

MAVERICK LANE LINES

USMS National Champions, 1997 - 1999 & 2002 - 2004

Volume 10 - Issue 4: Sept, 2006

MAVERICKS Swim with the Best in the World



Our only World Champion, **Brud Cleaveland**, sums up the energy and spirit of the XI FINA World Masters Championships by giving it a "thumbs up."

Over 5400 swimmers from 74 countries assembled in the spacious grounds of the Avery Aquatic Center at Stanford University in Palo Alto, CA, from August 3-10. The deck and two 50 meter competition pools and two smaller warm up pools bustled with activity, as swimmers tested the fast waters, listened to foreign languages, made new friends and wound their way from the marshaling area to their

starting blocks. Flags with brilliant colors from participating countries decorated the surrounding fences, and added to the festive atmosphere. Tent city sprung up in a nearby open space, filled mainly with CA swimmers, who enjoyed a cool, breezy respite during the long hours between events.

Four **MAVERICKS** made the trip and wrote about their impressions of the meet and their post-meet experiences.

BRUD CLEAVELAND, 89
World Champion, 100 m Free.

"The Worlds was a fantastic meet.

It was the largest in terms of total participants, the best facilities, the most efficiently run and produced the most world and national records of any Masters swimming ever.

I swam two events on Saturday, toured San Francisco with family members on Sunday, swam two events on Monday, toured Monterey and Carmel on Tuesday, came down with bronchitis and went home. However, the meet was very enjoyable and successful.

"Meeting and chatting and swimming with foreign men was terrific. I

liked my first race, 100 Free, the best, because I was able to touch out George Coronos from Australia, by .52 sec. in 1:48.23. Both of us were happy with our efforts until we learned that 90 year Goro Kobayashi's time was posted, 1:40.00.

Con't on page 4, Worlds



A Foggy Day on the Golden Gate Bridge

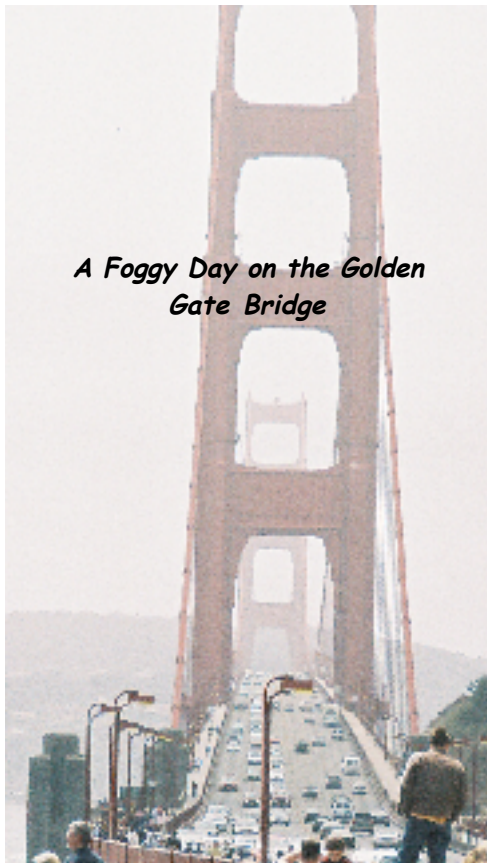


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MAVERICK LANE LINES

Volume 10 - Issue 4
September, 2006

USMS Honorable Mention
Newsletter
1998-1999, 2001-2003, 2006

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Got a bright idea?
Any news?
We'd like to hear it.
This is **your club**
and
your newsletter.



MAVERICK of the Month

Gaylord Hopkins, 65, was born in Philadelphia, PA. He learned to swim at age seven and first competed at age eight. He swam for three former Olympians, Medica, Freeman-Kelly and Higgins, plus legendary Doc Consilman. He captained his HS swim team and graduated from the US Naval Academy in 1963, with a win in the 1650 Free at the E Intercollegiate Swim Championships. Hopkins retired from swimming for 25 yrs.

Hopkins was a Navy pilot for seven years, and a reserve for three years. He worked with his dad at his Ford Dealership outside of Philly, until his dad's death. Hopkins then moved to Jacksonville, FL, and worked for S Bell Telephone Co. He joined Siemens Communications in 1985, and has been there ever since.

He recalls his unusual training swims during his early teen years. His family spent summers on a lake, .5 mile long and .25 mile wide. At 5 AM, M-F, his mom tied his younger sister and himself to their own canoe. His mom sat in his canoe, along with a heavy cinder block. They raced around the lake. Whoever won, got the cinder block for the next race. Mom always sat with son.

In 1985, Hopkins was horribly overweight, with many medical problems. His doctor said he'd be dead in 10 years if he didn't change his lifestyle. His mom was a Masters swimmer, and he joined in 1987. He won his first race and was "hooked."

Hopkins enjoyed the St Pete meets and swimming with his mom. The last year, he counted for her 1650. On her last open turn, he leaned over and yelled "sprint!" Two ladies remarked, "That's terrible; she's tired! Why would you yell sprint." He calmly replied, "Revenge!" His mom heard him yell, and loved it. She died later that year, so it was an even more special moment.

He competed for six years, then backed off due to his work schedule. In 2002, he swam at a Sr Games meet, his first competition in nine years. P Homans, recruited him for the **MAVERICKS**.

He has multi All American and Top Ten rankings and has swum on three Nation Record **MAVERICK** re-lays. His ultimate goal is to "just keep on swimming."

Hopkins' greatest accomplishment is his 42 years of marriage to wife, Barbara, a saint for "putting up with me all these years." They live in Lakeland, FL.



Gaylord Hopkins

This issue of the
MAVERICK LANE LINES

has been sponsored by

Regan Kenner

If you would like to sponsor a future issue,
please send us \$20.

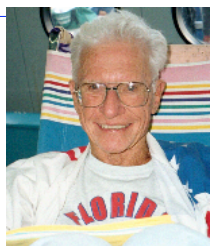
↪ Team meet with relays - OR - Team event

↪ Plan Ahead - Plan Ahead - Plan Ahead

10/14-15-----Pentathlon Meet-----St Pete--SCM
10/21-----1K/3K/5K-----Siesta Key Beach--OW
10/29-----3000/6000 Yd swim---N Shore, St Pete--SCY
11/5-----Swaniganfest---Ft Desota Park, FL--social
11/17-----Sarasota Sr Meet-----Arlington Pool--LCM
11/21-----Stroke & Pace Clinic---Sun City Center, FL
12/2-3-----Holiday Classic----Coral Springs, FL--SCM
12/2-3-----FL State Sr Games-----Esteros, FL--SCY
1/1-31-----One Hour Postal-----Your pool
2/24-25-----Polk Sr Games-----Bartow, FL--SCY

↪ If you plan to attend a **TEAM MEET**, please let Paul know ahead of time, and what days so we can determine relays before the meet.

If you need an entry that's NOT included in the FL LMSC newsletter or SWIMMER Magazine or have any questions, call Paul--727-521-1172.



Coach Hutinger

Tip of the Month--Find Your Pace for Your Race

There have been many unusual devices and techniques designed to control training speed. Here is a cheap, simple one that is extremely effective. USMS Rules prohibit wearing "a pacing device" during competition; however, I recommend that you use this watch in your training. If you consistently train with a watch, you will develop a feel for your pace and be well on your way to "swimming your own race" at meets. If you are a fitness swimmer, this training tool can add variety and fun to your usual workout routine.

TIMEX IRONMAN WRIST WATCH, with COUNTDOWN REPEAT timing function, cost about \$30-40, found at discount stores and drugstores. Follow the watch directions (vary with different models) and know how to set the countdown repeat function for a pace that is within your limits.

1. For sets of 5 x 100's, 10 x 100's, 5 x 200's, etc.....

a. Set your watch for YOUR interval (2 minutes, 2:30, 3:00, 3:24, etc). (In this example, I am using a set of 5 x 100's @ 3:00, meaning your countdown repeat, CR, is set for 3:00.) As you push off from the wall, start your watch. When you finish your first 100, look at your watch. It will indicate how many seconds are left. (In this example, 17.) When the time is down to two seconds, push off, again. Repeat this sequence, four more times.

b. If you have too much time to rest with this interval, adjust the setting by lowering your CR; if you can't make that interval, increase your CR.

c. The advantage of this type of watch is that you can set it for any interval you wish, without remembering what number on the pace clock (if you have one at your pool) you started on.

2. For straight swims, like a 500, 1000 or longer.

a. On this example, you will be setting your watch for a CR for your 50 time. If you know your 50 pace, this part is easy. If you're not sure, time yourself on several easy 50's and get an average time.

b. If you can hear the beeps under water (the CR you set your watch for) while wearing your watch, wear your watch on your wrist. If not, start the CR and place the watch UNDER your swim cap. This is an alternative, especially if you don't hear well.

c. Start the watch when you push off OR on the first BEEP of the CR.

d. By listening to the BEEP every 50 yards, you know exactly how fast you are swimming. If, for example, the BEEP sounds before you reach the wall, your pace is TOO SLOW for this CR! If the BEEP sounds after you push off the wall, your pace is TOO FAST. If you touch the wall on the first BEEP, then your pace is JUST RIGHT!

If you can attend the clinic I will have at Sun City Center (see info on page 8) we will work on pace strategies. If not, follow these directions and call me if you have any questions. Let me know how it works for you.

World Championship

The 100 Breast was an interesting race, too. I was 4th, behind two Germans and a Canadian. My heat also contained my Australia friend, Coronos, three from the US, and one each from Japan and Sweden. In my other races, I was 3rd in the 50 Free and 5th in the 50 Breast.

"I met and spent some time visiting with Kazumu Sato, member of the Japanese organizing committee. He took many pictures of me in various positions before and during races. I received a CD of them by mail. I had previously given him memorabilia of Florida and the **MAVERICKS**. I was able to send him some pictures too.

"The whole affair was a delightful experience."



Competition pools at Stanford University

PATRICIA TULLMAN - 7th 100 FLY



"This was my fifth FINA World Masters meet. The California crew set up a very well run and well attended meet, with over 5,000 pool swimmers among the 7,000 plus athletes, from 74 nations, who participated in the four aquatic events.

"Three things stand out in my memory about my August adventures in the Bay area of California. Margie and I attended the Opening Ceremonies on Friday, August 4th. Not only were there few speeches, but no speech was long. The entertainment was delightful and included young boys and girls who demonstrated the five sports which would be contested. They followed the parade of national flags. A musical treat in the form of folkloric dance included Mexican, Russian and Caribbean dances. The dancers wore authentic costumes. Also, there was a hilarious diving act. A great night that didn't reek of Hollywood extravaganza, but rather mirrored the nonprofessional, friendly type of competition found in Masters.

"The second thing that struck me was that there were 60 plus women in my 65-69 age group! And there were some super swims from several of them. One aspect I

like about Worlds is standing behind the blocks with nine other women, many coming from different lands. I didn't anticipate winning medals, but had hopes for at least one 10th place. I bettered my seed times, and swam my fastest times for the season. My lone medal was a 7th place in the 100 m Fly. A highlight was watching my former Physical Education college professor still swimming at 85.

"The third thing about this trip was the carrot at the end of it. My daughter, Deborah, joined me for a Napa Valley adventure, complete with a cute



Napa Valley vineyard

little PT Cruiser rental convertible, perfect for cruising this lovely, luscious land.

FOOD AND WINE ...WOW! Wherever we ate or drank, the quality of the food was amazingly excellent. We spent three days learning a lot about the Napa Valley and wine making and I do hope to go back, some day in the not too distant future.



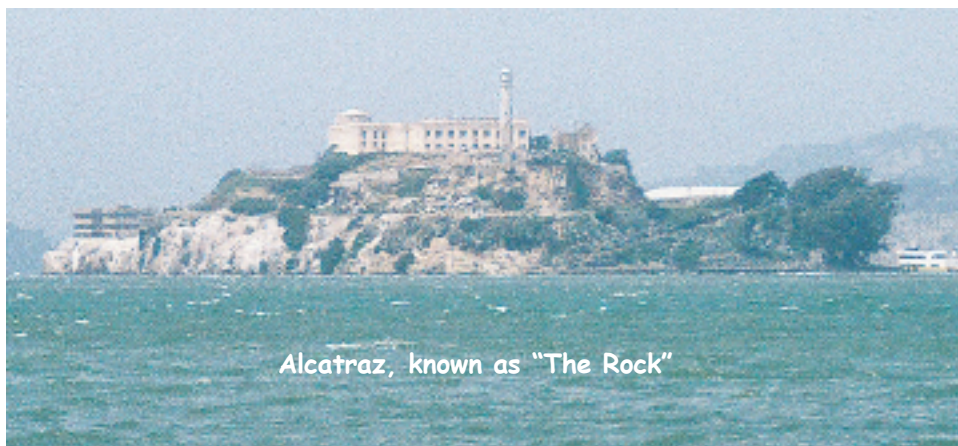
Cabernet Sauvignon on the Vine

Con't on page 5, Tullman

Con't from page 5, Tullman

"But for now, I am looking forward to next year's events and turning 70!!! I hope you share my view that this swimming thing sure makes aging a little less painful!!!!"

**PAUL HUTINGER - 2nd - 50 Back;
3rd - 100 Back; 4th - 200 Back**



Alcatraz, known as "The Rock"



"This Worlds meet was a tough meet for me, as training was challenging, as I was still recovering from my winter bacterial infection. As an 82 yr old, I had to compete against the youngsters who had just turned 80.

"Ziegler, a Czech, was the top seed in the 100 and 200 Back events, and Webster, from San Diego, was top seed in the 50 Back. I was the

first to the wall at the 50, however, the event was a 100, and I faded to 3rd at the finish. On the last day, I had a close race with Webster, who passed me in the last 10 meters and won the race.

"Although I wasn't happy with my times, there was a positive aspect to my swims. Although I didn't win any of my events, none of my competitors broke the meet records I set in Italy, 2004. My 200 Back meet record was a good ten seconds faster than this meet's winner.

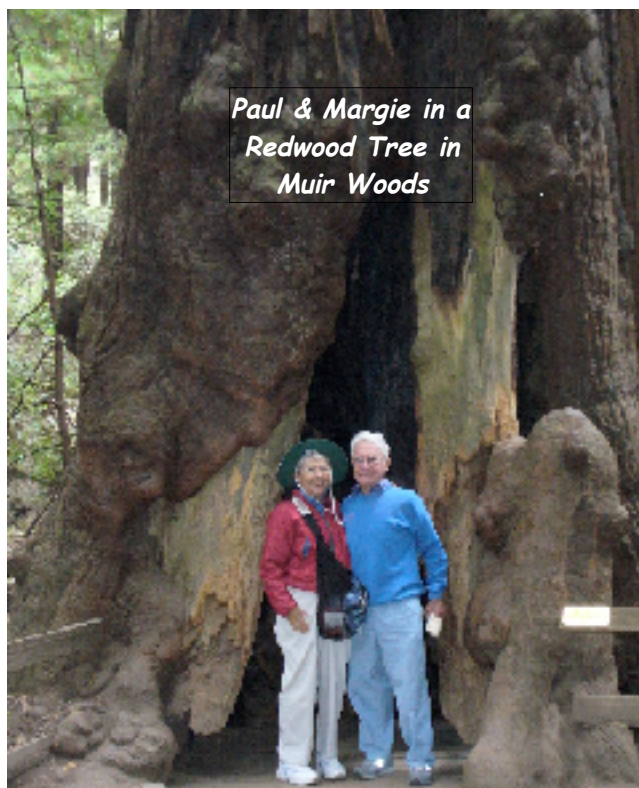
"It is always a pleasant experience for me to visit with many of my friends, not only from the US, but also from abroad. One of my former grad students from Western Illinois University, Scott Shake, who is now 48 years old, placed in the top three in all of his events. A Mexican swimmer, in the previous age group, talked to me while we were in the marshaling area and told me how he has followed my swimming career through the years.

"The competition and warmup pools at Stanford were excellent. USMS provided excellent speakers who presented several sports conferences. Margie and I were able to attend two of them. One topic was "Shoulder Health," and the other was "Exercise and the Health."

"Margie and I attended the International Masters Swimming Hall of Fame induction ceremony and watched Bill Specht, SPM, receive his award. Many Japanese attended this function. We watched a film from the 1950's, showing the World Record swims of Hasazumi and Furahazi after WWII. Although they were years ahead of their competition, they were not permitted to compete in the 1948 Olympics.

"After the meet, we spent a day in San Francisco, which included a bus tour of the city. This brought back many memories from my sailor days when I was stationed at Treasure Island (in the Bay) for three months during WWII. My favorite winery was Francis Ford Coppola's, Rubicon, which contained a

Con't on page 6, Hutinger



Paul & Margie in a Redwood Tree in Muir Woods

Con't from page 5, Hutinger

museum of his numerous movie achievements, including his five Oscars and a restored 1950 Tucker car.

"Flying across the country and three time zones, did a number on my body. Although it took me several days to get back to normal, I have many fond memories to treasure from my fourth Worlds Championship."

MARGIE HUTINGER - World trader

"I was entered in the meet, but since I had my gall bladder removed nine days before we headed west, I didn't compete. Although my surgery wasn't an emergency, I'm thankful I opted to have it done before the trip. Especially when the surgeon told me that one of my stones was an inch in diameter and another one was in the duct, ready to give me fits on the trip.

"I never get bored at big meets, including this one with recovery time. I was too busy walking the deck, timing Paul's sprints, watching numerous swims, chatting with old friends and making new ones. One of my favorite pasttimes is



trading....pins, swim caps, t-shirts, etc. Usually, you have to scrounge around the perimeters, looking for 'good deals.' One evening, we had a special ice cream social/trading night. Complete with tables to lay out our wares. Pictured above, are my new treasures. I now have a Columbian t-shirt; sun hat from Holland; ten new swim caps, including Mexico, Fiji, New Zealand; and at least a dozen pins, including Antarctica, New

Zealand, Republic of S Africa, Italy, India, Russia, Wales, Japan; plus other trinkets. I find it fascinating to communicate from swimmers from other countries. Trading helps to break down any language barrier.

"I talked to Maria, a former Olympian from Brazil. I wished her well on her 800 Free. She asked me how old I was. When I told her, 66, she leaned over, put her hand on my shoulder, smiled, and remarked, "Then I have nothing to fear."



Margie & Mission Delores mural San Francisco

"I saw the facial expressions on Jane's face turn from jubilation on day one, to dismay several days later, as her family from England was no longer able to travel to the US, due to the terrorist attacks.

"After the meet, we anticipated our trip to Muir Woods. Lucky for us, we got lost and had to descend to the depths of the canyon via steep and

windy narrow roads, on the shuttle bus. 'WHEW, were we ever lucky!' declared Paul, as he didn't have to drive. We marveled at the beauty and tranquility as we walked among the giant redwoods.

"We spent three nights in Glen Ellen, CA, our headquarters for excursions into the wine country. This was home to Jack London, wild life author in the early 1900's. His museum was a fascinating collection of memorabilia, including a model of the boat which he and his wife sailed around the world, souvenirs from their Alaska gold hunting experiences, etc. A fitting finale for two **MAVERICKS** learning about another maverick."



Margie & Paul toasting to good friends, fine dining and fascinating adventures.

Results, results.....

St Pete Meet - July

Seventeen **MAVERICKS** competed at this usual summer meet. The weather was hot and steamy, and with nary a cloud in sight, all sought refuge under the awnings, and appreciated every cooling breeze that blew in from Tampa Bay.

High point winners included **Browne, Olsen, Tillotson, Tullman, Williams** and **Zint**; 2nd places went to **P Hutinger, Prokopi, Reynolds, Schimpf, Troy** and **Weatherbee**; 3rd places were **Allen** and **Hopkins**. **Hoskinson, Paintner** and **Rey** rounded out the **MAVERICK** team, which finished 1st out of 32 visiting teams.

Brandon Meet - August



This meet was a success, any way you look at it.

Iris Threatt-Milton, left, is wearing an ear-to-ear grin, proud of her first ribbons at her first Masters meet! **Schimpf** was elated that the rains held off and she could swim the 800 Free, in the very last heat. **Zint** swam all her events in

spite of falling off the block and breaking her heel. The quartet below set another National Record. The rest of the jubilant crew included **Allen, Bond, Browne, Criche, Gee, M & P Hutinger, Prokopi, Rey, Schlegel, Thompson, Watkins** and **Williams**.



National Record

280+ 400 Mixed Free Relay - 5:40.99
Weatherbee - Tullman - Troy - Hopkins

Outstanding USMS Awards For the **MAVERICKS**

Margie was one of the four FL LMSC delegates to the US Aquatic Sports convention in Sept. She is happy to report that the **MAVERICK LANE LINES** placed in the top six in the Newsletter of the Year Award. The winner was West Hollywood Aquatics.

A new award was instated this year, to recognize outstanding Masters clubs that are built on the core objectives of USMS - to Serve, Educate, and Build the Membership. The **MAVERICKS** ranked in the top eight in the Club of the Year Award. The winner was Indy Swim Fit.

Fun and Fitness

Virtual Swim Relay to the Worlds

In the last issue, the Dixie Zone was floundering at only 49% of the way to the Virtual Worlds, with just two months left. A giant thanks to everyone who contributed their monthly swim totals to the success of this USMS Fitness event. Our zone exceeded the 1500 mile distance, finishing with 107%, and in 3rd place.

- Bayers - 46.00**
- Browne - 46.40**
- Cleaveland - 26.50**
- Hopkins - 91.78**
- M Hutinger - 55.58**
- P Hutinger - 83.23**
- K Swanigan - 45.37**
- Troy - 27.63**

To the left, are the miles the eight **MAVERICKS** contributed, although not all sent in their miles, starting in January.

2006 Registration - Total, 74

RENEWAL
Art Holden

NEW MEMBERS
Martin Kavanagh
Terrie McNamara
Kevin Boyd

Generous Gifts

Paul and Margie are continually amazed at the generosity of the **MAVERICKS**, and **HONORARY MAVERICKS**. Our heartfelt thanks to our most recent contributor, Patricia Tullman.

Up and Coming Events.....



MAVERICK

Team Suit

St Pete Meet, October 14-16 - The new pool will be ready for the meet, but we haven't been in it, yet. There isn't any shade or seating on that side, so bring your chairs. We can probably sit on the big pool side. Don't know where the entry will be by then.

If you're going to this meet, let us know, so we can put relays together.



USMS 3000/6000 yard Postal - Must be swum in a 25 y pool between Sept 15 & Nov 15. Whenever you swim, please give the Hut-ingers your time, for relays. **We'll have a group swim at North Shore Pool, October 29. Let us know if you'll be there.** Coach encourages you to accept at least the 3000 yard challenge, as it isn't as taxing as the 5K/10K postals.

One Hour Postal, January, 2007 - In 2006, we had 27 swimmers compete this swim. With 74 members and the **MAVERICKS** sponsoring the event, we would like to see that number increase to a whopping 40. Don't think about the distance or imagined pain you must endure, think about it as your personal journey. Now is the time to start your physical preparation, by working on your pace.

↪ Y Nationals in Indy.....

Next year, Y Nationals will be at the IUPUI pool in Indianapolis, IN. With USMS SCY Nationals in Federal Way, WA and LCM in The Woodlands, TX, this meet will be our National team meet. You are always welcome to enter Masters Nationals, but we are encouraging you to think about joining us and the Sarasota Y Sharks in Indy, April 12-15, 2007.

SWANIGANFEST 2006 Promises to be Full of Fun and Surprises!



Sunday, November 1

**Fort Desoto Park, St Petersburg, FL
Shelter #1 on North Beach**

11 AM 'til dark, or the rangers chase us out.

Bring instruments, a dish to share, beverages, dogs, cats, children, grandchildren and any guests who might enjoy a fun day of good food and music in a beautiful location. Plates, utensils, cups, water and ice will be provided.



Our new suit has the same colors and logo, but the ever popular knee length suit.

Order from Agonswim:

Phone: Call **DONNA** - 877-718-9403, ext 57 (toll free #, in California)

e-mail questions to: donna@agonswim.com
www.agonswim.com and click "register" at top

Cost: \$70 plus shipping.

(Contact Donna or Margie for further instructions.)

Stroke and Pace Clinic

WHERE: Sun City Center Pool

DIRECTIONS: Exit I-75 at SCC exit (SR674 east); turn L at 5th light, Pebble Beach Blvd; turn R on Cherry Hills; pass Visitor's Center on L; next L to parking lots; enter large Atrium Bldg; pool entrance inside bldg.

WHEN: Nov 21, Tues, 7-9AM

WHAT: Breast & fly strokes, plus, pacing strategies w/watch (Tip of Month, pg 3)

COST: Free!

**REGISTER: Call Jean Troy - 813-634-6413
(Must be USMS registered; limit, 20)**

**BRING: Swim gear & Timex Ironman Watch
(Very helpful; not required; may share)**

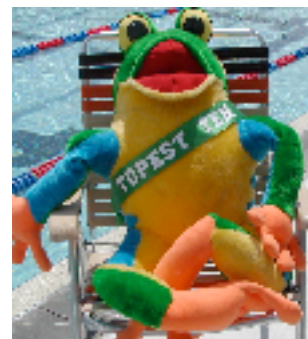
Message from the Assistant Maverick, Doris Prokopi



I thank everybody for voting for me. The only problem is I don't have a computer. If you have to contact me, do so by phone or write to me (phone number and address are below). I will help as much as I can, and since I am German, you'll have to understand me.

I was one of the original **MAVERICKS** and helped Paul and Margie start the club. We had no idea how it would come out, and we were surprised by all the swimmers that wanted to join our club. I like to get involved as much as I can. (Doris is the chair of the 2007 **MAVERICK** Calendar Committee).

Our big **MAVERICK** frog (award for swimmer with most Top Ten places, right) needs a name. My name for it is "My Little Froschi" (German for frog). Please write your suggestion in the order blank, below.



The calendar is really nice. Please send me your orders. I hope you like it.

Stars for 2007 Calendar

Marianne Vann - January
 Charles Schlegel - February
 David Carr - March
 Harold Miller - April
 Rosie Vijil - May
 James Pitts - June
 Rick Gee - July
 Aaron Kurtzman - August
 Doris Prokopi - September
 Margaret Homans - October
 Charles Weatherbee - November
 Ruth Hoskinson - December

2007 **MAVERICKS** Calendar

The calendar committee has put the finishing touches on the 2007 calendar, and it's ready to head to the printers. The 2007 stars are listed in the box to the left, along with their featured month.

Gus created a collage cover from the rest of us. Those that sent him a picture, that is.

Support the **MAVERICK** creative efforts and order your special, one of a kind calendar. They will arrive in November in plenty of time to give to your friends and relative for the holidays.

- - - - -cut here - - - - -

MAVERICK 2007 Calendar Order

DEADLINE - October 20

_____ Number of calendars @ \$14 each = _____

Check one line:

_____ I will pick mine up in person _____

_____ Please mail mine: 1 or 2 @ \$2 each; 3 or more, \$5 = _____

(Address on back, please.)

TOTAL = _____

Check payable to: Doris Prokopi

Questions?? 813-996-4184

Mail to: Doris Prokopi
 3628 Greatwood Ct
 Land O'Lakes, FL 34639

Name for the **MAVERICK** Frog.....
