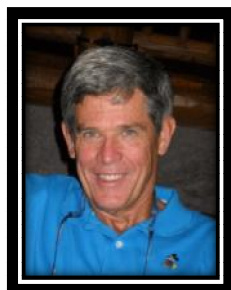




*Want to share the newsletter?
Print a copy, pass it on.*



Bob Jennings
FL LMSC Chair

LMSC News

The Florida LMSC was represented very well this spring and summer in various national championships and international competitions. Internationally we had swimmers participate in the Canadian Nationals and the Pan Am Games. Back at home in the US, individuals swam in the USMS Spring SCY and Summer LCM Nationals, Y Nationals, and the Senior National Games.

Competitive pool swimmers actually make up a small percentage of US Masters Swimming members. We are also made up of Triathletes, Open Water, and Fitness swimmers. All sharing a love for swimming and the health benefits it provides. I encourage everyone to share their love of the sport by taking the time to help someone at your pool with their swimming. A few minutes of sharing your swimming knowledge can make a world of difference to a person without a swimming background.

While recently visiting Maryland, an old running buddy asked if I could spend a couple minutes with him in the pool. He had been competing in Triathlons for the last few years and swimming was his weakest link. The next day we met and I provided a mini swim lesson. In those few minutes, I was able to give him some basic techniques that improved his stroke. I felt guilty I couldn't spend any more time with him in the pool, but I had family obligations. After returning to Florida, I received a note from him thanking me for our time. He had already shared the swimming tips I had provided to him with his daughter and wife. A couple minutes of helping someone can go a long way. Pay it Forward.

PS. The Dixie Zone is in the process of reevaluating our zone name. If you have an opinion, pro or con, please e-mail at FLChair@usms.org.





Fitness
Connie Greb

Let's Go For A Swim

So, what are some of the benefits of swimming? Let's take a look. With so many options to choose from to exercise on a regular basis why choose swimming? Sharing information and providing awareness on the benefits of swimming at any age.

I recently had the privilege to share swimming skills with many "non-swimmers" where I live. What a gift to provide a skill in a sport where that skill may be able to save their life. As I began to think more about why these individuals signed up for the clinic, I began to list so many possibilities.

The first is that swimming is a low impact sport. Protecting the joints from stress and strain may be a priority for so many. Because there is no impact with swimming, it can be continued for a lifetime. How awesome is that! There are even swim competitors now over 100 years of age. Even Jack LaLanne, who I watched on television so many years ago, died at the age of 93. He reportedly swam an hour every day.

Swimming builds cardio respiratory fitness. Several of my teammates have been to cardiologists who have said, "Whatever you are doing, continue doing it because it is benefitting your heart." Studies have reported that swim training for 12 weeks may improve your heart strength by as much as 18%

Another great benefit may be that most swimmers may continue to work out even though injuries occur. Swimming may be part of a rehabilitation program. The resistance of the water makes the muscles work hard without the strain or impact that is experienced on land.

Last but not least, many non-swimmers can spend more time with family and friends exercising regularly with swimming. You can be a good role model for children and grandchildren. This may be one small way of helping to fight obesity in children as well as adults.

These are just a few of the benefits of learning to swim for fun, for fitness, for life. Every time a person learns a few more skills with swimming is another opportunity for a person to have fun with swimming for a lifetime.





NEWS FROM FACT



Joannie Campbell

jcampb@tampabay.rr.com

Bumpy Jones meet in Sarasota was well attended and our group of 15 managed 7 winning relays. Friday's lightning storms exhausted some of us by having to swim the 800 before our regular events on Sunday but we managed – probably not with our best times. Our men were sparse – injuries! Have to get these men to stay off the “dry land”. Barbara McNulty was outstanding - her 200 butterfly left everyone in the dust.

A long course meet in Ocala saw several of the Villages group compete with improved meet management.

Y Nationals in Sarasota was a great meet. Many of us join Y's throughout the Country so never know where we will find each other. It's always a fun meet and great times. This year the end of the short course season. We'll be back there next year – keep in touch if you want some good competition.

St Pete's meet went well. Not a large attendance, but you all missed the great locker room facilities upgrade. We all missed the usual locker room escape from lightning storms that are a signature of this meet! The last event was rather frightening as the storms came in but we completed the meet. Had to scratch our last relay! We added some newbies to our group and all did well.

Five of us went to USMS Summer Nationals at the beginning of August in Geneva, Ohio. We've got a relay with mother and daughter – my daughter is back in the water after 30 years. Should be fun!! Barbara McNulty and Martha Henderson will be competing as well as Marty Schenk from VASF. We're looking forward to good competition and fun.

The National Senior Games in Minneapolis had a few of our group competing. This is not a USMS meet so it's kind of hard to distinguish who of our FACT team swam. I did see Paula Cunio bringing in several gold medals and a couple of silver. Great swims Paula!! Also saw Terry McGee, Elsa Kay, Marilyn McKenney, Todd Dickson, Bob Lyons, Bill Cleary and Andy Miller among the competitors. Results are on the National Senior Games web site.

Betty Lorenzi and Sylvia Eisele continue to improve. Betty expects to join us at the Rowdy Gaines Meet in October.

Anyone wanting to swim the 5K and/or 10K before September 15. It's a good postal for those that like those marathon swims and don't have the facilities – get in touch with me; we'll attempt to give you time and facility at the Long Center.



FL LMSC Registrar Update

As of August 18, 2015, we have 2263 swimmers registered for 2015 in the FL LMSC. That is a 10% increase over the same time last year of 2060!

53% are male, 47% female.

We have 62 Clubs registered for 2015 including UC14 (Club Unattached). We had 58 Clubs registered in 2014.

We welcome our newest Clubs:

PINS - Pine Island Masters Swimming

GTSA - Greater Tampa Swimming Association

97% of our entries were done online.

Just a reminder that 2016 registration will begin on November 1, 2015. Clubs must register during October 2015. I will send out more info on that as we get closer to both Club and Swimmer registration.

Thank you, again, Club Reps and Swimmers for a successful and smooth running 2015!!!

Just a reminder that there is a little time to participate in the **Speedo–USMS 5K/10K ePostal National Championships (50 meter pools only)** May 15–September 15, hosted by Central Oregon Masters.

Event Director: [Bob Bruce](#)

[Online registration and event information](#)

Happy laps,
Meredith Moore, FL LMSC Registrar





Christine Truhol Swanson
SPM News – News from the outside lane....

Hot, hot, hot... in St. Pete and around the southern U.S. with a healthy dose of daily thunderstorms activity. Despite the heat the team is training for various long course meets, the USMS 5k/10k Postal Swim and a variety of upcoming open water events.

A recap of our recent team activities:

Twenty six SPM members went to the San Antonio for SC Nationals at the end of April. They trained hard all winter and spring and their training showed in their results. I would like to thank USMS for providing a real time video feed of the meet. It was really fun watching on-line and easy to find the SPM group in their tie-dye shirts. And it should be noted that Coach Patty was seen grinning, ear to ear throughout the four days of swimming.

Day one of nationals featured the 1650 and 1000 Free. SPM was led by Charlotte Petersen who set the USMS age group record for both the 1650 and 1000 free during her 1650 Free with times of 18:37.22 and 11:01.6; she later took second in the actual 1000 in a neck and neck race beating her earlier national threshold in 11:00.48 but losing the record. Not to be outdone, both Ted Bradley 10:09.10 and Bob Beach 18:58.65 captured gold in the 1000 later in the day. Bob also brought home a bronze in the 1650. Joining Charlotte and Bob on the medal stand in the 1650 were Stase Michota (4), Melissa Harasz (4) and Kern Davis (2) and in the 1000 Free David LeClair(5); Stase (3), Lauren Connolly (4), Paula Texel (2); Dale LeClair (4), Jodi Schwartz (6), Melissa (6) and JoAnn Harrelson (10). Seriously, day 1 set the stage for the rest of the meet.

Day two through four brought more outstanding swim by Ted, Charlotte, and Bob but they were joined by more of their team mates: Linda Visser, Paula Texel, Dale LeClair, Cheryl Kupan and Melissa Harasz. The men's side proved much tougher but all the men had outstanding swims: John Dolittle, John Nixon, Eric Herman, David LeClair, Anthony Sullivan, Dan Newhaller, Steve Freeman and Phil Harasz represented us well. As did the rest of the women who travelled to San Antonio: Livia Zien, Sherri Bogue, Suzette Seril, Phyliss Scheidt and Dawn Clark. The final meet results placed our combined team in 11th place.



As is always the case when travelling to Nationals with a large group SPM had its share of relays and each day's events was followed by lots of Tex-Mex food and margaritas.

Bumpy Jones LC Meet

Yikes, from what I read there were no shortage of thunderstorms over the weekend of this meet. Attending on behalf of SPM were: Paula Texel, Dale LeClair, Cheryl Kupan, Sherri Bogue, Charlotte Petersen, JoAnn Harrelson, Eric Herman, Kern Davis, John Nixon and Peter Betzer. Despite the weather there was some fast LC swimming over the weekend and I am certain a postrace stop at Yoder's.

The St. Anthony's Triathlon and others:

No doubt I have missed a great number of you but in perusing the results I see the following SPMers participating in the individual long and sprint races at the annual St. Anthony's Triathlon. Congrats to all. Here is my list of identified finishers: Nat Glackin, Nicholas Chase, Lizzy Wells, Leslie Beauchamp and Art Haltunnen led the way with top or near top finishes in their respective races and age groups. I also found in the results team members: James Strouse, Owen Deckinga, Lauren Connolly, Michael Gay, Dan Runyon, Rich Knipe, Stefanie Silvers, Amy Nordstrom and Lisa Charet. Sprint racers include: Amy Keener, Chuck and Gail Lohman, Bruce Haselden and Patty Conolly. I'm certain I have missed many more of you but the database is not easy to search. And I apologize to the relay participants but there are no individual details to help identify you. It was also great to see so many youngsters of our SPM family participating in the annual Meek and Mighty race. Great racing by everyone!

Hurricane Man....

400 swimmers took to the water s off of St. Pete Beach and Historic Pass-a-grille Beach for the annual Hurricane Man 1K and 2.4 mile swims. Over 400 men women and age group swimmers registered for this year's races. It appears that most of the SPM swimmers tackled the 2.4 mile event with 31 hitting the surf while 6 stuck to the short 1k race. Really nice to see so many new SPM names on the finisher list: Alex Graham, Oscar Negrete, Steven Ray, Amy Keener, Milivoje Dimitrijevic to name a few along with all our regular stand outs. Also a big thank you to everyone who assisted Coach Patty with the pre and postrace duties that help make this race a big success.

Other news.....

SPM team member Cindy Newton finished Ironman Coeur D'Alene on Sunday, June 28th in 13:22. She came in 15th place in the 45-49 age group. It was record heat in CDA of 105 degrees but despite the heat Cindy set a PR, and was really happy with her race. Kudos to Jennifer Hutchison who helped get Cindy ready for her big race. Next for Cindy, Ironman Lake Tahoe on Sept 20.

Off on the open water during the month of July... Chris Burke will attempt to complete his open water triple crown with a leisurely swim across the English Channel sometime between July 22 and July 29. Best of luck from all of us to Chris.

Long time team member Anne Page is recovering from a hip replacement but has set a goal of competing in the USMS OW 1.5mile Championship in Lake George, NY in late August. Go Anne!



up

Carl Selles returned to Mexico spring to the site of last year's 10K attempt that was thwarted by poor weather conditions. This year the weather again threatened but the swim went off and Carl but Carl conquered El Cruce. In Carl's own words "40 years ago I stood on the beach in Cancun looking at Isla Mujeres, and had a wish to swim to that island. Saturday was the day,(5/30/15) 2 hours and 24 minutes. The fastest time ever for my age group. El Cruce. 10K Cancun to Isla Mujeres."



And finally, it is with great sadness that I report the loss of longtime friend and team member – Katie Knight-Perry this spring. Katie joined the team back in the late 80's early 90's. Katie was a longtime member of SPM and the local Mad Dog Triathlon club. She will be sorely missed by her St. Pete team mates.



www.T2Aquatics.com

Congratulations to T2 Masters swimmer and legend, Mike Stollmeyer, 77. Mike participated in the Pan American Championships and the South American Championships in Columbia, where he won 11 gold and 5 silver medals! Great job, Mike, way to make us proud!



Tampa Bay Aquatic Masters

www.tampaswim.com

Hello All,

In April, **Juan Cue** had a fantastic swim and got a new team record in the 100 fly at the 2015 Nationwide Spring National Championship held in Texas. Great job Juan!



Also in April, several of our swimmers participated in St. Anthony's Triathlon – **Danny Hicks, Jan Thompson, Brenda Loggins** and **Libby McKenna**. **Jan** placed 1st in her age division. **Danny** placed 6th (top 10) in his age division. **Brenda** had a fantastic time and **Libby's** relay team came in 1st. Can you say WINDY? I heard this was a tough one this year. Congrats to all of you for even doing this event as it is extremely competitive!

We had many people participating in several events during the month of May. One of our awesome swimmers obtained a black belt in Shotokan Karate. Way to go **Jan Thompson!** She trained for a total of 11 years! Her new rank is Shodan, 1st degree black belt. This is true dedication; we admire you **Jan!**

The team participated in the 2015 Open Water Hurricane Man 2.4 Mile or the Pass-A-Grille Challenge 1000 Meter Swim. Some of these age groups are incredibly challenging and everyone deserves kudos for their swims – way to go! The participants of the 2.4 miles: **Libby McKenna** (1st), **Jen Smith, Hannah Smith** (with baby in tow), **Susan (Chuckles) Ashbaugh, Sue Curtin, Scott Linebaugh** (3rd), **Andy Lutton, Tom Bennett, Chris Davis** (3rd), and **Allen Von Spiegel** (3rd). The participants of the 1k, **Stephanie Niemeier** (1st), **Kelly Imoto** (2nd), **Liz Brown** (4th), **Brenda Loggins** (2nd), **Norma DeGuenther** (3rd), and **Lyn Heinz** (2nd) in their respective age divisions. Very impressive all!!



On May 5 thru 9, **Ann Von Spiegel**, **SPM** participated in the SCAR Arizona swim challenge and **Allen Von Spiegel** was her kayaker. Each letter of SCAR stands for one of four cold water canyon lakes in Arizona. It was roughly 42 miles of swimming in 4 days. One of the few staged swims in the world allowing little recovery from one day to the next.

Day 1-Saguaro Lake, 9.5 miles

Day 2, Canyon Lake, 9 miles

Day 3, Apache Lake, 17 miles

Day 4, Roosevelt Lake, 6.2 mile night swim with no boat support (kayak only)
46 marathon swimmers, and now lifetime friends, from all over the world!



SCAR Motto:

No medal. No trophy. "The feeling of accomplishment doesn't end up in a drawer."

Ann's overall swim time: 21 hours, 20 minutes, 14 seconds. She completed all 4 swims!

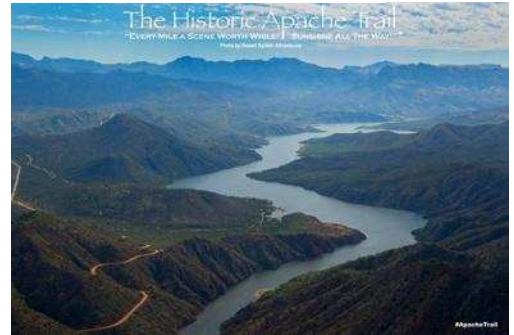
26/46 swimmers were able to complete all 4 lakes. No easing into the cold water, pontoon boat ride to the start and then jumping off the back of the pontoon to begin.....brrr....



Remote locations-

Kayaks needed to be carried by pontoon boats to starts as well. Most days were 10 to 12 hours from start to finish.

Saguaro Lake



Ann, you are amazing

so is your hero **Allen** as your kayaker...CONGRATS!!

and

On May 9, several of our swimmers participated in the 33rd Gulf Coast Triathlon - Half Ironman in Panama City Beach, **Danny Hicks** (3rd), **Jan Thompson** (1st), **Sue Curtin** (3rd), **Susan Ashbaugh** (5th), **Chuck Ashbaugh**, **Brenda Loggins** (1st half ironman), and **Norma DeGuenther** (last half ironman). Great job!!



Congrats to **Sue Curtin**, **Brenda Loggins** and **David Hunter** on doing the Madeira Beach Triathlon on May 31st:



So proud of all of you!
Sue is on the podium!
Awesome!



Cheers to all who participated in the June 6th Swim Around Key West! What a tremendous accomplishment and very well done by each of you! Superb - 12.5 MILES!!

318 **Libby Boosalis** Tampa FL (TBAM)
318 Jonathan Sbar Tampa FL
318 **Juan Cue** Tampa FL (TBAM)

306 **Chris Davis** Tampa FL (TBAM)
306 John Connelly Belleair FL
306 Joe Lain Clearwater FL

301 Bill Sansone Tampa FL
301 **Scott Linebaugh** Tampa FL (TBAM)
301 Dax Nelson Tampa FL



On June 6th, 2015, **Jan Thompson** and son Andrew participated in the 30th Annual Rotary Pineapple Man Triathlon in Melbourne Beach, FL. So happy to report that **Jan** came in 1st place for her division and her son won the Clydesdale 40+ division. Fantastic!



The pictures look like a lot of fun at this event! - Norma

Hurray to **Brenda Loggins** and **David Hunter** for competing in the Crystal River Triathlon on June 13th. **David** got 4th place and there he is on the podium! Great job!!



And another HURRAY to **Brenda Loggins** and **David Hunter** for competing in the Navy Seal Triathlon held June 27. **David AND Brenda** each got 2nd place and there they are on the podium! That must be an awesome feeling!!



Until next time, just keep swimming!



VAST News
By Joyce Hutchinson

VAST has said goodbye to our long time coach, Glenn Kaye, who has earned a much deserved retirement. Besides being our beloved coach and mentor for 13 years he has a long and distinguished career in the sport of swimming.

Coaching Accomplishments:

- 50 years coaching swimming and diving
- Founder and President Fort Lauderdale Tiger Sharks
- 141 swimming and diving All Americans and 27 Water Polo All Americans
- Many Florida State HS swimming/diving/water polo championships
- Continues as a swimming official at The University of Florida.



National Interscholastic Swim Coaches Association Leadership:

- President and President Elec, 4 years
- Zone 3 Director
- Audit Committee 3 years
- International Swimming Hall of Fame High School Swimming Chair, 8 years
- Florida Athletic Coaches Association State Chairman, 13 years
- Clinic Speaker for ASCA
- National Federation, National HS Athletic Assoc. and Florida Athletic Coaches Assoc.
- Published 6 swimming articles

Professional NISCA Recognition and awards:

- Hall of Fame 25 Year Award
- National HS Athletic Coaches Assoc. National Swimming COY
- Kalos Kagathos Foundation Award
- Florida Athletic Coaches Award, 7 Times
- Florida HS Activities Association Distinguished Service Award
- 2015 Life Membership Award

VAST members thank you for your dedication to the team.
You are loved and missed.



There's Still Time!



The 2015 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.

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. The event is open to all registered Masters swimmers. Enter by filling out the [online entry form](#) or send in a paper entry via U.S. mail using the [paper entry form](#).

Entries this year have come from as far away as Australia and the U.S. Virgin Islands and almost every state in between. Check out the video clip at https://www.youtube.com/embed/pD_utx85We4 then enter today. Your entry may just be the one to complete the 50 state sweep for the 2015 Check-Off Challenge.

The 2015 Check-Off Challenge is hosted by Tennessee Aquatics Masters Swimming and sanctioned by the Southeastern LMSC for USMS, Inc., sanction #155-S002.



EU Swim September 19-20 Orlando

The YMCA of Central Florida will be hosting the 10th anniversary of the [EU Swim](#), an international short course meters competition that will be taking place at the YMCA Aquatic Center in Orlando on **September 19-20**.

This will be a dual-sanctioned USA Swimming and USMS meet, and is a wonderful opportunity for all swimmers, whether Masters or age groupers, to swim fast and swim together in celebration of the sport we all love.

Since its inception in Paris in 2006, the competition has been held in a different city and country each year, including Belgium, Poland, Switzerland, Hungary, Finland and Estonia. It has attracted between 200-600 swimmers from up to 12 countries each year, from Masters swimmers to Olympians to young swimmers participating in their very first competition. This year marks the first time that the competition will be held in the United States. Although the name reflects its European origins, the EU Swim is truly international and inclusive to all, embracing a “swimmers without borders” approach.

Type of Meet:

The competition will be held in a 25 meter 8-lane pool, with electronic timing and scoreboard in accordance with FINA and USA Swimming and USMS rules and regulations. A separate pool will also be available for continuous warm-up and warm-down during the competition. Timed finals for all 10 & unders. Prelim/finals for all 11 & over age groups with the top 8 swimmers from each gender and age group in the morning preliminaries returning for evening finals. All relays will be swum in the evening finals. Ample spectator seating is available for friends, family and supporters. Meet management may opt to use fly-over starts at this competition, (where swimmers will not be permitted to exit the water until the next heat of swimmers has started).

Eligibility:

The competition is open to all swimmers and age groups. All participants must be registered with their country’s swimming federation and will be requested to include their license number with their entry forms. An additional waiver may be required at the discretion of the governing body or meet host.

Age Categories:

- 10 & under (2005+)
- 11-12 years (2003-2004)
- 13-14 years (2001-2002)
- 15-16 years (1999-2000)

- 17 & older (1998-)
- Masters 18+ (Will swim 'open' with 17+ as prelims and finals)

Dates and Times:

Friday, 18th September

16:00 - Welcome session/coaches meeting for all teams

17:00-21:00 - Pool will be open for swimmers.

Saturday, 19th September

8:00: Warm Up

9:00: Preliminaries Start

16:00–16:45: Warm-Up

17:00–17:30: Opening Ceremonies

17:40: Finals Start

Sunday, 20th September

8:00: Warm Up

9:00: Preliminaries Start

16:00-16:45: Warm-Up

17:00: Finals Start

21:00–23:30: Farewell Party

Hosted By:

YMCA of Central Florida

Location:

YMCA Aquatic Center

8422 International Drive, Orlando, FL 32819-9329

[\(407\) 363-1911](tel:(407)363-1911)

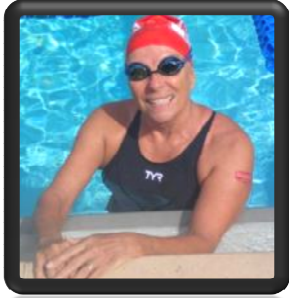
Website:

Visit www.euswim.org for hotels and travel discounts, program of events, meet records and more!

For Registration and Meet Information:

www.clubassistant.com/club/meet_information.cfm?c=2277&smid=6883





THE NEXT NEWSLETTER DEADLINE

Sheila Carpenter-van Dijk

Please send newsletter articles to me:

sheilacv@verizon.net

or

fishtail@usms.org

Be sure to include your team name in the subject.

If you have questions, be sure to ask!

The next newsletter is scheduled to be on the web (<http://floridalmc.org>) and in your inbox in November 2015, so I'll need your articles by **October 25, 2015!**

★★★

Looking for some competition?

For upcoming 2015 pool meets, open water swims, and lots of results, please go to: www.dixiezone.org.

★★★★★

Your Florida LMSC Board of Directors

(* Elected positions)

***Chair**, Bob Jennings, guman1953@yahoo.com; ***Vice Chair**, Jillian Wilkins, wilkins.jilliananne@gmail.com; ***Treasurer**, Nancy Kryka, nkryka@gmail.com;
***Secretary**, Cheryl Kupan, ckupan@gmail.com; ***Registrar**, Meredith Moore, MAMoo49@aol.com;
***Records & Top 10**, Anna Lea Matysek, annalea@usms.org; ***Newsletter Editor**, Sheila Carpenter-vanDijk, fishtail@usms.org; ***Sanctions**, Patricia Tullman, ptullma1@tampabay.rr.com; **Senior Games Liaison**, Joan Campbell, jcampb10@tampabay.rr.com; **Long Distance**, David Miner, dminer02@gmail.com; **Official's Chair**, John King, john@kingllc.com; **Coaches Chair**, Scott Bay, scottbay@usms.org; **Fitness**, Connie Greb, kgreb@netzero.net;
Social & Awards Chair, Marianne Bradley, bradleym@tampabay.rr.com; **Webmaster**, Kimberlee Riley, kimberleemriley@gmail.com; **Safety Chair**, Patty Nardozzi, pnardozzi@hotmail.com; **Past Chairs**, Meegan Wilson, meeganwilson@bellsouth.net; Scott Bay, scottbay@usms.org