



IT'S GOOD FOR THE BODY AND THE SOUL

Adult swimming can be competitive, but it also has life affirming attributes that could benefit any skill level.

By DAVE HEEREN
Staff Writer

Ann Wood was trying to get over the loss of her husband and son.

Wendy Bernath was training for triathlete competitions.

Carl House was trying to get rid of back pains.

Pat Richard just wanted to lose weight.

These are a few of the reasons that have drawn people into Judy Bonning's month-old masters swimming program at the Coral Springs aquatics complex. Bonning has reasons of her own.

She started swimming because she didn't think she was deriving enough physical benefits from running. She became a lifeguard, then an age-group swimming instructor in Santa Barbara, Calif. She inherited a masters swimming program as a secondary duty to her age-group work.

"They just gave me the masters program when I was hired to start a kids program," Bonning said.

It turned out to be a bountiful gift.

Santa Barbara's masters (adult) program was one of the largest in the country with 90 participants in 1978, when Bonning was hired. During the

next eight years it grew to more than 200 and the team won the Southern California Masters Swimming Championships.

In 1987, John and Judy Bonning were hired by Mission Bay in Boca Raton, John as the age-group coach, Judy as the masters coach. They moved to comparable positions in Coral Springs on March 10 of this year, and already there are about 30 people in the new Coral Springs masters program.

"John and I are doing what we really enjoy," Judy Bonning said.

The swimmers come from as far as Miami and Boynton Beach for 90-minute workouts. But most of them live much closer, in Coral Springs or Deerfield Beach or Boca Raton, Tamarac, Fort Lauderdale, Plantation, Sunrise or Parkland.

Bonning thinks more people would become involved if they weren't intimidated by the word *masters*. "People think of the Masters golf tournament and they think they have to be really great swimmers in this program. Actually, it is for adult fitness. Some compete, some don't."

Pat Richard of Parkland doesn't swim competitively. At one time she was a member of the Michigan State University varsity swimming team, but



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now, after years away from the sport, she is back in the water for physical fitness.

"My main goal is to lose weight," she said. "I'm not disciplined enough to do this on my own, but having a coach like Judy helps a lot. She gives you incentive. You don't mind giving her a little extra."

Carl House of Boca Raton competes whenever he has a chance, even if it means driving as far as St. Petersburg for a masters meet. But he says Bonning's reputation extends far beyond St. Pete.

"A week or two ago a man who owns a vineyard near San Francisco came here and I asked him why and he said Judy is the best [masters instructor]," House said.

House was told four years ago by a doctor that he would have back pain for the rest of his life, but that the pain could be alleviated by physical

exercise.

"I hated running and bicycling, but by getting into an organized swimming program I began to enjoy it," he said. "Now I have no pain as long as I keep swimming."

Wood, of Deerfield Beach, says she was "floundering" after the deaths of her husband and son. "I had a friend who got me into swimming. She quit, but I didn't. Swimming saved my life," Wood said. "The Greeks were right. Swimming is good for the body and the soul."

Wood also competes in an occasional masters meet. "I never competed in anything in my life, but I started swimming competitively at the age of 60."

Note: Judy Meyer Bonning has been nominated for COACH OF THE YEAR by Carl House and others.

**PSSSSST! WANT TO SWIM FASTER WITHOUT EXTRA EFFORT
AND WITHOUT CHANGING YOUR STROKE? READ ON**

By Barry Young - North Shore Masters.

Over many years of swimming in the Auckland harbour races I have noticed one sure thing. Those competitors who wear a wetsuit have a distinct advantage over those who swim without. At first this surprised me. When I tried swimming in a wetsuit I felt awkward and restrained. The rough material must cause additional drag, so where does the extra speed come from?

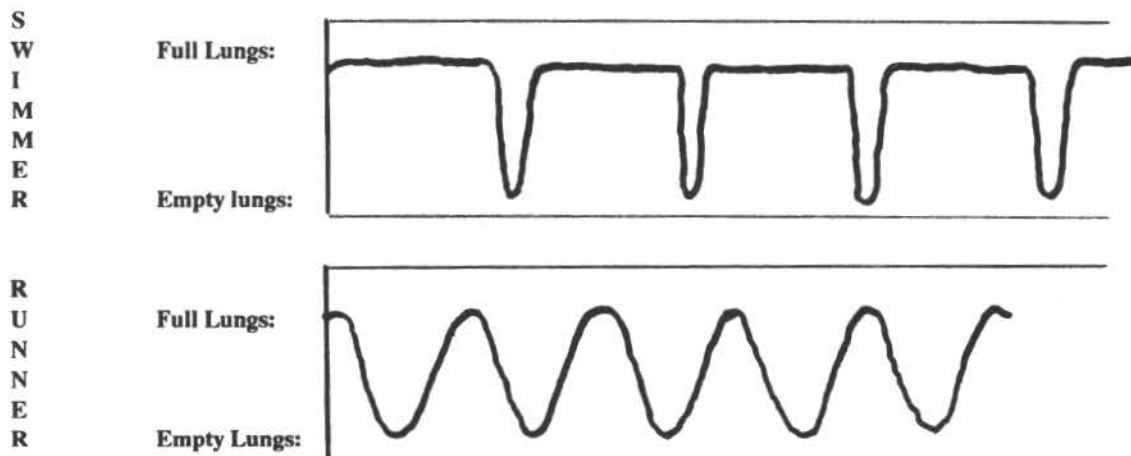
The secret lies in the buoyancy of the suit. If you want to see just how buoyant a wetsuit is, try swimming down to the bottom in the deep end of a pool while wearing a borrowed suit. It is hard work! And as soon as you stop, you bob back up to the surface again like a cork. But how does this buoyancy make you go faster? Well, it lifts you up in the water so that you float higher. This means that there is less of you in the water so there is less drag and presto, you go faster.

But masters swimmers are not allowed to wear a wet suit in harbour swims if they want to be in for a prize and we are definitely not permitted to wear them in pool competitions so how does all this help us to beat our P.B's?

The answer lies deep inside your chest! Your lungs are in effect two large, purpose built buoyancy chambers. If you want to test their buoyant effect next time you are in the pool, just hook your feet over the lane ropes, lie on your back and take in the biggest breath you can manage. You are floating right? You can even pump extra air into your lungs by "swallowing" gulps of air and you will float even higher, but don't over do it! Now very slowly, allow air to escape from your nose or mouth and notice how you sink lower and lower in the water until your face is covered. You can unhook your feet from the lane ropes now and re-surface.

Your lungs are a sort of wet suit substitute if you like, just waiting to be used to help make your swimming easier and faster. All you need to do to make full use of your own buoyancy pack is to adjust your breathing pattern so that you keep your lungs as full as possible at all times. This could mean making a pretty radical change and it might take a while to feel comfortable with the new pattern but I can assure you that it is worth the effort.

The term "explosive breathing" beat describes the way of breathing so that you keep your lungs as full as possible for as long as possible. The idea is that as you swim you take a big breath and hold it until just before you are due to take the next one. Then you burst it out and take in the next breath in as short a time as you can, and so on. It does not matter whether you breathe every two, three or even five strokes, the technique is the same.



Most young swimmers use this technique almost without thinking but very few coaches mention it. In fact we often teach swimmers to "bubble out their air evenly between strokes" which is exactly the opposite of what I am suggesting. I once read that it is more important for swimmers to be able to breathe out quickly than to be able to breathe in quickly, and I would agree.

Well, there we are. The secret is out. Give it a try. Once you have become familiar with the new pattern just watch those times fall!

ACCEPTING CHRONOLOGICAL AND PHYSIOLOGICAL AGE

An Editorial Opinion by Susi Chandler

How many people have said to you, "You're only as old as you feel"? I can remember having this repeated to me on many occasions. This is a nice way of saying, "You don't look like a kid any more, but if you'd like to act like one, then I'll find it amusing and be entertained."

Unfortunately, this last sentence is the way I feel about Mark Spitz's "comeback attempt." I had absolutely no doubt in my mind that he could not begin to keep up with males half his age, despite serious training. His mind set may be that of a 20 year old, but the physiological body of a 40 year old just cannot obey commands that are totally out of line!

My insight into Mark Spitz's "comeback failure" is based largely on my feelings as a 40 year old. I retired from age group swimming at age 18, and did no "training" until I was talked into it at age 29 by another former swimmer. I was amazed and enthusiastic, as I worked out with a large age group team, at all the changes which had occurred in swimming in the 11 years during which I had not competed. I found myself putting in 5000-6000 grueling yards in one session, being urged on by teenagers saying, "Come on, Granny!" Now, at age 40, I have learned to listen to my body. Actually, at age 36, I did one of those workouts, and found myself totally listless and useless for the remainder of the day, which is not good when one has a husband and two active boys under the age of 10! I know now, too, that if I attempt such ridiculous distances, I will injure myself, and then I won't be able to swim at all! So, if I wish to train for meets, I find that 2500-3500 yards per session is quite adequate.

I have also swum in USS meets, with "kids." Yes, being able to compete on their level and keep up with and swim faster than some of them is a real boost for the aging body, but these are not national class or world class swimmers. I know that competing against an elite swimmer would leave me far, far behind, would be very demoralizing, and this I would never attempt. I have learned to accept my limitations with age, as much as I do not want to admit them. Even if my mind told me I wanted to make an Olympic team, my body would overrule and say "NO WAY!"

Finally, just out of curiosity, I looked up Masters world records in the 50 meter fly, long course, and the times for 25-29, 30-34, and 35-39 men are all better than the time Mark Spitz recorded!

In summary, I think it's wonderful that swimming keeps our minds and bodies so young, and makes us feel so good about ourselves, and life in general. Mark Spitz has taught me that if we stick to reasonable goals for our chronological ages, we will not make total fools of ourselves.

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Clockwise from left: Don Greetham takes five after winning first place in Raleigh;

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Delores Delvin • Staff

CHURNING—Diane Reed of the New England Masters competes yesterday during the final session of the U.S. Swimming Masters Short Course Nationals at Centennial Sportsplex.



JON SOOHOO/BERNSTEIN ASSOC. INC. © 1990

Palm Springs events draw a wide range of competitors, including lifelong swimmer Pearl Miller (right).



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Freestyle

by Tom Lyndon

The Nashville Nationals

"It's a bitch to get old."

Thirty-eight year old tennis great Jimmy Connors when back spasms and a sprain shut him down this year in a fifth set against Michael Chang in the French Open.

With that attitude and drive, Jimmy would be a helluva fine Master swimmer, in tune with the 1500 men and women at the United States Masters National Championships at Nashville's Tracy Caulkins pool May 16-19 this year to swim the best they could for four days against old friends, new acquaintances, and strangers cast as foes for a few intense and memorable moments.

As for Jimmy's age, while he wouldn't have had to take on a guy half his age if he'd come to Nashville, he would have found plenty of life left in the competitors who were his age, as well as the swimmers in all the age groups-young and old. No matter what your age in Tennessee, there were just so many swimmers showing that fitness and focus make age more a periodic calendar event than an inevitable series of disappointing compromises and concessions.

Here are "Up Close And Personal" looks at some of those swimmers.

What A New Kid on the Block!

The 19-24 crowd was invited to compete at the nationals for the first time this year, and twenty-four year old Sudi Miller from Jacksonville and the Holmes LumberJax made the most of her debut, bursting on the scene by winning six golds, all of them in record time. In fact she was so fast she would have more than held her own with the fastest group (25-29) of women at the meet. Her 59.21 in the 100 yard Individual Medley, 57.39 in the 100 Fly and 52.08 in the 100 Freestyle are quite a threesome.

She says her times were pretty close to her all time bests at the University of Virginia and the '88 Olympic trials followed by a year swimming in USS (United States Swimming). After that she

took a seven month break before getting into masters.

Sudi is really pumped up about masters. She describes her 100 IM as, "a lot of fun" and exclaims she "had a wonderful time" at the meet seeing old friends she had lost touch with and getting to know so many interesting people. She even volunteered, "Masters Swimming is the greatest thing in the entire world."

Her advice to those thinking about going to a nationals (or any masters meet, for that matter): "The biggest thing is to think of it as something to do for fun. Let the good times come out." Her advice on training includes "stay focused" and "pay attention to the signals". I hear her saying to remember swimming is not a mindless activity; to achieve your potential you need to think about what you're trying to do and what is happening to you as you do it.

She works out four times a week for sixty to ninety minutes with a team and competed in three meets prior to Nashville.

Ten Weeks To Under Twenty

Bob Peel was a junior in high school when he first wandered into the pool after being cut from the basketball team. By the time he graduated from Hope College (Division III) in Holland, Michigan, in 1987, he felt he could go faster and ended up getting to the '88 Olympic trials, where he qualified twenty-seventh out of eighty three.

He hung it up for two and one-half years, but did attend to fitness by playing basketball and lifting weights. Over that time, he picked up eight pounds he credits to the weight training. He felt it was a time he matured physically- and perhaps mentally for top performance.

This past November a friend "coaxed" him into a twice a week for eight weeks YMCA fitness class covering 1400 meters with the usual blend of various age and ability swimmers. He enjoyed it enough to sign up again for the January class. In a small meet in Grand Rapids on March 2, he was pleasantly surprised to pop a 21.4 for two lengths of freestyle.

After that, Bob switched to training five days a week, going up to 2500 yards Monday, Wednesday, and Friday, while settling for 2000-3000 on Tuesday and Thursday. He did weights three times a week. (He also has a Vasa Swim Trainer that he plans to start using soon.) He didn't use paddles, flippers, or

videotapes. And he did it all without a coach!

This was a Lindbergh across the Atlantic to Paris sort of trip he was on. He says he focused on achieving "speed and power" in his workouts. He warmed up for as much as 1000 yards and included kicking and pulling 250's. His long set was 600-1000 yards with the likes of 10 x 75 yards or 20 x 50 yards. His 20x50 might go like this. Swim it in intervals of four each at 50, 45, 40, 45, and 50 seconds. He might swim some in 31 seconds. In the middle four on 40, Bob aimed at getting his pulse up by swimming them all out. "I'm going as hard as I can and do them at around 26 seconds." the twenty-six year old remembers.

He climaxed his workouts with what I consider one of the ultimate speed and power producers: 4 x 25 yards followed by 4 x 12 1/2 yards. He didn't do these on the clock; he swam each one when he was sufficiently rested to blast off without holding anything back. Some of the 25's he did from a dead start in the middle of the pool to develop acceleration and to be able to flip a turn at full throttle.

So, ten weeks after cranking it up, Bob, swimming unattached, hopped into his car, drove down the road to Nashville from Michigan, sidled onto the blocks on the first day of the meet, and touched home in 19.83 seconds, replacing Kevin De Forrest's 20.18 national record set way back in 1985. When that time flashed on the board, everyone in the vast pool complex let out a gasp of amazement and awe, followed by the sustained roar of congratulations. In my book that was the best of many best swims at the meet.

His 100 yard freestyle was perhaps as spectacular when you consider his phenomenally short and modest preparation. His 44.39 knocked off De Forrest's 1985 national record of 44.94. (If he had been swimming in the college championships this year, he would have made the finals in the 50 and the consolations in the 100.)

A stocks and bonds broker, Bob is now investing in getting to the '92 Olympic trials. Except for Sandy Neilson-Bell, I can think of no other Masters swimmer in recent times who has had a serious shot at making an Olympic team. Good luck to you, Bob!

(This is the first of several excerpts from an article in the July-August issue of *Swim Magazine*.)

WORLD MASTERS - SHORT COURSE RECORDS - DATED 1 MAY 1991 WOMEN

	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90 +
FREESTYLE														
50m	00:26:93	00:26:55	00:27:66	00:29:09	00:30:05	00:31:31	00:31:83	00:34:75	00:34:92	00:40:42	00:43:29	00:48:76	01:03:78	02:06:95
100m	00:58:93 #	00:57:35	01:00:75	01:04:92	01:07:90	01:09:99	01:11:63	01:17:99	01:21:44	01:31:84	01:45:53	01:53:70	03:01:15	04:23:67
200m	02:05:80 #	02:06:83	02:12:69	02:21:91	02:28:69	02:35:01	02:40:27	02:50:94	03:02:54	03:28:41	03:50:58	04:17:73	05:33:83	
400m	04:25:94	04:31:88	04:51:04	04:53:28	05:34:44	05:32:67	05:34:32	06:02:43	06:31:09	07:17:22	07:56:05	08:51:10		
800m	09:18:99	09:17:55	09:46:95	10:04:15	11:14:64	11:35:78	11:29:99	12:21:67	13:25:24	15:06:99	17:16:06	18:11:90	24:05:34	
1500m	17:36:04	18:24:43	18:27:71	19:00:81	22:18:64	21:44:35	21:35:80	23:28:15	25:29:12	28:29:85	33:53:33	35:44:26		
BACKSTROKE														
50m	00:30:63	00:32:24	00:33:39 #	00:33:85	00:35:43	00:38:14	00:40:38	00:39:60	00:40:48	00:45:08	00:52:11	01:05:08	01:13:57	01:55:07
100m	01:04:66	01:11:53	01:10:47	01:14:02	01:17:13	01:23:58	01:30:03	01:29:13	01:30:41	01:44:02	01:55:82	02:24:00	02:52:17	04:19:46
200m	02:20:66	02:34:27 #	02:34:09	02:45:34	02:56:06	02:58:72	03:11:13	03:16:14	03:15:72	03:53:86	04:01:89	05:18:44	06:00:16	
BREASTSTROKE														
50m	00:33:60	00:35:75	00:34:63	00:38:00	00:38:57	00:39:87	00:41:33	00:42:02	00:47:39	00:50:95	00:58:41	01:07:65	01:37:05	
100m	01:13:60	01:18:13	01:16:70	01:23:81	01:25:20	01:25:89	01:28:13	01:39:86	01:43:57	01:55:65	02:00:27	02:44:80	03:09:62	
200m	02:44:82	02:49:16	02:50:93	03:01:86	03:06:59	03:11:20	03:12:85	03:41:14	03:46:02	04:09:41	04:35:24	06:31:81		
BUTTERFLY														
50m	00:29:51 #	00:30:20	00:30:21	00:32:08	00:33:44	00:36:43	00:37:87	00:39:64	00:44:27	00:50:27	00:59:27	01:13:27	01:24:53	
100m	01:05:71	01:07:34	01:08:00	01:10:56	01:17:02	01:22:64	01:27:88	01:36:95	01:44:30	02:04:25	02:12:17	03:09:18	03:29:58	
200m	02:24:89	02:30:73	02:35:70	02:32:19	02:37:88	03:11:83	03:11:42	03:33:12	04:10:63	04:36:96	04:48:50	06:46:72	07:15:07	
MEDLEY														
100m	01:06:84 #	01:07:78	01:11:55	01:15:63	01:14:41	01:23:90	01:24:19	01:27:50	01:37:07	01:49:22	02:00:07	02:21:39	03:00:23	
200m	02:24:07	02:27:11	02:35:52	02:44:85	02:42:88	02:59:01	03:05:23	03:14:28	03:36:70	04:04:81	04:17:89	06:05:96	09:49:36	
400m	05:14:28	05:21:01	05:32:65	05:42:95	05:55:35	06:38:62	06:36:03	07:12:48	07:57:77	08:34:79	09:07:66	12:11:13		

indicates held by N.Z. swimmer.

Records compiled by M.S.I. World Short Course Recorder

WORLD MASTERS - SHORT COURSE RECORDS - DATED 1 MAY 1991 MEN

	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90 +
FREESTYLE														
50m	00:23:64	00:22:82	00:23:98	00:24:91	00:25:46	00:26:35	00:26:60	00:28:86	00:29:63	00:31:80	00:32:78	00:38:65	00:44:61	00:50:57
100m	00:51:74	00:50:51	00:53:94	00:55:35	00:56:64	00:59:21	01:00:08	01:05:52	01:07:13	01:14:48	01:15:94	01:29:06	01:41:46	02:49:33
200m	01:54:00	01:50:91	01:59:38	02:01:01	02:05:81	02:15:10	02:21:68	02:26:62	02:36:10	02:46:86	02:59:20	03:26:46	03:48:20	05:51:45
400m	04:04:50	04:02:66	04:21:47	04:18:45	04:33:39	04:45:96	05:00:88	05:14:08	05:41:43	05:56:06	06:23:81	07:05:20	07:54:24	11:09:76
800m	08:48:63	08:34:26	09:13:76	09:01:20	09:32:34	09:50:17	10:35:62	11:14:13	11:55:05	12:15:49	13:17:26	15:41:78	16:53:90	
1500m	16:41:55	17:11:55	17:51:31	17:38:17	18:27:36	19:16:63	20:03:24	21:46:98	22:21:91	23:59:12	25:15:05	29:58:32	32:20:20	51:43:20
BACKSTROKE														
50m	00:27:25	00:26:56	00:28:05	00:29:58	00:29:33	00:31:42	00:32:69	00:34:81	00:36:36	00:38:44	00:41:90	00:46:85	01:04:06	01:29:99
100m	00:58:42	01:01:39	01:01:45	01:04:50	01:05:31	01:09:38 #	01:12:17	01:17:31	01:23:24	01:24:30	01:34:84	01:45:81	02:29:75	
200m	02:09:12	02:15:67	02:15:47	02:22:17	02:28:51	02:30:21 #	02:41:11	02:49:82	03:03:05	03:07:57	03:28:13	04:01:12	05:23:27	
BREASTSTROKE														
50m	00:28:81	00:30:03	00:31:94	00:31:33	00:32:95	00:33:09	00:33:77	00:37:53	00:38:53	00:40:02	00:42:99	00:45:52	01:05:80	01:50:16
100m	01:04:91	01:05:97	01:08:30	01:10:70	01:13:91	01:14:72	01:16:32	01:23:19	01:27:85	01:32:13	01:42:06	02:09:01	02:31:20	
200m	02:24:68	02:24:52	02:28:35	02:38:16	02:41:44	02:45:11	02:51:47	03:06:65	03:18:20	03:24:66	03:38:71	04:45:98	05:30:76	
BUTTERFLY														
50m	00:25:77	00:25:06	00:26:06	00:27:18	00:27:62	00:29:34	00:30:15	00:32:48	00:33:63	00:36:09	00:43:99	00:51:31	01:28:27	
100m	00:57:07	00:56:43	01:00:67	01:00:79	01:03:48	01:06:66	01:13:47	01:16:56	01:24:43	01:31:20	01:44:78	02:38:61		
200m	02:07:65	02:13:62	02:17:45	02:16:15	02:28:48	02:36:01	02:53:71	03:06:04	03:21:82	03:31:97	04:01:10			
MEDLEY														
100m	00:57:70	01:01:07	01:01:17	01:02:30	01:06:13	01:07:60	01:12:67	01:16:52	01:20:20	01:21:87	01:35:55	01:53:59	02:30:55	
200m	02:10:95	02:12:33	02:15:67	02:18:73	02:27:78	02:31:52	02:41:86	02:53:83	03:05:38	03:08:13	03:35:61	04:36:38	05:54:83	
400m	04:43:99	04:55:11	04:53:16	05:00:76	05:17:02	05:20:81	05:54:37	06:19:49	06:42:13	06:50:27	07:49:57	09:25:63		

indicates held by N.Z. swimmer.

Records compiled by M.S.I. World Short Course Recorder

TAPERING THE MASTERS SWIMMER

by Terry Laughlin

Taper is the most enigmatic aspect of swim training and the most critical for peak performance. It doesn't matter how long, hard, or well you trained, if you don't nail the taper, you'll fall short. And it's hard to nail the taper because for even the most experienced coaches and swimmers, taper is *always* a crapshoot.

Here's why: men should taper more than women; sprinters more than distance swimmers; skinny folks more than chubbies; the heavily muscled more than the 98-lb weaklings; hard workers more than loafers; Type Bs more than Type As. But those are all generalities. The really hard part is applying that equation if you're a lean, hard-working, Type A female sprinter who has done only moderate yardage.

So let's simplify it. Taper is rest. Rest lets the body superadapt—i.e., jump from a fatigued state to feeling great. You can approach rest from two directions. One is to cut back on the total workload and the other is to cut back on the amount of it you do hard. Of the two choices, as you get closer to the big meet, it's more important to reduce intensity than the yardage because it's the intensity that's more stressful. And since most Masters swimmers don't do a huge amount of yardage to begin with, how much room is there to reduce it further?

Planning a Masters' taper is far more difficult than planning a kids' taper because the OUTSIDE stresses—of job and family—are impossible to control.

The best way to back off on intensity but maintain yardage is by doing longer warmups at the beginning of the workout, longer warm-downs at

the end, and longer and more frequent recovery swims between sets, and by making more use of low-stress "feel-good" sets like stroke drills.

The single most important principle to be observed in taper is *flexibility*. Planning a Masters' taper is far more difficult than planning a kids' taper because the *outside* stresses—of job and family—are impossible to control. And those other stresses absolutely will affect your response to taper.

Let's say you've carefully planned your taper based on workout and meet performance data collected over 6 months and compared it with information from log books of previous years. Then, 5 days before the meet, your boss drops an important project on your desk that he wants completed yesterday, your spouse has a fender bender, and your kid is having problems in school. And you wonder why you feel *terrible* in the water, even though you've been following your taper plan meticulously.

It's time to recognize that the amount of rest you've programmed into your taper would have worked fine in a perfect world, but the high level of personal stress is having the same affect as several days of killer workouts. What do you do? Junk the plan and rest drastically. Stay away from the pool for 2 or 3 days. Or if it helps lower your stress level to get some swimming in, then just go in and warm up, build a couple of easy 50s, and swim down. Stay with this approach until your body tells you that the taper is finally working.

The main guideline on taper for Masters swimmers is to listen to your body. If you feel progressively better as the meet approaches, stay with your taper plan. If the meet's getting closer and you're still not feeling good, rest more. Then cross your fingers, knock on wood, say a prayer, and good luck.

TERRY LAUGHLIN has coached age-group and Masters swimmers for over 15 years. He is the director of Total Immersion Masters Swimming Camps. (See Calendar for 1991 dates and locations.)

Nutrition Advice for Competition

By Linda S. Book, M.D.

*AAU Sports Medicine Committee
Associate Professor of Pediatrics
Director of Pediatric Gastroenterology
University of Utah School of Medicine*

Achieving peak performance depends not only on the many long months of physical conditioning and training, but on optimal nutrition in the few days and hours before your competition. In the 48 hours before competing, the athlete needs adequate calories or energy supplied in low fat, moderate protein, high carbohydrate meals. Drinking plenty of liquid is critical at this time to adequately hydrate muscles since, on the day of competition, liquid intake tends to decrease. It is important you do not feel hungry. Hunger is your body's way of telling you that energy needs have not been met. If there is inadequate energy, there is not enough for storage (as glycogen) in the muscles and liver for use during competition.

Sample menus for use 48 hours prior to competition are listed below. Daily liquid intake should be at least 1 1/2 quarts if you weigh 50 pounds, 2 quarts if you weigh 100 pounds and 3 quarts if you weigh 180 pounds.

The precompetition meals:

Breakfast:

1. Bagels or toast with margarine or light cream cheese and jam, fresh fruit, skim or 1% milk.
2. Cereal (not granola) with skim or 1% milk, fresh fruit.
3. Pancakes with syrup, fresh fruit, skim or 1% milk.

Snacks:

Fruit, crackers, pretzels, vegetable sticks, bread with jam, raisins, graham crackers, vanilla wafers, sorbet, low fat yogurt, ice milk, boiled eggs.

Lunch or Dinner:

1. Fish, chicken, lean hamburger, extra lean ham, or flank steak (all baked or broiled), vegetables, salad with vinegar, lemon or low fat dressing, fruit, rice, bread, skim or 1% milk.
2. Peanut butter and jelly sandwich, fruit, carrot sticks, low fat yogurt, skim or 1% milk.
3. Pasta with marinara or meat sauce, salad with low fat dressing, bread, skim or 1% milk, fruit or juice, cookies.

GUIDELINES FOR COMPETITION DAY

1. Up to four hours before competing, eat a breakfast similar to the precompetition meal but eliminate milk or limit milk intake to 3 ounces or 3/4 cup.
2. Eat mainly carbohydrates through the day (e.g. pretzels, crackers, vanilla wafers, fig newtons, bread).
3. Drink at least 6 ounces every 2-3 hours. Avoid drinking 90 minutes before competing in swimming events and activities lasting less than 1/2 hour. Gatorade, Power Burst, Exceed or juice diluted 1:1 with water, supply both energy and the minerals potassium and sodium which are important for muscle function. Endurance events such as biking, soccer, and long distance running may require liquid intake during competition. On competition days, your total daily liquid intake should double or triple the above guidelines. Avoid carbonated beverages which can make the stomach expand, limiting lung volume.
4. Avoid foods containing concentrated sugar such as candy and Jell-O. An energy burst is usually followed by a "low" which could occur during competition.
5. If there is at least a four hour break between preliminary and final events, eat a light meal that does not make you feel full. It can be similar to the precompetition meals, but in smaller proportions. Avoid fried foods.

Muscle Cramps: S-T-R-E-T- C-H Spells relief

Few things are as painful as the common muscle cramp, and though such cramps are medically insignificant, they can occur at the most inopportune times. Just ask 18 year old tennis pro Michael Chang, whose severe leg cramp almost prevented his victory over Ivan Lendl in a French Open tournament. Or ask someone who has lost part of a night's sleep thanks to the prolonged, involuntary contractions of their calf muscles. Cramps, also called spasms, can occur in any muscle at any time, but they most often occur in the calf or foot, usually while you are lying in bed or while playing sports or exercising. Cramps remain something of a mystery, and it's seldom possible to pinpoint why a person suddenly gets one. Still, some general knowledge about cramps can help prevent or alleviate them.

Night-time calf cramps; Cramps frequently happen in bed at night when you contract your calf muscles by suddenly stretching your toes downward or by lying with your feet in that position. (Swimmers, who kick with their toes sharply pointed, can suffer calf spasms similar to nocturnal leg cramps.) If you exercised strenuously earlier in the day, your muscles may tighten up while you sleep and thus cramp up. Similarly, if you're not used to them, wearing high heels may cause cramps. In general, as you age you may find that you experience leg cramps more frequently. Certain medications, notably diuretics, may also promote cramps.

Athlete's woes: Cramps may strike during exercise for a number of reasons, including an imbalance of minerals called electrolytes (such as potassium and sodium) in the blood, often a result of excessive sweating and dehydration. However, it is impossible to judge which, if any, mineral is the cause of a cramp. Another common cause is over-exertion or muscle fatigue, marked by excessive tightening of the muscles and/or a build-up of lactic acid in them. Poor conditioning may also contribute to cramps.

Relief

Though medication is sometimes used to alleviate calf cramps, your best bet is massage and stretching. To halt the cramp, simply flex your foot by pointing your foot upwards. Lying down and grabbing the toes and ball of your foot and pulling them toward your knee may help. At the same time, massage the muscle gently to relax it fully. Walking may help, too, particularly if you put

your full weight on your heels.

In addition, if you get the cramp during a workout, especially if you are participating in a long athletic even in the heat, drink water. This can help correct any fluid loss from excessive sweating. If a mineral imbalance - too little potassium or sodium, for instance - is contributing to the cramping, a sports drink, such as *Gatorade* or *Staminade*, may help. Don't take salt tablets; these can be counter-productive.

Ice packs can reduce blood flow to the muscles and thus relax them.

Prevention

If you seem predisposed to nocturnal calf cramps, don't point your toes while stretching, and try not to sleep with your toes pointed. Sleep on your side, since people who lie on their back or stomach tend to keep their toes pointed. Don't tuck in your blankets and sheets too tightly - these can bend your toes down.

A regular program of stretching may also help. If you're prone to calf cramps, stand about 3 feet from a wall and lean against it for 15 - 20 seconds, keeping your forearms against the wall and your heels on the floor. Placing the ball of your rear foot on a book and slowly lowering your heel will add to the stretch (see illustration). Or stand with the balls of your feet on a step or curb and lower your heels for a gentle stretch (hold on to something for balance). Do these stretches daily, or as often as necessary.

Drink plenty of water before and during exercise, especially in hot weather. Most people can easily get adequate sodium and potassium from their diet - supplements are not necessary.

Quinine appears to reduce the likelihood of cramps. It must be prescribed by your doctor.

There's not enough quinine in tonic water to have any beneficial effect.



Almost 20 years ago, the following appeared on pages 162-167 of the AAU 1972 United States Aquatics Handbook.

C.N.C.A. QUESTIONS & ANSWERS ABOUT THE MASTERS SWIMMING PROGRAM

The following material was developed at a special closed workshop held at New Haven, Conn. on November 14-16, 1971. This closed workshop included several groups working on different subjects of which Masters Swimming was one. The workshop was sponsored by the Council for National Cooperation in Aquatics.

WHAT IS THE MASTERS SWIMMING PROGRAM? An official AAU program to develop training and offer swimming competition for men and women 25 years of age and older, Masters Swimming is designed to encourage people to swim regularly and to be generally concerned about their physical fitness.

HOW DID THE MASTERS SWIMMING PROGRAM EVOLVE? Dr. Ransom Arthur of the Navy Medical Neuropsychiatric Research Unit (San Diego, California) became interested in developing such a program after observing the activity of the AAU's Masters Track and Field program, which is very active in Southern California. He wrote of his interest to John Spanuth, then President of the American Swimming Coaches Association, and the two joined forces to investigate the possibilities of Masters Swimming. When Spanuth became AAU National Aquatics Administrator in 1970, he introduced the effort to incorporate the new program into the AAU.

The Navy supported Dr. Arthur throughout by providing funds for research into the physical effects of a regular swimming program for adults. A team of eight Navy doctors (led by Dr. Arthur) made extensive tests on the participants in the first National Masters Swimming meet, held in Amarillo, Texas, in May 1970. Their report is of fundamental importance in the extension of Masters Swimming to people of all ages in all parts of the country and is of considerable interest to physicians and educators. It will soon be published for general distribution.

The Second National meet was also held in Amarillo, attracting 137 participants compared to 50 the previous year. Both meets were sponsored by the Amarillo Aquatic Club and the American Swimming Coaches Association, which had helped considerably throughout the development of the program.

At the AAU's National Convention in Lake Placid, New York, in October 1971, the Joint Swimming Committee voted to adopt and promote the Masters Swimming Program as an official AAU activity. Since that time, therefore, AAU volunteers throughout the nation have been active in the organization of swimming programs and competitions for Masters.

Many of the participants are actively aiming for the Third National Masters Swimming Championships, which will be AAU sanctioned and sponsored. AAU sanction means that the meet winners will be official USA champions in their events and that competition will be conducted under many of the same rules used in all national swimming championships and Olympic Games.

All inquiries on the program should be addressed to John Spanuth at AAU House in Indianapolis. Over the past year he has answered numerous queries from interested parties, many of whom have gone on to join the program and report their reactions and results to the AAU. Spanuth also has printed material on medical research and program organization available on request.

Other organizations have expressed active interest in the AAU Masters Swimming Program. The Red Cross's "Swim and Stay Fit" Program, which has promoted regular swimming exercise through progress charts and awards for achievement, may be interested in integrating with the Masters activity, since some people feel that their existing elements do not go quite far enough.

The Council for National Cooperation in Aquatics (CNCA) sponsored a closed workshop on Masters Swimming at their November 1971 meeting at Yale University. What follows is a list of questions and answers on Masters Swimming, which evolved from that CNCA workshop. It is hoped that wide distribution of this information will help promote the program and general physical fitness through swimming to thousands of adults throughout the country.

WHAT ARE THE OBJECTIVES OF THE AAU MASTERS SWIMMING PROGRAM?

1. To encourage and promote physical fitness and health in adult individuals not previously involved in competitive recreational programs.
2. To offer the opportunity for continued conditioning and/or to reinstitute conditioning for former athletes (in all sports) over 25 years of age.
3. To encourage individuals, educators, recreational leaders, schools, medical societies, clubs, organizations, and communities to organize and conduct life-long physical, recreational, and competitive masters programs.
4. To enhance fellowship among participants.
5. To stimulate research in the physiology and psychology of adult participation at basic and clinical research levels, and to investigate the benefits of continued exercise programs on aging processes, cardio-pulmonary involvement, orthopedic problems, and other preventable debilitating processes.

WHAT ARE THE SPECIFIC GOALS OF THE AAU MASTERS SWIMMING PROGRAM?

1. To outline safe masters programs in swimming for individuals over 25 years of age, taking cognizance of previous swimming prowess or participation, non-participation, gradual programming and physical condition of proposed participants.
2. To outline appropriate training programs for older age groups.
3. To consider programs which will provide goals towards which older participants can work, and motivation for continuing exercise regimens in spite of the inconveniences and the stresses of adult life.
4. To establish proper age and ability groupings, with well-planned balancing of events and limitation of duration and stress in competitive programs.
5. To promote adequate medical examination and certification of participants for Masters programs, and promulgate minimal requirements (standardized or otherwise).
6. To seek assistance for research programs in the medical aspects of Masters Swimming and coordinate, if possible, present research programs in these areas.

WHAT ARE THE FRINGE BENEFITS OF JOINING A MASTERS SWIMMING PROGRAM?

1. Meeting people.
2. Learning competitive rules and procedures so that one can officiate at all types of swim meets.
3. Outlet for frustrations and tensions of daily work regimen.
4. Useful and pleasant experience.

WHAT PUBLICATIONS CONTAIN INFORMATION ON MASTERS SWIMMING PROGRAMS?

1. SWIM-MASTER, 2750 N.E. 29th Street, Ft. Lauderdale, Florida 33306
2. AAU NEWS, 3400 West 86th Street, Indianapolis, Indiana 46268
3. SWIMMING WORLD Magazine, 12618 Killion Street, North Hollywood, California 91603

WHY SHOULD I JOIN IN A MASTERS SWIMMING PROGRAM AND WHAT ARE SOME OF THE DIRECT BENEFITS OF PARTICIPATION?

1. Swimming is one of the most healthful forms of exercise.
2. Regular exercise results in benefits to the cardiovascular-respiratory systems.
3. Competition is a measuring device for improvement of performance.
4. The aging process can be slowed down by a daily exercise program.
5. Regular exercise lowers the level of serum cholesterol.
6. Swimming on a regular basis can help prevent coronary disease.
7. After swimming, one feels more cheerful, fresh, rejuvenated and alert, and he is less likely to be bothered by headache, indigestion or cardiac discomfort.
8. Helps to develop good posture and activates metabolism.

HOW CAN I GET STARTED IN A MASTERS SWIMMING PROGRAM?

1. Have a physical check-up before starting any exercise program.
2. Start with the Red Cross "Swim and Stay Fit" program.
3. Locate or organize a Masters Swimming group.
4. Get in touch with local AAU officials who can direct you to the Registration Chairman and Masters Swimming Chairman in your area.

WHY IS A MEDICAL EXAMINATION NECESSARY BEFORE STARTING AN EXERCISE PROGRAM?

1. To check pulse and blood pressure and be sure they fall within the normal range.
2. To know resting pulse rate, blood pressure, serum cholesterol level and weight in order to check for improvement.

WHY IS COMPETITION GOOD FOR ME AND HOW CAN I USE IT TO MEASURE IMPROVEMENT IN MY HEALTH?

1. Competition provides a measuring device for improvement of performances.
2. Competition serves as a motivational goal for a regular exercise program.
3. A fair amount of stress on the heart will improve its condition.
4. You may lower your resting pulse rate.
5. Decrease in blood pressure and cholesterol level.
6. Changes in body measurements.
7. Changes in weight.
8. Increases one's sense of well-being.
9. Increase in vital capacity (over pre-training levels).
10. Competition is a source of pleasure and excitement.

HOW DOES THE MASTERS SWIMMING PROGRAM HELP TO IMPROVE THE TOTAL HEALTH OF THE CARDIOVASCULAR SYSTEM?

Swimming has the potential to lessen the deterioration of the cardiovascular system, which is the number one health hazard. The fact is that a person once in good physical condition is more apt to survive a heart attack. The primary objective of training is to put loads on your heart over every day living. You must work hard enough to press your heart to a high rate over a period of time in order to benefit the heart. Swimming tends to normalize body weight, lower blood pressure, lower levels of serum cholesterol and eliminate certain stresses — all factors of heart attacks.

HOW IS SWIMMING BETTER FOR ME THAN JOGGING?

1. There is much less jarring.
2. It is not as hard on the internal organs.
3. It does not hurt the joints.
4. Pools can be kept at a more constant temperature.
5. Water is a constant resistance.

WHAT IS RECOMMENDED FOR SWIM TRAINING IN THE OLDER AGE GROUPS?

1. Secure a complete physical examination prior to beginning the training program to include blood pressure, electrocardiogram, blood count and urinalysis.
2. First, complete the Red Cross "Swim and Stay Fit" program.
3. Workouts should be about one hour in length, at least three times a week, during the lunch hour or after work.
4. The workout should be preceded by a hot shower and a long warm-up of approximately 800 meters or yards.
5. Workouts could include timed repeats such as two times 200 meters with two minutes rest between each repeat.
6. Short rest interval work can be tolerated such as four times 50 meters with 10 seconds rest between efforts.
7. A workout of about 2,000 meters should end with a swim down and a hot shower or sauna bath.
8. Specific dangers, such as orthopedic difficulties, should be avoided. Muscle and tendon injury can be prevented by prolonged showers and long warm-ups. Exhaustion should be avoided or the swimmer is likely to become ill.
9. A training program of this kind will bring a swimmer to 90% or better of his previous best times. Example: A swimmer who in his younger days swam the 100 yards in 55.0 would be about 1:00 or better.

HOW MUCH SWIMMING IS TOO MUCH SWIMMING?

1. If you "press" too hard your times will slow down.
2. Warning signals such as soreness, sore throat.
3. If you do not ease up after warning signals, you will be apt to become ill.
4. Therapy for the above include taking it easier, rest, hot showers, and heating pads.

WHAT CAN WE TELL MEDICAL DOCTORS ABOUT MASTERS SWIMMING PROGRAMS?

1. Suggest they read medical reports about the program.
2. Suggest a rough outline as to what to measure.
3. Give our doctor medical references (other doctors involved in the program or research involving the program).

WHAT CAN POOL MANAGERS DO TO HELP THE MASTERS SWIMMING PROGRAM?

1. Rope off lanes for training at scheduled times.
2. Provide pool time for Masters Swimming groups.
3. Keep the water temperature between 78° to 85°.
4. Keep the chlorine and PH in balance and at recommended levels for comfortable eye limits.
5. Promote the Red Cross "Swim and Stay Fit" program.

WHAT DOES A MEET DIRECTOR NEED TO KNOW ABOUT CONDUCTING A MASTERS SWIMMING MEET?

1. The meet must be sanctioned by the local AAU office.
2. The events are to be timed finals only.
3. Conduct regulation age groups and events.
4. Purchase recommended awards.
5. The results should be sent to the clubs entered, the Masters Swimming Times Chairman (both local and National), the Masters Swimming Chairman (both local and National), SWIMMING WORLD magazine, SWIM-MASTER, and the National AAU Aquatics Administrator.

HOW CAN THE AAU HELP THE MASTERS SWIMMING PROGRAM?

1. It provides tangible evidence of the legitimization of Masters activities. Masters Swimming is now recognized as an integral part of aquatics along with the age group and senior programs. The AAU's action in accepting Masters Swimming gives it the stamp of permanency.
2. The National meets will now have enhanced status and prestige. The swimmers will be competing for a National AAU award rather than for one obtained by the local meet director. This symbolism will add to the excitement and esteem of the National meets.
3. We now have the organization of the National AAU actively cooperating with us. Of course, John Spannuth has made the beginning of the Masters program possible through his tireless efforts and he will now be able to draw on the resources of national and local organizations to help in developing future meets. It is not possible to coordinate a national activity without some central department which can handle inquiries and organization matters.

HOW DO I GET AN AAU REGISTRATION CARD?

Obtain your AAU registration card at your local AAU office through the Registration Chairman.

HOW DO I FIND OUT MORE ABOUT THE MASTERS SWIMMING PROGRAM?

Subscribe to the publications listed that contain information about the program. Or contact,
John Spannuth
National Aquatics Administrator
3400 West 86th Street
Indianapolis, Indiana 46268

HOW CAN I FIND MASTERS SWIMMING MEETS TO ENTER? Same as above.

HOW CAN MY ORGANIZATION CONTRIBUTE TO THE MASTERS SWIMMING PROGRAM?

1. Organize a team of Masters swimmers.
2. Find pool time for Masters swimmers.
3. Provide a coach for Masters swimmers.
4. Sponsor a meet for Masters swimmers.
5. Conduct research on Masters Swimming program.

WHY ARE COACHES NEEDED FOR MASTERS SWIM TRAINING?

1. To motivate the swimmer.
2. To provide an organized, regular, daily routine for the swimmers.
3. To provide a group for the Coach to train with.
4. To provide the coach with additional revenue.

HOW HAS THE MASTERS SWIMMING PROGRAM HELPED THEM?

1. Dorothy Swett - 58 - has lowered her blood pressure.
2. Judge Robert Beach - 41 - was a potential heart attack victim and it changed his life style.
3. Dr. James Counsilman - 50 - lowered his weight by more than 50 pounds.
4. Dr. Richard Rahe - 35 - was in other sports that he could no longer participate and it provided him with an exercise program that he wanted to continue.
5. Dr. Paul Huntering - 47 - has a resting heart rate of 58 beats/minute and a blood pressure of 126 systolic and his oxygen consumption is higher than a random sample of 18-year-olds.
6. June Krauser - 45 - has firmed up body tissues and helped to maintain a lower body weight.

CNCA BELIEVES THAT:

1. Aquatic activities provide some of the best recreational pursuits for the entire family.
2. Swimming is a healthful activity in which almost everyone can participate, including those with physical handicaps and mental limitations.
3. Under competent leadership, swimming and other aquatic activities can contribute to physical, mental, emotional, and social fitness.
4. The primary objective of water safety instruction is to help the individual become safe while in, on, or near the water.
5. Everyone should have the opportunity to learn water safety and be encouraged to improve his skill regardless of age, sex, racial or cultural background.
6. The reduction and elimination of water accidents should be a goal of every community aquatic program.
7. Existing aquatic facilities (private and public) should be utilized to the maximum.
8. Every community has a responsibility to develop adequate aquatic facilities.
9. Education in aquatics should be included in the program of every school system and swimming ability required for high school graduation.
10. A more effective aquatic program can be achieved, in a community and throughout the nation, when all interested groups and individuals cooperate in working for clearly defined, agreed-upon goals.

FROM THE EDITOR

Remember, SWIM-MASTER will be retired at the end of this year! (Unless someone decides to continue it). Just in case you wish the remaining issues, the following price list is made available.

CODE #	USA	FOREIGN
591	\$ 4	\$ 7.50
691	\$ 3	\$ 6.00
791	\$ 2	\$ 4.00
891	\$ 1	\$ 2.00

1990 MASTERS SWIMMING WORLD RANKINGS

Sponsored by SPEEDO and compiled by MSI. To order, make checks in the amount of US \$5.00 payable to and send to Walt Reid, PO Box 8800A, Steilacoom, WA 98388.

SWIM-MASTER



June Krauser, Editor
2308 N.E. 19th Avenue
Ft. Lauderdale, FL 33305



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SWIM CALENDAR

JUL-AUG 1991

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- JUL 19-21 LCM - John Bishop - 4717 Overlook Drive N.E. - St. Petersburg, FL 33703
19-21 LCM - Nashville, TN - Elaine Dorris, 5101 Maryland Way, Brentwood, TN 37027
20 SCY - John Zell, 4640 NE 36th Ave., Portland, OR 97211
21 LCM - Bobby Donnelly Meet at Storrs, CT
27 LCM - Eugene, OR - Senior Masters Sports Festival
27 LCM - Bobby Patton, 3707 Gaston, Ste. 200, Dallas, TX 75246
26-28 LCM - George Cunningham, 270 Sunnycroft Rd., Ben Lomond, CA 95005
27-28 LCM - Atlanta, GA - Emory University (404) 497-1901
27-28 SCM - Sheffield, AL - Doug Call (205) 386-0222
28 LCM - Bobby Gallegos, 340 Tremont St W, Port Orchard, WA 98366
-
- AUG 3-4 LCM - Scott Rabalais, 950 S Foster Dr # 35, Baton Rouge, LA 70806
3-4 LCM - John Jewell, 4478 Raleigh Ave. #202, Alexandria, VA 22304
3-4 LCM - Gregg Tye, 2501-1/2 Seacrest Blvd., Delray Beach, FL 33444
3-4 LCM - Christa Phillips, 2321 Glendale Ave., Durham, NC 27704
3-4 LCM - Liz Adams, 270 Clarendon St., Apt 4, Boston, MA 02116
4 SCM - Kevin Fitzpatrick, Pittsfield YMCA, 292 North St., Pittsfield, MA 01201
4 2 MI Cable Championship - All Sports Office, 1135 Garnet-K, San Diego, CA 92109
10 Manhattan Island Marathon Swim - 438 W 37 St, Suite 5H, New York, NY 10018
10-11 LCM - Steve Freeborn, 29925 2nd Ave. SW, Federal Way, WA 98023
10-11 SCM - Cindy Szabuniewicz, 1000 Krenek Tap Road, College Station, TX 77840
15-18 USMS LC NATIONALS - Elizabethtown Masters, POB 2294, Elizabethtown, KY 42701
25 LCM - SDI, 1135 Garnet-K, San Diego, CA 92109
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- SEP 7-8 LCM - Sue Blatner, YMCA 810 6th Ave W, Hendersonville, NC 28739
8 10K - Golden Gate Swimmers, 6 Blacktohorn Rd., Lafayette, CA 94549
16 Open Water - Craig Tribuzzi, 2302 Saharah Dr., Garland, TX 75044
18-22 USMS NATIONAL CONVENTION - Louisville, KY
27-28 The Inaugural Irish Open, Nick Emerson, Lee Lodge, Ballinrea, Carrigaline, Co. Cork
27-29 SCM - Pat Wilson, 842 Alabama St., Florence, AL 35360
28-29 SCM - Gregg Tye, 2501-1/2 Seacrest Blvd., Delray Beach, FL 33444
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- OCT 13 SCY - Alicia Coleman, 24 The Point, Coronado, CA 92118
12-13 SCY - Anita Costi-Dinwiddi, 70008 Kinzalow Dr., Knoxville, TN 37909
19-20 SCY - Barbara Bertram, 2299 NE 4th Way, Boca Raton, FL 33431
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- NOV 8-10 SCY - Joe Biondi, 1501 N Belcher Rd., # 229, Clearwater, FL 34625
9-10 SCM - Steve Wyckoff, 405 Blackberry Ct., Anderson, SC 29621
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