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**Happy Holidays yall!**

### **LMSC News**

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



I am very pleased to announce that Scott Bay from the Florida LMSC was nominated and received the very prestigious U.S. Masters Swimming Coach of the Year Award. The Award was presented to Scott at the United States Aquatics Sports Convention in Atlanta. When you see Scott, please congratulate him for becoming USMS'S Coach of the year.

Due to Hurricane Matthew, the Florida LMSC meeting and election were postponed. The election will be held on Sunday, November 13 during a conference call. The results of the election will be in the next newsletter.

Please start thinking about nominations for the following Florida LMSC Awards:

Leather Lung Award  
Florida LMSC Coaches Award  
Sue Moucha Overcoming Adversity Award  
Florida LMSC Service Award  
Florida LMSC Club Volunteer Award

There is more information on each of these awards on the Florida LMSC website.

<http://www.floridalmc.org/awards/>)

These awards will be presented at our Spring Awards celebration. Awards nomination deadline will be announced soon and the celebration is coming.





## **FL LMSC Registrar Update**

### **2016 Annual Report**

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

As of October 23rd, we had 2709 swimmers registered in the FL LMSC for 2016 That represents about a 9% increase over 2015's final October figure of 2417.

\*1,674 were registered in 2015 (62%)

\*222 were registered anytime between 1988-2014 (8%)

\*823 were brand new members (30%)

52% are male, 48% are female.

98.5% of registrations were done online; 1.5% by paper.

So far, the FL LMSC had 317 Late Season registrations (Aug 1 - Oct 31).

194 (61%) opted for the "End of Year" plus 2017 membership and 123 (39%) opted for just the End of Year membership.

We had a total of 62 Clubs registered in 2016; 62 Clubs in 2015.

We had many new Clubs register this year:

BRSC - Brevard Swim Club - Melbourne

LHM - Lakeland Highland Masters - Winter Park

MSAS - West Volusia Masters Swim at Stetson - Deland

SPAC - Spartan Aquatics - Orange Park

TMMA - Team Magoo Masters Aquatics - Satellite Beach

YMCA - Manatee County YMCA - Bradenton

Our 10 largest clubs in 2016 were:

SYSM - 354 members

UC14 - 407 members

SPM - 287 members

FACT - 134 members

21st - 113 members

YCFM - 112 members

CLCM - 104 members  
HLJ - 99 members  
GSC - 94 members  
T2NM - 57 members

We had 4 active Workout Groups of FACT: CLCF, HLJF, SPCF, VASF.  
1 active Workout Group of SCSF: AWTC

Club registration for 2017 began October 1st. So far, 29 Clubs have registered for 2017. All Clubs **MUST** be registered by October 31<sup>st</sup>.

2017 swimmer registration begins on November 1<sup>st</sup>. Clubs must be registered in order for swimmers to register for a particular Club. We have around 33 Clubs that still need to register for 2017. Also, a Parent Club must register before any Workout Group can register with a parent Club.

I look forward to working with our Board, the FL LMSC, USMS and our Club Reps and swimmers in 2017. Thank you all again for for all your support and the opportunity to be your FL LMSC Registrar.



**NEWS FROM FACT**  
*Joannie Campbell*



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

Our big news item of the fall is always the Rowdy Gaines Classic which was scheduled for October 7<sup>th</sup> through October 9<sup>th</sup>. Hurricane Matthew did a number on that, including our Annual LMSC Meeting and FACT's 20 relays, including two potential World Records. Hopefully the rescheduled dates of December 16<sup>th</sup> through 18<sup>th</sup> will bring the 27 members of our team back for a second chance!! I am

getting positive answers to many of the swimmers, plus maybe some additional members who can get two more months of practice!

The Annual Tail's End LCM at the Long Center in Clearwater September 10<sup>th</sup> was well attended. All events were covered in the one day meet and the "recycled medals" is proving to be fun for participants. The meet is scheduled in the midst of hurricane season each year so expenses are held to the minimum just in case ..... This year proved to be a good choice of dates!! And an opportunity to get in those last minute events for the 2016 Long Course season.

The convention held in Atlanta was productive. When approved and available, convention reports can be seen on the LMSC web site (<http://www.floridalmcsc.org/contacts/boarddocs/>). FYI the 2018 Long Course Nationals will be incorporated in the Pan American Games to be held in Orlando. The SCY Nationals will be held in Indianapolis that year. Next year's nationals are Spring in Riverside, CA and Summer in Minneapolis, MN. If you plan on participating in any of these, please let me know – if possible we can set up relays for the team. Oregon this August didn't quite make it – three women and one man didn't fit the mold!

If anyone is interested, several of us are presently planning to make the trip to Budapest next August for the FINA Masters World Championships (<https://www.fina-budapest2017.com/>). Details will be forthcoming.

As an aside, since I am LMSC Senior Games Liaison, I'd like to mention the website for the State Senior Games is up and running to be held at the Long Center December 3<sup>rd</sup> and 4<sup>th</sup>. Note that there is an additional two events now – the 200 butterfly and 400 IM. If you are a Florida resident you must have qualified in the top five of any event in a local Senior games to swim in the States, or meet time qualifiers. There is plenty of information on the website (<http://www.flasports.com/florida-senior-games/>). Don't miss the chance to compete. This is a qualifier for the Senior Nationals in Birmingham, AL next year. Entries are due November 16<sup>th</sup>.



## **STEPPING OUT OF THE BOX**

By Connie Greb  
FL LMSC Fitness Chair

So, it was time for Ryan Lochte to step out of his comfort zone and try something completely different than swimming so he signed up for the reality television show Dancing with the Stars. I was curious about his choice to "step out of the box" and have the courage try something new. Also, after the Olympics Ryan stated that he was going to take a break from swimming. After swimming every day for hours, and training in the gym constantly for most of his adult life, I found it interesting that he needed a break. And I wondered -Why?

So I began researching about sports performance in elite athletes and the phrase "mental fatigue" continued to surface. Mental fatigue is defined as an acute increase in subjective ratings of fatigue and/or an acute decline in cognitive performance. It is induced by prolonged periods of demanding

cognitive activity. This is not the fatigue that one achieves by not sleeping enough the night before. Nor is it the fatigue related with old age (thank goodness) or disease. Mental fatigue is caused by engaging in activity that requires heavy mental “focus” for long periods of time. A few of the symptoms include frustration on trying to maintain “focus” on a task at hand and interest wanes.

Be honest, ‘cause if this is happening to you in swimming perhaps it is time for you to take a break too! Elite athletes do!!

A couple solutions may include making sure you’re sleeping enough. Remember that sleep is how we naturally repair. Not getting enough sleep is just promising you for these things to happen. Next, to recover properly each time you sleep, your body needs proper nutrients. Plant based foods have way more antioxidants than dairy products and meat. Lastly, it wouldn’t be a bad idea to learn how to meditate. Meditation has shown to help reduce and manage stress while improving your concentration ability. Also, concentration is one of the important abilities you lose when mentally fatigued.



Take some moments and have the courage like Ryan Lochte to “step out of the box” and examine if you too are experiencing mental fatigue. What an opportunity to learn from the elite athletes. Coaches are a great resource to help you with mental fatigue.



**St. Pete Masters**

<http://stpetemasters.org/>



## **St. Pete Masters ~ Summer into Fall 2016**

### **News from the outside the lane.....**

By Christine Truhol Swanson

So what’s going on? Looking through the Pool, Postal and Open water events SPM swimmers have been very busy the past few months. And toss in a couple of triathlons to round out the activity.

In early August Carl and Kathy Selles, while touring the boundary waters of the US and Canada, made a visit to the wilds of northern Wisconsin to visit Bob Aldrich. Aside from the pontoon boat rides in the Lake Medlin, Carl and Bob participated in the 2016 Point to La Point Madeleine Island swim in Lake Superior. Two miles in 68 degree Superior; the water mostly flat with a little current. Carl was first in his age group, finishing in 56m 34s and finished his first post-race beer while Bob jogged on to shore at 1hr 25m.



In the meantime, spry 86 year old Bob Beach was spotted at LC Nationals in Gresham, Oregon. He was our sole representative taking 2<sup>nd</sup> in his four freestyle events and 1<sup>st</sup> in the 200 back. He then ventured down the highway to Truckee, California to take a dip in Donner Lake where the Sierra Nevada Masters hosted this year’s 1-3 Mile OW Championship; a swim that measured out at 2.7 miles. Bob made the crossing in a swift 1hr 46min. Congrats to Bob.



During August we were all tied to our televisions watching the Olympics and specifically the swimming then the Paralympics at the start of September. Charlotte Petersen and Suzette Seril made the trip to Rio to watch Charlotte's God-daughter compete for the Danish team. Mie Nielsen finished just out of the medals in her 100 back but joined her teammates on the medal platform, on the final night of swimming, in the Women's 400 Medley Relay. We were also blessed to have Melanie Margalis who trained with SPA and then competed for the University of Georgia swim in the 2016 Olympics. Recording great times in the 200 IM as she progressed through the heats and bringing home a gold medal as a member of the Women's 4 x 200 Freestyle Relay. Finally there was Paralympian Brad Snyder swimming in the S11 classification (blind and visually impaired) in Rio. Brad took second in his 100 Back and then brought gold home in the 50, 100 and 400 Free events. We are so proud to have ties to all of these amazing swimmers and congratulate them on their achievements.

Back in the good old USA, Paula Texel, Karen Westerman, Cheryl Kupan, Phyllis Scheidt, Martha Gipson and Eric Herman made the trip up US 19 to Clearwater for the Tails End meet at the Long Center. This was a last chance meet to record LCM meter times for the year. And looking at the results they all swam well. Congrats!

Livia Zien returned to Maryland and swam in the Senior Games with her mother. What fun to share a love for the pool with family.



Sarah Kwon, now residing in Wilmington, NC has been immersed in the Atlantic Ocean this summer, embracing both OW swimming and time on her SUP. As a warm up, she competed in the swim around Wrightsville Beach, "Swim the Loop", then she flew south to Islamorada to compete in the Swim for Alligator Light. A nine mile out and back swim that she completed in 4hr 38min. She won her 'baby' age group, was 5<sup>th</sup> woman and 9<sup>th</sup> overall. Congrats Sarah.

Ryan Raeger drove north to Augusta, Georgia to compete in a half Ironman. It was hot, hot, hot and made training in Florida in the summer seem like the arctic. Annie Hayman has spent her summer training for Ironman Wilmington and will hit the water and roads at the end of October. Sarah Kwon will also be swimming a relay leg in the Wilmington Ironman. It has also been noted that when Karen Westerman isn't chauffeuring her twins to swim practice or a swim meet she has been sited on the medal stand at some local triathlons. Good job Karen.

Hurricane Matthew ruined the weekend swimming plans of many SPM swimmers who planned to swim at the Rowdy Gaines SCM meet in Orlando. On a positive note, it opened up some hotel rooms for people seeking higher ground from the raging Atlantic Ocean. We hope our fellow east coast swimmers are all well and suffered little damage from the storm.



Siesta Key Tropical Splash... Welcome back to Sheila Carpenter-vanDijk who competed for the first time with SPM in the 1k race. In the 2.5k race SPM was represented by Robert Tullman, Sharon Steinmann and Dawn Clark and in the 5k Melissa and Phil Harasz.

Finally, the preliminary USMS 5K – 10K Postal results were just released. Placing Top 10 in the 5k for SPM are: Brooke Bowman (3), Karen Westerman (5) Melissa Harasz (3), Sharon Steinmann (4), JoAnn Harrelson (7), Tim Kennedy (8) and Kern Davis (1<sup>st</sup>). In the 10K: Dawn Clark (6), Melissa Harasz (2), Vince Brockman (2), Tim Kennedy (5) and Kern Davis (1<sup>st</sup>). Phil Harasz also competed in both the 5 and 10k swims but finished out of the medals.

Almost time to pull out the parkas, happy swimming everyone.....



## **Sarasota Tsunami Masters News**

By Mark Usher



The Sarasota Tsunami Masters continue to rise early six days a week and troupe down to the Arlington Park Aquatic Center Pool for our morning workouts, not to mention catching up on all the social buzz!

Things have been picking up as folks are getting back from their end-of-summer vacations and as some of our seasonal members start to return from up North.

We continue to be a diverse group of beginners, fitness swimmers, competitive swimmers, and triathletes.

Most recently, member Shawn Johnson was the overall winner at the Siesta Key Triathlon. Congratulations, Shawn!

We also have members who are training for their first-ever Masters meet later this year. Although they have set some specific target times, the main objective is to enjoy the experience and have fun!

Coach Mike Hazard offers us alternative daily workouts that are either IM stroke-based or tailored to the specific needs of triathletes. We also do occasional fun “theme” workouts, like the ever-popular “Fly Fridays”! Speaking of Coach Mike, he recently received a Top Ten Award from USMS.





## Recycle Your Medals for A Great Cause

By Melon Dash

You trained, you stepped up to the blocks, you raced and you placed in the top 10. You won a medal! You took it home and it went...where?

Every month or so, 8 adults join us at Miracle Swimming in Sarasota or somewhere in the U.S. to overcome a lifelong fear of water. They have tried numerous times before. But this time something is different. This time, they understand. This time, they make progress. This time, they succeed. By the end of the 24-hour class, they are beside themselves in disbelief. Their gratitude is unbounded. We acknowledge their achievement with a ritual of putting a medal around their necks, saying, "You have won this medal every bit as much as the Masters swimmer who won it the first time." Tears flow.

I have given away all my medals from 50 years of swimming. I've given away all of Marguerite Myers' medals, and many others who have donated them to us. Keefe Lodwig gave us his. Would you like to box yours up and send them, too? We use only the medals that have around-the-neck ribbons. They can be any color and from any meet, as long as they are in good condition.

We'd be happy to pick them up or pay the shipping (we recommend USPS Flat Rate boxes). Please send them to Miracle Swimming for Adults, P.O. Box 15854, Sarasota, FL 34277.

You'll be helping us carry on a tradition of celebrating people who have made enormous accomplishments with their swimming and who are deeply touched to be recognized for how they've transformed and the deep desire it took. The medals cap off a week of fun, gentle learning, and deep change.



## **TYSM**

**By Alexis Mendenhall**

The temperature will soon be dropping in Tampa, FL (for many us that is anything below 80 degrees)! At the New Tampa Y, we have a group of dedicated swimmers that will brave the colder weather and swim at 5:30am! We are excited to be adding new swimmers and many tri-athletes to our program. Coach Andrew Rice leads our sessions on Saturday mornings 8-10 a.m. at the New Tampa Y. Coach Andrew brings a fresh approach to each practice, allowing a focus on technique and body position.

Our upcoming meet, will be the Shark Tank Meet in Sarasota in mid-November. Our long term goal is to focus on Y Masters Nationals! Mark your calendar - Y Masters Nationals scheduled for May 4-7 in Sarasota, Florida. Don't forget 2017 USMS registration is open and available for TYSM members!







A Q U A T I C S

[www.t2aquatics.com](http://www.t2aquatics.com)



T2 Masters swim the Tropical Splash at Siesta Key, (l-r)-  
Jeff Cahill, Meredith Moore, AnnMarie Morrisseau, and David Poorman



### **VAST News**

By Joyce Hutchinson

VAST members spent the summer working out hard despite the hot weather and water. Coach Bob supplied appropriate workouts and kept a watchful eye on pool conditions and swimmers assuring that we stay healthy and ready for fall competition. New canopies at the end of the lanes added welcome shade between sets.



Congratulations to John Cornell who represented us at the USMS Long Course Championships in Oregon this summer. He competed in 4 individual events and 1 relay. At 88 years old he is clearly an inspiration to ALL swimmers.

A number of VAST members are putting together plans to compete in The World Masters Games in New Zealand next spring. We look forward to updates on this adventure.



## Lucky's Lake Frogmen – Night Ops 5K Swim

Saturday, November 12<sup>st</sup> 2016



On Saturday, November 12th, we're jumping in the lake at sunset and swimming for a great cause. Join the Lucky's Lake Frogman Team and be part of our one-of-a-kind challenge as we enter the food chain at Lucky's Lake. In its third year, the Lucky's Lake Frogman Swim is now a [WOWSA](#) sanctioned event being conducted as a virtual swim associated with the Tampa Bay Frogman Swim as a fundraiser for the Navy Seal Foundation. This year, the event features a commemorative finisher's medal/bottle-opener to go with our all new 2016 commemorative t-shirt. After the swim, the camaraderie continues at our--

Lucky's Lake is actually Lake Cane in Orlando. The address is 6645 Lake Cane Drive, Orlando, FL. The swim starts at Lucky's dock. The lake is a one kilometer roundtrip swim over and back from Lucky's dock to a dock on the far side. The 5K swim will consist of 5 over and back roundtrips. You don't have to swim the full 5K but you must swim some increment of full crossings (1, 2, 3, 4 or 5K). The sun will be setting so you will have daylight for the first 1K or so depending on how fast you swim!

Lucky's dock and the dock at the far side will have a light that can be seen as a reference. Glow sticks will be placed in a ring around each of the 4 buoys in the water that mark the course. Swimmers will keep the buoy line to their right at all times.



As a night swim, all swimmers are required to have some sort of floatation. The preferred floatation is a Lucky's Lake safe swimmer buoy with an LED flashlight placed inside the waterproof chamber of the buoy. The flashlight will illuminate the plastic from the inside and make it easy to see swimmers in the water even if it is a very dark night. Other acceptable floatation will be a wetsuit or other pull-behind flotation device. Safe swimmer buoys will be made available for use. Please bring your own small flashlight - the brighter the better!



Relay teams of any size from 2 to 5 swimmers are fine so long as the swimming is broken up into complete 1K crossings. Forming your relay team is your responsibility and each swimmer must register independently. Please consider joining us or donating to support our cause. Or perhaps even just purchase an event t-shirt or bottle-opener medal on our website – proceeds go towards our fundraising effort.

Use this link to find out more: [www.swimguzzlers.com](http://www.swimguzzlers.com)



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### NEW for 2016

The *Recognized Coach* designation has been eliminated. In its place is the USMS-Certified Masters Coach designation that will be available only to coaches who've achieved USMS Coach Certification Levels 1, 2, 3, or 4.

Coaches can get certified in **Level 3 on Sunday December 4, 2016** in Ft. Lauderdale, FL. USMS membership is required and levels 1 & 2 must be completed. [Registration](#) closes at midnight pacific time on Saturday, December 3, 2016 or when the course enrollment reaches 25.



\* \* \* \* \*

*Fees:* \$100 for Level 1 or Level 2 only; \$180 for Levels 1 and 2 Certification; \$225 for Level 3

*Instructors:* Mel Goldstein, Coach, Indy Aquatic Masters Past President, USMS and Bill Brenner, USMS Education Director

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## **USMS Adult Learn to Swim Instructor Certification**

### **November 12, 2016**

Space is still available but limited to 25 for the upcoming Adult Learn to Swim instructor certification in Orlando on Nov. 12.

[.Here is a link to the registration page.](#)

The Florida LMSC is offering a \$75 scholarship, so that brings the cost to \$225 for the daylong class.

For questions, please contact--

Holly Neumann

Manager, Adult Learn to Swim & Foundation Programs | U.S. Masters Swimming

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