



# SPM NEWSLETTER

St. Petersburg Masters | North Shore Aquatic Complex

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## Goodbye 2020

Even though everyone was more than ready to say goodbye to 2020, the last quarter of the year had a few bright spots. Team workouts resumed with distancing guidelines, mischievous elves provided some holiday cheer, and there were even a few meets where team members made a huge splash! And, you can enjoy a swim-themed Christmas poem, adapted by Sarah Swoch at the end of this issue.

Many, many thanks to Gary Bastie, Regina Novak, Gloria Smith, Sharon Steinmann, Sarah Swoch, Tiffany Weidner, and Mike Zabel for all the content provided. If you have any suggestions, articles, or photos please send them to [livia.zien@gmail.com](mailto:livia.zien@gmail.com). Thanks.

## Beautiful Sunrises

Pandemic or no pandemic, the sun always rises, and Sarah Swoch always captures its beauty, except when she's away, and then Mike Zabel is behind the lens. Here are a few beauties from North Shore Park.



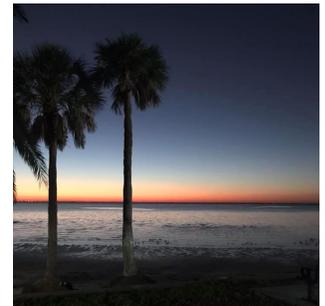
Happy New Year! (photo: S. Swoch)



11/3



11/18



11/24 (photo: M. Zabel)



12/1

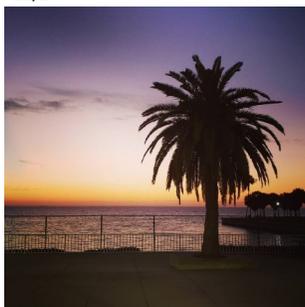


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## SPONSORS



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Sarah, Cheryl, Tabitha, and Paula preparing to swim (photo: S. Steinmann)

## SPM Women Show Up for the 2020 USMS 3000/6000 yard Postal Championship

Sharon Steinmann

The SPM women had a strong showing this year in the 3000/6000 yard postal with every woman participating finishing in the Top 10 for their age group! We had two women finishing first in the nation and achieving All American status. Alison Hayden finished 1st in the women's 45-49 age group as did Paula Texel in the women's 50-54 age group. Other SPM women finishing in the top 10 were Sarah Swoch - 2nd (35-39). Tabitha Brandt - 4th (50-54), Dawn Clark - 5th (55-59), Cheryl Kupan - 8th (55-59) & Sharon Steinmann - 8th (60-64).

Three men participated in the 3000 yard postal with Steve Freeman finishing 10th - (60-64), Mike Zabel - 13th (60-64), and Pat Marzulli - 6th (70-74). C'mon guys—we know there are a lot more of you on this team who can swim 3000 yards!!!!

Only two people tackled the long 6000 yard event with Dawn Clark finishing 4th in the women's 55-59 age group and Pat Marzulli finishing 4th in the men's 70-74 age group.



Dawn at the finish of a long 6000 (photo: S. Steinmann)

We had some fantastic results in the 3000 yard relays with four firsts and one second in the nation! Congratulations to the following relays:

1st—Women's (35-45) Sarah Swoch, Alison Hayden & Paula Texel

1st—Women's (45-55) Tabitha Brandt, Dawn Clark & Cheryl Kupan

1st—Men's (55-65) Steve Freeman, Mike Zabel & Pat Marzulli

2nd—Mixed (55-65) Sharon Steinmann, Dawn Clark, Steve Freeman & Mike Zabel

Congratulations to all who participated!



Mike before the 3000 (photo M. Zabel)

## Upcoming Calendar of Events

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

**Jan 31 / SCY: Team Hour Swim (2 heats)**

- Heat 1: Warm up - 8:00a, Start / End—8:15 to 9:15a
- Heat 2: Warm up - 9:15 a, Start / End— 9:30 to 10:30a
- Takes place during our regular Sunday practice in the 16 SPM designated lanes.
- Please make arrangements to have your own timer/counter
- Email [stpetemasters@gmail.com](mailto:stpetemasters@gmail.com) with your name, preferred heat, and cell phone number to reserve a lane

**Feb 14 / SCY: SPM Intramural Meet**—stay tuned for details

**Feb 16: SPM General Meeting**—6:30p-8:00p; Zoom link and instructions will be sent out at a later date. Elections of new Board Members

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

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



Dawn, Paula, Karen, Cheryl, & Tabitha bundle up  
(photo: S. Steinmann)

## SPM Swimmers Dominate and Break Records at the Florida Senior Games

by Sharon Steinmann

We had a strong group of 12 swimmers who brought home a ton of medals and broke 7 state records at the Florida Senior Games, December 5th-6th in Cocoa Beach. Paula Texel and Karen Westerman blew the competition away in the women's 50-54 age group breaking 7 Florida Senior Games State records between them! It was a cold weekend for an outdoor swim meet but we all bundled up in our parkas and shivered through the two-day meet. A bonus was getting to watch the SpaceX cargo ship launch from Cape Canaveral nearby which was very cool! This was the first sanctioned meet since February and our "Senior" SPMers showed up ready to race! It also was a great opportunity to get short course yard times for 2021.

Below are the SPM results:

**Paula Texel** dominated the women's 50-54 age group winning six firsts and setting 4 Florida state records. Paula won the 100 free, 500 free, 50 back, 100 back, 200 back and 50 breast. And set FSG state records in the 500 free, 50, 100 & 200 backstrokes!

**Karen Westerman** also competing in the women's 50-54 age group, took first in the 200 free, 100 IM & 200 IM. And 2nd in the 500 free. Karen set 3 Florida state records in the 200 free, 100 and 200 IMs.

**Tabitha Brandt** women's 50-54 had a great meet and was 1st in the 50 free, 100 breast & 50 fly. And 2nd in the 200 free and 100 IM.

**Cheryl Kupan** dominated in the women's 55-59 age group winning all 6 of her events. Cheryl was first in the 50 free, 50 back, 200 back, 100 fly, 200 IM, and 400 IMs.

**Dawn Clark** women's 55-59 age group took first in the 200 free, 500 free & 100 back. 2nd in the 50 fly and 100 IM.

**Sharon Steinmann** women's 60-64 age group was first in 5 events - 500 free, 50 back, 100 back, 200 back & 200 IM. And was 2nd in the 200 free.

**Jim Esposito** men's 55-59 age group finished first in the 50 & 100 back, 2nd in the 50 free and 100 IM and 3rd in the 100 free.

**Chris Burke** men's 55-59 age group swam his first meet in a very long time. Chris took 1st in the 500 free and 200 IM. And 2nd in the 100 free.

**Mike Smith** men's 60-64 age group was 1st in the 50 breast, 100 breast and 200 IM. 2nd in the 50 free and 50 fly. And 5th in the 100 free.

**Mike Zabel** men's 60-64 age group was 1st in the 100 IM, 3rd in the 100 free, 200 free & 500 free.

**Greg Lauwers** men's 60-64 was 4th in the 200 free, 6th in the 50 free & 8th in the 100 free.

**John Nixon** men's 65-69 finished 1st in the 200 back, 200 breast & 400 IM. And 2nd in the 50 back.

Due to Covid restrictions; the relay events in this meet were cancelled. Everyone who competed qualified for the National Senior Games in Ft. Lauderdale which are currently scheduled for November 5-18, 2021.



Karen, Sharon, and Tabitha (photo: S. Steinmann)



John Nixon looks on as Mike Smith counts (photo: G. Smith)

# The SCM Intra-squad Meet

After a long hiatus from meets, SPM held an intra-squad meet and had a fantastic turnout! 37 swimmers signed up for the December 20 Solstice Eve event (almost a record turnout), and even the cold didn't slow them down.

Thanks to Lisa Flanagan for coordinating the volunteers, and our volunteers for volunteering: Steve Bossert, Brooke Bowman, Travis Brackin, Sheila Carpenter-VanDijk, Steve Freeman, Paul Kurtz, David and Margot Larson, Ryan Rager, and Phyllis Scheidt. Many thanks to our officials Dan Nardozi and Kevin Mooren, and Tora Williams for pulling together the meet so quickly. And thanks to Gloria Smith for all the photos. Congratulations to all who participated! Results can be found [here](#). Read a summary from Coach Gary and your teammates Tiffany and Sharon below.



Fliers Tabitha Brandt, Hank Robinson, and Cheryl Kupan (photo: G. Smith)



Fliers Tabitha Brandt, Hank Robinson, and Cheryl Kupan (photo: G. Smith)



**Coach Gary:** Well, it's official, we had our first inter-squad meet and it was a real doozy (whatever a doozy is). At any rate, it was fun from where I sat and I had some takeaways.

First, as a team, we've lost nothing during this past turbulent year. Second, we enjoy being with one another, being competitive, and doing our best. And third, from what I heard, everyone wants to do it again, and again, and...well, I think you get it.

From what I saw, time trials like the one we had, provide us a chance to use what we've been working on. At the same time, they provide us with feedback so we can improve in various areas of our races. But, with that said, I think the best takeaway is that we have a great team of talented individuals who, aside from work and family, enjoy their time in and around the pool. That was obvious and the cooperation was great. So, the next time we have our Inter-squad meet, make certain you sign up early because there's only room for 50 max and I wouldn't want any of you to be excluded.

**Tiffany Weidner:** Loved seeing the turnout of SPM swimmers. What a great swimming family we have ... so much positivity and uplifting energy which I'm so grateful to be a part of."



Tiffany and her fan club! (photo: T. Weidner)

**Sharon Steinmann:** Wow, what a great team turnout! We should do this every season - Covid or not - just to offer a low key race alternative.



Tabitha's 100m Breaststroke (photo: G. Smith)



## Top Gun Triathlon

On December 13, The Top Gun Triathlon was held in Ft. DeSoto Park. Congratulations to Cindy Newton who won her 50-54 age group in the Sprint Triathlon. Karen Westerman finished 2nd in the Aqua-Bike, and not to be outdone, hubby Russ placed 2nd in the duathlon.

Russ placed 2nd in the duathlon.

For those who aren't familiar with the different races, the Sprint Triathlon Distance consists of a .25 mile swim, 10 mile bike, and 3.1 mile run. The Duathlon is a 1.5 mile run, 10 mile, bike, followed by a 5k run. And the Aqua-Bike is a 0.25 miles swim and a 10 mile bike.

Congrats to all for quite literally, for getting "back in the saddle again!"



Karen Westerman and hubby Russ at Top Gun (photo: K. Westerman)

## Open Water Calendar of Events

**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. 12-14:** AMI Hogfish Swim (1.2-mile, 2.4-mile). Ana Maria Island FL. [Information](#). **USMS sanctioned: NO**

**June 6:** Chattanooga Rat Race (5K). Hixson TN. [Information](#). Limited to first 200 entrants. **USMS sanctioned: YES**

**June 11-13:** Swim Mad Beach (1.2-miles, 2.4-miles). Madeira Beach FL. [Information](#). **USMS sanctioned: NO**

**June 12:** Swim Around Key West (20K, 10K, 2-mile, 1-mile). Key West FL. [Information & registration](#). **Entry deadline: entry closes Saturday, June 5. USMS sanctioned: NO**



## Coach Gary's Tips –The 1-Hour Swim

The 1-Hour Swim is held annually and in accordance with USMS guidelines. It allows any member to swim for an hour, have a friend, family member, etc., write down their time/each 50 yd. swum, and the final results can then be emailed to the hosting club.

The hosting club changes each year but the format's the same. So, if you're new to USMS or our club, I'll provide some insight for you so that you can participate in this year's event.

I'll allow the Board to provide date/times but I will mention that any member is able to participate. All you'd do is go to this [link](#). From there you can download whatever you'll need (rules, recording sheet).

Why do the 1-Hour Swim or why do it this year? Good question, glad I asked it. This year, many teams across the country won't be able to do this swim. That means, anyone who does, will be ranked higher than ever. Fred Lewis and I discussed this just the other day, and it's a great opportunity.

Another reason is that you'll see how you're ranked in your age group nationally. But, if that weren't enough, with enough people doing it, we can create "relay" teams out of our own swimmers. For instance, we can put 3 men or 3 women on a relay team and also have a mixed team of 2 each. In the past, we've ranked very high nationally and many times we've been the #1 team in that age group.

But, perhaps the best reasons are these. First, you only have to swim for an hour instead of doing an entire practice. Second, you can stop, chat, drink liquids, etc. any time during the swim. And third, as our parents once said, "It's good for you".

So, there you have it. The next thing to do is wait for the email from our club telling you when and at what time. Then, it's up to you to find a timer. We have stop watches, clip boards, and even pencils. It's my hope that the entire team will do this swim this year. What do you have to lose?

## Staying Focused

by Gary Bastie

By now, I think most of you understand quite well that staying focused in the face of change is an anchor. For those who were creative during the time the pool was closed (Mar. 15-May15 approximately), you were focused on health, fresh air, sunshine, helping your body and mind divorce from the negative and create your own positive environment.



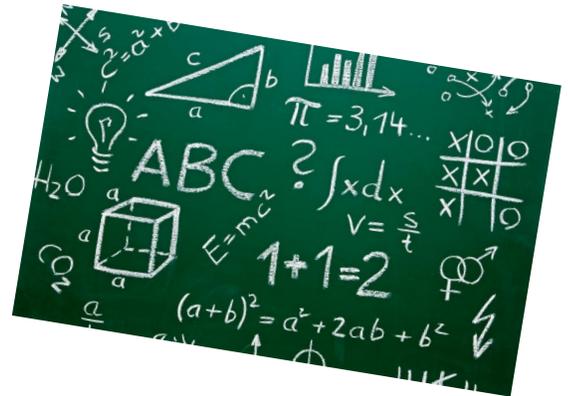
As for me, I swam in the Gulf or Tampa Bay and so did a number of others. Good thing the water temps were perfect. Others of you ran, biked, walked, lifted weights at home, and/or did whatever was available. My hat's off to each of you because, from what I've seen, members were there supporting other members and, by the time we got back in the pool, we all pulled together and made practices work.

It wasn't easy swimming from different ends of the pool, staying 6 ft. apart, or adhering to the other new pool rules but, it was all worth it and each of us is better today because of it. I know the pool staff is pleased and so are others who've seen your cooperation. So, thanks from me and Fred.

## What to Think About When You Swim

By Gary Bastie

With math problems, songs going off inside your head, and all the other stuff, I thought it might be good to provide alternatives to whatever members think about when they swim. And, while I could offer some lurid or obscene examples, I think the following will suffice:



1. Reaching forward, in front of your shoulder (for freestyle or fly). Most shoulder problems begin with an over reach and so does "fish-tailing". That's where you sway back and forth as you swim.
2. Since half of each stroke is pull and the other half is push, why not use some self talk and speak your way through a one arm drill?
3. If you're swimming breaststroke, you only have a pull but, you also have a quick recovery and then a glide. Use self talk when thinking about how the stroke ought to look from the deck.
4. Try to get in an extra dolphin kick with each turn on shorter swims. If it's longer swims, get a good push-off, streamline as best you can, and see how far off the wall you can go before you take your first breath. The flags are a good guideline. If you aren't making it that far, make adjustments so you can. I mean, why lose ground with each turn? Turns are opportunities disguised as change-of-direction.
5. Count strokes. You should know how many it takes you for distance swims, sprints, and drills. If not, start today and let your memory have something else to think about.
6. Since there's a transition between the time you're supposed to leave and the time you actually leave the wall, why not make it snappier? At least it looks good to anyone watching on the deck and friends will think you actually know what you're doing.



7. Since there are 7 days in a week, here's the last one for the coming week. It's thinking about your reason for swimming. While reasons may change, most of us have at least one good reason why we do what we do. If it's losing weight, being able to eat a dessert, or improving, then let that be your motivation, at least for a set or interval. You'd be surprised at how we can fool ourselves.





Regina Novak

## Are YOU Holding YOU Back?

By Regina Novak

As we celebrate the calendar turning over into a new year, many of us write down our goals. That's right...we WRITE down GOALS instead of set resolutions. Why? Because goals are specific plans we make where we map out what we want, how we are going to get there, how we will measure success, and sometimes even a plan B when we have to pivot or overcome hurdles.

Let me backup for a minute. How do you set your goals? First we define our values and vision for our life. Our values are what's most important to us. If something isn't important or worthwhile, are we going to invest the time, energy and focus to achieve it? Probably not. If swimming your personal best in the 1650 is important to you, go for it! If it's not, find a new goal.

Not defining and living within our values is one of the ways we sabotage ourselves from changing and moving forward. While that's a whole conversation in and of itself, I'm going to say something that is true for many of us:

YOU are your own worst enemy.

Some of you are ready to argue with me now while others are like yes I know this is true, but what do I do about it?

To the naysayers, I do not discount the fact that several things in life impact our ability to meet goals, change our life and achieve our dreams, including but not limited to, our environment (home, work, etc), our social support network, our past experiences, social media, the world around us...you get the picture.

HOWEVER...the only thing we control is us. How do I get out of my own way to change MY life and achieve MY dreams?

I'm going to quote the great Queen Elsa (Disney princess from the Frozen movies for those of you who don't know who Elsa is) and tell you to LET GO:

1. Let go of fear. Are you afraid to change? Most people are. Change is hard and uncomfortable. Fearing the unknown is normal and fear does serve a purpose when it comes to survival. But is fear allowing us to limit ourselves and cripple our dreams? Define what the fear is. Are you afraid to work hard? Are you afraid to fail? Are you afraid to succeed? How about the fear of rejection or embarrassment? Once you identify the root of the fear, you can work through it.
2. Let go of limiting beliefs. We become what we believe. If you feel like something is impossible or will never happen, it WON'T ever happen. When your mind gives up, you give up. Do you believe you can break a personal record? Do you believe that you can improve your stroke? Do you believe you can finish your degree, get out of debt or find a job that you love and fulfills your purpose? If you don't believe in yourself, you've already lost.
3. Let go of "I've failed before". We have all failed. Every single one of us has failed. I think I fail at least once per day! Failure is one of the best learning opportunities in life. Consider this: Are you the same person you were 10 years ago? 5 years? How about a year ago? The answer is likely no. If you are not the same person you were then, what makes you think that "this" you won't be able to do it now? Maybe this new you has more experience, motivation or sheer desire than the old you did.
4. Let go of negative self talk. What is the soundtrack running through your head? How you talk to yourself affects your belief in your value and your ability to be successful. Next time you go to bash you, imagine your best friend in front of you. Would you say to him or her what you are about to say to yourself? When you see a teammate struggled through a race, do you tell them how awful they looked and how embarrassed they should be? Perhaps you should remember that when you speak to yourself.
5. Let go of shame. Shame is one of the heaviest bricks we carry through life with us. Shame over past mistakes. Shame due to failure. We allow it to weigh us down and steal joy and luster from our life.

PUT IT DOWN. Lay down the SHAME brick and walk away. Moving forward will be much easier without those chains holding you back.

We cannot control what 2021 has in store for our nation. But we can control us ... our mindset, our words, and our actions. Let go of the crap and embrace your journey towards excellence in all areas of life.

# 'Twas the Morning Before Christmas

by Sarah Swoch



'Twas the morning before Christmas  
 when all through the pool  
 All the swimmers were pulling  
 Even the elf;  
 The lane lines were hung  
 by the lifeguards with care,  
 In hopes that St. Nicholas soon would be there....  
 And coach in his mask  
 And I in my cap,  
 Had just settled in  
 To a long distance set -  
 When out on the beach  
 There rose such a clatter,  
 I sprang from my lane to see what was the matter.  
 When, what to my foggy goggles should appear,  
 But a miniature sleigh and eight tiny reindeer...  
 ...With a little old driver so lively and quick,  
 I knew in a moment it must be St. Nick.  
 Now, Dasher! Now, Dancer! Now, Prancer and Vixen!  
 On, Comet! On, Cupid! On, Donder and Blitzen!  
 To the top of the pier, to the top of the scoreboard!  
 Now, dash away! Dash away! Dash away all!  
 As I wiped my goggles and started the kick set,  
 Down to the deck St. Nicholas came with a bound.  
 He was dressed all in lycra from his head to his foot,  
 And his clothes were all faded with chlorine and sun.  
 A bundle of swim fins slung over his shoulder,  
 And he looked like Total Team Wares opening his pack.  
 His eyes how they twinkled! His dimples how merry!  
 His cheeks were like roses, his nose like a cherry!  
 He had broad shoulders and a little six pack  
 That flexed when he swam a few laps like a fish.  
 He was tall and thin—a right fit old elf,  
 And I gasped when I saw him, in spite of myself.  
 He spoke not a word, but went straight to work,  
 And changed all the intervals to meters times---  
 And shaking out his shoulders,  
 And giving a nod, up the scoreboard he rose...  
 He sprang to his sleigh, to his team gave a whistle,  
 And away they all flew like a butterfly wake.  
 But I heard him exclaim as he drove out of sight,  
 "Merry Christmas to all and all a Good Swim!"



## SPM Officers

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

## SPM Board

Brooke Bowman  
 Lisa Flanagan  
 Steve Freeman  
 (past President)  
 John Nixon  
 Paula Texel  
 Sara Wolski

## Coaches

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