



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

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

★★★★★
FLORIDA LMSC NEWS



This cartoon appeared in our February 1993 Florida LMSC Newsletter, submitted by Suncoast Masters. It is reprinted here to remind everyone to “never give up no matter what” in these trying times.



USMS Awards

Bob Jennings

We have some incredible volunteers and coaches in the Florida LMC. If you know an individual that fits the criteria for one of the below awards PLEASE NOMINATE THEM.

U.S. Masters Swimming Coach of the Year Award

Since 1986, the 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:

Kenny Brisbin

Chair, Coaches Committee

coaches@usmastersswimming.org

[Award Recipients](#)

[Nomination Form](#)

Nominations are due by July 1

U.S. Masters Swimming Dorothy Donnelly Service Award

The award is presented annually to USMS registered individuals whose volunteer service has contributed to the growth, improvement, or success of U.S. Masters Swimming locally, regionally, and/or nationally. Dot' Donnelly was a member of USMS at its inception. She tirelessly served as coach, meet director, and ambassador for our organization, and served as our elected Secretary, maintaining the national office from her home for many years. Individuals are selected based on their accomplishments that meet the USMS goals and objectives. A one page nomination letter should include type of service, length of time, and where service was performed, and how the activities contributed to or impacted the club, LMSC, or USMS.

[Award Recipients](#)

[Nomination Form](#)

Nominations are due by July 1

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

The U.S. Masters Swimming Coaches Committee initiated a new 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.

[Award Recipients](#)

[Nomination Information](#)

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.

[Local Club Nomination Form](#)

[Regional Club Nomination Form](#)

[Award Recipients](#)

[Nomination Information](#)

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.

To submit a nomination, follow the instructions and complete the nomination form from the link below.

Submit nominations electronically to Nancy Ridout- nancyridout@usms.org

[Award Recipients](#)

[Nomination Information](#)

[Nomination Form](#)

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- Fitness@usms.org.

[Award Recipients](#)

[Nomination Information](#)

[Nomination Form](#)

Nominations are due by July 1

U.S. Masters Swimming Long Distance National Championship Award

The Long Distance National Championship Award is presented annually to a USMS registered individual or group who has made significant contributions to the success and promotion of USMS Long Distance National Championship events. These events include five e-Postals and six Open Water events.

[Award Recipients](#)

[Nomination Form](#)

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.

[Award Recipients](#)

[Nomination Form](#)

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.

Please use this form to nominate a candidate for the USMS Open Water Service Award. Fill out completely to give your candidate the best opportunity to be selected. Submit by email no later than July 1 to openwater@usms.org. You may attach supplementary information, candidate's open water resume and letters of support as appropriate.

[Award Recipients](#)

[Nomination Form](#)

Nominations are due by July 1

U.S. Masters Swimming Officials Excellence Award

This annual award is given to a Certified Official in recognition of outstanding and significant contributions to U.S. Masters Swimming at the international, national, zone, and/or local level, including pool and open water competitions. The recipient does not require membership in U.S. Masters Swimming. An individual may receive this award only once. The recipient may be a currently active official or one who has retired from officiating or is deceased.

[Award Recipients](#)

[Nomination Form](#)

Nominations are due by July 1





FL LMSC Membership Coordinator and Communications Update

Meredith Moore

Unfortunately, the CoVid19 Virus put a damper on our registrations for March and April. As of April 20, 2020, the FL LMSC has 1819 registrations for 2020. Last year at this time, we were around 2060, so we are about 12% behind for 2020. Last year in March, we had 113 registrations, this year only 45. In April last year, we had 93 registrations with only 3 registrations this month so far.

We welcome our 2 newest clubs for 2020: BSSM - Bolles Sharks Masters, Jacksonville; and MSSA - Miracle Swimming School for Adults, Sarasota.

It's definitely hard to believe that virtually every part of our daily lives has been altered in the past month or so! It so important now than ever before to set aside time for self-care - bike riding, walking, video exercises, stretch cord stationary swimming in your backyard pool, etc.

Stuck at Home? Here are some resources to use until we can get back to our teams, our pools and our beaches:

Dryland Workouts You Can Do From Home -

<https://www.usms.org/fitness-and-training/articles-and-videos/articles/dryland-workouts-you-can-do-from-home>

Swimming Specific Yoga Classes Designed Specifically for Swimmers

<https://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html>

In the meantime, stay active, stay healthy, and most important, stay SAFE!!!
Hope to see everyone back in the water SOON!!!!



NEWS FROM FACT

Joannie Campbell



The 50th anniversary of United States Masters Swimming has unfortunately turned into a very short season. Many of us are trying to keep in shape with dry land exercises in our homes and in the warmer climates maybe tethering ourselves in a 10-yard facility. Fortunately we did get a few meets under our belts before things shut down in March but we were definitely the lucky ones. Our Valentine Meet in early February gave us some short course times and we had a good turnout. All went smoothly and our very few representatives for FACT women took a third place and many of us were happy with our Valentine candies. As part of the 2019-2020 season the times that were achieved since May 31st 2019 count – this means the State Senior Games in December 2019 and the National Senior Games in Albuquerque will count for the SCY season. Also, if any of you competed in the Good Life Games Long Course Senior Meet February 29 at the Long Center, those times will count for the 2020 Long Course Season, which lasts until September 30th. Depending on circumstances, this may be your Long Course 2020 Meet.

The Pan American Games were scheduled for June in Medellin Columbia and have been postponed until 2021. We hope that by that time we will have a vaccine and be able to travel.

Please keep advised through the FACT Masters web site and our Dixie Zone site (www.dixiezone.org). There are several meets coming up that are on the schedule and the Dixie Zone site will give you information on the status. Our USMS Convention in September is in Jacksonville – this too may be held in a different form. Life has changed for all of us this year and hopefully we will stay safe!!

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



2020 Florida Senior Games and 2021 National Senior Games update

Mike Whaley

State Senior Games: Due to the evolving nature of COVID-19, the Florida Sports Foundation is actively reviewing and evaluating the 2020 Florida Senior Games sports schedules. They will continue to monitor the conditions and make decisions of any postponements or cancellations. The Florida Sports Foundation realizes that when a decision is made pertaining

to postponing or cancelling some may agree and some may disagree. The State Senior Games are diligently reviewing and discussing the situation along with input from appropriate authorities. There are many facets to consider, thus decisions will not be made lightly. For the most current status of events, please visit the NSGA (National Senior Games Association) website (www.nsga.com) with Florida Games links, downloadable contact list, and master calendar.

National Senior Games: NSGA is analyzing potential impacts on State Senior Games and the qualifying process for the National Senior Games in 2021. They are reviewing several potential scenarios and considering many factors. If the situation requires that changes are made to the current qualification process, NSGA will continue regular communications with the Florida Sports Foundation for Senior Games to share information to athletes.

Be assured that the NSGA organization will find the correct path forward once the situation eases and activities can proceed. Watch for updates and we will continue to inform you about the road ahead. Better days are coming!



St. Pete Masters
<http://stpetemasters.org/>



News from the Outside Lanes...
by Regina Novak

Like all of the swim clubs across the country, the SPM team was gearing up for an action packed 2020, celebrating the 50th anniversary of our team, of Masters swimming and our annual Bob Beach SCY Championship meet, the longest continuously running Masters meet in the country.

Our members have many goals and high hopes for a successful season, personal best times and some medals to show for our hard work. We did not guess that March 16 was the last day we would be getting into our beautiful Northshore pool for the foreseeable future. We miss our second home, we miss our teammates, and we miss swimming our workouts. I have no doubt that when we get back to our training ground, we will never take our pool for granted and will approach each practice with a sense of gratitude and hope.

Prior to our shutdown, SPM had some great swims. The 11th Annual Tampa Bay Frogman Swim, fundraiser for the Navy Seal Foundation, took place in early January. This year Chris Swanson, who tries to spot as many SPMers as she can, found Kathy Selles and Dawn Clark, Chelsea Nauta and Rob Tullman, Josh Smith, Ananda Bergeron, Pat Marzulli, Ryan Rager, Ron Collins,



the Quilty family, and of course the Doolittle crew. Sarah Kwon was there kayaking for Michael, and Laura Kaleel paddled over from Tampa to watch the start. A big shout out to all those who supported this wonderful event.



Also in January, 13 members of our team participated in the inaugural Circus Town Classic Mini Meet and had some impressive results. Congratulations to Jennifer Stringer, who won all

her events in the 45-49 age group, Paula Texel took first in 4 events and 2nd in the other two, and Cheryl Kupan who won her 200 breaststroke and 500 free. On the men's side, Ken Wazyniak placed 2nd in both IM races and special kudos to Kevin Hickam for swimming in his first meet with SPM!



In February, SPM came out strong with 30 swimmers at the annual Valentines Meet in Clearwater.

On the women's side, Lisa Flanagan took 1st in the 50 and 200 breaststroke; Alison Hayden and Allison Retotar took first in all their events; Karen Westerman took first in the 50, 100 and 200 backstroke, as well as the 50 and 100 butterfly; Sharon Steinmann, back from healing a broken foot, took first in the 100 and 200 back, and Martha Gipson took first in the 100 breaststroke. High points



went to Carolina Ticeira, Paula Texel, Karen Westerman, Sarah Swoch and Cheryl Kupan.

On the men's side, Ken Wazyniak won all his events, and Sean Gerrard, Eric

Herman and Ryan Rager swept up the top 3 spots in their events for the 45-49 men. Jim

Esposito took first in all his events, and Ron Collins took a high point. Steve Freeman took first in the 100 and 200 fly, and Mike Smith and Kern Davis took high point in their respective age groups. The amazing results of our team resulted in a first place for men, women and team!



SPM also had a nice showing at the Good Life Games in March. Dawn Clark, Kern Davis, Martha

Gipson, Cheryl Kupan, John Nixon, Mike Smith, Sharon Steinman, Paula Texel, Susan Tokayer, Karen Westerman and Mike Zabel all participated and made our team proud.



Sarasota Tsunami Masters

Holly Neumann



Tsunami's Circus Town Meet A Success

Tsunami Masters hosted its first meet, the Circus Town Classic, in January. More than 80 swimmers representing 18 clubs came from around the state to compete and have fun. The club appreciates all who swam, timed, or otherwise supported the event and looks forward to having everyone back next year.

While most of the Circus Town events were on the shorter side, many Tsunami Masters swimmers showed up for distance events, too.

Both Tracy Grilli and Coach Jeff Waddle brought home podium finishes in the Hogfish Open Water 2.4-mile swim, held at Coquina Beach on February 15.

The club hosted the SmartyPants Vitamins USMS Winter Fitness Challenge 30-minute swim at the end of February, and 19 club members participated.





Karen Einsidler, Nancy Osgood, Donna Liekensohn and Coach Jeff swam the 2020 USMS 1-Hour E-Postal National Championship, as well.

Tsunami Masters wishes health and wellness to all as we await a return to the water.



VILLAGES AQUATIC SWIM TEAM

Julia Hayes

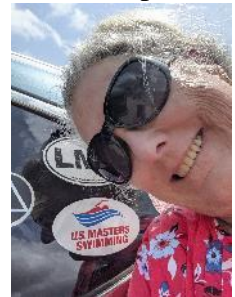


A dream came to me...as a competitive swimmer my whole life, I knew if I asked it might work. So here it is.

Several weeks ago in my dream, I knew that there are millions of competitive swimmers in this country and as protective eye gear we use goggles which are packaged, sanitized, and already made. So I began inquiring. I started with the Center for Disease Control (CDC) for the restrictions on Personal Protective Equipment (PPE) eye protection. The CDC confirmed that my idea was valid! I then contacted USMS and they donated 200 goggles!



I delivered the goggles to the UF Health The Villages Hospital and was surprised with a beautiful thank you letter from the Hospital Volunteer Coordinator. I wanted to share this with you and all our swimmers. So if you want to contact me for more details, please do (jyhayes1953@gmail.com).



Please be safe. By the way I am way over a month at home with the exception of having gone to Sarasota, pick up these goggles and deliver them to the hospital. What a joy it was for me to get out! I'm safer at home due to a compromised immune system.

Bye for now. Julia Hayes

-a bright light in this time of crisis- Meredith Moore
The hospital was grateful for the donation and the letter said
“ In these trying times, your kindness inspires and humbles us”.-ed



FROM OUR READERS

New Facebook Swimming Group

Kevin Jacobs, a USMS member, on the board of directors for Lake Highland Masters Swimming group has created a new Facebook group: "Central Florida Open Water Swimming:"

<https://www.facebook.com/groups/CentralFloridaOpenWaterSwimming/>

The page was created to help swimmers in Central Florida find people to train with, races, tips, etc. Kevin wants to share the page with Florida LMSC.



Update from open water swimming in Orlando

Lucky Meisenheimer

The Golden Mile® swim this year has been postponed due to the COVID-19. The original date was May 23rd in Orlando, Florida, at Lucky's Lake Swim. The event is rescheduled to October 11th. We will combine the Golden Mile® with the Rowdy, and Lucky 1-mile swim during the Rowdy Gaines Masters Classic.

If you have already registered for the Golden Mile®, you do not have to do anything; your entry is good for the Golden mile on October 11th. This race will be a USMS sanctioned open water event. As with last year's Golden Mile®, there will be top three awards for each age group. For the overall winners and the winners of the age groups division, we will have real gold medals. The gold medals are double the gold content of Olympic gold (And nobody's getting an Olympic gold this year) www.DocLuckysGoldenMile.com

Also, the silver medals will be 16 Troy ounces of sterling silver. The bronze medals, well, they're just bronze. Survivor medallions will be awarded to all folks that survive this swim. If you get swallowed by a gator or the Lake Cane Monster, you will not receive a survivor medallion, unless they cross the finish line with you in their belly, and they must notify the head referee.

For the first time in 30 years, the daily Lucky's lake swim is closed due to the COVID-19 pandemic. Lucky's Lake swim is unlikely to reopen until regular public swimming pools reopen. We will have updates at www.LuckysLakeswim.com; you can sign up for the blog or join our Facebook group page and find out the minute we open.

There are questions about whether or not Lucky's Lake Swim annual midnight swim will occur on July 3rd. Right now, I think we're looking at about a 50-50 chance of this going off. Again you can follow Lucky's Lake Swim on Facebook, and we will keep everybody updated. At the annual midnight swim, we watch a horror film of an aquatic monster eating people, and then everyone swims across the lake at



midnight. As you might imagine, this is very popular, as most open water swimmers do not have all of their neurons wholly attached in the correct order.

Everyone stay safe and virus free-Lucky



An Athletes Most Powerful Training Tool

Scott Mairose

www.lakegators.com

As athletes and fitness enthusiasts in a digital world, we measure everything from our heart rate to our VO2 MAX. Many of us live by our stats and how much time we spend working out, but we only give one of the most important aspects of our training little or no attention: our mind (thoughts and beliefs).

Whether you are a swimmer, triathlete, or a runner, your mind can be the biggest reason for success or failure. This can be most evident in golf. If you have ever watched the British or US Open, you have seen the leader on the final day totally collapse on the final few holes. Why? Not enough practice? No, he or she lost focus. You could say they "lost their mind".

A well-trained mind is an athlete's greatest tool. While equipment and training techniques are beneficial, the real difference is how you think, what you believe, and what you say to yourself and others.

Training the mind starts when the alarm goes off in the morning and it is cold and dark outside, you swim in an outdoor pool, and your bed is nice and warm. If you pass this first test and get out of bed to go to practice, test 2 is what you are saying to yourself while you are swimming. Are you in a "can do" or "can't do" thought pattern? Do you hold back or push through the discomfort? The final test is how you live the rest of your day. What are your thought patterns outside of training and competing?

Here are some basic steps to consider:

1. Awareness

The first step is becoming aware of your thoughts and beliefs. Every moment of every day what are you telling yourself about yourself? About your circumstances? About your ability?

2. Change the program

Begin to selectively choose your thoughts and beliefs and change any areas where you have limiting beliefs or negative self-talk. I jokingly say when I notice I am acting a certain way that "Scotty 1.0" is running. You have the power to change your programming and it will change your life.

3. When to practice

You can do it in conjunction with your physical training, work, or even when doing things like washing the dishes. I enjoy doing the dishes because it is my time to quiet my mind, reinforce my beliefs and focus on my thoughts. Pick a daily activity where

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 and Records**, Cheryl Kupan, ckupan@gmail.com

***Membership Coordinator and Communications**, Meredith Moore, MAMoo49@aol.com

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

***Top 10**, Anna Lea Matysek, kugrad@yahoo.com

Co-Top 10, Jim Matysek, matysekj@gmail.com

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

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

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

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