



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

Happy (belated) New Year Florida LMSC swimmers!

This newsletter, I'm listing some housekeeping items rather than write you a mini-novel.

If you haven't already, please renew your USMS registration for the 2022 season at:
<https://www.usms.org/join-usms/join-or-renew>

By the time this goes to print, many of us will have suffered, I mean enjoyed, 😊 seeing how far we can go in the USMS Hour Swim.

The 2022 Calendar is filling up nicely with many of the annual competitions in the FL LMSC back on the schedule as well as a National meet in South Florida. Feb. 12,13 is the Valentine's Meet in Clearwater; Mar. 19, 20 is the Bob Beach SCY Meet in St Petersburg, and May 13-16 is National Senior Games in Plantation, FL. And that's just a few.

Please use the following link for a complete list of competitions in the Southeast Zone:
<http://www.southeastzone.org/meets.html>

Putting on my Awards - Social hat now. The FL LMSC Awards lunch will be held at the conclusion of the Saturday session of the Clearwater Valentine's meet, February 12th in the Aging Well Center at the Long Center. A light lunch will be served. Please stop by to honor those who have given so much of their time to the LMSC as well as the crazy people who like to swim every event (in the pool and/or long distance) for the coveted Leather Lung Bobblehead!

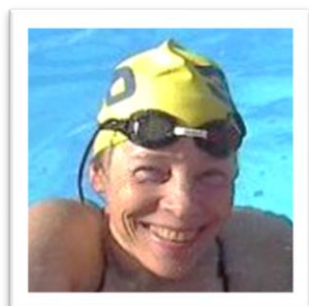
Last but not least -- Attention Creative People! Want to make a lasting impression on the FL LMSC? Please help us create a new logo.

This is our current logo:



Looking forward to seeing what creative members we have in our LMSC. The designer with the winning logo will get a \$100 gift certificate to Swim Outlet.com.

Please send your logo to me at FLChair@usms.org
Hope to see you poolside soon! --**Cheryl**



Webmaster Report

Meegan Wilson
meegan@att.net

I am working at keeping the website, <https://floridalmcsc.org/>, up-to-date. If anyone has anything they want added or changed, please contact me. Here are some web activities for your information.

The Florida Board of Directors meets three or four times a year, either virtually or in person. Every Florida LMSC member is invited to attend and each club has one vote or more depending on the size of the club. Go to our "Board Information" page: <https://floridalmcsc.org/contacts/boarddocs/>, to find meeting dates and sign-in information.

Our Florida Chair, Cheryl Kupan has tentatively scheduled these dates and times for our meetings this year:

Sunday February 6th at 3 pm
Sunday April 10th at 3 pm
Sunday July 10th at 3 pm if virtual or 5 pm if in person at the SPM LCM meet
Saturday October 15 at the conclusion of the Rowdy Gaines SCM meet

Thanks to the information that our Membership Coordinator, Cindi Wood, provided me, I have added a new club page with all of our currently registered clubs which will be updated periodically. The file can be found on our "Individual Registration" page: <https://floridalmcsc.org/register/individual-registration/>, or go here: https://floridalmcsc.org/wp-content/uploads/florida_lmsc_clubs.pdf

Please check out the Awards page for new nomination material from our Awards Chair, Cheryl Kupan, <https://floridalmcsc.org/awards/>.

Our newsletters from Editor Sheila Carpenter-van Dijk are posted on the Newsletter page <https://floridalmcsc.org/newsletter/>. Archived newsletters dating back to 1984 can be found here: <https://floridalmcsc.org/archived-newsletters/>.

From Records Chair, Nancy Kryka, find our 2021 SCY and LCM Florida Relay and Individual Records as of December 2021. These are posted on the "Meets and Results" page - <https://floridalmc.org/meets-results/>. Past records can also be found there.

From Sanctions Chair, Anna Lea Matysek, two files have been added to our "Meet Directors" page, <https://floridalmc.org/meet-directors/>, one under Sanctions and Recognitions - [Florida LMSC Agreement for Hosts of Sanctioned and Recognized Events](#) and one under General Meet Information - [Florida LMSC Instructions for Data Documentation for Masters Meets](#).

I appreciate everyone's help in keeping the website up to date. Please let me know if you find a broken link or have any other issues. Thanks!!!!



NEWS FROM FACT

Joannie Campbell

Jcampb10@tampabay.rr.com



This February newsletter presents a struggle to come up with noteworthy news. The winter has been cold; the water has been cold; the continued struggle over the COVID pandemic is influencing our normal outgoing behavior – Conclusion: this particular time of year is not generating much activity.

Over the coming months we have several welcome meets on the horizon and we hope that they are able to carry on!! The Valentine meet this month at the Long Center will start off the USMS schedule – the Auburn Southeast Zone Championships scheduled for the same weekend (February 12-13) has been postponed to March 19-20. This is the same weekend as the Bob Beach meet in St Petersburg. We're promised warmer weather starting next week and hope the forecast is correct. We all need to thaw out!!

The Good Life Games Senior Meet in Clearwater is scheduled for March 5. This Long Course meet has been very popular – especially in 2020 when all the entries ended up in the Top Ten for that year – there were no other LCM meets!!! Anyway – it's always fun to age up in March for the year.

In April we have a Sarasota meet April 3 the YMCA Nationals in Orlando the 7-10, and the Spring Nationals in San Antonio April 28 thru May 1st. All those are listed on our Southeast Zone website: <http://southeastzone.org/>. The National Senior Games are on

for May 13-16 in Plantation, FL. Entries close March 1, 2022 with other prior dates offering discounts.

Still on the schedule for International competition are the Pan American Games in Medellin, Columbia July 21-28. This has been postponed twice and I'm hoping we'll have a chance to travel this time! Japan's FINA Masters championships is not being encouraged because of COVID restrictions. Guess I'm going to have to wait until I am in the 95-99 age group to enjoy air travel again.

Please make an effort to support those meets that are scheduled. We are fortunate here in Florida to be able to hold these events and they take a great deal of effort and expense. Low attendance is discouraging and counterproductive. Please refer to the November 2021 Newsletter for information on how to keep informed – I tried to spell out many of the links available to us. That newsletter and more information about our Florida LMSC can be found at: <https://floridalmc.org/newsletter/>

Happy Swimming for 2022!!



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



News from the Outside Lanes
Regina Novak

St Pete Masters Swimmers Crush It at Long Course Nationals

The 2021 United States Masters Swimming Long Course Nationals were held at the Spire Institute in Geneva, Ohio, October 7-10, 2021. Alison Hayden, swimming in the women's 50-54 age group, Chris Stickle (men's 30-34) and John Nixon (men's 65-69) represented SPM at the event.



(photo credit: S. Swoch)



Chris and Alison
(photo: C. Stickle)

Alison took 1st place in the 200m and 400m freestyle, 200m butterfly (ugh), and 200m IM. She also took 2nd place in the 800m freestyle.



John Nixon, Alison Hayden, Chris Stickle
(photo: C. Stickle)

Chris won the 1500m and 800 freestyle, took 2nd in the 400m free, 3rd in the 200m fly, and 4th in the 100m and 200m backstroke events.

John placed 3rd in the 100m and 200m backstroke, 4th in the 200m breaststroke and 400m IM (double ugh) and 5th in the 50m back.

Southeast Zone SCM Championship/Rowdy Gaines Classic

Twenty-three (23) SPM members traveled to Orlando to participate in the annual Rowdy Gaines Classic. SPM brought home the championship trophy!



Rowdy and the SPM ladies: Celeste, Paula, Cheryl, Tabitha, Sarah, and Phyllis
(photo: S. Swoch)

Many SPM team members brought home high point awards including Chris Stickle, Cheryl Kupan, and Kern Davis!

Congratulations to other team members Rob Bedford, Sherri Bogue, Tabitha Brandt, Kern Davis, Jim Esposito, Sean Gerrard, Alison Hayden, Eric Herman, Adam Jerger, Cheryl Kupan,



Championship Winners!

L-R back: Sherri, Tabitha, Paula, Rowdy, Eric, Kern, Chris, Gary, L-R front: Cheryl and Sarah (photo: S. Swoch)

Chelsea Nauta, John Nixon, Celeste Patton, Greg Salomon, Phyllis Scheidt, Chis Stickle, Sarah Swoch, Paula Texel, Susan Tokayer, Rob Tullman, Karen Westerman, and Mike Zabel.

Sarasota Shark Tank Meet

Nineteen (19) SPM swimmers traveled to Sarasota to participate in the annual Shark Tank Meet. Sarasota once again put on a wonderful 2-day meet, with lots of fast swimming in Short Course Meters.

Congratulations to all those who participated for SPM: Olivia Barkley, Peter Betzer, Claudio Coimbra, Jim Esposito, Alyssa Harmon, Russell Hawkins, Alison Hayden, Susan Henry, Eric Herman, Megan Howson, Cheryl Kupan, Matthew Menendez, John Nixon, Sharon Steinmann, Chris Stickle, Sarah Swoch, Paula Texel, Valerie Valle, and Ken Wazyniak.



Florida Senior Games

By Paula Texel



Karen and Paula, poolside (photo: K. Westerman)

Four SPM members traveled to Coral Springs on December 11-12 to participate in the Florida Senior Games. Cheryl Kupan, Mike Smith, Paula Texel, and Karen Westerman represented SPM well with many outstanding swims, including some Senior Games records!

Paula swam a personal best in the 200yd Free and Karen swam a personal best in the 500yd Free.

50-54 Age Group

Paula 1st - 50 Free, 200 Free, 50 Back, 100 Back, 200 Back and 100 IM

Karen 1st - 500 Free, 400 IM, 2nd - 50 Free, 200 Free and 50 Back

55-59 Age Group

Cheryl 1st - 200 Back and 50 Breast, 2nd - 100 Fly and 100 IM

60-64 Age Group

Mike 1st - 50 Fly, 2nd - 50 Free and 50 Breast, 3rd - 100 Breast.



Mike and Gloria (photo: G. Smith)



Meet the **Swim Melbourne Mahi Masters (MELB)**

by Kelly Parker Palace, MELB Masters Swimmer



WHO? You may have noticed a new, fast growing masters team in our LMSC with the team abbreviation of **MELB**. Like most successful Masters teams, **Swim Melbourne**, whose mascot is a Mahi fish, is made up of all ages and interests in swimming. Our team includes college age to 70+ pool competition swimmers, open water and fitness swimmers. Everyone is welcome!

The driving force behind **MELB** is **Head Coach BJ Graham**, a USMS Level 3 Coach, and a lifelong swimmer. He started his swim career in the Melbourne area, and went on to swim at IRSC and the University of Florida. As a swimmer, then triathlete, his accomplishments include: 1996 NJCAA National Champion in 100 Yard Butterfly, USA Swimming Senior National qualifier, IRONMAN 70.3 World Championships, USAT All-American, and Masters National Champion. What is unique about Coach BJ is he has had success at both sprint and long-distance races. He is passionate about the sport of swimming and purely loves to coach. His on deck coaching presence is professional, experienced, and fun!

Helping to coach is **Mike Mirda**, who has deep roots in the Melbourne swimming community, as well as having swum collegiately at FAU. Mike is an outstanding Masters swimmer himself and current assistant coach to the Swim Melbourne USA program.

WHAT? There was a need for a full-service, certified USMS program in Brevard County to provide members with the best Masters Swimming experience possible. **MELB** has **USMS Gold Club Designation**, which means U.S. Masters Swimming—certified coach on staff, participation in fitness events, and offer of a free trial to potential members, among many other benefits. Now MELB membership is up to almost 50 (and growing), which makes for fun, lively practices and exciting gatherings and relays at meets!

WHEN? Started in June of 2019, Swim Melbourne Masters has expanded its practice times to 6 workouts a week.

We invite you to drop in on one of our deck-coached practices:

- Mon-Wed-Fri: 5:30am to 7am
- Tu-Thurs: 12noon to 1pm
- Saturday: 8-9am

WHERE? We're located in Brevard County on Florida's east coast, one hour east of Orlando, 20 minutes from Cocoa Beach and some of Florida's Best Beaches!

We swim at Sherwood Park Pool, 2479 Post Rd, Melbourne, FL 32935

WHY? Because swimming with other adults is one of the greatest joys in life! The connections, fitness and health benefits are just a few of the "whys"!



FROM OUR READERS

Bob Voeller
thevoellers@hotmail.com

A group of Masters swimmers from the Stuart, Florida YMCA plan to compete in the YMCA Master's National Swim Meet in Orlando this coming April.



THE NEXT NEWSLETTER DEADLINE

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 May 2022, so I'll need your articles by **April 15, 2022!**



Your Current Florida LMSC Board of Directors

(* Elected positions)

***Chair**, Cheryl Kupan

FLChair@usms.org

***Vice Chair**, Bob Jennings

FLViceChair@usms.org

***Treasurer**, Terri Goodman

FLTreasurer@usms.org

***Secretary**, Shelley Stewart

FLSecretary@usms.org

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

FLMembership@usms.org and FLCommunications@usms.org

Records, Nancy Kryka

FLRecords@usms.org

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

FLSanctions@usms.org and FLTopTen@usms.org

Co-Top 10, Jim Matysek

FLCoTopTen@usms.org

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

FLEditor@usms.org

Open positions on the Board

**Officials Chair, Awards, Long Distance (Postals) and Open Water Chairs
and
Senior Games Liaison**

Interested in being the Officials Chair?

We need an Awards Chair! Interested? How about Senior Games Liaison?

We need a Long Distance and Open Water Chair TOO! Interested?

Contact FLChair@usms.org

Coaches Chair, Scott Bay

FLCoaches@usms.org

Fitness, Daphne English

FLFitness@usms.org

Past Chair, Jillian Wilkins

FLPastChair@usms.org

Webmaster, Meegan Wilson

FLWebmaster@usms.org



Here is a link to the officer page on USMS:

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



**LOOKING FOR A SWIM MEET
OR OPEN WATER RACE?**

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

