



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

★★★★★  
**FLORIDA LMSC TEAM NEWS**  
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**NEWS FROM FACT**  
*Joannie Campbell*



To start off with, I got a chuckle out of Scott Bay's critique of my starts when I discovered he was looking at the picture Sheila shows regularly in our quarterly newsletter. When I told him where that picture was taken his perspective changed dramatically. When I was 80 AARP interviewed me for an article and brought me to New York for a photo shoot. I was perched on new (at the time) starting blocks, quite elevated from normal, with two exercise pads beneath me for quite a long period of time!!!! NO WATER to fall into (hahaha).

Our Dog Days Meet at the Long Center August 24<sup>th</sup> was well attended for a "last chance LCM event" and we escaped the hurricane season problems – always iffie at this time of year. Our team placed third.

The National USAS Convention in St. Louis was a memory trip for me, having lived there in the 1960's. Renewed friendship with my neighbor from 1961 and

went up in the Arch as well as doing USMS business. There are many changes in the works for USMS and am sure others will cover it in this newsletter. Our Rowdy Gaines was inducted into the International Masters Hall of Fame – certainly a deserved honor!! Congratulations!!

Which leads me to our recent successes – at the 2019 Rowdy Gaines Masters Classic and Dixie Zone Championships. Our 16 competitors for FACT were 1<sup>st</sup> in the Regional Teams at this meet, with a total of 2,222 (good number) points!! Our women were second in the overall meet of 61 teams with a score of 1379; our men 6<sup>th</sup> with 813. We had a total of 18 relays and all of our swimmers deserve kudos for their excellent performances. High point Individuals honors went to John Cornell, 92; John Corse, 95; and myself – 89 (up-ing the age group next year).

November is the beginning of registration for 2020. Florida Aquatic Combined Team is registered as a USMS Team, and Work Out Groups are registered under our USMS Club. This is always a puzzle to many new and old registrants so please be informed when you sign up for the next year. We have a Workout Group at the Long Center (Clearwater Long Center FACT) or CLCF; another workout group, and currently our largest, is the Villages (VASF); we would encourage others to register a workout group if their team is of any size – information is on the factmasters.org website and also the floridalmcsc.org website. You can also register as a Unattached FACT member, which many do as member of small LMSC teams who want the comradery at swim meets.

Our coming schedule is busy – if anyone is interested the State Senior Games are in Coral Gables this year December 7-8. This is not a National Qualifying Meet this year. The Valentine Meet is February 8-9 and the Good Life Games (50m) February 29. The Spring Nationals is April 23 – 26 in San Antonio – planning on going to that. May 7 – 10<sup>th</sup> the Y Nationals will be in Orlando for those who are Y members. Bumpy Jones LCM Dixie Zone Championships will be in Sarasota June 6-7 and a group of us are traveling to Medellin, Columbia for Pan American Masters Games June 17 – 27<sup>th</sup>. Anyone interested please contact me for information and a chance to join us.

Keep up to date with all the news on our FACT website: [www.factmasters.org](http://www.factmasters.org)





## **Shark Bites**

By Jan Miller



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

### **Recent clinics**

While preparing for the Masters Sharks 2019 Bumpy Jones LCM Swim Meet on June 8-9, USMS Officials in Sarasota sponsored a Stroke and Turn Judges and Starters Officials Swim Clinic at the Selby Aquatic Center on Thursday, June 6th. Another Stroke and Turn Judges and Starters Officials Swim Clinic was sponsored on Tuesday, October 8, 2019. The October Sarasota clinic reinforced and built on training and lessons learned from the Officials Clinic in June, 2019.

The goals of the clinics were to prepare for the upcoming meets by reviewing and refreshing 2019 USMS Rule Book knowledge and procedures, recruit new volunteers as officials, and provide interactive discussions and a practical training venue with swimmers demonstrating strokes, turns and starts.

The takeaways from both the June and October clinics were:

Read the rules and have confidence in your knowledge, interact with other Officials, and learn from their experiences. Clinics are a good venue for learning. If possible, use demo swimmers for visual learning and have good refreshments to entice participation.

Both 90 minute clinics were led by USMS Officials combining rule discussions using Teri White's (Chair, USMS Officials Committee) presentations with in-pool swimmers demonstrating strokes, turns and starts.

### **Congratulations Bambi Bowman!**

Bambi successfully completed the 21.3 mile Lake Tahoe Marathon Swim in 13 hours 17 minutes and 22 seconds! She started her swim at midnight Tahoe time and encountered some rough currents and waves. The water temperature was 65 and the air was 45 with a wind chill that made it feel like 35! The wind was as high as 19 knots! There is the additional challenge of 6200 feet of altitude. Her crew shouted the cheers of her teammates sent via Facebook as she churned her way across the cold lake! Well done!

## Special Olympics

On Saturday, 24 August, the 2019 Special Olympics, Area 19, Swim Meet was held at the newly lined Potter Park Shark Tank Pool. The swim meet brought together 6 Florida county communities of special athletes, supporters, families, coaches, volunteers and many others. The 250 special athletes were the center of it all; they competed in an environment of Olympic ideals and a purity of competitive swimming.



Four Masters Sharks volunteered their time and knowledge to officiate the 2 pool (LCM and SCY) swim meet. Renee McFadden, Mark Krakower, Rob Katz and Mike Whaley ensured a standard of fair, safe and equitable swimming competition.

The 2019 Special Olympics Swim Meet was empowering because special athletes proved to themselves what they are capable of in a competitive event; inspiring them to achieve more, both in sports and in life. The Special Olympics swim meet offered swimmers an opportunity to be the center of well deserved attention for their time and efforts in swimming; their drive to success came from deep inside, it came from effort and the heart. Saturday was a day of success for the special athletes and well deserved recognition by spectators and families.

## Sarasota Sharks travel to Hawaii for the 2019 Waikiki Rough Water Swim

On September 2, 2019, Mike Whaley and Nancy Kryka participated in the 50th Anniversary Waikiki Roughwater Swim (WRS), which is a 2.4 mile ocean race along Waikiki beach. Past WRS had participants who are Olympic medalists, including Rebecca Soni, and movie stars, including Buster Crabbe who played Tarzan. Waikiki Rough Water Swim was the original swim leg for the Ironman and it is known to be very tough.



The 2019 Labor Day WRS lived up to its name: challenging and rough with 2-4 foot waves and strong currents of 3-5+ knots moving against competitors as they swam.

After swimming 90 minutes, we realized we were still looking at the starting beach by Diamond Head and we made our decision to abort since allotted maximum race time was 3 hours and continued swimming against an opposing current determined that we could not successfully finish the race.

After returning to the starting beach and walking to the finish line, we reviewed our swim over fruity drinks with umbrellas. The good: we made a good abort decision and stuck with that decision. It was a tough decision based on safety, health and the inability to complete the race within the time limit. We swam as a team, making the abort decision as a team and staying together as a team. The bad: we did not fully research tides and currents before the race; we did not realize our lack of course progress until after 90 minutes of swimming in place and we did not have situational awareness to alter our swim plan to avoid currents by swimming over the reef and closer to the beach with less current. We learned from hindsight and we have WRS lessons learned and the experience of a historic Hawaiian swim challenge.

Bottom line for our WRS, we did not plan adequately but we made safe and good decisions as a team and we tried. So, if you are interested in challenges, mark the Waikiki Rough Water Swim on your 2020 calendar and make history; enjoy 'the swim of all swims'!

### Round the Sound, Bermuda



Congratulations to Julie Tafuto and Daphne Elliott for completing the 4K on October 13<sup>th</sup>. Daphne did the 4K all Fly! Julie took first place in the Women's Master's Division in the 4K.

### Swim the Suck – Tennessee

Congratulations to Helena Baker who completed the tough 10.3 miles in the Tennessee, Swim the Suck.



### Iron Man – Kona

Congratulations to Matt Russell who was 16<sup>th</sup> at Kona!

### Rowdy Gaines Meet

A contingent of Shark Masters participated in the 3 day Rowdy Gaines Classic in Orlando on October 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup>. There were many personal bests sets and possibly some record relays, time will tell on those. Notable accomplishments



were High Point awards earned by Jack Mitchell and Jack Groselle in their respective age groups.



### Upcoming events

During the summer the Shark Tank underwent some renovations. A new pool liner was installed with new gunnels. This was a huge fundraiser conducted by The Sarasota Sharks Inc. The pool is looking beautiful now all ready for **Shark Tank Swim Meet, Saturday and Sunday, November 9<sup>th</sup> and 10<sup>th</sup>.**

### Sharks Masters Banquet

The Shark Masters Annual Banquet will be held on Sunday, January 26<sup>th</sup>, 2020 at the Field Club in Sarasota.

### Sharks Are Hosting the Gulf Coast Games for Life Again

Saturday, February 8<sup>th</sup>, 2020 at the Shark Tank. Please save the date! We will need timers and officials!

Thank you to Mike Whaley for his submissions to Shark Bites for this cycle.

Always be yourself.  
Unless you can be a Shark.  
Then always be a Shark.





## St. Pete Masters

<http://stpetemasters.org/>



Group shot at SPM Long Course Meet  
(photo: L. Zien)

### News from the Outside Lanes...

by Regina Novak

SPMers are hard at work in and out of the pool! We enjoyed a great summer, kicking it off with our annual SPM Long Course Meet

at our beautiful Northshore Aquatic Complex. The turnout was fantastic, and high points went to Collin Deans-Brandt, Carolina Ticeira, Tiffany Weidner, Heni Szeredi, Paula Texel, Livia Zien, Cheryl Kupan, Jo Ann Harrelson and Bob Beach. From there, we had three team members, Cheryl Kupan, Sherri Bogue and Jim Esposito make their way out for the Summer National Championships in California. Jim took 6th in the 50m back and 8th in the 100m, while Cheryl took 6th in the 400m IM and 7th in the 200m IM. Sherri not only dropped big time in her 800 and



Steve Freeman (photo: G. Smith)



Paula Texel and Tiffany Weidner  
(photo: L. Zien)

400 meter free events at Nationals, but a week later, she headed to North Carolina for the Dr. Charles van der Horst Memorial Championship. In August, 17 members of our team went out for the 6th Annual Dog Days of Summer at the Long Center in Clearwater, and each and every swimmer posted at least one first place race! Congratulations to Carolina



Tabitha Brandt in Clearwater  
(photo: V.McCumber)



Some highpointers at SPM Long Course Meet (photo: L. Zien)



Suzy and Livia (photo: L. Zien)

Ticeira, Sarah Swoch, Veronica McCumber, Elena Feliciano, Paula Texel, Tabitha Brandt, Karen Westerman, Dawn Clark, Cheryl Kupan, Tricia Moses, Sharon Steinmann, Eric Herma, Ryan Rager, Greg Salomon, Mike Zabel, Mike Smith and Peter Betzer. Our team member Livia Zien shared a special meet moment when she traveled up to swim with her mom in the Maryland Senior Olympics. Mom and daughter shared some great swims and memories to cherish forever. Seven SPMers took

part in the 5k/10k, all placing in the Top Ten, and team member Mike Zabel swam both! Congratulations to other 5K swimmers Dawn Clark, Kern Davis, Marina Falcone, Tim Kennedy, Pat Marzulli and Charlotte Petersen. On the open water front, several teammates embarked on some adventurous swims. Dawn Clark, Sharon Steinmann, Ryan Rager and Laura Kaleel enjoyed a cool swim down Rainbow River.



John, Sharon, Tori, Dawn, Laura, and Heni (photo T. Kirkman)



Ann, Phil, and Melissa (photo: A. von Spiegelfeld)

Traveling to the Fontana Lake Swim were Ann von Spiegelfeld, and Melissa and Phil Harasz. Ann earned a first place finish in her age group for the 10K and Melissa placed 5th overall in the women's division for the 5k. Out on the west coast, Jonathan Hartwell and Jason Breese swam in the Alcatraz Sharkfest, earning a 2nd and 3rd place finish in their respective age groups. Down



Laura, Sharon, Dawn, and Heni at the Lighthouse (photo: T. Kirkman)

in the Keys, the Swim to Alligator Lighthouse attracted Sarah Kwon, John Aversa, Dawn Clark, Heni Szeredi, Tori Kirkman, Sharon Steinmann and Laura Kaleel. Sarah walked away with an 8th place finish, John took 4th and the two person team of Sharon and Laura took 4th.

On the triathlon front, team member Cindy Newton traveled to Canada for the Ironman Mont Tremblant, where she finished with a total time of 12:05 and a 9th place finish in her age group. Husband and wife duo, Tim Kennedy and Carolyn Kiper traveled to Augusta Georgia for a half Iron Man and both posted finishes to be darn proud of! Our team continues to grow and flourish and we look forward to the many more accolades our teammates will accomplish in 2019!

And ... don't forget to save the date for our 50<sup>th</sup> Annual SCY/Bob Beach Championship Meet -- March 21-22, 2020!

# SPM turns 50 in 2020!



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## THE NEXT DEADLINE FOR TEAM NEWS

**Sheila Carpenter-van Dijk**

Please send Your Team News to Me!

**IN WORD FORMAT PLEASE!**

([sheilacv@verizon.net](mailto:sheilacv@verizon.net) or [fishtail@usms.org](mailto:fishtail@usms.org))

**PLEASE INCLUDE YOUR TEAM NAME  
IN THE SUBJECT OF THE EMAIL**

If you have questions about format, or content, be sure to ask me!

The next Team News publication is scheduled to be on the web (<http://floridalmc.org>)  
in February, 2020, so I'll need your articles by **January 15, 2020!**



## **Your Current Florida LMSC Board of Directors**

(\* Elected positions)

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