

*See our newsletters, present and  
past and lot of other good  
information on our website:  
<http://www.floridalmcsc.org>*



### **Pan Am Championships**

**Bob Jennings**  
**FL LMSC Chair**



We are so lucky the 2018 UANA Pan American Master Championships will be held in Orlando in late July and early August this summer. In 2013, when the Pan American Games were held in Sarasota, it was a truly international meet. Swimmers competed from the US, Central and South America, as well as Europe. There were swimmers of all abilities competing. I expect the same to hold true for this year's competition also. The relay events were my team's favorite part of the meet. Our swimmers still talk about how much fun they had.

Events are filling up, but there is still time to enter the meet. Do not pass up a chance of a lifetime to compete in an international swim meet in our own backyard. I will see you at the meet.



### **Position open.....**

The Florida LMSC will be holding our annual open meeting on Saturday, October 13 at the conclusion of events during the Rowdy Gaines swim meet. During the meeting, an agenda item will be the election of the Florida LMSC Board of Directors. The positions up for election will be Chair, Vice Chair, Secretary, Treasurer, Registrar, Records, Sanctions, and Newsletter. After five years as your Florida LMSC Chair I have decided to step down and not run for re-election. If you are interested in running for a position please contact me, Bob Jennings at [guman1953@yahoo.com](mailto:guman1953@yahoo.com)





## **FL LMSC Registrar Update**

**From your FL LMSC Registrar, Meredith Moore**

As of May 1, 2018 we have 1,909 members registered for 2018. That is about 90% of the total 2017 member registrations for the same time last year of 2118.

There are 1,030 male - 54% and 879 female - 46%

We have 64 registered clubs in 2018. We have had quite a few new clubs register in the past couple of months:

BBWM - Brevard Blue Whales, Satellite Beach

BGF - Brian Glazer Family

JCC - Masters, Tampa

BMS - Manatee Masters Swim Club, Bradenton

BTC - Team Bodyfeed, Cape Coral

HCTY - Haines City Tritons, Winter Haven

SRQX - Masters Swimming, Sarasota

SRQ - Unagi, Sarasota

SWFL - Swimspire Florida, St. Augustine

USC - United Swim Club, Tallahassee

Welcome to our new clubs!

Please check [www.dixiezone.org](http://www.dixiezone.org) website for upcoming pool and open water events.

-Happy Laps, Meredith



## **NEWS FROM FACT**

*Joannie Campbell*



Please keep up to date with all the news on our website:

[www.factmasters.org](http://www.factmasters.org)

HAPPY NEW YEAR FROM FACT!!!! 2018 promises to be an eventful year with the Pan American Games returning to the United States in July and August. Our last Pan Am Games with great participation was in 2013 in Sarasota, where we fielded 32 relays and were one of the top point teams at

the games. It was great fun and great competition, which it promises to be this year too. Make sure you take a look at the information and note that entry fees go up each month. Also, I am told, there will be limits on entries should the number go over 3,000. For those of you who like Open Water competition – the 90 degree alligator-infested lakes are being avoided and the open water competition will take place on Florida's east coast, off Daytona Beach. Transportation will be provided from Orlando for the competition on August 5<sup>th</sup>.

The Valentine's Meet at the Long Center was February 9<sup>th</sup> thru 11<sup>th</sup>. This is the Dixie Zone Championships and all of you will be pleased to hear the new heat pumps at the facility are keeping the water at a steady 81 degrees since they have been installed. The newly renovated facility is a joy after traveling all over the state during the summer to find long course for my competition in Budapest. Our Valentine's Meet in February was a great success. FACT received the 1<sup>st</sup> Place trophy for Regional Team at the Dixie Zone Championships. Betty Lorenzi, 90, set three National Records in the backstroke events. FACT competed as a Regional Team for high point, since this is a Zone Championship.

Our All-Americans (number 1) are listed on the USMS website for the 2017 season. Both relays that our women swam in Budapest were All-American. Other than these we posted a 320 Men's 400 Free Relay in 2<sup>nd</sup> place, a 280 400 Free Relay Women's in 2<sup>nd</sup> place and two 3rds – mixed 200 Medley relay 280 for women and 320 Mixed medley. Only Dixie Zone Preliminaries are available at this writing, but our Short Course Meter 360 Mixed Free Relay broke the world record by well over 4 minutes!

The Good Life Games Senior Meet at the Long Center was held March 10<sup>th</sup> with a record number of FACT participants. This long course meet was popular especially this year as many wish to have times to submit for the Pan American Games held in July and August in Orlando. On this note, we are gearing up as a large team in our participation in this International competition. We currently have 40 individual entries and expect many more before the registration closes the end of June. We request that those that are interested consider early registration to avoid being turned down. As you will note from their information, a session of 10 hours a day is their limitation.. The games have a relay day and from all indication we may have an even larger number of relays than the Pan American games in 2013 – we had 32 relays at that meet. As my letter to all FACT members stated, this is perhaps a once in a lifetime opportunity. Only the second time in history that this competition has been held in the United States.

Many of us went to the Hall of Fame Pool in Ft Lauderdale for the YMCA Nationals. Since we represent various YMCAs it's always difficult to determine members of our USMS Club but the results for Top Ten are recognized on the USMS web site,.

Speaking of International competition – the FINA results for 2017 LCM were recently published. Our two gold medal relays in Budapest were second and third in the World! Susan Meyers was FIRST in the 100 fly and 200 IM, I managed a 3<sup>rd</sup> in the 800m free, Take a look at the results on the FINA web site. We had others placements as well.

The Nationals in Indianapolis will be held May 10 – 13. We have very sparse representation in this meet. I see Mark Ross from the Villages group will be there. I think most of our Club are concentrating on Pan Ams. We have several 90 year olds shooting for the Games – hope we'll set some more World records.

Meegan Wilson has had hip replacement and is doing well – she has volunteered to be a big part of the USMS Convention in Jacksonville this September. Be aware that she needs help and try to assist if you can – this is a big job!!



## ALTS – WHAT IS THAT?

By Connie Greb  
FL LMSC Fitness Chair

According to the Centers for Disease Control, more than a third of the adults in the United States can't swim the length of a pool, which puts them at risk of being one of the 10 people who drown every day in the United States.

The USMS Swimming Saves Lives Foundation, U.S. Masters Swimming's charitable arm, has declared the month of April "Adult Learn-to-Swim (**ALTS**) Month." That's when pools, lakes, and beaches are opening up for spring and summer recreation.

The Learn to Swim Program is for adults who have moderate or no prior swimming experience or may even have a fear of the water and wish to learn the basics of swimming. They will be taught how to float, how to breathe during swimming, and arm movement with kicking. For those who already have the basic swimming skills but want to enhance their strokes technique there is the advanced level. It can further technique and confidence to improve both endurance and speed of a swimmer.

To access this program go to [www.usms.org](http://www.usms.org), click the tab "Learn to swim" and search for adult learn to swim instructors.



If you already know how to swim, and would like to be an ALTS Instructor, or be certified as a swim Coach, Marianne Groenings ([mgroenings@usmastersswimming.org](mailto:mgroenings@usmastersswimming.org)) provides the following links.

The **Coach Certification Courses** and **ALTS instructor Certification** is coming to the FL LMSC in September. A flyer with the events and some dates is included later in this newsletter.

USMS coach certification Level 1 & 2 –

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=77754>

USMS coach certification Level 3 -

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=77755>

ALTS (Adult Learn-to-Swim) Instructor Certification – Link coming as soon as final details are confirmed.

The Illinois LMSC members promoted attendance. If your group is interested in offering scholarships for your members, it's not too late, please contact me. You can structure the scholarships however you



like: reimbursement after class completion is a popular way to it, and you may choose whether to award the entire cost of the class or only a portion.

Marianne Groenings ([mgroenings@usmastersswimming.org](mailto:mgroenings@usmastersswimming.org))



## **Shark Bites**

By Jan Miller

### **SARASOTA Y SHARKS MASTERS**

<https://www.teamunify.com/TabGeneric.jsp?tabid=204931&team=flsysst>

The Sarasota YMCA Shark Master's had a busy winter. The Gulf Coast Games for Life, an FSG series qualifier, was held at the Sarasota YMCA Selby Aquatic Center on Sat, Feb 17, 2018. Several members, pictured left, below, participated in the One Hour E-postal held the next day, followed by a poolside pot luck breakfast.

The Clearwater & Dixie SCY Meet (aka The Valentine Meet) Feb 9 -11 was well attended by our Sharks, where they took home a high point team trophy and 13 individual high point awards. This is a favorite meet of our Sharks and the meet director, Mark Roberson, does a great job of hosting at the Long Center in Clearwater.

Other meets supported by our Sharks were the Good Life Games, another FSG series qualifier, and the St. Pete Masters meet, held on March 24 and 25. Several Sharks Masters participated in the Jon Steiner Miracle Mile E-postal swim to support lung cancer. Our Shark teammate, Pat Bond set a new record in the One Hour E-postal and the Miracle Mile swims in the 80-85 age group.

Sharks enjoy a fun social life outside of the pool. Besides our monthly Sharks Breakfast and weekly Taco Tuesday (Sharks like to eat), there were outings to the Muscle Car City Museum in Punta Gorda (members pictured, right, below), the Orioles vs. Red Sox game, and the Motorworks Brewery in Bradenton.

We are happy to announce the marriage of our Head Masters Coach Dave Miner to Dani LaFrance. They share a love of open water swimming and met through the Sharks. Another happy marriage from USMS.

Upcoming Shark-hosted events include the Tropical Splash open water event on May 13, on beautiful Siesta Key Beach, and The Bumpy Jones Classic on June 9-10 at the Sarasota YMCA Selby Aquatic Center. We look forward to seeing you there.



Gerhard Schaefer, USMS member since 1993, died January 30, 2018, in Venice, Florida. Born December 21, 1934 in Germany, he spent his youth on an island town near Hamburg, Germany, where he learned to swim off the ferry dock on the Elbe River. At age 21, he and his wife, immigrated to Long Island, New York. After the birth of their two children, they moved to Ellsworth, Maine, where his wife Erika later died in 1991.



When Bill Reeve started a Masters swim program at the Downeast YMCA in Ellsworth, Gerhard was one of the early participants. It was here in the fast lane, that Gerhard met fellow USMS swimmer Martha Samuelson, who was to be his life partner for the next 24 years. Gerhard and Martha were among the swimmers in the first Echo Lake Swim in Acadia National Park, evolving to what is now the Annual Bill Reeve Echo Lake Swim.

While a member of Maine Masters Swim Club of USMS, Gerhard accumulated a shoebox of ribbons and medals in freestyle and butterfly events. He was part of the Ellsworth swim group that swam in the Montreal FINA competition in 1994.

In 2008, Gerhard and Martha moved to Venice, Florida, joining the Venice YMCA Masters Swim Program. They signed on with the Sharks Y Masters Swim Club in nearby Sarasota, and Gerhard continued adding to his collection of medals and ribbons, both as a USMS swimmer and in Gulf Coast and Florida State Senior Games.

In 2015, Coach Rick Walker awarded him the Sharks Masters All Stars yellow towel, commenting that Gerhard was always eager to volunteer as timer and all around volunteer when he wasn't swimming. In his final year swimming at the Venice Y, Coach Bruce Patmos saved a lane for him in the 5:15 AM workout, insisting that he get some yardage in before facilitating the political discussions in the hot tub.



## St. Pete Masters

<http://stpetemasters.org/>

Christine Truhol Swanson

Photos courtesy of Livia Zien and Charlotte Petersen

SPM News – News from outside the lane....



### St. Pete Bob Beach SCY Championships

The last weekend of March, SPM hosted the 48<sup>th</sup> annual SCY Championships. There were many outstanding swims by all in attendance. It is nice to see John Zeigler of Georgia Masters back on the pool deck for the meet. I think he has attended all 48 of the Championships at North Shore Pool. No doubt many are tuning up for USMS

Nationals in Indianapolis in early May and we wish them well.



### University of Tampa SCY Meet

Just a few weeks ago I saw a brief mention of this meet in Tampa. I cannot find any results on line yet but am aware that both Annie Hayman and Tabitha Jacobus-Brandt both showed up to compete. It was Annie's first competition in a few years as she gets ready for Pan Am's in Orlando. Congrats to both on some nice swimming.



### Triathlon

It is Triathlon season in St. Pete and we have many team members Escaping Fort Desoto, participating in this year's St. Anthony's Triathlon and assorted other Triathlons in the State of Florida. In fact I went to look through the results from St. Anthony's this past weekend and found that many, team members participated either individually or on relays. There was the Meek and Mighty on Saturday featuring many SPM

members in the adult competition and their children in a second race. Sunday was the main event. First a Pro Race followed by an Olympic Distance and a Sprint Race. At the risk of omitting any one performance, we offer a hearty congratulations to all our SPM teammates. Pictured Chelsea Colwill and Anthony Sullivan.





## Open Water

### Inaugural Sand Key Open Water Swim



Saturday, March 10th was the inaugural open water swim in the "Sand Key Open Water Swim Series". Dawn Clark, Tori Kirkman & Sharon Steinmann participated and all three took 1st place in their events. Tori took 14th overall in the 1.2 mile swim and placed first in the women's 25-29 age group in a time of 34:04. Dawn and Sharon teamed up to do the 2.4 mile relay (each swimming 1.2 mile legs) in a time of 59:25 to win 1st in the relay team division. The three SPM'ers braved the cold air and brisk water temps to participate. This was the first in a series of open water swims at Sand Key. The next dates in the series are June 9th and Sept. 8th.

### S.C.A.R. Swims Arizona

The last week of April, Pat Marzulli and Ian Tarrant along with three other local training partners made the trek to Arizona along with their support crew to participate in this 4 Day Open Water event. S.C.A.R. is completed across four lakes (Saguaro, Canyon, Apache and Roosevelt) on consecutive days with conditions including choppiness and water temp varying greatly in each body of water. The 4<sup>th</sup> and final swim in Roosevelt Lake is a 10k night swim. The total distance over 4 days is about 43 miles. Pat signed up to attempt all four legs and completed two including the third leg, a 17-mile crossing of Apache Lake. Ian along with Serbo, Mark, and Maureen completed all four legs of this year's S.C.A.R. Swims. Congrats to all. (photo below courtesy of Maureen Montgomery's FB page).





## VILLAGES AQUATIC SWIM TEAM

### **VAST News**

Mary Rose Rowan

## ADULT LEARN TO SWIM

Our VAST team members enjoy swimming; swimming for safety, swimming to stay fit and swimming for fun and friendship. Some of our members have decided to share our joy and teach other adults to learn to swim.

About four years ago, Vast member Connie Greb became interested in the USMS Adult Learn to Swim Program. She completed the course in Sarasota, became a nationally certified instructor, and worked with the rec department in the Villages to establish a program. There are now eight volunteer instructors from our team, five of whom are nationally certified.

The USMS Adult Swim program is approached in a different way than a children's learn to swim program. It is designed to recognize and ease the fears of a 70 year old who has the courage to get in the water. There is often conversation with the prospective swimmers to discover their experiences and motivation. Wagers, and bargains with grandchildren, are frequently mentioned. These types of personal interactions tend to make the fearful student more comfortable and also allow the instructors to work with the students at the appropriate level. Beginner swimmers at all levels are welcome, at no cost, and may be referred to additional programs available through the Villages recreation department as well as the USMS national program.

We salute our 8 USMS VAST volunteers who will teach 4 sessions this Spring, sharing the joy of swimming with approximately 80 excited and courageous adults.

The USMS periodically schedules classes in Sarasota for those interested learning the instructional procedures and earning national certification.

## VAST SPOTLIGHT

VAST swimmer Marty Schenk is in our Spotlight this month. His lane mates, and those who swim in lanes close by, learn from him and are inspired by him.

“Usually a group of us will watch him during practice and marvel at his butterfly and breaststroke.”

Marty’s swimming looks effortless and he demonstrates “power, streamline and propulsion through the water”. And he always has time to answer questions, give tips, and tell stories about his college swimming days.

Working hard and having fun at practice has resulted in Top Ten honors in the 50, 100 and 200 breaststroke, SCY, SCM, and LCM. Marty has also earned Top Ten in the 50 and 100 fly, SCY and SCM, as well as honors in the 100 IM. At the National Senior Games in Birmingham in June, our teammate achieved 1st, 2nd or 3rd place in the three breaststroke and the three butterfly events.

Our caps are off for Martin Schenk, hard working, smart swimmer, helpful, respected teammate and fun loving friend.

## VILLAGES SENIOR GAMES

The Villages Senior Games was held April 23-29. The swim events were April 25th and 26th and were recognized by USMS. The pool is 25 yards and outdoor. COME SWIM WITH US NEXT YEAR !!



## Upcoming Events

For swims- pool events as well as open water, go to [www.dixiezone.org](http://www.dixiezone.org)





# U.S. Masters Swimming courses and clinics coming to Jacksonville, Florida



Levels 1&2 Coach Certification

Wednesday, Sept., 26, 9:00 am - 4 pm

Level 3 Coach Certification

Wednesday, Sept., 26, 9:00 am - 3:30pm

ALTS Instructor Certification

Wednesday, Sept., 26, 8:00 am - 3 pm



Details and information: [usms.org/content/courses](https://usms.org/content/courses)





*Five solo swimmers, and two relays have entered the race*

The 20th Annual 24 Mile Tampa Bay Marathon Swim will be held on Saturday, April 21, 2018, starting at 7am. If weather conditions are dangerous (high winds, thunderstorms, poor visibility) the start may be delayed or rescheduled to the next day, or an alternative race course may be substituted to adhere to safety guidelines.

This 24-mile ultra-distance marathon swim race starts at the Sunshine Skyway Bridge and ends on the Courtney Campbell Causeway in Tampa in a race that covers the entire length of Tampa Bay. The event is held each year to celebrate Earth Day and the revitalization of Florida's largest estuary. It is one of the world's longest marathon swimming races and is a part of the Grand Slam of Open Water Marathon Swimming, which also includes The English Channel, Manhattan Island, and the Catalina Island marathon swims.

Since the 24 Mile Tampa Bay Marathon Swim was first staged in 1998, it has drawn competitors from across the United States, and from Great Britain, Ireland, Guatemala, Italy, Mexico, Australia, Japan, Switzerland, Baliwick of Jersey, Argentina, Dominican Republic, Germany, India, Canada, and the Cayman Islands. The race is one of the world's longest marathon swims, and is held annually in April, in celebration of Earth Day.

To follow the event on race day, visit [www.DistanceMatters.com](http://www.DistanceMatters.com) to see GPS tracking, pictures and video from swimmers and their crews as they swim one of the world's longest marathon swim races.

# Meet the Swimmers of the 20<sup>th</sup> Annual 24 Mile Tampa Bay Marathon Swim

Here are the five solo swimmers and two relay teams that have entered the 20th Annual 24 Mile Tampa Bay Marathon Swim on Saturday, April 21, 2018.

**Karen Zemlin**, 50F, Plymouth, MN  
**Jim Loreto**, 45M, Bethesda, MD  
**Leigh Rey**, 41F, Hopkinsville, KY  
**Alison Hayden**, 46F, Kinnelon, NJ  
**Kenny Lehman**, 43M, Pittsburgh, PA

## Spunky Old Seamen Relay

**Seth Huston**, 53M, Houston, TX  
**Greg Jablonski**, 51M, Portland, OR

## Capital Punishment Relay

**Bill Sullivan**, 52M, McLean, VA  
**Mark Wainwright**, 50M, Alexandria, VA  
**Karen Yankosky**, 46F, Arlington, VA  
**Mark Heinrich**, 60M, Aliso Viejo, CA

## FAQ

**Start Line:** 7am at the Magnuson Hotel Marina Cove Resort - 6800 Sunshine Skyway Lane; St. Petersburg, Florida 33711. Phone: 800.227.8045.

**Finish Line:** 3pm to Sunset at Ben T. Davis Beach at the swim area next to the new restroom facilities, on West Courtney Campbell Causeway; Tampa, Florida 33607.

# World Swimming Majors

World Swimming Majors is an online ranking system for marathon swimmers developed by Open Water Source. The system takes results from 30 swims around the world and aggregates them using a proprietary formula. See where you rank among today's marathon swimmers.

Access the **World Swimming Majors** Online Databases at **[www.worldswimmingmajors.com](http://www.worldswimmingmajors.com)** and see where you rank.

The following swims are included:

1. Cadiz Freedom Swim, Cape Town, South Africa (7.5K or 4.7 miles)
2. Catalina Channel, California, U.S.A. (34K or 21 miles)
3. Clean Half Marathon Swim, Hong Kong (15K or 9.3 miles)
4. Cook Strait, New Zealand (26K or 16.2 miles)
5. Ederle Swim, New York-to-New Jersey, U.S.A. (28.2K or 17.5 miles)
6. English Channel, England-to-France (34K or 21 miles)
7. Jarak-Šabac Marathon Swim, Serbia (18.7K or 11.6 miles)
8. Faros Marathon Swim, Croatia (16K or 9.9 miles)
9. IJsselmeerzwemmarathon, Netherlands (21K or 13 miles)
10. International Self-Transcendence Marathon Swim, Lake Zurich, Switzerland (26.4K or 16.4 miles)
11. Round Jersey Solo Circumnavigation, Jersey (70K or 43.5 miles)
12. Jersey-to-France Channel (29K or 18 miles)
13. Kalamata-Koroni Marathon, Messiniakos Gulf, Greece (30K/16.5 miles)
14. Lake Ontario, Niagara-on-the-Lake to Toronto (minimum 50K or 31-mile course)
15. Lake Tahoe, California lengthwise (35.4K or 22 miles)
16. Manhattan Island Marathon Swim, New York, U.S.A. (45.9K or 28.5 miles)
17. Maui Channel, Hawaii, U.S.A. (15.3K or 9.5 miles)
18. Molokai Channel, Hawaii, U.S.A. (41.8K or 26 miles)
19. North Channel, Ireland-Scotland (30K or 18.6 miles)
20. Pennock Island Challenge, Alaska, U.S.A. (13.2K or 8.2 miles)
21. Rottnest Channel Swim, Perth, Australia (19.7K or 12.2 miles)
22. Santa Barbara Channel, California, U.S.A. (minimum 30K or 19-mile course)
23. Strait of Gibraltar, Spain-Morocco (minimum 18.5K or 11.5-mile course)
24. Swim Across The Sound, Connecticut, U.S.A. (25K or 15.5 miles)
25. Swim Around Key West, Florida, U.S.A. (20.1K or 12.5 miles)
26. Tampa Bay Marathon Swim, Florida, U.S.A. (38.6K or 24 miles)
27. Traversee Internationale du Lac St-Jean, Quebec, Canada (32K or 20 miles)
28. Tsugaru Channel, Japan (20K/12.4 miles)
29. World 25K Championships (site determined each year) (25K/15.5 miles)
30. Boston Light Swim, Boston, U.S.A. (12.8K or 8 miles)







Please send newsletter articles to Me!  
([sheilacv@verizon.net](mailto:sheilacv@verizon.net) or [fishtail@usms.org](mailto:fishtail@usms.org))

★so I know what team you represent★

The next newsletter is scheduled to be on the web (<http://floridalmssc.org>) and in your inbox  
In August, 2018, so I'll need your articles by **July 15, 2018**

**Social & Awards Chair**, Erin Condon, [erin@gatorswimclub.com](mailto:erin@gatorswimclub.com); **Webmaster**, Meegan Wilson, [meegan@kodhaus.com](mailto:meegan@kodhaus.com); **Safety Chair**, Patty Nardoizzi, [pnardoizzi@hotmail.com](mailto:pnardoizzi@hotmail.com); **Past Chairs**, *Meegan Wilson*, [meegan@kodhaus.com](mailto:meegan@kodhaus.com); *Scott Bay*, [scottbay@usms.org](mailto:scottbay@usms.org)

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