



# SPM NEWSLETTER

St. Petersburg Masters | North Shore Aquatic Complex

## Busy, busy, busy!

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Seven swim meets, a handful of open water swims, triathlons, and even a synchro show capped off this quarter's activities. Everyone was excited that social gatherings resumed which included the rescheduled Awards banquet and an outing for some friendly mini-golf competition.

Turns out, this *is* a banner year as 20 members of SPM's Nationals team did just that ... won the banner! Next up is Summer LCM Nationals in Richmond, VA. And looking ahead, Sarasota will be the site for the 2023 Summer Nationals, so get ready.

If you have ideas and suggestions for stories, please send them our way. If you think a teammate should be recognized for anything in the water or out, please send it our way. If you have anything to share, advice, a funny story, an experience, please send it our way!

Read your fellow teammates' summaries as they share their meet and social outing experiences. As always, Coach Gary has interesting and helpful suggestions to improve your swimming; Mike Z at the helm, recaps the work of the Board; and Regina gives advice on control and letting go.

Thanks to everyone who helped with this issue: Gary Bastie, Sherri Bogue, Tabitha Brandt, Ron Collins, Kelly Deuser, Megan Howson, Regina Novak, Kathy Selles, Karen Westerman, Gloria Smith, Mike Smith, Chris Stickle, Sarah Swoch, Paula Texel, and Mike Zabel for their articles, photos, and content suggestions. Please send any ideas to me ([livia.zien@gmail.com](mailto:livia.zien@gmail.com)) or Alyssa ([amharmon97@gmail.com](mailto:amharmon97@gmail.com)).

Swim happy!



April 21 (photo S. Swoch)

## Upcoming Events

**July 9-10 / LCM: St. Pete Masters LCM Meet. St. Petersburg FL.** [Information & entry.](#) *Entry deadline: online entry closes Tuesday, July 5*

**July 21-28 / LCM: UANA PanAm Masters Championships. Medellin Columbia.** [Information & entry.](#) *Entry deadline: online entry closes Sunday, May 15*

**Aug. 3-7 / LCM: USMS Summer Nationals. Richmond VA.** [Information & entry.](#) *Entry deadline: online entry closes Monday, July 11 (early registration fee discount ends June 21)*

**Aug. 20-21 / LCM: Coral Springs LCM Meet. Coral Springs FL**

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

**Sept. 10: Swim for Alligator Lighthouse (8-mi). Islamorada FL.** [Information & registration.](#) *USMS sanctioned: NO*

**Oct. 14-16 / SCM: Rowdy Gaines Classic. Orlando FL.** [Information & entry.](#) *Entry deadline: online entry closes Monday, October 10*

## From Coach Gary: When Swimming's Not Fun

By Gary Bastie

Most of us will do what's fun. I could name some things but, I think you get the point. It's what's not fun that we stop doing. Take swimming, if it's fun, you'll keep swimming. So, the question is, how do you keep it fun?

There are several ways, including swimming at meets for the sole purpose of helping you see what you need to work on next. Then, it's fun working on those areas because there's a drill for practically everything.

Another way is to keep swimming fun is the social aspect. In the mornings, folks are hurrying to start their day but, in the afternoons, they're getting off work, unwinding, and swimming's a perfect way to do that. I've seen swimmers come to practice, having had a rough day, but leaving quite relaxed, more social, and ready to head home with a smile on their faces. And, those who do that know who they are.

Swimming features equipment and other toys, drills, swim suits, you name it. Each can help keep things fresh. If you haven't used a certain toy, then start using one. If you need to change suit, goggles, or cap, by all means, do so. Whatever helps is a good change.

Also, if you have never changed workout groups, why not give it a try. For instance, if you're a Shark, try the Stroke workout and do mostly stroke that day. Same for Stroke swimmers doing Fine Wine. As for Fine Wine, you're out of luck (just kidding). You can always learn a new stroke, swim it more in practice, and even skip a rest if need be, just to work on something new.

So, there are several ways to keep things fun. If you need more ways, go online. I've found a plethora of ways and so can you.

## Feel the Push Day

By Gary Bastie

Perhaps you hadn't realized it but, the first half of each pull is just that, a pull. The second half is a push and here's why.

If you could see yourself from above (now, I don't mean that in a spiritual sense), you'd notice that you're placing your hands in the water and then, moving past them. So, the first part of each stroke is a pull while the second half's a push, where you push yourself forward.

Think of it as a ladder, submerged and parallel to you. You grasp a rung of the ladder, pull yourself "up", and then keep your hand on the ladder until the next hand grasps the higher rung and you then let go of the first rung.

With that said, how many swimmers only pull? While we call it that, by only pulling, and never pushing back, you only get half a stroke.

As for water pressure on your palm, most people feel that. What they don't feel is the pressure on the rest of your pulling surface, the forearm. But, if you start feeling the forearm, you'll also begin to feel the push more as you finish each stroke. To do the opposite would be like tiny steps while trying to run. But, by taking strides, you pull yourself up to a spot where your foot lands, then push that same foot back behind you as you finish your stride. Well, swimming's no different.

So, my advice to you is, the next time there's a drill set (and we have them often, thankfully), feel the pull but also feel the push and finish your strokes.



## President's Corner

By Mike Zabel



From the President's Guitar Studio

It has been a successful three months for the St. Petersburg Masters. First, we had amazing showings at the USMS Short Course Nationals, the National Senior Games, and then most recently, at Bumpy Jones Classic Long Course meet. In addition, there have been various open water events at which our team members have participated and excelled.

Thanks to your dedicated efforts and tenacious training we have numerous National Champions and, in my opinion, the best Masters Swim team around.

We had an amazing annual Banquet coming off two years of COVID-associated absences. And now we are about to host the 2022 Version of the St. Pete Masters Long Course Swimming Championship on July 9-10, again, after a COVID related break. We can finally celebrate Judge Beach's amazing career and upcoming performances.

I have been neglectful in getting to you the ongoing work of your Board. I will be ensuring that each month you receive the minutes from your SPM Board meetings so you can see what we are considering, have done and more importantly ways in which you can help us provide more support to the team. After all the Board exists to assist the team in its efforts.

The last Board meeting was held on June 7. On the agenda were:

- Awards banquet debrief discussions
- Pride Festival team table for Sunday, June 26
- Team event - Rays Day for Saturday, August 20<sup>th</sup>
- Upcoming LCM Summer meet July 9-10
- Treasurer's report
- Possibility of team outing at the St. Petersburg Shuffleboard Club
- Next meeting: Wednesday, July 6

By the time this hits the newsstand, many of these items may have already taken place. I'm interested in your thoughts about the Spring Formal (Banquet). Menu items, more of this, less of that, especially the alcohols. I'm not a drinker but I want to make sure everyone is happy. Thoughts about the upcoming 2023 LCM Nationals in Sarasota are welcome now, which gives us time to plan. Please email me your thoughts, grab me on the pool deck, but like Charlotte says, "Don't touch my F%^\$#ng toes." I'm kidding! Hah 😊

Later, Z (captainzabel@gmail.com (301) 943-3443)

## Pool Competitions

SPM swimmers participated in seven pool events over the past 3 months, culminating with the USMS Spring Nationals in San Antonio, TX. That's a lot of racing! National Senior Olympics, YMCA Nationals, Spring Nationals, IGLA, Bumpy Jones, Big Kahuna, and a Sprint and Relay Meet, all in the books.

### 2022 Sarasota Sharks Relay and Sprint Meet

The Sarasota Sharks held their first Relay and Spring Meet on April 3. Adam Jerger (45) at the bottom of his age group and Sean Gerrard (49) at the top, took advantage of the opportunity. They took first and second places in the events they swam together: 50 yard free, breaststroke, and butterfly, the 100yd freestyle and IM. Congratulations on some fine swimming, gentlemen!

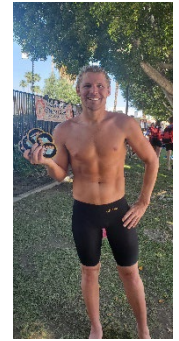
## IGLA, Palm Springs

From April 6-10, Chris Stickle and Steve Gavalas represented SPM well placing 1<sup>st</sup> in the 1000yd and 1650yd free, 200yd fly, and 2<sup>nd</sup> in 200yd back and 500yd free. Steve Gavalas placed 7<sup>th</sup> in the 50yd back and 11<sup>th</sup> 100yd free.

Chris first swam the IGLA (International Gay and Lesbian Aquatics) back in 2017 and has participated every year since. This year, the meet was held in Palm Springs, CA. Next year, there will be two events: one in London in June, and the second in Guadalajara, MX in November. Chris explains, "The meet is open to all Masters swimmers even though it tends to draw a mostly LGBT crowd." Although it is a smaller meet, Chris likens the level of competition to that of the USMS National Championships, Congratulations to Chris and Steve! Full results can be found at this [link](#).



1<sup>st</sup> Place Batman Butterfly (photo: C. Stickle)



5 races, 5 medals (photo: C. Stickle)

## YMCA National Championships

On April 7-10 at Rosen Aquatic Center in Orlando, it was Mike Smith and the ladies, Allison Retotar, Sherri Bogue, Cheryl Kupan, and Susan Tokayer swimming for the Water Rat Masters Team. Allison had a full plate, swimming 12 events, winning the 100, 200, 500, 1000 yd free, 100 and 200 back, 100 and 200 IM, and placing 2<sup>nd</sup> in 50 free, back, and fly, and the 100 breast. Equally busy, Cheryl with 12 events as well and logging 3300 yards, won her 100 and 200 back, 200 fly, 200 IM, and 400 IM events, and 2<sup>nd</sup> in her 200 breaststroke and 1650 free. Sherri logged the most yards of all, at 3550 and had some great swims, taking 7<sup>th</sup> in the 1650 with a 1 second drop, 5<sup>th</sup> in the 1000, a 4 second drop in her 100 free, and a 5<sup>th</sup> place in the 200 free. Susan won her 100 fly and 50 free events, 2<sup>nd</sup> in her 50 fly, and 4<sup>th</sup> her 100 IM. And Mike had great finishes in all his races, placing 2<sup>nd</sup> in the 100 breaststroke, 3<sup>rd</sup> in the 50 and 200 breaststroke, and 4<sup>th</sup> in the 50 and 100 fly. Congratulations to all! Results can be found [here](#).



## Mike & Mike Represent @ NSG

By Mike Smith

The 2022 National Senior Games had their second largest participation since the origin of the games (1987) with 12,065 attendees competing in more than 20 sports. The NSG is held every two years and technically should have taken place in 2021 but was preempted by Covid-19 which pushed the event to 2022 in Ft. Lauderdale.

The Plantation Aquatic Swimming Complex was the site of the SCY swimming championships with nearly 800 swimmers aged 50+. It was a challenging situation from the jump as those scheduled to participate in the afternoon session showed up on day one to learn the morning session had not yet begun which caused the entire swimming competition to roll late over the next four days. One rumor was a proactive move on behalf of the meet director that oversaturated the competition pool with chemicals to offset the upcoming storm that never materialized that resulted in moving all the timers and timing pads to an adjacent pool. Another was that lightning had struck the pumps and caused over saturation of the competition pool. In any case, the competition basically ran from 8am to 7pm every night as the volunteers did their best to get back on track. Numerous storms moved through the area and the decks were cleared multiple times. Even though one's confidence level was high they would not compete before days end, one had to stay until nearly 7pm to be sure. Mike & Mike weathered the storms (pun intended) but had



1<sup>st</sup> place NSG hardware (photo: M. Smith)

to adjust nutrition, breathing exercises, swim prep, bio breaks making it quite the challenge to be prepared to do ones best. The greatest disappointment was the scoreboard wasn't functioning which meant, one couldn't celebrate until the final results were posted. The silver lining in a situation like this is we all went through it together generating many stories for the future.

Mike Zabel and Mike Smith represented SPM. Mike Z competed in six events in the 60-64 age group finishing with three bronze medals in the 500 free, 200 IM, and 400 IM with a strong finish in the 200 Free as well. Sprinter Mike S moved into a new age group, 65-69, for the first time in his USMS career and made the most of it, winning the 50 Free in 25.71, followed by wins in the 50 Breast, 100 Breast, 50 Fly, 100 IM, 200 Mixed Free Relay, 200 Mixed Medley relay and silver in the 200 Breast.

Although the NSG competitions are every two years, the NSG wants to get back on track so they will be held in back-to-back years, 2022/2023 with the latter in Pittsburgh on July 7-18, which makes 2022 a qualifying year. Maybe the swimming competition will be held indoors!

## USMS Spring Nationals



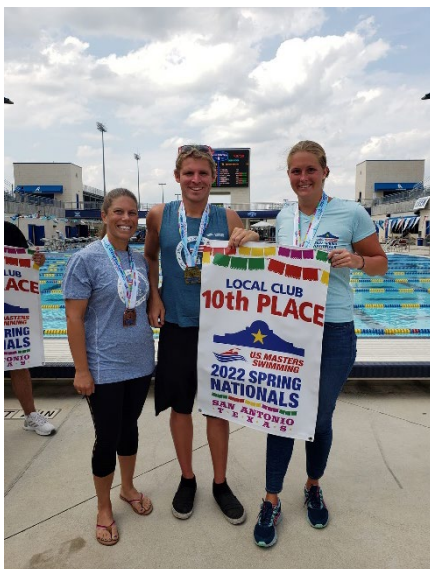
Fourteen women and six men from made the trip to San Antonio, TX and did an outstanding job representing SPM at the USMS Spring Nationals. Postponed due to the pandemic, this long-awaited meet was in full swing this year with over 1800 swimmers from 268 teams participating.

Congratulations to Bob Beach, Sherri Bogue, Tabitha Brandt, Dawn Clark, Kelly Deuser, Dave Gibson, Alison Hayden, Eric Herman, Megan Howson, Cheryl Kupan, Chelsea Nauta, Celeste Patton, Allison Retotar, Kevin Schutz, Ted Soltys, Chris Stickle, Sarah Swoch, Paula Texel, Valerie Valle, and Karen Westerman.

A special thank you to Paula Texel, veteran National swim meet competitor, and to Kelly Deuser, first time National swim meet competitor, for sharing their experiences, each having stellar performances. Paula earned her first individual win in the 100 backstroke. Kelly, with both the Nationals meet and St. Anthony's the same weekend, placed 3<sup>rd</sup> in her 1000 free and placed 5<sup>th</sup> at St. Anthony's.

Check out the sophisticated results link [here](#). Searches can be made on swimmers with links to a video of each race. Pretty cool.

Kudos to all who participated, bringing home the banner, and doing our team proud!



The coveted banner (photo: S. Swoch)

## We Got the Banner!

By Paula Texel

I can't tell you how excited and proud I was to be a member of the SPM National Team that took home the 10th Place Local Club Banner from San Antonio! After being on a couple of teams that placed 11th in years past, it was so exciting to get that Top 10 finish. Twenty SPMers spent four days at the Northside ISD Swim Center (located at 8400 N Loop 1604 W, San Antonio, Texas), providing competitors with a state-of-the-art facility. In addition to the 50-meter pool, there were plenty of warm up/warm down pools to use throughout the day, and enough locker room space for all. We couldn't ask for a better facility to swim our fastest!



Paula, Karen, Tabitha (photo: K. Westerman)

SPM accumulated 538 points to earn the 10th Place banner. I want to give a special shout out to the ladies in the 50-54 age group – Tabitha Brandt, Alison Hayden, Karen Westerman, and me - who racked up 167 of those 538 points...way to go ladies! Bob Beach led the way with his four first place finishes - 1000 Free, 200 Free, 200 Back, 500 Free. Congratulations also goes out to Alison Hayden (1000 Free, 200 Fly), Chelsea Nauta (500 Free) and Chris Stickle (1650 Free) on their individual wins. And...I was super excited to win my first individual event in the 100 Back.

We loved hearing from our teammates who weren't able to join us in San Antonio throughout the meet to let us know how great the livestreaming was. It was so cool to see your name displayed before the heat and then a "results screen" once the heat was finished! And, if you haven't had the opportunity to check out the Nationals section on the USMS website, I highly recommend you do so. An added feature this year is they have a "Race Videos" section where you can click on your name and all of your race videos are right there for you to watch again and again!

One of my favorite parts of attending National meets is that it allows me the opportunity to meet up with friends from around the country, especially since it's been a few years since some of us have seen each other. It was great to catch up with those friends and even enjoy a meal or two together. We were even able to celebrate a special "age up" birthday while in San Antonio – thanks Val for turning 45 DURING the meet so you could swim relays with us oldies!

Thank you to all of my SPM teammates for making our trip to San Antonio a GREAT one!



Northside ISD (photo: T. Brandt)

## “Swimmers, take your mark...BEEP!”

By Kelly Deuser

I remember diving into the water for my first event, the 1,000 yard freestyle, at Spring Nationals in San Antonio just two months ago. I was very excited, but also a bit nervous because it was only my second time ever swimming it! I joined St. Pete Masters this past October, and it is the first Master's team I have been a part of. I swam for my school's varsity team all four years of high school, but never with a year-round club. When I moved down here to attend Eckerd College in 2016, I was looking forward to joining the swim club, but was disappointed to find out that they did not compete (and that their total yardage in practice was usually a mile or less). I eventually found the St. Pete Mad Dogs, and started swimming with them every Wednesday evening out at Pass-a-Grille beach. Since then, I've done multiple triathlons, but with pool swimming in my roots, I couldn't stay away.

This past spring has been my first time competing since February of 2016, and I was extremely excited when I got the time cuts for the 1,000 yard and 200 yard freestyle at the Valentine's meet in Clearwater. While I was only able to swim on Thursday and Friday at Nationals (I had to fly back early for St. Anthony's), I loved every second of it because I was proud to represent SPM with an awesome, very welcoming group of people.

Going to San Antonio was not only my first time in Texas, but also my first time traveling for a swim meet! I think there's something special about going out-of-state to compete, especially with a good group of teammates. I'm so happy that I got to swim the 1,000, because when I was in high school, I really wanted to be a distance swimmer, but couldn't understand how to maintain my speed for longer than a 200 or so. I also surprised myself with my time; I dropped 42 seconds and was second in my age group! I enjoyed the 200 free too, even though that event has always been a bit of a mental blender for me. I still don't think I've figured it out, but I was content with dropping ten seconds and getting a personal best. Overall, I'm really happy that I found SPM, because I always wanted to compete on a year-round team when I was younger, but never got the chance. So now, I feel like I finally have the opportunity to do that, which I am so thankful for. I really look forward to every practice, meet, and anything to do with the team!



The Alamo (photo: T. Brandt)



Eric and the ladies (photo: T. Brandt)



Sarah Swoch (photo: M. Howson)



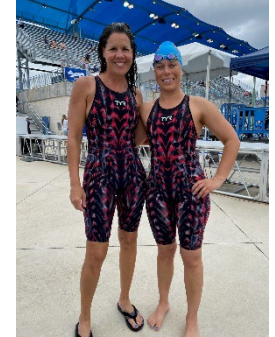
Eric Herman, Chris Stickle, Ted Stoltys, Paula Texel, Sarah Swoch (photo: M. Howson)



Sarah Swoch (photo: M. Howson)



Karen and Tabitha (photo: M. Howson)



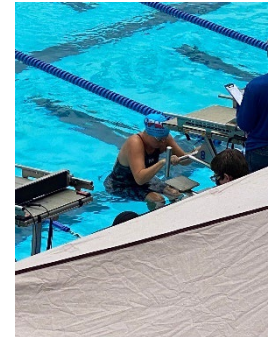
Paula and Sarah (photo: K. Westerman)



Northside ISD (photo: T. Brandt)



Judge and other honorees (photo: T. Brandt)



{photo: S. Swoch}



Celeste Patton (photo: C. Patton)



Photo op (photo: T. Brandt)



Tabitha, Dawn, Karen, Val, Chelsea (photo: T. Brandt)



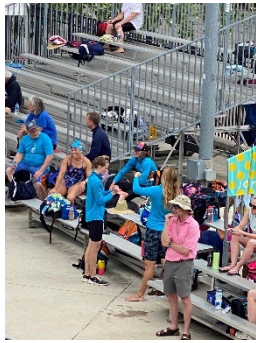
Judge Beach, one of the USMS founders (photo: T. Brandt)



Food. An important component any meet, especially Nationals (photos: T. Brandt)



Was the 28" pizza too much? (photo: T. Brandt)



(photo: T. Brandt)



Parkas in TX in May??? (photo: T. Brandt)



Cheryl Kupan (photo: M. Howson)



Medals! (photo: M. Howson)



Medals! (photo: M. Howson)



Celeste Patton (photo: C. Patton)

## Planning Ahead

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

Dec. 3-4 / SCM: Coral Springs SCM Meet. Coral Springs FL

## Bumpy Jones

Thanks to participants Bob Beach, Peter Betzer, Sherri Bogue, Kern Davis, Kelly Deuser, Jim Esposito, Samantha Fulmer, Russell Hawkins, Alison Hayden, Megan Howson, Cheryl Kupan, Noah Manera, Macarena Martin Mayor, John Nixon, Allison Retotar, Robin Richins, Robert Slockett, Josh Smith, Chris Stickle, and Sarah Swoch for representing SPM!

Chris Stickle led the team with 90 points, followed by Sarah Swoch with 77, Cheryl Kupan with 73, Macarena Martin Mayor with 71. Chris won all 10 of his events, Judge Beach all 7 of his, and Noah Manera all 6 of his. Cheryl Kupan topped the group swimming 11 events. Whoa ...

Enjoy Sherri's fun summary of the meet below!



"Judge winning everything" (photo and caption: S. Swoch)



Chris and Alison (photo: S. Swoch)



(photo: S. Swoch)



Allison, Cheryl, Sarah, & Samantha



(photo: S. Swoch)



Jim Esposito (photo: S. Swoch)



## Great Way to Start off the LCM Season!

By Sherri Bogue

The 2022 Bumpy Jones Classic Long Course Meet on June 11 – 12 was a great way to start off the Long Course season. SPM was represented by 20 swimmers. It was a weekend full of some great swims and fun relays with a mix of ages. Also, it gave us all a chance to see some friends that we had not seen for a while. The rain did appear late on Saturday which meant that the last event was completed on Sunday. Each swimmer was able to improve on seed times and some of us even made qualifying times for Nationals which is coming up very soon. So much excitement watching and cheering for each other.

At the end of each day, swimming may have been over but eating after is always a great time. Of course, it would not be a complete weekend if SPM did not go to Yoder's on Saturday. This tradition is never a disappointment! Sunday's meal was a pizza at Joey D's Chicago Style Eatery.

Awesome pictures were taken by Sarah!

Looking forward to more great swimming and fun times with everyone.

Results can be found at: <https://www.usms.org/comp/meets/meet.php?MeetID=20220611BUMPYL>



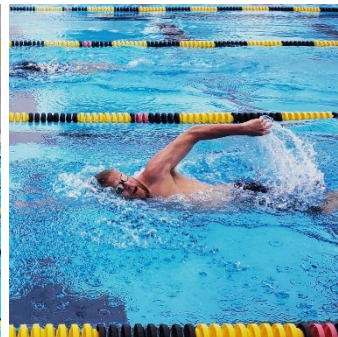
1<sup>st</sup> place Women's 200 Free Relay: Allison, Megan, Macarena, and Kelly (photo: S. Swoch)



(photo: S. Swoch)



"Peter Betzer ahead by a mile"  
(photo/caption: S. Swoch)



Russell Hawkins (photo: S. Swoch)



Post-meet meal, day 2 at Joey D's  
(photo: S. Swoch)

## Big Kahuna Masters Classic



Backstroke was Chris' best stroke as a kid – still looking strong (photo: R. Collins)

You've seen him with his superhero gear at the meets, donning his Batman cap or robe. With Batman, Spiderman, Aquaman, and Superman swim caps, Chris Stickle says, "I am surprised there is not a bigger market for these caps because of how huge the comic industry is. In my opinion these caps look amazing in the water and they might give swimmers some self-motivation behind the blocks." Batman is his favorite superhero, followed closely by Spiderman. "With Batman, I find that he is most relatable. Because he has no powers, any individual if they train hard enough and have enough money could theoretically become Batman in real life. This is not to mention the fact Batman has all the coolest toys."



Chris - backstroke start (photo: R. Collins)

On June 18, Chris, originally from the Virginia Beach area, took the opportunity to participate in the Big Kahuna Meet at the Princess Anne YMC, hoping to see family during the visit. Little did he know that the trip up there would be a marathon event in itself, with multiple cancelled flights, an airport sleepover, and finally a 12-hour drive from Detroit, MI (yes, Detroit) to Norfolk, VA, “in a shared rental car with a random passenger in the same boat,” Chris says. Undeterred, he still had a great meet, placing 1<sup>st</sup> in his 50m and 100m backstroke events, 100m, 200m, and 400m freestyle events, and a 3<sup>rd</sup> place finish in the 50m freestyle.

At the meet, he was also able to meet up with Ron Collins again. He first met Ron at our 49<sup>th</sup> Annual Bob Beach SCY Championship in 2019 where Ron introduced himself, explaining how he knew his dad and swam with his uncle between 1977 and 1982. Small world! At that meet, Chris also learned about St. Pete Masters, racing against both Ken Wazyniak and Ron. He remembers, “I was impressed with how fast they were. And Ken told me about the team and how much SPM trains.”

Chris was working in Lakeland at the time, but by the end of 2020, because of the pandemic, he was able to work remotely for the Marine Weather Center. Looking to move to a bigger city and a bigger social scene, he considered Orlando and St. Petersburg. Ultimately, the beach won him over, and as a result SPM won too!

Back to the meet ... his Big Kahuna adventure did not end with his great swims. His return flight on Sunday night was also cancelled, and was finally able to get home late Monday. But he still says it was a good meet and that he was happy he swam well. He has his sights set on the August 2022 Summer Nationals in Richmond, VA. Here's to smooth travels in the summer and continued great swimming, Chris!

And Ron ... we miss you!

Results can be found at <https://www.usms.org/comp/meets/meet.php?MeetID=20220618KAHUNAL>



Ron with Caycee Poust Buscaglia (photo: R. Collins)

## Heading to Richmond



As of June 30, five swimmers will represent St. Pete Masters in Richmond, VA at the 2022 Summer Nationals from Wednesday, August 3 – Sunday, August 7. Robert Beach 90-94, Alison Hayden 50-54, Noah Manera 18-24, Macarena Martin Mayor 18-24, Christopher Stickle 30-34, and Paula Texel 50-54. The schedule of events is below. Look out for a live stream link at the [USMS Summer Nationals website](https://www.usms.org/comp/meets/meet.php?MeetID=20220618KAHUNAL).

Be sure to wish your teammates luck!

Wednesday, August 3	Thursday, August 4	Friday, August 5	Saturday, August 6	Sunday, August 7
1. Women's 1000 freestyle	3. Women's 800 freestyle	11. Women's 400 Freestyle	21. Women's 200 IM	33. Women's 400 IM
2. Men's 1000 freestyle	4. Men's 800 freestyle	12. Men's 400 Freestyle	22. Men's 200 IM	34. Men's 400 IM
	5. Women's 100 backstroke	13. Women's 200 backstroke	23. Women's 50 freestyle	35. Women's 200 freestyle relay
	6. Men's 100 backstroke	14. Men's 200 backstroke	24. Men's 50 freestyle	36. Men's 200 freestyle relay
	7. Women's 50 butterfly	15. Women's 100 breaststroke	26. Women's 200 breaststroke	37. Women's 100 freestyle
	8. Men's 50 butterfly	16. Men's 100 breaststroke	28. Men's 200 breaststroke	38. Men's 100 freestyle
	9. Women's 200 medley relay	16. Women's 200 butterfly	29. Women's 200 freestyle	39. Women's 50 breaststroke
	10. Men's 200 medley relay	17. Men's 200 butterfly	30. Men's 200 freestyle	40. Men's 50 breaststroke
		18. Women's 200 freestyle relay	31. Mixed 200 medley relay	41. Women's 100 butterfly
		19. Mixed 200 freestyle relay		42. Men's 190 butterfly

# Open Water Swimming and Triathlons

## Fresh Start Swim Series

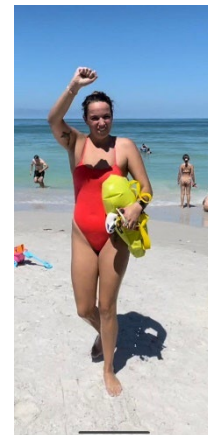


Megan Howson, Sarah Swoch, Celeste Patton, and Nathan Dean (photo: S. Swoch)

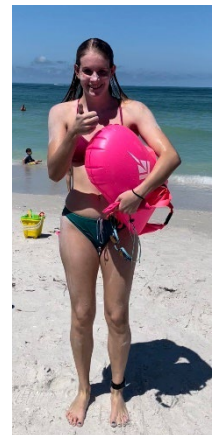
The Fresh Start Swim Series consists of 3 events throughout the year at various venues. On Saturday, April 2, Honeymoon Island was the site of the first event of 2022. Celeste Patton finished 2nd overall in the 4-mile race and Megan Howson 3rd overall in the 4-mile races, both winning their respective age groups. Nathan Dean swam the 2-mile race with his sons. Not swimming this time, Sarah Swoch volunteered to help out as a kayaker for the event.

The second race in the series, scheduled for June 4<sup>th</sup> in Madeira Beach had to be cancelled, as the first tropical storm of the season loomed in the Gulf. However, the following day, the organizers Leo Briceno and the Open Water Swim Community

were able to hold a 10k swim. Kelly remembers, "After the race got called off on Saturday, Paul Valutitto suggested that everyone who signed up to race and still wanted to swim, go swim on Sunday just for fun." At dinner that evening, Kelly, Macarena, and a few other ladies who had signed up for the race, "brainstormed" and came up with a 6.2 mile loop from Pass-a-Grille to the Tradewinds Resort on St. Pete Beach. Although Kelly was registered to swim the 5k, she considered swimming 4 to 5 miles on Sunday. Unbeknownst to her, Macarena had already planned to push Kelly to finish the 10k if she was looking strong. Kelly explains, "During the swim, I linked up with Macarena, Paul, Stephanie, and Julie, and our kayakers who had our nutrition, so it all just snowballed into me also doing the 10k. I had now idea about that. Funny how things work out!" And that's how Macarena and Kelly completed their first 10k race. Woohoo!



Macarena (photo: L. Briceno)



Kelly (photo: L. Briceno)

## Sand Key OWS Series

On May 14, Karen Westerman and husband Russ participated in the Sand Key Open Water Swim Series. Karen won the overall half mile race ahead of both men and women, and Russ won his age group. Congratulations to the Westermans!

## St. Anthony's and Dunedin Rotary Triathlons

The St. Anthony's Triathlon was held on May 1, 2022 in downtown St. Pete. Macarena Martin Mayor and Kelly Deuser finished 4<sup>th</sup> and 5<sup>th</sup> respectively in the 20-24 age group. Kelly also raced back from her first USMS Nationals meet in



Karen at Sand Key OWS (photo: K. Westerman)

San Antonio, TX to participate in St. A's. Steve Bossert (50-54) and Rich Knipe (55-59) also had fine performances in the Olympic distance division. Kudos to our multi-sport athletes!



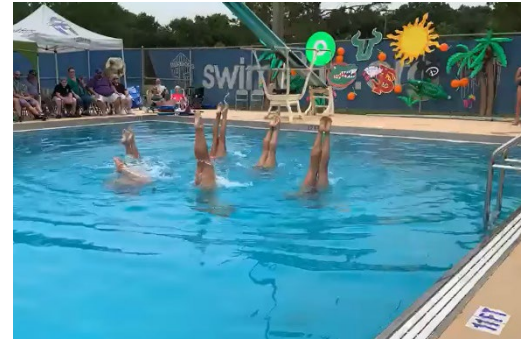
First time placing, Kelly is excited! (photo: K. Deuser)



Karen wins the Aquabike  
(photo: K. Westerman)



Clip from K. Westerman's FB video



Clip from K. Westerman's FB video

On May 22, Karen Westerman competed in the Dunedin Rotary Triathlon in Honeymoon Island State Park, winning the Women's Aquabike division (1/2 mile swim, 12 mile bike) and swimming her signature fly for the finish. Not limiting herself to racing, Karen also competes with the synchronized swimming team. On May 21, the day before her Aquabike race, she performed in the Florida Elite Warriors Synchro Show. Way to go, Karen "Ester Williams" Westerman!

## Swimming Socials

A team that swims together, wins together ... and plays together. As life continues to open up, the much-missed social gatherings resumed. Our hardworking Board and banquet committee organized our annual awards banquet in May, arranged to have a team outing at ParBar, and showed our presence with a team tent at the Pride Festival.



2022 Awards Banquet (photo: G. Smith)

## St Pete Masters Banquet, May 21, 2022

By Kathy Selles

Thanks to Covid, SPM did not have a banquet in 2021. Along with the rest of the world, we have all been locked down and masked up, and feeling like we had lost a year. It seemed only fitting then that the theme of our 2022 banquet was "Back to the Future," to celebrate the return to some semblance of normalcy. Judge Beach was again able to reserve the banquet room in his building, which provides sweeping views of the St Petersburg waterfront. A red walkway led attendees into the

banquet room where paper flames adorned the tables and windows. If only Marty McFly could have been here to blast out his rendition of Johnny B. Goode!

The food was provided by Mazzaro's including hors d'oeuvres, salad, beef tenderloin, chicken marsala, pasta, roasted veggies, salmon, and dessert - Tiramisu, coffee cake, ice cream, cookies. The club provided wine, beer and soda. Everything was delicious!

Bob Aldrich was tapped at the last minute to be our Master of Ceremonies and did a great job – Thank you! Bob led us in the Swimmer's Grace, and on through the program to recognize the achievements of our team members at swim meets in 2020 and 2021 including the following categories:

- All-American awards— placing 1st in an individual, distance, or relay event, by age group
- Top-Ten awards — placing in the top 10 in an individual, distance or relay event, by age group
- Leather Lung Awards—recognized by the FL-LMSC for those who have completed all events in either SCY, LCM, or SCM seasons, or all the e-Postals
- Georgies: Following the achievement awards came the Georgies, named after SPM swim coach, George Bole. This is a chance to poke fun at each other, and remember hilarious antics and

mistakes from our many swim events. The banquet was a fun evening and a great way to re-connect with friends and fellow swimmers that we may not have seen in a while. The banquet is usually held around the third week in February, so mark your calendar for 2023!

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Noah, Alyssa, and Samantha (photo:K. Selles)



(photo:K. Selles)



Megan and Tabitha (photo:K. Selles)



Carl and Eric (photo:K. Selles)



Megan and Tabitha (photo:K. Selles)



Jo Jo! (photo:K. Selles)



Jon and Judge (photo:K. Selles)



Sarah, Dawn, and Sharon (photo:K. Selles)



Emcee Bob! (photo:K. Selles)



Alison, Gloria, and Mike (photo: K. Selles)



Sarah, Dawn, and Sharon (photo: K. Selles)



Margot and Dave (photo: K. Selles)



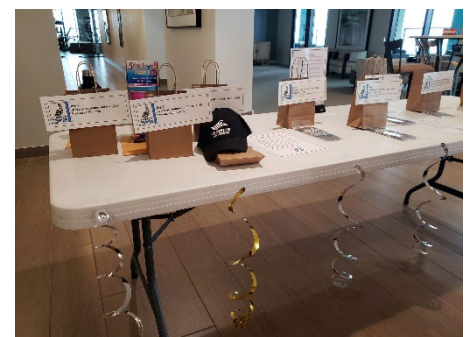
Carl (photo: K. Selles)



Sherri and Lisa (photo:K Selles)



The Spread (photo:K. Selles)



The Swag (photo:K. Selles)

## ParBar Team Social

By Megan Howson



Friendly competition out of the water (photo: M. Howson)

particularly difficult, and several hole in ones. Mike Zabel had definitely been practicing at his own putting hole, and it showed. Cheryl Kupan and Wendell Banks were excellent cheerleaders (or hecklers) during the tight competition, with Sarah Swoch and Alison Hayden showing that swimmers do not only belong in the pool. This was a great opportunity for team mates to have some fun and connect outside of the water, and we look forward to many more in the future! Keep your eyes peeled for emails with future team social information, of what will hopefully become a monthly outing!

On Friday, June 3rd the team met for the first team social since COVID! Swimmers gathered at ParBar, a new mini golf (or putt-putt) course in downtown St. Pete to enjoy some golf, food, drinks, and of course socializing. The weather held out for us, despite some ominous looking clouds and tropical storm forecasts, and everyone had a great time. Prior to tee time everyone enjoyed some great Asian fusion food truck delights at the picnic area as Chris Stickle tried to convince us to join him in London for a meet in 2022. The mini golf competition was pretty fierce, with the rules of ParBar requiring the player with the highest score to stand a round. Paula Texel even made some celebrity shot appearances.

There were a couple shots that maxed out the number of swings, hole 9 proved



(photo: M. Zabel)



(photo: M. Zabel)

## Pride Festival

This year Chris Stickle arranged to have a tent set up at the Pride Festival on June 26. They prepared flyers and were armed with USMS bling and information. Thanks to Chris, Megan Howson, Ananda Bergeron, and Jim Esposito for manning the tent and recruiting more team members!



Megan, Chris, and Ananda (photo: C. Stickle)



Jim Esposito and Chris (photo: L. Zien)

## I Am in Control

By Regina Novak

It's really easy to feel out of control. In my professional world, inflation is wreaking havoc on people's lives. While I coach them through many pieces of this situation, the bottom line is this:

I cannot control some things (the cost of gas, how long this lasts, etc).

I do control many things. I control my mindset, my behaviors, my budget, and what I let in.

When it comes to our wellbeing and our swimming, we have control over many pieces of the puzzle:

1. We control what we put on our calendar. Maybe swimming is not something we can realistically fit in every day, but we do have some level of control over how we spend our time. Our greatest priorities need to go on our calendar, and the only person that controls how time is spent is us. If we allow other people to always determine how we spend our time, then it's time to take a close look at everything we do and make some hard decisions about what stays and what might need to go.



2. We control what we eat. Good nutrition is important for everyone for so many reasons. As athletes, our physical (and mental) performance is impacted by how we fuel ourselves. If we put junk in our body, we will likely feel like junk.
  3. We control where our head is. Sometimes we show up to practice and we are on! Our sole focus is our swimming and we are making some great things happen in the pool. And other days, our head is nowhere near our workout. We may be going through the motions and getting some exercise, but our focus is a million other places. Neither is right or wrong. To be 100% into the workout is great. To swim as a way to cope with the rest of life is also a really healthy way to combat stress. The difference is, if we want to focus on our physical performance in the pool, we do have to focus on the workout and show up with the intention to achieve our workout goal. If we want to unwind, then focus on that. The point is, we decide what we focus on.
  4. We control what we allow in. This can be tough but it is something under our control. We get to decide what we let into our mind and how it affects us. If the news upsets me, it's up to me to turn it off. If social media comments are triggering me to engage in arguments with people I like (or worse don't even know), then it's up to me to get off and/or deactivate my accounts. If I allow naysayers and mean-spirited people to talk me down, then it's on me. Don't we tell kids to ignore and disassociate from mean kids and bullies? If our kids can do that, so can we as adults.
- Whatever you are facing right now, you probably have more control than you think. Let's remember to focus on those things and let the other stuff go.

## Outside Lanes

### Physician's Choice Nurse of the Year

We all see Charlotte Petersen's dedication to our sport and our team. We witness her strong work ethic in the water. It is no surprise, of course, that she demonstrates all of these qualities in all areas of her life. On April 7, Charlotte was honored as Physician's Choice Nurse of the Year at Northside Hospital. From their Facebook post, "Congratulations to Charlotte Petersen! Charlotte was honored by the HCA Florida Northside Hospital Medical Staff as the Physician's Choice Nurse of the Year. We are so lucky to have Charlotte as a part of our CVICU team. Patients and their families are always coming back to visit and send beautiful notes of appreciation to Charlotte! At the celebration were many friends and family of Charlotte, including her parents who are both in their 90s. Thank you Charlotte for your dedication to our patients!!!"



Congratulations to Nurse of the Year! (photo: C. Petersen)



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