



SPM NEWSLETTER

St. Petersburg Masters | North Shore Aquatic Complex

In this Issue...

New Beginnings	1
Tampa Bay Frogman	1
Gulf Coast Senior Games	3
Love of Swimming Intra-Squad Meet	4
Annual Meeting	5
Hour e-Postal	6
All-Americans and Top Tens	6
From Coach Gary	
How it works at 4:30pm	7
Fast Fridays	8
Question of the Day	8
What I love about Swim Meets	9
General Announcement—Workouts	10

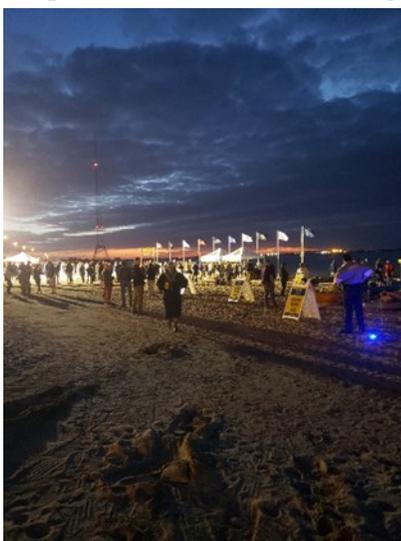
New Beginnings

With the arrival of 2021, a renewed sense of hope was cast for the return to a more 'normal' life. The Annual Tampa Bay Frogman started us off in January, and SPMers had a multiple swim meet opportunities, e-postals, and lots more pool time in the following months. Through it all, we supported each other both in and out of the water, giving real meaning to the definition of team.

In this issue, get motivated with Gary's advice and goal-oriented strategies for practice. Read Regina's heartfelt reflection on meets, and enjoy Kathy's summary of the wonderful Frogman event and a great cause.

Many, many thanks to Gary Bastie, Regina Novak, Kathy Selles, and Gloria Smith for all the content provided. As always, if you have any suggestions, articles, or photos please send them to livia.zien@gmail.com. Thanks.

SPONSORS



Early morning (photo: K. Selles)

Tampa Bay Frogman Swim—January 17, 2021

by Kathy Selles

The Coronavirus hasn't put the brakes on the 12th annual Frogman Swim, despite the many changes that are obvious around us. Nearly everyone is wearing a mask at all times here on the beach. This year there are fewer participants, approximately 140 swimmers and 160 kayakers. The race course is 3.5 miles and will finish at the American Legion in Tampa. Dawn Clark and I have teamed up 11 times for this event, although the swim portion was cancelled in 2016 due to bad weather. Each swimmer collects donations for the Navy Seal Foundation, a highly regarded charity. Please read more about them here and take this opportunity to donate to this good cause: <https://www.navysealfoundation.org/event/tampa-bay-frogman-swim/>

Upcoming Pool Meets

May 4 / SCY: Capital City Senior Games. Tallahassee FL. [Information & entry](#). *Entry deadline: received by Sunday, May 2. Senior meet for ages 50+. USMS-recognized*

June 5-6 / LCM: Bumpy Jones Classic. Sarasota FL

July 21-25 / SCY: USMS Spring Nationals. Greensboro NC. [Information](#).

Aug. 21 / LCM: Dog Days Meet. Clearwater FL

SAVE THE DATE!!!: Aug. 14-15 / LCM: SPM Meet — *stay tuned for details*

Read here about the history of the swim: <https://www.tampabayfrogman.com/history/>

Check-in is always well organized, so I quickly collect my swag bag and sign forms. Another member of Tampa Bay Sea Kayak club is here and helps me unload and get my kayak down to the kayak corral. Dawn and I meet up shortly thereafter. We have done this so many times that we are well versed in where to go and what to do.

The organizers put on a nice program each year, honoring Navy Seals who have lost their life in the line of duty. This year Dawn is swimming for SOC Brian Bill, who died in Afghanistan in 2011. His parents are here, and we meet his father and uncle. It is a humbling feeling indeed to see a parent wearing the Gold Star insignia, knowing that their son has given his life for the freedoms we enjoy. The Honor Guard presents the flag and names of the fallen soldiers are read aloud.

Our attention is directed to a tiny plane in the sky nearly a mile above us. The plane circles above the beach area, and three skydivers jump out trailing red smoke. They circle down one by one over the landing zone, and each one lands nearly dead center in the middle. Very impressive.



Skydivers from the plane above (photo K. Selles)

Shortly thereafter, the first wave of swimmers is directed to prepare to start, so kayakers launch and get into position. The water is very choppy with an east wind around 10 mph. Dawn wades into the water with a huge smile on her face. She has been cool, calm and collected in her preparations this morning, having learned over the many repeats of this swim how to prepare and how to swim this race. The water is reportedly 62 degrees, so for Dawn that means a sleeveless wet suit with neoprene arm warmers, ear plugs, and a Vaseline coating to the left side of her face to insulate from the cold. Air temp is 55.

The starting gun is fired at 8 am and we are off. The headwind and waves require close attention as some waves are 1-2 feet in height and coming over the bow of the kayak. Dawn is swimming easily through the choppiness, and I track with her on

the outside of the pack. We draw closer together as the pack thins out, and are soon side by side. She has a smooth easy stroke that she maintains throughout the swim. She will tell me later that this year may be the roughest conditions of all she has done. There are several escort boats in the water including police and Coast Guard, paddle boarders, and jet skis towing rafts to transport swimmers. Emergency procedures have been spelled out and reviewed so that everyone operates on the same set of actions.

The buoys are spaced evenly across the swim route. Due to the east wind and outgoing tide, I paddle the kayak northeast and let the tide carry us south. Dawn clears every buoy, and we were usually several yards north of the buoys. By the time we are three quarters done, the wind was blocked by the land and the sea was calmer. The final stretch was nearly calm and we were greeted with cheers and applause by the many observers at the American Legion building.

Dawn continued through the finish line with a time of 1:55:21. This time put her 19th overall out of 105 finishers in this open category, and the 6th woman. The first to finish this year was Mary McKenna, age 15, from Seaford, NY, with a time of 1:19:10. But she was not even the youngest to swim – that went to Alex Pope and Maggie Johnson, both age 14, from St Petersburg, with times of 1:50:54 and 1:57:26 respectively. The oldest swimmer was Joseph Neal, age 78, from The Villages, 95th overall with a time of 3:08:53. A shoutout goes to Michele Forte who previously swam with SPM in the Fine Wine group. Michele swam with her 17-year-old son, Zane, and finished 61st overall with a time of 2:36:59. You Go Girl!!

There was an additional group of 19 swimmers who completed the swim with fins, as well as a group of SEALS demonstrating how each tows a duffel bag behind as they swim, filled with supplies that they would utilize in a combat setting. Bring your super powers for this event!



Early morning (photo: K. Selles)

I meet up with Dawn near the warming tent, and she looks happy and relaxed. We get our annual photo and add on some warmer clothes. The sun is just beginning to appear.

The kayakers take a break at the American Legion, then a few of us paddle back to Gandy Beach. There were still many swimmers on the course, but the jet skis were beginning to transport some of them to the finish line. The course was to be closed at 11 am, but a few swimmers must have been close enough and were allowed to finish.

The event continues at an after party at the Salt Shack, giving a chance to meet and greet other swimmers. This is a fun event every year, and requires training and commitment from these participants.

Thanks to all the volunteers who work to make this event a success!



Flying. Cheryl, Paula and John (photo: G. Smith)

Gulf Coast Senior Games

On February 6, the Sarasota Sharks hosted the one day Gulf Coast Senior Games, and our 8 'seniors' went to work and stayed busy! Lots of firsts in the books. The newly inducted seniors of the 50-54 age group, Paula Texel, Tabitha Brandt, and Karen Westerman led the way with Paula winning all 5 of her events, and the group of them either winning or sweeping the field. Cheryl Kupan true to form and not to disappoint,

swam the maximum allowable events and won them all. Susan Tokayer had some outstanding swims winning all her free and fly events in the 60-64 age group. The men were led by John Nixon who swam well in all 5 of his events, winning his back and breaststroke races and placing 2nd in his 200IM. Jim Esposito won all his breaststroke and backstroke events as well. And Mike Smith, a great competitor sprinted his way through the meet winning the 50 yard free and fly events, and placing second in the 50 breast. And of course, a trip down to Sarasota would not be complete without a stop for some Amish fried chicken. Kudos to our 'seniors', and a huge shout out to Gloria Smith for capturing the excitement of the meet!



Paula Texel (photo: G. Smith)



John Nixon (photo: G. Smith)



Tabitha Brandt (photo: G. Smith)



Jim Esposito and John Nixon (photo: G. Smith)



Cheryl Kupan (photo: G. Smith)



Tabitha Brandt (photo: G. Smith)



Mike Smith (photo: G. Smith)



John Nixon (photo: G. Smith)



Post meet meal (photo: G. Smith)

Love of Swimming

Twenty-six SPMers gathered on Valentine’s Day to show and share their love of swimming in our second intramural meet. Carolina Ticeira and Allison Retotar, in the 25-29 and 30-34 age groups, respectively, had strong swims in the events. Celeste Patton and Sarah Swoch were both busy swimming the full load of 5 events. Sarah Swoch wins the distance award, logging 1200yds in the fast-paced meet. The mother-daughter duo were back at it again with Tiffany Weidner and Linda Felton (70-74). Paula Texel, Karen Westerman, and Tabitha Brandt filled the women’s 50-54 age group, with Paula sweeping her 3 events. Cheryl Kupan represented the 55-59 age group well, as did Susan Henry and Phyllis Scheidt in the 60-64 group.



Carolina Ticeira (photo: G. Smith)



Sarah Swoch (photo: G. Smith)



(photo: G. Smith)

Not to be outdone by the women, Brayden Amondola also swam the full complement of events, starting with the 500 yard freestyle, logging 950 yards ... not quite as many as Sarah. Christopher Sickle and Alex Vanderkaay battled it out. Great swimming by Ken Wazyniak, as Eric Herman filled his card with all the breaststroke events, just and one shy of all butterfly events. Jim Esposito and Chris Burke avoided having to compete directly in the 55-59 age group, with Chris sticking with the IM events and Jim, the distance free events. The Mikes (Smith and Zabel) and Claudio Coimbra swam the crowded 60-64 Men's age group with Mike Zabel being the lone swimmer of the dreaded 200 butterfly. And last, but not least, John Nixon rounded out the men's team with some great breaststroke swims. Thanks to all the swimmers, officials, and volunteers who made this meet possible! And once again, many thanks to Gloria Smith for the wonderful photos.



Eric Herman (photo: G. Smith)



Mike Zabel (photo: G. Smith)



Ken Wazyniak (photo: G. Smith)



Phyllis Scheidt (photo: G. Smith)



(photo: G. Smith)



Linda Felton (photo: G. Smith)



Karen Westerman (photo: G. Smith)

Open Water Calendar of Events

May 29: Doc Lucky's Golden Mile (1.5K). Orlando FL. [Information & registration](#). *Entry deadline: online entry closes Thursday, May 27. 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*

Annual Meeting

All things Zoom. As with most meetings this past year, our annual meeting was held virtually on February 16, conducted by President Phil Harasz. Long time members Steve Freeman, Paula Texel, and Livia Zien rotated off, and we welcomed Kathy Selles, Mike Zabel, and Kari Kennedy! Brooke Bowman was also elected as Treasurer. If you missed it, you can still watch the recording at this [link](#). Thanks to Sara Wolski who helped facilitate the meeting. Here's to a great 2021!



Team Hour ePostal Swim

The team set aside January 31 as the date to complete the team Hour ePostal swim. In total, 4 men and 10 women participated with preliminary results back already. Congratulations to Brayden Amendola, Christopher Sickle, Chris Burke, Ken Gersbach, Sarah Swoch, Valerie Valle, Ananda Bergeron, Paula Texel, Dawn Clark, Cheryl Kupan, Sharon Steinmann, Phyllis Scheidt, Nancy Kiernan, and Kathy Selles, who swam the long haul! Extra kudos to Valerie and Christopher S, who placed

first in their age groups, and to Chris, Sarah, Paula, and Dawn who placed in the top 10 in their age groups. Top Tens and All-Americans, here we come!

All-Americans and Top Tens

And speaking of Top Tens and All-Americans ... While we weren't able to have an awards banquet this year, our swimmers were still competitive logging some All-American (1st place) and top ten finishes. For the LCM season, we had ten All-American swimmers. Congratulations to all!

The following is a list of SPM's All-American and Top Ten swimmers for 2020:

Short Course Yards

Long Course

Short Course Meters

Meters

David Stiles	Mike Zabel (AA)	Brayden Amendola (AA)	Sarah Ellison (AA)
Ken Wazyniak	Mike Smith (AA)	Eric Herman	Tiffany Weidner
Eric Herman	John Nixon (AA)	Sean Gerrard	Adrienne Forkois
Ryan Rager	Kern Davis (AA)	Hank Robinson	Alison Hayden
Sean Gerrard	Paula Texel (AA)	Chris Burke	Karen Westerman (AA)
John Nixon	Cheryl Kupan (AA)	Jim Esposito	Laura Albee
Mike Smith	Dawn Clark (AA)	Greg Lauwers	Paula Texel
Steve Freeman	Sharon Steinmann (AA)	Mike Lynch	Tabitha Brandt
Kern Davis	Susan Tokayer (AA)	Mike Zabel	Cheryl Kupan (AA)
Allison Retotar	Martha Gipson (AA)	Mike Smith	Dawn Clark
Sarah Swoch		John Nixon	Jo Ann Harrelson
Jennifer Stringer		Mitchel Hoffman	Tricia Moses
Alison Hayden		Carolina Ticeira	Sharon Steinmann
Paula Texel		Tori Kirkman	Susan Henry
Karen Westerman		Chelsea Nauta (AA)	Susan Tokayer (AA)
Livia Zien		Celeste Brandon	Nancy Kiernan
Cheryl Kupan			
Dawn Clark			
Lisa Flanagan			
Tricia Moses			
Sharon Steinmann			



Article: How It Works @ 4:00 p.m.

By Gary Bastie

Without an end in sight, our workouts in the afternoons continue to be limited to just 4 lanes. With that said, we've been handling the limited space well and swimmers are able to keep swimming, socially distance, and improve. So, when you arrive at 4:00, or shortly thereafter, that's what to expect (at least until further notice).

While we're limited to 4 lanes, we've been able to begin at 4:00, rather than 4:30. That's important because some of you get off work early so you can start early. It's also important to those who come later. If not for some finishing early, there'd be less room for our later comers.

On Mondays, Wednesdays, and Fridays, we finish at 6:30. But, on Tuesdays and Thursdays, a limited number of swimmers have been able to stay a bit longer, always subject to the pool schedule and the

guards' approval.

As for protocol, at 4:00 each day, lap swimming is finished. That's been a pool rule as long as I can remember. So, at 4:00, either you become a lap swimmer who's been assigned a lane at the far end of the pool OR, you start over with the Masters in one of our 4 lanes. There are no other options at 4:00 as per the City.

OK, so let's say that you're a Masters swimmer who came early. If so, I may need to move you in order to incorporate other swimmers. Your other option would be to go back to the front desk and see if there's any space in the far lanes.

Since we only get 4 lanes and start at 4:00, so do workouts. So, if you started at 3:00, you may need to change lanes. Sometimes, the SPA kids don't start right at 4:00 so we have some leeway. Thus far, with up to 25 swimmers in just 4 lanes, with the understanding of our members, it's worked.

Yet, the system's not without challenges. At 4:00 p.m., who knows who's showing up? If we get busy, we might need to consolidate lanes in order to accommodate more swimmers. Even so, SPM'ers have been most gracious about it. If the future holds other changes, we'll get them to you as soon as we can.

As for protocol, we still socially distance and mask up. With 1-2 (or more) people at each end of a lane, swimmers need to stay 6 ft. away from one another. Same with a third or fourth person. Once finished with a workout, you can mask up and use a restroom or just walk out via the Tampa Bay end of the pool.

As per current pool protocol, mask up when you enter the facility. The pool's crowded at 4:00 and thereafter, especially with small children, parents, SPA swimmers, guards, etc. So, if need to use the rest room during practice, remember the mask.

With that said, back to swimming. In the afternoons, we might get busy enough for a workout to be changed (usually BEFORE starting). For instance, a set of 400's could become 200's or 100's but, with the same yardage and interval. As an example, if the 400's are on 8:00, we'd do 4 x100's on 2:00, resting perhaps a minute and repeating the set as many times as there were 400's.

Perhaps in the future, we'll get more lanes but for now, we'll do what we can with what we have and be thankful for it. So, abide by the rules, be willing to move or change lanes, and expect a good workout with friends. That's what about 60 unique individuals have done each month since September. And, I want to personally thank each and every one of you for making it possible during these difficult times.

Fast Fridays

by Gary Bastie

Speaking of Fast Friday workouts, they're afternoon practices where workouts are shorter, but with more intensity and rest. They offer plenty of chances for swimmers to work on "their race" and "their" stroke.

For instance, if you swim 50's or 100's, normal workouts might get you in good general shape but may not be as specific to your race. So, I've set aside Friday afternoons to help swimmers learn to race faster and it's had good results. Many have improved their times by attending Fast Friday workouts and here's why.

Normally, we circle swim. On Fridays, we often don't need to because we have the option of swimming in waves, especially on 25's, 50's, and 75's. Not only that, during workouts, sets may have many repeats with less rest. As a result, you may not be able to hold your breath long enough to employ several dolphin kicks or swim at top speed.

But, if we give you more time to recover, you can swim at "race pace" and that's made quite a difference. For example, how many of you ever swim a 25 at top race speed needed for a race 50? Probably few if any. But, if you had that opportunity say, 50 times each year, you'd be able to hone your speed and not get sloppy doing it. Well, that's what we do on Fast Fridays.

Now, let's say that one of your races is a 100 IM. If so, then you can work on specific 25's during Fast Fridays and make each one at a racing pace, not just a workout pace. Same with turns. They're different if you're circle swimming at a slower pace. And, it's the same with push-off's. It's much more difficult to do a racing push-off during practice than it is if we separate it with some rest and do it in a racing environment.

So, there you have it. That's the essence of Fast Fridays. It's to help you work on your racing once each week so that when competition comes, you'll be ready and able to get some of your best times. So, rather than reserve that speed, stroke, push-off, or start for only a few meets a year, you get to do it each week and it's made quite a difference with a number of our members. Come join us. We'll leave some room for you.



Question of the Day

by Gary Bastie

Why get in shape just to sprint? Good question and few have discussed it aside from being a minor topic between adult beverages on a Saturday night. Well, let's talk about it because it makes sense for you to know the answer.

First, unless you get in shape, you can't repeat anything. Take the "drop-dead" sprinter. Out of shape, they can swim a 25 with the best of em but, there's always another 25 to every 50. That's why they're known to "drop dead" and fade after 25 yd. But, if they trained repeats, they'd get in good enough shape to repeat fast 25's and swim better 50's, 100's, or even an occasional 200.

Second, who wants to get sick? I certainly don't and neither do you. But, if you never train your sprints, you might feel a bit sick after an all out effort. The reason is, most workouts train the aerobic system (with oxygen), not the anaerobic system (without oxygen).

Take swimming an all out 50 or 100. If you never train to swim without much breathing, you'll probably feel terrible during that last 25 or even 50. But, by training multiple 25's and 50's at race pace, you start to improve the second half of your race because you've become more accustomed to being in some sort of oxygen deprivation (debt).

Thirdly, if you never practice race pace kicking, once your legs go in a race, your technique and rhythm also start to diminish and you get sloppy. That makes you less efficient, slower, and wasting even more energy.

So, what's the solution? Fast Fridays, of course. Each week, we have sprint workouts in the afternoons so that those who wish to join us can expect race pace swimming, with more rest, and opportunity to work on "their game". So, if racing has you down, try it. So far, everyone who's participated has improved their sprint times and I could name names but I won't. Maybe we'll see you one of these Fridays...



Regina Novak

What I Love About Swim Meets

By Regina Novak

I'm in the season of life where I am living and breathing swim meets. With two kids in age group swimming, I am personally not doing much competing at this stage. Talk to me about Masters meet in about ten years; right now this momma is focused on SPA meets :)

All of us are familiar with the ups and downs that happen with swim meets, and sitting in the swim mom seat now, both as someone working the meet AND as a proud supporter/cheerleader, I have a perspective of swim meets that I didn't have before.

1. The supporters

If you've been to a sporting event, you have likely seen a fight. Sometimes it happens on the field AND in the stands. There's name calling, colorful language, and referees (or security) intervening to bring peace and order. This is not common at a swim meet.

I will never forget Judge Beach telling me as a new mom "keep your kids in swimming, as I've never had a swimmer in my courtroom." There is something about the sport and the environment at the pool that doesn't lend to the same atmosphere seen at many other sports. At swim meets, everyone cheers for the kid that struggles through the race to finish. We celebrate the record broken, regardless of whose kid it is. In swimming, we see winning differently than in other sports. We don't go to swim meets to see our team beat the other team; we go to celebrate those important to us competing in the sport we love and pushing ourselves to new limits. Winning is more broadly defined in our sport. You don't just cheer for your kid; you cheer for all of them. When your kid's teammate does outstanding, you go home and tell YOUR whole family who also celebrates in the victory.

2. The coaches

At other sporting events, I have seen coaches yell at referees, ream players for poor performance, and in many instances, look like total fools. Not at the pool.

During a swim meet you will see a variety of coaching styles. Some are loud and big in their encouragement and cheer. Others are very deliberate in their sideline cheering and seem to have a secret language only their swimmer could understand. Others can be observed watching diligently during the race, making notes on their clipboard and watching for the splits on the scoreboard.

My favorite part as the parent is hearing the coaching that happens after the race. Sometimes the swimmer has knocked it out of the park, and sometimes it hasn't been their best race. But the great coach knows how to handle every situation. They know how to encourage a deflated kid who needs someone to lift them up, and they know how to praise a kid who has worked hard and done well in a way that makes the child walk away taller and more confident.

As a parent of age group swimmers, the most important thing to me is a coach that has the child's best interest at heart. I see that in my kid's coaches, and I see that from other swim coaches across the country. From where I sit, that brings me a lot of joy.

3. The staff

As I write this, I am just coming off of working the ISCA meet. We have an incredible, hard working staff at NSAC! I saw the team rush out when the emergency horn sounded to help a swimmer in need. I saw time and time again the staff work as a team to accomplish a task, often in a short period of time. There is a level of camaraderie and fun that exists between the staff and they are ready and willing to do a great job. From a supervisor ensuring that all staff was adequately hydrated during a hot day, to staff helping to stage swimmers preparing to race so we could comply with COVID rules, they showed up and they brought their A game. We know this to be true, because we interact with them on a daily basis and are so grateful that they show up to do what they do so we can all do what we love to do.

4. The swimmers

All ages. All sizes. All levels of ability. And all of them have a place at the competition.

Prior to the race, there's no smack talking. There might be muscle slapping, arm stretching, jumping, perhaps a prayer or two and a wave to acknowledge the parent that is yelling their name (guilty as charged), but there is no meanness.

You don't see a bully walking up to the block and telling the other kids they are going to get smoked or creamed.

Instead, you see kids focused on their performance. At the end of the race, you see kids smile at each other, offering words of congratulations and even handshaking or hugging their competitor. Thankfully, swimming is not a contact sport (minus the wall perhaps during backstroke) and winning is not solely based on beating everyone else. Entering a new race for the first time, dropping time or making a coveted qualifying time....it's all a win. Of course we enjoy being first place and bringing home a gold medal, blue ribbon or high point trophy, but we can walk away from a meet feeling victorious and satisfied with our hard work without any physical accolades.

Every time my daughter is willing to challenge herself with a new event, she is a winner. Her willingness to step outside where she is comfortable is a lesson she can carry into her personal and professional life.

The night my son got his first FLAG cut was a win. It wasn't just about the race he swam, the time he dropped and the ability to attend the meet. It was about the culmination of his hard work and where it led. I don't remember where he placed that night, but it didn't matter. The look of shock and emotion on his face when he achieved what he had set out to do was priceless and unforgettable.

5. The water

We all come back to the water. It makes us feel alive in a way that some of us cannot achieve on land. It's for little kids learning to swim, its for bodies that might be beaten and battered and the water is the most comfortable place to be, and frankly everything in between. It is for the elite Olympians, and the person just trying to make forward progress. It is life giving, renewing and always welcoming. The water hears our innermost thoughts and hides our tears. It's a gathering place for teammates and a refuge from the rest of the world, a place of peace and escape. We get our workouts here and we renew our spirits here. We make lifelong friendships at the pool and learn lessons that make us better people in our communities. No matter our age, there is something about getting in the water that makes us feel the giddiness of a child and like we are stepping into where we were meant to be. The water whispers to us "welcome home" as we get in.

Like all of you, I am so grateful and excited to see swimming take front and center stage for a little over a week at the 2021 Olympics. Always a joy to let the world see what we all know to be true: Swimming is the greatest sport there is.

General Announcement: Sharing Workouts with Non-Members

by Gary Bastie

It's been brought to our attention that some have been "sharing" workouts with non members. While this may seem harmless, there are costs for the program used and the licensing is to Fred Lewis who controls the content. As a result, sharing workouts without his permission isn't allowed.

Secondly, members pay for those workouts in their "coaching fees". As a result, sharing them would naturally devalue the cost of the coaching fees, part of the rights our members enjoy under the program's umbrella.

Thirdly, if someone wishes to "share" in the workouts, they can simply join SPM. It's a simple fix and those who benefit from the workouts, ought to be paying for them as well. That's pretty fair and simple and hopefully, this will be a word to the wise.

SPM Officers

President	Phil Harasz
Vice President	Miles Williams
Secretary	Phyllis Scheidt
Treasurer	Brooke Bowman

SPM Board

Lisa Flanagan
Kari Kennedy
John Nixon
Kathy Selles
Sara Wolski
Mike Zabel

Coaches

Head Coach Fred Lewis
Assistant Coach Gary Bastie