



SPM NEWSLETTER

St. Petersburg Masters | North Shore Aquatic Complex

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Never Idle

Even though time seems to be moving ever so slowly, your teammates never stay still. After re-opening NSAC on May 4 with our 45 minute workouts, we eventually moved to 50 minute workouts a month later. We savored every one of those 50 minutes in the water!

As the swim meets and open water events were slowly postponed or canceled, several SPMers still found ways to compete with an added incentive to up their training a notch. Even during the pandemic, SPM members stayed busy with academic accomplishments, milestone birthdays, avid reading, a little reminiscing, and lots of Zooming.

Many thanks to Gary Bastie, Carolyn Kiper, Tori Kirkman, Regina Novak, Sharon Steinmann for helping out with the newsletter! Please send ideas, articles, and photos for the next issue to: livia.zien@gmail.com. The deadline (loosely) is December 28.

Some Friendly Competition

Open water swimmers have found their competitive outlet at the regular Rainbow River swims. Thanks to Sharon Steinmann for describing the event that welcomes many first time open water swimmers!

Tropical Storm Sally and her entourage of disturbances in the Gulf were no competition for our postal swimmers. On Sunday, September 13, Mike Zabel, Pat Marzulli, Dawn Clark, Tori Kirkman, Chelsea Nauta, and Alison Hayden logged their 5k swims. A special thank you to the marathon counters as well, Donnie Sigley, Jane and Michaela Zabel, Rob Tullman, and Lisa Flanagan. And thank you for sharing your experience with us, Tori.

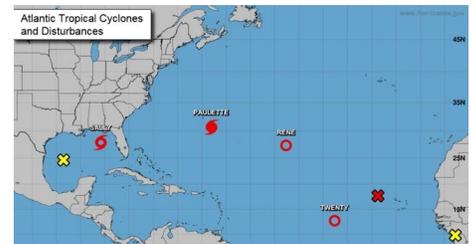


photo: S. Swoch

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Upcoming Calendar of Events

Dec. 5-6 / SCY: Florida Senior Games. Cocoa Beach FL. [Information](#). *Senior meet for ages 50+. USMS-recognized*

Jan. 17: Tampa Bay Frogman Swim (5K). Tampa FL. [Information](#). **General registration sold out; wait list and charity registration still open. Fund raiser for the Navy Seals Foundation. USMS sanctioned: NO; sanctioned by WOWSA**

Feb. 6-7 / SCY: Valentine's Meet. Clearwater FL

Mar. 6 / LCM: Goodlife Games. Clearwater FL. *Senior meet for ages 50+*

Apr 29-May 2 / SCY: USMS Spring Nationals. Greensboro NC

A Unique Open Water Swim Experience in the Florida Springs!

Sharon Steinmann

With no sanctioned swim meets or open water races on the horizon; we have all looked for alternative swims to fuel our training and competitive spirits. The Rainbow River Swims established by Leo Briceno in 2007 is just that type of event. This 4 mile, current aided swim on the crystal clear 72 degree Rainbow River is a truly unique Florida swim experience! Representing SPM at the last two swims were Dawn Clark, Alison Hayden, Ken Wazyniak, Sharon Steinmann, Jim Montante, Pat Marzulli, and Sarah Swoch. This is more of a group swim than a race - although there are people who time their swims. (You know who you are!). If you want to wear a wetsuit or your fins and paddles; there are really no rules! This event attracts many first time open water swimmers, triathletes as well as serious competitive swimmers. I've taken this same 4 mile route many times tubing from KP Hole in Dunellon to the bridge by Swampy's Restaurant. But it is a very different experience to swim it! Rather than focusing on the outside landscape; your focus is underwater! And there is a lot to see in the crystal clear river! Fish, turtles, grasses, otters and birds are all part of this underwater environment. And once you make the cold water plunge and begin swimming, it truly feels like you are flying in the current! The four miles go by quickly and a cold beer awaits at Swampy's! Leo hosts these swims several times a year and it's just a fun, Florida swim event. The next one is Saturday, October 17th. For more information on the upcoming races check out Leo's Rainbow River Facebook page. <https://www.facebook.com/groups/859252334171160>



Dawn, Alison, Sarah, and Ken (photo: D. Clark)

Team 5k Swim

Tori Kirkman

In 2020, I think we're all grateful for any semblance of "normal", so I was glad to hear that SPM was able to arrange some lane-time for us to participate in the USMS 5k e-postal swim. I know most, if not all, of us participating had not gotten more than 50-minute chunks of short-course swimming since much earlier this year, so it was an exciting opportunity to get a nice endurance workout in! So, the morning of September 13th, I was up at 6am rubbing baby oil all over, hoping I could still squeeze into my fast suit. After some strange noises and a little assistance, I finally got it on, and my fiancé Donnie and I headed over to North Shore. I was a little nervous as always, although I knew I would be able to finish, but it had been quite a while since swimming that far or for that long. I was excited to find that Dawn Clark had held a lane for me a lane between herself and Pat Marzulli. I think I have swum next to Pat just about every 5k/10 (I've only done a few!) and we always push each other. I did a quick 100 warm-up and before I knew it, it was time to start. The weather conditions were interesting. We had a pretty strong head/tail wind because of the tropical storm out in the Gulf! It is quite rare that you feel a chop in the pool!



Windy morning at NSAC, getting ready for the 5k swim

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Overall, the swim was pretty good, I certainly felt less overall consistent between splits than I normally would for that distance, but I finished under my 1 hour 30 minute goal (by about 32 seconds). Donnie hadn't counted a postal swim for me before but having his encouragement at the finish line (in this case, the wall I'd visited 50 times) always makes me feel great. I was pretty tired and sore, but proud of myself for showing up and giving it my all. When we got home, I made sure to enter immediately, as to not repeat my mistake from the 10K last year when I forgot to enter. I am excited to hear about the results, I have a feeling the competition is a little bit thinner this year!

George Bole Scholarship Winners

The George Bole Scholarship is named in honor of SPM's former coach, George Bole, who coached our team for years before retiring back to England. Each year, St. Pete Aquatics graduating seniors can apply for the scholarship.

This year, William Walker was the 1st place winner receiving a \$1000 award. William is attending Calvin University in Grand Rapids, MI and is planning to major in biology with a pre-med focus. He graduated from Osceola Fundamental High School, and has been with SPA since March 2008.

The other recipients were Gordon Leadbetter, Caleb Kravitz, and Joseph Brockman, who each received a \$500 scholarship. We wish all of the graduating seniors continued success in their swimming and academic endeavors! Congratulations to all!

Below is William Walker's essay responding to the essay question, "Please describe swimming's impact on the person you've become, and how you plan to use your swimming experience in the future."



L-R: Caleb Kravitz, Joseph Brockman, William Walker (photo: P. Nardozzi)

Swimming's impact on the person I've become is to describe growing up. I began swimming at age 5. My first swim meet was a Friday night LCM meet. I had just turned 6. It was the last heat, last event, 50 freestyle. My age group practices were short course yards, so I was surprised at the mid-point of the race when no wall appeared and the deepest part of the pool was below me. I finished that race and climbed out with a flood of relief. First lesson, dig deep and just keep swimming, eventually you will get to the other side.

Many swim races and years later, I have learned that not every race is going to be a best time, and even when you are having lots of PRs that doesn't always mean you are hitting your goal times. There are plateaus and time drops, and each swimmer is responsible for their practice but a good teammate can help with the rough spots. Parents, teachers, coaches, teammates only see bits and pieces of you. Only you know what you are capable of and the work you have put in. You have to believe in yourself. I had a prelim race that I got a PR in, but didn't qualify for the A final. I was able to improve my time in B final but was still shy of the personal goal I had set for the event. Second lesson, work does pay off but not always on the time schedule we want.

Swimming is a lot about setting goals - goals for practices, races, long range and daily. Goals need to be measurable and realistic but you also want that big dream that keeps you focused. I have learned some goals are unrealistic and goals that are out of your control are counterproductive. There will always be another swim meet so don't beat yourself up over a bad race, try to learn from it, and move forward. Third lesson, keep moving toward your goals.

Recently, the whole world was put on pause due to a virus. Meets that I had trained hard for to achieve a qualifying time were canceled. Practices were put on hold and to supplement I increased dryland training and did open water swimming. I missed the pool. I missed practice. I missed my coach. I missed my teammates. I realized how important just being able to swim in a pool was to me. Final lesson, appreciate what you have.

These lessons can easily be applied to my future swimming and also to life. When I swim in college, I will appreciate the opportunity to continue to chase those goal times down and be thankful that I found a place where I can do both swimming and pursue my academic goals. No matter what challenges are thrown at me I will keep my goals in focus, keep working hard, and remember that the other side isn't that far away if you just keep swimming.

Coach Gary's Tips—That “Other” Hand



Believe it or not, you have two hands. And, when you come into a wall for an open turn, one points to where you want to go next. But, then there's that “other hand.” Which one? The one you touch with and the same one that leaves the wall last. So, this article is dedicated to our “other hand”. Since it never gets much attention, we're going to remedy that starting now.

When you come up to a wall for an open turn, one thing's for certain. You want to get on and off that wall as fast as possible. So, here's a little tip. Once you've touched with both hands (as with fly or breast turns), it's time to point one toward the opposite end of the pool before you push off. But, what about that “other” hand?

My tip of the month is that, while most of us forget that hand, it has a lot of value at a particular moment in time. And, you guessed it, that moment is just before it leaves the wall so it can join your first hand so you can push off in a streamlined position. So

what's the tip? When your second hand leaves the wall push off quickly and hard with it. That will help you transition from going into the wall to coming off the wall and, as they say in most venues, every little thing helps.

So, here's the plan. Swim into a wall, touch with both hands, then as soon as your first hand points in your new direction, your second hand should be pushing off that wall fast and with a lot of thrust. It will help you get more “oomph” into your turn and that translates into greater distance and speed.

The next time you happen to be at the pool, why not warm up and try some of those turns during warm-up. You don't have to do every turn as a flip turn and heck, the practice is good for you. So...

If You Get Bored

Many of us like the same old stuff. But, here's a set you can do as a workout. It's one we used to do at lunch time and boy, it helped my intensity, endurance, and speed through a race.

Once you've warmed up, and you need not get in a 1000 either. We used to swim just a 200 easy to stretch.

Then, we'd swim:

5 x (4 x 75 fast on 1:00

4 x 75 EZ on 1:10)

For those of you who are mathematically challenged, that's 40 x 75 total. If you swim that set as written, by the end, you'll enjoy a built-in warm down. And, it fits within our time allotment HOWEVER...

Let's say you aren't up to such a set. Well, I planned for that and so can you. For instance, you could do the four fast 75's on just enough time to get say, 3-10 seconds rest and then, you could do the 4 EZ one's on 1:30. The goal however, is to have less rest and just enough time to only partially recover. Let me explain.

When we used to do this set, we had several swimmers of similar ability. Some got 2 or 3 seconds rest for the fast ones while others had up to 10 seconds. Yet, with only 50 minutes to swim these days, you'll need to do some math before you start. And, when you do, if you are less able to make the faster send off's, then do more generous sendoffs (still no more than 10 sec. rest between fast one's) but also do fewer times through the entire set.

But, whatever times you pick before you start, don't change them. Make it a true challenge. And, feel free to do it often. For instance, if you miss a sendoff by just a second or two, you can make it up on the easier ones.

And finally, let me know what you think after you've done a few rounds of this workout. Some of our swimmers have already done it (Hank Robinson, Brian Rimel, and a few others). Sets like this, and on a regular basis, show your progress, improve your intensity, and add to your abilities. See what you think.



Regina Novak

Reading and Swimming: Finding Love in Pages

By Regina Novak

We've found unique ways to thrive in 2020! One of my original goals for this year was to read 25 books over the course of the year. I am happy to report that I am well on my way and have been thrilled at the book choices I have made. Special thank you to teammates Mitchel Hoffman for the book suggestion and to Paul Kurtz for lending me this book to read.

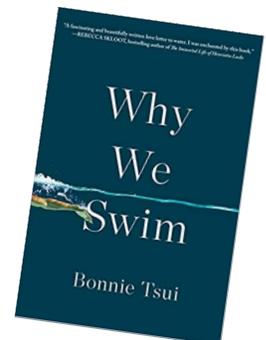
Some of you are likely familiar with *Why We Swim* by Bonnie Tsui. If you have not read it, I absolutely recommend it for all swimmers. Bonnie does a beautiful job of articulating the love affair so many of us have with the water. There were moments in the book when I felt like she had literally found her way into my heart and mind and used the words I had inside me to express the amazing gift that swimming is in my life.

During the writing of this, Bonnie did her research and travelled to several of the places to experience swimming in the various bodies of water. It made me think of all the swimming adventures our team has had, the multitude of meets, open water events and some of the more interesting environments teammates have experienced (like Alcatraz). I was brought back to my first open water race in 2018 and how I felt that I was wrapped inside a heavenly world, connected to nature in a spiritual way. Those opportunities will be back for all of us, and I pray in 2021 we can resume those kinds of adventures.

Swimming is a universal connection to others. In a world that needs more love and understanding and less divisiveness, we are reminded that water is for everyone. Every body, age, ability, race, religion, orientation, creed, background...the water is for everyone and is beneficial to everyone. It was sheer joy to read about swimming in different cultures, and if you want to celebrate our sport as a unifier from a real worldview perspective, spend extra time reading about the swim team that came together in Iraq.

Swimming is there throughout our life, through the good times, the bad and the really ugly. Bonnie talks about swimmers who started in the water as part of rehab, and we are reminded of the constant it is in our life. Swimming was there during my pregnancies, providing a great exercise for my growing and changing body. Swimming was there during the dark moments in life, days when I cried the entire time I swam, tears hidden by my tinted goggles. Swimming was there during every frustration at work, providing a safe and effective environment for me to release the assortment of emotions. I would venture a guess that the area of life we missed the most during this pandemic was our safe haven of Northshore Aquatic Complex. Anyone else have recurring nightmares of not getting to swim during the shutdown?

The water will always be there for us, through injury, through sadness, through joy, reminding us that the water is a source of life and joy and that it will continue to connect us as Master swimmers. If you read only one more book this year, I encourage you to choose *Why We Swim*. The book was written for us!



What's (not) Going On?

By Carolyn Kiper



L-R Tim Kennedy, our friend Cilly, Stefan Düller, Carolyn Kiper, Rene Vallant

Can you believe it is October already!

October is always such a cool time of year... literally and figuratively. The weather is changing and there's a hint of cooler days ahead. It's also cool because October usually ramps up a lot of activity with swimming (postal swims) and running (tons of running events) and triathlon (namely, Ironman Kona).

By now, I have usually run the One Step Closer to the Cure 10k (canceled, run virtually), the Run for All Children (canceled, run virtually) and am ramping up for the St. Pete Run Fest (changed to a virtual event), and the Disney Marathon Weekend (canceled/virtual run).

Ugh! It is so easy to become a little disheartened by everything that is NOT going on right now. But there are at least a couple of ways that you can handle this. One is by making the most of what you have and looking forward to the future. The other is by looking back with fond memories. Let me start there...

By now, Tim and I should be in Hawaii with Rene Vallant and a bunch of athletes participating in, volunteering for, or just cheering on Ironman Kona. Tim and I always run the Path 10k the weekend before, and then participate in a lot of the shenanigans the week before the race. Our favorite last year was swimming at Dig Me Beach (the Ironman swim start). It is a popular thing to do to swim out to the Coffee Barge for a small cup 'o Joe, play around in the water and swim back. Last year Blue Seventy and ClifBar had photographers out in the water to take pictures! Our were SO much fun!!

Well, that was fun... and, even though we can't go this year, we'll be dreaming of next year. So now it's time to look ahead.



L-R Tim Kennedy, Cilly, Stefan Düller, Carolyn Kiper, Rene Vallant

The Postal swims are coming up and there are more fun runs coming up. Dawna Stone has brought back her Women's Half Marathon as an organized **virtual** event (October 18 & 19). Go to www.virtualwomenshalfmarathon.com for more information. The Grand Prix returns this month so we'll hear the buzzing of the race cars before too long!

Organized swimming is back! Yay!! I plan to get back to my Fine Wine group the first of November. Phyllis, Storm... I'll be looking for you!

No matter what has NOT been going on, stay positive, and look forward to all the good things coming your way!

Stay Safe. Stay Positive. Stay Surreal.

Our Own Sheila Carpenter-VanDijk

Sheila Carpenter Van-Dijk was awarded the USMS Dorothy Donnelly Service Award this year. She has served as a dedicated editor for the FL-LMSC quarterly newsletter since August 2011. USMS describes the award as one that “is presented annually to USMS registered individuals whose volunteer service has contributed to the growth, improvement, or success of U.S. Masters Swimming locally, regionally, and/or nationally. ‘Dot’ Donnelly was a member of USMS at its inception. She tirelessly served as coach, meet director, and ambassador for our organization, and served as our elected Secretary, maintaining the national office from her home for many years. Dot embodied the goals and objectives of Masters Swimming.” It is among 15 other annual awards presented to USMS members annually.



(photo: S. Carpenter-VanDijk)

Joannie Campbell texted her during the Tampa Bay Lightning Stanley Cup win. Sheila recalls, “It was a complete surprise about the USMS Dorothy Donnelly award. I asked her if she had the right person. I do not know who nominated me, but I feel very honored and pretty much speechless. It was priceless to hear it from my pal Joannie because she and Dorothy were good friends. I did know there was such an award and I asked Joannie about it. She said she appreciates a service award better than medals.”

Sheila got a later start to swimming career than many of her peers. At 50, after receiving her engineering degree, a classmate at the University of South Florida told her about United States Masters Swimming (USMS). Since she wanted to lose some weight and get into shape, she started swimming regularly with a Masters team in Tampa.

She has developed many friendships through the sport, and in 2017 joined St. Pete Masters. “We may compete in the same age group. We sometimes compete against each other. But, we all cheer each other on and wish each other good luck and fast swims in our races.” One of her swimming friends suggested that Sheila be the editor for the FL-LMSC quarterly newsletter, as she had experience working on a weekly newspaper for her base when she was in the Air Force. She has been the editor ever since.

While she enjoys pool competition and has competed at several USMS Nationals and Pan Am events, she also loves open water races. Most recently, she swam the Escape from Alcatraz for her 65th birthday and competed in two Pan American open water races. She has also been a consistent participant in the Hurricane Man 1000 meter race (previously known as the Pass-A-Grille Challenge), competing for the past 15 years.

Congratulations, Sheila! We’re so proud of you!

Kim Brackin—LA Current

Kim Brackin, founder and owner of Brackin Elite Swim Training (BEST), was recently named to the coaching staff for the LA Current of the International Swimming League. (ISL). 2002 NCAA Swimming Coach of the year, she brings to the team over 20 years of college coaching experience.

The 2020 condensed 5-week ISL season will be held in Budapest, Hungary, starting on October 16. We can follow Kim on Instagram @coachbrackin and @lacurrent_isl and Melanie Margalis on the Cali Condors at @cali-condors_isl

Read more about Kim at <https://swimswam.com/la-current-of-the-isl-name-coaching-staff-for-2020-isl-season/>, and you can now watch on [CBS Sports](#) beginning on October 16.

Best of luck to Kim and Melanie!



(photo: K. Brackin)

Judge Beach Ages Up to a New Age Group!

Judge Beach was able to celebrate his milestone 90th birthday with his children who surprised him with a walk through Pioneer Park. He was serenaded by violins, and greeted by longtime friends before having dinner at Bella Brava with his family. He loves the beautiful and clever framed card that was designed by Melissa Harasz and signed by team members and pool staff. He also appreciates all the sentiments expressed in the photo album birthday book.



"I deeply appreciate all my teammates did to make my 90th birthday the best! North Shore Pool and my swim mates have been a very important part of my life. What a lucky guy I am!"

Thank you,

Bob Beach"

Hat's Off to our Graduates!

Even with no fanfare during the pandemic, their accomplishments deserve much celebration and recognition. Charlotte Petersen received her Master of Science in Nursing in July, graduating with a 4.0, while leading the CVICU team at Northside Hospital. After completing a 21-month program, Sara Wolski and Chelsea Nauta graduated from the University of South Florida with their Executive MBA degrees in May. Their degrees will open up opportunities for executive management positions. Sara says, "I work with senior level stakeholders to create training programs for



Fortune 500 and 1000 companies, so this leads more credibility to my resume as well and opens the door to senior level leadership in the future."

Congratulations to Charlotte, Sara, and Chelsea on their latest achievements! We hope you are enjoying a little bit of your newly found free time, and getting a chance to relax.



USF EMBA Class Photo 2020 (photo: C. Nauta)

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