

See our newsletters, present  
and past and lots of other good  
information on our website:

<https://www.floridalmsc.org>



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

## FLORIDA LMSC NEWS

### From the Florida LMSC Chair

Cheryl Kupan



I wanted to introduce myself for those who don't know me. I'm Cheryl Kupan from St Pete Masters and I am happy and a little nervous to be your newly-elected FL LMSC Chairwoman. Formerly, I was the FL LMSC Secretary.

On Wednesday, October 14<sup>th</sup> we held our Annual Meeting "virtually" and elected three new members to our Board:

Secretary: Shelley Stewart - Tampa Bay Aquatic Masters

Treasurer: Terri Goodman - Sarasota Sharks

Membership Coordinator: Cindi Wood - Lake Gators Swim Team

Mike Whaley, Sarasota Sharks, was named our new Officials Chair and will also continue as our Senior Games Liaison.

I want to thank those who ran for a position and would highly encourage you to stay in touch as we're always looking for volunteers.

I'd like to take this time to thank our departing Board members, who I hope will continue to volunteer for the FL LMSC as each has served on the Board for many years and have contributed so much. Thank you to our Past Chairwoman, Jillian Wilkins -Y of Central Florida, Past Treasurer, Nancy Kryka – Sarasota Sharks, Past Membership Coordinator, Meredith Moore – Sarasota Sharks and Past Officials Chair, John Fox – Jacksonville Masters.

A heartfelt thank you to our existing Board for all your hard work throughout this very strange year we've had with Covid, murder hornets, etc... A special shout out to Anna Lea & Jim Matysek and Meegan Wilson for organizing the virtual annual meeting and the Board elections – what an amazing job!

The full FL LMSC Board can be found on our website: [www.floridalmsc.org](http://www.floridalmsc.org)  
You can contact any Board member through this web site.

\*\*Just a friendly reminder, to all Clubs to please make sure your club is registered with USMS by October 31<sup>st</sup>. The 2021 registration opens to all swimmers on November 1st. If your team

is not registered, your swimmers cannot register as a member of your club. Please register at [www.usms.org](http://www.usms.org).



## Six Florida LMSC Members Receive 2020 USMS Awards

*Meegan Wilson*  
*FL LMSC Webmaster*

Karyn Austin, Sheila Carpenter-van Dijk, Bob Jennings, Meredith Moore, Jeff Waddle, and Rick Walker all received USMS Awards this year. The awards were presented at the Virtual USMS Annual Meeting in September and the presentation can be found on the 2020 Annual Meeting page on the USMS website.



Coach Karyn Austin received the 2020 Kerry O'Brien Coaches Award. She is the founder of Swam Water Aquatics Gainesville (SWAG) which started in October, 2018. The team continues to grow and has all levels of athletes from beginners to former college swimmers. Her workouts focus mainly on training, endurance and preparing swimmers for triathlon and open water events, but she also trains for swim meets. Karyn achieved Levels 1-3 as a USMS Certified Coach in 2018 and 2019. She is also a Certified USAT Level 2 Coach, a Certified USMS Adult Learn To Swim Instructor, and a Certified Swim Smooth Coach. She shares her love of swimming with her athletes and tries to make the workouts challenging, but fun.

Florida LMSC Newsletter Editor Sheila Carpenter-van Dijk received the 2020 Dorothy Donnelly Service Award. She became the Florida LMSC Newsletter Editor in 2011 and continues in that position to this day. She has produced over 35 newsletters in the past nine years, keeping our members informed of USMS and LMSC activities, as well as allowing clubs to highlight their activities. She put face masks on some of the photos in recent newsletters, exemplifying the current COVID 19 situation. Sheila received the Florida LMSC Service Award in 2015 and swims for St. Pete Masters.



Florida LMSC Vice Chair Bob Jennings received two awards this year, the 2020 USMS Dorothy Donnelly Service Award and the 2020 Kerry O'Brien Coaches Award. Bob has been a member of USMS since 2008 and immediately got involved with his team, Villages Aquatic Swim Team (VAST), volunteering his time as Head Coach and as President from 2014 -2017. He started volunteering with the Florida LMSC in 2011 in the Hospitality Suite at Convention and was elected Florida LMSC Chair in 2012-2018. He has been a Delegate to Convention since 2012 and continued to volunteer in hospitality in 2014 and 2018 when the Convention was in Jacksonville. From 2016 – 2019 he was the Chair of the USMS Coaches Committee. Bob became Florida LMSC Vice Chair in 2019 – present. Bob received the 2013 Florida LMSC Club Service Award, the 2016 Florida

LMSC Coaches Award, and the 2017 Florida LMSC Service Award. Bob is a USMS Recognized Coach and has achieved Levels 1-3 as a Certified USMS Coach. During the COVID crisis when there was no organized VAST practice he was proactive and provided the team with three to four workouts a week for team members to do on their own.



Florida LMSC Membership Coordinator Meredith Moore received the 2020 Dorothy Donnelly Service Award. She became the Florida LMSC Registrar (now called the Membership Coordinator) in 2006. She also accepted the position of Communications Chair in 2011. She has continued until this year and decided to retire after 14 years of service to the Florida LMSC. Meredith received the Florida LMSC Service Award in 2012 for her service as Registrar and again in 2014 for her service as Communications Specialist. She received the Florida LMSC Club Service Award in 2014 for service to her club, T2NM in Naples Florida. Meredith currently swims for the Sharks in Sarasota. We will miss her presence on the Board.

Coach Jeff Waddle received the 2020 Kerry O'Brien Coaches Award. Joining the Tsunami Masters (SRQM) coaching staff in 2018, he embodies the true spirit of Masters coaching. He came to USMS by way of triathlon, learned to love swimming and found a way to help others find the same passion. He became a certified Adult Learn To Swim Instructor in 2018 and leads Waddle's Adult Swim Academy, helping adults to lose their fear of the water and improve their swimming ability. He became a member of the USMS Ad Hoc Adult Learn-to-Swim Programming Committee in 2020. He expanded his coaching knowledge and achieved Levels 1-3 as a certified USMS coach in 2018 and 2019. Under his direction, the Tsunami group grew to three workouts a day several times a week, and increased their membership. The club hosted its first meet ever in 2019. Jeff is a kind and patient coach who works to support all swimmers.



Coach Rick Walker received the 2020 Kerry O'Brien Coaches Award. He is Head Coach and founder of the Sarasota Sharks (SHARK) originally called the Sarasota YMCA Sharks Masters (YSM). In 2006 the club started with three members and has grown to over 300 members today. Rick achieved his USMS Certified Coach status in 2010 and was a Recognized Coach in 2015 and 2016. He served on the USMS Open Water Committee from 2010-2011. In 2011 Rick received the Florida LMSC Coaches Award. Rick inspires Masters swimmers at all levels and has mentored new and current Masters Shark swim coaches. He has been instrumental in the running of two swim meets and one open water race per year as well as volunteering when the Sharks hosted the 2013 Pan American Masters Championships. The Sarasota Sharks Masters club has benefited in

multiple ways because of the leadership of Coach Rick Walker.

If you would like to view the awards presentation, find it here:

<https://www.usms.org/-/media/usms/videos/annual%20meeting/2020/2020awards.mp4>



## 2020 Annual Report from your FL LMSC Membership Coordinator

*Meredith Moore*

As of October 11, 2020, we had 2118 swimmers registered in the FL LMSC for 2020. (November 1, 2019 - October 11, 2020) We are about 9% behind last year's final October 2019 figure of 2374. \*1,569 were RENEWING members registered in 2019 (74%) \*187 were RETURNING members registered anytime between 1999-2018 (9%) \*362 were brand NEW members (17%) 53% are male, 47% are female. Almost all registrations were done online.

This year, Late Season Registrations started in late May instead of July. In response to COVID-19, USMS offered the rest of this year and all of 2021 for the single year price of \$60. A savings of over \$45. So far, the FL LMSC has had 253 registrations (May 26 - Oct 11) from the date they registered thru the end of 2021. We had 64 Clubs registered in 2020; 74 Clubs in 2019. We had many new Clubs register this year: Bolles Sharks Masters BSSM Jacksonville Fishhawk Masters FHM Lithia Florida Elite FE Lutz For Fun, For Fitness, For Life FFFL Wildwood Miracle Swimming for Adults MSSA Sarasota Sea Dragon Aquatics SDAMS North Port SKY Family YMCA SFYH Venice St Augustine Aquatic Team STAT St Augustine Suncoast Y Masters Swimming SYMS Clearwater Our 10 largest clubs in 2020 were: UC14 - 450 members SHARK - 305 members SPM - 233 members CAM - 149 members FACT - 106 members (largely made up of Workout Groups from the Villages Swim Team and Clearwater Long Center) SRQM -72 members T2NM - 71 members YCFM - 70 members HLJ - 69 members GSC - 45 members We had 2 active Workout Groups of FACT: CLCF (Clearwater) and VASF (The Villages) Club registration for 2021 started on October 1st. So far, only 18 Clubs have registered for 2021, including one new Club.

All Clubs **MUST** be registered by October 31st. **2021 swimmer registration begins on November 1st.** Clubs must be registered in order for swimmers to register for a particular Club. We have around 47 Clubs that still need to register for 2021. Also, a Parent Club must register before any Workout Group can register with a parent Club.

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!!!!

*This is my last report. I have so enjoyed my time as your LMSC Registrar/ Membership Coordinator. It's amazing how fast 15 years go by. I want to thank all our Board Members, the FL LMSC, our Club Reps and all our swimmers for their encouragement and support!!! And I THANK YOU all again for your roll in my receiving the very prestigious Dorothy Donnelly Service Award for my contribution to the growth, improvement or success of our LMSC. That was such an honor. Dorothy Donnelly was an amazing woman when I knew her in my Connecticut Registrar days back in the late 1990's. We were still writing out by hand our USMS cards then. I hope to see you all in the future at meets. Stay healthy, stay well, and keep swimming.*

*--Happy Laps, Meredith Moore*



**NEWS FROM FACT**  
*Joannie Campbell*



Unfortunately the news for this November 2020 article does not deviate much because of all our cancellations, postponements and ZOOM Meetings throughout the quarter. I am really tired of seeing all my wrinkles on line!!!...and my cat's butt has been exposed nationwide – she likes to jump up on the desk at the most inopportune times. We recently had our LMSC meeting and am sure the results of the Annual election are covered within this newsletter. Congratulations to all our new officers!!! And many thanks to all that have served over the past administrations – Jillian, Meredith, Nancy, John Fox. All the volunteerism is much appreciated. Bob Jennings of FACT received the Dorothy Donnelly Volunteer Award – much deserved. Sheila, Meredith, and Cheryl also received the Dorothy Donnelly Volunteer Award.

As I had mentioned last newsletter, the Good Life Games in Clearwater ended up to be the only Long Course Meters meet in the U. S. for the 2020 season. It was voted that these times would count for Top Ten this year and therefore everyone that competed is in the Top Ten!!! Congratulations! The Senior Good Life Games meet this coming year is scheduled for March 6 if things continue smoothly. The Valentine's Meet in Clearwater has been scheduled for February 6-7 also.

The Pan American Games have been postponed to May 20 – 27 , 2021. Of course we will just have to see how the Covid digresses before we make definite plans but we've got plans in mind. Keep an eye out on the now southeastzone.org web site for news on future meets. You will note the SCM Meet in Sarasota is limited to SHARKS – only 50 participants allowed. The State Senior Games in Cocoa is open – it is in December. Those that have qualified in 2018 for Albuquerque will not need to qualify again for the National Senior Games in November 2021. Details can be found on their websites.

Good news from our known Covid19 patients. John Corse is back swimming and doing well – complains he's not fast (at 96 years young 😊). Betty Lorenzi is back in Durham with her son and plans on hitting the pool next week. We wish her a speedy recovery. Our amazing “old folks” are surviving well.

We were all sorry to hear the Bill Rodenfels passed away. He had been experiencing health issues last year at the Rowdy Meet. He was a great fellow competitor over the years and will be missed. Our sympathy to his family. Also Ellen Brown has passed. She was a legend – swimming for the VASTF group well into her 90's. VAST had some great pictures on Facebook. RIP

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



## Florida Senior Games

 Saturday/Sunday,  
December 5-6

**FSG SWIMMING**

Cocoa Beach Aquatic Center  
4800 Tom Warriner Blvd.  
Cocoa Beach, Florida 32931

Visit the site for order of events and information

**FSG Swimming:**

<https://floridaseniorgames.com/swimming/>



## Sanctions and Top 10 News

*Anna Lea Matysek*  
*Sanctions Chair and Top 10 Recorder*

### 2020 Long Course Top 10

Although almost all long course meets were canceled in 2020, USMS will be publishing a 2020 Top 10 LCM listing. There are only two Masters meets that will be included: the Good Life Games senior games meet, held in Clearwater in February, and the IGLA championships that were held in Australia. This means that all USMS members who participated in the Good Life Games should make the 2020 LCM Top 10 listing!

### USMS COVID-19 “Return to Competition” Guidelines

The USMS Board of Directors has issued recommendations for hosting meets beginning November 1, 2020. The guidelines include distancing protocols and attendee screening recommendations.

The guidelines can be found at this link: <https://www.usms.org/events/covid-19-event-resources>. I hope that some of our long-time meets will be held in 2021. If you're planning a meet, don't hesitate to contact me if you need help or have any questions. I can be reached at [FLtopten@usms.org](mailto:FLtopten@usms.org).



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



News from the Outside Lanes...  
by Regina Novak

SPM swimmers were thrilled to return to our second home (aka Northshore Aquatic Center) back in early May. We savored our 50 minute blocks of time, excited to be back to a sense of normalcy in a very uncertain world. Our joy has significantly increased in the past few weeks, as our pool has now opened up the ability to practice as a team (with restrictions and distancing in place) and provided opportunities to swim for longer periods of time. We may not all be in shape for 90 minute workouts, but we are thrilled to be heading in that direction!



Our team continues to excel and thrive in and out of the pool. Several swimmers have gotten involved in some of the open water training events around the state. A few teammates have made the trek over to Rainbow River. Other teammates are starting to gravitate towards swimming in the gulf a few times a week as the temperatures start to drop. A handful of SPMers also took part in the 5k/10k event and did extremely well despite a season of limited training.

Other exciting announcements outside the water:

Sheila Carpenter-vanDijk was awarded the USMS Dorothy Donnelly Service Award, a well deserved honor for all that she does for the sport, including serving as the editor for the FL LMSC quarterly newsletter since August 2011.



Kim Brackin, founder and owner of Brackin Elite Swim Training (BEST) was recently named to the coaching staff for the LA Current of International Swimming League (ISL).

The legendary and extraordinary Judge Bob Beach celebrated his 90<sup>th</sup> birthday with his family, and received a reminder from his SPM teammates how much he is treasured and loved.

Congratulations go out to Charlotte Petersen, Sara Wolski and Chelsea

Nauta. Charlotte Petersen completed her Master of Science in Nursing, while serving on the front lines of CVICU at Northside Hospital. Sara Wolski and Chelsea Nauta graduated from the University of South Florida Executive MBA program. We are so proud of their accomplishments!



Despite a crazy year, our team has found ways to thrive, excel and persevere and we are so proud of all of them!



**VILLAGES AQUATIC SWIM TEAM**

VAST UPDATE  
*Bob Jennings*





The Villages Aquatic Swim team is very sad to announce that Joe Rowan and Ellen Brown, two long time members recently passed away. They will truly be missed.

VAST is excited to announce Todd Dickson is a new addition to our coaching staff. He will be coaching at the Rohan pool on Fridays. With Todd's addition VAST will be offering coach-led practices six days a week. Todd will fit in perfectly with the VAST coaching staff of Trice Hurr, Dave Wilson, and Bob Jennings.

Twenty members of VAST participated in U.S. Masters Swimming Virtual Championship in August at our Mulberry pool. Participants competed in all pool events ranging from 50 Free to 200 Butterfly, and 400 IM.



## FROM OUR READERS

### Lucky's Lake Swim

*Lucky Meisenheimer*



Lucky's Lake Swim (Orlando) is back to its regular weekday schedule. You do not need to register the night before for swims Monday through Friday at 6:30 AM.

Saturdays, due to the larger volume of people, we still have the night before registration and three start times 7:00 AM, 7:45 AM, and 8:30 AM.

Due to COVID 19, we have no bathrooms available, showers, or hot tub, so plan accordingly. Social distancing is still required and face masks while you are standing around (if you are seen trying to swim with the face mask on, we ask you to leave, and Lucky tattoos the word "bizarre"

on your forehead in red letters).

First-time swimmers only on Saturdays at 7:45 AM. The Lake Cane Monster says, "The water is fine, come join me for a swim, bring someone slow with you; I am famished." 😊

[www.LuckysLakeSwim.com](http://www.LuckysLakeSwim.com)







## Your Current Florida LMSC Board of Directors

(\* Elected positions)

**\*Chair, Cheryl Kupan**

[FLChair@usms.org](mailto:FLChair@usms.org)

**\*Vice Chair, Bob Jennings**

[FLViceChair@usms.org](mailto:FLViceChair@usms.org)

**\*Treasurer, Terri Goodman**

[FLTreasurer@usms.org](mailto:FLTreasurer@usms.org)

**\*Secretary, Shelley Stewart**

[FLSecretary@usms.org](mailto:FLSecretary@usms.org)

**\*Membership Coordinator and Communications, Cindi Wood**

[FLMembership@usms.org](mailto:FLMembership@usms.org) and [FLCommunications@usms.org](mailto:FLCommunications@usms.org)

**\*Sanctions and \*Top 10, Anna Lea Matysek**

[FLSanctions@usms.org](mailto:FLSanctions@usms.org) and [FLTopTen@usms.org](mailto:FLTopTen@usms.org)

**Co-Top 10, Jim Matysek**

[FLCoTopTen@usms.org](mailto:FLCoTopTen@usms.org)

**\*Newsletter Editor, Sheila Carpenter-van Dijk**

[fishtail@usms.org](mailto:fishtail@usms.org) or [FLEditor@usms.org](mailto:FLEditor@usms.org)

**Senior Games Liaison and Officials Chair, Mike Whaley**

[FLSeniorGames@usms.org](mailto:FLSeniorGames@usms.org), [FLOfficials@usms.org](mailto:FLOfficials@usms.org)

**Awards, Long Distance and Open Water Chair, Erin Condon**

[FLAwards@usms.org](mailto:FLAwards@usms.org), [FLLongDistance@usms.org](mailto:FLLongDistance@usms.org), [FLOpenWater@usms.org](mailto:FLOpenWater@usms.org)

**Coaches Chair, Scott Bay**

[FLCoaches@usms.org](mailto:FLCoaches@usms.org)

**Fitness, Daphne English**

[FLFitness@usms.org](mailto:FLFitness@usms.org)

**Past Chair, Jillian Wilkins**

[FLPastChair@usms.org](mailto:FLPastChair@usms.org)

**Webmaster, Meegan Wilson**

[FLWebmaster@usms.org](mailto:FLWebmaster@usms.org)



Here is a link to the officer page on USMS:

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

