



*See our newsletters, present and
past and lots of other good
information on our website:
<https://www.floridalmssc.org>*

Website: <https://floridalmssc.org/>
<https://www.facebook.com/flmastersswimming/>

★★★★★
FLORIDA LMSC TEAM NEWS
★★★★★

▶▶▶▶▶▶▶▶ **Awards Nominations** ◀◀◀◀◀◀◀◀

Nominations please!

Each year, the Florida LMSC recognizes our swimmers, coaches, and volunteers with the following awards:

Florida LMSC Coaches Award

- This award honors coaches who have exhibited outstanding devotion to Masters coaching in the Florida LMSC.

Florida LMSC Service Award

- This award honors those members for outstanding past and present service to the Florida LMSC.

Club Service Award

- This award honors members of individual clubs for outstanding service to their club, past and present, in the promotion of Masters Swimming. One person from each Club can be nominated each year.

Sue Moucha Overcoming Adversity Award

- This award recognizes a FL LMSC Masters swimmer who has overcome adversity and provides inspiration to others while pursuing swimming.

Leather Lung

- This award is meant to encourage swimmers to participate in meets and events, regardless of their speed or ranking, and recognizes them for their personal accomplishments. The award promotes versatility and fitness for swimmers and provides additional motivation to participate in events.

Criteria

▫ The swimmer must be a registered Florida LMSC swimmer, must swim all events in USMS-sanctioned or USMS-recognized events, and 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.

If you know someone deserving of one of these awards, please let us know! **Nominations are open now, and are due by February 29, 2020.** Awards will be presented on June 6 at Beckham's Restaurant following Saturday's events at the Bumpy Jones Classic LCM Meet in Sarasota. More details will follow.

Nominations for the Sue Moucha Overcoming Adversity Award should be sent to Sue Moucha at jbmoucha@aol.com. All other nominations should be sent to Awards Chair Erin Condon at erin@gatorswimclub.com. Please visit our website (<https://floridalmc.org/awards/>) for more information.



FL LMSC Membership Coordinator (Registrar) Update



From your FL LMSC Membership Coordinator, Meredith Moore

Note: "Registrar" title has been changed to "Membership Coordinator" by the USMS National Office.

Early into 2020, we have: **1558 member registrations** - **55 club registrations** - **3 workout group registrations**. 54% Men, 46% Women.

We had 1595 registered for the same period last year.. So, we are at 98% of last year's total for the same period.

We welcome our newest clubs for 2020: FFFL- For Life, For Fun, For Fitness-The Villages; SDAMS - Sea Dragons Aquatics, North Port; SFYH - SKY Family YMCA, Venice; SYMS - Suncoast Y Masters Swimming, Clearwater.

Please keep the FL LMCS website in your favorite places: www.floridalmc.org. Under REGISTRATION, you will find a handy link to print out your USMS card. Under TRAINING, you will find Meet, Training, Certification Programs, and information on Florida Senior Games. Also, on the website, you will find our Board Members, LMSC Reports and By-laws, Meets/Results/Top Ten/All Americans, past Newsletters, and much more!!! On the www.USMS.org website, you can create a "MY USMS" account where you will also be able to print out your USMS card, see your Fitness Log, read SWIMMER

Magazine online, see all your event results, Training Programs, Online Workouts, and much more! Check it out!

Don't forget about the USMS 1 Hr. ePostal Swim. For Registration and Information: https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=12699&_ga=2.73298323.1832245936.1579193706-1581068566.1577653404

2020 U.S. Masters Swimming 1-Hour ePostal National Championship

Wednesday, January 1 –
Saturday, February 29, 2020
Postal Swim Registration



NEWS FROM FACT

Joannie Campbell



February 8-9 was the Valentine Meet at the Long Center complete with Signature boxes of delicious chocolates for the individual winners. This was the first large meet of the year and it was a good turnout. Following this, although not a USMS meet on February 29, is the Good Life Games long course senior games. Be aware that this year is the qualifying meet for the National Senior Games in Ft Lauderdale in 2021. The local Good Life Games will qualify you for the State Senior Games in Coral Springs in December. Many of us enjoy this meet because it is the first long course meet of the year and we have fun seeing that we are tops in National Event Rankings until some of the others catch on.

Coming up in March is the St Pete 50th Anniversary Meet, March 21 – 22nd. We'll be hoping for a warm March – read the information carefully. There are some new innovations here. In April some of us are heading for San Antonio for USMS Spring

Nationals. This meet was really fun last time. The facilities are fabulous and much to do in San Antonio, especially on the USMS 50th Anniversary. The entries for that meet are now open. On to Y Nationals in Orlando this year if you are a YMCA member. These are scheduled for May 7 through 10th.

We have a few people going to Medellin, Columbia for the Pan American Masters meet – we've registered, made arrangements at nearby hotels and even got plane reservations. If anyone is interested in joining us, please get in touch with me. If you are with a small team that's not interested you can join our group 60 days after your last meet representation and reverse it 60 days after. We plan on fielding some relays – always fun.

Several of our members competed in the State Senior Games in Coral Springs in December – actually it looks like we were definitely the winner of the meet, if there was such an award!! It was too long a trip and bad time of year for me as I'm sure it was for many others. We were spoiled at the Long Center for the past 3 years. Congratulations to all the participants. Let's have a repeat this year!!! – we'll be there to join you!

Keep up to date with all the news on our FACT website: www.factmasters.org



Shark Bites

By Jan Miller



<https://www.teamunify.com/TabGeneric.jsp?tabid=204931&team=flsysst>

2019 Florida Senior Games Swim Meet

The Florida Senior Games (FSG) is dedicated to encouraging and promoting healthy lifestyles for Florida's residents over 50 year old, providing Florida's Seniors with the opportunity to compete at the local, state and national level and providing Florida citizens over 50 years of age with an affordable and quality multi-sport festival.

The 2019 Florida Senior Games Swim Meet, one of 24 Game sports conducted December 6-15, was held December 7 and 8, at the Coral Springs Aquatic Center near Ft. Lauderdale. The Meet was Recognized by the Florida Local Masters Swim Club (LMSC) for the United States Masters Swimming (USMS) and conducted in accordance with 2019 USMS Rules in a short course yards venue.

In addition to hosting numerous superbly competitive recreational and club senior swimmers from the State of Florida, 5 volunteer USA-S and USMS Swim Officials dedicated their time,

efforts, skills and knowledge for the Meet. The Meet Referee, Silky Labie, coordinated Deck Officials from Tallahassee (Silky L, John L, Jack G.), from Sarasota (Ross K, Mike W) and from The Villages (Teri) ensuring USMS Swimming Rules were followed and a fair, safe, uniform and equitable competitive condition existed for all swimmers. They provide invaluable support towards a successful Meet with several records for individual swimmers.

The Meet's Senior camaraderie and interactions during the 2 days of competition was fantastic. You smile when you overhear conversations regarding 'the old days of swimming': "There are so many good swimmers coming up behind me," Leech said. "Guys younger than me had the benefit of goggles while growing up giving them the opportunity to spend more time in the pool." Remember those days?

The Florida Senior Games, presented by Humana, are presented annually by the Florida Sports Foundation (FSF), the state's lead sports promotion and development organization, and a division of Enterprise Florida, Inc. The Foundation works in conjunction with a variety of local sports industry partners to present the 24 different competitions. The Florida Senior Games, presented by Humana, an annual amateur sports tradition in Florida, is part of the state's \$57.4 billion sports industry that accounts for 580,000 jobs statewide.

Every year, the Florida Sports Foundation sanctions 21 Florida Senior Games Series Qualifiers in Florida, which lead to the Florida Senior Games in December. The 2020 Florida Senior Games serves as a qualifier for the 2021 National Senior Games which will be held in the Greater Fort Lauderdale and Broward County community in November 5-18, 2021.

-submitted by Mike Whaley of the Sarasota Shark Masters.

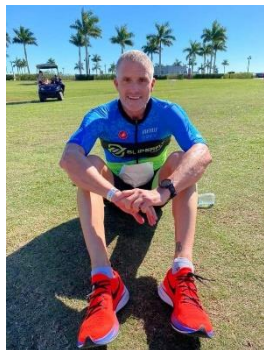
Sarasota Shark Masters celebrate New Year's Day 2020



To start the New Year, the Shark Masters celebrated with a morning swim and get together on Siesta Key Beach. It was a beautiful day, sunny and pleasant. Some individuals participated in the mile



swim and afterwards shared the bountiful goodies folks brought to share.



2020 Hits Triathlon – Sarasota

Congratulations to Shark Master Adam Zucco for his overall 1st finish in the 2020 Hits Triathlon. Way to go Adam.

Looking forward

The Sharks hosted the Gulf Coast Games for Life on Saturday, February 1st. This was a series qualifier for the Florida State Senior Games.

With the New Year now upon us many of us have been asked about goals and commitments. Personally I find using the Fitness tracker (FLOG) on USMS.org helpful and revealing. If you are a Masters member then this tool is available for you. You can track swim yardage and miles as well as other types of exercise. Setting a goal is your option. Even if you do not set a goal it's interesting to see how you are doing weekly and monthly. So start tracking, see how you are doing, if you are motivated, set a goal.

**ALWAYS BE YOURSELF.
UNLESS YOU CAN BE A SHARK.
THEN ALWAYS BE A SHARK.**



St. Pete Masters

<http://stpetemasters.org/>



News from the Outside Lanes...
by Regina Novak

St Pete Masters rounded out 2019 with some very proud moments. 16 women and 8 men took 1st place Local Team honors at the 11th Rowdy Gaines meeting in October. Our women finished first and our men took 3rd overall. Along with high point awards to Karen Westerman, Paula Texel, Cheryl Kupan, Carolina Ticiera, Sarah Swoch and Mike Zabel, our Women's 800m SCM relay team was 0.9 seconds off the word record. We are so proud of our powerful relay team of Marina Falcone, Charlotte Petersen, Paula Texel and Chelsea Nauta.



John Dixon traveled to Washington DC to swim in the DCAC Classic, and came back with some nice medals: gold in the 200yd back and 50yd breast and silver in the 50y back and 100y IM.

In November, several members of our team traveled to Sarasota for the annual Shark Tank Meet. Dedicated swimmers, Jim Esposito, Mike Smith, Carolina Ticeira, and Mike Zabel swam hard both days. Jim had 2nd place finishes in his 100m Back, 50m Fly, and 100m Free events. Mike Smith placed

1st in his 100m IM, 50m Free, 50m Fly, and 50m Breast, which earned him a Top Ten finish for SCM 2019. Carolina Ticeira swam personal bests in her 100m Free, 50m and 100m Breast. Mike Zabel placed 1st in his 200m Free and 2nd in his 200m IM.

Saturday's crew showed their strength with Tricia Moses placing first in her 100m IM and 50m Free, and Greg Salomon 2nd in his 50m Free. John Aversa, Sean Gerrard, Cheryl Kupan, Sarah Swoch and Ken Wazyniak won all their individual events.

Not to be outdone, Sunday's swimmers came ready to race as well. Dawn Clark saw gold in all her events, and swam 9.51 seconds faster than her seed time in the 200m IM. Ananda Kelley placed 1st in her 100m Free, and Steve Freeman in his favorite event, the 200m Fly. John Nixon won both of his events, the 50m and 200m Backstroke. Noelle Ponce placed 2nd in her 100m Free. Sharon Steinmann swam strong backstroke races placing 2nd in her 50m and 200m events, and Livia Zien placed 1st in her 200m IM, 200m Fly, and 100m Breast.



Ryan Dunne represented SPM internationally in the 7th CISM World Military Games in Wuhan China, swimming the 50 and 100m Free and 50 and 100m Butterfly and 3 relays.

The Florida Senior Games State Swimming Championships were held on December 7-8, 2019 at the Coral Springs Aquatic Center, Greater Fort Lauderdale/Broward County.

Representing SPM were iron man John Nixon and sprinter Mike Smith, both of the 60-64 age group, combining for a total of 14 gold! John took four gold, three in each of his backstroke events, 200 IM and silver in 100 IM. Mike collected six individual gold while setting four new senior games records; 25.05 free, 32.08 breast, 27.91 fly, and 105.60 IM.

SPM is ready to celebrate 50 years of Masters Swimming! We hope to see many of you at the anniversary of the longest continuously running Masters swim meet. Join us March 21-22 at the beautiful Northshore Aquatic Complex for our 50th Annual St. Pete Masters/Bob Beach SCY Championships.



Sarasota Tsunami Masters

Celebrates big gains

Looks ahead to exciting 2020

SARASOTA -- Tsunami Masters Swimming hosted its yearly banquet in January and recognized swimmers who are making big impacts on the program. Awards were given for Rookies of the Year, Most Inspirational, and Swimmer of the Year.

Four swimmers were named Rookies of the Year. These swimmers were all new to the program in 2019 and bring a fresh energy to each of their workouts.



Morning Workout Rookies were Donna Leikensohn and Nancy Osgood, whose attendance and support of each other made them notable and noticeable.

Coach Jeff Waddle and Rookie of the Year, lunch edition, Joey Difato.

Joey Difato was recognized as the Lunch Rookie. He is known to turn up the intensity and bring his teammates along for the ride.

Donna Leikensohn (left) and Nancy Osgood with their Rookie of the Year awards handmade by Coach Jeff Waddle



The Evening Rookie was Frank Buffone, who started with Tsunami when the evening practice launched with a group of swimmers brand-new to the sport. That group now swims a couple thousand yards a workout, building up their appetites for pizza night and the other fun socials Frank is always there to support.

Rookie of the Year Frank Buffone (left) and his partner, Tsunami swimmer and USMS-certified ALTS instructor Alan Dee

Tsunami's Most Inspirational Swimmer of 2019 was Ray Morton. Ray is always at the gate, waiting for it to be opened for every practice. He shows up, works hard, asks questions, challenges himself and sets the example for others at every practice. He's also among Tsunami's most interesting swimmers, having led a life of intrigue and travel, and if he tells you a story, it's a gift.

Coach Jeff Waddle (left) and Most Inspirational Swimmer of the Year, Ray Morton



And Tsunami's Swimmer of the Year was Missy Myers. Missy is Tsunami's greatest champion. Swimming is her passion, and it shows in her encouraging attitude toward newbies and the veterans, volunteerism, and her always willingness to help. Missy recruits new members easily – probably because she's so likable. Tsunami and Masters Swimming are lucky to have her as an ambassador.

Tsunami Masters Swimmer of the Year Missy Myers and Coach Jeff Waddle

In other news ...

Tsunami Masters will host the Circus Town Classic Mini-Meet on Jan. 25. [Entries are open until Jan 23](#). This is the first meet the program has hosted. To get ready, the team hosted a starts-and-turns clinic on Jan. 15.

The club will host the USMS SmartyPants Vitamins Winter Fitness Challenge on Feb. 21. This will be a closed practice, [so sign up to join them](#) today.

Tsunami Coach Jeff Waddle is busy, too, with a few other endeavors, including his own adult swim school, [Waddle's Adult Swim Academy](#), which, along with Tsunami, is a 2020 Swimming Saves Lives Foundation grant partner. The first WASA session of SSLF lessons, kicked off Jan. 11 with six students. ... WASA will host a freestyle clinic on Wednesday, Feb. 19, 8-9 a.m. at Arlington Park. [You can register here](#). ... Also, you can join Waddle and many of the Tsunami crew for Saturday open water swims, as they are preparing for the Swim Around Lido. [Contact Waddle](#) for information.



VILLAGES AQUATIC SWIM TEAM

VAST NEWS

Mary Rose Rowan



Our swim club was established in 2002 by 26 founding members. Nineteen of the founders still participate with the team. But the club has grown. We now have more than 80 members between age 55 and 95 and we welcome swimmers with all degrees of skill, physical ability and experience. In order for our Board and coaches to give individual attention to all swimmers, to maintain team unity and social connections, and to provide the best possible outcomes for our very diverse group, a survey was taken of the members' interests.

Approximately a year and a half ago, President Todd Dickson and a committee chaired by Andrea Bradley, compiled a survey to help determine the needs and desires of each member.

One result of this survey, was to add specific programs to our regular monthly meetings. Specialists have provided information about strength training and current nutritional guidelines that were focused on senior swimmers. At other meetings, understanding and using split times and pacing techniques, watches and electronic tracking devices and the many benefits of USMS membership were also demonstrated and discussed.

Trice Hirt and her talented coaches and videographers, used the survey to continue to tweak the first class clinics that are offered for all strokes. Rookies to the most experienced swimmers participate. Each swimmer is evaluated, offered specific drills for their improvement, time to work on these drills and then they are sent a video of their stroke. We are also excited that this clinic format may soon be coming to YouTube.

Another result of the survey indicated a need for a second location for swim practice. With great cooperation from the Villages Recreation Department, the Board has secured an additional pool and practice times. These will be open to all, but especially convenient for our newer members who have moved into a newer section of the Villages.

This survey process was a great tool for planning and for team building. Our incoming president will work with the committee this fall to put forth a second survey to further identify any needs, programs and social activities suggested by the membership. These amazing opportunities provided to VAST members are due to the hours of hard work of the Board and coaches. We appreciate it.

This attention to quality swimming was evident at the Florida State Senior Games. The events were held this year at Coral Springs, the site of the 2021 Senior Nationals. Twenty three swimmers represented Vast at the games. They earned 123 medals and broke several Florida State Senior Games individual and relay records. And, as swimmers often do, had fun getting reacquainted with old friends and admiring the skill of friendly rivals. And, of course, hanging out with VAST swimmers and spouses.

We are looking forward to the many opportunities to be in the water in the next few months. Some volunteer for the Adult Learn To Swim program. Some raced in the Valentine's meet in Clearwater, one of our favorites. Some members are also exploring long course meter, open water and various other meets around the state. But everyone is focused on participating in some way in the Villages Senior Games. The swimming portion will be held April 22 and 23. We hope all of you who are age eligible (50 or over) will join us.



UPCOMING SWIMS

Swim Around Lido Key

Saturday, April 25, 2020

Lido Key, Sarasota, FL

7-Mile Open Water Race around the island of Lido Key. Solo, 2-person, and 3-person relay teams allowed.

Event information and registration: <https://www.swimwithoutlimits.com/event-information/>



The 14th Annual Chattanooga Rat Race will be held at Chester Frost Park as part of the Chattanooga Swim Fest. The Rat Race will be Sunday, May 31.

The 5K open water race, hosted by McCallie Masters and McCallie/GPS Aquatics, is for USMS swimmers or USA Swimming members aged 18 or older. If you are not registered, one event memberships can be purchased during registration.

The event is sanctioned by USA Swimming and United States Masters Swimming and proceeds provide scholarships for Chattanooga inner city lifeguard and swim lesson programs.

DATE:	Sunday, May 31
DISTANCE:	5K
COURSE:	Rectangular in a bay with no current
START TIME:	Tentatively 11:00 a.m. It will start immediately after the Southern Zone relay races.
ENTRY FEE:	\$70, plus one-day registration, if applicable (\$20 USMS, \$15 USA Swimming)
TO ENTER:	On-line registration only at www.ChattanoogaSwimFest.org
DEADLINE:	You must register by May 15
QUESTIONS:	Stan Corcoran, 423-493-5536, corcoran@mccallie.org



Fontana Lake - Best Dammed Lake - 5K, 10K, 15K

Saturday, June 13, 2020

Almond, North Carolina (new Bryson City)

Event information and registration: <https://www.swimwithoutlimits.com/event-information-fontana-lake/>



FROM OUR READERS

Swim Now For Life The Four Pillars of Swimmers growth

Daniel C. Bryndle
Author-Motivational Speaker
Win Now For Life
the Four Pillars of Personal Growth
www.winnow.us

I am adapting my book Win Now for Life, the Four Pillars of Personal Growth for all our swimmers. The first pillar is Stroke Capture. List the strokes you enjoy most or participate with in competition.

The second pillar is Stroke Listing. I like to list the strokes I compete with and list them and the meet distance for each. When I swim daily I swim the competition length for each stroke. My daily goal is a minimum of forty laps for example with a goal of one hundred. That's just a goal.

The third pillar is Momentum. Once you consistently swim laps every day or every other day you will be able to look for and listen to the momentum you are obtaining. Friends and family will say things like, "you're doing something different". "Did you change your hair color?" "Have you lost weight? You look great". Listen for others comments because they will come. That is the momentum you've gained from your swimming.

The fourth pillar is Safety. Listen to your body talk. Do your stretches in or out of the water. Tap down the determination and enjoy the pleasure of each stroke. Reach and feel the joy in every extension. When your body feels the stress change the stroke or even walk a lap or two to settle down or call it a day. Every day you swim is a day your swimming towards a healthy and fulfilling life.





Please send Your Team News to Me!

(sheilacv@verizon.net or fishtail@usms.org)

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

If you have questions about format, or content, be sure to ask me!

The next Team News publication is scheduled to be on the web (<https://floridalmc.org>) in May, 2020, so I'll need your articles by **TAX DAY, April 15, 2020!**

Your Current Florida LMSC Board of Directors

(* Elected positions)

***Chair**, Jillian Wilkins, wilkins.jilliananne@gmail.com

***Vice Chair, Bob Jennings, guman1953@yahoo.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-vanDijk*, fishtail@usms.org or sheilacv@verizon.net

***Sanctions**, *Anna Lea Matysek*, kugrad@yahoo.com

Senior Games Liaison: *Mike Whaley*; whaleym@gmail.com

Officials Chair: *John Fox*; john.fox1@live.com

Long Distance and Open Water Chair, *Erin Condon*; erin@gatorswimclub.com

Coaches Chair, *Scott Bay*, scottbay@usms.org

Fitness, *Daphne Elliott* - Daphenglish@gmail.com

Social & Awards Chair, Erin Condon, erin@gatorswimclub.com

Webmaster, Meegan Wilson, meegan@kodhaus.com

Safety Chair, Patty Nardozzi, pnardozzi@hotmail.com





2020 National Coaches Clinic ~ Save the Date

Dear Meredith,

The USMS Coaches Committee and Club and Coach Services is happy to announce the 2020 National Coaches Clinic (NCC) will be held October 16-18, 2020 in Las Vegas. Please include this information on your LMSC website and add to your calendar of events. You may want to consider offering scholarships or stipends to your coaches for the registration fee, travel, or hotel costs. Registration opens in March and is limited to 115 coaches.

October 16-18, 2020

Westin Las Vegas Hotel & Spa
160 E. Flamingo Rd.
Las Vegas, NV 89109

Buchanan Natatorium UNLV
4505 S Maryland Pkwy,
Las Vegas, NV 89154



Full details, including registration fee, hotel cost and agenda will be available in March

Agenda

Friday, Oct. 16

Welcome reception - Official welcome, opening remarks by USMS and Friday evening speaker

Saturday, Oct. 17

General session - This all day session includes five program presentations delivered by leading industry professionals. Details to be announced in March

Sunday, Oct. 18

Pool clinic session - Details to be announced in March



Your Friends in USMS Club and Coach Services
clubservices@usmastersswimming.org | 941-256-USMS (8767)

#MastersSwimming

