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



With each New Year, I try and think of new activities to become involved in and to create new challenge to overcome. In the past it has been completing the Check Off Challenge, completing an open water event, and helping others learn to swim. This April is Adult Learn to Swim (ALTS) month. It would be exciting if more swimmers spread their love of our sport by taking an ALTS class and then become involved in the program. This year I am taking a USMS Coach's Stroke Development Clinic course and I look forward to passing on what I learn to my team.

When you choose a goal to accomplish, it doesn't matter if it is a triathlon, open water event, a special meet, learning a new stroke, or completing the 1 Hour Postal Swim, you need to create a plan. First talk to your coach and create a road map for success. Try and get a friend to work with you towards your goal. It is much easier to stick to a plan if you are doing it with someone else. There will be setbacks, just don't give up. Life always gets in the way. Finally give yourself a proper amount of time to prepare for your goal.

This February 11, at the completion of swimming events during the Valentine Meet in Clearwater, the LMSC will be celebrating the accomplishments of our members. Please plan to attend.

Remember, swimming is more than a sport of the individual. It is the challenge of character, strength of spirit, and the hope of the future.





## FL LMSC Registrar Update

From your FL LMSC Registrar, Meredith Moore

Registrations for 2017 are just about exactly what they were for 2016. We are at 1762 registrations for 2017, (1763 for 2016). We are 53% Male, 47% Female and we have 57 Clubs registered for 2017.

We welcome our new clubs for 2017:

BTWS - Brave the Way Swimming, Vero Beach  
LWA - Longwood Aquatics, Longwood  
SPBA - OWSLEO St Pete Swim Fit, St Pete  
SPAC - Spartan Aquatics, Orange Park  
SACM - St Augustine Cyclones Masters, Ponte Vedra  
SFL - Swim Fit for Life, The Villages  
MSAS - West Volusia Masters at Stetson, Deland

Just a reminder that the **Speedo USMS 1-Hour ePostal Nationals** is held from January 1 - February 28, 2017 and is hosted by Ohio Masters Swim Club. **Objective: To swim as far as possible in one hour in any pool you choose that is 25 yards or longer.** Event results are sent in electronically so you can compare yourself to other swimmers doing the same event. Some people do the 1-Hour ePostal event for competition, while others do it for fitness; all who wish to participate are welcome. The recorded distance (total yards swum) that you submit determines the order of finish. If two or more swimmers report the same distance, a tie will be declared.

Plan a date to participate at your swimming facility. Here is the link for more information:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1308&smid=8216](https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=8216)

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

- Happy Laps, Meredith



## NEWS FROM FACT

*Joannie Campbell*



Please keep up to date with all the news on our website:

[www.factmasters.org](http://www.factmasters.org)

## WORLD RECORD – 360+ RELAY!

In November we mentioned the potential of two World Records for our 360+ relays and at the Rowdy Gaines Meet December 16-17 we accomplished this – with one of them, the 200M Mixed Freestyle, an especially exciting race. The team of Ed Graves, Joan Campbell, Betty Lorenzi and John Corse broke the International Record from 2005 held by the Coastal Japanese Team by over 17 seconds!!



Betty's daughter created a YouTube video and it shows all the excitement generated by the race at the meet. To watch it: (<https://www.youtube.com/watch?v=yQjva92mkCw&feature=youtu.be>) It's also on our FACT Masters website ([www.factmasters.org](http://www.factmasters.org)).

## ANOTHER WORLD RECORD – 360+ RELAY!

In addition, the same four swimmers set a World Record in the 800m Mixed Free Relay – Ed's philosophical comment – “don't want to swim too fast so we can break it next year!!” (Ed, 93, also buys green bananas!!) Our Regional Team walked off with the High Point trophy and overall our women

sparkled, coming in second to the Swim Fort Lauderdale team. Our total of 18 relays gave us a leg up on most of the competition.

The January One-Hour Postal swim has been stretched to two months now – January and February. Your age group is your age at the end of 2017. If you participate please let me know – I will put together relays if possible (three men, three women or two of each gender).

The Valentine's Meet on February 11 – 12 at the Long Center is ready to go – always a good competition. The LMSC Awards Social this year will be held in the Brighthouse Room upstairs at the Long Center after Saturday's events. Refreshments will be served and guests are welcome.

Four of us are planning on going to Budapest for World Championships this August – including a Viking Cruise afterwards from Budapest to Nuremberg. We will have a 320+ women's relay competing – how exciting is that?! The week before is Summer Nationals in Minneapolis – can't do both but if there is anyone else interested let me know. Also, please let me know if you plan to go to Riverside, California for Spring Nationals in April.

The Senior Games schedule is out on line – I was happy to see that again this year the Florida State Games are to be held in Clearwater. We can keep warm again!! The Florida State Games in December saw many FACT swimmers breaking individual and relay State Records and qualifying for the Senior Games Nationals in Birmingham, AL this June.



## More FACT News

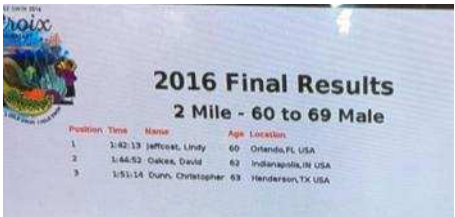
By Lindy Jeffcoat



I wanted to do the St. Croix Coral Reef Swim for a while as I have done Bermuda twice, Siesta Key 4 or 5 times, Charleston, SC 4 or 5 times, Barbados and Turks and Caicos. The St. Croix race is actually 3 races with a stagger shot gun start similar to Siesta Key. There are 5 mile, 2 mile and 1 mile swims The 2 miler, which I completed, starts out in a cove as you move out to the course. The weather was overcast for the two days prior to the race but cleared up for race day. The water was about 85 degrees and visibility was excellent but I didn't see much sea life. The organizer said they saw 5 dolphins the day before and invited them back for the race but they stood us up.

The water was for the most part calm to a light chop but not unbearable. This swim ranks up there with one of my top races that I would like to do again. This was a great swim for me!

Ed note: Lindy swims for Florida Aquatic Combined Team and lives in Orlando. He is very humble, in that he not only 'completed' the race, but finished first in his age group. Congratulations, Lindy.



Position	Time	Name	Age	Location
1	1:40:13	Jeffcoat, Lindy	60	Orlando, FL USA
2	1:44:53	Quinn, David	62	Indianapolis, IN USA
3	1:53:14	Quinn, Christopher	63	Henderson, TX USA





## **OPEN YOUR HEART**

By Connie Greb  
FL LMSC Fitness Chair

Isn't the phrase "Open Your Heart" interesting? Let's explore a possible meaning as it pertains to swimmers. I'm talking about your posture and the impact on your swimming. Poor posture adds years, pounds and just looks terrible. Most swimmers battle with good posture. Why is so important for swimmers to have good posture? Bad posture increases your chances for a whole host of injuries and can actually mess with your stroke technique. Poor posture limits your shoulder range of motion, resulting from tight shoulders and chest muscles. Guess what, it may also decrease your stroke length and strength. Additionally, holding the shoulders forward prevents efficient arm recovery and forces you to roll excessively to breathe. That increases your time during your race.

So, how can you open your heart and have better posture in order to maximize the opportunity to be the best you can be in and out of the water.

Here are a couple of exercises, when done mindfully, before or after a workout will enhance your swim workouts, increase flexibility, and by opening the heart area, even improve your mood. Please remember to maintain a smooth, steady inhale and exhale, through your nose, mouth closed.

Inhale your arms out to a T-position, exhale bend your left elbow and bring your left arm down, behind your back, palm facing away from you, and swing it up the center of your back, like the hand on a clock. Inhale your right arm straight up along the side of your right ear, then bend at the elbow and reach behind your back to clasp your left hand. You can use a towel if you can't make the clasp. With practice you will be able to reach your hands closer and closer together. Roll the shoulders open. It is more beneficial to open the chest and have the hands apart, than to have the hands touch while hunching over. Release arms and gently shake out. Reverse sides.

This simple exercise may also improve your posture. Lie on your stomach, feet together and arms at your side. Lift head and shoulders off the floor and hold for several breaths then release your head and shoulders to the floor. Repeat five times.

Another helpful hint is to just raise your phone to eye level when in use. By continuing to lower your head it may cause additional future posture problems. This is an easy one. Also, a friend of mine also posts signs on the bathroom mirror to remind her to stand up straight and open her heart!



## **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.



A Q U A T I C S

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

AnnMarie Morrisseau braved the choppy conditions and strong current in the Tampa Bay Frogman Swim on Sunday, Jan 15th. She was 5th female overall!!! Great Job, AnnMarie!



Several members of the T2 Masters participated in a casual 1 mile open water New Year's Eve Morning Swim at Vanderbilt Beach in Naples, followed by a lovely lunch on the beach at the Turtle Club. Thank you Mick Moore, for organizing this swim!



Alberto Ortiz, Shannon Cutting, Mick Moore, Fred Wakelin, Meredith Moore, Bruce Mohl, AnnMarie Morrisseau, Karen Zentgraf



## **VAST News** By Joyce Hutchinson

Surprises are common at VAST. Imagine the excitement of joining the swim team in your new hometown and finding familiar faces from your past. That's exactly what happened to 6 members of our VAST family. They were recently featured in our newspaper for the uniqueness of reuniting with swimmers from earlier times.



Picture by Erin Williams photographer with *The Daily Sun*

Teammates who previously swam together reunited here include:

Nate Leech and Bob Lyons - Purdue University  
Keith Miller and Bob Jennings - Walter Johnson HS

Mark Finley and John Newman - Missouri State University  
A common phrase heard here is "Only in The Villages". How true it is.



You may have noticed one very familiar face above. Yes, our very own Bob Jennings is currently in his 3<sup>rd</sup> year as Florida LMSC chair, but most important to us is that he is our VAST coach.

Bob has a lifetime of swimming experience. His own competition began with summer league and continued through high school, college, and for the past 10 years with VAST. He has a very distinguished background in coaching prior to VAST including 25 years with summer leagues, 30 years as Head HS swim coach for Montgomery Cty MD Public Schools where he was honored 4 times as Coach of The Year and was Sports Director of Swimming and Diving for 15 years.

In 2010 he was inducted into The Montgomery County Swim League Hall of Fame.

In addition to his efforts with VAST he also helped coach The Villages HS swim team for 6 years. He has served 4 years as VAST President, 4 years USMS Coaches Committee presently as Chair. He has attended the last 6 USAS conventions.

We thank Bob for his dedication to swimming

The Florida Senior Games State Championships in December were well attended by VAST members. Over 150 medals were brought back along with 8 new Florida State Records set by



Trice Hirt, Bob Jennings, Nate Leech, Gordon Ralph and Larry White. Of the 7 medals won by Trice Hirt 4 were state records.

Congratulations to all!



## **April is Adult Learn to Swim (ALTS) Month**

By Holly Neumann

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

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<http://usms.org> | <http://facebook.com/usmastersswimmingfanpage>

A Miami Adult Learn-to-Swim instructor certification class is being offered on Wednesday, March 15. Maybe you've been considering getting certified in order to add to your team's programming, or because you want to work with adult swim-lesson clients more effectively. Or maybe you want to learn a new skill and be able to get a part-time job, or volunteer to help make more people safe through the sport you know and love. It's a rare mid-week class,

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



If you or your team are making plans for April ALTS Month, please be in touch with [Holly Neumann](#) at the USMS National Office. Keep her in the loop, and she can help make your event a success.



## Sheila Carpenter-van Dijk

Please send newsletter articles to Me!  
([sheilacv@verizon.net](mailto:sheilacv@verizon.net) or [fishtail@usms.org](mailto:fishtail@usms.org))

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

★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://floridalmssc.org>) and in your inbox May 2017, so I'll need your articles by **April 15, 2017!**



## Your Florida LMSC Board of Directors

(\* Elected positions)

**\*Chair**, *Bob Jennings*, [guman1953@yahoo.com](mailto:guman1953@yahoo.com); **\*Vice Chair**, *Jillian Wilkins*, [wilkins.jilliananne@gmail.com](mailto:wilkins.jilliananne@gmail.com); **\*Treasurer**, *Nancy Kryka*, [nkryka@gmail.com](mailto:nkryka@gmail.com);

**\*Secretary, Cheryl Kupan, [ckupan@gmail.com](mailto:ckupan@gmail.com); \*Registrar, Meredith Moore, [MAMoo49@aol.com](mailto:MAMoo49@aol.com);**

**\*Records & Top 10, Anna Lea Matysek, [annalea@usms.org](mailto:annalea@usms.org):**

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**\*Sanctions**, *Patricia Tullman*, [ptullma1@tampabay.rr.com](mailto:ptullma1@tampabay.rr.com); **Senior Games Liaison**, *Joan Campbell*, [jcampb10@tampabay.rr.com](mailto:jcampb10@tampabay.rr.com); **Long Distance**, *David Miner*, [dminer02@gmail.com](mailto:dminer02@gmail.com);

**Official's Chair, John King, [john@kingllc.com](mailto:john@kingllc.com); Coaches Chair, Scott Bay, [scottbay@usms.org](mailto:scottbay@usms.org);**

**Fitness**, *Connie Greb*, [kgreb@netzero.net](mailto:kgreb@netzero.net);

**Social & Awards Chair**, Marianne Bradley, [bradley.m@tampabay.rr.com](mailto:bradley.m@tampabay.rr.com); **Webmaster**, Kimberlee Riley, [kimberleemriley@gmail.com](mailto:kimberleemriley@gmail.com); **Safety Chair**, Patty Nardozi, [pnardozi@hotmail.com](mailto:pnardozi@hotmail.com); **Past Chairs**, Meegan Wilson, [meeganwilson@bellsouth.net](mailto:meeganwilson@bellsouth.net); Scott Bay, [scottbay@usms.org](mailto:scottbay@usms.org)

