



## MAY/JUNE 2019 FACT NEWS

If any of you are contacted regarding the FACT team, please refer them to this web site or to the [floridalmsc.org](http://floridalmsc.org) for explanation. I understand that we have had some inquiries from several of the unattached or small team members of the Florida LMSC wondering just what our FACT team is. There are 65 Clubs in our LMSC and many of them are small, limited age groups or other concentrations such as tri-athletes. These Clubs often do not send anything but a token group to swim meets around the State and to the National and International competitions and end up without relays and with lonely participants. FACT was founded for this purpose and please “spread the word”.

Speaking of diversity, Coach Bob Jennings from our VASF group recently overdid his love for running looks like. He loves to run and did a 13.1 run in Norway at 46 degrees and raining – congratulations for completion but that may have something to do with a fractured femur that has him seriously in trouble for a number of weeks – stick to the water, Bob. You’re a super swimmer and it’s much more forgiving. There’s a very good article in SWIMMER this month on the aging process. Recommend reading it. You’ll note our teammate Betty Lorenzi is pictured in her usual great form. Ed Graves recently underwent a successful heart valve operation – at 97!! Another example of “keep moving”. He still maintains his great sense of humor too!

We recently had a good sized group at the National Senior Games in Albuquerque New Mexico. Not a USMS meet but a Recognized meet – times counted for USMS. Starting off the summer season with a short course yards meet is rather unconventional, but that’s the way the cookie crumbles. The National Senior Games in Albuquerque was a SCY meet, as are all National Senior Games now, and also are treated age group wise as a meter

meet – the age for these meets is the age at the end of the year. Are you confused yet?? Interestingly enough, these meets for several years were Long Course. Also, historically, we are back to all age groups at the same time, which I was happy to see. For a number of years the younger age groups were scheduled for certain days and older age groups on later days. We missed seeing people that we had known for years and rooming with older or younger friends. I'm happy to see the changes for the better. Personally, I enjoyed seeing some of the people I swam with back in 1989, 1991, etc. It's so much fun to renew old friendships.

FACT had several participants and the altitude of 5,200+ did not seem to be a deterrent. We heeded the information given to us and went out there four days early to adjust to the conditions. Also it was a bit of a test to see what we would need to do if you are interested in joining us in Medellin, Columbia for Pan American Games next June – the altitude there is about the same. Results have not been published yet but I do know of two new National records – Martha Henderson broke the 2017 80-84 400 IM record by 4 minutes and I broke the 2011 500 free 85-89 record by 2 minutes. Many of the VASF group did very well as did Paula Cunio from our UNAF registrants. Watch for the results on nsga.com.

Hope to see you at the Rowdy Gaines meet in October. We usually have a good turnout. It's October 11-13 this year. Our lone participant in Long Course Nationals this year is John Cornell. He has two competitors in the 90-94 age group – go get 'em John!!!

Be thinking of Medellin, Columbia June 17<sup>th</sup> through 27<sup>th</sup> next summer. We'll keep you up to date on plans.

Joannie Campbell

