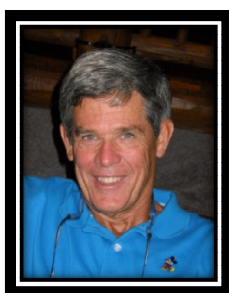




*Want to share the newsletter?  
Print a copy, pass it on.*



**Bob Jennings  
FL LMSC Chair**

### **US Aquatic Sports Convention**

Recently the LMSC recognized a variety of swimmers at our annual Awards Banquet. These individuals only represent a small percentage of the incredible swimmers in our LMSC. USMS has several programs that provide a great opportunity for all swimmers (fitness, triathletes, open water, and competitive) to participate and receive recognition for their accomplishments. These programs include: Go the Distance in 2015, Big Orange Check Off Challenge, Virtual Geographic Swim Series, and ePostal National Championships.

### **Go the Distance (GTD) in 2015**

GTD is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. There's no time limit for the distance milestones, except that they must be achieved in the calendar year. Speed doesn't count—just the effort to attain whatever goal you set for yourself.

GTD is on the honor system—you track the distance you swim. Daily, weekly, or monthly, enter that information into your online Fitness Log (FLOG). When you achieve certain milestones, you'll be recognized on the U.S. Masters Swimming website and have the opportunity to purchase GTD awards that note the milestones you achieved.

There's no cost to enter GTD. You can register through your FLOG in the [My USMS](#) section of the website. Your FLOG allows you to track all your fitness activities—such as running, biking, weight training, and yoga—while participating in GTD. Track your weekly, monthly and annual totals online. Once you've entered GTD, your results are automatically included in the daily summary reports, and the link to purchase your milestone awards will appear on your FLOG when you reach the various milestones.

### **2015 USMS Big Orange Check-Off Challenge**

The Check-Off Challenge is a postal event designed to motivate swimmers to complete 18 pool events and an open water swim during the 2015 calendar year. It challenges all levels

of swimmers. Novice swimmers can swim new events. Experienced swimmers can try for their personal best times in as many events as practical.

### **Where and when do I accomplish the Check-Off Challenge?**

The events may be swum in practice or in meets, in yards or in meters, any time during 2015. The challenge is to complete all events or try new events. **COACHES:** Sign up your entire team and use the event as a team challenge. Spread out the events over a period of time during practice sessions, progressively building up to the tougher events. The entire team can work together, completing all of the events. The event is open to all registered Masters swimmers. Enter by filling out the [online entry form](#).

### **How do I score the Check-Off Challenge?**

Scoring is simple—just mark the event on the event T-shirt—it's on the honor system!

### **When do I receive my T-shirt?**

Swimmers whose entries are received by the end of each month will receive their shirt and cap in the following month. Entries will be accepted until November 1, 2015.

### **How much does it cost?**

Each entry is \$25, which includes a custom-designed Check-Off Challenge t-shirt, swim cap, and shipping.

### **How do I enter?**

[Enter online here](#), or send in a paper entry via U.S. mail using the [paper entry form](#).

## **Virtual Geographic Swim Series**

Join others throughout the country and the world in applying any pool lengths you actually do to virtually swimming some of the most important bodies of water in the US. Each swim was designed by a Masters swimmer who lives close to the featured waterway. Some of our virtual swims are actually open water courses, and others are waters most would not dare to swim in reality. These Virtual swims are also designed to educate you about the different places, and perhaps, lure you to visit someday.

New swims are added to the event each year. You may choose any combination of events presented from the list of [Virtual Swim Series Feature Events](#). Use the [Computerized Virtual Swim Logs](#) to record the dates you swam and the yards (or meters). At the end of the year send in the swim logs and the registration form and entry fee. Your swims and miles will be listed on the website and you will receive a certificate. There is a special prize for the two swimmers (male and female) who completed the most miles. Commemorative T-shirts will be available each year. Start today and see how many waterways you will travel during the year. You will be amazed!

## **2015 ePostal National Championships**

**Speedo—USMS 1-Hour ePostal National Championship** USMS just completed the 2015 One Hour Postal on January 31. This was an opportunity for swimmers to see how far they could swim in an hour. Several individuals on my team were excited to see their progress from last year while others never believed they could swim that far all at once. A team in Texas did the event all butterfly last year.

**Speedo–USMS 5K/10K ePostal National Championships (50 meter pools only)**

May 15–September 15

**Speedo–USMS 3000/6000 ePostal National Championships (25 yard or 25 meter pools only)**

September 15–November 15

If you are interested in any of these programs you can get more information at the USMS website in the **Swim for Fitness** section then follow the links to Fitness Events and **Events & Results** section and then Open Water & ePostals.



**FL LMSC Award Winners**

The FL LMSC award winners were slated to be honored at our annual banquet, but many were absent. Several award winners are unannounced until the banquet. Those winners were:

★Ed Graves, Tiger Holmes, John Corse and Bill Adams – Sue Moucha  
Overcoming Adversity Award

★Leather Lung Bobble Heads were presented to:

Joan Campbell, FACT – SCM

Sue Moucha, FMM – LCM

Dawn Clark, SPM – Postals

Kern Davis, SPM – Postals

Melissa Harasz, SPM – Postals

Tim Kennedy, SPM – Postals

Pat Marzulli, SPM – Postals

★Most Valuable Women Pool Swimmer, 2014, was Jean Troy, FMM. Jean was also inducted into the International Masters Swimming Hall of Fame

★Most Valuable Men Pool Swimmer, 2014, was Jack Groselle, SYSM

★Most Valuable Women Long Distance Swimmer was Charlotte Petersen, SPM

★Most Valuable Men Long Distance Swimmer was Pat Marzulli, SPM

★The Special Florida LMSC Service Award was presented to your Newsletter Editor, Sheila Carpenter-van Dijk, TMM

★FL LMSC Club Service Awards were presented to:  
Pete Nickodem, HLJ  
Pat Baker, SYSM  
Jean Allen, FMM and local team SCCS

Note: there was no Coaches Award presented this year.



**Fitness**  
**Connie Greb**

**No time like the "PRESENT"**

The holidays are long over, however, there is no time like the "present" to FOCUS on YOU! Swimming fast requires several different skill sets some of which include flexibility, core strength and FOCUS. By FOCUSING on the "present" with yoga, swimmers will improve their FOCUS.

So how can swimmers FOCUS on the "present?" Swimmers are only as productive as their ability to breathe properly. If you don't believe me, just try swimming fast without breathing. The muscles respond to the breath. By incorporating the breath taught in yoga, swimmers will breathe more efficiently while swimming races and aid in pre-race program to bring the swimmer back to the "present." That's where athletes including swimmers maximize their opportunity to perform their best on any given day. Yep, just one more additional benefit of yoga. The various postures and stretches practiced in yoga use a person's own body weight to strengthen and lengthen key muscle groups. This provides an advantage in all strokes. Yoga strengthens the muscles of the shoulders and back. Yoga also provides an opportunity to improve ankle flexibility which helps improve kicking 'cause most swimmers are not born with a size 15 flipper, right!? Many yoga postures are initiated from the core providing yet another opportunity to strengthen those core muscles so important in swimming all of the strokes. Finally, the yoga principle of FOCUS via the breath is paramount in being "present" at every moment. So, isn't it time to unwrap your "present" and take a yoga class? Enjoy your "present."





## NEWS FROM FACT

*Joannie Campbell*



We finished off the short course meter season with the Sarasota Shark Tank Meet in November and my plans to do the 1500 at that meet proved to be very intelligent. I swam 35 minutes in the water and didn't have to get out in the weather which was in the low 50's and raining!! Thank you Joyce Hutchinson - she took my place at the Rowdy meet!! The meet was fun and times were excellent - everyone was anxious to get out and bundle up for the next event. We had a good turnout and put together some fun relays.



Second week end of December many were at the Florida State Senior Games and bundling up again as temperatures in Fort Meyers were in the low 40's the mornings of Saturday and Sunday - it did warm up though and thank goodness there was no wind. Next two years will be at the Long Center in Clearwater so no need to worry about the weather. FACT swimmers Betty Lorenzi and Sylvia Eisele were breaking records galore in the 85-89 age group. Our 85+ 200 yard Mixed Free Relay of Betty, Sylvia, Milan Kutanovski and John Cornell broke the existing USMS record by 40 seconds!!!

They were thrilled and what fun as Milan and John had not recorded National records before this! All of the other relays for FACT I believe broke the Florida Senior Games existing records as did many of the individual swimmers. Qualifiers from this meet have the opportunity to go to the National Senior Games in Minneapolis in July.

This was the end of her swim season for Betty Lorenzi. She had some outstanding backstroke swims but on Christmas Day she was visiting her daughter in Tallahassee and fell in the dark down some stairs. She suffered a bad gash in her head and a fractured C1 vertebra and will be in a halo (weighs 20 pounds) in an assisted living facility in Tallahassee for at least three months. Her attitude has been great - she says she is thankful she was not paralyzed and can get around with her daughter in the SUV for trips to the market and a once in a while trip to Carrabba's!

The postal swim in January had several complete the swim, it but did not register - please make an effort next year. I had only two people register this year - Barbara McNulty and I - and I do not have access to see who else. Two don't make a relay! Three can! Make an effort at your pool to swim some of the other postals coming up - the 5000-10000 meters May 15-September 15 in 50 meter pools; the 3000 - 6000 yards Sept 15 - November 15 in a 25 yd or 25 meter pool and turn in your entries.

The recent Dixie Zone Championships at the Long Center in Clearwater was fantastic. We had 28 relays and amassed 2000 points plus to win handily. All the results are available at [www.midnightsports.com](http://www.midnightsports.com). Twelve of our relays took the gold and some of our completely novice swimmers participated and loved meeting fellow competitors from other parts of the state and joining with them in a great team effort. Five of our group received high point awards for their age group - many in the top five. At the LMSC Awards Dinner Joan Campbell, Sylvia Eisele and Martha Henderson were recognized as Top Ten LMSC Pool Swimmers for 2014; John Cornell and J Nathan



Leech were also recognized in that category. Joan Campbell was also recognized as a Top Ten Long Distance swimmer of the year and received the Leather Lung award for SCM – swimming all the events in this venue. Our featured SWIMMER magazine and Rowdy Gaines world record holders were graciously awarded the Sue Moucha Overcoming Adversity award – first time awarding a group who are definitely deserving as in their 90+ years they have overcoming many physical disabilities. Their comment is that they are alive because of their swimming. Congratulations to: Tiger Holmes (93), Ed Graves (91), John Corse (90) and William Adams (87).

There are some of us going on to San Antonio for the short course USM Nationals April 23 – 26<sup>th</sup>. Keep in mind that everyone is entitled to enter three events in the Nationals without meeting the qualifying times – with the exception of the 1650. Also they can of course be included in any number of relays should there be a large enough group to field relays.

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



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

USMS had over 62,200 members registered in 2014. USMS membership supports our mission of promoting adult health, wellness, fitness, and competition through aquatics. USMS has been encouraging adults to swim for more than 40 years!

As of February 19<sup>th</sup>, we have 1769 swimmers registered for 2015 in the FL LMSC. That is a 13% increase over the same time last year! 55% are male, 45% female. We have 56 Clubs registered for 2015.

We welcome our newest Clubs:  
AMI Open Water Club, Bradenton  
4SWM Forever Swimmers, Port Orange  
SEAM Saint Edwards Aquatic Masters, Vero Beach  
SH2O Speedsters H2O, Cape Coral  
SARS St Augustine Reef Sharks, St Augustine

We are looking forward to an exciting 2015 with plenty of meets and open water events scheduled. Go to: <http://www.dixiezone.org/> to find competitions.





Gulf Coast Swim Team of Ft. Myers, Florida is proud to host the following upcoming events:

## **2nd Annual Fran Crippen 10K Cup**

The Crippen Cup is a 10k event created in memory of Fran Crippen, an internationally ranked open water swimmer who died tragically in 2010 during a race in the United Arab Emirates (UAE). Water temperatures were excessively high during this race and thought by many to be unsafe. This unfortunately was proved to be true and Fran's death has brought a surge of awareness regarding open water safety.

The event will be held in Miromar Lake at the FGCU Waterfront on Saturday March 28th. Ironically, for the first time since Fran's death, the UAE will again be hosting an open water 10k event on March 13<sup>th</sup>. USA Swimming is boycotting the UAE event and the boycott, combined with the increasing cash purse (currently \$22,000 exceeding UAE's \$20,000) is expected to draw the best swimmers in the world to the Crippen Cup race.

Athletes must have a verified qualifying time to enter. Entry is by OME for USA Swimming athletes. Foreign athletes or Federations will need to enter by e-mail. All required information can be found at [www.openwaterfestival.org](http://www.openwaterfestival.org). Spectators will enter the Florida Gulf Coast University (FGCU) campus for access.

## **2015 Open Water Festival**

Join us for a fun filled family weekend at the exclusive Miromar Lakes Community in Miromar Lakes, Florida. Festival events to include:

- ❖ Friday April 24th
  - USA Swimming National 10K and World Championship Trials Selection Event
- ❖ Saturday April 25<sup>th</sup>
  - National Age Group Open Water Invitational
  - Open Water Clinic
  - Crippen Sunset Mile & Buddy Swim
- ❖ Sunday April 26<sup>th</sup>
  - USA Swimming National 5K OW Championships
  - Florida Swimming OW Championships (5K, 2.5K, 1000M)
  - LSC Challenge (5K, 2.5K)
  - OW Festival Race (5K, 2.5k and 800M)

Come witness some of the fastest swimmers in the country! For more information including Registration, Lodging and Schedule of Events check out our website at [www.openwaterfestival.org](http://www.openwaterfestival.org).



## St. Pete Masters

<http://stpetemasters.org/>

Christine Truhol Swanson

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

Sunshine and mild temperatures are on the menu this winter in St. Pete and everyone is very thankful that they aren't buried under snow drifts like Boston . There is a peacefulness that accompanies swimming outdoors in January and February.

Lots of training is going on at North Shore for various events as about twenty of our team prepare for USMS National meet in San Antonio.



At the Valentines meet, SPM took home 3<sup>rd</sup> place team. We had a nice SPM turnout and our swimmers recorded some very fast season times. Leading the way on Friday evening was Charlotte Petersen, battling an oncoming cold she plowed through the water and finished her 1650 Freestyle just 7 seconds short of the 50-54 age group National record. We have no doubt this record will fall before the spring season is over. We had a strong showing in all events in both the women's 45 and 50 age groups. Also, Paula Texel returned to competition a year after elbow surgery. No doubt she was in good

form and mentally preparing for Nationals. On the men's side, Eric Herman made an appearance posting some nice times; Steve Freeman strong as ever in his butterfly events. Kern Davis was embracing his new age group and Carl Selles swam fast as usual, even recording a sub-minute 100 Free.



In late March SPM will host their 45<sup>th</sup> Annual SCY Championship at North Shore Aquatic Center ~ mark your calendar for March 21<sup>st</sup> and 22<sup>nd</sup>, we look forward to hosting our fellow swimmers from around the LMSC, the Dixie Zone and beyond. Please click on the entry link below and get yourself registered today.



[https://www.clubassistant.com/club/meet\\_information.cfm?c=1747&smid=6210](https://www.clubassistant.com/club/meet_information.cfm?c=1747&smid=6210)



Backing up to early January, a number of SPM swimmers participated in the 6<sup>th</sup> Annual Tampa Bay Frogman swim benefitting the Navy Seal Foundation. Great swimming by all; John Doolittle, Chris Quilty, Dawn Clark, Phil and Melissa Harasz, Laura Kaleel, Pat Marzulli and a few others. A lot of their team members were out providing kayak support and safety support during the race.

As usual, a good number of SPM swimmers of all ages, grudgingly completed their Hour Swim for the first USMS Postal swim of the new year. They are looking forward to see how they stack up against the rest of the country.

Finally... **MARK YOUR CALENDAR** ~ Hurricane Man is scheduled for May 2<sup>nd</sup>. Space is limited to 400 and filling up quickly. There is NO race day registration. Please register today...

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1747&smid=6181](https://www.clubassistant.com/club/meet_information.cfm?c=1747&smid=6181)



## T2 Naples Masters

### T2 Naples Masters Host Oakville Masters

The T2 Naples Masters group invited the Oakville Masters to a sunset evening on their last night in Naples. The Oakville Masters were here for a week from (mostly) Toronto Ontario to train in our warm weather and warm pool. We had a delightful evening meeting them and hope that they return next year!



On January 11<sup>th</sup>, AnnMarie Morrisseau and David Poorman of T2 Naples competed in the 2015 Tampa Bay Frogman fundraiser/swim to support the Navy Seal Foundation. The 5K swim from St. Pete to Tampa through Tampa Bay sold out this year in 33 minutes to 163 swimmers from around the country. Each one swam in remembrance of a recent, and separate fallen Navy SEAL, and the event raised over \$300,000! Ann Marie placed 3<sup>rd</sup> overall among

women with a time of 1:09:48, and David was 66<sup>th</sup> place with a time of 1:30:13. A great swim for a great cause!

Here are a couple other swims coming up:

★ **April 11, 2015: Florida Swim Into Open Water Clinic**

Event website for information and registration: <https://www.swimwithoutlimits.com/open-water-swim-clinic.html>

Registration: <https://www.clubassistant.com/club/clinics/reserve.cfm?c=2237&cid=63561>

★ **April 12, 2015: Swim Around Lido Key**

Swim Around Lido Key open water race: Sunday, April 12th. It is a 7 mile open water swim. Only 100 entries will be accepted, either solo swimmers or two person relay teams. For more information:

Race website for information and registration: <https://www.FLOWSwimming.com>

Registration: [https://www.clubassistant.com/club/meet\\_information.cfm?c=2237&smid=6088](https://www.clubassistant.com/club/meet_information.cfm?c=2237&smid=6088)



## **TMM has a FL LMSC Award Winner**

TMM Swimmer Sheila Carpenter-van Dijk was honored by the FL LMSC with a Special Service Award at the FL LMSC banquet held February 14

at the Sunset Grille in Clearwater.

Sheila was presented the award for her 5 years as Newsletter Editor of the FL LMSC newsletter. Marianne Bradley commented, "It is a big job and she has done a splendid job, as well as for two years taking care of our LMSC Banquet program!" She also said, "Sheila does a GREAT job as Newsletter editor and program editor!! Oh – and she has been a very willing participant in Masters Swimming and a constant supporter of all things Florida LMSC and a friendly person to all she comes into contact with! It was a unanimous vote for Sheila for this award."





## VAST News By Joyce Hutchinson

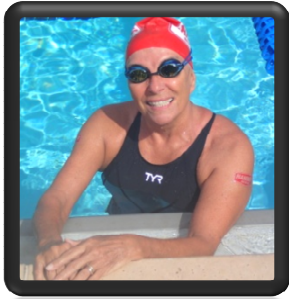
VAST members have exhibited extreme enthusiasm bridging the gap from 2014 to 2015. The year ended with 35 team members earning over 100 medals at The Florida Senior Games State Championships. In addition we boast about our Florida State Record Breakers. Nate Leech

set 6 – yes 6 – individual records! Dave Jarvis, Milan Kutanovski and Roxy Olmsted also set new individual records. State Relay Records were broken by Dave Jarvis, Nate Leech, Bob Lyons, Roxy Olmstead, Martin Schenk, Mark Wedel, Dave Wilson, Sara Zimmerman, John Cornell and Milan Kutanovski. Special kudos to John and Milan who were part of a 200 Free Relay that broke a national record in the 85+ Age group! Currently VAST members hold 38 individual state records. VAST is so proud of all of you! We look forward to next year's meet closer to home at The Long Center in Clearwater.

2015 found us off to a great start when 22 Members competed in The Valentine's Meet helping FACT win first place with over 2000 points. Many of our swimmers ventured into new territory entering unfamiliar events. Of special note 20 VAST swimmers participated in 21 relays. 9 of those relays contributed to FACT's Gold Medal relay count.

VAST Participants enjoying a break after competing in the Valentine's Meet





## 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**  
so I know what team you represent.

If you have questions, be sure to ask me!

The next newsletter is scheduled to be on the web  
(<http://floridalmc.org>) and in your inbox in May 2015, so I'll need  
your articles by **April 15, 2015!**



## Looking for some competition?

For upcoming 2014 pool meets, open water swims, and lots of results, please  
go to: [www.dixiezone.org](http://www.dixiezone.org).