



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

Hello FL LMSC swimmers! It's that time of year again...

- Coaches, please make sure you've registered your clubs with USMS for the 2022 season by Oct. 31st.

***If your club isn't registered in time,  
swimmers will not be able to register with your team.***

- Swimmers, Nov. 1<sup>st</sup> is the first day you can renew your USMS registration for the 2022 season.

Register at: <https://www.usms.org/join-usms/join-or-renew>

- It's also short course meters season, so make sure you sign up for one of the few meets that remain at:

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

Putting on my Awards+Social hat now. We apologize for the delay, but after a 2 year hiatus, we will be taking your nominations for the FL LMSC Awards for 2019, 2020 and 2021. There are 5 different categories each with a description of the award as well as the forms to fill out on our Awards page at: <https://floridalmsc.org/awards/> If possible, please designate a year.

The FL LMSC Awards lunch will be held after the Saturday session of the Clearwater Valentine's meet, February 12<sup>th</sup> (to be confirmed). We will have more details in the months to come.

Please take the time to nominate someone who has gone above & beyond especially during the past two years. Please let me know if you have any questions. –Cheryl



**NEWS FROM FACT**

*Joannie Campbell*

*Jcampb10@tampabay.rr.com*



It's a great pleasure to note the addition of meets for us here in Florida and we're hopeful that soon this will apply to the rest of the country and the world.

While on that subject in the past I have made an effort to inform at least to our team of the websites available to everyone and urged them to keep up to date on the vast amount of information USMS tries to disseminate to its close to 50,000 members throughout the country. It's been kind of the "you can lead a horse to water but you can't make him drink" and it's not just swimming. I'm sure you are all aware of the problem and COVID did not help it!!! Not to be repetitive but maybe to get your attention:

Our Club is:

FACT (Originally- Florida Aquatic Combined Team, now just "FACT") Masters

[www.factmasters.org](http://www.factmasters.org)

Our LMSC (Local Masters Swimming Committee) is: Florida

[www.FloridaLMSC.org](http://www.FloridaLMSC.org)

Our Zone is the Southeast (formerly Dixie Zone):

[www.southeastzone.org](http://www.southeastzone.org)

Our National Organization is United States Masters Swimming:

[www.usms.org](http://www.usms.org)

If you become familiar with these websites you will be familiar with USMS! The wealth of information is amazing. Hopefully you will become more involved and will make yourself heard on issues. Like any organization, the active members carry the burden for years. We welcome others to become active and "learn the ropes."

Currently we need qualified officials – we can't run a competition without them. I have been involved in USMS at the local and National level for more than 25 years – we'd like some new folks to come join the fun.

Through your Zone website you'll see the many competitions that are available in our Florida LMSC. We are currently quite unique since our State is very open. This was

quite evident at the recent Rowdy Gaines SCM Zone Championship– we had an unusual amount of out of state participants. The Shark Tank meet in Sarasota comes up Nov. 13-14. The State Senior Games, which is a qualifying meet for National Senior Games is in Coral Springs Dec. 11-12.

2022's calendar is filling up: February 12 – 13 is the Annual Valentine's Meet in Clearwater. The same dates are the Zone Championships in Auburn AL.

The SCY Spring Nationals (originally 2020) will be in San Antonio, Texas April 28 – through May 1 (this facility is fantastic! Plan on attending if you can).

The National Senior Games will be in the Ft Lauderdale area (Plantation) May 13-16. Qualifications for these games date back to 2019's National Meet in Albuquerque because of COVID complications.

July 25-26 starts off the Long Course season with the annual Bumpy Jones meet in Sarasota.

Our International competitions now include the UANA Pan American Games, postponed from 2020. They are in Medellin, Columbia July 21 to 28<sup>th</sup>. The last Pan Am's were in Orlando and well attended by FACT. We fielded 32 relays

Our World Masters are currently scheduled for May 31 – June 9<sup>th</sup> in Fukuoka City, Japan. Keep up with the details on this meet. This is the 19<sup>th</sup> World Masters. Several of our members competed at the World's in Budapest and had a great time – a once in a lifetime experience. [www.Fina-fukuoka2022.org](http://www.Fina-fukuoka2022.org)

Unfortunately over the past couple of years we have lost some of our valued swimmers – valued as friends and close because of our mutual love of swimming. I recently was

informed that one of our younger members, Tom Rawls, 54 has passed away. During the past couple of years we have lost John Corse, Ed Graves, Tiger Holmes and Bill Rodenfels as well. USMS, at the National Convention recognizes all that have left us with a personal mention. You can follow this in the minutes of each year's convention.



We actually have news from FACT competition. The Rowdy Gaines championships held October

16-17 was a successful endeavor for us. Our FACT team captured the Gold for the Regional Clubs. Individually our high point winners were Joan Campbell, Martha Henderson, Patricia Tullman and Mark Ross!! Congratulations to all and thanks for the many points (over 1,000) that our team accumulated. Also – the fantastic banner Ken Hickey supplied for us is really cool. MANY THANKS!!





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



News from the Outside Lanes...  
by Regina Novak

As meets regained some traction over the past few months, our members were excited and took advantage of their dedicated training during the ongoing pandemic. The postponed Short Course Nationals in Greensboro was the season's finale, where SPM, with a strong team of 11, had a banner season, quite literally and brought home 6<sup>th</sup> place in the local club category. St. Pete sent 11 swimmers to this year's short course nationals, including Tabitha Brandt, Jim Esposito, Alison Hayden, Anne Page, Greg Salomon, Ted Soltys, Chris Stickle, Carolina Ticeira, Susan Tokayer, Ken Wazyniak, and Sarah Swoch.



A small but mighty group of St. Pete Masters "Senior" swimmers showed up big time at the Good Life Games at the Long Center in Clearwater on July 31st. This was a qualifier for the National Senior Game being held in Ft. Lauderdale- May 2022. Team members included Paula Texel, Karen Westerman, Alison Hayden, Tabitha Brandt, Dawn Clark, Sheri Bogue, Sharon Steinmann, Eric Herman, Mike Smith, Mike Zabel, and Steve Freeman.

St. Pete Masters still puts on a most popular meet, as evidenced by the two-day LCM event in August. There were 177 registered swimmers, representing 46 clubs. We had 39 swimmers proudly representing SPM. That's pretty impressive, especially during a pandemic. (See pictures, below...we had a good time!)



We didn't have to look beyond our own backyard to be inspired. The Tokyo Olympics moved into full swing, and we were treated to some outstanding performances by athletes around the world, but our hometown heroes really gave us something to cheer about. The energetic and enthusiastic crowd gathered at the Northshore Aquatic Center to watch Bobby Finke win the men's 1500m event, his 2<sup>nd</sup> Gold of the Games! Brad Snyder, already a 5-time swimming Gold medalist in the Paralympic Games, brought home the first Gold medal in the triathlon event, ever won by an American in either the Olympics or Paralympics.







Dana Greene and Sherri Bogue (photo: S. Carpenter-vanDijk)



Melissa Harasz, Davenia Navaroli, Henrietta Szeredi, Dawn Clark (photo: H. Szeredi)



Karen Westerman and Paula Texel (photo: S. Carpenter-vanDijk)



Photos from Sheila - with a real camera!

With John Nixon, Karen Westerman, Eric Herman, Paula Texel, Phyllis Scheidt, Sharon Steinmann



**Tampa Bay Aquatic Masters**  
[www.tampaswim.com](http://www.tampaswim.com)

Our team is growing so fast with so many people wanting to get back into shape and competition. Welcome new members: Leigh, Emma, Dennis, Olivia, Disa, Jay, Ian, Allie, Erin and Hayley. Also, a **welcome back** to Rick, Nando, Leah and John. Sounds like a lot of people, but for some reason, work takes up some of their time so the pool is not overcrowded.



Not all of our competition is in the pool. Here we have **Rick Cervis** and **Kelly Ezagury** at a running event: Great to see you two!!!

On June 5-6, 2021, Bumpy Jones Classic – long course was held with the following placing in their age division:

**Kelly Ezagury:**

3<sup>rd</sup> – 100 Free (5 seconds from Becky's team record)

2<sup>nd</sup> – 200 Free

2<sup>nd</sup> – 800 Free (team record!!!)

**Becky Nelson:**

(all team records!!!)

2<sup>nd</sup> – 100 Free

3<sup>rd</sup> – 50 Back

3<sup>rd</sup> – 200 Back

2<sup>nd</sup> – 50 Fly

**Juan Cue:**

2<sup>nd</sup> – 50 Fly

2<sup>nd</sup> – 100 Fly

Another meet was held on August 15, 2021, in which the sole swimmer representing TBAM was **Kelly Ezagury** at the St. Pete meet. She swam 200 meters free at 3:16 and 1500 meters at 28.24 both are Personal Records!! Also the 1500 meters was a team record. Congrats Kelly!



In August, **Juan Cue** went to Spain to swim the 5k. He placed 46 overall and 1st in his age group with a time of 50:33. Way to go Juan!

On October 15-17, 2021 The Rowdy Gaines Masters Classic 13 was held and **Jorge Gonzalez** and **Juan Cue** won in their respective age group as follows:

Jorge 1<sup>st</sup> place in **ALL** of his events:

50 Meter Breaststroke Finals (wow!)

100 Meter Breaststroke Finals (amazing!)

200 Meter Breaststroke Finals (fantastic!)

100 Meter Individual Medley Finals (spectacular!)

Juan:

4th Place - 50 Meter Butterfly Finals (good job!)

1st Place - 100 Meter Butterfly Finals (super!!- **broke his own team record!**)

2nd Place - 200 Meter Butterfly Finals (wahoo!)



You guys are remarkable! You swam hard and you can see it in your results. Awe-inspiring!!

Congrats to **Norma DeGuenther** and **Susan Ashbaugh** for swimming the 5k epostal swim! Norma got 5<sup>th</sup> place (out of 9 people in her age group but she said she never gets any recognition so she is taking this one!!) and Susan Ashbaugh got 8<sup>th</sup> place – way more competitive age group!

These are TBAMs current National Rankings as of 10/20/2021 in the top 10 LCM – holding strong:

Name	Age Group	Event	Current National Ranking		
<b>Christian Nunez</b>	25-29	200 Free	5 <sup>th</sup>		
		50 Fly	6 <sup>th</sup>		
<b>Kelly Ezagury</b>	45-49	1500 Free	8 <sup>th</sup>		
<b>Bill Bouyoucas</b>	50-54	500 Free	8 <sup>th</sup>		
		1000 Free	6 <sup>th</sup>		
		1650 Free	5 <sup>th</sup>		
		200 IM	8 <sup>th</sup>		
		400 IM	4 <sup>th</sup>		
		<b>Juan Cue</b>	60-64	200 Free	9 <sup>th</sup>
				500 Free	8 <sup>th</sup>
100 Fly	5 <sup>th</sup>				
200 Fly	2 <sup>nd</sup>				
		100 IM	10 <sup>th</sup>		

We are looking forward to the Shark Tank Meet coming up on November 13-14, 2021 at Selby Aquatics Center.



## FROM OUR READERS



**SWAGGERS RISE TO THE CHALLENGE FOR CANCER**  
 Jill Cunningham <[gatorjillc@gmail.com](mailto:gatorjillc@gmail.com)>



Most of us have been impacted by cancer, either personally or through a loved-one. When our coach, **Karyn Austin**, suggested we participate in the September 15-mile Swim Challenge for the American Cancer Society, we were all over it. While 15 miles was not a huge challenge for most of us, it gave us the opportunity to be mindful of how cancer has impacted so many lives and to be grateful for our health. We kicked off our September efforts with a long swim on Labor Day. We formed several individual teams and together raised **almost \$5,000**.

Here are a few of our stories:

- Teammate **Kristina Von Castel** lost her father to cancer on her 20<sup>th</sup> birthday. She has also lost several other relatives and close friends to this disease.
- Teammate **Sharon Byun** also lost her dad to cancer. Sharon's dad passed a short three weeks after his initial diagnosis.
- Coach **Karyn Austin** swam for her dad who received proton therapy for prostate cancer and for her friends who have been impacted by cancer.
- Teammate **Katherine Gross** also lost her dad to cancer.
- At least four current SWAG teammates have undergone surgery and treatment for breast cancer in recent years.



## From a loving, very proud husband



My wife M (Peggy) DuBose Age 72 - UC14 from Okeechobee entered five events at the Rowdy Gaines SCM. She swam very well in all five winning; 1<sup>st</sup> Women 25m Breast, 4<sup>th</sup> 25m Free, 2<sup>nd</sup> 50m Back, 2<sup>nd</sup> 50m Breast, 2<sup>nd</sup> 25m Back.

This was her first Masters Meet in many years... it's good to be back.

Love,  
John



## Swimming Poetry

Michael Zahn, Unattached USMS swimmer  
Poinciana, Polk County, FL  
E-mail: [MichaelZahn01@Gmail.com](mailto:MichaelZahn01@Gmail.com)

### I love sloppy swimmers . . .

I love sloppy swimmers,  
the swimmers who wobble,  
the bathers who bobble,  
whose strokes are not smooth.

Undaunted by taunting,  
some slap the water,  
can't kick like a clock,  
some could lose weight,  
some can't swim straight,

some are just dreaming  
of post-swim cake.

These are my people!  
Imperfect bodies,  
imperfect souls,  
accepting the fact  
they'll never win gold.

But still they show up,  
wobbles, bobbles and all,  
compelled to respond  
to the water's call.







## THE NEXT NEWSLETTER DEADLINE

*Sheila Carpenter-van Dijk*

Please send Your Team News and Articles to Me!

[FLEditor@USMS.ORG](mailto: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 February 2022, so I'll need your articles by **January 15, 2022!**



## **FOR UPCOMING SWIM EVENTS!**



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



## 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>

