talking strategy, and encouraging each other to have great swims. If you are catching on to the pattern, St. Pete Masters scored so many points, that we won the meet. The men's team and women's team won by a margin of about 100 points. St. Pete Masters combined score was 259 points above second place Clearwater Aquatic Masters.

*Addendum: Now that COVID-19 has closed the pool, the beaches, and we have all dusted off our bicycles, bungee cords, and paddle boards as we accept the news that Nationals is cancelled, I'm saddened to see all that momentum and excitement come to a halt. I hope that when we get back to our regular training schedule we can pick it back up and look forward, as a team, to the next big event.*

Results can be found [here](#).



Ken Wayzniak (photo: S. Swoch)



Steve Freeman (photo: S. Swoch)



Mike Zabel (photo: S. Swoch)

## Florida Good Life Games

by Cheryl Kupan

In what seemed a lifetime ago, a few of us "seniors" (meaning 50 years and older) competed at the Good Life Games at the Long Center in Clearwater. This meet is always tough as it's a long course meet, and we typically don't train long course in March, so each race somehow seemed especially long.

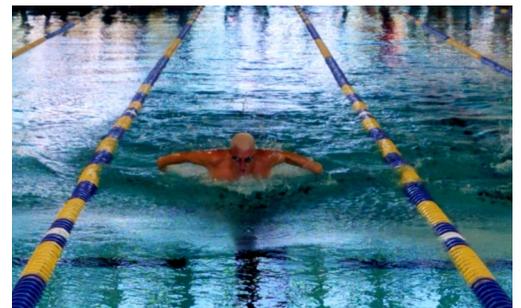
My first senior competition was eons ago at this very meet and I broke a few records in the events I swam. Then, a few years later when my teammate Karen Westerman aged up, she proceeded to break all my backstroke records. And this



Mike Zabel (photo: G. Smith)



Cheryl Kupan (photo: G. Smith)



John Nixon (photo: G. Smith)

Back to [Top](#)

year, another teammate, Paula Texel, who by USMS standards for long course aged up months before she actually turns the big 5-0, broke Karen's backstroke record. I guess it's a rite of passage amongst the three amigas.

St. Pete Masters was well represented at the meet with the following competing:

Dawn Clark, Kern Davis, Martha Gipson, Cheryl Kupan, John Nixon, Mike Smith, Sharon Steinmann, Paula Texel, Susan Tokayer, Karen Westerman and Mike Zabel.



Mike Smith (photo: G. Smith)



Paula and Dawn (photo: G. Smith)

When we do get back to swimming and competing again, for those who are 50 years or older, you should consider swimming in one of these meets. The meets are very low key which might suit those of you who don't like competing better. These meets are also a good opportunity to get in some additional races as they're held throughout the year across the State.

Please use the following link to learn more about the Florida [Senior Games](#).



## Polk Senior Games

On March 7, at the Polk Senior Games, two SPMers Karen Westerman and Susan Tokayer won *and* set new records in all the events they swam. Karen swam all backstroke events, the 50 and 100 butterfly, 500 freestyle, and the 100 and 200 IMs. New teammate Susan Tokayer, swam the 50 butterfly, and 50 and 100 freestyle events. Congratulations to these two mighty ladies!



Karen and Susan (photo: K. Westerman) Event results can be found [here](#).

## 50th Bob Beach SCY Championship Meet



In the 70's — known as the St. Pete Rec Department Masters

While we were not able to hold our 50th Bob Beach Spring Championship meet and celebrate our 50th anniversary as a team in March, it is certain that we **will** be back!

As many of you know, our Judge Bob Beach was instrumental in establishing the organization we now know as USMS, as well as forming our team. Because he was intrigued by fitness, he contacted Dr. Ransom Arthur and started what has now become a 50 year old tradition. Our SCY Spring Meet was appropriately renamed to the Bob Beach SCY Championship in 2016 to honor Judge. Thank you, Bob Beach for seeing the value in a sport we can all enjoy throughout our lives!

Coach Gary suggested the wonderful idea of a compilation of stories and memories from team members. Thank you to those who have



25th Anniversary Spring Meet 1995



2020—St. Pete Masters turns 50! Awards Banquet

contributed and shared their memories. It will be a living document, so for those who would still like to contribute, please send your input along with a photo to me ([livia.zien@gmail.com](mailto:livia.zien@gmail.com)).

Happy 50th, St. Pete Masters!

# Frogman—January 12, 2020

by Chris Swanson



photo: C. Swanson

What a beautiful morning for the 2020 Tampa Bay Frogman Swim. Like other open water swims, we never know what Mother Nature will toss our way. This year we were greeted with an exceptional sunrise along Gandy Beach, calmer and warmer water for the swimmers. The swimmer, kayakers, organizers and the Gold Star families gathered for the pre-swim brief and the reading of the fallen. I have been involved with the swim since the 2<sup>nd</sup> year as either a swimming participant or a member of the organizing committee and sometimes both. I never fail to be stopped in my tracks as they read the list of the fallen. I have been afforded the opportunity to meet the Gold Star families which makes the event even more meaningful. Not just another swim across the Tampa Bay.



John Doolittle at the start (photo: C. Swanson)



Sarah, Michael, and Laura (photo: C. Swanson)



Dawn and Kathy (photo: K. Selles)



Ananda and Josh (photo: C. Swanson)



Ryan Rager (photo: C. Swanson)

Before the swim I try to spot as many SPM swimmers or kayakers and wish them luck. This year I found Kathy Selles and Dawn Clark, Chelsea Nauta and Rob Tullman, Josh Smith, Ananda Bergeron, Pat Marzulli, Ryan Rager, Ron Collins, the Quilty family and of course the Doolittle crew. Sarah Kwon was there kayaking for Michael and Laura Kaleel paddled over from Tampa to watch the start. My apologies to those I have not mentioned. I can't seem to find the results on-line although this is technically a swim and not a race. As a fundraiser for the Navy SEAL Foundation, swimmers are encouraged to raise a minimum of \$1,500. The amount seems daunting but the event raised over \$700,000 which will help support the Gold Star families through a variety of outreach services provided by the foundation.



Kayakers (photo: C. Swanson)



Chelsea and Rob (photo: C. Swanson)

Following the swim was a fabulous post event party, this year held at The Salt Shack with view of the Gandy Bridge and plenty of dolphins swimming along the sea wall.

Mark your calendar, the 2021 swim is slated for Sunday, January 17<sup>th</sup>!

Mark your calendar, the 2021 swim is slated for Sunday, January 17<sup>th</sup>!



## Hour Swim ePostal

With two team dates set for the hour swim, four men and eighteen women participated in the ePostal Hour Swim this year. Congratulations to Josh Smith, Carl Selles, Sarah Swoch, Alison Hayden, Paula Texel, Karen Westerman, Charlotte Petersen, Barbara Prescott who achieved individual top ten finishes! And kudos to Ryan Rager, Pat Marzulli, Ananda Bergeron, Tabitha Brandt, Dawn Clark, Cheryl Kupan, Sharon Steinmann, Patty Nardozzi, Martha Gipson, Pam Geiger, Nancy Kiernan, Anne Page, and Sheila Carpenter-VanDijk who posted strong swims and racked up lots of top ten relays for the team.

The women's 45+ relay team consisting of Paula Texel, Alison Hayden, and Charlotte Petersen set a new record logging 14,435 yards! Other superb finishes were posted by team:

Ryan Rager, Josh Smith, Carl Selles, 8th in Men's 45+  
 Sarah Swoch, Tabitha Brandt, Sharon Steinmann, 4th in Women's 35+  
 Ananda Bergeron, Patty Nardozzi, Kathy Selles, 12th in Women's 35+  
 Karen Westerman, Cheryl Kupan, Dawn Clark, 3rd in Women's 45+  
 Martha Gipson, Barbara Prescott, Anne Page, 4th in Women's 65+  
 Nancy Kiernan, Pam Geiger, Sheila Carpenter-VanDijk, 9th in Women's 65+  
 Alison Hayden, Josh Smith, Charlotte Petersen, Carl Selles, 3rd in Mixed 45+



(photo: J. Smith)

Remember, postal swims are a great way to get a workout and collect some Top Ten achievements in the process! A big thank you to Dawn Clark and Sharon Steinmann for pulling together the relays. All postal event results can be found [here](#).

## Hitting the Pavement

### 3rd Annual Skyway 10k



(photo: E. Herman)



(photo: A. Bergeron)



(photo: L. Flanagan)



(photo: K. Westerman)

For some on our team, it was a marathon weekend, with the Florida Good Life Games on Saturday morning, the awards banquet Saturday evening, followed by the Skyway 10k on Sunday morning. Some basically ran from the SPM Awards Banquet to the bridge! 100 percent of all proceeds from the race go to the Armed Forces Families Foundation (AFFF) to support our military and their families. Congratulations to Laura Albee, Ananda Bergeron, Dawn Clark, Lisa Flanagan, Eric Herman, Tim Kennedy, Cheryl Kupan, Charlotte Petersen, Suzzette Seril, and Karen Westerman!

## Life Before Social-distancing

We were fortunate to have had a few social gatherings before our new normal. Our annual meeting was held at North Shore Pool, and our awards banquet took place on the last day in February, just a few weeks before everything started shutting down ...

## Annual Team Meeting and Breakfast



The annual team meeting was held after our second team Hour Swim date on February 2, a chilly, but sunny Sunday morning. New board members and officers were elected, and plans for our upcoming 50th Bob Beach SCY Championship and the nationals team headed for San Antonio were discussed.

Team meetings are never complete without breakfast, so discussions took place while munching on breakfast casseroles, fruit, strudels, bacon, and a waffle station. Thanks to Ananda Bergeron, Pam Geiger, and Chris Swanson for helping with the breakfast preparations!

Many thanks to outgoing members Cheryl Kupan, Kern Davis, Sarah Kwon, and Melissa Harasz for your service over the years.

The current officers and Board members are as follows:

Phil Harasz, President  
 Miles Williams, Vice President  
 Phyllis Scheidt, Secretary  
 Livia Zien, Treasurer

Lisa Flanagan (new)      John Nixon (new)  
 Sara Wolski (new)      Steve Freeman (non-voting member)  
 Josh Smith (new)  
 Paula Texel

## SPM Awards Banquet



SPM Banquet 2020 (photo: G. Smith)

Once again, our annual team banquet was held at the top of Bayfront Towers with the best view in St. Petersburg, this year on leap day! We were all entertained and informed by our newly elected president, Phil Harasz, who emceed the program. The menu with replete with favorites from Mazzaro’s and additions from CherylKupan, Ananda Bergeron, and Livia Zien. Ananda even treated us to some smoked salmon!



All-American and Top Ten achievers, and volunteers were recognized and received a nifty waterproof phone pouch with our pelican logo. The traditional Georgies — the fun teammate to teammate award —



Cheering squad from the other side, 2020 (photo: L. Zien)

named after our former coach George Bole, were given to and by several members. Mike Smith presented coach Gary Bastie with a “Thinker” statue with a tribute to his patience, thoughtfulness, and dedication, and recognizing that Gary always provides more than one solution to help us solve a problem. Livia gave Suzzette Seril a mini-counter for her generosity at Spring Nationals in Mesa last year, volunteering to count in nearly every heat of distance events. Sarah Swoch awarded teammate Veronica McCumber a hand-painted ‘Butterfly’ rock for her ‘just in time’ butterfly leg of the Sarah’s medley relay at the Bob Beach SCY



Championship Meet in 2019. Dawn Clark was recognized by Josh Smith with a Hallmark gift bag filled with a spa gift card and other fun items for being the special friend who above and beyond the call of duty to help him prep (shave) for big swim events. And Paula Texel asked us to ponder what can happen in 0.9s ... besides missing a world record in the 800m SCM free relay, sharing the list with Marina Falcone, Charlotte Petersen, and Chelsea Nauta.



Another banquet in the books!

## Coach Gary’s Tips What Coronavirus Has Taught Me



There are lessons to be learned from every experience in life and the current situation with the fear of spreading virus is no exception. Let me explain.

I used to think that “social distancing” is what you did to your “ex”, but no longer. In fact, it makes sense. Each year, tens of thousands die from the regular flu and, if we practiced our distancing, elbow bumping, and the other newly learned skills even in years when we had no Coronavirus, we’d all be better off and fewer people would die.

Second, swimmers are healthy and have very healthy lungs. I know because without my big, healthy lungs, I wouldn’t be here. I’d have died about 10 years ago. So, keep using your lungs and stay busy during this time of home confinement and lesser activity.

Third, I've learned to swim in the Gulf and the Bay. I do drills, like 1-arm, sitting breaststroke pull, and I'll make up sculling drills just to be moving. My creativity has been tapped and, I never knew you could do breaststroke in such shallow water. I mean it, try doing it in about 2 ft. of water and you'll be surprised.

Fourth, I've gotten to a lot of projects around home. Never knew I could do so many in a day. But, they really needed to be done so this time has been great for that.

Fifth, I get to spend more time doing things I like to do. With less time away from home, I actually get to enjoy my home, fixing, building, etc. It's been great.

Sixth, I've been able to develop some protocols for sanitizing hands, surfaces, even duct work. Since I was already EPA certified, I've sanitized ducts for others as part of having a vital function that helps my community.

Seventh, I've had time to read, study things, watch TV, relax, sleep in, and do all those "Saturday" things that few of us have time to do. Kinda makes me feel special.

Eighth, I got to organize things that needed organizing. Now how great is that? Just having the time was worth it.

Ninth, I make every trip count. And, since the gas prices are so low, I figure that next month, they'll probably be paying me, just to operate my car and use some of their gas.

And tenth, I get to write articles, books, and do stuff that's really, really fun. I hope you enjoyed this article and get to use some of the things I learned.

## [swimswam.com](http://swimswam.com)

Now, I'm not trying to sell you anything but, if you don't usually go to [swimswam.com](http://swimswam.com), you ought to. Each day, you can stay engaged in swimming and do it from the comfort of your cell phone or computer. But, the mental aspect is what's best. By keeping engaged in something, once we're free to resume our training, our minds will certainly be ready and we might learn something in the process.

There are other websites that also deal with news, training, diet, technique, etc. If you find one, share it with others. That's what I'm doing here.

Note: Member Jon Rosenbaum has also shared a link from [GoSwim.com](http://GoSwim.com) for some [dryland exercises](#).

## Keep Your Head in the Game



Although we can't use North Shore Pool yet, I wanted to encourage you to keep your head in the game. Plan each day's workout accordingly but, do something. It may be at the same time you're used to working out or, it might be another time but, keep active. Here are some tips.

If you watch TV, you could be moving. Simulating your strokes, weights, sit-ups, pushups, and other leg and arm exercises will help keep your muscles active. If you don't, you'll be putting more stress on your shoulders once you resume training.

Also, keep your legs active. Running, biking, walking, rope jumping, lunges, and other exercises will keep the muscles more limber and you'll lose less muscle tone.

If you wish, you can even practice breath holding. I once did that so I could break my uncle's record of 4 minutes underwater. I practiced and practices and made it to 4 ½ minutes, only to find out that he'd only done 3. Oops! But it worked and my lung capacity expanded, even when I wasn't able to swim.

You can also plan what to do when you get back in the water. Think of the things you'd like to change and make plans to change them. Also, think of things you did that you want to keep doing and plan for them as well.

When you start back at your first few practices, back off the yardage until your shoulders are used to it. If you start too hard, too soon, you might be having to take time off in order to heal. I could name names but I think you know who you are.

And finally, I don't know what the pool rules will be, how many people will be allowed to workout at a time, or whether we'll have more than one person in a lane at a time. Those are things that others will have to decide for the rest of us. But, I would encourage you to keep a proper distance, at the proper time, and be aware of how you affect others. Although we all have certain "rights", if they infringe upon those of others, then we need to take a step back.

In the mean time, keep moving, stay active, be creative, and make plans. I think our mental focus is as important as what we're physically doing. So, at this time, be ready and stay healthy. Thanks for letting me get that off my chest. Now I can take a nap.



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

## Reimagining 2020

By Regina Novak

On January 1, many of us jumped into 2020 full throttle. We were ready to take on the New Year, optimistic about the goals we set for ourselves, in and out of the water. It was the year to not only celebrate a major SPM milestone, but it's also an Olympic year, a moment that happens every 4 years where the entire world thinks swimming is cool. Our favorite sport gets the spotlight it deserves.

As I write this, life looks a lot different. Many events have been cancelled or postponed, including the Olympics. Even if some of us are still able to get in some body of water, I doubt most of us have been able to maintain our swimming routine and fitness. Our work lives and home lives have changed. Some of us, myself included, are experiencing children learning at home, and no its not home schooling, its crisis schooling. Aside from dealing with technology issues and trying to serve as the best teacher assistants possible, we are dealing

with the emotional side of this. My kids miss the pool, they miss their friends, they miss leaving the house and they are mourning the important events, like swim meets and school performances, that are not going to happen. Some of us are fearful, worried about our own health or the health of loved ones, particularly those that are immunocompromised. Many of us are facing financial stress. And if we are totally honest, our emotions could be all over the place.

It's okay. We are human. We are allowed to, and should feel, a range of emotions. Name it, own it and then do something about it. Be kind and patient with yourself and others. Our new temporary normal is different, and none of us was prepared for this.

That being said, let me pose this to you: Challenges in life can be a gift. Stress can help us grow stronger and become better. We have the choice on how we view this time in our life. Are we going to let this cripple us....or are we going to come out of this healthier, stronger and better?

All of us have stress, but it's the way we react to it that determines its impact on our health. When met with a stressor, external or internal, we get to choose. How can I grow from this? How do I build my resiliency when things are tough? As athletes, we know that we get stronger from planned and purposeful training. We eat well, we rest, and we strategically increase our training to achieve maximum results. We can do the same thing in life. Things that challenge us can push us to new levels of thriving.

Who were you before this? Who are you during this? And who will you become after this? We are the ones who get to choose what our new purpose is, what our new goals are, and whether we show our best, or our worst, when things get tough.

Please remember that physical distancing is NOT the same as social distancing. Social distancing is isolation. We can still connect with each other and keep physical proximity in accordance with guidelines. Let's all make sure that no one in our life feels alone or isolated during this time. The handshakes and hugs may not be in the near future, because we can make someone feel loved, valued and connected through texts, calls, emails or virtual face to face meetings.

May all of us come out of this healthy and with a renewed sense of strength and gratitude for what we have.

## Sing it, Mike (Smith)!



**HELLO EIGHT-YARD POOL MY FRIEND,  
IT'S TIME TO SWIM WITH YOU AGAIN,  
YESTERDAY THE GOVERNOR DID DISCLOSE,  
THERE ARE NO OPTIONS AND THE POOLS HAVE CLOSED,  
THE TAST OF SALT AND SUNBURN,  
I STILL GET DIZZY ON THE FREQUENT TURNS, AND YET  
I YEARN,  
FOR THE END ... OF CORONA.**



**(TO THE TUNE OF SIMON AND GARFUNKEL'S *THE SOUNDS OF SILENCE*)**

# Important information regarding the behavior of all our members

The St. Pete Masters Board of Directors wants all of our swimmers to know and understand the USMS code of conduct, as described in Article 402. We ask that each of you take the time to read it, as printed below, or visit the link to the USMS website, also shown below.

We want all of our members to feel safe and comfortable participating in all of our team's activities. If anyone in our club has acted in any manner that leaves you feeling otherwise, please immediately report the incident to the coach on deck. If the on-deck coach is the assistant coach, he will immediately report the incident to the head coach. From there, the following steps will take place:

The head coach will investigate the incident.

Once completed, the head coach will determine appropriate consequences, if necessary, based on the severity of the conduct violation. Consequences are referenced in Article 402, which states, "...any member may be denied membership, censured, placed on probation, suspended, fined, or expelled from USMS".

The head coach will then notify the St Pete Masters Board of the incident as well as the consequence.

When someone feels their personal safety or security has been violated by the inappropriate conduct of another, they should be able to feel safe in reporting it, confident that it won't happen again, and continue to enjoy participation in our club. Your head coach and board of directors are committed to ensuring that will always be the case.

The Board of Directors,

St. Pete Masters

<https://www.usms.org/-/media/usms/pdfs/volunteer%20central/rule%20book/part%204.pdf>

## ARTICLE 402: Conduct of Members

### 402.1 Standards of Conduct

The opportunity to participate in Masters swimming is made possible by USMS. Members accept that this opportunity to participate is a privilege and as such shall conduct themselves with integrity and in a sporting manner. In matters relating to Masters swimming, members shall respect and protect the privileges of others who share this mission; therefore, the privileges of membership and participation may be withdrawn or denied if the conduct of a member or prospective member is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

### 402.2 Compliance with Rules and Regulations

It shall be the responsibility of all members to comply with the rules and regulations of USMS and the applicable rules, constitution, and bureau decisions of FINA.

### 402.3 Enforcement

Any prospective member may be denied membership, and any member may be denied membership, censured, placed on probation, suspended, fined, or expelled from USMS if such member engages in any unsporting conduct listed in article 402.4.

### 402.4 Unsporting Conduct

The following shall be considered unsporting conduct as it relates to Part 4:

**402.4.1** Violation of the opportunity to participate, as set forth in article 401.

**402.4.2** Discrimination in violation of article 501.3.

**402.4.3** Any act of fraud, deception, or dishonesty in connection with any USMS- related activity.

**402.4.4** Knowingly providing false information including name, date of birth, age, or gender on USMS membership applications or meet entries.

**402.4.5** Any intentional nonconsensual physical contact, obscene language or gesture, or other threatening language or conduct directed toward members, volunteers, or staff in connection with a USMS event. □

**402.4.6** Any nonconsensual sexual conduct, pattern of unwelcome sexual advances, or other inappropriate sexually oriented behavior or action by a USMS member toward a member or any other person participating in any capacity whatsoever in the affairs or activities of USMS.

**402.4.7** Any act, conduct, or omission that is detrimental to the image or reputation of USMS, an LMSC or the sport of swimming.

**402.4.8** Causing a credible and material risk to the safety of USMS members or others who may be present during USMS activities. A lifetime ban, declaration of permanent ineligibility, or permanent resignation of membership from a member organization of United States Aquatic Sports may be considered as evidence of a violation of this article 402.4.8.

**402.4.9** Aiding or abetting another to engage in any of the foregoing violations.

## SPM Officers

<b>President</b>	Phil Harasz
<b>Vice President</b>	Miles Williams
<b>Secretary</b>	Phyllis Scheidt
<b>Treasurer</b>	Livia Zien

## Coaches

<b>Head Coach</b>	Fred Lewis
<b>Assistant Coach</b>	Gary Bastie

## SPM Board

Lisa Flanagan
John Nixon
Josh Smith
Paula Texel
Sara Wolski
Steve Freeman (non-voting member)