



SPM NEWSLETTER

St. Petersburg Masters | North Shore Aquatic Complex

Swimmers, Swimmers Everywhere!

What a quarter -- Our team was out in such full force these past few months, it was hard to keep up! The YMCA Nationals kicked us off in Ft. Lauderdale with several of our members joining forces with the Westport Water Rats. Read Paula Texel's account of a wonderfully unique experience. That same weekend, other members showed their open water prowess participating in the Sand Key Open Water Swim Series and garnering lots of prizes as well. Stephanie Gibson enthusiastically summarizes both the Sand Key and the Swim Around Key West events for us!

The Bumpy Jones Classic and the Swim Around Key West event were held on the same weekend in June, and we were well represented in both events, as usual. Sarah Swoch, ever present in the pool, in the ocean, and socials, shares her Charleston Lowcountry Splash experience and getting to swim with former teammate Megan Howson.

Many of our triathlete SPMers also competed in the St. Anthony's Triathlon, one of the first and longest running triathlons in the country, as well as other local events.

The US Olympic Swimming time trials took place in Indianapolis, while the USMS Spring Nationals was held just down the street. Charlotte Petersen shares her awe, emotions, and nostalgia at the trials, and introduces the 'NSAC alumni club' in a most touching article. Alison Hayden beautifully captures the excitement of the USMS Spring Nationals in a city immersed in everything swimming -- from the airport to the pool.

Congratulations to Mike Smith, who has taken on the role of Executive Director for the Good Life Games of Pinellas County. He explains the paths to the Senior Games and other national events for those who are seniors by age and young at heart. In addition to his great swimming tips, Coach Gary encourages us to step out of our comfort zones in training. Read why!

And meet the Board! Each member has shared a little bit about themselves. Their fun and interesting bios are sprinkled throughout the newsletter.

Enjoy all the thoughtful contributions from our teammates. As always, many thanks again to all who wrote articles (Gary Bastie, Ananda Bergeron, Stephanie Gibson, Alison Hayden, Charlotte Petersen, Kathy Selles, Mike Smith, Sarah Swoch, and Paula Texel), and photos (Tabitha Brandt, Eric Herman, Kevin Schutz, Glorinda Smith, Chris Stickle, Karen Westerman) or both! Please send your activities, photos, kudos for a teammate, anything you want to share to livia.zien@gmail.com. The next issue will cover events from July through September. Happy swimming, everyone!

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Upcoming Pool Events

SPM 5k/10k e-Postal TEAM DAYS! 7am start. Reserve a lane by sending an email to stpetemasters@gmail.com

- August 18
- September 8

Aug. 18 / LCM: Summer SWAGfest. Gainesville FL. [Information & online entry](#). Entry deadline: online entry closes Sunday, August 11

Aug. 21-25 / LCM: USMS Summer Championships. Mission Viejo CA. [Information & online registration](#). Entry deadline: online entry closes Monday, July 29

Sept. 7 / LCM: Dog Days Meet. Clearwater FL. [Information & online entry](#). Entry deadline: online entry closes Wednesday, September 4

Sept. 22 / SCY: Gainesville Senior Games. Gainesville FL. [Information & entry](#). Entry deadline: paper entries received by Friday, August 23; online entry closes Friday, August 30. Senior games for 50+. USMS-recognized

Oct. 11-13 / SCM: Rowdy Gaines Classic. Orlando FL. [Information & online entry](#). Entry deadline: online entry closes Monday, October 7

Nov. 2-3 / SCM: Shark Tank Meet. Sarasota FL



President's Corner

By Kathy Selles

I am very pleased to announce that the new SPM website is up and running and almost complete. This new website was the culmination of many months of work from the SPM Board: Lisa Flanagan, Brooke Bowman, Jeff Gould, Val Valle, Ananda Bergeron, Chris Stickle, Sarah Swoch and me. Additional help came from Cheryl Kupan, Livia Zien, and Christine Swanson. A huge thank you goes to my brother, David, (recently retired project manager and website developer) who was kind enough to take this on and guide us through the process. The new site has updated photos and information throughout. There will soon be a team calendar to be managed by Sarah Swoch. Sarah has been doing a great job of keeping us informed with the team Facebook page; this will pull all of that information together on a calendar format. Jeff Gould will soon take over as our webmaster. Many thanks to all these fabulous volunteers! Check it out at www.stpetemasters.org.

There are two more 5K and 10K Team days set for this year: Aug 18, Sept 8.

We hosted the SPM Long Course Championship meet on July 6 – 7. Thank you to Brooke Bowman, the officials, and volunteers for another wonderful meet! Congratulations to all who participated.

The SPM Social Committee has a nice lineup of activities, something for each month. Watch our Facebook page and website calendar for announcements. Several team members met for shuffleboard on May 31st. June featured the Rainbow River on the 29th. The Tampa Bay Rays will be having their annual Swim Day with the Rays on Saturday, August 17th. Come cheer on the Rays as they face off against the Arizona Diamondbacks. This event includes either a Rays branded swim cap or a Rays hat. All swim clubs who come out for the event will also get a shout out on the scoreboard message.

Meet the Board: Kathy Selles – President

Occupation: Registered Nurse

Years on Board: 4

Years swimming: Adult-onset swimmer around age 40, and only then after months of pain from a cervical neck and back injury. I began swimming three times a week, and after a month, finally had one day without pain. It still took many months to fully recover, but I was now hooked!

Years with SPM: 14, Since January 2010

What I love about swimming: The exercise, camaraderie, and great friends!

Other interests/activities/hobbies: Travel, camping, hiking, biking, kayaking, and classical piano.

Finally, we had 7 team members who went to Nationals June 20 – 24. The event was held in Indianapolis at the Indiana University Natatorium. Read Alison Hayden's wonderful summary of the event. Congratulations to all!

Coach's Corner

Tip of the Quarter

Tip of the quarter: If you have a question about any small technique issue, why not go to YouTube and type in "freestyle catch", "backstroke head position", or



something similar? The videos are free, and you'll find a variety of coaching tips. Here's why that's important.

If 20 people told you basically the same thing, you'd probably really connect with a few of them, due to the way they present. And, it's the same with coaches who create YouTube videos on swimming.

Another tip is to watch the 2024 NCAA Division 1 Championships. The view might not be perfect, but you'll get to see the best this country has to offer in a racing format. That means, they're giving it their all so that you're seeing their best.

Swim Meets

There are a number of swim meets coming up. And, rather than skip them, why not enter? Here are a few reasons why:

1. If you're a triathlete, enter SPM's 5k or 10k this summer. It's great practice for open water events because we swim them long course, that is, 50 meters with just one person/lane.
2. Enter events you normally don't do. It will give your practices some spice in that you're not just repeating the same training day after day.
3. Enter new events, those you've never done. First, plan on entering. Second, start working in practice to that event and third, enter and swim it. You'll have a good time and add another skill set to your repertoire. And, never use French words when an American term is more apropos.

Meet the Board: Brooke Bowman – Treasurer

Occupation: Professor, Stetson University College of Law

Current board position: Treasurer (but also serve as the meet director and interim registrar)

of years on the board: Almost 4 years

of years swimming: 21 years Masters swimming, twenty-one years. Swimming generally, almost my entire life.

of years with SPM: 11

What I love about swimming: Swimming provides an opportunity to detach from work and other life obligations, as well as an opportunity to meet and socialize with an amazing group of individuals.

Meet the Board: Lisa Flanagan – VP

Occupation: Elementary Ed Teacher (Almost Retired!!!) and Club Swim Coach (My favorite!) Not a 'Job' when you love what you do!

Years on Board: Treasurer in 93 to 98? Can't remember the years, 2019 to the present

Years swimming: Synchronized Swimming age 6-9, Competitive Swimming age 9-23

Years with SPM: 33! Joined in March 1991

Special awards and accomplishments: Mom to 2 awesome (and way smarter than me!) kids

What I love about swimming: Friendships that I've made through swimming, camaraderie with teammates, every workout is a new day and challenge - it's never easy!

Other interests/activities/hobbies: Paddle Boarding, Bike Riding, Shopping

Practice-Smactice

Maybe it's time to freshen up your practices. How? Glad you asked. Here are a few things you can do to get out of the same old dull routine (seems like lyrics to a song):

1. Swim boring sets with a technique in mind. In other words, concentrate on something each length or 50. You'll find that the set will go by much faster if you're working to perfect something.
2. Try locking your arm on a backstroke recovery (not the underwater pull). Once it's vertical from the water, lock it and enter above the shoulder, pinky first. No need to over-reach.
3. For long course, how about swimming 50's as 25 fast/25 EZ, 50 stroke/50 free on 100's, or 100 fast/100 EZ on some other sets? What you'll be doing is race—pacing, then actively recovering so you can repeat it.
4. In longer sets, try to swim controlled, not thrashing but efficient, good form. Maybe try arm-pit free, where you touch your thumb to your arm pit during each recovery. It helps get the elbows up.
5. And last but not least, upon entry in free, fly, and back, enter above the shoulder, not in front of the face or

reaching past midline. By rotating as you enter, you'll grab enough water and be more efficient in that you won't be over-reaching (which causes swaying or fishtailing).

Pool Competitions

2024 YMCA National Masters Meet – A Perspective from a First-Timer

by Paula Texel



Women's Team Champions
(photo: T. Brandt)

Eleven members of SPM traveled down to Ft. Lauderdale on May 9-12 to join the YMCA of Westport Water Rats team in competing at the 2024 YMCA National Masters Meet. For some of us it was the first time visiting the renovated Fort Lauderdale Aquatic Center. For me, it was the first time I competed in that pool since my high school days! I wasn't sure what to expect, other than Cheryl telling me it would feel like a USMS National Meet, but you can swim more events and the sessions will be shorter so we can actually enjoy some of the afternoon/evening with our teammates.

SPM was welcomed by Westport head coach Jeff Sargent,

who made us all feel like we had been teammates for years. And the eleven of us who competed certainly added to the point total, which led to Westport winning the combined team award – 2850 points compared to second place with 2641 points! And ... the women also brought home first place by just about 500 points. The meet was fast, with many YMCA and National Masters records achieved and many of our teammates had personal best times.

However, what I enjoyed most were the relays. Coach Jeff asked us prior to the meet if we wanted to swim just SPM relays, but I am so glad we responded with – we will swim whatever relays you want us to swim. It was awesome swimming with my SPM teammates and swimming some relays with others, many of them who I have competed against for years. We all had a great time touching out other relays by the slimmest of margins and also consoling each other when we were next to some super-fast relays.

A huge shoutout to Sherri Bogue, who continues to amaze us all, as she dropped time in ALL 9 of her individual events. She dropped her 1650 time by over a minute and 20 seconds off her 200 Free. I mentioned to her one day that she is now hopping on those starting blocks "like a boss!" Way to go Sherri!

And in true SPM fashion, at the conclusion of the session each day, (which ended way sooner than other typical national meets!) we all gathered a local "establishment" to reminisce about the races from the day, to hear more about each other's family and work, eat some good food and to just unwind from competing.

I will absolutely consider attending another YMCA National Master Meet in the future!



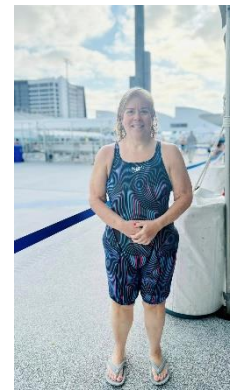
SPM Water Rats (photo: T. Brandt)



Alison and Chris (photo: C. Stickle)



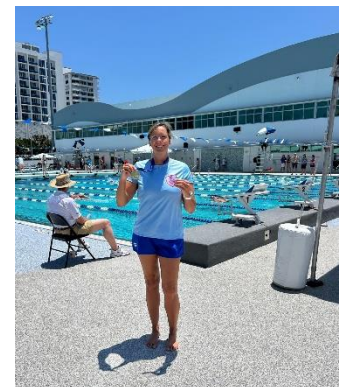
Karen Westerman (photo: K. Westerman)



Kudos to Sherri!
(photo: T. Brandt)



Woohoo Tabitha! (photo: T. Brandt)



1000yd free National Champ!
(photo: K. Westerman)

Congratulations to the following SPMers who were part of the WINNING 2024 YMCA National Team: Sherri Bogue, Tabitha Brandt, Cameron Chambers, Alison Hayden, Geraldine Jacobson, Nancy Kiernan, Cheryl Kupan, Allison Retotar, Chris Stickle, Paula Texel, and Karen Westerman.



Bumpy Jones Classic Long Course Meet

The two-day annual Bumpy Jones Classic was held in Sarasota June 8-9. SPM was represented by 12 dedicated swimmers who had a great showing! Jim Esposito and Greg Salomon jockeyed for the lead in the 60-64 men's 50m back and fly events. Greg won his 100m free, and Jim placed 2nd in his 400 free. Russell Hawkins finished 1st in his 100m, 200m, 400m, and 800m free. Geraldine Jacobson had solid top 3 finishes in her freestyle and breaststroke events. As usual, Cheryl Kupan had a full weekend, filling her days with 8 individual events and 3 relays, winning her 50m and 100m back, 50m breast, and 200m IM. Cameron Chambers and Chris Stickle dominated the men's 30-34 age group with Cam winning the 50, 100, 200, and 400 free, the 100 and 200 breast, and 200 IM. Chris won the 800m free and finished in the top 3 in his remaining 5 individual events.

Haley Brahm won the women's 25-29 50 back and placed 2nd in the 50 fly. Allison Retotar won her 50 free and 200 breast events. Mike Smith had solid swims in the 50 free, breast and fly and helped his 3 relays to victory. Paula Texel won her 400 free and signature 200 back events and had solid swims in her 50 back and 100 breast.

A special congratulations goes to Karen Westerman who broke the Florida state record in the 200m Back with a time of 2:51.98. She also won her 50 back and fly events, just to round things out. She then rewarded herself with a meal at Yoder's Amish Restaurant (a post meet favorite) with her great teammates!

Results can be found at: <https://www.swimphone.com/meets/swimmers.cfm?smid=17957>

USMS Spring Nationals

by Alison Hayden

On June 20 - June 24 Masters Swimming Spring Nationals took place in Indianapolis, Indiana. The spring meet was late this year syncing it with the US Swimming Olympic trials. This was the first time ever for swimming Olympic trials to be held in a professional football stadium (Colts Lucas Oil stadium). Seven members of the St. Petersburg Masters swim team made the trip to Indianapolis to compete in the national competition; including Jeff Gould, Alison Hayden, Eric Herman, Anne Page, Kevin Schutz, Chris Stickle, and Ken Wazyniak. A small but mighty group.



Chris and Alison (photo: C. Stickle)



Eric and Kevin (photo: K. Schutz)



Indy Airport welcomes swimmers (photo: C. Stickle)

Upon arriving in Indianapolis, one could tell they have arrived at a swimmer's Disneyland. While my plane was taxiing to the gate, large signs were seen on the airport windows with USA Swimming displayed. Walking through the airport felt more like walking within a natatorium. There were advertisements for swimming Olympic trials every ten feet, along with life-sized pictures of competing athletes. Coming out of the gate area, one walked down a bannerlike real life looking swimming lane. A pretty cool and surreal feel. There was even a real life-like medal podium. To my knowledge I did not see anything advertising the Masters Nationals meet, however I could have overlooked this with my awe of all the other displays.

This year's Spring Nationals drew 2,320 swimmers from all over the country. 1300 of these swimmers were men, the remaining women. There was a large contingent from the Midwest -- in retrospect the top scoring teams were also from the Midwest. Age

group divisions were quite large making scoring and placing for a medal that much harder. Some age groups had up to 120 people in them.

Day 1 started out with the women's 500 free. Anne Page shined like a star finishing with a 3rd place finish. Other events swam on day one included the 100 free and 200 fly. Ann also finished day one with a 4th place finish in the 100 freestyle. Chris Stickle earned a top ten in the 200 fly and Alison Hayden took 2nd in the 500 freestyle and first in the 200 fly. There was also a men's Medley relay that was swum by Chris Stickle, Jeff Gould, Ken Wazyniak and Eric Herman, thanks to Chris Stickle for organizing the relay entries.

Day 2 included Men's 500 Free, 200 free, 100 Backstroke, 50 free and 100 IM. Anne Page excelled once again taking 4th in the 50 free, 3rd in the 100 IM and 3rd in the 200 free. Jeff Gould posted some good times in the 100 backstroke and 100 IM, as well as Ken Wazyniak. Kevin Schutz and Eric Herman showed strong swims in the 500 free. Chris Stickle brought home 2 top ten finishes in the 500 and 200 free. Alison Hayden finished 2nd in the 200 free.



Men's Relay: Chris, Eric, Jeff, and Ken
(photo: C. Stickle)

Day 3 events included 50 back, 200IM, 100 fly and 200 breaststroke

and the men swam a 200 freestyle relay. Ken Wazyniak brought home 9th place in the 200 IM and a strong finish and time in the 100 Fly. Jeff Gould placed 15th in the 200 breaststroke. Stickle had a day of rest and Alison Hayden brought home a gold in the 200 IM and a bronze in the 100 fly.

Day 4, Sunday was a busy day for Ken Wazyniak

Meet the Board: Jeff Gould – Secretary

Occupation: Senior Director, Product at SS&C Technologies, Inc.

Years on Board: New to the board in 2024

Years swimming: Jumped off a diving board at a family reunion when I was 2. Swimming ever since. I swam in high school but not in college.

Years with SPM: 3; Christine and I moved to St. Pete in 2021. I joined SPM immediately.

One of the primary reasons we moved to St. Pete was to be able to swim outdoors all year long. Now my best friends are my swim mates.

What I love about swimming: I like to do straight ahead sports: swim, bike and run, rather than side-to-side sports, like tennis and basketball. Therefore, I had to get into triathlons. I completed the Lake Placid Ironman in 2017. I might do another Ironman one day. And I might not. I hope I am swimming with SPM for many, many years.

Other interests/activities/hobbies: Christine and I also love card games (Euchre, Hearts, Wizard, Oh Hell, Canasta) and puzzles.

swimming 3 events. He had 2 top ten races, finishing with an incredible 2nd place in the 400 IM. Chris Stickle had excellent races in the 400 IM and 200 back finishing with respectable 7th and 10th place. Only one second separated Ken and Chris in the 400 IM. Too bad they weren't racing side by side. Alison finished the meet with another silver.



Lucas Stadium transformed (photo: A. Hayden)

The last day was distance day, which is usually swum first in a national meet. All SPM members had left for home, with the exception of die-hard Chris Stickle. Chris swam his way to a first-place victory in the 1650 freestyle. Seems that all the hard work paid off for him.

Amongst all this swimming, the Olympic trials were taking place down the street. The trials started June 15th and went every day until June 23rd. Each day prelims would start at 11am and finals at 8pm. The trials were the main reason Eric and Kevin made the trip to Indy. They spent 8 days watching the trials morning and night. Thank you two for taking the time to come over and swim a few events. They even made it possible for the



Cool SPM shirts! (photo: A. Hayden)

men to compete in a relay. Way to support SPM!!! The rest of us spent time watching finals sessions on various nights. In my opinion this was some of the greatest swimming I've seen. The energy was incredible, lots of lights, noise, and celebrity viewing. Some of us ended up sitting in the best seats in the house, which made the experience even that much more enjoyable. For those who did not attend the trials, just by visiting the city itself one was immersed in swim meet mania with life size banners of Olympic swimmers plastered throughout the city and even temporary street signs with names of former Olympians. There was also an expo in the convention center showcasing different Olympic sports and products involved with the different sports.

To wrap it up, the experience was so much more than just attending a swim meet -- so much going on, so many people to see. Though we had a small crew swimming, I did see several familiar faces who had showed up to watch the trials. Charlotte Petersen, Chelsea Nauta, Rob Tullman, Noah Manera, Olivia Barkley, and Bill Fallon were in attendance along with several SPA parents and their children. Congratulations to all those who made team USA and to the wee group of seven who competed in the USMS Nationals meet. It was a great time sharing the experience with you all.

Till next time, keep up the training! Full results can be found [here](#).



Peter and Eric watching the trials (photo: E. Herman)



Mike and Karen at The Villages (photo: M. Smith)

Meet Round-up

Great performances by Karen Westerman and Mike Smith at The Villages Senior Games April 24-24. Karen set five pool records, and Mike set three! According to Mike, "The funniest act that happened was when Karen ended up with the same timer on several of her events. Karen kept winning and the timer insisted to her on more than one occasion, 'It must be the suit!'" Note, however, both Karen and Mike won all their events, so it must have been something other than the suit!

Greg Salomon was a solo SPM swimmer at the SJAC Spring Splash Masters Meet on May 19th in Vorhees, NJ. Greg sprinted his way to several victories ... he won the 25 yard free (yes, that's 25 yard), 50 yard free, and 100 yard IM, and placed 2nd in the 25 yard breaststroke and butterfly.

Going Virtual ePostals!

5k/10k Virtual Championship

Don't forget! The 5k/10k virtual championship is held from May 15-September 15. There are two remaining team days, 7am start, email stpetemasters@gmail.com to reserve your lane!

- Augst 18
- September 8



According to the USMS website, “all participants will receive a cool latex event cap. Clubs with the most participants can win up to \$300.”

Remember that you will need to register prior to swimming the event and submit your results after your swim by 11:59pm Pacific time on September 17. Register for the event [here](#).

Open Water Swimming

7th Annual Sand Key Swim Series 2

by Stephanie Gibson

On May 11, 2024 Sarah Swoch, Nathan Dean, Andrew Leone, Macarena Martin Mayor, and Stephanie Gibson (apologies if I missed anyone!) swam in the 7th Annual Sand Key Swim Series, event #2 for the season. They each tackled the 5K event. It was a rough day for a swim - larger than "normal" swells (for the Gulf) made sighting difficult, but each swimmer embraced what the day brought. Nathan actually gave his goggles to his son, who'd lost them in the churning water, so Nathan swam goggle-less, and his son won his age group! How impressive! Macarena and Sarah placed first place age group awards! It was a fun day out there, and the SPM team brought home a 3rd place team award.

Editor's note: Sarah Swoch points out that Stephanie is now “officially a mermaid with her 1st place female overall finish.”



(photo: S. Gibson)



Andrew (photo: L. Briceno)



Stephanie (photo: L. Briceno)



Sarah (photo: L. Briceno)



Maki (photo: L. Briceno)

24th Annual Lowcountry Splash - May 18

by Sarah Swoch

Last year at the Swim Around Charleston I heard about “the other Charleston race,” the Lowcountry Splash. It's a little shorter than the Swim Around Charleston at about 10K and claims a strong push the entire swim. I thought it sounded like a blast. So, when Megan Howson messaged me about going to the race, I was in. It appeared that the race was 10K but could be completed in my normal 5K time. It goes in the opposite direction from the Swim Around Charleston and crosses the river in the opposite direction too.

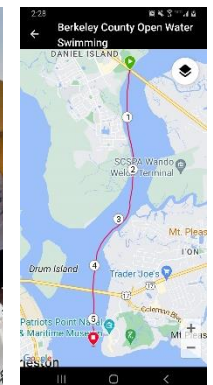
After picking up some tips from teammates who had swum it before, I headed off to meet Megan and her



With Megan Howson and friends (photo: S. Swoch)



Sarah and Megan reunion (photo: S. Swoch)



(photo: S. Swoch)



(photo: S. Swoch)

teammates from Savannah to swim. Some of her teammates had kayaked for the Swim Around Charleston, so we had fun talking about all the happenings of that swim. As a swimmer, I typically have no

idea of any of the drama of the race. It was nice to hear about the scenery. They are a fun bunch and Megan has them training hard. She shared our love of extra credit sets with them.

The start was a bit chaotic, no timing mat to run over, no speaker system. I think someone yelled go and we started swimming. The trick to the swim is in crossing the river. We started quickly sticking to the right and then at a green buoy boat we had to swim straight across the river. The main channel of the river has a strong current. They told us it was critical to swim straight across and hit the green buoy on the other side. I think Megan and I were the only rule-followers of the bunch. We were out there alone trying to cross the river and wondering where everyone went. I guess they all took a ride on the current and crossed over to the left side of the river a few buoys after the green buoy. Next time I'll remember there are no referees out there. We caught up to the group and kept swimming along. The miles went flying, we sailed under the Ravenel Bridge and past the USS Yorktown. They were not kidding about the current. I got sucked into the finishing shoot where they collected our race numbers. Everyone had to hold on to ropes to pull themselves back to the ladder and climb out. The current was so strong!

Our whole team finished within about five minutes of each other. We gathered our medals and t-shirts and headed off to the post-race party. Turns out the lack of a starting mat meant that the finish times had to be done by hand. It took about a week to get our results. Megan, her teammate Grace, and I all won our age groups. Our team created with our top 3 times managed 3rd place. It's great to have swim friends who travel. I love a swim vacation, and a swim vacation with friends is the best!

https://my.raceresult.com/289735/#2_B08163

College of Florida Keys, Swim Around Key West

by Stephanie Gibson

On June 8, 2024 SPMers Macarena Martin Mayor, Sarah Swoch, and Stephanie Gibson swam 12 miles around Key West! Each swimmer was assisted by a kayaker: Claire Onak supported Maki, SPMer Kelly Deuser supported Sarah, and Bill Berry supported Steph. It was a fast first half for the swimmers; there was a nice push through Fleming Cut, and then through the mooring field of sailboats. Steph, Sarah and Maki all had speedy splits through this part of the swim. Then, as they approached Cow Key Channel, which was also supposed to have a



Kayaker Bill and Stephanie (photo: S. Gibson)



(photo: S. Swoch)

Meet the Board: Sarah Swoch

Occupation: Teacher

of years on the board: 1 year
currently, 2 years previously

of years swimming: 37 years

of years with SPM: 18 years

Special awards and accomplishments:
2023 USMS All Star Team, Individual
& Relay All American & Top Ten

What I love about swimming: I love
swimming with friends who are
constantly looking to improve
themselves and help those around
them improve as well.

Other interests/activities/hobbies:

Raising chickens and keeping them out
of my garden. Rock climbing too.

nice push, things got tough. Thanks to the speed in the first half, they had beat the tide, and unfortunately had to deal with a headwind and swim against the current. But all of them persevered and made it to the finish with smiles on their faces! Oh, and for those of you wondering, the water averaged 88 degrees, although it did hit 91 in some places!

Stephanie Gibson:
5:25:19. 1st place AG, 2nd Female OA
Sarah Swoch: 5:33:06. 1st AG
Macarena Martin Mayor:
5:35:37. 1st AG. Full
Results can be found [here](#).



The Key West Gang (photo: S. Gibson)



Sarah, Stephanie, and Maki (photo: S. Gibson)



(photo: S. Gibson)

Triathlon News



Getting ready to attack the course (photo: K. Westerman)



Swim Start (photo: A. Leone)



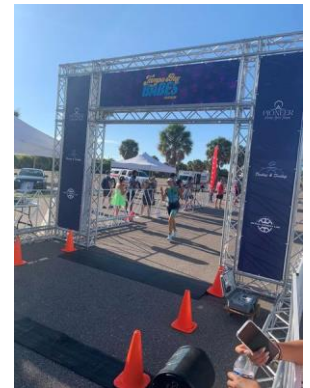
Ready to volunteer (photo: S. Gibson)

Several SPM members competed and cheered on triathletes in the St. Anthony's Triathlon on April 28th. Even with the shortened swim portion, SPM had a fine showing! Congratulations to Olympic Distance athletes Andrew Leone 7th Male VIP Division, Macarena Martin Mayor and Kelly Deuser 17th and 19th in Female 25-29, Jesse Morenus 12th in the M40-44 age group, Cindy Newton 4th in the Female 55-59 age group, and Karen Westerman 29th in the Female 55-59 age group. Thanks to the cheering spectators and volunteers including Stephanie Gibson and Dawn Clark!

The Westermans were at it again in Dunedin on May 19th – this time for the Dunedin Rotary Triathlon. Russ (honorary SPMer) placed 1st in the Men's and Karen 2nd in the Women's Sprint Aquabike event, consisting of a quarter mile swim and a 12-mile bike. Way to go!



Dunedin Triathlon – Aquabike winners Russ and Karen (photo: K. Westerman)



BABEs (photo: Westerman)

A month later, on June 23, Karen competed again in the inaugural Tampa Bay Babes Triathlon. The event consisted of a 400m swim, 9.5-mile bike and 3.1k run in Ft. DeSoto Park.

Outside the Lanes

In the water, but outside the lanes, Karen Westerman and her team, the Florida Elite Synchro Warriors, continue to be a strong force in the Masters Synchronized swimming world. On May 19th, she and her



(photo: K. Westerman)



(photo: K. Westerman)



On the podium (photo: K. Westerman)

team performed at the Barbie synchro show. Then on June 9, after breaking the Florida 200m backstroke at the Bumpy Jones Classic the day before, Karen Westerman competed in the Sunshine State Games in Ocala. She and her synchronized swim team, Florida Elite Synchro Masters placed 1st. Congratulations, Karen!

Good Life! Happy Life!

by Mike Smith

So, what exactly are the Good Life Games (GLG) of Pinellas County? When I initially signed up for the Long Course meet annually in March, I believed it to be a swimming standalone, not associated with any other events or organizations. I did not realize other sports were involved and that the event catered to the 50+ crowd. In fact, prior to Covid-19, there were more than 1600 participants from Pinellas County that competed in more than 10 sports, but we are just going to discuss swimming here.



The fact is, the GLG – Pinellas swimming event (LCM) is connected to 20 other regional Florida Senior Games (SCY) which are qualifiers for the Florida State Senior Games (SCY), which is a qualifier for the National Senior Games (SCY), and connected to the Masters PanAm Games (LCM) as well as the Huntsman World Senior Games (SCM), which is an automatic qualifier for the National Senior Games bypassing Florida regional and Florida State qualifiers if completed in an even year! OMG, someone prepare

Meet the Board: Valerie Valle –
Member at Large

Occupation: Psychologist

Years on Board: 2022-current

Years with SPM: 2017-current

Years swimming: Lifetime competitive swimmer - pool, open water, water polo and triathlon

What I love about swimming: I swim for the passion and purpose to continually grow in mind, body and spirit!

me a Hoshin plan! Confused yet? Of course you are, it is a bit crazy but if you follow the breadcrumbs, you can select your path.

As a USMS swimmer, why would I want to participate in the Good Life Games of Pinellas County? Four great reasons; 1) of the 20 regional Florida qualifiers, the GLG are one of only five Florida Senior Games that are recognized by USMS for Top 10 consideration, 2) all GLG participation levels are monitored routinely, support to ensure SPM has another swimming opportunity annually, 3) it is your county! and 4) the GLG swimming event is one (if not the one) of the first LC events of the swim year, giving you a first chance opportunity to start your Top 10! Still not convinced of how unique that is? Case in point, had you competed in the GLG in the 2019 through 2020 LC season and had the best time at that point, you would have become an all-American because further swimming events were cancelled due to Covid-19!

If you are in the privileged group of less than 50, encourage others you know that are older to participate in GLG and hold a place for you in the future. GLG are open to anyone in Florida or any other state for that matter. See you on the deck!

Olympic Trials 2024

by Charlotte Petersen

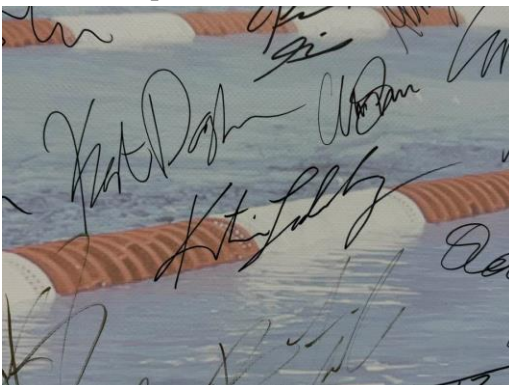


I was gifted the opportunity of a lifetime by Chelsea Nauta and Rob Tullman this June: US swimming Olympic trials as a spectator with great seats (VIP with free food and drinks), close to Lucas Oil stadium, and 5 days of epic swimming including world records and 4 Northshore Aquatic Complex Alumni making THE TEAM.

Yes, I had requested the entire 9 days off from work a year ago to be ready to watch every single heat - also the 6 heats on the 1500 m for both men and women. When I was invited, I was also asked when I wanted to join them in Indy. I picked Tuesday for all the incredible and important events that day, and what a treat it was.

Watching the trials Saturday through Monday from home did not even remotely prepare me for what it was inside Lucas Oil stadium. It was amazing (and I am not able to compare it to Omaha) and I think I can speak for all 16,000-22,000+ daily spectator, that Indy was an amazing host.

Back to the 4 NSAC alumni. We all know Bobby. What an incredible young man. He can swim, but he is also the most well-mannered and well-spoken young man. His parents should be incredibly proud.



Bobby had to work a little for the 800m, but (as Fred said) he is not tapered yet. His 400m where he



got 4th was his lifetime best by 1.5 seconds - again not tapered. The mile was just dominance. I am very excited to watch him (on TV) in Paris and would love a big screen outside the pool like we did for the Tokyo Olympics. It was nice to see his family in the VIP seats paid for by TYR but wish we had also had t-shirts that said "Team Finke" which was spotted on other swimmers' families. Go Bobby go!



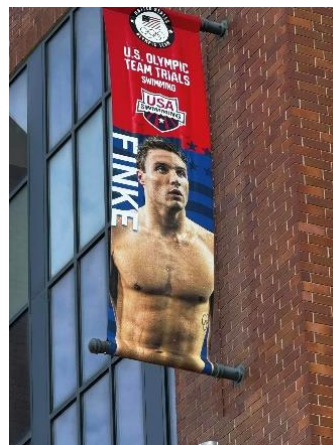
Nic Fink, aka Melanie Margalis' husband (LOL) won the 100 breast. Nic used to be a 200m breastroker but as he said himself, he is an old man and now favors the sprint. Melanie actually states that she is no longer known as Melanie Margalis but rather Nic Fink's husband. When Chelsea and I learned about the pregnancy, we had to tell Fred that another grandson was coming to NSAC. There was not a dry eye in the house when Nic won, gestured a rocking the baby, and the TV showed Melanie crying. Nic's alumni status comes from summer practices as well as short visits with the in-laws. Nic told me that he will retire after the Olympics. Melanie is still thinking about traveling while she is 8 months pregnant.



Matt Fallon belongs to the alumni club after the 3 months he spent with us prior to trials in 2021. Fred said that he had never had a kid that was easier to coach than Matt. He was hard-working and could keep up with Bobby in the long-distance stuff. Of course, Matt's father swims with us - the Sharks. Matt still comes from behind but was so much more aggressive and blew away the field in the 200m breast. Yes, he was excited, and he should be. Chelsea and I were fortunate to watch the swim and the medal ceremony with Matt's family. Dad was smiling, brother excited, and mom just so proud. I cannot wait for the final in Paris. There is this guy from Australia with the WR and a couple of Europeans and perhaps a Chinese guy. However, the young hungry NSAC alumnus could very well be the talk of the town the next day on the Today show.



The last member of the alumni club is Jack Alexy. What a tall young and very



fast man! He swam with us prior to trials in 2021 and was possibly top ten in the 100 free. He has since gotten very fast at Cal in both SCY and LCM. He is still very tall. He made the individual 100 free, as well as the 4X100 free relay. According to one of the SPA parents who was at trials, Jack and his family were

posing for pictures with the kids, and Jack recognized the SPA t-shirts and told the kids about his stay with SPA and coach Lewis. Chelsea texted with him after his events, and he responded every time.

My claim to fame with Nic, Matt, and Jack is that I have pushed them during practice Well, Jack only as I pushed off the wall and he did a start from the block. He was gone in 1 second. With Matt and Nic, I challenged them in freestyle while they swam breaststroke. That didn't go so well for me. Bobby, I can still beat in kicking while I wear and has a weighted kick board.



them. Nobody was bothered by me asking for pictures or just small talk at a snack table. I truly enjoyed small-talking with Missy, Natalie, Maritza, Abby, Dara, Nic, Melanie, Lenny Krayzelburg, Cullen Jones, Madison Kennedy, Rowdy, Abby Fish, Elizabeth Beisel, & Coach Jack

Meet the Board: Chris Stickle

Occupation: Meteorologist for a company that forecasts weather for sailing and motor vessels around the world.

Years on Board: 2 (since 2022)

Years swimming: Swimming competitively since I was 8 years old.

Years with SPM: 3 (Joined SPM in 2021)

Favorite stroke: Freestyle.

Favorite event: 500 Free.

What I love about swimming: It's not just great physical exercise but it is also a wonderful way to improve mental health. I always seem to feel at peace in the water and it helps me unwind from all of life's challenges. Being able to travel for meets is also something I enjoy as it gives me the ability to see places I otherwise might not visit.

Other interests/activities/hobbies:

Comic book cosplay. Look for my superhero caps at meets. When I am not working or at the pool you can usually find me at Sunset beach on Treasure Island or at my favorite local clubs Cocktail & WetSpot on Central Ave.

Between sessions, there was a lot of hanging out with famous swimmers from different Olympics. I am still so happy to tell everyone how nice they were all of

Bauerle. I was privileged to sit next to the parents of the champ in the 50-100-200 free, small talk to the mother of the Albeiro kids, Natalie Hinds, Kelsey Dahlia, and so, so, so many other well-known swimmers. Then of course SPM was represented and actually several swimming friends that I didn't know about until I returned.

One of the most exciting times was spent at the pool deck while Chelsea had a national alumni team swim. Rob and I were allowed to be around the pool, the warmup pool, behind the huge screens, the ready room, etc. It was amazing. Lots of stars and just enjoying the environment. Truly an amazing experience. So much to tell when I returned to the pool that Nate and Cam thought Fred intentionally made the intervals slower so we could tell our experience.

I must mention that I was keen on seeing the Natatorium where the USMS Spring Nationals were held. It was exactly 1.5



miles away from the hotel/ Lucas Oil Stadium. So I walked that loop several times early in the AM. I swam my very last event as a college swimmer at that pool in 1984. SMU had qualified for 4x200 free. I was within 1-2 tenth from the 500 free in December but then my mind went to "I'm just going to finish this year and go home to nursing school in Denmark. I think we were in lane 1 but do not remember what leg I swam. I do remember how high it was to climb out of the competition pool. It was almost emotional to see the pool 40 years later. Chelsea and I did manage to swim 3900 yards in the diving well during the meet, and it's amazing to see the wall of all those Olympians named after swimming at the natatorium. I did not miss competing, but I love this sport of ours, and I felt like a kid in a very large M&M candy store for 5 days. It was truly an amazing experience.

Comfort Zones, Exercise, and Training

by Gary Bastie

Most of us like our comfort zones. There, we feel relaxed, not stressed, and content. Problem is, comfort zones are like tubing down a river that has a waterfall at the end of it. Eventually, they catch up with us. As a result, we need to do something about it. So, let me use an analogy to help you see into your future with regard to comfort zones, exercise, and training.

Since comfort zones lead eventually downhill, we all need to do something about them. While they're good, it's only for a short time. So, here's what most do. They exercise instead of train. OK, so what's the difference?

With exercise, there's a difference in our physiology from our rested state (our comfort zone) to the state we experience during exercise. But, when we're done exercising, we go back to our, you guessed it, comfort zone.

Take calorie use. In our comfort zone, it's minimal. So, we normally gain weight when living by comfort zone standards. That's where we avoid the least bit of stress as we slowly cause more of it. And, we're causing more of it because, as we use fewer and fewer calories (by getting more comfortable) we usually gain weight because our metabolism slows down. OK, so what's the solution?

The first and one most often turned to is exercise. But, the problem with exercise is that it's a temporary fix. We go from our rested state, to one of activity, but then back to our rested state. So, while we use more calories during exercise, afterward there's little difference. That means we can exercise and still gain weight. Why? Because we keep returning to our comfort zone and our rested state.

Then there's training. The difference between training and exercise is that, during training, we're changing our physiology from one of a rested state to a more permanent "trained" state. As a result, our calorie intake is greater, even during our resting state. OK, so how's that really different from exercise?

Glad you asked. During exercise, we might swim an entire workout but do it without ever getting out of our comfort zone. As a result, the more we swim, the fewer calories we use because we're not positively stressing ourselves into the higher use of calories phase. So, we swim, we gain weight, we swim more, we keep gaining weight.

But, during training, we're changing ourselves from who we were into who we want to be. As a result, we continue to use up more calories, even- at rest, thereby actually losing or maintaining our weight. A perfect example would be "Fast Friday" workouts. They're designed to help prepare for competition by swimming at race pace, with enough rest to repeat it during a full workout. As a result, there's more calorie use. Even at rest, a trained person uses more calories than an untrained one.

OK, so how can we incorporate all of this into our daily workouts? To answer, there are three factors that determine our success in the pool and elsewhere. They are Duration, Intensity, and Frequency and they are the

Meet the Board: Ananda Bergeron

Occupation: Engineer

Years on Board: 2

Years swimming: 20

Years with SPM: 8

What I love about swimming: I love swimming because it's refreshing and the best exercise in the Florida heat.

Other interests/activities/hobbies: Anything in nature - hiking, camping, paddle boarding, etc.

"DIF" - difference between success and being average. To be average, we never leave our comfort zone. But, to be successful, we must.

Take Duration (and I didn't "invent" these words, someone else did about 50 yr. ago, I just forgot whom). If we swim a 90-minute workout, we have enough duration to improve our swimming and our caloric intake. But if we swim only 5 minutes, there's little change in our physiology.

As for Intensity, we can swim for 90 minutes (Duration) but never swim with any intensity. As a result, there's little change in us because we never left our comfort zone. Yet, if we swim as close to race pace as possible, then there's a lot of Intensity and we now have Duration (90 minutes) of Intensity.

Finally, there's Frequency. Unless we have Duration and Intensity often, there's no change in our physiology. For example, if we swim just once/week, our Frequency is limited. That also limits what our Duration and Intensity can do. As a result, you guessed it, there's little change in our caloric output so we either keep the same weight or gain it.

OK, so what's the solution? It's all three, Duration, Intensity, and Frequency. In other words, we're changing how we approach swimming (or anything else in life). We swim for say, 90 minutes, swim faster (thereby challenging ourselves), and we do it often, say 3-7 times/week.

And that, my friends, is how we deal with comfort zones, exercise, and training. While none of them is inherently "bad", once we know how to use them, we can make them start working for, not against us. So, there's a time for comfort zones. It's between bouts of training. We often call it "recovery". And, there's a time for exercise, it's when we don't want or need to train. And, there's a time for training which ought to be rather often, with intensity, and for long enough a "duration" to help change our physiology (or maintain it), from a rested state to a trained one.



Socials

by Ananda Bergeron

On a breezy Friday evening at the end of May, a group of about a dozen swimmers headed over to the shuffleboard courts for some fierce intra-team



competition. There were lots of well-placed discs, almost as many knocked out, and only a few ending up in the kitchen. We had a great time!

Save the Date! Rays Swim Day is August 17 – Rays vs. Diamondbacks at 4:10pm. Seats are in Lower Reserved - Section 130. The cost is \$33 per ticket. Email stpetemasters@gmail.com to reserve a ticket. Deadline for a ticket with SPM is Monday, July 22nd!

