

*See the newsletter
on our website:*

<http://www.floridalmsc.org/newsletter/>



LMSC News

Bob Jennings
FL LMSC Chair



IMPORTANT PLEASE READ

Last September at convention U.S. Masters Swimming decided that there should be a \$50 surcharge for all Sanctioned meets and a \$100 surcharge for all Recognized meets. (Sanctioned meets only have USMS members participating while Recognized meets have USMS members and nonmembers competing. In both, USMS members' times count towards records and Top Ten Times.)

In 2017 the Florida LMSC paid or will pay the surcharge for both Sanctioned and Recognized meets. The Florida LMSC Board has decided that in 2018 the LMSC will pay the \$50 surcharge for Sanctioned meets and only \$50 towards Recognized meets. This means that meet directors requesting a recognized status for their meet will have to pay \$50 to the Florida LMSC Sanctions Chair before the meet will be recognized.



USMS Awards USMS Awards USMS Awards USMS Awards USMS Awards

Speedo U.S. Masters Swimming Coach of the Year Award

Since 1986, the Speedo U.S. Masters Swimming Coach of the Year award has been presented at the U.S. Masters Swimming annual convention to a USMS registered coach who demonstrates excellence in five areas: club and individual accomplishments, publications, contributions to U.S. Masters Swimming and the LMSC, letters of support, and long-term contributions to Masters swimming.

Address any questions to:

Chris Campbell

Coordinator, Coach of the Year Subcommittee

coachchris@mvm.com

Nominations are due by July 1

U.S. Masters Swimming Dorothy Donnelly Service Award

As a volunteer-driven organization, USMS is grateful to the hundreds of volunteers who give their time, talent, and expertise to help all phases of our programs. The DDSA is given to those volunteers whose service stands out in its scope and its impact on the program and the USMS members who have benefited from their efforts on the local, regional, and national level. The recipient must be a registered member of USMS.

Up to 15 people are selected each year for the USMS Service Award with nominations coming from LMSCs, clubs, and individuals.

To make a nomination, submit a one-page letter citing the reasons the individual deserves recognition and the award. Be sure to include:

- The name, address, email, and phone information for both nominee and nominator
- Where the service was performed: local (club or LMSC), zone, or national level or any combination thereof
- The impact of service to new programs, improvements, or enhancements of on-going programs
- The scope of the service including effect on members who have benefited

Submit nominations electronically to: awards@usms.org

Nominations are due by July 1

U.S. Masters Swimming Kerry O'Brien Coaching Award

The U.S. Masters Swimming Coaches Committee initiated this award in 2008 with the goal of recognizing USMS coaches who are building our membership in communities throughout our country. Originally named the Grassroots Coaching Award, it has been renamed to honor Coach Kerry O'Brien of Walnut Creek Masters, who embodies the passion, dedication, and heart that these coaches bring to the pool deck. It is with the efforts of individuals like these that U.S. Masters Swimming will most certainly move to a greater level.

Nominations are due by July 1

U.S. Masters Swimming Club of the Year Award

Successful USMS clubs develop programs that draw people in, support their swimmers, and set standards for other clubs to follow. Initiated in 2006, this annual award recognizes the efforts of the great clubs that embody these attributes.

Clubs may nominate themselves or be nominated by others. Once a club receives this award, that club may not be nominated again for a period of five years.

The USMS Club of the Year award is given in two separate club categories: Regional and

Local. See the nomination information document for details.

Nominations are due by July 1

U.S. Masters Swimming June Krauser Communications Award

The June Krauser Communications Award is presented annually to a USMS-registered individual or group, whose work in communications has contributed to the growth, improvement, or success of U.S. Masters Swimming locally, regionally, or nationally. .

Submit nominations electronically to Nancy Ridout at: nancyridout@usms.org

Nominations are due by July 1

U.S. Masters Swimming Fitness Award

The USMS Fitness Education Committee annually presents the USMS Fitness Award to USMS-registered individuals and organizations demonstrating outstanding contribution to fitness activities within USMS.

Please use the provided nomination form and electronic submissions are encouraged.

Submit them to Fitness Chair, Mary Jurey at: fitness@usms.org

Nominations are due by July 1

U.S. Masters Swimming National Championship Meets Award

Presented by the Raleigh Area Masters Swim Team in cooperation with the USMS Championship Committee.

This annual award is presented to someone who makes significant contributions to USMS National Championship meets. The award recognizes efforts to assist USMS and meet hosts in providing excellent competitive conditions for championship racing or otherwise contributing to the success of USMS National Championships or national championship-level competitions (including international meets) held in the U.S.

Nominations are due by July 1

U.S. Masters Swimming Open Water Service Award

Established in 2013, the U.S. Masters Swimming Open Water Service Award honors individuals who have made significant service contributions to promoting and building excellence in USMS open water swimming in the following ways: Embodies the USMS mission, vision, goals, and objectives through open water swimming service; contributes to open water notably in several roles (i.e., USMS Open Water/Long Distance national committees, LMSC open water/long distance chair, event and/or safety director, official, coach, clinician, and/or volunteer); contributes to open water notably at different levels of

USMS (i.e. national, zone, LMSC, and/or local); or demonstrates extraordinary measurable service achievement and impact.

Nominations are due by July 1



FL LMSC has its first Leather Lung finisher for 2017!

It's Daphne English-Bazenas

147F-096KB

Sarasota Sharks Masters (SYSM)

2017, SCY Leather Lung

Congratulations Daphne!



2017 Florida LMSC Awards Social

Our 2017 Awards Social to honor and recognize swimming accomplishments, outstanding volunteers, and life's tribulations was held on February 11 following the first day of the Valentine's swim meet in Clearwater Florida.

Refreshments were catered by Clear Sky in Dunedin for the Florida LMSC and held at the Long Center with about 40 people attending. Special thanks to Elspeth Smith, Cheryl Kupan, Erin Condon, Sue Moucha, Rae Suttie, and Joannie Campbell for their help.

To receive a *Florida LMSC Leather Lung Award* a swimmer must be registered with the Florida LMSC, and must swim in USMS-sanctioned or USMS-recognized events. They must complete ALL 18 events in SCY or SCM, or ALL 17 events in LCM, or ALL five USMS Postal Championships during a single season. The only splits permitted are leadoff swims on relays. A swimmer may receive more than one Leather Lung Award per year. Congratulations to following individuals who accomplished this feat and earned a Leather Lung: **Brooke Bowman (Postal), Dawn Clark (Postal), Kern Davis (Postal), Melissa Harasz (Postal), Phillip Harasz (Postal), Tim Kennedy (Postal), and Cheryl Kupan (LCM).**

Our own **Bob Jennings**, Florida LMSC Chair, received the *Florida LMSC Coaches Award* for 2016. Past Florida coaches who have received this award are Joe Biondi, Paul Huting, Rick Walker, Gary Henderson, Ed Nessel, Scott Bay, and Patty Nardozi. Bob has been a swim coach for over 30 years and is currently coaching Villages Aquatic Swim Team (VAST). He has been on the USMS Coaches Committee for the past four years and is in his second year as Committee Chair. Congratulations Bob!

Ed Nessel received the 2016 *Sue Moucha Overcoming Adversity Award*. Please read his story, written by teammate Dorothy Greenberg, which can be found later in this newsletter. It is quite remarkable! We are glad you are doing okay Ed!

Congratulations to **Scott Bay**, past LMSC Chair and currently Florida LSMC's Coaches Chair, on receiving the *2016 Florida LMSC Service Award*. Thank you Scott for all you do to better the Florida LSMC.

We also honor volunteers from individual clubs. For 2016, receiving the *Florida LMSC Club Service Award* were **Albert Miller (SYSM)** and **Dave Jarvis (VAST)**.

Recognize your volunteers and their swimming accomplishments. Please send award nominations for 2017 to our Social and Awards Chair, Erin Condon, and send Overcoming Adversity nominations to Sue Moucha by December 31, 2017. Please submit your nominations early. More information can be found on our website, <http://www.floridalmc.org/>.



Coach Edward Nessel Receives the 2016 Florida LMSC Overcoming Adversity Award
by Dorothy Greenberg

I've been swimming with the Space Coast Aquanauts since July, 2012. Coach Nessel has been my coach and swim mate the entire time. He has taught me a tremendous amount about swimming, health and physical conditioning. His knowledge and leadership has helped to improve my swimming efficiency in every way. He's coached and helped hundreds of swimmers before me. That Coach Nessel is a very knowledgeable and effective coach, swimmer and health professional is not a secret. What is less well known is how Coach has battled back from adversity, in more ways and for more times than most people are ever challenged. This included the death of two young children, followed by his wife, after a long and debilitating illness. However, on Saturday, March 23, 2016, unbeknownst to all of us, the Coach was about to experience his most personal critical challenge that no one, including the Coach, saw coming.

The day began much like other Saturdays. It was a beautiful, sunny Florida morning. Our team was swimming long course and about 10 minutes into the warm up, as I approached the wall at the end of a set, I could see, out of the corner of my eye, Coach trying to exit the pool from the side, rather than finishing the lap at the wall. Why was he doing that? In a matter of seconds I watched Coach attempt to climb out, wobble and then fall back into the water and go under. He was also making a terrible heaving sound. My first thought was that he was having a stroke.

Immediately, Coach Mitzi Kremer, who very fortunately decided to join our Team for the swim that day, was already directing the lifeguards to get Coach Nessel out of the water. As everyone was running towards Coach, I ran into the YMCA to call 911. By the time I returned to the pool, Coach was unconscious on deck. He wasn't breathing and was clearly in cardiac distress. Under the direction of Coach Kremer, the AED was located and put into service with three electric shocks while several teammates rotated doing chest compressions. By the time the Paramedics finally showed up and took over, the situation looked dire. As the ambulance rushed to the hospital, the Team, still wet from the pool, followed. It all seemed surreal. This couldn't be happening.

We were later to find out that Coach Nessel did not have a heart attack. He had an unexplainable cardiac arrest; the type that about 95% of people don't survive. Coach went through a lot while in

intensive care and two weeks in the hospital, including having a defibrillator implanted in his chest. Even when it was clear that he was “out of the woods,” we were all worried about lingering effects, including serious impairment of his short-term memory due to oxygen deprivation.

Almost beyond belief, Coach Nessel battled back in a big way. In exactly one month, on April 23, he returned to the pool; the site of his instant death and resuscitation. And he got in the water and swam. Within two weeks of this return, Coach was up to doing the full work out. Despite cracked cartilage in his ribcage, overcoming pneumonia, recovering from the defibrillator implantation and numerous other procedures and the overall trauma, he was back. I can't imagine how much courage it took to do that! Several of us played a part in the Coach's survival on that beautiful spring morning in March. And there is no doubt that prompt and appropriate medical attention, and the Coach's excellent physical conditioning, healthy living practices, and use of nutritional supplements, all played a part in his recovery. However, I can't help but believe that his indomitable spirit and “must-do” attitude was what really got him back in the pool and working out again so quickly. Eventually, the Coach's memory improved; we can no longer make him believe that we had already finished a set which we hadn't even started. His survival and recovery has been miraculous. Our Coach, Ed Nessel, has not only overcome the odds and survived great adversity, but truly is a testament to living life full throttle and thriving...no matter what.



FL LMSC Registrar Update

From your FL LMSC Registrar, Meredith Moore

As of May 2, we have 2132 swimmers registered in the FL LMSC so far for 2017. That is 79% of the total registrations we had for all of 2016. 54% are male, 46% are female. We welcome our newest Club to register: SDI - The Stroke Doctor, Green Cove Springs, FL.

UPCOMING ePOSTAL EVENTS:

USMS 5K/10K ePostal Nationals (50 meter pools only)

The Speedo USMS 5K/10K ePostal must be swum in its entirety from **May 15 - Sept 15, 2017**. This event is hosted by Swim Fort Lauderdale
Objective: To swim a 5K in any pool you choose that is 50M. Event results are sent in electronically so you can compare yourself to other swimmers

doing the same event. Some people do the 5K ePostal event for competition, while others do it for fitness; all who wish to participate are welcome. The recorded distance (total meters swum) that you submit determines the order of finish. If two or more swimmers report the same distance, a tie will be declared. The ePostal info and entry will be on the USMS website SOON!!!! Go to USMS.org, then click on Events and Results at the top, then click on National Championships and scroll down to 2017 ePostal National Championships. There will be a link to your split sheets.

- Happy Laps, Meredith



NEWS FROM FACT

Joannie Campbell



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

www.factmasters.org

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. We have since gone viral with a great video by Marc Middleton's Media Group, viewed by over 80,000. It can be seen on our FACT Masters website (www.factmasters.org), second video on left column. The “boys” are already planning on breaking additional records this year and next in the Pan American Games.

The January One-Hour Postal swim has been stretched to two months now. Meegan Wilson placed 12th in a crowded 65-69 field and Martha Henderson placed 3rd in the 80-84 age group.

The Valentine Meet at the Long Center was well attended. Our FACT group fielded 16 relays and no DQ's – our cumulative score was 1,160, although this was a competition for workout groups. VASTF came in fourth in the meet with 500 points – good swimming. The Awards Social following Saturday's events was very nice – covered under separate item in this newsletter. The recent Bob Beach SCY Annual at St Pete saw our small group of five women place third in combined and women's – quality not quantity this year. Did the cold weather from last year chase those men away – haha!

Pat St Germain will be traveling to Riverside CA for the Spring Nationals. A few VASF members will be going to Auckland, New Zealand for the World Masters. Four of us will be heading to Budapest August 10 for the World FINA Masters Championships with a 320 Relay – Martha Henderson, Pat

Tullman, Susan Meyers and Joan Campbell. Should be very competitive and fun! We're planning on a Vikings Cruise after the swim from Budapest to Nuremberg.

Betty Lorenzi will be 90 this month and plans on swimming in Minneapolis for Summer Nationals. Should see some records fall – swim well!!

Relay All-Americans for 2015-2016 season listed 15 of our members – Congratulations to the team. Four of these were World Champions. All American is Number One in the Nation!!

Seven members of the VASF workout group are currently in New Zealand competing in the 2017 World Masters Games – result will be posted in our FACT NEWS (factmasters.org) as soon as available.

Many of us will be competing with various Y's at YMCA Nationals in Sarasota this month. Always a fun meet.



More News About FACT

By Keith Roberts

I represented FACT at the South Carolina Masters State Championship Swim Meet in North Myrtle Beach the weekend of February 10-12. I swam 10 events and (surprisingly) earned enough points to receive the 3rd place out of state team award (all by myself)! I think there were only 3 teams from out of state!

Good memories, as I was able to share the weekend with my sister, Judy Childers, who is a member of Grand Strand Masters (the host team).

I swim at the Suncoast YMCA and my coach is Pam Owens.

Congratulations on your great swims, Keith! - ed



LET'S TALK ABOUT KICKBOARDS

By Connie Greb
FL LMSC Fitness Chair

So if you never used a kickboard, do you think you could:

- Become a faster surface swimmer
- Become a faster dolphin kicker
- Reduce shoulder injuries
- Improve body alignment – “streamline”

So, could you become a faster surface swimmer? By improving your streamline without a kickboard you are using different motor patterns and therefore the benefit with a kickboard is minimal. By engaging the proper streamline without kickboard swimmers will be using the muscles and motor patterns needed to continue to improve practicing the proper mechanics all of the time is a benefit.

Could you become a faster dolphin kicker? Because the dolphin kick is now considered the 5th stroke and perhaps contributes to 60% of short races and 30% in longer races it would be beneficial to practice the kick in a streamline position. If you only swim the sprint 50's there may be less significance.

Let's talk about shoulder injury. If you have been swimming for a period of time, you are probably aware that over 80% of swimmers experience some sort of shoulder pain. The kickboard provides additional buoyancy and vertical stress on the shoulder joint. Again, by practicing the best streamline position shoulder injury may be minimized.

Lastly, let's explore the improved body alignment by being in a streamline position without the kickboard. When swimmers use the kickboard there is generally poor body alignment. The head is up and the feet are down. By continuing to use the kickboard poor habits are performed over and over. Why not try to perform the proper streamline position and practice it all the time.

Just a thought and would love to hear from all of you on your perspective.



Recycle Your Medals for A Great Cause, Continues! **...more medals arrived!**

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. Would you like to box yours up and send them, too? Last month, we received 139 more medals! Thank you all who sent them. Please note, 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.





We need to catch up on some events (again!).... almost to a year ago...



The individuals that participated were **Jan Thompson** (1st), **Danny Hicks** (5th) and **Chuck Ashbaugh** (in their age group). This race is so competitive! Awesome job!! So glad Susan was able to swim with us and make it back in time to take this picture ☐ (I'm assuming she took the picture.) Danny Hicks, came in 3rd place for the swim portion of St. Anthony's Triathlon – Way to go Danny!!



Congrats to **Danny Hicks** for placing 2nd in the Half Ironman and **Jan Thompson** for placing 1st in the Sprint Triathlon at Panama City Beach for their age groups! Danny won 1st place for the swim and bike portions! Jan got 1st in all categories – Very impressive!! Way to go Jan and Danny!!



In May 2016, we several teammates swim the 2.4 miles for their age division – I went 5 deep in age group. Wonderful job by all!
 2 Emily Winn; Jennifer Smith; 3 Libby McKenna (TBAY - she is still part of our swim family); Liz Brown; Hannah Smith ; Brenda Loggins; Marie Odom; Norma DeGuenther; 3 Susan Ashbaugh; 4 Sue Curtin; Francisco Silva-Gonzalez; 4 Tom Bennett; 1 Chris Davis; 4 Chuck Ashbaugh; 5 Allen Von Spiegelfeld. Check out Chris' feet (no touchy the sand) - what a speed expert!!
 All TBAM



Torpedoes before event (with goggles) (except for the *really* cool people) missing Hannah and Jen:



So proud of **David Hunter** and **Brenda Loggins** for participating in the full IRONMAN in Austin, Texas – even in





the horrible weather!! Congrats to both of you: Congrats to **Karen Ness** for participating in the Swim Around America! Way to go Karen!!



TBAM swimmer moving back up North had the following to say to the team. "I just wanted to thank all of you for making my time here in Tampa so enjoyable. You are a wonderful group of people and made me feel so welcome on TBAM. Being part of a team has really reinvigorated my love of swimming. I'm going to miss you all immensely! Best of luck with all your events in the future! I'll make sure to keep in touch and send you updates from Chicago: :) Emily



The team now has a BANNER

On June 12, 2016, **Brenda Loggins** and **David Hunter** participated in the Dunedin Tri wherein David received 3rd



place for his age group. Way to go to them both!!



I couldn't resist- look how happy Brenda looks coming out of the swim compared to everyone else...



On June 26, 2016, **Jan Thompson** did a triathlon where she got 1st place for her division! Way to go JAN!!!

On July 9, 2016, the Ft. DeSoto Series II triathlons were held. Congrats to **Laura Stone** (Sprint Distance) and **Brenda Loggins** (International Distance) for placing 2nd and 4th in their age groups respectively. Awesome job you two – I know it was HOT!

A short visit to Tampa from Chris Ronning of the WEST Swim Club [Masters Swim](#). Chris transitioned from Chicago at WEST to Charlotte NC. She is hoping to be in Tampa in October, December and most likely March. Chris, thank you for swimming with us and we will keep you posted on our events. All, this is from Chris (I'm sure once she is settled we can visit her team in NC):

"Thank you so much for letting me join TBAM while traveling to the Tampa area! I really enjoyed it. Please let the group know that if they are ever traveling to the near west suburbs of Chicago to stop by and say Hi to WEST Masters."



On July 24, 2016, **John Markiewicz**, who had his best swim in an ironman so far, at the Lake Placid, NY Ironman. Way to go!!



On September 3, 2016, **Brenda Loggins** and **David Hunter** competed at the Venice YMCA Triathlon. David got 4th and Brenda got 3rd, even though David told them he got 4th, they gave him the 3rd place award at the Venice YMCA triathlon. It was a run, bike, run...cancelled the swim due to bacteria levels. (Damn those levels!)

On September 10, 2016, **Sue Curtin** and **David Hunter** participated in the Tarpon Springs Sprint Triathlon. Sue placed 1st and David placed 5th. These triathletes are amazing!!



On September 17, 2016, a few of the Lutton family partook in the open water "Swim for Alligator Light" in Islamorada, FL. The team placed 2nd in the quad relay - Way to Go **Andy Lutton!!**

Bull Shark Beach Open Water Swim Club - 4:15:31.2

(Big Donald Lutton + Tappie Carey + Andy Slow Water Lutton + Bubba Drody)

Juan Cue won our first **Coach Sonny** challenge of planking for month of August!

Congrats to **Brenda Loggins** for doing the Lycra & Lace Spring on October 8th. I found this photo (look at that determination – piece of cake for her!):



Way to go to our international distance triathletes in the Longleaf triathlon, **David Hunter** and again to **Brenda Loggins**. Looks like they went five deep online and Brenda placed 5th in her age division. Awesome!!

On Friday, November 4, 2016 **Kathleen Quisenberry** and **Norma DeGuenther** ran Richard's Run for Life 5-K.

On Saturday, November 5, 2016 **Shelley Stewart** swam the First Annual Swim Ft. DeSoto, which is a 10k+ swim with a time of 3:56:26.20. Shelley what an inspiration you are and we are so proud of you!



On Sunday, November 6, 2016 **Susan and Chuck Ashbaugh** swam the Barbados Open Water Swim 5k. So glad you two were able to enjoy your vacation!! Beautiful water.



Also on Sunday November 6th, a group of swimmers went to PassAGrille for a little OPEN WATER:

Congratulations to **Ethel Galle** and **Rick Cervis** for participating in the Florida Senior Games - swimming. **Ethel** entered in five (5) events and placed 1st in the 100 yard Freestyle, , 2nd place in the 100 yard IM, 3rd in the 50 yard Breaststroke AND Freestyle, and 4th in the 50 yard Backstroke. **Rick** was consistent in three (3) events by placing 3rd in the 50, 100 and 200 yard Backstroke. Way to go you two!!



Congrats to **Brenda Loggins** and **David Hunter** for completing the Holiday Half Marathon. Kudos to David for completing it with a personal record!!



Teammates at Christmas time:

In February, 2016, we had a change of coach, in February, 2017 we changed our board and officer positions to give others the opportunity to share in the duties of the team. So here is the breakdown of our team representatives at this time:

Board (with voting rights)

Juan Cue
Norma DeGuenther
Tom Bennett

Officers

Juan Cue, President
Norma DeGuenther, Secretary
Tom Bennett, Treasurer

A BIG thank you to Coach Francisco/Sonny for coaching us for a year - Happy Anniversary!

The Clearwater Valentine's Meet of 2017 allowed us some TBAM records The Team Score was 11th out of 26 teams and the Individual Scores were.

- | | |
|-----------------------------|---------|
| 1. Shelley Stewart | 100 IM |
| 2. Juan Cue | 100 IM |
| 3. Juan Cue | 50 Back |
| 4. Adam Daniels | 50 Back |
| 5. Adam Daniels | 50 Free |
| 6. Adam Daniels | 50 Fly |
| 7. Adam Daniels | 100 Fly |
| 8. Francisco Silva-Gonzalez | 50 Free |

TBAM Relay records were set in the following events & by the following individuals:

Mixed 200 Freestyle Relay – Adam Daniels, Karen Ness, Coach Francisco Silva-Gonzalez, Kathleen Quisenberry.

Women 18+ 800 Freestyle Relay – Norma Deguenther, Shelley Stewart, Karen Ness, Kathleen Quisenberry.



April, 2017, what a busy, busy weekend!! April Fool's weekend too. To those who participated in the St. Pete Masters North Shore Pool, congrats on doing so many events. Karen, thank you for representing the ladies on our team!

Here are their results with the yellow highlights reflecting team records and written below. (Juan, better look out for your records....- did I write that?). Great job all of you!

The following individuals placed 5 deep in their own age category for the following events (yards):

50 Butterfly	3 Adam Daniels and 5 Coach Sonny
50 Back	4 Karen Ness
50 Breaststroke	2 Coach Sonny
50 Freestyle	4 Juan Cue and Coach Sonny
100 Butterfly	1 Juan
100 Backstroke	3 Karen
100 Breaststroke	3 Coach Sonny
100 Freestyle	3 Adam and Coach Sonny, 5 Karen
100 Individual Medley	2 Juan and 5 Karen
200 Freestyle	1 Coach Sonny and 2 Karen
500 Freestyle	1 Juan and 3 Coach Sonny



2. At the Escape from Ft. DeSoto, **David Hunter** placed 16 overall in the Olympic triathlon and 4th in his age group. Fantastic David! See? No one is near him as he runs in for the finish!

Shelley, who did not train for her Sprint and just came back from an "around the world flight," placed 7th - imagine if she trained!! Way to go Shelley! Oh yes, and that is her in the picture at North Shore - great cheerleader too!



An unexpected turn of events this weekend, Brenda could only bike in the triathlon and they allowed her to add others for a relay. Last minute, I swam and her friend Caroline ran. The team was called "Three Ladies" and we got 1st place! My first time EVER winning anything!! Here is our proof.





VAST News
By Joyce Hutchinson

**Congratulations to VAST Coach, Bob Jennings, who was named
LMSC Coach of the Year.**

A prestigious award for a Very Deserving Coach!

My focus in this newsletter is to share how VAST members are not just swimmers but volunteers throughout the community.

- Swimming - First, of course, we promote our passion in many ways - teaching adult swim classes and Swim Fit programs, coaching our high school swim team, timing for collegiate and Arena Pro meets, serving on LMSC committees, and most importantly our own dedicated coaches stand tirelessly on deck supervising our practices.
- Class Instructors and Leaders - Tai Chi, Folk Dancing, Yoga, Boot Camp, Mt Music Group.
- Church - Operation Christmas Child, Operation Homebound, building houses, helping in offices and thrift stores, teaching American Sign Language and signing for services, tutoring, participating in mission trips.
- Mission Trips - Through church groups and Habitat for Humanity to Nepal, Trinidad, Tobago, New Zealand, Cuba, Dominican Republic and The USA.
- Health - Hospice (one member has over 20 years of volunteering) by cooking and visiting in facilities and private homes, playing soothing piano music, entertaining at assisted living facilities and nursing homes with folk dances and children's choirs
- Military Organizations - Operation Shoebox, Honor Flight as guardians for veterans to D.C., making quilts presented to veterans,
- Community Projects - Signing ASL for meetings, assisting in food banks and Senior Games.

Gosh, one might wonder how we have time to swim. We are as dedicated to our community service as we are to swimming. Why do we volunteer? It is unbelievably satisfying to see the smiles and receive a hug or thank you from those we touch. Giving back to support the community and country that we love is important and rewarding to us.

GO VAST!



Open Water Swimming News/Events

Ron Collins

John Batchelder, 36, from Littleton, Colorado completed a 24 mile endurance test that will be regarded as one of the greatest Butterfly swims of all-time. He was able to finish The 24 Mile Tampa Bay Marathon Swim in 14 hours, 41 minutes. He started in darkness, before sunrise and swam the entire length of Florida's largest estuary doing the most difficult of the 4 competitive swimming strokes. Taking a short break for a drink and food each half hour, he maintained a legal Butterfly stroke for the entire day. Even though his arrival at Ben T. Davis Beach was about one hour after sunset, there was an enthusiastic party to greet him as he cleared the water for the official finish.

Mighty Mermaids Relay relay team also swam the course on the same day, returning to the event after last year's race was shortened due to high winds. The relay team features six women that are top-ranked masters swimmers, all about 60 years of age. Each swam a one hour segment, then did 30 minute shifts until all stepped into the water to finish as a group. Their time is the fastest ever for a relay in their age group category for Tampa Bay's 24 mile swim course.

Conditions were very favorable for most of the day. Swimmers and crew encountered 7kt headwinds and a slight chop early in the morning, but winds were mostly still at mid-day. The sea breeze held off until 5pm, so John Batchelder saw choppy conditions for the last 4 hours of his swim. Water Temperature: 72F/22C.

The solo Butterfly swimmer and the six-person relay team began their day in the water at 7:00am, starting at the Magnusson Resort near the Skyway Bridge in St. Petersburg, Florida. The Mighty Mermaids finished at Ben T. Davis Beach on the Courtney Campbell Causeway at 5:21pm, for a total time of 10 hours, 21 minutes. John Batchelder finished his swim at 9:41pm, swimming a legal Butterfly stroke for the entire distance.

April 2nd, 2017 Results

John Batchelder, 36M, Littleton, CO, USA - Butterfly 14 hours, 41 min on 4.2.17

Mighty Mermaids Relay - 10 hours, 21 minutes on 4.2.17

Traci Grilli, 60F, Londonderry, NH

Nancy Steadman Martin, 62F, Oceanport, NJ

Christie Ciraulo, 63F, Los Angeles, CA
Veronica Hibben, 60F, Huntington Beach, CA
Karen Einsidler, 61F, Tenafly, NJ
Jenny Cook, 59F, Los Angeles, CA

Tampa Bay Marathon Swim

Since the 24 Mile Tampa Bay Marathon Swim was first staged in 1998, it has drawn competitors from across the United States, from Great Britain, Guatemala, Italy, Mexico, Australia, Ireland, Japan, Switzerland, Baliwick of Jersey, Argentina, Dominican Republic, Germany, India, Canada, and the Cayman Islands. The race is one of the world's longest marathon swims, and is held annually in April, in celebration of Earth Day.

April 22, Jay Eckert, 30, of Sarasota, Florida was the Overall Champion at the 2017 Tampa Bay Marathon Swim on Earth Day Saturday, posting a time that ranks as the 6th fastest in the race's 20-year history. After opening an early lead, he was able to maintain the advantage all day and eventually made it to the finish line one hour before the rest of the field of competitors. Eckert represents the Sarasota Sharks swim team, and is Manager of Business Development for United States Masters Swimming.

The Overall Female Champion was Heather Roka, 31, from Ft. Myers, Florida. She overcame early adversity and cruised to the finish line and finishing in 11 hours, 16 minutes. A brisk headwind challenged the competitors early in the race, as Roka's coach, Alexis Price, navigated and cheered from her escort power boat after being forced from the water due to kayak malfunctions.

Four of the 5 relay teams jockeyed all day for position atop the leader board, ending in a virtual dead heat within minutes of one another. The Mad Milers relay team finished in 9 hours, 26 minutes, followed closely by Parcels Paddlers, Swim Guzzlers, and Bizzaro World. Water temperature was 77F/24C, and the strong incoming tide assisted the swimmers as they traveled from the south end to the north end of Tampa Bay. There was a slight to moderate chop on the water at the 7am start time, as swimmers and crew went directly into a headwind of 8mph. The winds calmed by mid-day, but the waters became choppy again after 3pm when the westerly sea breeze kicked in as the top competitors neared the finish line. Jay Eckert finished in 8 hours, 26 minutes, one of the fastest times ever for the 24 Mile Tampa Bay Marathon Swim.

Top 10 Performances

1. 7:41 - Chris Derks, 2002 (overall & men's course record)
2. 7:51 - Penny Palfrey, 2008 (women's course record)
3. 8:00 - Tom Fristoe, 2002
4. 8:09 - Jose Serra, 2008
5. 8:23 - Chris Derks, 1999
- 6. 8:26 - Jay Eckert, 2017**
7. 8:30 - Chris Derks, 2000
8. 8:49 - Chris Palfrey, 2008
9. 8:59 - Evan Morrison, 2011
10. 8:59 - Samantha Simon, 2008

2017 Official Results, Tampa Bay Marathon

Solo Swimmers

8 hours, 26 minutes - Jay Eckert, 30M, Sarasota, FL, USA

11 hours, 16 minutes - Heather Roka, 31F, Ft. Myers, FL, USA

14 hours, 26 minutes - Dan Fritz, 53M, Chicago, IL, USA

DNF due to sickness - Patty Hermann, 57F, Houston, TX, USA

Relay Teams

9 hours, 26 minutes - Mad Milers Relay

Elizabeth Fry, 58F, Westport, CT

Margaret Gaskill, 59F, Bremerton, WA

James Clifford, 65M, Poolesville, MD

Henry Eckstein, 69M, West Palm Beach, FL

James Bayles, 65M, Newtown, CT

9 hours, 32 minutes - Parcels Paddlers Relay

Marcia Cleveland, 52F, Winnetka, IL

Scott Lautman, 64M, Seattle, WA

Dennis Dressel, 65M, Torrington, CT

John Wilbur, 71M, Venice, FL

John Waanders, 56M, Old Saybrook, CT

9 hours, 41 minutes - Swim Guzzlers Relay

Kevin Curley, 58M, Oviedo, FL

Glenn Baker, 54M, Orlando, FL

David Heffernan, 57M, Orlando, FL

Craig Bartlett, 59M, Oviedo, FL

Peter Gold, 45M, Winter Garden, FL

Tom Welch, 57M, Orlando, FL

9 hours, 42 minutes - Bizarro World Relay

Marcy MacDonald, 53F, Andover, CT

Scott Coleman, 62M, Boca Raton, FL

Gene Sardzinski, 61M, Morristown, NJ

Thomas Casey, 57M, Bridgeport, CT

Dan Robinson, 59M, Seattle, WA

11 hours, 43 minutes - Squid Marks Relay

Dinah Mistilis, 42F, Morresville, NC

Anita Hyde, 34F, Mosman, NSW, Australia





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

★so I know what team you represent★

The next newsletter is scheduled to be on the web (<http://floridalmc.org>) and in your inbox
In August, 2017, so I'll need your articles by
July 15, 2017!

(* Elected positions)

***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-van Dijk*, fishtail@usms.org or sheilacv@verizon.net;

***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, Erin Condon, erin@gatorswimclub.com; **Webmaster**, Meegan Wilson,

meegan@kodhaus.com; **Safety Chair**, Patty Nardozzi, pnardozzi@hotmail.com; **Past Chairs**, *Meegan Wilson*, meegan@kodhaus.com; *Scott Bay*, scottbay@usms.org

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