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

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FLORIDA LMSC NEWS



From the Florida LMSC Chair
Cheryl Kupan



Happy Summer swimmers! I hope you all enjoyed celebrating America last week on July 4th. Here in Champa Bay we're celebrating back-to-back Stanley Cup Championships and I think the Bucs have a good chance to repeat as well. (I hope I didn't just jinx them).

Sorry, back to swimming... the FL LMSC competition calendar keeps filling up, so hopefully you're ready to dive back in and catch up with friends on deck at a meet near you. Below is a list of the meets that were held or are scheduled in the FL LMSC for 2021.

<u>Date</u>	<u>Event Title</u>	<u>Course</u>	<u>USMS Sanction</u>
February 6	Gulf Coast Games for Life (Senior Games) Meet completed, 56 swimmers	SCY	Recognized
February 14	SPM Love of Swimming Intersquad Meet (St. Pete) Meet completed, 26 swimmers	SCY	Sanctioned
April 17-18	Sarasota Sharks "Take a Bite Out of COVID Invitational" Meet completed, 171 swimmers	SCY	Sanctioned
May 4	Capital City Senior Games (Tallahassee) Meet completed, 29 swimmers	SCY	Recognized
June 5-6	Bumpy Jones Classic Long Course Meet Sarasota Meet completed, 153 swimmers	LCM	Sanctioned

July 31	Good Life Games/Pinellas County Senior Games Clearwater Scheduled	LCM	Recognized
Aug 14-15	St. Pete Masters Long Course Swimming Championship Scheduled	LCM	Sanctioned
Sept 11	Dog Days of Summer, Long Center, Clearwater Tentative	LCM	Sanction Requested
Sept 12	Annual Gainesville Senior Games Swimming Scheduled	LCM	Recognized
Oct 15-17	Rowdy Gaines Masters Classic XII Orlando	SCM	Sanctioned
Nov 6-7	Shark Tank Meet, Sarasota	SCM	Sanctioned

USMS will have its first Spring Nationals since 2019 in Greensboro, NC. For those who went, I hope you had safe travels, fast swims and the best of luck!!

In Florida we've had a good number of meets in our State (SCY, LCM & SCM) from late 2020 into 2021 as the pandemic restrictions become more and more relaxed. As a result, our swimmers are seeing an increase in the number of USMS Top 10's – "gotta be in it to win it" is my philosophy so take advantage of it & Congratulations!



By the time this newsletter goes to print, the Olympics will nearly be history. I'm excited to cheer on Team USA and of course explain the sport of swimming to my co-workers and friends who don't know anything about our sport.

This is also a good time to suggest to your non-swimming friends & co-workers to give Masters a try. Hey, we all have the COVID 5, 10 or 15+ pounds that we'd like to get rid of and swimming is great exercise! While July was USMS *Try Masters Swimming* month, there is a 30-day free trial, so you have nothing to lose, but your COVID 5, 10 or 15+ pounds. Hope to see you on deck soon. -Cheryl



2022 National Senior Games

Mike Whaley
Officials Chair
Senior Games Liaison



DATES

May 13-16, 2022

LOCATION

Ft. Lauderdale, Florida

MORE INFORMATION

<https://nsga.com/schedule/>



The Backstroke Start Ledge

By Mike Whaley

The 2021 Bumpy Jones Classic Long Course Swim Meet, hosted by the Sarasota Sharks Masters, June 5&6, was in memory of Burwell "Bumpy" Jones, 1952 Olympian, 1933-2021 and sanctioned by the Florida LMSC for USMS, Inc. At the 2 day Meet, the Sharks Masters program introduced a new backstroke start system, the Omega Backstroke Ledge; the OBL2 Pro - is used for competitions at highest level.

For safe and consistent backstroke starts at high-level competitions, a footrest wedge system for backstroke starts was approved and introduced. The footrest provides swimmers with firm support for race starts and eliminates the chance of the swimmers' feet slipping off the wall – a common problem experienced by backstrokers. The system ensures a consistently safer start, race after race, and also offers some performance advantages.

The OBL2 system improves the start push and back trajectory of the swimmer when entering the water. The angle made by the legs in relation to the water surface during the final push off the wall is greater, and as a result, the swimmer's feet travel the path during the start phase of flight with less contact to the water. The Backstroke Ledge can be adjusted to every swimmer's size and the length can be set to 5 different positions using a manual rotating system. Also, the grip mechanism of the Backstroke Ledge is covered with an anti-slip surface which avoids slipping and thus, provides more confidence to the swimmers at the entrance in the water.

The OBL2 is easily mounted onto the starting blocks and can be removed by an official once the race has begun and not interfere with swimmers during the competition.

Using the Backstroke Ledge swimmers gain power, force and achieve best performances.

To gain the start performance you want, and realize your best time, you'll need to understand and follow USMS Rules of the Backstroke Start. The following abbreviated excerpt is from the US Masters Swimming 2021 Rule Book.

The 101.1.2 Backstroke Start

- A. Starting commands—At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear. At the referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall take their positions on the wall without undue delay.*

- B. All courses—The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the backstroke starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter before or after the start is prohibited. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the top of the touchpad is prohibited.*



NEWS FROM FACT
Joannie Campbell



Although things are opening up a bit, I think you would all be surprised when speaking to others across the country about how we are unable to find competitions or pools to swim in. Case in point is the number of out of state competitors at the recent Bumpy Jones Meet. Some of us locally also felt that we had not been able to "get in shape" for a number of events. It will be interesting to see if this holds true for St Petersburg LCM on August 14, 15. I'm unhappy to miss this meet but my granddaughter's fourth rescheduled wedding date (because of COVID) Colorado is August 14th. Sometimes Life gets in the way.

It seems that the Senior Games, many of which are recognized by USMS, have an easier time of it. I cannot vouch for this statement because our recently Recognized Good Life Games in Clearwater was certainly not easy to receive the "go ahead" from the local authorities. That thankfully got on the docket and took place July 31st at the Long Center in Clearwater.

If you have not already, you will note that the State Senior Games in Coral Spring are in the process of Recognition. For those of you that are not already qualified, this is a qualifying meet for the May National Senior Games in the Ft Lauderdale area. You can see the qualifying criteria on the NSGA website- <https://nsga.com/schedule/>

The Spring Nationals were in July in Greensboro – you may note the attendance was quite low. The Summer Nationals are scheduled for Geneva, Ohio in October but first is the Rowdy Gaines SCM Meet in Orlando. Hard to do both. I note FACT has an entry to the Spring Nationals – Dale Charrette. We hope he did well and sorry that he is not accompanied by other members of the team. I'm afraid there was not much enthusiasm for Greensboro during the COVID restricted period.

I understand the facilities in Orlando have been recently upgraded and I expect we will have a good turnout there. Make sure you note the limit on the long swims and sign up in plenty of time. Check on www.southeastzone.org web site for all information. Dick Brewer is always on top of things.

Let's hope 2022 is a good year for all of us. Look to San Antonio and the Spring Nationals. We all enjoyed those facilities and had a great time. Pan Am's are still on the 2022 calendar!! And the National Senior Games.

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



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



News from the Outside Lanes...
by Regina Novak

Last year, the delay of the Olympics affected a lot of us emotionally. Understanding the why behind the delay didn't change the emotions of loss that came with the announcement. Experiencing the Olympic games this year brings so much amazing emotion. We are slowly returning to normal. We are able to celebrate perseverance, talent, class, and patriotism in these games. The athletes participating have put their life into their sports and they are getting the chance to compete and represent their county. We love our sport and are joyful to see these games happen. This celebration is truly good worldwide. In the end, no matter our differences, we can unite as human beings, as one world, to celebrate life and achievement.

Like other swimmers around the world, SPM was glued to the TV watching Trials. Some members of our team, as well as members of our age group team St. Pete Aquatics, were able to watch the trials in person. It was a special moment for us when former St. Pete Aquatics swimmer Bobby Finke earned his spot on the Olympic team in the 800 and 1500 freestyle. Fun side note: Bobby's dad, Joe Finke, is one of the SPA coaches, so needless to say, there is a whole lot of excitement at Northshore Aquatic Center right now!

As we navigate the waters of returning to some level of pre-Covid times, SPM is excited to get back into competition. We wish our team members all the best and safe travels as they compete in upcoming meets. Several teammates swam at USMS SCY Nationals in Greensboro, NC.

While many swimmers have other activities to enhance their fitness, several teammates have also sought the guidance of fellow teammate Kim Brackin. Kim, who coached at several schools including Auburn and the University of Texas, has an Endless Pool at Northshore that she uses to help swimmers of all ages and abilities work on their stroke. Several of our teammates have not only improved their stroke, but also found ways to minimize pain associated with swimming because of these stroke tweaks. Next time you are around Northshore, check out the endless pool and chat with Kim. We are very fortunate to have her on our team!

To wrap up, I want to touch on something than Coach Gary Bastie reminded us. "There is no shame in not winning." He mentioned the classiness displayed by swimmers like Melanie Margalis and Ryan Lochte that didn't make the cut but showed grace and encouragement for their fellow teammates. It reminds me of something I hear often. It is often in defeat or when things are not going well that we see the true character of a person. Let us remember that whether it's in the pool, at work or with our family, we have the choice to win with class, and equally as important, we have the choice to lose with class and grace.



Superhero relays from the Bumpy Jones Meet. Chris had superhero swim caps! 😊

Superhero Relay 400m Free - Eric Herman, Dawn Clark, Alison Hayden, and Chris Stickles





FROM OUR READERS

Swimming Poetry

Michael Zahn, Unattached USMS swimmer
Poinciana, Polk County, FL
E-mail: MichaelZahn01@Gmail.com

--- Joy of a pool swimmer ---

Below me,
the pool vacuum
sucks up my sins.
The workout ends,
I climb out,
the droplets slide along my skin,
I shiver.
Baptized,
refreshed,
forgiven.
Again.

-- Joy of an ocean swimmer ---

My sins dissolve
in the limitless sea.
Unselfishly,
the infinite ocean
accepts the failings
and flailings
of puny me.
My faults, my faults --
feel the salts
scrub them away!
This is my mosque,
this is my temple,
this is Communion:
The water and I exalt
in holy union.



Suncoast Y Masters

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

from Cindy Januszewski

I just love our team. We are small but not too small. Coach Taz is a plus.



THE NEXT DEADLINE FOR TEAM NEWS

Sheila Carpenter-van Dijk

Please send Your Team News and Articles to Me!

FLEditor@USMS.ORG

IN WORD FORMAT PLEASE!

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 2021, so I'll need your articles by **October 15, 2021!**



FOR UPCOMING SWIM EVENTS!

SOUTHEAST ZONE
United States Masters Swimming

Alabama • Florida • Georgia • Louisiana • Mississippi
North Carolina • South Carolina • Tennessee

Florida LMSC • Florida Gold Coast LMSC • Georgia LMSC • North Carolina LMSC
South Carolina LMSC • Southeastern LMSC • Southern LMSC

<http://www.southeastzone.org/meets.html>



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(* Elected positions)

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FLViceChair@usms.org

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Here is a link to the officer page on USMS:

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

