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FLORIDA LMSC NEWS



From the Florida LMSC Chair

Cheryl Kupan

Last week a few of us were in on the secret announcement that was the first agenda item at our April 14 FL LMSC Board meeting. We were pleased that the 2022 Capt. Ransom J. Arthur M.D. Award winning duo, Anna Lea & Jim Matysek, were completely taken by surprise by Kyle Deery, Chief Marketing Officer for USMS. The award recognizes their many contributions to U.S. Masters Swimming and is USMS's most prestigious volunteer award. Congratulations Anna Lea & Jim - we are FL Proud! See their story on the USMS website:

[Jim and Anna Lea Matysek Receive Ransom J Arthur Award | U.S. Masters Swimming \(usms.org\)](#)



Speaking of awards, on February 12 at the Valentines meet in Clearwater we re-started the annual FL LMSC Awards Social, covering awards from 2019-2021. Congratulations to all award winners including the initial FL LMSC Lifetime Achievement Award winners, Meegan Wilson and Joannie Campbell. Florida LMSC Service Awards went to Jack Groselle, Nancy Kryka, Jim Matysek, and Anna Lea Matysek. Florida LMSC Volunteer Awards went to John Ware, Joann Gauzen, and Janet Whitlock. Leather Lung Awards went to Daphne Elliott (Postal), Cheryl Kupan (SCY, SCM & LCM), and Christopher Stickle (LCM, SCM & Postal). You can also find these awards on our FL LMSC website: [Awards – Florida Masters Swimming \(floridalmsc.org\)](#)

In other news, the Summer calendar is filling up nicely with long course meters meets and more & more open water races are being added. Life is returning to normal once again!

I hope those who headed to San Antonis for USMS Spring Nationals had good luck, safe travels and fast swims!



Jim and Anna Lea Matysek Receive Ransom J. Arthur Award by Daniel Paulling

from: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/jim-and-anna-lea-matysek-receive-ransom-j-arthur-award>
April 14, 2022

The award recognizes their longtime contributions as volunteers for U.S. Masters Swimming

Sarasota Sharks Masters members Jim and Anna Lea Matysek were announced as recipients of the 2022 Capt. Ransom J. Arthur M.D. Award.

The award recognizes their longtime contributions as volunteers for U.S. Masters Swimming, and is USMS's most prestigious volunteer award, one given annually to a volunteer who has done the most to further the objectives of the organization.

They're the first husband-and-wife duo to receive the award at the same time since Hugh and Jane Moore in 2002 and the sixth to do so overall. Jim worked in the IT department for USMS from 2002–2017 and Anna Lea in the membership services department from 2009–2017. (Jim was also a part-time contractor for USMS a few years before joining the staff full-time.)

Jim's contributions to USMS began in 1996, when he created the organization's website at the behest of Betty Barry, who, at the annual meeting the previous year, had been assigned to be the ad hoc computer online committee chair. Matysek taught himself web development and researched web hosting needs, and received a USMS Presidential Service Award for his work from then-President Mel Goldstein.

Matysek also began serving on the Registration Committee and the ad hoc computer online committee starting in 1996. He was USMS's volunteer webmaster from 1996–2002.

In 1999, Matysek created the world's first swim meet online entry and payment system, which earned him the National Championship Service Award and a Dorothy Donnelly Service Award that year. He was honored in 2000 with a dedication in the USMS Rule Book.

"Jim made possibly the single greatest volunteer contribution to U.S. Masters Swimming by creating the USMS website," Sarasota Sharks member Nancy Kryka, Florida Aquatic Combined Team member Meegan Wilson, and Rochester Area Masters Swimming member Kay Turner wrote in their nomination letter. "The website's thousands of pages of useful history and information would not exist without Jim Matysek. The website became the public face of USMS, with the home page receiving over one million views per year. This increased USMS visibility, motivated and engaged USMS members, and encouraged organizations to establish and sponsor swimming programs."

Anna Lea began volunteering with Missouri Valley Masters as registrar and treasurer in 1989 before her mentor, Mike Calwell, persuaded her to go to the 1993 annual meeting, the first of 24 consecutive annual meetings she attended.

Matysek, who received a USMS Rule Book dedication in 2018, served on the Finance Committee from 1994–2009 and the Registration Committee from 1997–2009. She received a Dorothy Donnelly Service Award in 2004 and served on USMS's Board of Directors 2005–2008.

Matysek currently serves on the History and Archives Committee and recently updated the online swimmer profiles for all members who served on national committees from 1989–2019. This required her to perform more than 3,000 data-entry transactions.

“Anna Lea Matysek’s three-plus decades of volunteer work has touched thousands of USMS members,” Kryka, Wilson, and MOVY Masters member Anthony Thompson wrote in their nomination letter. “Any task she’s undertaken has resulted in more members getting more from their USMS experience. Her deep love, understanding, and knowledge of our organization has driven her to excel and perform beyond the criteria for this award.”

About the author: Daniel Paulling is USMS Director, Communications and Publications and the editor-in-chief of *SWIMMER* magazine. He manages content development and production for the *STREAMLINES* newsletters and articles published on usms.org. He swam for four years at Rollins College and covered Southeastern Conference athletics, Major League Baseball, and the NFL for a number of newspapers and websites across the country, including the Kansas City Star, MLB.com, and USA Today, before joining USMS in March 2017.



National Senior Games

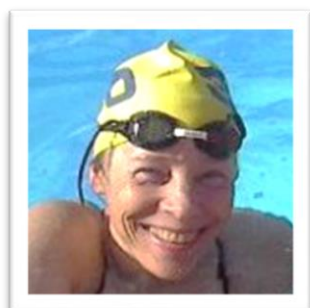
By Carter Elliott, Senior Games Liaison

Spring is here, and with it comes the 18th edition of the National Senior Games/The Senior Olympics. The Games are organized by the [National Senior Games Association \(NSGA\)](#), which is dedicated to motivating active adults (50+) to lead healthy lifestyles. The National Senior Games are held every two years, but due to COVID, the 2021 Games were postponed until this year.

This year, the 24 sports of the Senior Games will be held in south Florida from May 10-23, with approximately 10,000 participants across all sports. The swimming competition will be May 13-16 at the [Plantation Aquatic Center](#) in Plantation, FL. A total of 733 swimmers from around the country will be attending the swimming competition; of these, 142 are from the state of Florida, ranging in age from 51 to 92 years old.



Good luck to all the Florida swimmers that will be participating in the Senior Games! If you are in the area, please come out and cheer on our amazing group of Florida seniors. And, during the meet, you can track real-time meet results on the [swim competition page](#) of the NSGA website.



How to Find Meet Results

From your Webmaster, Meegan Wilson
FLWebmaster@usms.org

I have recently started adding some historical Florida meet results to our website. The link is located on the "Meets and Results" section at the bottom of the page:

<https://floridalmc.org/meets-results/>. Please email me about any early meet results that you have, and hopefully they can be archived too.

Located at the top of the "Meets and Results" page there are several websites that archive meet results. They are:

- ▲ Southeast Zone (formerly Dixie Zone) - <http://www.southeastzone.org/>. Archived results go back to 2016.
- ▲ Midnight Sports - John Ware's site - <http://www.midnightsports.com/>. Archived results go back to 2001.
- ▲ Distance Matters - Ron Collins' site - <http://www.distancematters.com/>. Archived results go back to 1998.
- ▲ USMS - Events & Results section - <https://www.usms.org/comp/>. There is an issue locating the pool results. If you search all courses for Florida, the results go back to the year 2007 with all courses listed. If you search for SCY meets only, results go back to 2012. If you search for LCM or SCM only, the results go back to 2005. It's a strange phenomenon.
- ▲ Florida Senior Games - <https://floridaseniorgames.com/>. Results go back to 1993.
- ▲ YMCA Nationals - <http://ymca.ymcaswimminganddiving.org/ymcaMeetHistory.asp>. Note that Masters Results are in yellow. Results go back to 2000. Earlier YMCA National results are being located.

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



Let's follow up on the February Newsletter – it reflects an almost return to normal and I am sure we are all enjoying it. I may have gone overboard but I've seen a host of other swimmers in my boat – not the coaches' recommendation for top times, but it's addictive to finally compete and see all of our swimming friends.

The Valentine Meet was a success as the first local meet of the year. Well-attended and nice weather inside and out. The Senior Good Life Games, a popular long course meet in the spring, had some super swimming and hope everyone enjoyed themselves. There we are aged up and listed as Top Ten until the Long Course Season starts – always a thrill (hahaha).

The Bob Beach Meet in mid-March was fun. Saturday was delightful; Sunday was mittens and muk-luks day in the morning, but not unexpected. Martha Henderson had some super times – last meet before her team competition (Pat Tullman) aged up. The towel was in her sites, and she won it!

We're in the Nationals months now and began with the YMCA Nationals in Orlando April 7 through 10th. We swim mostly with our local Y's at this meet but our times are Top Ten for USMS. Pat Tullman, who aged up to 85 at this meet, did her usual thing for Orlando – destroyed her toe under the doors!! This didn't stop her from joining their FAMILY RELAY with sons Steve, Rob and daughter Deb. They had to drop down to 55 plus but understand they still took a 3rd! Fun to do.

Next is the USMS Spring Nationals (originally set for 2020 and my age-up year). Martha Henderson and I traveled there (no masks!! Whoopee). Turning into a big birthday celebration with my Texas brother and lots of family – he turns 85 and I turn 92 within a week of each other. It was great fun as he had never seen me swim. He was a college swimmer “back when”.

We returned from Texas May 2 then leave for Senior Games Nationals in Plantation, FL May 12th. I just saw where there are over 700 competitors for Senior games – another great get together with friends we have made over the years. I have friends from 1991

games, some newly discovered. That is the great thing about all the swimming – the many friendships we make and the joy of seeing them again and renewing friendships all over the world. The COVID destroyed this for at least two years or more and I am thoroughly enjoying getting back!!!

Happy Days are here again!!!



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



(photo S. Swoch)

Great Start to the New Year!

The first three months of 2022 saw more meets and gatherings, and SPMers took full advantage of the good weather. The Valentine's Meet at the Long Center opened the SCY season, followed by the Good Life Games a few weeks later. And ... we were finally able to celebrate the 50th Anniversary of the Annual Bob Beach Championship ... the longest continuously running Masters meet! The SCY Season culminates with 21 of our swimmers representing us in San Antonio at the end of April for the SCY Nationals Meet. Let's hope it's a ***banner*** Year!

The new year also brought in a changing of the guard. Board elections took place at our annual meeting. Thank you to our outgoing members, Phil Harasz (President), Miles Williams (VP), Phyllis Scheidt (Secretary), John Nixon, and Sara Wolski. Welcome to our new members, Ananda Bergeron, Megan Howson, Chris Stickle, and Valerie Valle, and our new officers, Mike Zabel (President), Lisa Flanagan (VP), and Kathy Selles (Secretary). They have been busy planning upcoming events including the return of the Team Banquet on May 21, so keep your eyes and ears open.

Our members also have reason to celebrate out of the water. Our new SPM president was elected to Belleair Beach's City Council in March. Sarah Swoch has a Top Ten finish as Pinellas County's Teacher of the Year.

Thanks to everyone who helps with the SPM newsletter: Gary Bastie, Brooke Bowman, Tabitha Brandt, Dawn Clark, Alyssa Harmon, Cheryl Kupan, Kathy Selles, Karen Westerman, Sheila Carpenter-vanDijk, and Mike Zabel for their articles, photos, and content suggestions. And many thanks to Gloria Smith and Sarah Swoch who thoughtfully

captured images of so many events. As the old adage goes, "A picture speaks a thousand words." Happy Swimming!



SPM was featured in the Tampa Bay Times, Parks and Recreation Section after the team finished second at the Valentine's Meet in Clearwater.

★★★★★



By Karyn Austin, Head Coach/Meet Director
Swamp Water Aquatics Gainesville (SWAG)



2nd Annual "Show Your SWAG" Meet Recap

WHY Should All Master's Swimmers Try a Meet?

What percentage of Master's Swimmers do one meet a year?
I would guess the number might be less than half?
WHY?

Here are several reasons I hear:

1. I'm too slow, meets are for people who swam when they were young.
2. I need to get in shape, I can't come close to my former times. I won't be fast.
3. I'm a triathlete, I don't do meets.
4. I can't justify spending a weekend away from my family/kids

SO, I decided last year to host a meet right here in Gainesville.
My goals were:

1. Create a FUN, non-intimidating environment for ALL levels of athletes.
2. Make the focus not entirely on "winning", but offer raffle prize tickets (we had about 20 prizes worth over \$300) where you were entered just by entering the meet.
3. Encourage my team to just TRY a meet (we had over 15 first timers last year)
4. Recognize the "King" and "Queen" of the meet (most seasoned athletes)
5. During the meet encourage people to cheer for other athletes, regardless of team, especially first timers and our "Senior" athletes.

That first meet was a wonderful experience for everyone that attended. We decided this year to get the meet sanctioned with USMS, get a timing system and try and step up what we did last year.

We had 64 swimmers registered and had some teams outside of Gainesville make the trip. One of the coolest things we added was 2 of my swimmers who came through the ALTS program (both had traumatic episodes as children with swimming). Learning to swim is one thing, but overcoming fear is a whole new ballgame. These 2 gals worked so hard to get to this point and we recognized them with a "Lifetime Achievement" Award. They both swam the 50 free and had such a great time they entered the 200 Free Relay with some teammates!

It was a great day, and so wonderful to see athletes from 20-80 enjoying the sport, experiencing fellowship and camaraderie. I think after COVID and the lockdown when we couldn't swim, we all really cherish these times a bit more than we used to.

Swim Meets are for everyone! We had first timers, former college swimmers, a Professional Triathlete that had never done a meet, swimmers from Adult Learn to Swim backgrounds, and guess what? LOTS of triathletes! I think the single day, shorter format lends itself to getting people's feet wet in trying a meet. No pun intended. 😊

We will be hosting another meet in the Fall (date TBA soon). It will be the first, but we plan for it to be an Annual Meet - "SWAGtoberfest"





phone: 321-209-1301
email: info@swimout.org

Swim Out Orlando, central Florida's LGBTQIA but *all-inclusive* Masters swim team, finished a strong 2nd of the 65 teams in the small team category at the 2022 International Gay and Lesbian Aquatics (IGLA) Championships in Palm Springs, California, April 6-10. This was Swim Out's first IGLA competition as a team.

members included Joe Clauson, Rob Curry, Brian Harper, Royd Kuk and Brian Coakley—with Harper and Clauson, who is also the team's coach, winning two medals each. Brian won silver in the 50-yard butterfly and bronze in the 100-yard butterfly, ages 45-49. Joe won silver in the 50-yard and 100-yard backstroke, ages 50-54. The team also participated in 3 relay events.



Swim Out began in 2019 and is a Masters swimming and social club in the Orlando, Central Florida area. The club currently has practices 3 times per week. This month (May), 6 practices per week will be offered. For more information go to www.swimout.org.

[illegible]

LOOKING FOR A SWIM MEET OR OPEN WATER RACE?

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



FROM OUR READERS

Volunteer swim coach: A tribute

by Michael Zahn, Poinciana/Kissimmee

He walks with two canes,
he's fragile and fat,
the kids on the team
lug his extra-wide chair,
gently help him sit back.

But his voice still has sinew,
he bellows tough drills.
With sandpaper words
he strives to propel
even the slackers,
to make all excel.

Once, long ago,
he was slim and swam swift.
An Adonis in butterfly,
flaunting gods' gift!
The water was whipped
by his lunges and plunges!
Sprays of ribbons
were showered by judges.

Ribbons fray.
Butterflies die.
Bodies betray.
The gods can deny.

What's left of Adonis
you'll find at the pool
in his extra-wide chair,
a pain-drenched old grandpa
who's fighting despair
by bequeathing his dreams
to the ripening teens
on the high-school swim team

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**

Position is open

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

FLMembership@usms.org and FLCommunications@usms.org

Records Chair and Officials Chair, Nancy Kryka

FLRecords@usms.org; FOfficials@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 Water/Long Distance Chair, Megan Howsan

FLEditorOpenWater@usms.org/FLLongDistance@usms.org

Senior Games Liaison, Carter Elliott

FLSeniorGames@usms.org

Open positions on the Board

We need a Secretary!

We need an Awards Chair!

If you are interested, please contact Cheryl:

FLChair@usms.org

Coaches Chair, Scott Bay

FLCoaches@usms.org

Fitness Chair, Christopher Rieder

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>

