



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

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## FLORIDA LMSC NEWS



### From the Florida LMSC Chair Cheryl Kupan

A belated Happy Holidays to you all & let's pray 2021 is nothing like 2020.

A friendly reminder, if you haven't already, please renew your USMS membership for 2021. For those who took advantage this past summer - of the buy ½ year get 1 year – you got the last deal of the decade.

In case you didn't know... last year our Zone name became the "Southeast Zone." With the name change our website address also changed. For all Southeast Zone information (records, meets, etc...), please use the new URL: <http://www.southeastzone.org/> We even have a fancy, new logo!



In December, the Senior Games were held at the Cocoa Beach Aquatic Facility and all Covid protocols were followed to a T. An added treat (well for me at least) was when the meet stopped for a brief moment during the Sunday session to watch a rocket launch!

Thank you to the Meet organizers and their team of volunteers for a fun meet. Thank you to the FL LMSC's Officials Chair & Senior Games Liaison Mike Whaley and his group of officials from Sarasota for officiating the meet. These meets cannot function without the staff & volunteers, so a huge Thank You!

Congratulations to all the swimmers and thank you for your patience & willingness to follow the Covid protocols. We will probably have to run our meets this way for the time being.

As January closes out, don't forget to challenge yourself with the Hour Swim postal. St Pete Masters always sets aside a day, this year it was Sunday, Jan. 31<sup>st</sup> and we all switched off timing/counting for each other. I admit, it's not my favorite event and I will complain about WHY did I sign up for this? But, as meets are scarce, we all need a challenge, so how far did you swim for an hour?

As we go to print, USMS has announced that both USMS Spring & Summer Nationals have been postponed to later in the year. Full disclosure, I am on the USMS Championships Committee and we knew April was too soon to try and organize a national event, especially at two indoor facilities. It is our hope that with each month that passes that we can get more clarity on the Covid situation and be better prepared to run a safer meet for all. Thank you for your patience as we work this new & ever changing "normal." --Cheryl



## **Report from your FL LMSC Membership Coordinator**

*Cindi Wood*

Currently we have 1,428 Members Registered:

- 769 Men
- 659 Women

As of this writing we have 50 registered clubs and 137 self-identified coaches for 2021.

In 2020, we had 2,133 members registered

- 1,139 Men
- 994 Women

Membership is down since last year. We are at 67% of Membership. COVID-19 may have had a play in these numbers. We all hope that soon we are able to compete and do what we do best! Swim!!!





## NEWS FROM FACT

*Joannie Campbell*



The restrictions in place and being in limbo at this point of time lead me to cry “There’s just no news that we can be sure won’t be Fake News by the time the newsletter comes out” so Sheila suggested – why not indicate how I’m handling this crazy situation – so here goes!!!

To start off my 90<sup>th</sup> year I started walking – doing 3 miles a day from the time the pools closed the first week of March until the reopening several months later. I clocked 140 miles during this time and was on the road every single morning. The constant exercise helped my cardiovascular system greatly according to the doctor but the upper part of the body suffered through as much exercise that can be done with stretch cords, balls, weights, etc. Not anything like the yardage we put in for regular swimming. In the months since the pool opened I have had to swim short course when my former practices were always long course – this involves double the turns and resulted in repetitive arthritis problem. I managed to do the Toyota 1650 Virtual Swim with times in the 50, 100, 200, 500, 1000 and 1650 that were reasonable. FACT member Marianne Bradley did the Smarty Pants challenge with her Smart Watch with good times too.

The YMCA is offering some great Range of Motion Classes that help and our Long Center cleans and sanitizes the Fitness Room between 2 and 3 p.m. each day, which gives us an opportunity to come into a well cleansed facility at 3!!!

Thankfully the shoulder is better and I am back training for.....something – the Pan American Games are still on the schedule for May 20-27 and we already have a group interested. I am told that within the next couple of weeks we will be able to determine whether this meet will be a go. I see where some of the meets listed on the calendar are showing promise but until the actual programs are on the web site, it is going to be touch and go. The Senior Games look promising if they are outside. Also, they will probably have the most people vaccinated. Some of us have had the ability to train and others are still looking for facilities other than their neighborhood pool. Let’s hope that we all stay safe and have the chance to compete soon.

As you are probably aware, the National Senior Games have been postponed to May of 2022. I am waiting to hear about our proposed 2022 World Games in Japan – it doesn’t

look promising. At this rate I'll probably change age group before we have our next International competition.

Some sad news is that we lost our great competitor John Corse at 96. He suffered through a heart attack and Covid-19 last year and the recovery period was just too difficult for him to sustain. We will miss him greatly. Our FACT website has several recent pictures of him receiving awards as a world champion on our relays. RIP, John.

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



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



News from the Outside Lanes...  
by Regina Novak

SPM made the most of their competition opportunities in 2020. The SPM women had a strong showing in the 3000/6000 yard postal. Every woman that participated finished in the Top 10 for their age group! We had two women finish first in the US and achieve All American status. Alison Hayden finished 1st in the women's 45- 49 age group as did Paula Texel in the women's 50-54 age group. Other SPM women finishing in the top 10 were Sarah Swoch - 2nd (35- 39); Tabitha Brandt - 4th (50-54), Dawn Clark - 5th (55-59), Cheryl Kupan - 8<sup>th</sup> (55-59) & Sharon Steinmann-8<sup>th</sup> (60-64).



Three men participated in the 3000 yard postal with Steve Freeman finishing 10th - (60-64), Mike Zabel - 13th (60-64), and Pat Marzulli - 6th (70-74).

Only two people tackled the long 6000 yard event with Dawn Clark finishing 4th in the women's 55-59 age group and Pat Marzulli finishing 4th in the men's 70-74 age group.

We had some fantastic results in the 3000 yard relays with four firsts and one second in the nation.

We had a strong group of 12 swimmers who brought home a ton of medals and broke 7 state records at the Florida Senior Games, December 5th- 6th in Cocoa Beach. Paula Texel and Karen Westerman blew the competition away in the women's 50-54 age group breaking 7 Florida Senior Games State records between them!

**Paula Texel** dominated the women's 50-54 age group winning six firsts and setting 4 Florida state records. Paula won the 100 free, 500 free, 50 back, 100 back, 200 back and 50 breast. Paula also set FSG state records in the 500 free, 50, 100 & 200 backstrokes!

**Karen Westerman**, also competing in the women's 50-54 age group, took first in the 200 free, 100 IM & 200 IM, and 2nd in the 500 free. Karen broke Florida state records in the 200 free, and 100 and 200 IMs.

**Tabitha Brandt**, women's 50-54 had a great meet and was 1st in the 50 free, 100 breast & 50 fly. She also took 2nd in the 200 free and 100 IM.

**Cheryl Kupan** dominated in the women's 55-59 age group winning all 6 of her events. Cheryl was first in the 50 free, 50 back, 200 back, 100 fly, 200IM, and 400IM.

**Dawn Clark** women's 55-59 age group took first in the 200 free, 500 free & 100 back and 2nd in the 50 fly and 100 IM.

**Sharon Steinmann** women's 60-64 age group was first in 5 events - 500 free, 50 back, 100 back, 200 back and 200 IM and placed 2<sup>nd</sup> in the 200 free.

**Jim Esposito** men's 55-59 age group finished first in the 50 & 100 back, 2nd in the 50 free and 100 IM and 3rd in the 100 free.

**Chris Burke** men's 55-59 age group swam his first meet in a very long time. Chris took 1st in the 500 free and 200 IM and 2nd in the 100 free.



**Mike Smith** men's 60-64 age group was 1st in the 50 breast, 100 breast and 200 IM, and 2nd in the 50 free and 50 fly, and 5th in the 100 free.

**Mike Zabel** men's 60-64 age group was 1st in the 100 IM , 3rd in the 100 free, 200 free & 500 free.

**Greg Lauwers** men's 60-64 was 4th in the 200 free, 6th in the 50 free & 8th in the 100 free.

**John Nixon** men's 65-69 finished 1st in the 200 back, 200 breast & 400 IM and 2nd in the 50 back.

## The SCM Intra-squad Meet

After a long hiatus from meets, SPM held an intra-squad meet in December and had a fantastic turnout! There were 37 swimmers (40 were allowed following current USMS rules) and more SPMers turned out to time the swims. We are all anxious for more opportunities to compete in 2021.



## VENICE HURRICANE MASTERS

(aka Sky Family YMCA Hurricanes, practicing at both Venice and Englewood pools)

Jenny Krause

The latter part of 2020 proved to be like old times for the Venice Hurricanes Masters. We bid farewell to limited pool space months ago, and two morning practices were firmly established. With Coach Baca leading us, tunes could be heard reverberating on any given morning starting at 5 a.m. followed promptly by the 7 o'clock group. There were no worries at either the Venice or Englewood pools concerning the frequent cold fronts. They were not a deterrent. As long as the air temps stayed above 40 degrees, the covers were rolled back releasing mist as our swimmers entered the pool to begin the workout.

The predawn cold hard work paid off as a group of us went to the Senior Games in Cocoa Beach in December. After such a long stretch of no competition, it was good to get off the blocks and race again. Good times were had by all that attended and many personal bests, top finishes, and records were established; to include a new backstroke record set by our John Wise!

As the end of the year neared and the Santa and snowflake swimsuits had their day, a celebratory New Year morning practice was planned. The lanes were full as we arrived early after the previous night's celebration. No libations were reported at the pool, but 6,700 yards of work inclusive of singing and dog barking will be remembered in the farewell to 2020 for the Venice Hurricane Masters!



### Mai Kim "Kimmair" Tran

Email [KMT.Mai@gmail.com](mailto:KMT.Mai@gmail.com)

*I joined USMS this year. The following is an article I wrote about how swimming has helped my health, career, and relationships.*

-Kimmair



## Making a splash in 2021: how swimming improves my health, career, and relationships

5:00 am: the sound of birdsong gently awakens another dawn---or rather unromantically, my phone sounds its alarm to pull me out of my slumber. It's time to roll out of bed and hop into my swimsuit!

It's nearly 5:30 and the husband and I pet the pup goodbye and head out on the road towards the pool for another practice with U.S. Masters Swimming. We drive past the usual family of deer grazing in the dark silence of the early morning as I gobble down the Belvita biscuits in the car. Aided by mostly green traffic lights, we fly through quiet roads and arrive at our destination where several others are gathered.



gathered.

"Morning!" greetings are cheerfully exchanged from 6-foot distances as the next moments cue multiple echoes of *SPLASH!* And we're in! Coach Jen leads us off in a warm-up and the groups are off.

## Health

With grad school now seemingly long gone behind me, I realized I needed a new circle to motivate my 2021 resolution of... simply not getting fat.

I had been doing online group fitness classes with my university throughout 2020 but needed something more. (Also I have come to realize the discounted rates as a student are history once you get your diploma..!) So I turned to the one sport that always had my back (and body)--swimming.

My first practice was January 4, 2021 and I recall I was slightly intimidated and thought maybe I needed to be in my 40s, 50s, or 60s, preferably bald with a one-syllable nickname, but 2 practices in, I could feel this was a great group with which to grow. Beyond that, I felt safe, with two per lane and everyone respecting the mask mandate when out of the pool. The Blue Dolphins USMS in Oviedo, Florida although pretty close-knit, were open to newcomers young and old, so anyone can just figuratively dive in, head first. So I did!

Practices were just the right amount of time, an hour long around 2,500-3,000 yards in distance, three times a week. So from 6-7am, it was just us and the clock, and swim practice has become an often meditative movement where I could concentrate on my breath, my stroke, and my thoughts. With the endorphins pumping through my veins and the rush of the cool water on my body, it's easy to get lost in contemplation, so I'm lucky my lane-mate keeps track of our yardage!

The set up was perfect. I haven't pushed or maintained this consistent of a schedule since Florida Club Swimming back in undergrad, and vivid flashbacks of chilly high school morning practices would cross my mind. It was different now though. I did this not to compete, but for myself and my health and fitness. Toweling off after cool down with the muscles and the mind awake, I just felt good!

## Career

So what's this got to do with my {virtual} job? A lot actually.

Believe it or not, beyond the meditative part of the swim that allows the mind to wander and solve the problems taking up real estate in your brain, the 20-30 minute commute to the pool resets your mind in ways that walking from your bedroom to the home office doesn't.

This commute is almost like a mini re-charge of the mental batteries at the beginning of the day. After the initial sips of tea to wake up, my brain scans through the tasks for the day while also mentally preparing for the hardest part of swim practice: jumping in.

I think it's also in part, the self-discipline. By planning your day around this single hour for fitness outside your work schedule, you force your mind to organize your day. As I start work at 8 a.m., the 6-7 a.m. time slot means I'm in the shower as soon as I get home and have a coffee in hand as the computer turns on. Kind of analogous to working under a bit of pressure, this bit of "tightness" in the schedule helps motivate me to start the day off right and hit the ground running. I've noticed on the mornings I have USMS practice, I not only wake up consistently, I tend to eat more regularly and stay more hydrated. This translates to a more active day in the virtual workplace, and all those wandering thoughts that you had in the pool start to come together to solve your workday problems.

## Relationships

Swimming has actually been a great bonding for my husband and me. It might sound funny, seeing as how most of practice you're underwater and don't talk to each other all that much. But we share the same

workout, the same water, the same panting for air on the hard sets. He is an introvert to the same extent that I am an extrovert, so swim practice with the USMS team affords both of us just the amount of socialization we need. He gets some interaction with the coach and is able to concentrate on his sets while I chatter and share a chuckle with the surrounding lane-mates on the breaks.

My lucky number 13 lane sits comfortably in the middle of the pool, not so fast as to compete with probably the ex-college swimmers but fast enough with reasonable intervals to feel like I'm challenged every time we practice. I swim with probably the most ambitious guy in the White group, a triathlete maybe in his 50s with a body of a 20 year old. He serves as a model of great health (a good motivator to push me at practice too) but furthermore, his surrounding cronies I find to be a highlight of my mornings, as the usual banter of, "Will, what the heck was that, breaststroke with flutter?" and "Looks like she's on your toes, Will!" really make you chuckle. After all, no matter how old and mature you are, it seems we become more childlike as we age.



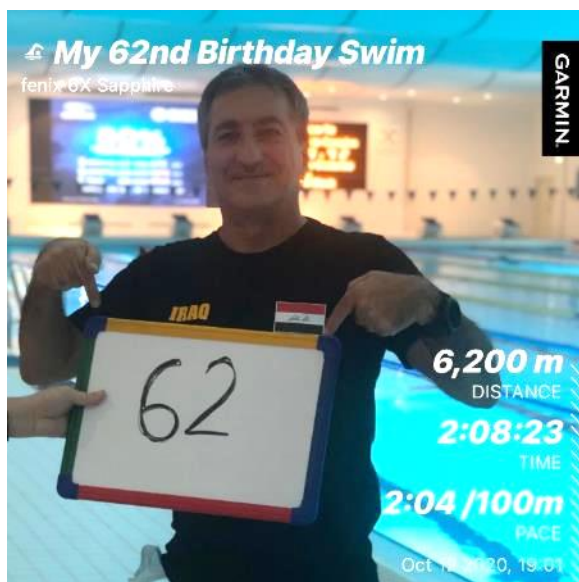
*Throwback to the good 'ole days of high School swimming—c/o 2021!*

There is this human connection that all through the pandemic, I had forgotten existed, even if separated by pool lanes and social-distanced conversations on the deck, post-practice. Being able to share this moment with people in person is simply irreplaceable, and the virtual world, no matter how much more realistic it's getting, cannot achieve this same phenomenon. If anything, swimming, especially during the pandemic, has taught me to be thankful for these little things like the small laughs and gentle teasing, and also the big things like good

health and fostering good relationships with family and friends. Other than the pretty over-chlorinated pool, being able to meet people again outdoors and safely practice a shared love of sport and camaraderie is a wonderful, freeing feeling. It really just makes you wanna hit the ground—the pool—swimming!



## FROM OUR READERS



I would like to share my successful longest straight swim ever of 6.2 km to celebrate my 62nd Birthday on 12th October at Hamdan Sports Complex, Dubai, United Arab Emirates

It was a challenge for me but I did it.

I'm a member of US Masters Swimming since 2019 and I represented Florida and win three silvers in Michigan State Masters Championship in 2019. I'm looking forward to participate in the coming events in USA.

Barzan Abdul Aziz





## More Wild Swimming

*Kem Butler*

*Unattached swimmer in Central Florida*

Starting off the year with a swim is the best way to assure a year of fun and adventure.



Fortunately the weather cooperated this January 1, and we were able to get in a “warmer” swim.

Alexander Springs – in the Ocala National Forest - was my choice for a wild swim on the first day of the year. The warmer temperatures and the fact that the children were off from school made for a busier day at the springs. Arriving earlier in the morning, there were fewer people.

A group of divers was doing some close up investigation on the spring itself. Two free-divers moved gracefully underwater. Their lack of bubbles and noise allowed them to get closer to the wildlife. One diver floated along with a turtle, then turned and swam face up to view the underside of the turtle.



This park has a series of steps to enter the water – although the last step is very large. The water felt colder than I had expected. It was clean and crystal clear. A large school of minnows greeted me right at the entry point. A slow breaststroke was my warm up around the designated swimming area. Larger fish were visible along the edges of the pool, swimming in groups among the Vegetation.

In order to get a good workout – I swam laps for 50 minutes, then cooled down with a leisurely float/swim to view the flora and fauna. A key factor when wild swimming – is to find a sunny spot to leave your towel and clothes. Nature has a wonderful way of warming your things while you are swimming. Fabulous way to start the New Year.

Find more information about Alexander Springs at:

<https://www.fs.usda.gov/recarea/ocala/recarea/?recid=32209>



Memoriam for Ruth A Hoskinson  
December 13, 1929 – November 24, 2020  
By Friend and Fellow USMS Swimmer Barbara McNulty

Ruth Hoskinson, who passed in 2020 at age 90, was unafraid of adventure. She never saw a record that she didn't try to achieve or a challenge that she did not try to surmount. It was late in life when she learned the probable source of her dauntless spirit.



When Ruth was 52 years old, she joined a Masters swim team in Clearwater, Florida. The Clearwater-Largo Y had just launched the team under the direction of Coach Joe Biondi. Though Ruth knew how to swim, she had not done much beyond fitness training. Within four years, however, she competed in her first USMS Nationals and never looked back. In 1987, she placed in the FINA World Masters Top Ten in the 200 SCM Butterfly and the 400 SCM IM. She did likewise in the USMS rankings, adding the 200 LCM Butterfly and the 400 LCM IM.

What makes Ruth so extraordinary is not simply that she found her swimming competitive edge in mid-life but that she was already a champion in another sport, horseback riding. The first half of Ruth's life was all about horses. As a child, she learned to ride at a large stable near Boston, MA. By age 16 she was stable manager for a summer camp, had two assistants, and was responsible for 20 horses. She soon launched her career as an esteemed equestrian and riding instructor. Ruth showed horses for the likes of the owner of J.C. Penney and competed in prestigious riding events at Madison Square Garden. She trained the top horse in the Northeast, U.S. Ruth ran her own stable in Pinellas County, FL for many years. She also trained aspiring Olympic equestrians at various stables throughout the county, including Randolph Farms in Largo, FL, where many champion horses are stabled during the winter months.

Ruth started judging horseshows in 1961 and became so proficient that she was invited to judge world class competitions. She designed equestrian courses, coordinated events, and officiated smooth-running shows. From 1961 to 1980, Ruth was the Chief Riding Instructor for the Clearwater Pony Club, an affiliate of the United States Pony Clubs Inc. (the swimming equivalent of USA Swimming). Ruth's long-term equine contributions to the United States Pony Clubs Inc. earned her the honorary title of 'National Instruction Legend.'

The year 1980 was a watershed for Ruth when she met her husband, Lawrence (Larry) Lindner, and began cross-country running with him. She soon added competitive swimming and bicycling to her repertoire. She competed in half-triathlons, and in the 200 butterfly and the 400 IM at local meets, unafraid to take on these difficult events.

From 1993 to 2013, Ruth swam for the Florida Maverick Masters, founded by the late Dr. Paul Hutinger. She continued to train at the Clearwater Y and during the last seven years of her life she swam under the direction of Coach Pam Owens. Ruth would often inspire other swimmers on the Y team and give them advice about their strokes.

Ruth's lifetime swimming accomplishments include placements in 20 FINA World Masters Top Ten (SCM & LCM) events from 1987 to 2011. These include the 50, 100 and 200 Butterfly, the 200 and 400 IM, and the 800 and 1500 Freestyle. She had 124 individual USMS Top Ten awards which she achieved almost every year from 1987 to 2013. Her relay records were also remarkable: 2 Relay FINA Top Ten listings, 6 Relay All-American listings, 24 USMS Top Ten Relay swims, and one USMS Relay record.

Ruth lived every day to the fullest. With Larry, she managed a real estate business and competed in running events. Besides her numerous swimming accomplishments, she took up everything from fencing to belly-dancing, golf and throwing a javelin. When Ruth finally slowed down, she took sculpture classes in her 80's, and her artwork was exhibited at the Dunedin Fine Arts Center. A polymath athlete who loved to cook and to entertain, Ruth was a

true inspiration to her friends and competitors. She never hesitated to share her words of wisdom with those of us who had the good fortune of knowing her.

Ruth was almost 90 years old when she discovered that her Lithuanian mother was aboard the RMS Lusitania in 1911. An unaccompanied teenager, Ruth's mother was fleeing to the United States to join her father in Oklahoma. Four years later, a German U-boat torpedoed the Lusitania at a cost of over one thousand lives.

Ruth is survived by her husband, Lawrence Lindner, of Clearwater.



## **REQUIEM FOR THE SWIMMERS WHO HAVE LEFT US**

For those swept away  
by the infinite undertow,  
we swim.  
For ourselves,  
we swim.  
We undulate,  
remembering the unmoving.  
We dive, remembering  
those who can never surface.  
We rotary-breathe, remembering  
those whose chests no longer heave.  
We kick, remembering  
those whose pace clocks have frozen.  
We stroke, remembering  
those no longer confined by lane lines.  
We count our laps,  
remembering those who are on the longest lap of all.

Michael Zahn USMS swimmer  
Poinciana, Polk County, FL  
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## THE NEXT DEADLINE FOR TEAM NEWS

*Sheila Carpenter-van Dijk*

Please send Your Team News and Articles to Me!

[FLNewsletter@USMS.ORG](mailto:FLNewsletter@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 May 2021, so I'll need your articles by **Tax Day: April 15, 2021!**





## 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>

