

# Maverick Lane Lines

USMS National Champions, 1997 - 1999 & 2002 - 2004

Volume 11 - Issue 3: July, 2007

## Tenth Annual Maverick Award Celebration

When we formed the *Florida Mavericks*, in the fall of 1996, there were many doubters (outsiders, of course). "I've seen many new clubs formed through the years, and they come and go. You won't last."

Thanks to our faithful, resourceful and supporting cast, here we are, celebrating our tenth annual *Maverick* Spring Awards. All these negative comments spurred on Coach Paul. He was motivated and determined to find ways to provide a positive environment for individual levels of achievement and the freedom to express ideas.

"I feel it is important to encourage swimmers at all levels and abilities, and to recognize them for their achievements." Ten

years ago, 1998, this dream became a reality, and we had two award celebrations. The first was at Tina's restaurant in Ft Lauderdale, at SCY Nationals, with eight guests. The 2nd dinner was a pot luck at the Hutingers, with Margie in charge of grilling the chicken. Paul stated, "Out of 27 members, it was a significant accomplishment for our small first year team of 27, to have 20 swimmers achieve a USMS Top Ten time, with four All Americans." The first Top Ten award was a large, green monogrammed cotton towel.

In 2006, our growth reached 74, with forty achieving a USMS Top Ten time, and twenty All Americans. Thanks to **James Browne**, we had our own room at the Golden Coral Restaurant, in Brandon, FL. The twenty eight guests enjoyed a tasty buffet of salads, meats, vegetables, side dishes and the ever popular dessert table. Pictures of the special awards and honors winners are on pages four and five. In all these ten years, we've never repeated our Top Ten awards. This year, the award was a micro fiber wicker towel, which is light weight and dries very quickly (pictured with some of the swimmers, above).

Ten years ago, **Dave Malbrough** donated a case of champagne to the club. This year, **Richard Criche** donated a case of wine, which we raffled off. The proceeds were added to the relay fund. This fund was established in 1999, and has continued to pay for ALL the *Maverick* relays, local, postal and National meets.

Door prizes continue to be a popular feature, including gift certificates for massages, swim wear and jazz concert tickets. Besides the list on the program, donations also came from **Gee, Prokopi, Reynolds** and **Weatherbee**.

So much for the nay sayers! *The Mavericks* continue to thrive.....



### Table of Contents

	Page
Officers/Maverick of Month.....	#2
Calendar/Tip of Month.....	#3
Special Awards.....	#4
Special Honors & Prizes.....	#5
Results.....	#6
World & National Records/Fitness.....	#7
Schimpf/Everhart Baby/Gee/Donations.....	#8
One Hour Postal evaluation.....	#9

continued on page 5, Special Awards

# MAVERICK LANE LINES

Volume 11 - Issue 3  
July, 2007

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

## Editors

Paul & Margie Hutinger  
727-521-1172  
e-mail: phut@usms.org

## FMM Officers

**Head Maverick**  
Charles Schlegel

**Assistant Maverick**  
Doris Prokopi

**Sec./Treas./Registrar**  
Margie Hutinger - 727-521-1172

**Officials**  
Frank Tillotson - 727-898-5259

**Liaison**  
Position available

**Safety Coordinator**  
Position available

**Coach**  
Paul Hutinger - 727-521-1172

**Web Architect**  
James Christie  
JAMES@BUBBLEWORLD.COM

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



# MAVERICK of the Month

**James Browne, 67**, was born in Brooklyn, NY. His earliest competition included four years of high school at St Johns Preparatory School, in Brooklyn. He also competed four more years at Niagara University, in Niagara Falls, NY, just four miles north of the world-famous waterfall. During his college years, he worked as a Lifeguard for the NYC Dept of Parks, at Riis Park in Rockaway, NY.

Browne's spent his career of 34 years working for the Marine Midland Bank, in various branch and commercial lending capacities. The bank is now HSBC Bank USA, one of the largest banking and financial services organizations in the world.

After his early competitive swimming, he took a long hiatus. "We moved to Sun City Center, FL, from Little River, SC, in July 1999. Shortly afterterwards, I was able to join the SCC Masters Swim Club, as a guest. One of the highlights from one of my first Masters meets, was breaking 30 seconds in the 50 yds free, for the first and only time in my life. In 2002, I joined the Mavericks. Major accomplishments for me included achieving several individual USMS Top Ten rankings and swimming on several Maverick Relays that set National Records."

During the One Hour Postal, sponsored by the Mavericks in 2007, Browne was one of the dependable and hard workers, folding t-shirts, counting and packing awards, medals and t-shirts and running errands whenever needed.

"I had an unusual swim at a recent meet at the Sarasota Y. The time on the scoreboard for my 100 m free was 1:41, about 15 seconds slower than what I expected. I was ready to quit swimming for the year! I complained to Coach Paul, and he checked in the scoring booth. My official time was 1:26. I was greatly relieved that my body was still working."

As for the greatest accomplishments during his lifetime, he lists his family and friends. His swim goals are to stay healthy and keep on swimming. He resides in Kings Point, Sun City Center, FL, with his wife Pat.



*James Browne*

This issue of the  
*Maverick Lane Lines*

has been sponsored by

**Robert MacDonald**

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

↪ **TEAM MEET - (we do relays) - OR - TEAM EVENT**

## Plan Ahead - Plan Ahead - Plan Ahead

5/15-9/15-----5K/10K Postal Meet-----Your pool--LCM  
7/14-15-----LCM Championships-----St Pete, FL--LCM  
8/4-5-----Invitational-----Orlando, FL--LCM  
8/10-13-----LCM Nationals-----The Woodlands, TX--LCM  
↪ **8/25-----Blue Wave Meet-----Brandon, FL--LCM**  
↪ 10/13-----Fall Splash-----Ocala, FL--SCY  
↪ **9/15-11/15---3000/6000 Yards Postal-----Your pool--SCY**  
12/1-2-----Sr State Championship-----Estero, 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--Know Your Goals & Objectives

Many of my articles over the years have stressed the importance of specific goals and objectives, beyond the generalities we all have of a continuing healthy and active lifestyle. In this month's tip, I have written about three *Mavericks*, and how they have been successful with their efforts.

**Peter Brooks, 57**, has a long range goal of qualifying for the National Senior Games, 2009. "It is not so much about winning that motivates me. It is better health and achieving excellence in spirit."

In order to reach this goal, he has broken down his goals into six-week increments, starting with weight loss of 2 lb per week, swimming 6000 yd/wk in six days and two distance swims/week. He will analyze his goal at the end of each six week period.

Brooks recently sent me his progress report on the 1st six weeks. His overall assessment is that his swimming keeps getting stronger. Fins and paddles were an important part of getting back into swimming shape, again, and he averaged 6300 yd/wk. He lost 15 pounds and is down to 240. "My weight loss has been disappointing. I cheat on weekends and it has slowed down my progress." His 2nd six week goals include a diet with 1500 calories/day and increasing his weekly yardage to 14,000 yds. His objectives include sets of 10 x 100 @ 2:00 and for his long distance, to start with 500's, move upward to 1000 yds, and finally, to a mile swim.

**Jean Troy, 80**, is an example of a swimmer who wasn't content to loaf through the last year in her age group. She had World Records on her mind. First, she looked up the times, then, she trained for reaching those times. I gave her workouts which included sprints with long rest for her short events, broken swims for the middle distances and pace work for the 800 and 1500. Her toughest record to break will be the 1500 LCM, of 29:39, set in 2002. Her keys to success are planning ahead, specificity of training (including training in a 50 m pool) and "working my butt off!"

**Gregory Rotole, 53**, had a conversation with Margie, in the spring. She suggested that he should train more on distance freestyle, so he could enter all five postal swims (One Hour, 3000 & 600 Yds, 5K & 10K) and achieve the prestigious Leather Lungs Award. The immediate look on his face was of shock and distress. The following week, he greeted Margie with a huge smile, which replaced the tense muscles, and said, "I can do that." By accepting this challenge, he revised his workouts. He decreased his usual stroke event sets and increased his distance freestyle yardage, to work on his aerobic base and endurance. For 2008, he will revert back to his stroke workouts, as his next goal is to accomplish a different Leather Lungs Award, which is to swim each of the 18 individual events in SCY and/or 17 in LCM.

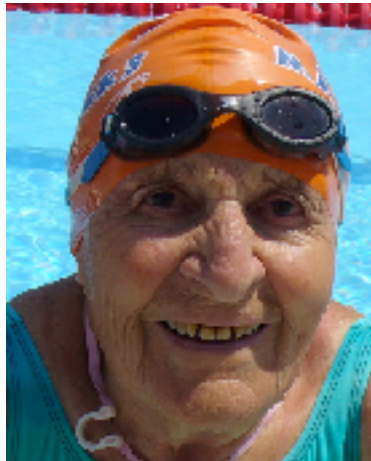
These three vastly different examples present a clear picture of not only having specific goals and objectives, but finding the means to make them a reality. This technique gives Masters swimmers a positive direction to work towards, and also applies to everyday life. Research has demonstrated that this practical approach can keep stress and depression at a workable mental level, as well as improve the cardiovascular system.

# SPECIAL AWARDS



**OUTSTANDING POOL SWIMMER - MALE**  
**Gaylord Hopkins**

2 Nat'l Relay Records  
 3 All American Times  
 4 All American Relay Times  
 4 Second Place Times  
 7 Additional Top Ten Times  
 Competed in SCY, LCM and SCM



**OUTSTANDING POOL SWIMMER - FEMALE**  
**Gertrud Zint**

9 Second Places  
 18 Additional Top Ten Times  
 Competed in SCY, LCM, SCM



**ELMER LUKE AWARD**  
**Margaret Homans**

Overcoming the adversities of fused back compression fractures and knee problems. She continues to train and compete in spite of her limited performance capability.



**DAVE MALBROUGH AWARD**  
**Ruth Thompson**

10K Postal - 1st  
 6000 Yards Postal - 4th &  
 18+ W Relay - Nat'l Rec  
 5K Postal - 5th  
 3000 Yards Postal - 5th  
 One Hour Postal - 30th



**DAKOTA ELIASON AWARD**  
**Karen Swanigan**

Demonstrates persistence and consistency in regular swim workouts and is an outstanding role model for fitness swimmers.

**MOST IMPROVED AWARD**  
**Jean Allen**

Persistence and dedication to improve all her strokes, turns, starts and overall training.



**BILL VOLCKENING AWARD**  
**Web Architect**  
**James Christie**  
 Hosting and posting award to recognize individual and team accomplishments.



# SPECIAL HONORS & PRIZES



**FROGLEY AWARD**  
*Most Top Ten Places - 49*  
*Doris Prokopi*

This is a traveling award, with the recipient keeping in for one-year. The current winner will present it to the new winner, at the next awards dinner. Winners cannot repeat within five years.



**RECORD HOLDERS**  
*Tullman - Weatherbee - Troy*  
*(not pictured - Hopkins, Coleman, Thompson & Prokopi)*



Door prize table



Wine donated by Richard Criche  
Raffle items

# Results, Results, Results, Results .....

## Good Life Games - Clearwater, FL

The 2007 Good Life Games marks the 28th year of this program for seniors, 50+. It is one of the qualifying meets for the Senior State Championship, which is a qualifier for the National Meet.

**Jean Allen, Browne, Carol Dirksmeyer-Nichols, Stephen Everhart, Harrison Homans, Ruth Hoskinson, M Hutinger, Gretchen Hyneckeal, James Pitts, Doris Prokopi, June Reynolds, Rotole, Kay Schimpf, Jean Troy, Tullman, Robert Williams and Marianne Vann** competed in this popular event.

At age 61, **Hyneckeal** entered her first ever swim competition, and won gold medals in the 50 and 400 m free. She also won the persistence award. Due to a misunderstanding, she and her husband spent the night in St Pete, to be close to the pool. When they arrived at North Shore pool, bright and early for the meet, it was deserted! They called Paul, who was at home, sick. He told them the meet was in Clearwater, 45 min away. Directions came from Dirksmeyer, and they headed north. Meanwhile, at the meet, Margie wondered why Hyneckeal wasn't in her first event. Several events later, in walk the Hyneckeals. Gretchen warmed up and watched several starts. Although she lost her goggles on her first dive and they fogged up for her next race, she finished both races.



Cheers to her auspicious competitive swim debut.

## Athens, GA

by Patricia Bond

My husband and I usually travel during the summer. This year, we combined our trip to our son's wedding in Arlington, VA with a meet in GA.

The U of Georgia Natatorium, is a very fine facility, with a 50 m pool with 25 y diving well. The Jacuzzi was large enough for a whole team. (Let's go.) All 17 events were combined with males and females together, seeded from slow to fast.

I won all five events, 200 & 400 Free, 100 & 200 Back and the 200 IM (only one in 65-69 age group).



Many swimmers were younger than the *Mavericks*, but the Hilton Head, SC team, accepted me into their group.

The meet was very well organized, including timers from the college swim team. The score board listed the swimmers' names, in addition to the final time. The meet began at 9 AM and was over before 2 PM. I recommend this meet to anyone who is in the area in early June.

## SCY Nationals - Federal Way, WA

by Patricia Tullman

The swim facility was great, the hosts were gracious and efficient and the whole meet was well done!



I swam the 1650 free on the first morning, in a best time for the last couple of years, 27:39.77. That gave me 2nd, to IMHOF swimmer, Betsy Jordan. I won the 100 fly and was 2nd in the 200 fly and 100 backstroke. I placed third in the 200 Free.

Meanwhile, my daughter, Debbie, joined me in Seattle. We did the touristy thing of dining at the Space Needle and riding the monorail to the city shopping mall.

On Saturday I forfeited my chance for another medal, since I wanted to get aboard the Princess Cruise Ship on time. Deb and I thoroughly enjoyed the seven day trip to Juneau, Skagway and Ketchikan along with cruising the glaciers and ogling the icebergs in the fiords. We stopped in Victoria, BC, and toured a winery with a wine and chocolate tasting!!! We flew home with memories of a successful and fun adventure.

## Nat'l Sr Games - U of Louisville, KY

**Tullman, 70-74** - 4 gold medals, including a NSG record in the 100 Free, by two sec; one silver and a bronze. A favorite thing about this meet was her 36:16 in the 50 Free, a personal best for the last two seasons 200 Free - 3rd, but broke the existing record.

**Ken Hickey, 60-64** -- 100 & 200 Back - 8th; 50 Back - 9th; 100 IM - 19th; 100 Free - 20th; 100 Breast - 22nd

**Robert Blake, 80-84** --50 Free - 1st & NSG record; 500 Free - 2nd & NSG record; 100 Free, 2nd; 200 Free - 3rd; 50 Back & 100 Breast - 6th.

# Five World & Three National Records

## Bumpy Jones Classic - June, '07

The *Maverick* contingency of twelve, found a shady, and somewhat cool spot, away from the sweltering heat of a summer day in Florida. Besides the heat of the day, three *Mavericks* were especially churning up the water at the Selby Aquatic Center in Sarasota, Florida.



Jean Troy - 80

**Jean Troy, competing in the 80-84 age group, shot down five World LCM records.** Troy, clocked a 1:35.64, 3:27.26 and 7:24.53 in the 100, 200 and 400 free to wipe out the 1:37.78, 3:37.14 and 7:30.36 set in 2002. Additionally, she clocked a 4:18.72 in the 200 IM to erase the 4:25.05 set in 2005 and a 9:32.43 in the 400 IM to take down the 9:43.23 set in 2006.

In other action, **Gertrud Zint, crushed the National standard in the 90-94 50 breast** with a time of 1:43.76 to surpass the 2:58.60 set in 2005.

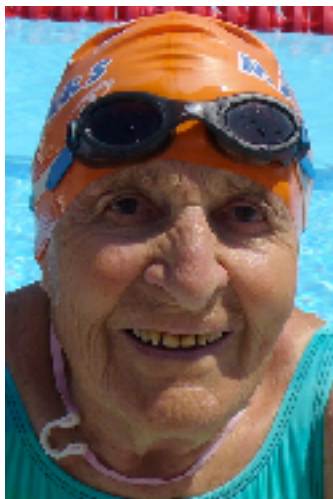
Not to be outdone by his female counterparts, **Brud Cleaveland, took down a pair of National breast-**

**stroke records in the men's 90-94 division.** He

clocked a 1:01.64 in the 50 breast to eclipse the 1:09.80 set in 1998. He also touched in 2:28.24 in the 100 breast to shatter the 2:46.78 set in 2003.



Brud Cleaveland - 90



Gertrud Zint - 90

The rest of the cheering section included **Allen, Browne, the Hutingers, Rotole, Tullman, Vann, Weatherbee and Williams.**

Many took advantage of the ever popular "Party in the Park," Saturday, for food, drinks, fantastic door prizes (although this year, we had no winners) and a pleasant time to relax and socialize, after a hard day of competition in the pool.

For various reasons, our group was smaller than in other years. Since this is our regular team meet, we hope that more of you will be able to take advantage of this well-run Long Course Meters meet, next June. We were able to enter everyone in either a 400 medley or 800 free relay. Most likely, all will achieve a Top Ten ranking.

## Fun and Fitness

One of the fitness event offered by the USMS Fitness Committee, is "**Go the Distance!**" The objective of this event is for participants to track the distance they swim during 2007. When participants achieve specific distance milestones of 50, 100, 250, 500 miles, etc - they will be recognized on the USMS website and awards will be available for purchase (for a minimal fee).

There is no cost to enter this event. Participants are requested to email (or use snail mail) to submit the total distance they swim each month. A list of miles per month and cumulative mileage will be tabulated for each swimmer. Awards available for purchase include swim caps, certificates, patches and t-shirts with the event logo and the distance of the milestone achieved.

For more info, go to the Fitness section at [www.usms.org](http://www.usms.org). If you don't have a computer, contact the Hutingers.

Milestones achieved, year to date:

**Jean Allen, 94; Patricia Bond, 129; James Browne, 127; Brud Cleaveland, 56; Gaylord Hopkins, 254; Margie Hutinger, 34; Martha Jacobs, 41; and Karen Swanigan, 57.**

It's not too late to sign up for 2007!

*You're cool in the pool!*

# Maverick Events

## Kay Schimpf Turns 90



**Kay Schimpf** was flabbergasted when she walked through the door. A friend told her that they would be taking her out to dinner, "with a few friends."

Surprise! The activity center at the Top of the World, where she lives, in Clearwater had been abuzz with activity for the previous half hour, with over fifty guests. Tables were decorated with toy decks of cards, medals and dolphins, to represent Kay's favorite activities. While waiting for the guest of honor, we were entertained by live piano music, sampled tasty hors'd'vours and drinks. The main courses were lasagne and chicken, followed, of course, by birthday cake. Paul presented Kay with a framed article he wrote, about her performance in a National Record relay, "The Most Amazing Anchor."



**Frank**

**Kay**

**Paul**

**Margie**

## New Addition to the Maverick's extended family



**Stephen and Hanling Everhart**  
proudly announce the birth of their daughter,  
**Han Jia Yi (Chinese name)**  
**Sabrina Han (English name)**

She made her grand entrance on  
June 27, 2007, at 4:27 PM at  
Bayfront Medical Center, St Pete, FL.

Weight: 8 lbs, 2 ozs

Length: 20 1/2 inches

Mother, Grandmother (who came from Wuhan, China to help with the baby and Dad),  
Dad and new baby are all fine.

(On an added note, they have tickets for the finals in swimming, diving, and gymnastics, and will be in Beijing, China for the 2008 Olympics.)



## Induction for Rick Gee

**Rick Gee** was recently notified by the Department of Athletics at Howard University, Washington, DC, of a very special event. On September 7, 2007, he, and nine other athletes will be honored with their induction into the Athletic Hall of Fame.

Congratulations, Rick!

## Generous Gifts

All contributions, whatever the amount, further our club programs. Donations defray costs for the awards presented at the Spring Awards, all relays, the newsletter and web site. Our heartfelt thanks to **Robert Blake**, **Elmer Luke** and **Frank Tillotson**, for continuing to make these dreams a reality.

**POSTAL EVENT EVALUATION**

<b>Championship Event:</b>	<u>One-Hour Postal National Championship</u>	<b>Date:</b>	<u>January 2007</u>
<b>Pool Size:</b>	<u>n/a</u>	<b>Location of Event:</b>	<u>n/a</u>
<b>Event Name:</b>	<u>30th One Hour Postal Nat. Champ.</u>	<b>Sponsoring Org:</b>	<u>Florida Maverick Masters</u>
<b>Event Director:</b>	<u>Margie Hutinger</u>	<b>Event Evaluator:</b>	<u>Dick Sidner</u>
<b>Phone:</b>	<u>727-521-1172</u>	<b>Phone:</b>	<u>317-695-9885</u>
<b>Email:</b>	<u>phut@usms.org</u>	<b>Email:</b>	<u>rsidner@iupui.edu</u>

**Rating Guidelines:** Satisfactory: 0, Not Satisfactory: -2 to -4, Serious Problem: -5 to -8

**1. Operations**

- a. Consistent with Bid & Pre-Event Information.
- b. Conducted according to USMS Long Distance Rules.

**2. Recording and Results**

- a. Accurate compilation.
- b. Results posted and/or mailed in a timely fashion.
- c. Awards and USMS patches presentation.

**Some Possible Causes for Deduction**

Any major deviations from bid?	<u>0</u>
Knowledge of current USMS rules?	<u>0</u>
Accurate? Orderly? Errors Resolved?	<u>0</u>
Timeliness, Delayed w/ due cause, Communication? Major Errors?	<u>0</u>
Accurate? Orderly? Sent in a timely manner?	<u>0</u>

**Deductions**

**3. Timeline (to be completed by Long Distance Chair),**

**taking into account: Adherence to deadlines, & Cooperation & Communication with LD Chair**

- |                           |          |                          |          |
|---------------------------|----------|--------------------------|----------|
| a. Signed Contract.       | <u>0</u> | f. Performance bond.     | <u>0</u> |
| b. Draft entry.           | <u>0</u> | g. USMS surcharge.       | <u>0</u> |
| c. Sanctioned entry.      | <u>0</u> | h. Results.              | <u>0</u> |
| d. Awards order.          | <u>0</u> | i. All-American/Records. | <u>0</u> |
| e. Unused awards/payment. | <u>0</u> | j. Financial report.     | <u>0</u> |

<b>Total Deductions:</b> <u>0</u>
<b>100% Less Deductions =</b>
<b>Final score:</b> <u>100!</u>

**Additional evaluation comments (use back of sheet if needed):**

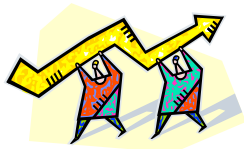
The organizers did a great job. The results packet was received in a timely manner on March 12, 2007.  
It included a very nice commemorative T-shirt. The printed results were compiled in an attractive, easy-to-read format.  
I neglected to check when the results were posted to the web, but a corrected version was dated march 18.  
I reviewed and compared the printed results with the corrected results and saw no sytematic errors  
The Meet Director, Margie Hutinger replied promptly to my inquiry regarding the corrections as follows:  
"The corrected results didn't result in any changes in the medal round or club awards..."  
We considered them minor, but to the swimmers, every 15 yards that we missed was important to them.  
I don't think any finished higher than 20th place, and most of these changes were lower. Whatever our goof, we made it right.

In consideration of their tremendous effort, I have deducted no quality points.  
 Evaluator's Signature: Dick Sidner Date: 4-10-07  
 Chair's Signature: \_\_\_\_\_ Date: 6/27/07

**PLEASE RETURN TO THE LONG DISTANCE CHAIR: [longdistance@usms.org](mailto:longdistance@usms.org) Fax: 847-446-4566**

This is a copy of the form used to evaluate the Mavericks performance for the One Hour Postal Meet, January, 2007. We also received a 100% for the Hour Meet, in 2002. Thanks to all who contributed to this successful venture for Masters swimmers.

**HELP NEEDED.....**



SWIMMER Magazine would like to know how many swimmers used the entry from the magazine, versus the one from the internet. Let us know if you can assist ii this counting project.

727-521-1172 or e-mail: [phut@usms.org](mailto:phut@usms.org)