



SPM NEWSLETTER

St. Petersburg Masters | North Shore Aquatic Complex

Great Start to the Year!

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The first three months of 2022 saw more meets and gatherings, and SPMers took full advantage of the good weather. The Valentine's Meet at the Long Center opened the SCY season, followed by the Good Life Games a few weeks later. And ... we were finally able to celebrate the 50th Anniversary of the Annual Bob Beach Championship ... the longest continuously running Masters meet! Read Coach Gary's and Alyssa Harmon's thoughts about the meets, and Sarah Swoch's recap and background of the hour swim. The SCY Season culminates with 21 of our swimmers representing us in San Antonio at the end of April for the SCY Nationals Meet. Let's hope it's a **banner** Year!



(photo S. Swoch)

The new year also brought in a changing of the guard. Board elections took place at our annual meeting. Thank you to our outgoing members, Phil Harasz (President), Miles Williams (VP), Phyllis Scheidt (Secretary), John Nixon, and Sara Wolski. Welcome to our new members, Ananda Bergeron, Megan Howson, Chris Stickle, and Valerie Valle, and our new officers, Mike Zabel (President), Lisa Flanagan (VP), and Kathy Selles (Secretary). They have been busy planning upcoming events including the return of the Team Banquet on May 21, so keep your eyes and ears open.

Our members also have reason to celebrate out of the water. Our new SPM president was elected to Belleair Beach's City Council in March. And read about Sarah Swoch's Top Ten finish as Pinellas County's Teacher of the Year.

Thanks to everyone who helped with this newsletter: Gary Bastie, Brooke Bowman, Tabitha Brandt, Dawn Clark, Alyssa Harmon, Cheryl Kupan, Kathy Selles, Karen

Westerman, Sheila Carpenter-vanDijk, and Mike Zabel for their articles, photos, and content suggestions. And many thanks to Gloria Smith and Sarah Swoch who thoughtfully captured images of so many events. As the old adage goes, "A picture speaks a thousand words." Please send any ideas to Alyssa (amharmon97@gmail.com) or Livia (livia.zien@gmail.com). Happy swimming!

Upcoming Events

Apr. 20-21 / SCY: The Villages Senior Games. The Villages FL. [Information & entry](#). Entry deadline: received by Monday, March 28 at 4 p.m. Senior meet for ages 50+. will be USMS-recognized

Apr. 28-May 1 / SCY: USMS Spring Nationals. San Antonio TX. [Information & entry](#). Entry deadline: entries close Monday, April 4, or when maximum number of entrants reached

May 13-16 / SCY: National Senior Games. Plantation FL. [Information & entry](#). Entry deadline: entry closes Tuesday, March 1. Senior meet for ages 50+. USMS-recognized

June 11-12 / LCM: Bumpy Jones Classic. Sarasota FL

July 9-10 / LCM: St. Pete Masters LCM Meet, St. Petersburg, FL (Save the date!)

Aug. 3-7 / LCM: USMS Summer Nationals. Richmond VA [Information](#)

Aug. 14: SPM Team 5k/10k Postal Swim (Save the date!)

Sept. 10 / LCM: Dog Days Meet. Clearwater FL.

Nov. 5-6 (tentative) / SCM: Shark Tank Meet. Sarasota FL

From Coach Gary: Tip for the Week

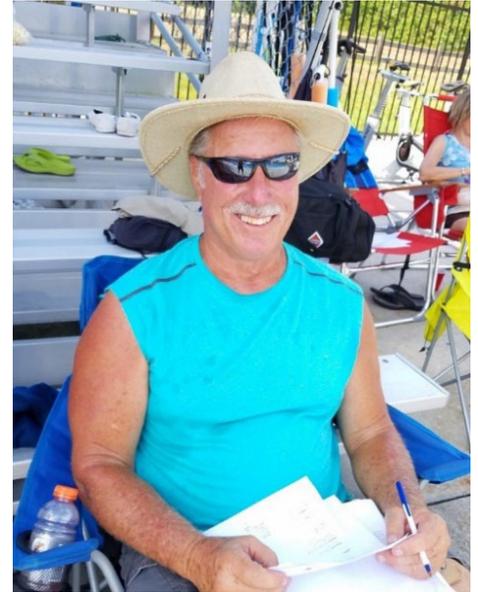
By Gary Bastie

There's a drill that many of us have done but perhaps not with the emphasis I'm about to share with you. It's the touch-pull, aka catch-up drill. Here's how it goes.

In using this drill you'll swim freestyle but, keep one arm outstretched until the other arm pulls, recovers, and the hand touches the other outstretched hand. But, here's my emphasis.

When you begin an arm pull, concentrate on catching the water and pushing it back with force. You should feel a surge ahead and that's the point. If done correctly, it's a good drill, especially for the shorter distances. And, the reason? It helps you catch the water with force and pull your body ahead. In other words, if you could see yourself from above, you'd be putting your outstretched arm and hand in a position to pull, only your arm doesn't really pull backward, you actually pull your body forward. And, if you can do it with greater force, then you are executing a good drill.

Try it and see what I mean.



Short Story

By Gary Bastie

Some of our new swimmers remind me of a story. Since a few of them have never swum competitively before, they bring to mind something that happened when I was coaching during the 1970's.

One of my friends at the time, coached the local YMCA swim team. He asked me if I could do a clinic for his swimmers. I agreed to and he told me the day and time. Only I must have gotten it wrong.



When I arrived at the Y, I walked onto the pool deck and a bunch of young swimmers came out of the locker rooms. I sat them down, gave them a brief intro, and asked what things they'd like to work on. I named several and they chose racing starts and backstroke.

So, for the next hour, we worked on racing starts and backstroke. I'd give an introduction to the skill, explain the components, and then have the kids do it. On both accounts, the kids did well, albeit I thought they'd have been a little bit more skilled. Then, they went back into the locker room as in "class is over".

That's when my friend came out of the locker room. I explained that I'd given the kids lessons on racing starts and backstroke. But, my friend said, "The kids haven't come out of the locker room yet." To which I asked, "Then who were those kids?"

My friend answered, "Oh, that was the beginner's class and their teacher never showed up." I explained that I'd thought those were the competitive kids and told my friend what I had done. And, that my friends, is a true story.

What the beginners didn't know is that they could do things they'd never done before. In this instance, they did great racing starts (every one of them) and swam backstroke like a competitive swimmer. The lesson I learned that day is that, when someone doesn't know they "can't" do something, they will.

The reason I bring this up is that many of our newer swimmers are like those kids. They don't know they can't swim certain events so they do. And, they don't know they're not supposed to be as fast as they are because no one's put those limits on them. And, if no one's going to put limits on you, I won't either and neither should you.

President's Corner: Changing of the Guard

By Mike Zabel



Good afternoon from the new SPM Board:

Vice President: Lisa Flanagan

Treasurer: Brooke Bowman

Secretary: Kathy Selles

Ananda Bergeron

Tabitha Brandt

Megan Howson

Chris Stickle

Valerie Valle

And Me: Mike Zabel President.

It has been a long period of time since we have been in a non-covid heavy environment, and the Board is working on items for the National Team headed to San Antonio Texas for the USMS Short Course Nationals April 28 - May 1. As usual, SPM will be represented in an outstanding manner and of course out to enjoy the trip as well. Good luck and swim well to

the team members travelling to San Antonio.

We are also organizing the first Banquet since 2020 and that's been too long for all of us to get together to celebrate the year with good food and the companionship of our teammates and families. The tentative date is Saturday the 21st of May at the Judge's Condominium complex with its amazing views of St. Petersburg. More information will be coming out in the following weeks regarding the event.

The weekend of March 19 and 20, we hosted the Bob Beach Championship meet and we had 46 SPM swimmers in the meet, all competing in multiple events while posting best times and having a great weekend in the sun. It doesn't get much better than that.

This year the Board will be looking at potentially hosting an additional meet but much legwork has to be done to make the dream of a Long Distance meet a reality.

That's it for now since this board has only been in place for a week (as of this writing). ☺

Until the next newsletter, Swim Well!

Mike

Pool Competitions

Plenty of pool competitions to start off the year. The 29th Annual Masters SCY Valentine's Meet was held at the Long Center from February 12-13, followed by the LCM Good Life Games on March 5. The St. Pete Masters SCY/Bob Beach Championship Meet, postponed from 2020, was finally held during on March 19-20 with over 140 swimmers in attendance. And, Chris Stickle managed to squeeze in the Snag Holmes Masters Invitational March 25-29 at the end of March.

Extra! Extra! Read All About It!

SPM was featured in the Tampa Bay Times, Parks & Recreation section in Sunday, February 20, 2022's paper. Twenty-four swimmers from SPM entered the two-day competition at the Long Center. This was the 29th Annual Masters SCY Valentine's Meet where swimmers compete for the prized box of Valentine Chocolates. Kelly Deuser (18-24), in her first Masters meet, won her 200yd and 1000yd freestyle events. Russell Hawkins, in his first SCY Masters meet, (35-39) swam and won all of the freestyle events (50, 100, 200, 500, and 1000) as well as the 50yd and 100yd butterfly.



(photo G. Smith)

Enjoy the photos from Gloria Smith and Sarah Swoch, and a copy of the article from the Times. Thank you to Kathy Selles and Cheryl Kupan for the copy of the article in the Times by Stephan Lee.

Full results can be found at <https://www.fastswimresults.com/2022/02/2022-29th-annual-masters-scy-valentines-meet/> Congratulations to all participants!



A. Page, S. Bogue, P. Scheidt, S. Henry (photo: G. Smith)



P. Texel, M. Smith, S. Tokayer, T. Soltys (photo: G. Smith)



Life is like a box of chocolates ... (photo: S. Swoch)

Valentine's Meet Thoughts

By Gary Bastie

During the first half of February, we had a group of about 25 enter the Valentine's Meet in Clearwater. This year however, the home team had about twice the number of swimmers that we did. As a result, we "lost" the overall point total by about one swimmer. But, that's not bad, that's good because everyone pitched in and we got the job done. Our relays were fast, new swimmers swam new events, and we took home a boatload of heart-shaped chocolate boxes as high point awards. Hat's off to a great effort with great results.



T. Soltys, C. Stickle, E. Herman, M. Smith (photo: G. Smith)



S. Bogue (photo: G. Smith)



J. Esposito, K. Davis, R. Hawkins, J. Nixon (photo: G. Smith)

Good Life Games

On March 5, nine 'senior' SPM members competed at the Good Life Games in Clearwater. Tabitha Brandt, Paula Texel, Sherri Bogue, Cheryl Kupan, Karen Westerman, Eric Herman, Mike Smith, Robert Slockett (in his first meet as a member of St. Pete Masters), and Bob Beach (the first member of St. Pete Masters). This group racked up a lot of firsts at the meet, representing SPM well! Thank you to Gloria Smith for capturing more wonderful images of SPMers in action! Way to go, Seniors!



Strong 'senior' ladies! (photo: G. Smith)



Bob Beach, backstroke start (photo: G. Smith)

Results can be found at:

<http://www.southeastzone.org/Results/2203clearwater.pdf>.

Bob Beach Championship Meet Reflections

With life returning back to 'normal,' our Bob Beach Championship meet was back on track, attracting 144 swimmers to the beautiful North Shore Aquatic Complex. Many thanks to our new meet director (and treasurer), Brooke Bowman, who worked tirelessly to coordinate the event. The work of the officials, Dan Nardozzi, Charlotte Petersen, Joanie Gauzins, and Kevin Mooren, is always appreciated, keeping everyone legal!

And of course, thank you to all the volunteers, Bob Aldrich, Ken Brandt, Chris Burke, Lucas Fleming, Steve Freeman, Melissa Harasz, Phil Harasz, Susan Kujava, David Larson, Frank McAleer, Colleen O'Reilly, Robin Richins, Phyllis Scheidt, Sue Strickland, Jim Strickland, Patty Nardozzi, Kathy Selles, and Mike Zabel.

Brooke adds, “Special thanks to Patty for announcing, Phyllis for giving up her Sunday swims to help time, and Kathy for stepping in to count for a non-SPM swimmer’s 500 and 1650. And extra-special appreciation goes to the swim meet committee – Lisa Flanagan, Phyllis Scheidt, and Kathy Selles – and the special consults, Patty and Cheryl. It takes a team to run a swim meet!”

Alyssa Harmon shares some history and recaps the milestone weekend, and Gary Bastie reflects on his conversations with Bob. Many thanks to Sarah Swoch for capturing the energy of the meet, while busy swimming the maximum number of allowable events too!

Congratulations to all SPM swimmers who participated, keeping the longest running Masters meet ... running! Results can be found [here](#).

The 50th Anniversary of the Bob Beach Meet

By Alyssa Harmon

Forty-six SPM swimmers participated in the 50th anniversary of the Bob Beach Meet, and they didn't have to travel far. Held on March 19th and 20th, 2022, at North Shore Aquatic Center, SPM and all of the volunteers hosted a great two-day meet. The St. Pete swimmers were able to compete on their home turf alongside 91-year old Robert Beach, who made this all possible.

In 1971, one of Beach's friends talked him into holding a meet for any swimmers who were over forty years old. Seventeen people attended, and it was the second Masters swim meet that was ever held in the United States. Now, the event is the longest-running Masters swim meets that can be found anywhere in the world.

When Beach first started swimming at the facility, it took him about two or three months to even be able to swim a quarter of a mile. However, at the 50th anniversary of the meet, he was able to swim a mile, plus another twenty-five yard-lap until an official had to stop him and let him know that he had finished the event.

After this meet was postponed for two years due to COVID-19, swimmers were eager to get into the pool and swim their fastest times. After the events of the first day, everyone gathered in the classroom for a cake with a picture of Bob Beach swimming that said, “Happy 50th Anniversary.” Behind the cake, there was a collage of SPM swimmers in various meets.

Beach seemed to enjoy the excitement, swimming in multiple events, hanging out with swimmers, and taking pictures with everyone.

While this wasn't Beach's first meet, it was for several SPM swimmers, including: Noah Manera, Sharmaine Owen, Barry Owen, and Macarena Martin Mayer.

Full results for the meet can be found [here](#).

Source for history of meet: <https://www.tampabay.com/archive/2008/08/26/judge-masters-the-pool/>

Conversations with Bob

By Gary Bastie

Not only was it great talking with Bob Beach at the meet known by his name, it was also a lot of fun. Here's why I say that.

First, Bob's a lot of fun to speak with. And, he's always made himself available, especially during meets. I



Celebrating our 50th Anniversary with Tabitha's photo collage (photo: S. Swoch)

enjoy introducing our newer members to him so he can explain how Masters Swimming got started.

Second, Bob reminded me of something I hadn't thought about in over 40 years. It was that, at the start of Masters Swimming, they were going to begin age group swimming at age 40 for we who eventually would reach "Masters Swimming Age". But, on second thought, they made it 25, which is the youngest you could join Masters when I started in 1975. Oh, but there's more.

At first, the age groups were going to be at 10-year increments. So, you might have a 75-year old swimming against 65 year olds. But, since a 10-year span is too much, they settled on the 5-year increments we have now. Oh, but there's more.

Thankfully, not that many years ago by Bob's standards, Masters Swimming was offered to those 18 plus. And that's probably the best news for many of our younger swimmers at this past meet because we had a good number who are under 25.

I just thought you'd enjoy hearing some of what Bob and I discussed. Both of us appreciate where the program's been and where it's going. And now, you too can appreciate some of these minor details that have made Masters Swimming an international success across so many age groups.



Sharmaine and Barry Owen with Judge (photo: S. Swoch)



Charlotte keeping Judge in check (photo: S. Swoch)



Allison, Celeste, Sarah, and Sherri (photo: S. Swoch)



Barry O., Jim E., Greg S., Ted S. (photo: S. Swoch)



Take your mark (photo: S. Swoch)



Paul Kurtz and Steven Bossert (photo: S. Swoch)



Susan K. and Kathy S. (photo: S. Swoch)



Chris Stickle and Alison Retotar (photo: S. Swoch)



Macarena M. and Megan H. (photo: S. Swoch)



Macarena, Alyssa, and Olivia (photo: S. Swoch)



Paula T., Tim K., Valerie V., Chelsea N., Bob Beach (photo: S. Swoch)



Sharmaine Owen and Sarah Swoch (photo: S. Swoch)



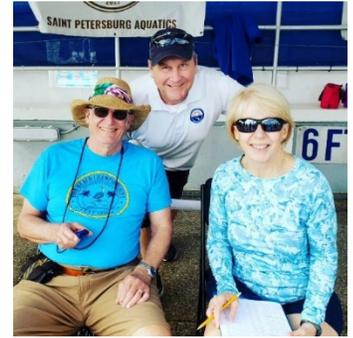
Olivia, Macarena, Kelly, Alyssa
(photo: S. Swoch)



Russell H., Kern D., Chris S., Noah
M. (photo: S. Swoch)



Jim E., Lisa F., Sharmaine and
Barry O. (photo: S. Swoch)



Bob A., Dan N., Kathy S. (photo:
S. Swoch)



Geraldine J., Martha G., Nancy K., and Sheila C.
(photo: S. Carpenter-VanDijk)



Heni S., Nancy K., Melissa
and Phil H. (photo: S. Swoch)



Karen, Paula, Dawn, and Tabitha
(photo: S. Swoch)



Susan T., Alison H., Sarah S.
(photo: S. Swoch)



Action shot – Eric Herman!
(photo: S. Swoch)



Celeste P. and Sarah S. (photo: S.
Swoch)



Sean G., Alyssa H., Noah M., Martha G.
(photo: S. Swoch)



Judge and Sheila (photo: S.
VanDijk)



Ted S. and Sherri B. (photo: S.
Swoch)



Steve Freeman (photo:
S. Swoch)



Martha Gipson (photo: S.
Swoch)



Karen and Paula (photo:
S. Swoch)



Kern Davis flying! (photo: S.
Swoch)

Team Banquet - May 21, 2022
Save the Date!

San Antonio Bound!



Twenty-one swimmers will represent St. Pete Masters in San Antonio, TX at the annual Short Course Nationals from Thursday, April 28 – Sunday, May 1. Be sure to wish the following teammates luck! Robert Beach 90-94, Sherri Bogue 55-59, Tabitha Brandt 50-54, Dawn Clark 55-59, Kelly Deuser 18-24, Dave Gibson 60-64, Alison Hayden 50-54, Eric Herman 50-54, Megan Howson 25-29, Cheryl Kupan 55-59, Chelsea Nauta 30-34, Celeste Patton 35-39, Allison Retotar 35-39, Kevin Schutz 55-59, Ted Soltys 60-64, Christopher Stickle 30-34, Sarah Swoch 35-39, Paula Texel 50-54, Valerie Valle 45-49, Karen Westerman 50-54, and Michael Whitehead 25-29. The schedule of events is below. Look out for a live stream link at the [USMS Spring](#)

[Nationals website.](#)

Thursday, April 28

1. Women's 1000 freestyle
2. Men's 1000 freestyle
3. Women's 1650 freestyle
4. Men's 1650 freestyle
5. Mixed 400 freestyle relay

Friday, April 29

7. Women's 400 IM
8. Men's 400 IM
9. Women's 50 breaststroke
10. Men's 50 breaststroke
11. Women's 100 butterfly
12. Men's 100 butterfly
13. Women's 200 freestyle
14. Men's 200 freestyle
15. Women's 100 backstroke
16. Men's 100 backstroke
17. Women's 200 medley relay
18. Men's 200 medley relay
19. Mixed 200 freestyle relay

Saturday, April 30

21. Women's 500 freestyle
23. Women's 100 IM
24. Men's 100 IM
25. Women's 200 backstroke
26. Men's 200 backstroke
27. Women's 100 breaststroke
28. Men's 100 breaststroke
29. Women's 50 freestyle
30. Men's 50 freestyle
31. Women's 200 butterfly
32. Men's 200 butterfly
33. Mixed 200 medley relay

Sunday, May 1

34. Men's 500 freestyle
35. Women's 200 freestyle relay
36. Men's 200 freestyle relay
37. Women's 50 butterfly
38. Men's 50 butterfly
39. Women's 200 IM
40. Men's 200 IM
41. Women's 50 backstroke
42. Men's 50 backstroke
43. Women's 100 freestyle
44. Men's 100 freestyle
45. Women's 200 breaststroke
46. Men's 200 breaststroke

ePostal Swims

Hour Swim Results

By Sarah Swoch

Of all the [virtual long distance national championship events](#) (hour swim, 5K, 10K, 3,000 & 6,000) the hour swim is a unique challenge. We are usually swimming to complete a distance, the faster we complete it, the sooner it is over. But in the hour swim we are challenging ourselves to swim further with no reduction in the time we are swimming. It's a yearly test set. That's how I like to think of



it anyway. Each year I do it, sometimes I am in great shape, other years I'm just swimming for basic fitness. Either way, I can swim an hour (that's shorter than practice), and it gives me a metric for how well I've been practicing that year. If you are swimming an hour, you are a great swimmer! Plus, sometimes you get some medals in the mail a few months later for your efforts.

We are training with the best! Robert Margalis holds the 18-24 [national record](#) with his 2007 swim of 6,135 yards and Chelsea Nauta holds the 25-29 national record with 5,565 yards in 2017. While not every swimmer is out to score a national record, our team has the talent and training ethic to score national records. We are especially able to do this together. In 2007 Robert Margalis, Ted Bradley, Charlotte Peterson, and Alegra Reich hit 21,115 yards for a Mixed 18+ record that is still holding strong. More recently (2020) Alison Hayden, Paula Texel, and Charlotte Peterson swam the Women's 45+ relay record of 14,435 yards. If you are training with the swimmers who are hitting top times, you are in a good position to hit a top 10 or All-American time yourself or with a relay. Our team has the numbers and depth to be an overall winner too. SPM was the 10th place medium club in yardage this year, with 11 participants. Prize money is awarded to the top three teams in both numbers and percentage of the club participating.



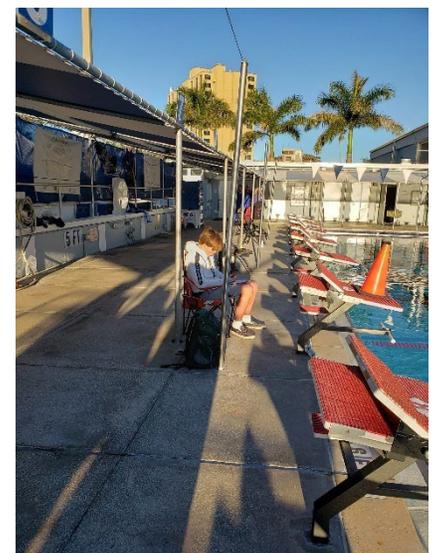
Medals galore! (photo: S. Swoch)

A huge package of medals and patches was delivered to our team after this year's hour swim. Our team's individual All-American winners were Alison Hayden with 4,810 yards in the 50-54 age group and Bob Beach in the 90-94 age group with 2,230 yards. Top Ten hour swimmers were, Chris Stickle (30-34) in 2nd with an impressive 5,275 yards, Carl Selles (75-79) finished 3rd with 3,925 yards, Sarah Swoch (35-39) finished 4th with 4,530 yards, and Russell Hawkins (35-39) finished 7th with 2,980 yards. Honorable mention goes to Valerie Valle for her 4,770 yards that kept the rest of us racing after her. Plus, nobody would have made it home without the energy from her home-made muffins.



Nancy gets encouragement from Coach Gary (photo: K. Selles)

When our team powers combine, SPM shines, and our relays did just that. Chris Stickle, Sarah Swoch, Alison Hayden and Carl Selles made the 25+ Mixed All American Relay with 18,540 combined yards. Also finishing in the number one position was the Women's 35+ relay of Sarah Swoch, Alison Hayden and Cheryl Kupan with 13,640 yards. All of our relays achieved top ten status; Men's 25+ relay of Chris Stickle, Pat Marzulli, and Carl Selles in 3rd with 12,800 yards, Mixed 35+ relay of Russell Hawkins, Cheryl Kupan, Martha Gipson, and Pat Marzulli in 6th with 14,355 yards, and the Women's 65+ relay of Martha Gipson, Nancy Kiernan, and Kathy Selles in 9th with 9,345 yards.



No waiting for a lane at this event! (photo: K. Selles)

The next Virtual Championship (previously the Postal Championships) is the 5K/10K which opens May 15th and ends September 15th. The virtual format means you need to register online before you swim and then report your splits before the event closes in September. It looks like the Mixed 25+ 4x10K relay record of 10:42:48.37 could be updated by our team. Keep a lookout for the dates we will swim this as a team. You can always bring a counter to the pool on a day it's set up long course and get it done on your own too. That is the fun of the virtual championship. Just make sure you save your time sheet. If you are looking for some advice on swimming long just ask one of our record holders.

Open Water Swimming

Tampa Bay Frogman

Unfortunately, the 13th Annual Tampa Bay Frogman swim was cancelled this year because of weather. Dawn Clark shared her update on Facebook:

"Frogman 2022 Update 🐸

I really tried having a 1:1 private conversation with Mother Nature, but she had other plans for this morning. 😞 So, due to the weather conditions and wind advisory, the Frogman swim was canceled. While very disappointing, it was the right call.

We were still able to have the opening ceremony and awards luncheon at Hula Bay, which was amazing!

I want to take a second and thank everyone who donated towards my swim. Your generosity is much appreciated 🙏.

I also want to thank my kayaker, Kathy Selles. We didn't get to cross the Bay together this morning, but we will join forces again next year!!"



Outside the Lanes



"Our Teacher of the Year!" (photo: T. Brandt)

photos of Sarah on stage and on the Big Screen. Online, Sarah's breakout room in Zoom was filled with fans near and far, many holding signs cheering her on.

Evening of Excellence

As you all know, Sarah Swoch excels in the pool, excels behind the camera lens, and excels at being a champion for our team. But she more than excels in her day job, as evidenced by her selection as one of the ten finalists for Pinellas County School district's prestigious Teacher of the Year award. The Pinellas Education Foundation hosted the Evening of Excellence on January 26, 2022 at the Mahaffey Theater and livestreamed the event. Many SPM members were in attendance, both in person and online. Paula Texel and Tabitha Brandt were at the theater, and Tabitha managed to snap some



Sarah takes center stage (photo: T. Brandt)

As chats and texts were exchanged, Chelsea Nauta wrote, “Sarah is teacher of the year in my heart! What an honor to be a finalist!” Bob Aldrich added, “Sarah’s always been a ‘10’!”



Sarah’s video interview segment of the program (photo: L. Zien)

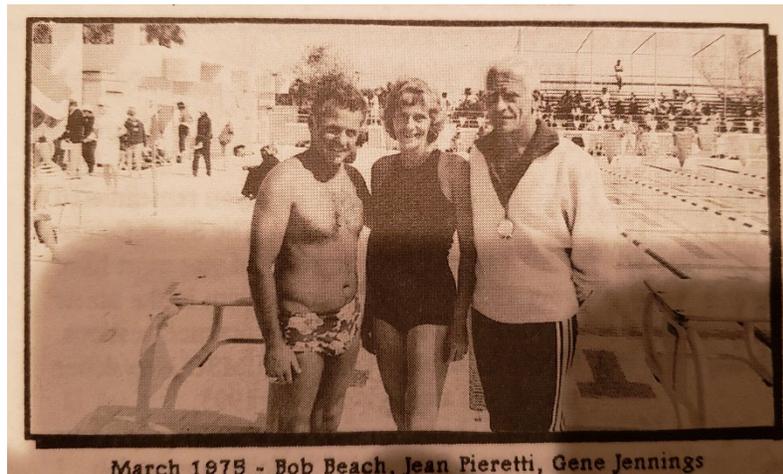
Over 30 fans filled Sarah’s Zoom room, (photo: L. Zien)

While this year’s award went to another finalist, there was no doubt, that Sarah is number one in her students’ books ... and in ours as well!

You can see the watch the recorded event at <https://pinellaseducation.org/eoe/>. Sarah is introduced at 1:41:20.

A Blast from the Past

For USMS history, check out <https://www.usms.org/hist/>



SPM Officers

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- Vice President**
Lisa Flanagan
- Secretary**
Kathy Selles
- Treasurer**
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- Tabitha Brandt
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Fred Lewis
- Assistant Coach**
Gary Bastie