

*See our newsletters, present and
past and lot of other good
information on our website:
<http://www.floridalmcsc.org>*



SWIM

Bob Jennings
FL LMSC Chair



I believe our big chill is finally over and spring is on the way. Now it's time to focus on what we truly love to do - SWIM. It doesn't matter if you are a national caliber swimmer or if you swim laps for fitness, we all reap the rewards from swimming's physical, mental, social, and health benefits. It's for these reasons I have rolled out of bed early in the morning and jumped into the pool the past year when the air and water temp were both in the high 80's, or recently when the air temp was below freezing. Many times, the main reason I made it to the pool in the morning was solely because my friends would be there.

In my den, I have a sign that explains what swimming means to me. It reads, "Swimming is more than a sport of the individual. It is the Challenge of character, Strength of spirit, and the Hope of the Future."

Introduce a friend to Masters swimming so they too can share in the benefits of our glorious sport.



FL LMSC Registrar Update

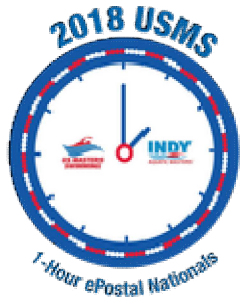
From your FL LMSC Registrar, Meredith Moore

Registrations for 2018 (Nov. 1, 2017 - Jan. 23, 2018) currently stand at 1565 which is 11% below our registrations for the same period last year of 1763. We have 53 Clubs registered so far for 2018, as opposed to 69 Clubs in 2017, which most probably accounts for our

decrease in memberships.

Currently ongoing ePostal National Championship:

2018 U.S. Masters Swimming 1-Hour ePostal National Championship



Monday, January 1 -
Wednesday, February 28,
2018

USMS Sanction : 168-S003
Postal Swim Registration



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. **This must completed by Feb. 28th.**

Registration Information:

https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=9629

Please check www.dixiezone.org website for upcoming pool and open water events.

-Happy Laps, Meredith



NEWS FROM FACT

Joannie Campbell



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

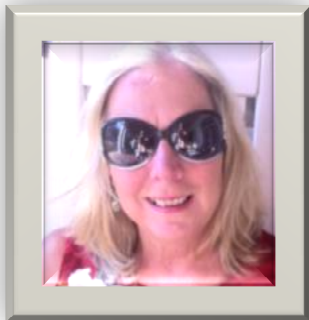
www.factmasters.org

HAPPY NEW YEAR FROM FACT!!!! 2018 promises to be an eventful year with the Pan American Games returning to the United States in July and August. Our last Pan Am Games with great participation was in 2013 in Sarasota, where we fielded 32 relays and were one of the top point teams at the games. It was great fun and great competition, which it promises to be this year too. Make sure you take a look at the information and note that entry fees go up each month. Also, I am told, there will be limits on entries should the number go over 3,000. For those of you that like Open Water competition – they're avoiding the 90 degree alligator-infested lakes to compete on the east coast. Transportation will be provided from Orlando for the competition on August 5th.

The Valentine's Meet at the Long Center is scheduled for February 9th thru 11th. This is the Dixie Zone Championships and all of you will be pleased to hear the new heat pumps at the facility keep the water at a steady 81 degrees since they have been installed. The newly renovated facility is a joy after traveling all over the state during the summer to find long course for my competition in Budapest. FACT will compete as a Regional Team for high point, since this is a Zone Championship.

Our All-Americans (number 1) are listed on the USMS website for the 2017 season. Both relays that our women swam in Budapest were All-American. Other than these we posted a 320 Men's 400 Free Relay in 2nd place, a 280 400 Free Relay Women's in 2nd place and two 3rds – mixed 200 Medley relay 280 for women and 320 Mixed medley. Only Dixie Zone Preliminaries are available at this writing, but our Short Course Meter 360 Mixed Free Relay broke the world record by well over 4 minutes.

The Good Life Games Senior Meet at the Long Center is scheduled for March 10th this year. I want to encourage many of you 50 and over to participate as this is the first Long Course meet of the season and it's gives you a chance to see what you can do and what you need to improve on for the Pan American Games in the summer. Also – it's nice to see an Event Ranking (often number 1) since it's the first LCM meet of the season – hahaha!



2018 Smarty Pants Vitamins USMS Fitness Series

By Connie Greb
FL LMSC Fitness Chair

Set, train for, and achieve your 2018 fitness goals with three swimming challenges!
Train with your local USMS club or workout group, or swim on your own and join the group for one or more of these fun fitness swimming events.

Oh, and there are only two rules: 1) There are no rules, and 2) HAVE FUN!

Swimmers will receive exclusive discounts from our partners, sample packs from Smarty Pants Vitamins, and a cool event swim cap.

EVENT DATES Feb 15-28 (30 minute swim)
Entry closes: Feb 28

EVENT DATES: July 15-July 31 (2K swim)
Entry opens: March 1

EVENT DATES: Nov 15-Nov 30 (1 mile swim)
Entry Opens: Aug 1

The \$10 registration fee supports the USMS Swimming Saves Lives Foundation. A six-week training plans is included for all level of swimmers.

Get started today!!

http://www.usms.org/content/fitness_series



Sarasota Tsunami Masters News

By Mark Usher

The Sarasota Tsunami Masters finished an eventful 2017 and we are looking forward to a great 2018.

Leading the way in 2017 were Tsunami Masters teammates Edna Gordon and Deb Walker who between them posted a total of fifteen Top Ten times during the 2017 SCY & LCM seasons. Out of the pool, Tsunami Master Shawn Johnson won the "Triple Crown" of local triathlons, placing first overall in the Englewood, Venice and Siesta Key sprint triathlons.

In December we once again shared Arlington Park with the University of Louisville for their annual Holiday training trip to Sarasota. It's always inspiring to watch the highly-ranked Cardinals train with their multiple Olympians and National Champions.

In October we mourned the passing of Total Immersion Founder Terry Laughlin. Terry was a former coaching colleague of Tsunami Head Coach Ira Klein and had spent a week training with us earlier in the year. A very kind & gracious man and a terrible loss for the swimming world. We will miss him.

-I am sad for the loss of Terry. My first clinic ever, and several subsequent clinics were with Terry and Total Immersion. - ed

Our Masters Coach Mike Hazard decided to step away from coaching our group late in the year. We appreciated Mike's contributions to the team during the two years he headed our group.

Stepping in to take the reins is Coach Holly Neumann. Holly is an accomplished swimmer & coach. She is in the National Office Staff of USMS here in Sarasota, where she is Manager of their Adult Learn-to-Swim and Foundation Programs.

We look forward to an exciting and fun 2018.



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

St. Pete Masters

<http://stpetemasters.org/>

Ah yes, a new year full of promise, resolutions, and goal setting. While November and December proved to be very temperate, January has reminded us why we moved south and has given several short blasts of colder than normal weather. Despite these cold mornings the pool has been crowded as everyone loves to dive into a pool covered with rising mist. It really is quite exhilarating in the water, although not so much for the coach on deck and the lifeguards watching over us.



Since we last wrote for the newsletter SPM team members have participated in a number of pool, postal and open water events and yes of course they have also had several team socials.

Sarasota

Back in November a sizeable contingent drove down to Sarasota for the Shark Tank SCM meet. We had some newbies competing for the first time in over 20 years – Henrietta Szeredi and Linda Cheng. Tricia Moses made her return to competition as she is motivated to swim strong for SPM at this summer's Pan Am meet in Orlando. Greg Lauwers, in one of his first meets for SPM won his 50 Free and 100 IM. Also showing exceptionally strong performances were Paula Texel, Cheryl Kupan, Eric Herman and David Stiles. As with any



meet in Sarasota a table of SPM swimmers could be found at Yoder's before heading back north across the Skyway Bridge.

Barbados

A lot further south, Andrea Rogers and daughter Chelsea Colwill took part in the 2017 Barbados Open Water Festival, with different open water distance races held each day. Apparently the locals nicknamed Chelsea the fastest swimmer on the island after winning both the 10K and 1.5k events. Andrea was not outdone by her speedy daughter taking second in her age group in the 1.5k and 3.3k events. As with any travel to a Caribbean Island there is snorkeling, scuba diving and of course fruity libations.



Senior Games

Karen Westerman competed in her first Florida Senior Games at the newly renovated Long Center just about a month after completing her first IronMan Triathlon (see story below). Karen was joined by Sheila Carpenter-van Dijk, Kern Davis, Michael Smith and Greg Lauwers. Karen and Kern walked away with several golds and State Senior Game records in their respective age groups.

Postal Swims – 5K/10K Results

Every St. Pete Master swimmer who participated in the 5K/10K in 2017 received either an individual or relay Top Ten or All American in their respective age groups. Twelve swimmers participated in the 5K with Bob Beach who took All-American honors in the 85-89 age group. The women's 45+ team of Livia Zien, Cheryl Kupan, and Sharon Steinmann and the Men's 55+ team of Tim Kennedy, Bryant Davies and Kern Davis also achieved Relay All-American. Seven decided to also tackle the 10K with Brooke Bowman, Kern Davis and Carl Seles earning individual All-American honors and various combinations that included Dawn Clark, Brooke, Melissa Harasz, Kern, Tim Kennedy, Pat Marzulli and Carl earning relay All-American status for 2017. Congrats to all for some fantastic swimming.

Social Events

SPM is a very social team. Most mornings after practice, a large table of SPM swimmers have a post workout coffee and bagel at our local Panera's. This tradition has been ongoing for a good 15 years.

Josh Smith hosted a Game Night with poker, Set and other card games. The annual team Holiday Party attracted quite a few swimmers, spouses and significant others and more recently there was an evening of Shuffleboard at the St. Pete Shuffleboard Club. A forecast of chilly with a chance of showers did not chill the fun.

Tampa Bay Frogman

Tampa Bay Frogman swim is a local fundraising event for the Navy Seal Foundation held each January in the chilly waters of Tampa Bay. This year about 180 swimmers braved the 53 degree F waters of Tampa Bay. Most of us swimming were happy to at least have flat

water with just a mild chop when we reached the shipping channel. Each swimmer was accompanied by a kayaker who acted as primary safety officer. Leading the way in the water for SPM was John Doolittle and his two sons, Sean and Ryan (SPA). They completed their swim, along with Reagan Quilty (SPA) before most of us were half way across the bay. Crossing the Bay this year were Brooke Bowman, Chris Quilty, Christine Swanson, Dawn Clark, Dan Neuhaller, Kern Davis and Pat Marzulli. Those lending their kayaking expertise included: Kathy Selles, Ron Collins, Chris Burke, Danny Nolan and I suspect a few more I am not aware of. Sarah Kwon was also in town to provide kayak support but took ill with the crud (cough, congestion, etc...). On the sidelines to send us off were Charlotte Petersen, Suzzette Seril and a few others.



☆☆☆

IronMan Triathlon, Panama City Beach

By Karen Westerman

*First attempt, first time IronMan! Proud of you Karen
- ed (and Sherpa)*

I started competing in triathlons 4 years ago and have steadily gotten more confident. After completing a half Ironman triathlon in 2015 in Chattanooga Tennessee, I decided that one day I may try to complete a full Ironman. Well, in November 2016, my husband and I decided to sign up for the Ironman Florida Triathlon set to take place in November 2017, so I had one year to get ready mentally and physically.

Since my strong suite is swimming, I decided to focus my training on cycling and running. I hired a triathlon coach who came up with a training plan for me. As the weeks went by, the distance I had to train got longer and longer. I started out at around 2 miles of running and 20 miles cycling. But, in the peak of my training I was up to 20 miles of running and 100 miles of cycling. It was a true test of perseverance because I trained 6 days of the week and was mentally and physically tired all the time.

Leading up the race day, I was increasingly more nervous. Could I finish all 140.6 miles and could I make the 17 hour cutoff? A few weeks before leaving for Panama City Beach, my friend, Sheila Carpenter-vanDijk offered to travel to the race to be my personal Sherpa. What a friend! She not only helped me get everything organized, but also helped calm my nerves, cheered me on,

took pictures, and carried lots of things for me. She was out there the same amount of time: at the swim start, cheering at the bike-out location, on the run leg cheering and then was right there at the finish line waiting for me.



Race Day: It's go time! After going into transition to add fresh drinks and nutrition to my bike, I got body-marked and headed into the host hotel lobby to squeeze into my wetsuit and get my cap and goggles ready. Then we headed down to the beach to enter the start corral early so I could be towards the front of the pack to enter the water. After a cannon blast, people started entering the water and off I went. I've done plenty of open water swims/races, but this was like no other. There were people kicking, slapping punching, swimming into me and over me. It was brutal, but I kept going at a steady pace. After a 1.2 mi rectangle, you exit the water, run across a timing pad and back into the water for a second loop to complete the 2.4 mile swim. Then, a run through sand to get your wetsuit ripped off, head under some makeshift showers, grab your bike gear bag and head into T1 transition. Off I went on a 112 mile bike that took me over the tall Panama City Beach bridge and into a state forest and back again. Now it's time to hand off my bike to a wonderful volunteer, grab my run gear bag and head into T2 transition. After another complete change, I headed off on my marathon, which was two 13.1 mile loops. I was exhausted and my legs were not cooperating since I just finished 7.5 hours on the bike. But, I saw Sheila cheering for me and that gave me a boost to get this run started. Partway into the run, I started to hit a wall, my feet were giving out, my kidneys were killing me (salt overload) and it was becoming very dark. But, nothing was going to stop me. I just kept running and moving forward. The amount of spectators along each leg of the race was astonishing. They were cheering, yelling, holding up signs, and giving high-fives! As I neared the finish, Ryan

Rager appeared out of nowhere and gave me the last pep talk I needed to round the corner and enter the carpeted finish line chute. The lights were so bright, music was playing, people were cheering like crazy and just before I got to the finish line I heard what I had been waiting all day to hear..."From Land O Lakes



Florida, Karen Westerman, YOU ARE AN IRONMAN!" Words cannot express



the feeling of hearing those words after pushing myself for a full year. I did it! Sheila and Russ (who finished before me) were right there cheering, snapping pictures, and propping me up. Ryan was a volunteer that day, and I had the honor of receiving my finisher medal from him.

It was truly an experience I will never forget.



VAST News

Mary Rose Rowan

VILLAGES AQUATIC SWIM TEAM

It won't happen to me. I'm healthy. I swim. I exercise. I'll be fine. Until, that is, there is that heart attack, or TIA, or change in blood pressure, dizziness, or head injury. Then what? Those of us who swim with VAST have had a few scary moments recently and we have discovered the necessity for the immediate availability of emergency contact information. Knowledge of preexisting conditions, medications, telephone numbers of physicians and family members has proven to be vital.

Our coach, Bob Jennings, together with our swim club board, designed an emergency medical form (see next page) that we would like to share with you. Because it COULD happen to you. Everyone on our team was asked to fill out the form, place it in a clear luggage-type tag and attach it to the outside of our swim bag. As you can see by the picture, they are folded and the information is not accessible unless removed from the plastic envelope. The casual observer cannot see it.



Some of our teammates have made additional copies and used on or, or in, gear bags used for other sports and even in luggage used for travel. This form provides the information we think necessary, but it can of course be customized to any need. We hope that it never has to be used. But it could happen to you.

The athletes in our club are all “seniors” and some swim in the USMS-recognized Florida Senior Games.

The Florida State Senior Games Commission offers twenty locations throughout the state for seniors to participate in swim events throughout the year.

For those who qualify, the state championship meet is held in Clearwater in December. At this culminating event, VAST swimmers set 11 state records and earned 168 medals, 95 of which are gold. And we also enjoyed sharing a fun weekend.

VAST Medical Emergency Information Sheet

Print Name on Health Insurance: _____
Address: _____
Age: _____ Date of Birth: _____
Home Phone: _____
Emergency Contact Name: _____
Emergency Contact Phone Number: _____
Does Your Emergency Contact Person Have a Health Problem? Yes: _____ No: _____
If so, What? _____
Have You Been Told You Have a Heart Condition? Yes: _____ No: _____
If so, What? _____
Have You Had A Stroke? TIA? Yes: _____ No: _____
Do You Have a Pacemaker? Yes: _____ No: _____
Do You Have Asthma? Yes: _____ No: _____
Do You Carry an Inhaler? Yes: _____ No: _____
If so, Where Do You Keep It? _____
Are You Diabetic? Yes: _____ No: _____
Do You Keep Food/Drink With You? Yes: _____ No: _____
Where Do You Keep It? _____
Are You Allergic to Insect Bites? Yes: _____ No: _____
Do You Carry An EpiPen? Yes: _____ No: _____
If yes, Where Do You Have It? _____
Are You Allergic To Any Medications or Have Other Allergies? Yes: _____ No: _____
If yes, Please Describe: 1. _____ 2. _____ 3. _____
4. _____ 5. _____ 6. _____ 7. _____
Do You Have Any Other Conditions or Have You Had Any Surgeries That May Result in A Medical Emergency?
If yes: _____ No: _____
If so, What? _____
Do You Take Any Medications That May React to Sun, Heat, Cold or Other Situation? Yes: _____ No: _____
If yes, What Medication would that be? _____
Any Other Information You think May be Necessary in an Emergency? _____
Print Name: _____ Date: _____
Signature: _____

As part of our aquatic life,

VAST partners with the University of Florida in Gainesville (UF). Our liaison with UF is our teammate, John Cornell. John is a favorite alum of the University, as he has consistently been involved with the program since he attended UF in 1947. (When we complain about the cold, he is happy to tell us that when he was on the team “Our Gator swim team swam outdoors, all winter, and in an unheated pool”). John works with the University to coordinate our annual trip to Gainesville where we have an opportunity to participate as timers for a dual collegiate meet. This year we went to UF on January 20, for the Florida-Auburn meet. It amazes us to see the ability of the college swimmers, and we always enjoy the hospitality provided by the University. Our further interest and connection to the Gators is through Elsa and Glenn Kaye. Elsa and Glenn have been officiating and timing for collegiate swimming for over 25 years. They worked at the NCAA, Division 1 championship meets for over twenty years and continue to work the University of Florida home meets in Gainesville—Elsa as head timer and Glenn as an official. And while thoroughly loving these “jobs” they have also participated for many years

in VAST activities; Elsa as a swimmer and Glenn as a coach. Their love of swimming has touched many lives and we are grateful they have shared so much with us.

Good Health and Good Swims in a Happy New Year!



Sun Coast YMCA Masters

<https://www.ymcasuncoast.org/masters-swim>



The Sun Coast YMCA Masters Swim Team, Coached by Pam Owens has been busy these past several months. April Critelli completed: the "Wine Glass" Marathon in Corning, NY; the Long Leaf Dualthon (2nd place for overall female!); the Great West Chase 10K (1st in her age group!). Meredith Harris recently completed the Naples HITS Sprint Triathlon, placing 1st in her age group! Finally, Keith Roberts successfully completed the Florida Ironman in Panama City Beach!



Our last open water swim of 2017 at Clearwater Beach on December 29



Learning How to “Pace Your Race” for Swimming Success

by Matt Keller

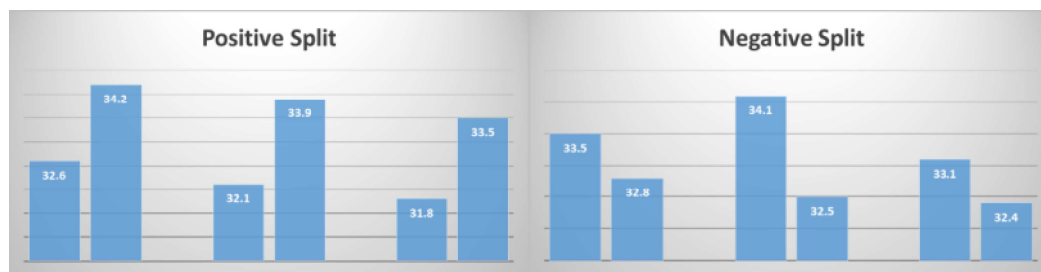
There are different pace strategies for different races, e.g. sprint, distance, or open water. Generally for anything longer than a 50 you need to be able to pace the race – that is control your time and speed so that you don’t die at the end 😊.

In order to control your races you need to “develop a pace clock in [your] head”¹. This can be very challenging to do in swimming where feedback is restricted – it’s difficult to see the clock while swimming and verbal feedback is typically only possible at the end of each swim.

There are several training approaches that can develop your internal clock. Three techniques commonly used are **negative splitting**, **descending**, and **race pace training**.

Negative Split

Negative split means that your time on the second half of the race is faster than your time on the first half. Studies have shown that even or negative splitting is an effective race strategy and results in faster overall times for races longer than 100 yards/meters. The following chart shows a set of example 50 splits for 3 x 100’s, one with positive splits and the other with negative splits.



To learn to control your speed and negative split, you need to practice it every day. Emmett Hines advised that “until you have a lot of experience with negative splitting you cannot rely on your body to give you accurate feedback about your swimming pace”². Your coach might specifically advise negative splitting during a particular set, in which case you should embrace the challenge. However, even if the set doesn’t explicitly call for it, you can still work on it within the context of almost any set.

I’ll also mention “building” here as it is a close cousin of negative splitting. When building a swim, you work on getting faster throughout the swim (e.g. each 50 of a 200 is faster than the last). So your time on the second half should be faster than the first half.

Descend

Descending refers to the relationship of times between repeats in a set. For example, if you are doing a set of 8 x 50, descending would mean that your total time on each 50 would be faster than the previous. Descending a set is also a great way to develop control of your pace. You need to conserve energy at the beginning of the set and step up the effort at the end.

Note that descending can be combined with build or negative split to develop a really fine-tuned ability to change gears.

Race Pace Training

In race pace training, you try to achieve your actual race target times in practice. This might come during special test sets. Adherents to the USRPT³ training program will do race pace sets as the primary training method in every workout.

Again, with race pace training, the goal is to train your mind and body to be able to swim at your goal race pace. If you race pace train often, you will develop a great sense of just the right amount of effort required to swim at your goal speed. Then when you get to the actual race it will be second nature!

The Feedback Challenge in Swimming

"I could tell you swam the last half harder - there is, however, a distinction between harder and faster."² It is difficult to know if you are training at the right pace, especially for anything longer than a 50. I personally didn't learn how to pace until college when I started wearing a watch and looking at it during the streamline after each turn (I know, it kind of defeats the purpose of the "streamline"). Looking at the clock is also similarly challenging. Ideally you will train the way you want to race in the sense of maintaining good stroke technique, good turns, and good finishes and not set them aside in order to get good pace feedback.

Firebelly Gives You SmartFeedback™

There is a new device available called Firebelly that was designed to give you the feedback you need while you swim. Rather than "pace clock peeping" through foggy goggles or trying to see a tiny watch screen, Firebelly's SmartFeedback™ gives you real-time audio announcements of your times, stroke count, lap count, etc., without interrupting your swim. It uses bone conduction audio that is easy to hear underwater. You can configure how often you want to hear your times, e.g. every length or every other length. You can also decide if you want to hear your split time, cumulative time or both, so you always know where



you are relative to your pace goals. Additionally, Firebelly's recorded data allows you to look at a per-length or split-aggregated detail so that you can see exactly how you paced your swims. The ability to export the data allows you to track and compare over time. If you are interested, check out the Firebelly website: www.firebelly.me or Facebook page: www.facebook.com/firebellyme. Firebelly will be available for a limited time at a 15-25% discount as part of a crowd source campaign on Indiegogo launching the week of January 22nd.

Wrap-up

The next time your coach calls "5 x 100 negative split and descend, last one race pace on 3 minutes" you'll know exactly what your coach is talking about, and if you have a Firebelly on, you'll be on track to doing the set correctly and developing your internal pace clock.

1. Riggs, Vic and Renee. "Teaching Race Strategy in Training and Racing: The Power of Negative Split": <https://swimmingcoach.org/teaching-race-strategy-in-training-and-racing-the-power-of-negative-split-by-vic-and-renee-riggs-2001/>
2. Hines, Emmett. "What's All This About Negative Splits?": <http://www.usms.org/articles/articledisplay.php?aid=114>
3. Daniel O. Thompson III, MD. "REVOLUTION IN SWIMMING: ULTRA-SHORT RACE-PACE TRAINING (VERSION 2.0)": <http://coachsci.sdsu.edu/swim/bullets/ultra40a.pdf>

Matt Keller has been a competitive swimmer since age 7, and after more than 40 years, still can't get enough of the sport. He currently swims for Illinois Masters and has competed in Masters swimming since 1994 achieving numerous All-American rankings in the process. He is also the inventor of Firebelly and is very excited to combine his passion for swimming and technology, and give something back to the sport he loves.



Upcoming Events

Swim Around Lido Key

Open Water Swim

April 14, 2018

Sarasota, FL (Lido Key)

7-mile swim with solo, 2-person or 3-person relay options

To register, kayak, or volunteer go to: <https://www.swimwithoutlimits.com/swim-around-lido-key.html>

Tropical Splash

Open Water Race

May 13, 2018

Sarasota, FL (Siesta Key)

1k, 2.5k, & 5k swim options

To register, go to: https://www.clubassistant.com/club/meet_information.cfm?c=1290&smid=9745

For more swims, pool events as well as open water, go to www.dixiezone.org



THE NEXT NEWSLETTER DEADLINE

Sheila Carpenter-van Dijk

Please send newsletter articles to Me!
(sheilacv@verizon.net or 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://floridalmcsc.org>) and in your inbox
In May, 2018, so I'll need your articles by **TAX DAY**
April 15, 2018!



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, kugrad@yahoo.com;**

***Newsletter Editor**, *Sheila Carpenter-van Dijk*, fishtail@usms.org or sheilacv@verizon.net;

***Sanctions**, *Anna Lea Matysek*, kugrad@yahoo.com; **Senior Games Liaison**, *Joan Campbell*, jcampb10@tampabay.rr.com; **Long Distance**, *David Miner*, dminer02@gmail.com;

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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

