

Florida LMSC Election Bios

October 14, 2020 Annual Meeting

At our Annual meeting this year, along with proposed Bylaws changes we will be having our Biennial Elections of the Board of Directors. This is a two year commitment.

The following members are running:

Chair

Cheryl Kupan, St Pete Masters

Vice-Chair

Bob Jennings, The Villages

Secretary

Sarah Kwon, St Pete Masters

Treasurer

Terri Goodman, Sarasota Sharks Masters

Shelley Stewart, Tampa Bay Aquatic Masters

Membership Coordinator

Jennifer (Jeni) Ritter, Sarasota Sharks Masters Anna Lea Matysek, Sarasota Sharks Masters

Cindi Wood, Lake Gators Swim Team

Sanctions Chair

Top 10 Recorder

Anna Lea Matysek, Sarasota Sharks Masters

Newsletter Editor

Sheila Carpenter-van Dijk, St Pete Masters

If there are no nominations from the floor for the uncontested positions, they will be voted in at the meeting. The contested positions will be voted in by electronic ballot after the meeting.

Please see their Bios and Photos below:

Chair

Cheryl Kupan, St Pete Masters

<https://www.usms.org/people/01SAD>



C HERYL KUPAN FL LMSC CHAIR NOMINEE

BIO:

- **St Pete Masters Secretary** (2013-2019) and **SPM Registrar** (2018-present)

Accomplishments/Contributions:

- helped update our team's by-laws
- managed our annual meeting of members (including nomination committee/elections)
- team communications (team emails, website & Facebook page)
- *Hurricane Man Race* Director (2018+2019)
- travel team coordinator (drafting & submitting relay entries, booking hotel rooms, create team t-shirt and swag, pre-meet social)
- coordinated teams socials (annual banquet, holiday parties, monthly socials)

- **FL LMSC Secretary** (2012 to present)

Accomplishments/Contributions:

- updated the FL LMSC Records (SCY, SCM & LCM) that were 7 years out of date
- assist with the FL LMSC Awards lunch
- assist with the FL LMSC Facebook page
- assist with running the Hospitality Suite at Convention

- **USMS Committees** (past+present): Awards+Recognition, LMSC Development, Records+Tabulation and for the last 3 years, Championship
- **USMS member** since 1994
- **LMSCs** I've swum for: Metropolitan (NY City), Connecticut, Pennsylvania New England, Maine and Florida

BACKGROUND:

I have been a competitive swimmer since I was 10 years old and started Masters at 25. My dedication to the sport of swimming both in and out of the water has grown over the years and I have always felt a need to give back to the sport that means so much to me. When asked what I do to stay in shape, I immediately say swimming as it is the best and safest form of exercise for everyone –beginners, triathletes, for fitness & recovery and especially for the crazy/obsessed competitive swimmers. Having been in the sport for so long, the friends I have made are my second family, from age group swimming to college to Masters. On land, I work full time, I volunteer for *Feeding Tampa Bay*, I root for my FSU Noles & Tampa Bay Bucs and enjoy all that Florida has to offer, especially the beach.

SUMMARY:

With the departure of 3 important FL LMSC Board members, I feel we need some stability on the Board. To have a Chair who is familiar with the current Board and what we've accomplished together would lend itself to a smoother transition. Thank you for your consideration, Cheryl

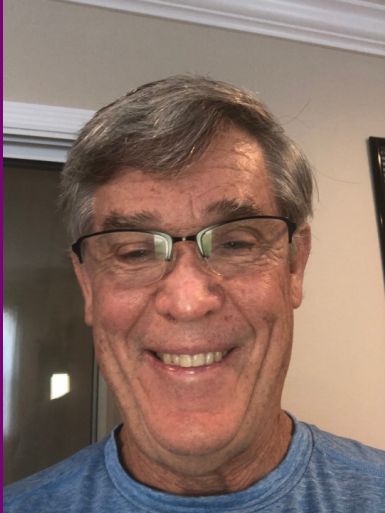
St. Pete Masters
Saint Petersburg, FL
2012 - Present

FL LMSC Secretary
2012 - Present

USMS Member
1994 - Present



Vice Chair



Running for Vice Chair

Bob Jennings, The Villages

<https://www.usms.org/people/05Y78>

Bob Jennings received the USMS Dorothy Donnelly Service Award and the Kerry O'Brien Service Award this year. He received the Florida LMSC Club Service Award in 2013 and the Florida LMSC Service Award in 2016.

Here are more highlights for Bob:

Florida LMSC Chair 2014 - 2018

Florida LMSC Vice Chair 2019 - 2020

VAST head swim coach for last 6 years

VAST President 4 years

USMS Delegate to convention 7 years

USMS member 15 years

Swimming and Diving Sports Director for Montgomery Co. Public Schools for 15 Years

Coaching swimming since 1972

Swam for Towson State University swim team 3 years

Secretary



Running for Secretary

Sarah Kwon, St Pete Masters

<https://www.usms.org/people/0655R>

My name is Sarah Ruth Kwon and I am running for Secretary of the Florida LMSC. I have been swimming competitively since I was four, coaching and teaching swimming since I was 13, and I have been a member of St Pete Masters since 2009 when I jumped in as a 'baby Master' during my freshman year of undergrad. SPM quickly adopted me and I've considered them my Florida Family ever since. In my younger years, I was known to show up to practice with a gaggle of other soft spoken college kids, affectionately referred to as 'The Kwon-tourage'. Advocating for and recruiting folks into Masters swimming has been something I've loved from the beginning. I have competed at Nationals a handful of times, love a good marathon swim,

volunteer where I can, served on the SPM Board, and set a national Masters record in the 4x10k postal swim! Being both a younger member (30) and a long time member, I bring a unique perspective of both fresh eyes and having seen how things have worked for over a decade.

By day, I am an organic geochemist and paleoclimatologist for the United States Geological Survey at the Coastal and Marine Science Center in St Pete. I've had extensive training in technical writing, and attention to detail is imperative in my day to day activities. These skills would help me serve the LMSC Board as an excellent secretary. In reading the minutes from previous meetings, there has been work called for that required research, writing, and tapping USMS expertise higher up the food chain. These are tasks that I can handle very competently for the LMSC as they're tasks that I regularly have to do at work!

Thank you for your time and support. I hope I have your vote and cannot wait to serve you!

Shelley Stewart , Tampa Bay Aquatic Masters

<https://www.usms.org/people/07A82>



Running for Secretary

Shelley Stewart is a life-long swimmer as well as lifeguard and WSI for nearly a decade. She has taught swimming lessons to kids (favorite age group 2-3 years old) through Learn to Swim programs. She is currently a USMS member of the Tampa Bay Aquatic Masters (TBAM). Her true passion is open-water, ultra-marathons. She has swam around Fort DeSoto (10k), Lido Key (7.5m), and completed a 15K on Lake Fontana in North Carolina (06/2019). She advocates for ALTS programs, believing that all people, especially adults, should know how to enjoy the water safely. She looks forward to continuing her fuel her passion for swimming by serving the LMSC.

Shelley is also a career educator. She works with educational institutions and non-profits to transform their content into rich, digital, educational experiences. Shelley does this because education transformed her life for the better and she seeks to pass on this opportunity to constituents across the globe through virtual platforms. She is also a court appointed Guardian ad Litum, advocating for the safety and security of children in the welfare system.

Shelley is married to her high school sweetheart, Derek and they have 2 children. She and her family live in Tampa and enjoy the outdoor life that the Tampa Bay region and Gulf Coast have to offer.

Treasurer

Terri Goodman, Sarasota Sharks Masters

<https://www.usms.org/people/03VGJ>



Running for Treasurer

I swam on our local swim team in upstate NY from age 7-14. I continued my passion for swimming by coaching various age-group teams, including the Ann Arbor youth Swim Team during College and after that. After a 33-year taper, I returned to swimming and joined the Sarasota Sharks Masters team in 2006.

I have worked in healthcare services, health management, and nonprofit leadership for 40 years. As an administrative and senior-level manager, I have worked with diverse stakeholders and have a proven track record of building successful businesses. My background encompasses virtually all aspects of administration and leadership, including revenue management, strategic planning, customer service, mentorship, and the oversight of day-to-day operations, accounting, and budgeting.

I am an active member of the Sarasota Sharks team, participating in both pool and open water events. I have immensely enjoyed open water events in Bermuda, St. Croix, Seattle, and Lake George/NY. In 2017 I participated in the World Championship Open Water swim in Budapest,

Hungary. Also, I volunteer at local meets in various capacities - registration, awards, and scoreboard/timing management.

Membership Coordinator

Jennifer (Jeni) Ritter, Sarasota Sharks Masters

<https://www.usms.org/people/01UVM>



**Running for
Membership Coordinator**

I am currently the Aquatics Supervisor for the City of Palm Bay, and have lived on the Space Coast for 9 years. I am originally from Ohio and began swimming when I was 5 years old and really have never left. I swam competitively through college and swam my first Masters meet in 2005. I have coached at the college level for The Ohio State University, Florida International University, St. Francis University and my last stop was at Florida Institute of Technology, where I started their program. I am now a high school coach for Palm Bay High School. I currently swim for Sarasota Sharks, but before that I was a founding member of the Brevard Blue Whales. Away from the pool, I enjoy spending time with my 3 dogs, all long haired dachshunds, reading and being a brand ambassador for an up and coming athleisure clothing line.



**Running for
Membership Coordinator**

Cindi Wood, Lake Gators Swim Team

<https://www.usms.org/people/07361>

Unlike most adult swimmers I only started swimming when I was in my 40's. My mother witnessed someone drown and swore none of her children will be allowed in the water. So I myself grew up with the fear of the water. Many years later, wanting to get healthy, I turned to diet and exercise. I started running and biking, but something was missing. I then got a swim coach and fell in love with swimming.....

Swimming and being part of US Masters and the LMSC has been my life for the past 20 plus years. Loving the sport and wanting adults like myself to learn to love the water, I recently became an USMS Adult Learn to Swim instructor. I started my ALTS program at our 55 and older community and met many seniors like myself who felt they were missing out by not getting in the water. My ALTS program has grown by leaps and bounds.

About a year ago, we learned that the National Training Center would not be offering a US Masters Swim program. Having the passion and not giving up, I decided to start my own US Masters Program. The Lake Gators Swim Team has a mission to accept all swimmers no matter what level. We have also teamed with our city to get Veterans in the water who suffer from injuries and PTSD. We are also working with the adaptive triathlon team and adults who have developmental disabilities. I am proud of where our team has gotten and all the support from the community.

It's my turn to give back and help adults live a life with water in it. US Masters has given me a new lease on life. I would love to volunteer and make a difference. I would love the honor to serve as the Florida Registrar/Membership Coordinator. I have 25 years as a Corporate trainer and have spent the last 10 years running my Consulting Business working with fortune 500 companies. I know I can be an asset to the LMSC Board and help as the Membership Coordinator.

Sanctions Chair

Anna Lea Matysek, Sarasota Sharks Masters

<https://www.usms.org/people/JHAWK>



**Running for
Sanctions Chair**

I've been a Masters swimmer since 1987. I quickly got involved with my LMSC (Missouri Valley) and served as their Registrar for 20 years and Treasurer for 15 years. I also served as a meet director for many swim meets in the Kansas City area. I started attending the USMS National Convention in 1993 and served on several committees, as chair of the Registration Committee, and on the USMS Board of Directors.

After moving to Florida in 2009, I worked at the US Masters Swimming national headquarters as the Membership Director for seven years. I've served as the Florida LMSC Top 10 Recorder since 2015 and as the Sanctions chair since 2018. I also help run the swim meets and open water races hosted by my current

Masters team. My husband Jim and I feel fortunate to live in an area where there are so many Masters competitions, and where we have the opportunity to work out in open water almost any time we like.

Top Ten Recorder

Anna Lea Matysek, Sarasota Sharks Masters

<https://www.usms.org/people/JHAWK>



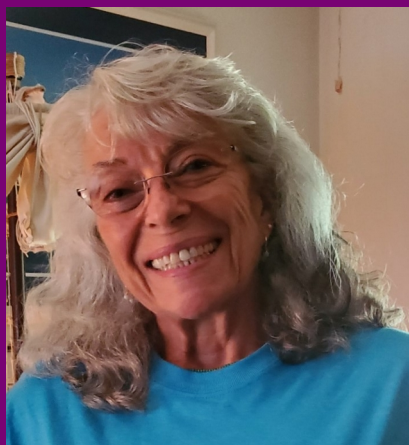
**Running for
Top Ten Recorder**

See above bio.

Newsletter Editor

Sheila Carpenter-van Djik, St Pete Masters

<https://www.usms.org/people/SWMMM>



**Running for
Newsletter Editor**

Sheila did not swim in high school or college. She started at age 50 after a classmate at the University of South Florida told her of United States Masters Swimming (USMS). After graduating with an Engineering degree from USF - and deciding she weighed too much and was out of shape, she started swimming regularly with a Masters Team in Tampa.

Sheila now competes with St. Pete Masters, and has made many friends through swimming. She comments, "We may compete in the same age group. We sometimes compete against each other. But, we all cheer each other on and wish each other good luck and fast swims in our races." It was one of these friends who asked Sheila to be the Newsletter Editor for the Florida LMSC, knowing that when Sheila was in the Air Force, she worked on all parts of

the weekly base newspaper, from writing of stories to layout and publishing. Sheila has produced the FL LMSC quarterly newsletter since August 2011. Sheila received the USMS Dorothy Donnelly Service Award this year.

Sheila competes in the pool, has competed at USMS Nationals, and loves open water races. She swam the Escape from Alcatraz for her 65th birthday, has competed in two Pan American open water races and more than 15 years of the Hurricane Man 1,000 meter race (previously known as the Pass-A-Grille Challenge).

**Please attend our meeting on Wednesday October 14 at 7:00 pm.
Information will be posted on the Florida LMSC website.**

<https://floridalmcsc.org/>