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and past and lots of other good  
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<https://www.floridalmc.org>

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★★★★★  
**FLORIDA LMSC NEWS**  
★★★★★



**Update from your FL LMSC Membership Coordinator  
and  
Communications Chair**

Meredith Moore

The CoVid19 Virus is still putting a damper on our registrations. As of July 25, 2020, the FL LMSC has 1964 registrations for 2020. Last year at this time, we were around 2374, so we are about 17% behind for 2020. USMS is also about 20% behind last year's figures. Last year in June, we had 91 registrations, this year only 19.

We welcome our newest club for 2020: FES - Florida Elite Swimming in Land O Lakes.

It's definitely hard to believe that virtually every part of our daily lives has been altered in the past several months! 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 USMS resources to use until we can get back to our teams, our pools and our beaches:

<https://www.usms.org/fitness-and-training/articles-and-videos>

<https://www.usms.org/fitness-and-training/articles-and-videos/articles/us-masters-swimming-launches-exclusive-workout-library-for-members>

<https://www.usms.org/fitness-and-training/articles-and-videos/articles/seven-effective-drill-and-pace-sets-for-triathlon-swim-training-that-wont-bore-you>

<https://www.usms.org/fitness-and-training/articles-and-videos/articles/what-athletes-over-60-should-know-about-working-out>

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



**NEWS FROM FACT**  
*Joannie Campbell*



Sadly we are following our February Newsletter filled with hopes for a fabulous season and plans for Nationals and Pan American Games and reports of successes at State Senior Games at the end of 2019 and anticipated qualifying meets for the coming season still with hopes, but farther into the future.

The Valentine's Meet in February at the Long Center did make the Short Course Season abbreviated calendar and everyone enjoyed the great Candy hearts for high points – becoming a popular tradition. The Good Life Games senior meet on February 29 became the only long course meet in the United States so far this year and may be the only one. Other meets in this category are on the schedule with “to be determined” and the near future does not look good. To all those that swam this meet, take a look at Event Listings on the USMS web site and note that you are definitely in the Top Ten for 2020!!!

With many of us struggling to get pool time still, having to make reservations for limited time periods, swimming in our back yard pools and following virtual workouts from our limited team participants, 2020 has been a very different world. My aging up to 90 did give me one competition – the Good Life Games – but that's it. Betty Lorenzi was pretty much quarantined in North Carolina for the winter. She is now in Wisconsin for the summer. John Corse, who was looking forward to his 96 season has just been released from Mayo in Jacksonville. He contracted the Covid-19 but fortunately had a mild case –

about two days of “lots of sleep” and medication and out of the hospital within 14 days. His wife has still tested negative and we hope that they both stay healthy. I have not heard of anyone on our team other than John that has had to fight the VIRUS, which we pray stays true until we have a cure and get back to normal.

I’ve talked to our workout group at the Villages – VASTF – and they tell me all are doing well. They are working on some of the virtual swims that we’ve seen in our USMS correspondence. Take a look at them and let us know if you are participating. Our USMS Annual Convention was cancelled and our committees are meeting through ZOOM and trying to transact business that will be handled at our Virtual Meeting in September. The qualifying times for the National Senior Games in 2021 I understand will be grandfathered so that if you qualified for Albuquerque last year, you are “in”. Keep an eye out for further information.

As of this writing the Pan American games that were postponed are to be held the end of May in Medellin, Columbia. I understand this will be the only International FINA meet in 2021. In 2022 the World Masters meet will be in Japan I believe. I hope to make that one.

Keep up to date with all the news on our FACT website: [www.factmasters.org](http://www.factmasters.org)



### **National Senior Games News**

By Mike Whaley, FL LMSC Senior Games Liaison

Let's all do the “National Senior Games Step Up Your Game Challenge”!

How about having a fun and free competition with other senior athletes and friends from around the country? Compete as part of your state team in the “National Senior Games Step Up Your Game Challenge”!

This is a virtual challenge between the State Senior Games organizations and will take place from July 23-August 21. You can set up your profile now following:

<https://www.healthycommunity.ca/LWL/default.aspx>

Create a user profile, and when asked “Which Group Do You Belong To” from the drop down menu, choose “OYOH” Physical Activity New Registration. When prompted, enter the Challenge password: seniorgames.

Starting July 23, record your exercise, steps, and various forms of physical activity. Lots of things count as physical activity — even things you have to do anyway! Gardening, housework, and even shopping are all great ways to get moving, and all can be converted into steps. You can also sync your fitness tracking device (i.e., Fitbit, Google Fit) to the program!

The challenge is also open to individuals of all ages, so encourage your children, grandchildren, neighbors, family and friends to participate with you by sharing this website link and Challenge password, seniorgames.

National Senior Games Association (NSGA) partnered for this challenge with the Louisiana Governor's Council on Physical Fitness and Sports, which has been offering this time-tested virtual platform with great success, according to Andrew M. Walker, NSGA Director of Health and Wellness. "We have been doing things to keep athletes moving during this slow-down period, like offering alternative exercise and well-being resources on our website," he said. "This Step Up Challenge is a logical next activity for the summer, especially since it's also a competition and we know everyone is wanting to scratch that itch. I am curious to see what teams claim the top spots and which region will produce the top teams."

Let's all step up this summer!



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



News from the Outside Lanes...  
by Regina Novak



SPM swimmers are **THRILLED** to be back in our beautiful Northshore Aquatic Center (NSAC)! We re-opened Monday May 4, and were given back a hint of normal life. Under a most thoughtful and orderly plan with safety at the forefront, we are able to sign up for

45 minute time slots to enjoy our time in the water and work out. Each swimmer is assigned a lane, with odd and even lanes starting at opposite ends of the pool and well-defined entrance and exit paths to adhere to social distancing guidelines. Pool hours were extended to maximize lane availability, and the pool staff is doing an amazing job implementing the plan. Our teammates continue to find ways to adjust their training to fit the current environment. Some of the fun and innovative ways our team members stayed in shape during quarantine include:





Ron Collins has been swimming and prone paddling to stay in shape.

Sheila Carpenter-van Dijk is busy getting, recovering from, and rehabbing two necessary surgeries: one total hip replacement (her second) and a total knee replacement. She jokes that she will be bionic, but Sheila says, "I want to be able to live without pain...and to swim faster!"



Peter Betzer and his daughter are enjoying some father/daughter time while exploring St. Pete with long daily walks.

SPM board president Phil Harasz built his own gym in the backyard when his gym shut down. When NSAC was closed, he swam in Tampa Bay. Phil's advice to surviving the pandemic is "improvise, adapt and overcome."

Tricia Moses has been painting and has two of her paintings being shown at the Morean Art Center. One of her paintings is of one of our beloved staff members at NSAC, Alberta Quarterman. <https://www.moreanartscenter.org/morean-arts-center-upcoming-exhibits/>



Sharon Steinmann, amazing

swimmer and business owner (Shaybali is an apparel importing business) donated tons of fabric and swatches from her business to sew face masks. Initially this project was to provide masks to essential workers, but now her beautiful and

unique masks are being worn around town by her teammates.

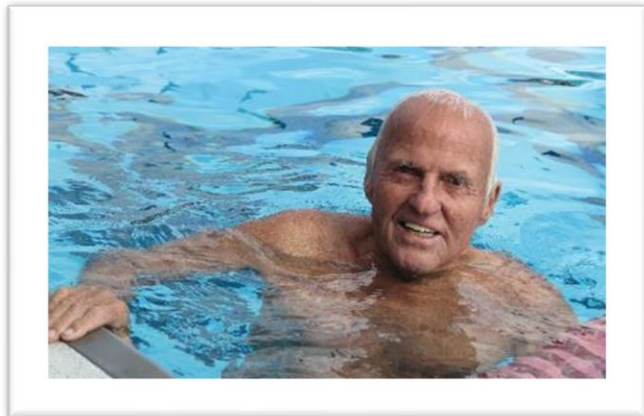
Several team members took the bay and gulf to get some laps in while the rest of our options were shut down. Teammates Veronica McCumber and Tabitha Brandt challenged each other to a "Self-Tri Challenge" to motivate each other and get excited to accomplish a "race."





Our heartfelt congratulations goes out to team member Tori Kirkman who got engaged recently. After three and a half years of dating, miles and miles of open water marathon competitions partnering, Tori Kirkman and Donnie Sigley will be partners in life!

Coach Kim Brackin is back to private lessons and has many age group swimmers anxious to improve their stroke during this "off" time. Many of our swimmers are working hard to up their performance, so when competition returns, they will be better, faster and stronger!



And last, but not least, Judge Robert Beach, one of the founding members of USMS Swimming, and founder of our team turns 90 this month! Happy birthday, Judge! Thank you for all you have done for our sport!



## VILLAGES AQUATIC SWIM TEAM

### VAST NEWS

Mary Rose Rowan



Members of our VAST swim club all reside in the age-restricted retirement community of The Villages. Because we are an elderly population in the high risk category for the covid infection, we have been carefully watching the news, following the state and local Villages guidelines and being careful of our own personal health needs during this pandemic. Statistically, we are very vulnerable to this disease.

We have approximately 85 swimmers in our club. Twenty five members rank in the 65+ age group, fourteen in the 70+, seventeen in the 75+, six in the 80+ three are over 85, with one member over 90 and one over 95.

Despite these very high risk age groups, we have been successful in maintaining good health. To date, no one has developed symptoms or has been hospitalized. The continued good health of all of these seniors can be attributed to many factors. The efforts of our community leaders, the modifications of activities by the rec department and the availability of exercise options are all conducive to a healthy lifestyle.

And perhaps the current healthy outcomes for our club members are also due to our good fortune to have scheduled, coached swim practices. For over 15 years we have been able to enjoy regular, purposeful and safe workouts. Endurance and respiratory health is enhanced. Strength and flexibility are maintained. We challenge ourselves and each other to constantly improve fitness levels through friendly competition. And although, in the winter months, we occasionally complain about our chilly outdoor facilities, we are now thankful for the safe environment the open air provides to us.

Comments are often made in jest about “swimming is my life,” “swimming is a lifeline”, “swimming is social life,” “swimming keeps me going” etc. Perhaps these casual comment are more accurate than we knew.

The virtual meet organized by USMS will be a new and interesting experience for VAST. Our coaches and Board are encouraging us to try this event and will be providing a scheduled time during August practices to participate in the meet.

As usual, they will provide registration and meet information for the “elderly” who may be a little intimidated by a different kind of meet. The swim will be organized, safe and best of all, FUN. The USMS has given us a light at the end of this tunnel!



## Update about open water swimming in Orlando

### Lucky to Swim

By Jay Madigan

Are swim event cancellations driving you nuts? Dryland exercises demo-ed on ZOOM not your thing? Good news. Open water swimming was recently rated by the Italian National Olympic Committee as having 'almost no possibility' of spreading infection on our coronavirus-plagued planet. Yes, open water swimming has a legitimate chance for a come-back.

How then, you ask, do you plan a SAFE re-entry to swim? More good news. We have a great example you can apply right in your hometown. Lucky's Lake Swim. No less than the longest running daily, free, open water swim event in the country, has just staged a return. In three decades, Lucky's Lake Swim has become an experience, unlike any other swim event. The year-round, iconic, one-Kilometer swim is hosted by John "Lucky" Meisenheimer, M.D. at his home on Lake Cane in Orlando, Florida. It is open to qualified swimmers every day of the week but Sunday [www.LuckysLakeSwim.com](http://www.LuckysLakeSwim.com).

Lucky has a SAFE re-entry plan, managing the risks of welcoming swimmers to his very own backyard. Prototyping the safest practices by following public health guidelines, using social media, signage, engaging volunteers, rewarding veteran lake swimmers, and plain common sense he found a way to make a truly athletic event work in these weird times. This takes guts.

While people in some walks of life are breathing relief, sporting events remain closed. This is mainly to keep crowds from forming. Experts predict this epidemic's curve is on the back slope. Still, we have robust data that deaths will persist as we come off the peak. Going back to what was "normal" puts people at risk for contracting the virus. Once the State of Florida issued guidelines for re-opening Lucky faced the question – how to re-open without giving the virus what it wants.

An open water event can be a safe event. The real trouble? Enclosed environments, poor air circulation and high density of people with multiple contact points. Reopening an open water event safely can take place as long as it includes taking a few basics precautions:

1. Limit the bottlenecks of people standing or walking closely. Lucky's has no more than ten (10) swimmers at any given time admitted to each of two properties (his swim launch starting points).
2. Create a NO-Contact experience. No on-site sign-ins, no transactions, no stamps, no wristbands, no toilets, no showers. Lucky encourages swimmers to focus on getting in the water, swimming, and getting out. He allows 2 laps (that's a total of 2k) and you sign-up on Facebook.
3. Provide sanitized safer swimmer buoys. Inflatable buoys are available and sanitized before and after use by volunteers. All volunteers wear masks and gloves.
4. Insist on social distancing. Swimmers are instructed to not congregate and even encouraged to park their cars six feet apart.



**The real competition in SAFE open water swimming? The virus. Don't let it win by giving it what it wants – exposure and more exposure. Of course, when lives and livelihoods are at stake, a sporting event rightfully takes a back seat. If, however, the organizers of your favorite open water swim are on the fence about re-opening, don't listen to the "Do-nothings". You know them. Their inertia outweighs their inspiration. When the consensus of "doing nothing" is the default answer to the opportunity to re-open open water swimming tell your friends in fact you can swim, safely, in open water over and over again.**

In what follows this summer do not add fuel to the viral fire by reopening unsafely. Weather will soon allow open water swimming in the North, Mid-West and Western States. Yes, the main sources for infection are home, workplace, public transport, social gatherings, and restaurants. Still, we must keep open water swimming where it is - #1 in SAFE re-opening sports. Open your open-water swim with the well-articulated purpose and actions needed. Ask your re-opening team a few questions:

- If we open, can we control the number of people attending in a fair, easily communicated way?
- Can we maintain consistent rules, and the observance of the rules?
- Can we do all this and make it fun too?

We are in a unique time in our country, in our world. What we do now we will be remembered. Time for open water swimming to step up. It is no coincidence that the Historical Society of Central Florida, in 2015, proclaimed Lucky's Lake Swim as a Central Florida historic event. Now it is even more the case. As one of WOWSA's (the World Open Water Swimming Association) top 100 open water swims in the United States, tens of thousands of swimmers have joined Lucky in his daily swim from Olympic gold medalists to Special Olympians. Anyone who can swim one kilometer safely can join the swim and STAY SAFE! Of course, there are still the gators to discuss...Lucky's swim remains a swim in a Florida lake!



# A note from Lucky's Lake Swim

By Lucky Meisemheimer

With the health and safety of our community being an utmost priority and based on the continuation of the COVID-19(84) pandemic, we have come to the realization that the only responsible action is to announce the cancelation of the 2nd annual 2020 Lucky's Golden Mile, benefitting the Lake Cane Restoration Society. The originally scheduled date of May 23 was postponed to October 11 in hopes that the pandemic would subside enough to continue hosting the event. Unfortunately, even the delayed date of Lucky's Golden Mile of October 11, 2020, cannot occur, but the race will return on May 29, 2021.



We hopefully addressed all those who made entries for this year's race and those who were still interested in getting 2020 race SWAG at [www.LuckysLakeSwim.com](http://www.LuckysLakeSwim.com) on July 28.

Lucky's Daily lake swim remains open to our current and former swimmers at regular hours, but you must sign up for starting slots the night before. We have a limited number of slots each day. There are also no bathrooms available, and you must wear masks down to the lakeside. First-time swimmers have the opportunity to swim on Saturdays at the 7 am start time. You must sign up the night before. There is currently a small gator in the lake, so we are recruiting real slow swimmers to make us feel better about our odds. 😊 [www.LuckysLakeSwim.com](http://www.LuckysLakeSwim.com)



## THE NEXT DEADLINE FOR TEAM NEWS

**Sheila Carpenter-van Dijk**

Please send Your Team News to Me!

**IN WORD FORMAT PLEASE!**

([sheilacv@verizon.net](mailto:sheilacv@verizon.net) or [fishtail@usms.org](mailto:fishtail@usms.org))

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



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

Our next publication is scheduled to be on the web (<https://floridalmc.org>) in November 2020, so I'll need your articles by **October 15, 2020!**





## Your Current Florida LMSC Board of Directors

(\* Elected positions)

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Here is a link to the officer page on USMS:

<https://www.usms.org/lmsc/lmscofficers.php?LMSCID=14>

