

# Maverick Lane Lines

USMS National Champions, 1997 - 1999 & 2002 - 2004

Volume 12 - Issue 1: Feb, 2008

## You ARE Good Enough for Masters Swimming!

"You're not good enough for Masters" or "You'd embarrass our team at Nationals!" It's hard to believe, knowing the free spirits of the *Mavericks*, that someone would say that to a team member. It's true. We have swimmers from that were written off by their former clubs, with these statements, who are now assets to our club, and Masters swimming, in general.

"I'm not fast enough" or "I don't like to compete." While talking to another swimmer at the pool, you've probably heard these comments, or other excuses, when recruiting them for our program.

**Martha Jacobs** and **Karen Swanigan** are two *Mavericks* who haven't competed, don't consider themselves fast, but relish the opportunity to participate in a lifelong fitness program. We asked them to share their comments on what motivates them to swim and what goals they are pursuing.

**Martha Jacobs** writes, "The *Mavericks* came to my attention through an article in the 'St. Petersburg Times' a few years ago that mentioned the membership included folks, like Margie and Paul, who have overcome accidents and aging to stay fit.

"These members are an inspiration to me as I keep coming back to swimming after spinal surgeries. I haven't made the postals (Brrrrr, why January?) or competed. Usually, I swim in my condo association's heated pool and save the North Shore (St. Pete) visits for periods when my pool is out of commission.

"The past two years, I have realized my goal of swimming 100 miles in the virtual swim program. I even look for places to stay on vacation where I can get in a few laps. It does add up. These goals give me one more incentive to go to the pool almost every day. I do other arthritis exercises, so I'm usually there for an hour or more. This takes a lot of discipline when you have to get to a job, but it is my routine now, and it offsets all the sitting at a computer I do.

"I've lessened my pain, stress and need for drugs, and found, almost, a fountain of youth in the pool. I think this is true for most *Mavericks*. You may have had a few hard knocks, but you splash on."

**Karen Swanigan** writes, "Dating a total water nut inspired me to learn to swim in my 30's. This led to joining a team because of the availability of the pool to the Masters. Except for a brief stint in bowling, I avoided sports all my life. I found swimming to be a challenge and also a means of relaxing. The fact that swimming makes me feel better is the main incentive and also something I share with non-swimmers to encourage them. My 2007 goal was 120 miles but partially due to a knee injury late in the year, I was about 4.5 miles short. If I can swim 120 miles in 2008, that is fine with me. Most weeks, due to my work schedule, I only can get to the pool twice.

"I enjoy tracking my progress for the Virtual Swims. Mary Sweat is doing a terrific job with Go the Distance, another fitness program. Come on board, in 2008!"



**Martha Jacobs**



**Karen Swanigan**

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# MAVERICK LANE LINES

Volume 12 - Issue 1  
February, 2008

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

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## Web Architect

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

James  
Christie



# MAVERICK of the Month

**Harrison Homans, 80**, was born in Bangor, ME. When he was 9, he learned to swim at the YMCA, but it was strictly dog paddle and side stroke.

He attended Bangor HS and Fryeburg Academy before joining the army in 1946. After the army, Homans attended the University of Maine, and worked on the railroad during the summer. After graduation, he worked in the building material business as a salesman. "I played a lot of golf, but no swimming."

With two kids in age group swimming, Homans and his wife, Peg, attended their meets and even became officials. Peg joined Maine Masters, when their last child finished swimming in college. Harry watched or helped run the meets. "In 1984, at a meet at Harvard, I saw an older swimmer with a big pot belly and bowed legs, like mine, fall in the water and swim 500 yards. I decided, I could do that! Little did I know what was ahead of me! The next day, I started. I didn't know how to swim with my face in the water. I 'swam' 50 yards and Peg said, 'Now, swim another one.' I told her I was half dead and she was trying to kill me!!"

After several years of complete misery, he slowly improved. In his first meets, he only swam the 50 free and 50 back. It took him over six years before he entered the 500 free. but was DQ because he only swam 450 yds. He blamed his counter, but later learned he was responsible for his own count. "I learned the hard way."

In 1993, they moved to Sun City Center, FL, and joined their Masters team. In 2002, he joined the *Mavericks*. "With help from Paul, Peg and other swimmers, my times improved." Now, he enters all the local meets, and even Nationals, and swims all the back and free events. "Now that I'm 80, my times are as good as two years ago. My goal, is not to go backwards! I'm happy with my swimming accomplishments and my five hole-in-ones on the golf course. I really enjoy the friendships I've made with fellow swimmers. It's fun to swim. I couldn't say that, after my first dreadful workout!"

The Homans are snowbirds, and spend summers in Bath, Maine.



*Harrison Homans*

This issue of the  
*Maverick Lane Lines*

has been sponsored by

*Gladys Olsen*

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

## TEAM MEET - (we do relays) - OR - TEAM EVENT

You must be registered for 2008 to participate in any of these meets.

### Plan Ahead - Plan Ahead - Plan Ahead

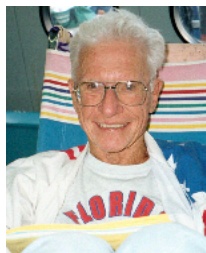
2/29-3/2-----Masters Challenge-----Ft Lauderdale, FL--SCY  
3/9-----Good Life Games-----Clearwater, FL--LCM  
3/28-30-----St Pete Meet-----St Pete, FL--SCY  
3/29-----Spring Splash-----Durham, NC--SCY  
3/14-16-----Tune U Meet-----Pompano Beach, FL--LCM & SCY  
4/5-----Spring Splash-----Miami, FL--SCY  
4/15-25-----FINA World Championship-----Perth, Aus--LCM  
5/1-4-----USMS SCY Championships-----Austin, TX--SCY  
5/15-18-----YMCA Masters Nats-----Ft Lauderdale--SCY  
6/14-15-----Bumpy Jones Classic-----Sarasota, FL--LCM

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.

As always, if your plans change, let us know, as it affects relays.

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.

## Tip of the Month--Importance of Rest



Coach Hutinger

Last month, I wrote about how to judge how hard you are training. Now, I'm telling you to rest. What's up with this? Sound like an oxymoron? Well, not quite. Rest is an important part of your preparation. This applies to competitive swimmers, but the same principles apply, even if you only swim for your health and fitness.

Elite swimmers will often "swim through a meet," without being concerned about their times. They train for one big meet a year. In Masters swimming, you never know how your body will be working, especially in the older age groups. Whether or not you go to Nationals, local meets are an excellent opportunity to get your best times. As I've said before, planning ahead is important. Here are a few

suggestions to help you in your quest for rest.

#### Before swim meets:

- Think of a preliminary **SPECIFIC** goal (or goals) for each meet. It could be a new event, a specific technique or legal swim or a record time, ranging anywhere from a personal best to a Maverick or World record.
- Work on the pace for your events, a couple of weeks earlier.
- The week before, do broken swims for all of your events.
- The week before, focus on mental practice for your events.
- Taper the week before. Cut down on your total yardage.
- Take two days off before a weekend meet.

#### Warmup at the meet, to maximize your previous rest:

- In cold water, such as Clearwater, shorten your warmup and do a couple of lengths in the warm pool.
- At the very least, 50 yards of each of your strokes.
- Each of you should personalize your own routine, so you are on automatic.
- Do short sprints for the shorter events and pace work for distance events.
- Starts, to make sure your goggles stay on.
- Turns, for your specific events.

#### Cool down, after each event:

- At **LEAST** 100 easy yards, to eliminate the lactic acid in your muscles.
- You could use it as a warmup for next event, concentrating on stroke technique and turns

**Training isn't always about how much you do, but how well you recover from it. As your body ages, recovery becomes more important. You will perform better, if you listen to your body and give it ample time to recover.**

# Results, Results.....



## 3000/6000 Yd Postal Championship

At the spring *Mavericks* awards dinner, Paul always has a thought for the upcoming year, to challenge the membership. This past May, his thought for 2007 was, "Exceed your own expectations and swim the 3000 Yard Postal this fall. We have many swimmers who would finish in the Top Ten."

Paul appreciates the efforts of the eight swimmers who accepted his challenge to complete this journey. This fall, he would like you to double that number. We have the capability of putting many relays together that would make the Top Ten. *Think journey; not distance.*

### 3000 Yards

**Patricia Bond - 69 -51:18.22 - National Champion**

Margie Hutinger - 67 - 1:15:23.99 - 6th

Doris Prokopi - 71 - 1:06:20.88 - 5th

Rosie Vijil - 72 - 1:25:39.18 - 6th

Ruth Hoskinson - 77 - 1:14:06.03 - 2nd

Jeffrey Burton - 38 - 43:22.93 - 8th

Gregory Rotole - 53 - 1:08:40.99 - 32nd (400 IM repeats)

Peter Brooks - 57 - 57:26.66 - 15th

### Relays

**Women's 65+ - National Champions**

**Bond, Prokopi, Hoskinson - 3:11:45.13**

Men's 35+ - 3rd

Burton, Brooks, Rotole - 2:49:30.64

### 6000 Yards

Prokopi - 2:07:06.28 - 2nd

Burton - 1:31:04.54 - 3rd

Rotole - 1:59:25.95 - 13th

### Club Scoring - 3000 Yards

Women - 13th (out of 35)

Men - 22nd (out of 43)

Combined - 13th (out of 51)

### Club Scoring - 6000 Yards

Women - 19th (out of 22)

Men - 13th (out of 29)

Combined - 13th (out of 29)

*Winning isn't always about  
swimming the fastest,  
but your own definition of triumph.*

## Countryside Meet Clearwater, FL

If you were at this meet in January, please let us know, ASAP. As of this writing, the results have NOT been received by the Top Ten Recorder, Marly Wilson. If they aren't submitted in a timely manner, no times will count for the USMS Top Ten.

## Fun and Fitness

"The new USMS Fitness Event "Go the Distance" 2007 (aka GTD) is now in the books... what a year it has been! There were 364 folks within USMS who participated in the fun and swam a whole bunch more miles than anyone could have ever imagined," reported *Mary Sweat*, event coordinator.

We hope to see an increase in participation for 2008. Many of you mentioned in the *Maverick* survey, that you are in Masters swimming for "fun and fitness."

Starting in 2008, this event will accumulate swimmers' mileage from year to year. This will be a good comparison for your personal training, from year to year. Mileage goals have been extended and achievement awards may be purchased for a minimal fee, such as swim caps, certificates and patches.

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.

### MILES SWUM IN 2007:

**Jean Allen - 191.75**

**Patricia Bond - 265.86**

**James Browne - 258.45**

**Brud Cleaveland - 89.49**

**Richard Criche - 83.22**

**Gaylord Hopkins - 417.21**

**Margie Hutinger - 109.62**

**Martha Jacobs - 110.50**

**Charles Schlegel - 259.84**

**Karen Swanigan - 115.86**

**Marianne Vann - 116.38**

**TOTAL MILES - 2018.18**

# Runner-up at Valentine's Day Meet



*Mavericks in their new team shirts.  
Carole, front row, is modeling the frog on the back.*

If you don't swim fast, or feel good, you better look good! As you can see by the picture, we looked darn good!

We had 23 swimmers that made it to the meet, but the Fort Lauderdale Aquatics team brought 29. The battle for first was between our two clubs, and we came in 2nd. We fought the good fight, and from day one, they knew we were the team to beat. Coach Marty Hendrick related to me, "You gave us an awesome challenge. My swimmers were keeping track of your swimmers and relays throughout the meet! They knew they needed to get in the water and score points to beat your team! I love a good competition like that!" Age and treachery didn't completely overcome

youth and skill, but we sure had them running scared. Our swimmers did the best they could, with what they had, and all swam in at least one relay.

Our award for 2nd place was a plaque and a \$50 bill. The money will go into the *Maverick* relay fund. To put it into perspective, the Sarasota Sharks were 4th, and St Pete, 5th, well "out of the money."

**Jean Troy, 80, was back in her National Record setting mode, establishing new standards in the 200 y Free, 3:08.99; 100 y IM, 1:49.51; 200 y IM, 3:54.26 and the 400 y IM, 8:16.02.**

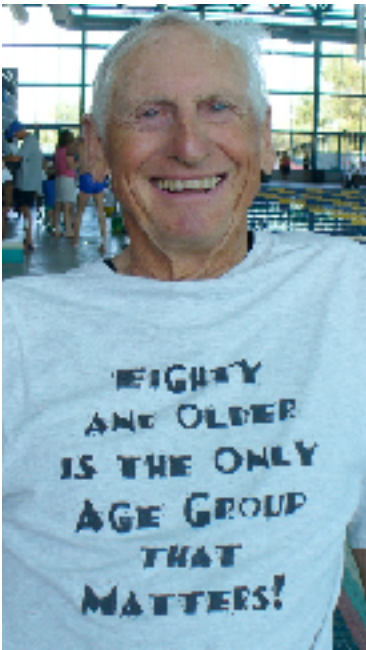
**Bodiford** e-mailed Margie several days before the meet, expressing his dismay at the possibility of missing his first Masters meet, due to a nasty flu bug, which "knocked me for a loop. This really upsets me because for 31 years I have always wanted to get back in the water and compete." He made it! **Johnsen**, swam in his first Masters meet since the early 70's. **Eastwood**, 86, announced "I had a blast!"



*First Maverick meet for this quartet.  
Cliff Eastwood - Jack Bodiford - Charles Kilbourne - Ralph Johnsen*

*Con't on page 6, Clearwater*

Con't from page 5, Clearwater



### Tradition Remains Alive

The new 80 year old, Harrison Homans, left, proudly wears his "80 and older shirt," passed on by the previous owner, Robert Williams.

Since this was a Valentine's Day meet, high point winners received a heart-shaped box of Whitman's chocolates. If you didn't pick up yours, we did. There are no guarantees that there won't be some pieces missing, however.

First place winners included James Browne, Brud Cleaveland, June Reynolds, Troy, Patricia Tullman, Charles Weatherbee and Robert Williams. Second place awards were earned by Cliff Eastwood, Homans, Kilbourne, Doris Prokopi and Charles Schlegel. Third places went to Paul Hutinger, Marianne Vann and Rosie Vijil.

Other valuable point getters included Jean Allen, Bodiford, Patricia Bond, Margie Hutinger, Ruth Hoskinson, Johnsen, James Pitts and Gregory Rotole.

## Mavericks Receive FL LMSC Awards

The annual FL LMSC Awards dinner was held after the last event on Saturday. Once again, a large *Maverick* contingency, 13 (pictured to the right), plus three guests, supported this LMSC event. This event makes for an enjoyable evening of camaraderie, good food and the appreciation of those who earned or were nominated for special awards.



Paul was the presenter for the Sue Moucha Award, for overcoming adversity while inspiring others through swimming. Moucha wasn't able to attend, as she was recovering from a partial tear in her Achilles tendon, another adversity to overcome.



Homans

Margaret Homans was a nominee. Although not selected as the winner, we are very proud of her and her determination and perseverance to train and compete. Despite the pain of arthritic joints, an irregular heart-beat which periodically goes haywire, and injuries that set her back time and time again, she loves the competition, being part of a team and the challenge of being the best that she can be. Homans says, "Swimming has been my salvation. I cannot imagine life without it. I will swim through whatever Life throws my way."



**Rotole & Prokopi**

These two extremists exceeded boundaries that most of us don't even consider. They received the **Leather Lungs Award**, for swimming ALL FIVE of the USMS National Championship Postals - One Hour Postal, 5K &

10K and the 3000 & 6000 y events.



**Reynolds**



**Prokopi**

**Reynolds** and **Prokopi** were awarded plaques for being the **Women's Most Valuable Swimmers**. Reynolds, received hers for pool events, and Prokopi for long distance events.

Nine **Mavericks** were recipients of plaques awarded to swimmers who placed 2nd-10th.

**DISTANCE** - Patricia Bond - 5th

**POOL** - Jean Troy - 2nd

Patricia Tullman - 5th

Gladys Olsen - 7th

Florence Carr - 8th

Brud Cleaveland - 2nd

Paul Hutinger - 5th

Frank Tillotson - 6th

Gaylor Hopkins - 9th

## New Stuff

**NEW!** The free **Maverick t-shirts** have been picked up or sent to members, who were registered as **Mavericks** in 2007. If you were newly registered for 2008, please contact us for information on purchasing a shirt, for the remarkable under-cost price of \$5.

**NEW!** If you swim in a meet outside of the **FL LMSC**, and you want your times to count for FL records or the FL Top 5, it is your responsibility to notify Marly Wilson, the new Top Ten Recorder.

**NEW!** **Maverick Spring Awards** will be coming up in April or early May. We're still looking for a suitable spot in St Petersburg. If anyone has a suggestion, please let the Hutingers know, ASAP!

**NEW!** **FOR SALE:** 1 folding chair with leg rest. Suitable for swim meets, to rest your legs. Paid \$20, on sale. Will sell for \$10. Notify the Hutingers.

**NEW!** If you haven't reregister for 2008, this will be your last issue of **Maverick Lane Lines**. Hope to have you back!

## 2008 Registrations - 62

### RENEWALS

Patricia Bayers  
James Christie  
Richard Criche  
Stephen Everhart  
Rick Gee  
Aaron Kurtzman

Karen Swanigan  
Rodney Swanigan  
Stephen Westling  
**WELCOME**  
**NEW MEMBERS**  
Ralph Johnsen  
Charles Kilbourne

## Generous Gifts

The generosity of the **Mavericks**, and **Honorary Mavericks** continue to amaze us. With the latest registrations, we received donations from **Karen Swanigan** and a combination printer, fax and scanner from **Aaron Kurtzman**.



## Mavericks Picture Calendar

### Stars for 2009 Calendar

Marjorie Newman  
 Alan Maloney  
 Luis Rey  
 Ann Champ  
 Owen Christie  
 James Browne  
 Patricia Tullman  
 Patricia Bond  
 Richard Criche  
 Margie Hutinger  
 Jean Allen  
 Gaylord Hopkins

The first *Maverick* calendar made its debut in 2003 and each month featured a picture one of our 12 oldest swimmers. At that time, our oldest swimmer was **Frank Starr, age 93**. We included everybody's birthday on their special day, as well as dates for holidays and all known swimming events.

In 2004, we honored the 12 oldest.....who weren't on the previous calendar. **June Reynolds** was our oldest member, at age **82**.

After a three year break, we renewed our tradition, with twelve new stars. **Harold Miller, 76**, was the patriarch of that issue.

#### Requirements are simple:

1. You have been registered with the *Mavericks* for at least one year.
2. You haven't been featured on a previous calendar. For the "youngsters," stick with the *Mavericks*, and you, too, will have your year to shine.
3. Choice of month is determined by age. For 2009, the list is on the

left, oldest to youngest. Newman has first choice, then Maloney, etc.

Participation is optional, but we hope that you all will want to participate in this great *Maverick* calendar caper. If not, that's OK. Just let Margie know, ASAP, so we can notify the next candidate.

**For the stars, January-December.....we will need a good quality picture from each of you.** You have a choice of one landscape or horizontal orientation picture **OR**, a popular feature from previous calendars, a present-day photo and a photo from your early years. In this case, they need to be portrait or vertically orientated. **If you have a picture, keep it in a safe place.** If not, we'd be happy to take one for you at a meet, or have someone take one for you. Please let us know.

**For the stars.....There is room for three short lines on your month.** You are entitled to **two lines to say what you would like to include.** Sorry, but space is limited to no more than 20 words.

More details will be in future issues.

The cover has yet to be determined.

#### COMMITTEE

Margaret Homans  
 Jean Allen  
 Martha Jacobs  
 Rosie Vijil

*As we slide down the banister of life,  
may the splinters never point the wrong way.*