



## Meet Your 2012-2013 Florida LMSC Officers and Board of Directors

<b>Chair</b> <i>Scott Bay</i> 386-677-1595 <a href="mailto:scottbay@usms.org">scottbay@usms.org</a>		<b>Vice Chair</b> <i>Jillian Wilkins</i> 407-415-9720 <a href="mailto:jillian@lane4sswimschool.com">jillian@lane4sswimschool.com</a>	
<b>Secretary</b> <i>Fernette Ramnath</i> 610-368-0496 <a href="mailto:framnath@hotmail.com">framnath@hotmail.com</a>		<b>Treasurer</b> <i>Sherri Bogue</i> 813-966-2978 <a href="mailto:sherribogue@mac.com">sherribogue@mac.com</a>	
<b>Registrar</b> <i>Meredith Moore</i> 239-774-0822 <a href="mailto:Mamoo49@aol.com">Mamoo49@aol.com</a>		<b>Newsletter Editor</b> <i>Sheila Carpenter-van Dijk</i> 813-892-8991 <a href="mailto:sheilacv@tampabay.rr.com">sheilacv@tampabay.rr.com</a>	
<b>Top Ten Recorder</b> <i>Dave Burris</i> 813-442-9676 <a href="mailto:burris@floridaortho.com">burris@floridaortho.com</a>		<b>Sanctions</b> <i>Pat Tullman</i> 813-655-7648 <a href="mailto:Ptullma1@tampabay.rr.com">Ptullma1@tampabay.rr.com</a>	
<b>Long Distance</b> <i>David Miner</i> 941-545-9709 <a href="mailto:Dminer02@gmail.com">Dminer02@gmail.com</a>		<b>Official's Chair</b> <i>John King</i> 239-398-6477 <a href="mailto:john@kingllc.com">john@kingllc.com</a>	
<b>Fitness</b> <i>Sue Moucha</i> 813-689-4131 <a href="mailto:jbmoucha@aol.com">jbmoucha@aol.com</a>		<b>Coaches Chair</b> <i>Gary Henderson</i> 352-409-2896 <a href="mailto:john@kingllc.com">john@kingllc.com</a>	
<b>Senior Games Liaison</b> <i>Joan Campbell</i> 727-938-7181 <a href="mailto:Jcamp10@tampabay.rr.com">Jcamp10@tampabay.rr.com</a>		<b>Social &amp; Awards</b> <i>Marianne Bradley</i> 727-784-0420 <a href="mailto:bradleyem@tampabay.rr.com">bradleyem@tampabay.rr.com</a>	
<b>Webmaster</b> <i>Kimberlee Riley</i> 321-765-4293 <a href="mailto:kimberleeriley@gmail.com">kimberleeriley@gmail.com</a>		<b>Past Chair</b> <b>Meegan J. Wilson</b> 352-373-0023 <a href="mailto:meeganwilson@bellsouth.net">meeganwilson@bellsouth.net</a>	

Note: Chair, Vice Chair, Treasurer, Secretary, Registrar, Top Ten Recorder, Sanctions and Newsletter Editor are positions with voting privileges elected by the membership. Elections take place at our

Annual Meeting in September. Officials, Coaches, Senior Games Liaison, Social and Awards, Fitness, Long Distance and Webmaster are appointed board positions. -editor

Please visit our website: <http://floridalmisc.org/> for more information.



**FROM YOUR FL LMSC REGISTRAR  
MEREDITH MOORE**

FL LMSC Registrations thru October 31, 2012, totaled 2,014 members. That represents about a 5% increase over 2011's final October figures of 1915 swimmers.

2012 – 82% registered online; 18% paper registrations

2011 – 77% registered online; 23% paper registrations

2010 – 65% registered online; 35% paper registrations

We have 46% female registered swimmers and 54% male, the same as 2011.

We have 54 Clubs registered for 2012,  
which includes our new Clubs this year:

CBUC - Carlouel Buccaneers Masters Swim Team in Clearwater

HOTM – Hilltoppers of Terra Vista Masters in Hernando

LOLM – Land O Lakes Lightning Masters Swim Team in Land O Lakes

NFMS – North Florida Masters Swimming in Jacksonville

PCG – Perform Coaching Group in St Petersburg

PPM – Palencia Piranhas Masters in St Augustine

SUNC – Sun Country Masters in Gainesville

A couple of teams that have been dormant for a few years have reorganized and registered  
for 2012:

BLUE – Blue Wave Masters in Bradenton

NTC – National Training Center Masters in Clermont

Welcome!

Our 10 largest clubs in 2012 are: SYSM – 264 swimmers, SPM – 244, FACT- 176, BLU- 103, T2NM -72, 21<sup>st</sup> Century – 62, FMM – 60, NFMS – 59, TMM - 58, TBAM - 50.

We have 8 active Workout Groups of FACT: CATF, HLJF, MOOF, SARF, SPCF, SUNF, SWIF, TBAF, VASF and UNAF. Our largest workout groups: UNAF 56 swimmers, VASF 48, SARF 36, SUNF 17 and HLJF 14.

Online Registration for 2013: <https://www.clubassistant.com/club/USMS.cfm?l=14>

SPM Registration 2013 Registration Form: <http://floridalmisc.org/forms/SPM.html>

Thank you, Swimmers, Club Reps, and Officers, for making this a very exciting and successful season. I have enjoyed working with you and all your support and organization and look forward to working with you in 2013.



## **FITNESS CORNER**

**Sue Mocha**

Congratulations to Doris Prokopi for being featured in the **4 YOU** Section of the Tampa Tribune for her outstanding achievements in the Florida Senior Games and for setting an example for everyone. Being active can be fun!

Congratulations to Greg Rotole, Florida Maverick Masters, for successfully completing his 4 mile medley swim—one mile swim each of backstroke, butterfly, breaststroke, and freestyle of Golden Gate Bridge, California, September 8<sup>th</sup>.



Do you have any Fitness news? Do you know someone who exemplifies fitness?  
Please contact me at [jbmoucha@aol.com](mailto:jbmoucha@aol.com)



## **Success**

Gregory S Rotole  
PMB 182  
15 Paradise Plaza  
Sarasota, FL 34239

On September 8, 2012 Sarasota resident and Florida Maverick Masters swimmer Gregory S. Rotole successfully accomplished his Golden Gate Bridge 4-Mile Medley Swim to raise awareness about the Wounded Warrior Project. Sunrise at 6:45 a.m. with air and water temperatures of 57 and 58 degrees respectively. There was a 2 ½ foot chop on the water with 6-foot swells which provided a pounding boat ride to the Golden Gate Bridge.

Beginning at 7: 00 AM, the butterfly leg was completed with a pounding undulation in the predicted time of 41 minutes.

And then, the backstroke was accomplished in a similar time of 55 minutes with the chop pounding over Greg's head. Both strokes were swam directly under the center of the Bridge, which proved to be a deceptive affair when Greg found himself going backwards 10 minutes into the breaststroke leg almost slamming into the South Tower.

After repositioning to distance himself from an eddy, Greg then continued with the breaststroke for 66 minutes in severely eroding unpredicted conditions to the point he felt as if he did not know how to swim anymore and was going to drown.

After again repositioning, Greg finished the third leg of the IM doing the freestyle pull for 11 minutes, his legs exhausted from an inability to get a catch with his feet due to the horrific currents, chop, and swells. The sturdy breaststroke – the diesel engine of swimming – failed Greg in those horrific conditions requiring a time twice as long than was predicted. In contrast, it took 18 minutes to reach the South Tower in the freestyle leg requiring only one-half the predicted time.

Indeed, Greg found the Golden Gate Medley to be the hardest swim of his life, certainly more difficult than the open water medley swims in Florida or even the 12.5 miles around Key West. Had the swim been started an hour earlier than the predicted time, the ebb and secondary currents around the Towers would not have had as severe an impact, once again proving the uncertainty about swimming under the Golden Gate Bridge, which is why Greg said he would consider the swim a success if he accomplished a mile of fly - the rest he didn't know about! Finally, a video of Greg's Swim will be coming soon for all of you to see....

So, help Greg raise awareness about the Wounded Warrior Project by making your donation today. Send your check made payable to the Wounded Warrior Project to Greg at the address above.

Further inquires may be made directly to Greg at: 941-256-6903  
Or "gregswims@gregorysrotoledds.comcastbiz.net"



**Our Favorite Drills and Why**  
**Freestyle One Arm**  
**Scott Bay**



One of the things we look for in fast freestyle is rhythm. Specifically when you breathe and when you pull. We do a modified version of the tried and true one arm free drill.

**How we do it:**

For new folks that are not strong kickers, we use fins. We find that fins prevent that 'stalling' feeling that causes us to rush through drills. The object of the drill is to work on proper position and timing for freestyle. We have swimmers stroke with one arm and the other arm is at your side. You breathe every stroke to the non stroking side but here is the catch...you have to leave the stroking arm out front until you get your face back in the water.

**Why we do it:**

If you are extended fully out on your side and start your catch, you can never get an early vertical forearm necessary for a good 'grip' on the water because your elbow just does not bend that way. As soon as you rotate back into the water with your face, you can also rotate your elbow towards the sky and get that good catch.

With all drills, we do them without regard for the clock since we are trying to work on technique and don't want to rush what we do if we are trying to get better.



**NEWS FROM FACT**  
**Joannie Campbell**

Clearwater's Dog Days Meet in August was a fun time - we enjoyed a small turnout and fun to see everyone and register some good times to end the Long Course Meters season. I imagine next year's Dog Days will have a larger attendance as the word gets around. The "lightning proof" facility is terrific to have at that time of year. It is already scheduled for August 3rd and 4th next year.

The Ocala Meet September 22nd was a chance to start our SCY season early and despite the small attendance we all had some good races. Our Florida LMSC Annual Meeting was immediately after the meet and congratulations to our new officers and many thanks for the volunteer service. It was especially gratifying to me to see so many new younger faces among the new Board members.



The Dixie Zone Championships were held this past week end in Orlando at the Rowdy Gaines SCM Classic. A record number of contestants (291) enjoyed three days of unbelievable competition - we a

ll swam our hearts out and FACT was a decisive third place in Combined Team, Women's and Men's Teams with the host Blu Frog and Ft Lauderdale's Swim Fort Lauderdale taking 1 and 2. We were over 1000 points ahead of the fourth place finisher. Competing for FACT were members of the VASF chapter, SUNF, SARF, HLJF, SPCOF and UNAF. Our Betty Lorenzi set three world records in the 1500M free, 100 Back and 50 Back. Our 11 relays were winners - 9 of them 1st place, 2 seconds (one to our A team). All results are on the Dixie Zone website as of today and congratulations to all of our super swimmers.

Remember the Shark Tank Meet in Sarasota, which will be the last SCM meet of the fall season - hope for warm weather. The Florida State Senior Games will be in Lakeland on December 1st and 2nd. The 3000 - 6000 yard postal will be in effect until November 15. January is the One Hour Postal and our Dixie Zone Championship for SCY is scheduled for Clearwater February 9-10 along with the Social and LMSC Awards dinner that Saturday night, February 9.

Please visit our new website: [www.factmasters.org](http://www.factmasters.org)



**St. Pete Masters**  
<http://stpetemasters.org/>

St. Pete Masters - The happenings at North Shore Pool and beyond.....

Following the St. Pete Long course meet in July, Charlotte Petersen and Suzzette Seril jetted off to jolly old England to watch

Charlotte's God-daughter compete in the 2012 Olympic Games. Mie O. Nielsen, 16, is a backstroke swimmer and member of the Danish Olympic team. She competed in 100m and 200m Backstroke heats and was a member of two relay teams for Denmark, both relay's competing in the finals. Charlotte attended the Games as Mie's family so she was able to be there for preliminary heats and for all of her events allowing her to watch Mie swim and also to witness the most incredible swimmers in the world.



Back in St. Pete, Barbara McNulty did a little arm twisting and encouraged Paula Texel, Dawn Clark, Steve Freeman, Pat Marzulli and Peter Betzer to drive up to the Long Center for the Dog Days of Summer LCM Meet. Word on the street is that Steve Freeman experienced a painful meltdown during the 200 Fly. It may be hard to convince him to give it another try next year.

Some St. Pete swimmers also tackled the annual 5K / 10K Postal swim. Several swimmers swam both events and Melissa Harasz and Dawn Clark required two

attempts to complete the 10K. Their first swim was interrupted by lightning (around 6K) forcing them to return to the pool later in the week and start over with lap number one.



Let us skip back across the pond, now to the Paralympic Games held at the end of August and beginning of September. Lt. Bradley Snyder, USN ~ a former St. Pete Aquatics and US Naval Academy swimmer was on the pool deck to represent the United States as a S11 ~ blind athlete. Brad lost his sight one year ago in Afghanistan. Unfortunately the US networks did not provide any televised coverage of the Paralympics, but if you were diligent you could watch events LIVE over the internet.

Brad proudly represented the US by qualifying and advancing to the finals in all seven of his events. He won gold in the 100-Free, a silver medal in the 50-Free and finally on the anniversary of his accident he captured the gold in the 400- Freestyle by an amazingly large margin. As if his Olympic experience couldn't get better, he was chosen by his fellow US athletes to be the flag bearer during the closing ceremony. If you would like to read a personal account of Brad's experience, I recommend you visit his blog: <http://evidenceoftheunseen.com/blog.php>

The fall months find many of our swimmers doing double duty as high school season swim coaches and officials and I would like to thank them for their dedication to the kids in our community.



Dear Florida LMSC Members,

The following Florida LMSC Members have donated to either the USMS Swimming Saves Lives Foundation and/or the International Swimming Hall of Fame Foundation from August - October 2012: Robert Gary, William, Hirsch, David Brown, Stephen Dye, Mike Strippy, Kelly Livingston, Mark Allen Kathleen McHugh Kim Christou,, Karen Holloway-Adkins, Paul Wroblewski.



Your support of US Masters Swimming and the International Swimming Hall Of Fame is greatly appreciated. With many thanks from your Florida LMSC Board of Directors



Tampa Bay Aquatic Masters  
[www.tampaswim.com](http://www.tampaswim.com)



Juan Cue, Colin Dueweke, Jim Zinner, Hannah Smith, Steve Knauss and Mindy Pierce decided to try out the long course Dog Days of Summer August in

Clearwater. Stellar swims and high point awards for everyone! Oh yes and a lot of team records were broken.



Ann von Spiegelfeld and Merit Greaves traveled to Charleston South Carolina for the 12 mile swim around Charleston on September 23. Ann swam and Merit provided kayak support navigating the rivers and harbor and providing Ann her 30 minute feedings. It was quite the adventure and this event comes highly recommended. Ann was the oldest female solo swimmer at age 51. Merit was crammed into a racing kayak and unselfishly gave of herself having had knee surgery just a few weeks prior to the event.



Other TBAM swimmers on the move include Sue Curtin. Sue won the w55-59 year age group the second year in a row at the Tarpon Springs Triathlon. Way to go girls over 50!

Valerie Mussler and Andy Lutton traveled to Siesta Key for the Tropical Splash. Valerie swam the 1k getting second in the w25-29 age group and Andy swam the 5K placing 4<sup>th</sup> in m45-49. Valerie also got high point at the Rowdy Gaines Invitational meet despite having her first DQ for a false start. Valerie does all this just attending about 4 practices a year, one before each meet.





TBAM triathletes just returned from Fernandina Beach for the Atlantic Coast Half Ironman and Amelia Man Olympic Distance. Tough guy Joe Docobo posted the group's best time and placed 4<sup>th</sup> in m55-59. Sue Curtin placed 1<sup>st</sup> in w 55-59 and Susan Ashbaugh placed third in w55-59. Chuck Ashbaugh placed 3<sup>rd</sup> in m55-59.

Unfortunately Norma DeGuenther had a biking accident during the race but she is just fine. Weather conditions were dismal and some of the group were disappointed the swim was canceled, especially Ann von Spiegelfeld. Needless to say the best runners in the group were fine with

the decision. Ann placed 4<sup>th</sup> in w50-54 in the Olympic Distance Event.

Our team continues to grow and practice at Cyrus Greene Recreation Complex in central urban Tampa. We even have urban open water swimming opportunities led by Bart Cobb. Be looking for a few of us out in Tampa Bay preparing for our next open water swims.



**Tampa Metro Masters**

<http://tampametromasters.org/>



## **Protein Intake for Weight Management**

By Dr. Kelly Spivey

As the holidays are looming and a new swim season is around the corner, physical conditioning and weight loss may be a concern. Many are tempted by the high protein diets, but research shows that a balanced diet is key to long term weight management.

Protein is an essential nutrient and comprises a significant percentage of the body structure. But of all the macronutrients - carbohydrates, protein, fat and water - protein requirements are minimal.

According to the Institute of Medicine, 10 to 35 percent of the daily calories should come from protein sources. Most American's consume adequate dietary protein. The key to long term weight maintenance is to choose lean protein sources while avoiding protein that contains excessive amounts of fat calories.

### **What the Body Does With Protein**

Protein is used to build, repair and maintain body tissues like muscle and bone. Once the body has met these goals, any excess protein can be used for energy, but it is not the body's preferred energy source. If total dietary calories exceed the daily requirements, any excess protein will be then be converted to fat. To enhance recovery, protein is an essential nutrient after a hard workout. (But carbs are still king...the recovery snack should be 3 parts carbohydrate and 1 part protein.)

### **Making Better Choices**

IF trying to lose weight, avoid protein selections that are calorie-dense. Lean protein sources include skinless chicken and turkey, especially the white meat. Fish and seafood are also good selections. Select cuts of beef and pork can be eaten but excess fat should be trimmed away and avoid cuts that are marbled with fat. Excess calories are also added when low fat proteins are fried or buried in heavy sauces. These non-meat sources will also provide good sources of protein: eggs, low-fat cheese and yogurt, soy products and other legumes, as well as nuts and seeds.

Environmentally, raising and transporting meat has a negative impact on our environment. The United Nation's Food and Agriculture Organization estimates that almost one-fifth of the greenhouse gases are produced from the meat industry. (Ref 2 ) By going meatless even once per week, you can reduce your personal carbon footprint.

### **Determining Protein Needs**

According to the U. S. Department of Agriculture, the Dietary Reference Intake, or DRI, for protein is based mostly on age and gender. For men over the age of 18, the DRI for protein is 56 grams per day, or 224 calories. Adult females require 46 grams per day, or 184 protein calories. (Ref 3) More active individuals require more calories, so the protein requirement increase because the daily caloric needs increase. For specific protein intake, visit the My Plate website for individualized nutritional recommendations:

<http://www.choosemyplate.gov/weight-management-calories/weight-management.html>

### **Risks Associated with High Protein Diets**

Many popular diets focus their calories on protein. The problem with eating excess protein is that the other food groups, especially carbohydrates are lacking. Carbohydrates are the body's preferred energy source, especially during a high intensity swim workout. Plus fruits and vegetables are loaded with antioxidants and fiber. The body has to work hard to digest protein and the kidneys are especially burdened. Dehydration can occur. If high-fat protein selections are chosen, the cardiovascular system can also be put at risk. The key to maintaining a healthy weight is to balance calories in with calories out and eat from a variety of healthy food sources.



**2013 Dixie Zone Short Course Yards Championship Meet**  
**Masters Annual Valentine's Meet ~ February 9-10, 2013**  
Hosted by City of Clearwater & St Petersburg/Clearwater Sports Commission  
Sanctioned by Florida LMSC for USMS, Inc # 143-S002

**DATE & TIME:**

Saturday, February 9: warm-up 7 AM for 1000 free, start at 8 AM; warm-up at 10 AM for other events, start at 11 AM

Sunday, February 10: warm-up at 8 AM, meet begins at 9 AM

**FACILITY:** The Long Center, 1501 N. Belcher Road, Clearwater, Florida. The Long Center is an indoor 50 meter x 25 yard pool. This meet will be using 9 of the facility's 20 short course yard lanes with Daktronics timing for competition and 9 lanes will be provided for warm-ups during the course of the meet. All events will be swum in numerical order slow to fast. Free refreshments for all swimmers. Breaks taken as needed.

**ELIGIBILITY:** Current USMS rules will govern. All athletes must be 18 years of age or older as of February 10, 2013, and be registered with USMS, Inc for 2013. Non U.S. citizens should have a letter of introduction from their own swimming association.

**ONLINE ENTRIES:** Open on November 1, 2012 (hold 'ctrl' and click the link to visit: [www.ClubAssistant.com](http://www.ClubAssistant.com)). Online registration is preferred for speed and accuracy. Online registration must be completed by midnight Eastern time on **Thursday, February 7, 2013**. Your 2013 membership to USMS will be verified at the start of online meet registration. Links are available to renew or look up your membership.

**PAPER/MAILED ENTRIES:** Paper entries must be received by **Friday, February 1**. Each entry must be submitted on the entry form with your name, registered team, age, event description, event number, USMS registration number, and seed time. Please be sure that all information is filled out, the waiver signed, and a copy of your 2013 USMS registration card is attached. T-Shirts will be on sale throughout the weekend. For ordering purposes, on your registration form, please indicate if you intend on purchasing a shirt and what size. T-shirts will be on sale for \$15 on the pool deck.

**ENTRY FEES:** Entry fees are \$2.50 per individual event, \$5 per relay team, and a \$20 surcharge which is non-refundable. Online meet entry charges meet fees to your credit card. Your credit card statement will show a charge from "ClubAssistant.com Events." Paper/mailed entries, please make checks payable to City of Clearwater: Long Center Pool and mail to the address on the entry tab. Scratches will be accepted and allowable refunds made if Mark Roberson (727) 793-2320 ext 107 or [mark.roberson@myclearwater.com](mailto:mark.roberson@myclearwater.com), is notified prior to 4 PM on Tuesday, February 7.

**ENTRY LIMITS:** Swimmers may enter a maximum of five individual events per day. **Events 1 and 2 are limited to the first 50 to enter.**

**RELAYS:** Relay teams may be deck entered at the meet both Saturday and Sunday. Only team members registered for the meet may participate in the relays. Age categories for relays are 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+. Relay cards are due before events 5 and 15 on Saturday and before events 27 and 33 on Sunday.

**SCORING & AWARDS:** Individual High Point medals awarded to 1<sup>st</sup> through 3<sup>rd</sup> place in all age groups (must swim five individual events to be eligible). Special Dixie Zone Championship Team Awards will be presented for Combined Men and Women 1st, 2nd and 3rd place. Members of the

Florida Aquatic Combined Team will swim as FACT and be eligible for a Team award since this is a Zone Championship Meet. Scoring 9-7-6-5-4-3-2-1 for individuals, double points for relays. Awards will be distributed Sunday after the last event.

**ORDER OF EVENTS:** \*check-in required 30 minutes prior to event. Events 1/2 will be deck seeded, combined, limited to first

50 entrants, and seeded slow to fast. Events 19/20 will be deck seeded. Events 21/22 will be combined and deck seeded.

W/M	<u>Saturday, February 9</u>	W/MSunday, February 10
1/2	*1000 Freestyle	21/22 *500 Freestyle
3/4	200 Backstroke	23/24 200 Breaststroke
5/6	100 Breaststroke	25/26 50 Butterfly
7/8	200 Freestyle	27/28 100 Freestyle
9/10	100 IM	29/30 100 Backstroke
11	200 Mixed Free Relay	31 200 Mixed Medley Relay
13/14	200 Butterfly	33/34 50 Breaststroke
15/16	50 Backstroke	35/36 100 Butterfly
17/18	200 Free Relay	37/38 200 IM
19/20	*400 IM	39/40 200 Medley Relay
		41/42 50 Freestyle

Fill out the information below, clip this portion of the page and attach it to the Florida LMSC Consolidated Entry Form

**Fees:**

- ☐ Meet Surcharge.....=\$20.00
- ☐ # events (\_\_\_\_).x.\$2.50.....=\$\_\_\_\_\_
- ☐ Custom T-shirt (\_\_\_\_).x.\$15.00...=\$\_\_\_\_\_

Circle size: S M L XL XXL

**TOTAL ENCLOSED.....=\$\_\_\_\_\_**

**ATTACH A COPY OF YOUR  
CURRENT USMS CARD HERE**

**BE SURE TO SIGN AND DATE  
THE ENTRY FORM**

Make check payable to City of Clearwater: Long Center Pool. Mail check and entry form with this tab attached to:

Long Center Pool  
Attn: Mark Roberson  
1501 North Belcher Road  
Clearwater, FL 33765

The LMSC Social will be Saturday night at *Sunset Point Restaurant*,  
not far from the Long Center. See attachment, next page.





# 2013 FloridaLMSC 12<sup>th</sup> Annual Social & Awards Banquet Saturday February 9, 2013 Clearwater, FL

- **COST:** \$10 per adult; \$5 per child (12 and under). (*Subsidized by the Florida LMSC*)
- **TIME:** Please join us around 5:00 pm.
- **WHERE:** Banquet Room @ Sunset Grill- 2328 Sunset Point Rd, Clearwater, FL
- **ALL are welcome.** Please bring family and friends. Dress is casual.
- **MENU:** Choice of seven entrees: 1. Jumbo Stuffed Ravioli Florentine (Vegetarian) 2. Chicken Breast Parmesan with Spaghetti; 3. Baked Stuffed flounder; 4. Top Sirloin Steak; 5. Fried Shrimp 6. Lamb Shanks\* 7. Grilled Chicken Greek Salad. All served with soup or salad except Greek Salad. Flounder, Shrimp, Lamb Shanks and Top Sirloin are also served with choice of baked potato, baked sweet potato, vegetable or rice. Choice of soft drinks and assorted desserts. Full Cash Bar available. *\*Please indicate on your check if you want the Lamb so that enough will be available.*
- **CHILDREN'S MENU:** Spaghetti, Fried Shrimp; Fried Fish; Hamburger; Pork Chop; Hot Dog, Mac & Cheese, Grilled Cheese or Chicken Tenders.
- **RESERVATIONS are required. Deadline is February 4th.** A few tickets may be sold at the door for \$15 each, but to be sure of food availability please email or call in any last minute reservation requests. *Remember that a reservation is a commitment. We can only accept up to 104 persons.*

Please make checks payable to Florida LMSC and mail to Marianne Bradley;  
 869 Manning Rd; Palm Harbor, FL 34683; (727-784-0420); [bradley@mampabay.rr.com](mailto:bradley@mampabay.rr.com))

★★★★★★  
 ★★★★★★ ***We are now taking nominations*** ★★★★★★  
 ★★★★★ **Nominations are due be December 31, 2012!** ★★★★★

**If you know of a deserving swimmer, please nominate them!**  
**See nomination details next page.**

★★★

## ***Recognizing the Best in 2012\*\****

- ❖ **Most Valuable Swimmers of the Year** - Awarded to the top male & female swimmers selected from the top ten Florida Swimmers of the year in both long distance and pool.
- ❖ **Outstanding Swimmers of the Year** - Awarded to the next four top ten swimmers, male & female.
- ❖ **Top Ten Swimmers of the Year** - Awarded to the next five top ten male & female swimmers.
- ❖ **Leather Lungs Award** - Awarded to all swimmers who have completed all individual events in short course yards, long course meters and short course meters and/or all five USMS postal events. Please alert the Florida LMSC Records & Top Ten Chair, if you think you qualify, by December 31st.
- ❖ **Sue Moucha Overcoming Adversity Award** - Awarded to a swimmer who has overcome adversity and who provides inspiration to all while pursuing swimming.
- ❖ **Florida LMSC Coaches Award** - Honors coaches who have exhibited outstanding devotion to Masters coaching in the Florida LMSC
- ❖ **Florida LMSC Service Award** - The Florida LMSC honors those members for outstanding past and present service to the Florida LMSC.
- ❖ **Florida LMSC Service Award for Club Volunteers** - This award honors members of individual clubs for their outstanding past and present service to their club. One person from each Club can be nominated each year.
- ❖ **Please send nominations by December 31<sup>st</sup>.** For the Overcoming Adversity Award send to Sue Moucha; 109 E. Sadie St.; Brandon, FL 33510; [jbmoucha@aol.com](mailto:jbmoucha@aol.com) 813-689-4131. For Coaches and all Service Awards send to Awards Chair Marianne Bradley; 869 Manning Rd; Palm Harbor, FL 34683; [bradley.m@tampabay.rr.com](mailto:bradley.m@tampabay.rr.com); 727-784-0420.

**\*\*Criteria for all awards are posted on the Florida LMSC web page ([www.floridalmc.org](http://www.floridalmc.org)).**

***If you have questions about the criteria,  
please contact the folks as noted above for the award.***



## Upcoming 2013 Pool Meets

**Jan. 19-20 / SCY:** 39th Annual Sunbelt Championships. Charlotte NC  
**Feb. 8-10 / SCY:** South Carolina SCY Championships. North Myrtle Beach SC  
**Feb. 9-10 / SCY:** **Dixie Zone SCY Championships** / Valentines Meet. Clearwater FL  
**Feb. 16-17 / SCY:** Auburn Masters Invitational. Auburn AL  
**March 1-3 / SCY:** Crawfish Masters SCY Championships. Baton Rouge LA  
**March 3 / SCY:** Frank Clark Memorial Meet. Greensboro NC  
**March 9 / LCM:** Goodlife Games. Clearwater FL (*For ages 50+. This event is USMS-recognized*)  
**March 9-10 / SCY:** St. Patrick's Day Meet. Atlanta GA  
**March 22-24 / SCY:** St. Pete Masters Short Course Championships. St. Petersburg FL  
**April 6-7 / SCY:** North Carolina SCY Championships. Cary NC  
**April 11-14 / SCY:** YMCA Masters Nationals. Ft. Lauderdale FL (*This event is USMS recognized*)

## Upcoming 2013 Open Water Swims

**Jan. 13:** Tampa Bay Frogman Swim (5K). Tampa FL. [Information & link to entry](#). Event limited to first 125 swimmers to register. *This event will be USMS sanctioned*  
**Apr. 6:** Swim Miami (1-mi, 5K, 10K). Miami FL *This event is not USMS sanctioned*  
**Apr. 20:** 16th Annual Tampa Bay Marathon Swim (24 miles). Tampa FL. [Information & entry](#). *This event is USMS sanctioned*  
**Apr. 27:** **USMS 5K Championship**. Ft. Myers FL (Miromar Lakes)  
**May 4:** SMS Open Water Swim (1K & 3K). Baton Rouge LA  
**May 4:** Hurricane Man (1K, 2.4 mi). St. Petersburg FL. *This event will be USMS sanctioned*

**Look for more swims and results on [www.dixiezone.org](http://www.dixiezone.org)**

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★★★★★★★★★★ *We are now taking nominations* ★★★★★★★★

★★★ Nominations are due by December 31, 2012! ★★★★★

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***Recognizing the Best in 2012***

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**THE NEXT NEWSLETTER DEADLINE**

**Sheila Carpenter-van Dijk**

Please send newsletter articles to Me! ([sheilacv@tampabay.rr.com](mailto:sheilacv@tampabay.rr.com)) Be sure to include your team name in the subject line. If you have questions, be sure to ask me! The next newsletter is scheduled to be on the web (<http://floridalmc.org>) and in the mail in February, so I'll need your articles by January 25, 2013!

Look for human-interest stories in your team; we'd love to hear about them!

Send in your team's favorite practice to share!

**Happy Holidays!**  
**Keep Swimming!**