

MAVERICK LANE LINES

USMS National Champions, 1997 - 1999 & 2002 - 2004

Volume 9 - Issue 4 Dec, 2005

Sun City Center Swim Lessons

By James Browne

Nine Sun City Masters Swim Club members, including **MAVERICKS** and Sharks, combined their teaching skills and offered swim lessons to all Community Association Members. The thirty minute classes began on September 27, and were offered three days a week, for three weeks.

Much to our surprise, a total of 37 swimmers showed up for lessons. We divided the swimmers into three groups, depending upon their ability, and gave each group an appropriate fish name.

The non-swimmers were the Guppies.

They learned to overcome their fear in the water and gained much self-confidence in the process. **Jean Troy, MAVERICK**, and President of the SCC Masters Swim Club, instructed the Guppies. Assisting Troy was **James Pitts, MAVERICK**, and **Warren and Edith Anderson and Cliff Eastwood, Sharks**.

The intermediate swimmers', the Minnows, focus was on stroke and rotary breathing improvement. **Jean Allen, MAVERICK**, instructed the Minnows. Assisting Allen was her husband **Jim, Shark**, and **Bill Stevens, MAVERICK**.

The advanced swimmers, the Sharks, were taught specific stroke mechanics and training fundamentals. They were encouraged to join Masters, as either a fitness or competitive swimmer. **James Browne, MAVERICK**, coached the Sharks.



Graduation day included Certificates of Completion and Course Evaluations for all.

Although more swimmers than we imagined signed up, and we were often tired from planning and teaching, and our own swim training, our experience was enriching and rewarding. By popular demand, we'll offer another class in the spring.

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December, 2005

USMS Honorable Mention
Newsletter
1998-1999 & 2001-2003

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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

James Christie, 38, was born in Dearborn, MI, and grew up in nearby Trenton. He got an early taste of swimming success, when he won his first race at age 4, and his first trophy at age 5. At 13, he swam two miles straight out into Lake Michigan, with five other very good swimmers. "It freaked everyone out onshore and they called the Coast Guard to 'rescue' us." He graduated from Trenton HS with seven school and pool records. After 20 years, two 50 Free records still stand; a Varsity record of 21.5 and a pool record of 21.9. He graduated from E Michigan Univ in 1990, and held one Mid-American Conference championship title.

After college, Christie worked in banking, but quickly moved to computer and media work. In 1991, he founded BubbleWorld.com, Inc. BubbleWorld offers website hosting (including the **MAVERICK** web page), development and marketing, as well as virtual reality tours and computer support services.

In 2000, with their first child on the way, he realized that he would be responsible for another person. After a 15 year layoff, he began swimming for fitness. Two years later, he was ready to renew his competitive swimming career. "I looked at every website for each team in the Tampa Bay area to see if any seemed like a good fit for me and my laid-back attitude. When I read on the **MAVERICK** website that 'We dance to the beat of a different drummer,' I knew I had found kindred spirits in Paul and Margie. I've been a proud **MAVERICK** since 2002." He is constantly recruiting swimmers, including his father, Owen; brother, Eric and brother-in-law, Thomas.

His outstanding swims include his first Masters relay with then 77 year old, Flo Carr and Gold and Silver medals from the 2005 World Masters Games. His swim goals are to win more gold medals. "I really like gold medals."

Christie lives in Seminole, Sunny FL, with his wife Wendy and children, including son Owen, 4 and daughters Zaedee, 2 and Marlee 7 months. He considers his children his greatest accomplishments.



James Christie

This issue of the
MAVERICK LANE LINES

has been sponsored by

James Browne

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

1/1-1/31-----One Hour Postal-----Your pool--SCY
1/14-----Invitational-----Lauderhill, FL--SCY
1/28-----Sprint Meet-----Countryside, FL--SCY
1/29-----One Hour swim---North Shore Pool--St Pete
2/11-12-----Valentine Meet-----Clearwater--SCY
2/11-----FL LMSC Awards Dinner-----After meet
2/24-26-----Masters Challenge-----Ft Lauderdale--SCY
3/3-4-----Polk Sr Games-----Lakeland, FL--SCY
3/11-12-----St Pat's Invitational-----Atlanta, GA--SCY
3/26-----Good Life Sr Games---Clearwater, FL--LCM
4/7-9-----Championship Meet-----St Pete, FL--SCY
5/11-14-----USMS Nationals-----Coral Springs, FL--SCY
5/18-21-----YMCA Nationals-----Ft Lauderdale, 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 SWIM Magazine or have any questions, call Paul--727-521-1172.

Tip of the Month--Hydration Revisited

Coach Paul has been under the weather all week, due to a bout with the stomach flu. In his absence, we have a guest columnist, Jani Sutherland. She lives in Bend, OR, and is the Chair of the USMS Fitness Committee, and Fitness Chair of Oregon Masters Swimming. Reprinted with permission. Originally published as the USMS Fitness Article of the Month, January, 2005, www.usms.org, at the Fitness Article of Month link.

In 2004 the Food And Nutrition Board of the Institute of Medicine released new Dietary Reference Intakes for water, sodium and other electrolytes. The recommendations are for the average adult, who could be sedentary or just mildly active. For athletes training regularly it may be necessary to modify these guidelines.

The Institute of Medicine recommends that adult males consume 3.7 liters of fluid daily, while female adults should consume 2.7 liters. The Institute of Medicine advises that fluid intake be driven by thirst and by consuming beverages at mealtimes. This recommendation does not benefit athletes who should rely on more than thirst to maintain adequate hydration. Body fluid levels are already low when you feel thirsty.

Sodium recommendation focuses on the prevention of high blood pressure, with sodium intake being limited to 1500 mg daily. Research indicates that reducing sodium intake along with a high potassium intake can help prevent the increase in blood pressure that comes with aging.

As an athlete, hydrating before training is a top nutritional priority. Make it a daily habit to carry a water bottle. Juices, milk, yogurt and fresh fruit are adequate hydration (urine is more concentrated in the morning so check it during the day).

The Institute of Medicine acknowledges that athletes lose sodium through urine.

Daily sodium loss through urine is from 460-1800 mg in an active person. How much sodium an individual loses is a product of your sweat rate and sodium loss. Sodium can be replaced with a sports drink containing sodium or with the sodium in your daily diet. You do not need to replace all the sodium you lose during training; consume just enough to prevent sodium levels from dropping too low. If you are being treated for hypertension check with your doctor regarding sodium intake.

And don't just take that water bottle to practice!! Keep it full and with you all day long.



and rehydrating after training is a top nutritional priority. Remember to carry a water bottle to encourage steady fluid intake. Clear urine during the day is a sign of adequate hydration.

that it's sodium guidelines cannot be applied to most about 25 mg daily in a sedentary person but can range

Results, Results....

Carr at Nationals



Florence Carr, was the lone **MAVERICK** swimmer who traveled cross-country to the LCM Nationals in Mission Viego, CA, in August. She had health problems to overcome this past year, but still swam fast enough to break the

World Record in the 50 m Free, 40.45, which set new standards in the 80-84 age group. "I always can get the World Record in the 50 Free." She also won gold medals in the 100 m Free, 50 m Fly and 200 m IM. In the 50 m Back, she placed third.

Four days a week she trains with Rick Walker's group in Sarasota, and swims 3,500 yards a day.

In the 1940's, Carr swam with the Women's Swim Association in New York. Seven of her early teammates are still swimming, including Julia Dolce, 95, a founder of some of the earliest women's teams. Channel swimmer, Gertrude Ederle, was the most distinguished celebrity.

800 Free Meet

This was the 2nd year that BLUE held this meet just for the distance swimmers. This year, they added the 400 Free Relays. Fourteen **MAVERICKS** found their way to the pool in Brandon, two (who shall remain nameless) arrived just in time for the relays.

Browne, Carr, Coleman, Criche, Gee, Hopkins, M & H Hutinger, Prokopi, Reynolds, Troy, Tullman, Williams and **Zint** tested their tenacity in the 800. **Allen, Vann** and **Vijil** supported their teammates by swimming a leg in the 400 relay.

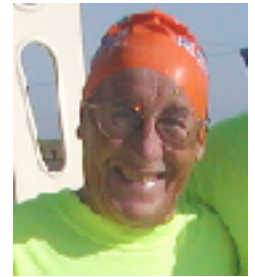
No wonder this foursome is smiling. They just set a new **National Record**, a first for Hopkins, for the Mixed 400 Free Relay 280+. Their time of 5:45:38 demolished the old record of 6:08:62 set by San Mateo, CA, in 1989.



Gaylord Hopkins Jean Troy Florence Carr James Browne

Plucky Prokopi

Doris Prokopi doesn't age up until Christmas Eve, but that slight detail didn't slow her down. In October, she swam four postal events. At age 69, she began her marathon of swims with the longest, the 10K meters (her first), hoping she would be able to finish. She did. She followed this feat by swimming 5K meters, 3000 and 6000 yards, within two weeks. "June Reynolds and my husband, Bill, counted for me. They sat at the pool for all those hours (almost 9 1/2, total). I thank both of them for counting for me."



After these four endurance swims, Prokopi took a well-deserved week off. Her next challenge was the Tampa Senior Games, for 50+ adults. The Games lasted eight days, and Prokopi entered every single event, 21 total competitions. Her total medal haul was 20 gold and 1 silver.

She earned gold in shuffleboard; horseshoes; swimming (7 events); 1 mile walk; 1 mile run; standing long jump; basketball free throw (3 baskets); football & softball accuracy; 50, 100, 200 & 400 m dash (beat everybody); running long jump; shot put; discuss; softball & football throw for distance; rod and reel casting (only one to cast into the hula hoop). Her lone silver came in frisbee accuracy.

Margie asked her what her secret was in training for all these events. "I only train for swimming. I don't have time to train for anything else."

Prokopi won the trophy for most points in the 70-74 age group, which was presented at the awards banquet. She sums up her reasons for competing in all these events, "I love those games! I can hardly wait to go each day. I really enjoy them. Everyone is so nice."



Postal Swim Results

5K Meters

- 55-59 - Ruth Thompson - 4th - 1:39:50.74
- 65-69 - Patricia Bond - 2nd - 1:36:42.89
- Doris Prokopi - 4th - 2:00:56.37

10K Meters

- 55-59 - Ruth Thompson - 3rd - 3:36:18.81
- 65-69 - Doris Prokopi - 1st - 4:16:40.52



I have YMCA applications.
If you need one,
I will mail it to you.



St Pete Development Meet

Since Orlando didn't host their usual SCM meet in October, we were fortunate that SPM stepped up and expanded their usual development meet. Although overwhelmed at the beginning with almost 100 swimmers, they soon got the ball rolling and kept the meet running smoothly the rest of the morning. Eighteen **MAVERICKS** enjoyed the short Sunday morning meet, with 50's and 100's, plus a 200 IM. **Paul Hutinger** was pleased with a clarification from the USMS Rules chair on the legality of his one-arm swimming (shoulder dislocates when he moves it forward) so he wasn't DQ'd by the officials. He swam a 2:01 in his 100 m Fly, which broke the 1996 FL LMSC record of 2:37, in the 80-84 age group.

Luis Rey, 70, swam in his first Masters meet. He hadn't competed Cuba. In Feb, which included old daughter, Jamaica. They days, before they stayed with They moved to NYC, where he worked as a CPA for a telephone company.



since his youth in 1961, his family, his wife and 6 month got a visa and flew to stayed there for 45 flying to Miami, where friends for two weeks.

The rest of the **MAVERICKS** included **Jean Allen, James Browne, Florence Carr, Gerry DeTore, Stephen Everhart, Rick Gee, Ruth Hoskinson, M Hutinger, James Pitts, Doris Prokopi, June Reynolds, Kay Schimpf, Frank Tillotson, Jean Troy, Marianne Vann** and **Robert Williams**.



Valentines Day Meet

Our first venture into Florida team competition in 2006, starts with the SCY team meet in Clearwater, on Feb 11 & 12. The **MAVERICKS** have been victorious in the past with excellent participation. Let Paul and Margie know as soon as you enter the meet. If you can only be there for one day, that's OK, too. We will enter you in one relay per day, and you have the option of swimming on the 2nd relay of the day.

After the last event on Saturday, the FL LMSC will be hosting the annual awards dinner (info was in Nov LMSC newsletter). Please try to attend and support this event. Many **MAVERICKS** have been recipients of awards and the team presents the Frank Tillotson service award.

On Sunday, join us for lunch after the meet.

The entry was in the November LMSC newsletter.

Success Story

Margie Hutinger hadn't swum the 3000 yards Postal since 1999. This year, she was determined to stretch her limits and go for this long swim, again.



This is another successful example of a swimmer following Coach Paul's training hints for the postal swims.

"I knew my pace had to be slower than it was for the hour swim in January (1:09/50 pace), or I was afraid I wouldn't be able to survive for 3000 yards. In 1999, my time was 1 hour and 22 minutes, which was about a 1:22 pace. I knew I could do better, and thought 1:18 would be a reasonable goal training pace to work on, wearing two suits or a baggy one.

"I swam sets of 100 frees, starting out with 10 at my goal pace, and eventually worked up to a set of 25 x 100's. I worked up to sets of 10 x 200's and 4 x 500's, swimming 2000-2500 yds, four days/week. I threw in an occasional 1000, just to check up on my progress. The week before my swim, was a restful one, as I cut back my yardage to 1500-700.

"The day of my swim, I switched to my fast suit, and set my Timex watch for a 1:17 pace. I was ahead of my pace on every 50, so I knew I would have a good time. My time of 1:13:03.35 was a super time, nine minutes faster than in 1999, and exceeded all my expectations.

"What a satisfying feeling and a sense of accomplishment, knowing that my specificity of training for the 3000 yards paid off."

Rooms in Coral Springs for SCY Nationals - May 11-14

Our thanks to Jean Troy for checking with AAA to get their special rate, \$69, for Florida members. Even if you're only a maybe, get your room now, as other clubs are also interested and rooms will be going fast. It's only about a 10 minute drive to the pool, and many restaurants are within a short walk.

Call your local FL AAA.

**Wellesley Inn - 3100 N University Dr
Coral Springs**

More info, next issue.

It's Time You Start Training for the One Hour Postal, in January, 2006!



Coming soon, to a pool in your neighborhood, is the grand-daddy of all postal swims, the one hour challenge. The object is to swim as far as you can in one hour. It doesn't have to be a continuous swim, although the watch will be running continuously. Many swimmers, including Paul and Margie, have accomplished the one hour objective by swimming repeat intervals, such as 100's, 200's, 500's of their choice.

Coach Paul suggests using this swim as a benchmark for your training for 2006, whatever your goals may be, from competition to triathlons to plain old health and fitness. His training hints were included with your registration packet. If you're a new swimmer and didn't get one, please ask. Look at the pace chart and decide on a realistic goal. Follow his suggestions, and you will be well on your way to a successful hour swim.

The official entry was in the Nov/Dec issue of SWIMMER Magazine and the official split sheet was in the Nov FL LMSC issue. Each swimmer must have a counter with stop watch or watch with chrono (back up is advised) to record each 50 yard split, cumulative time at the 50. This year, you have the option of sending it online, however, you must still FAX or mail them your split sheet.

Sun City Center has a group swim. Check for their date. At North Shore, St Pete, we will be swimming it on Jan 29, 11 AM. Please let us know if you plan on being there. Depending on the numbers, we may ask you to swim an hour and count an hour.

Wherever you swim it, please send your total distance to Paul and Margie, by January 31. We will be organizing the relays. Send your own entry to the O*H*I*O club.

The total distance you swim for an hour isn't as important as the planning and training for it, and the satisfaction of swimming it.

Fun and Fitness

December is the last month to finish up your **Virtual Swims** for 2005. If you don't have access to the forms, please let us know and we'll send them to you.

Use the **30-Minute Swim Challenge** to test your endurance and practice for the One Hour Postal. The **Checkoff Challenge** has a new theme, "**Veni, Vidi, Swimi.**" (**I came, I saw, I swam it all.**) It challenges all levels of swimmers. These events can be swum in practice or in meets. Just check off the events when you swim them. Margie entered this in 2005 and has her events checked off.

We need articles about your virtual swims or anyother interesting swims or ideas you have for fitness.

MAVERICKS to Host One Hour Postal in 2007

After soliciting input from our swimmers during the year, the Hutingers received positive support and encouragement for hosting another OHP. We were very successful in our previous venture, in 2002

During the summer, Margie submitted a bid for the 2007 OHP. She was one of the Florida delegates for the Masters convention in September, and presented the **MAVERICKS** proposal for hosting the event to the Long Distance Committee. It was accepted!

We frequently talk about "planning ahead." This one is big-time planning.

In St Pete, **Margie** will do the data entry (2,007 entries in 2002). **Paul** will be in charge of the checking the accuracy of entries and distances. They will need help with stamping checks, organizing entries for Margie, punching holes in entries so they fit in 3-ring binders and alphabetizing.

Patricia Tullman, Valrico, will be in charge of the committee to stuff envelopes for mailing, after the results have been tabulated. She will need help with folding t-shirts and stuffing packets with results, medals, patches and t-shirts. This was a one-day project, last year, including lunch.

We will need lots of help in pulling off another successful OHP. In 2002, we recieved the highest rating possible for our performance. Think about how you can help. By working together, we can do it again!

One of the fringe benefits, is a free t-shirt. In 2002, our frog shirt was a very popular commodity.

Calendar with Pictures of **MAVERICKS**, Revived for 2007

Those of you who have been members for at least two years, will remember the **MAVERICK** calendars from 2003 and 2004. Each month featured a picture of one of the swimmers. All **MAVERICKS** had their birthdays noted on their day, plus, holidays and Masters meets and events were also included. The first calendar recognized the twelve oldest swimmers.

Margie did all of the organizing for those two years, and needed a break! For two years, the project was in limbo. In the registration survey for 2006, enough volunteers answered the call, and the project will continue. The committee consists of [Margaret Homans](#), [Doris Prokopi](#), [June Reynolds](#), [Gus Rodriguez](#) and [Charles Schlegel](#).

For 2007, the monthly calendar stars will be the twelve oldest that weren't on either of the previous calendars. More details will follow in next issue.



Candidates for **MAVERICK** Officers Needed for 2006 Election

As you probably noticed on page 2, there are three officer positions that are presently vacant: President, Vice President (Head Maverick) and Liaison.

Luis Rey has volunteered to relieve Margie of some of her treasurer duties.

If you are interested in retaining the office you presently have, please let

us know.

If you are interested in including your name for the upcoming election, next issue, please let us know.

We want and need your input and ideas to further the mission and objectives of the **MAVERICKS**.



2006 Registrations

RENEWALS

Jean Allen
Robert Blake
Patricia Bond
James Browne
Ann Champ
Brud Cleaveland
Victoria Coleman
Richard Criche
Gerry DeTore
Carole Dirksmeyer-Nichols
Charles Edwards
Harrison Homans

Margaret Homans
Gaylord Hopkins
Ruth Hoskinson
Chuck Hutinger
Margie Hutinger
Paul Hutinger
Regan Kenner
Aaron Kurtzman
Andrew Kurtzman
Harold Miller
Gladys Olsen
Patricia Paintner
James Pitts

Doris Prokopi
William Ragan
Luis Rey
June Reynolds
Gus Rodriguez
John Sampedro
Kay Schimpf
Charles Schlegel
Meghan Selke
Ruth Thompson
Frank Tillotson
Jean Troy
Patricia Tullman

Marianne Vann
Charles Weatherbee
Robert Williams
Gertrud Zint

NEW MEMBERS

Robert Collum III
Edward Fulmer
Mary Fulmer
Mary Selke
Nora Sgro
G Iris Threatt-Milton

Generous Gifts

The generosity of the **MAVERICKS**, and **HONORARY MAVERICKS** continue to amaze us. With the latest registrations, the donations we received totaled \$517, ranging in value from \$2 to \$100. Envelopes and stamps were also donated. All contributions, whatever the amount, further the club programs we have established and feel are important. Your contributions pay for all awards presented at our Spring Awards, all relays, the newsletter and web site. Our heartfelt thanks to [Allen](#), [Bond](#), [Cleaveland](#), [DeTore](#), [Edwards](#), [M & H Homans](#), [Hoskinson](#), [M & P Hutinger](#), [Aaron Kurtzman](#), [Luke](#), [Olsen](#), [Ragan](#), [Rey](#), [Reynolds](#), [Mary Selke](#), [Schlegel](#), [Thompson](#), [F Tillotson](#), [Tullman](#), [Troy](#), [Vann](#), [Williams](#) and [Zint](#) for continuing to make these dreams a reality.

This is our message of joy and hope for 2006. Celebrate all your dreams of expectations in the pool. Follow your own talents, be it for a personal best time, a new stroke, a different event, a postal swim, more time in the pool, continued rehab from an injury or surgery or continued swims for your own health and fitness.

Paul & Margie Kuttinger



Always Be True to Your Dreams



Be true to your dreams, and keep them alive. Never let anyone change your mind about what you feel you can achieve. Always believe in yourself.

Be true to the light that is deep within you. Hold on to your faith, hope and joy for life. Keep good thoughts in your mind and good feelings in your heart. Keep love in your life and you will find the love and light in everyone.



Be giving, forgiving, patient and kind. Be your own best friend, and listen to the voice that tells you to be your best self.

Be true to yourself in the paths that you choose. Follow your talents and passions; don't take the roads others say you must follow because they are the most popular. Take the paths where your talents will thrive - the ones that will keep your spirits alive with enthusiasm and everlasting joy.

Most of all, never forget that there is no brighter light than the one within you. Keep on being true to yourself. Keep on shining your light on others so that they will always have a reason to smile. Follow your inner light to your own personal greatness, and remember that you are admired and loved, just as you are.



- Jacqueline Schiff