



*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

### **This Is An Election Year**

**Put Your Name in if you are Interested to Serve on the  
Florida LMSC Board of Directors**

**All Board positions are up for Election this year and anyone can run for any position.**  
These are two-year commitments. Elections will take place at our virtual Annual Meeting on  
October 19 at 6 pm. Information to join the meeting will be available on our website under  
Board Information: <https://floridalmsc.org/contacts/boarddocs/>

**Elected** positions and those running so far are:

**President** - Cheryl Kupan

**Vice President** – Open Position (Bob Jennings is stepping down.)

**Secretary** - Zena Courtney

(Elected at the July Board meeting to finish out this year as Secretary)

**Treasurer** - Terri Goodman

**Registrar - Membership Coordinator** - Cindi Wood

**Sanctions** - Anna Lea Matysek

**Top Ten** - Anna Lea Matysek

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

Contact Cheryl Kupan if you are interested in running for a position on the Florida LMSC  
Board. The deadline for nominations is September 15. Please consider getting involved with  
the Florida LMSC.

**All Florida Clubs** have at least one vote at our meetings!

Your team representative is invited to attend the Annual Florida LMSC Annual Meeting to be  
held **virtually** on October 19 at 6 p.m.

Watch for a link in your inbox to attend (or check online at:

<https://floridalmsc.org/contacts/boarddocs/>

Club membership numbers determine how many votes a club has.

See our bylaws for more information:

[https://floridalmsc.org/wp-content/uploads/bylaws\\_florida\\_lmsc\\_10-14-20.pdf](https://floridalmsc.org/wp-content/uploads/bylaws_florida_lmsc_10-14-20.pdf)







## From Your Membership Chair, Cindi Wood

### FLORIDA LMSC MEMBERSHIP IS OPEN FOR REGISTRATION!

With COVID still in our rearview mirror it seems like everyone is ready to get back to swimming. Our Membership for the FLORIDA LMSC is to date 2250 Members! Our members are made up of 1187 Men and 1063 Women.

Did you know that the State of Florida makes up 4.5% of all USMS?

The number of National USMS swimmers is 49,995. WOW!

Let's see if we can become the largest LMSC in the USMS.

Invite your friends and family to join.

Being a USMS swimmer has lots of advantages. The registration is \$60.00 per year and you can join anytime during the year.

Spread the word!

Join USMS today!



The following informational data was compiled by Cheryl Kupan and Anna Lea Matysek

Comparison of Membership by the Same Time Period, 2022 vs. 2021

#### Membership Years

2022 Membership (Nov. 1, 2021-Apr. 13, 2022) there were 1,961 members

2021 Membership (Nov. 1, 2020-Apr. 13, 2021) there were 1,732 members, a 13% YOY\*\*\* increase.

#### Club Membership

There are currently 52 registered clubs in the Florida LMSC.

The top 5 largest are:

Unattached, 416

Sarasota Sharks Masters, 314

St Pete Masters, 221

Clearwater Aquatic Masters, 148

Florida Aquatic Combined Team, 83.

\*\*\* Year-over-year (YOY) is a method of evaluating two or more measured events to compare the results at one period with those of a comparable period on an annualized basis.





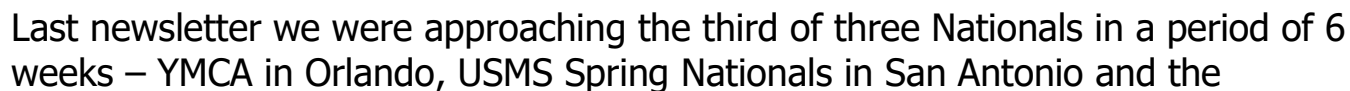
FLWebmaster@usms.org

**Please contact: Meegan: [FLWebmaster@usms.org](mailto:FLWebmaster@usms.org)**



Joannie Campbell

Jcampb10@tampabay.rr.com



National Senior Games in Plantation, Florida. A number of FACT members participated in all three but of course only the San Antonio Nationals are representative of our USMS membership. The YMCA and Senior Games are recognized by USMS only for Top Ten and times swam.

At last writing in May many of us 50 and over were headed to Plantation for the National Senior Games. I am not aware of how the other sports were conducted, but I will say I have been attending and competing in these games since 1989 and never have I been so disappointed in the conduct of the meet. I am sure there have been many unfavorable reports from those who swam there and they are all true!! They had better clean it up for Pittsburgh next year.

Now for our USMS meets, Sarasota's Bumpy Jones was the first of the Long Course season and well-run as usual. Fortunately, we escaped the down time for lightning, which is unusual – believe it came at the end of the first day. Martha Henderson, Pat Tullman and I did well – too bad a fourth wasn't around for a relay, but then I think that was the lightning shutdown!! St Pete was middle of July and weather was favorable for us then too. Martha Henderson unfortunately had COVID in her house that week and had to bow out, but we were happy to see Pat St. Germain back in the water. All three of us won our age group – Pat SG 80+, Pat Tullman 85+ and myself 90+.

Although we originally planned to go to Medellin, Columbia back in 2020, we weren't anxious to travel there this year for the rescheduled Pan American Games. At registration time, we were concerned about getting back to the US without travel problems. I was fascinated to see a 98 year old woman from Brazil swim the 400 IM legally!! Good for her!!

Martha Henderson and I attended the USMS Summer Nationals in Richmond, VA. We have a little competition but it will be fun again to see our many friends from other parts of the country. It's been a great year for revisiting and we're getting used to traveling again and even doing a little Uber-ing to avoid the high rental car fees.

I hope to see some more activity as the year progresses. Dog Days September 10 in Clearwater will be the last Long Course locally. Rowdy Gaines, etc. will usher in the SCM season. Our USMS Convention in Denver September 16 through 18 will have several in-person representatives from the Florida LMSC. It will be fun to work face-to-face for a change.







Mary Carbonaro  
Shark Master  
USMS Official.



A small group of Shark Officials and swimmers volunteered recently at the Special Olympics held in Sarasota. A very rewarding experience. This is another way the Shark swimmers and officials give to community.



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

by Livia Zien



The SPM gang (photo: T. Brandt)

Busy, busy, busy! Seven swim meets, a handful of open water swims, triathlons, and a synchro show capped off the past few months' activities. The long-awaited USMS Spring Nationals in San Antonio, TX, was the highlight as 20 members of our team placed 10th in the Local Club division and brought home the coveted banner. Bob Beach led the group with four individual wins (1000 Free, 200 Free, 200 Back, 500 Free). Shout outs also go to Alison

Hayden (1000 Free, 200 Fly), Chelsea Nauta (500 Free), Chris Stickle (1650 Free), and Paula Texel (100 Back) on their individual 1st place finishes. Congratulations to the whole gang, Sherri Bogue, Tabitha Brandt, Dawn Clark, Kelly Deuser, Dave Gibson, Eric Herman, Megan Howson, Cheryl Kupan, Celeste Patton, Allison Retotar, Kevin Schutz, Ted Soltys, Sarah Swoch, Valerie Valle, and Karen Westerman for making SPM proud!



The coveted banner Sarah, Chris, Megan (photo: S. Swoch)

Adam Jerger and Sean Gerrard represented SPM at Sarasota's Relay and Spring meet on April 3, taking 1st and 2nd places in all their events, as did Chris Stickle and Steve Gavalas at the IGLA in Palm Springs the following week, with Chris medaling in all his swims. That same weekend, Mike Smith, Allison Retotar, Sherri Bogue, Cheryl Kupan, and Susan Tokayer were at Rosen Aquatic Center at the YMCA Nationals swimming for Water Rat Masters. That was a lot of swimming in two weekends!



"Peter Betzer ahead by a mile" at Bumpy Jones meet  
(photo/caption: S. Swoch)

Our Mikes (Smith and Zabel) brought home a lot of hardware from the National Senior Games at the Plantation Aquatic Swimming Complex in spite of some weather challenges. Mike Smith noted that the Games recorded their second largest participation since the games started in 1987!

A group of 20 kicked off the LCM season at the Bumpy Jones Classic in Sarasota June 11-12 finishing each day with stellar races and a meal at Yoder's on Saturday and Joey D's on Sunday. Superhero Chris Stickle trekked up to Richmond and won big in the Big Kahuna Classic the following weekend. And speaking of Richmond, we have 11 swimmers heading up there for the USMS Summer National Championships!

On the open water scene, at the first of the Fresh Start Series in Honeymoon Island State Park, Celeste Patton and Megan Howson finished 2<sup>nd</sup> and 3<sup>rd</sup> overall in the 4-mile races. Nathan Dean swam the 2-mile race with his sons, while Sarah Swoch, not competing, volunteered as a kayaker. The second event of the series was cancelled due to the



First time placing, Kelly is excited! (photo: K. Deuser)

first tropical storm of the season, but Kelly Deuser and Macarena Martin Mayor completed their first 10k open water swim the next day.

Karen Westerman won the Women's Aquabike division at the Dunedin Rotary Triathlon on May 1 and the overall Sand Key Open Water half mile race on May 14. Karen is also our "Esther Westerman" synchronized swimmer. Congratulations to Rich Knipe, Steve Bossert, Macarena Martin Mayor, and Kelly Deuser who competed in the St. Anthony's Triathlon. Kelly and Macarena placed 4<sup>th</sup> and 5<sup>th</sup> respectively in their age group.



Karen at Sand Key OWS  
(photo: K. Westerman)

The social scene picked up as well! Our board and social committee worked hard to hold our annual awards banquet. The top floor Bayfront Towers, courtesy of Judge Beach, boasts the best view of St. Pete! Our first post-COVID social also took place complete with some friendly competition at ParBar, the new mini-golf course.



2022 SPM Awards Banquet (photo: G. Smith)

Congratulations to Charlotte Petersen who was recognized as Physician's Choice Nurse of the Year at Northside Hospital. She excels both in and out of the water!



Congratulations to Nurse of the Year! (photo: C. Petersen)

And finally, we just hosted our annual LCM Meet this past weekend. Thanks to Brooke Bowman, officials, volunteers, and all who participated! More to come in the next edition of the newsletter. Happy swimming, everyone!



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

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



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### ★★★★★ FROM OUR READERS ★★★★★



#### **I am in Control**

Regina Novak  
SPM Masters

It's really easy to feel out of control. In my professional world, inflation is wreaking havoc on people's lives. While I coach them through many pieces of this situation, the bottom line is this:

I cannot control some things (the cost of gas, how long this lasts, etc).

I do control many things. I control my mindset, my behaviors, my budget, and what I let in.

When it comes to our wellbeing and our swimming, we have control over many pieces of the puzzle:

1. We control what we put on our calendar. Maybe swimming is not something we can realistically fit in every day, but we do have some level of control over how we spend our time. Our greatest priorities need to go on our calendar, and the only person that controls how time is spent is us. If we allow other people to always determine how we spend our time, then it's time to take a close look at everything we do and make some hard decisions about what stays and what might need to go.

2. We control what we eat. Good nutrition is important for everyone for so many reasons. As athletes, our physical (and mental) performance is impacted by how we fuel ourselves. If we put junk in our body, we will likely feel like junk.



3. We control where our head is. Sometimes we show up to practice and we are on! Our sole focus is our swimming and we are making some great things happen in the pool. And other days, our head is nowhere near our workout. We may be going through the motions and getting some exercise, but our focus is a million other places. Neither is right or wrong. To be 100% into the workout is great. To swim as a way to cope with the rest of life is also a really healthy way to combat stress. The difference is, if we want to focus on our physical performance in the pool, we do have to focus on the workout and show up with the intention to achieve our workout goal. If we want to unwind, then focus on that. The point is, we decide what we focus on.

4. We control what we allow in. This can be tough but it is something under our control. We get to decide what we let into our mind and how it affects us. If the news upsets me, it's up to me to turn it off. If social media comments are triggering me to engage in arguments with people I like (or worse don't even know), then it's up to me to get off and/or deactivate my accounts. If I allow naysayers and mean spirited people to talk me down, then it's on me. Don't we tell kids to ignore and disassociate from mean kids and bullies? If our kids can do that, so can we as adults.

Whatever you are facing right now, you probably have more control than you think. Let's remember to focus on those things and let the other stuff go.



## **Swim Faster Without Training Harder**

### **Three Simple Practices to Start Today**

by David Deppeler, PT, DSc  
Founder, Breathe Your Truth  
Swim Melbourne Masters Teammate  
[david@breatheyourtruth.com](mailto:david@breatheyourtruth.com)

Have you noticed it getting harder to not breathe in and out of turns? Have you noticed that you have less tolerance to staying under water off your turns? Are you breathing every 2 to three strokes? If you answer yes to any of these questions, you may have trained yourself into a breathing pattern dysfunction. Rest assured, you're not alone. AND, it's completely reversible.

Most swimmers have done hypoxic training at some point in their career. This is where you either hold the breath or reduce breathing while swimming. Although it's popular, the evidence to support it is mixed. You've probably had mixed results, and if you're like many master's swimmers, hypoxic training is not part of your regular training. I get it.

**What the evidence does support is training to improve tolerance to carbon dioxide.** It's a nuanced, but crucial difference.

Recent evidence has refined, clarified, simplified, and sexified (soon to be a real word) traditional hypoxic training. Voluntary hypoxia may produce some performance advantages in certain conditions, whereas almost all of us benefit from elevated tolerance to carbon dioxide (CO<sub>2</sub>), and higher blood levels of CO<sub>2</sub>.

**Most surprising is the evidence that many of us have chronically lowered blood CO2 levels in a way that impairs health and performance.**

We lower CO2 levels by breathing too much. Crazy, right? Lower CO2 levels traps oxygen in the blood. Then our brains sense an oxygen deficit in the cells (outside the blood) and tell us to breathe more – perpetuating the problem. If we do this often enough, it creates a new normal for our body. We can do this to ourselves on dry land and in the water. Yep, in swimming.

Improving tolerance to CO2 means that you can direct more resources to better training and performance. Eventually, **you will find yourself swimming faster without training harder.**

CO2 tolerance can be learned (relearned) – but it requires time and commitment. Most people will start to see gains in 6 weeks.

Start to improve your tolerance to CO2 with these simple activities in the water.

1. Pay attention to your breathing while swimming freestyle. Just the act of paying attention will slow your breathing. You may even feel comfortable adding a stroke or two before your next breath. Do this for at least one set each workout. Make this the most important thing you do.
2. Pay attention to your breath while you're on your back (face out of the water) or kicking with a kickboard. Most of our breathing becomes choppy and fast. See if you can keep it slow and steady.
3. Try staying in nose breathing anytime you're recovering at the wall. This will keep your diaphragm engaged, decrease chest breathing, slow your breathing, keep CO2 a little higher, and help reshape your nasal passages. Do not force nose breathing while you swim, no good will come of that. Trust me.

Want to learn more practice techniques to improve your CO2 Tolerance while swimming? Check out this [Blog](#) by Breathe Your Truth.



## **Swim Melbourne Masters (MELB) Keeps Growing!**

Kelly Palace, Champion's Mojo <Kelly@championsmojo.com>



You may see some of your fellow LMSC members with both hands on their head, while arching their arms and making the universal sign of an "M" (from dance fame song, "It's fun to stay at the Y-M-C-A!"). That "M" is this spirited team's fun way to represent the Melbourne Mahis!

Just three years old, the Swim Melbourne Masters (MELB) are making a name for themselves. The team is growing fast and is approaching 90 members, which makes for fun practices, competitions, and social activities. Since the last newsletter here are some (but not all) of what the Mahi's have been up to:

### **Apr 7-10 YMCA Masters Nationals**

National titles were earned by Isaac Silver (100 Br, 200MR), B.J.Graham (50 back, 500 Free, 200 MR), Mark Palace (100 Bk), Zena Courtney (50,100, 200 Bk, 200 IM, 200MR) and Kelly Parker Palace (200 Fr)

### **Apr 28-2 May USMS Spring Nationals**

Zena Courtney (50 back, 60-64) and Kelly Parker Palace (200, 1650 free, 60-64) brought home MELB's first ever National titles! Other team participants were Mark Palace, Kirk Clear and Thomas Hoffman

### **May 7 Ironman 140.6 World Championships in St George, UT**

Will Liebig rocked a 14<sup>th</sup> age group finish, just 11 seconds behind the 13<sup>th</sup> place with a 9:52:13 PR (2.4-mile Swim in 57:37/ 112-mile Bike in 5:15.12/ 26.2-mile Run in 3:30.40)

### **May 28 Lucky's Golden Mile**

Zena Courtney grabbed second in the Female Swimmer of the Ages division

### **June 4 Escape From Alcatraz Triathlon**

#### **(1.5-mile Swim/18-mile Bike/8-mile Run) Finishers**

Taylor Pinnick and Lisa Hamlin

### **June 5 Pineapple Man Triathlon (.25-mile Swim/12-mile Bike/3.1-mile Run) and Multi-sport Race**

Lymaris Serrano, Triathlon - 2nd F45-49

Shelly Whisenhant, Triathlon - 1st F55-59

Sharon Sander, Triathlon - 1st F60-64

Karen Holloway Adkins, Triathlon - 2nd F60-64

Deb Stokes, Triathlon - 2nd F65-69

Craig Booth, Triathlon - 1st M45-49

Preston Edelstein, Triathlon - 3rd M65-69

Thomas Stokes, Triathlon - 1st M70-74

Beth Cutshall, Triathlon - 2nd Athena

B.J. Graham, Aquabike - 1st overall

### **June 11-12 Bumpy Jones Meet Participants**

Kirk Clear, Zena Courtney, Thomas Hoffman, Benjamin Lo-Pinto, Mark Palace and Kelly Palace

### **June 18 12.5-mile Swim Around Key West Relay Participants**

Mike Mirda, BJ Graham, Boone Brewer, Taylor Pinnick, Dan Szavovitz (1st, 5-person), Jeff Wetzell, Sally Dykstra, Zena Courtney, Sharon Sander, Karen Holloway (2nd, 5-person),

### **July 2 Swim Around Key West *Individual* 12 miler**

Taylor Pinnick, 2nd Overall Woman!

### **July 9 Cool Sommer Morning Triathlon**

Deb Stokes (1st, Sprint), Tom Stokes (1st, Int'l) and Preston Edelstein (2nd, Int'l) in their age groups

### **July 9-10 St. Pete Masters Meet Participants and High Point Winners\***

Kirk Clear, Steven Courtney, Zena Courtney, Laura Harting\*, Will Liebig, Eric Meyers, Kelly Palace\*, Mark Palace\*, Joan Wheeler, Joe Wotton

Next up for the MELB:

**Aug 3-7 USMS Long Course Nationals** in Richmond, VA: Kirk Clear, B.J. Graham, Zena Courtney, Thomas Hoffman, Mark Palace, Kelly Palace, Joan Wheeler

**Aug13 USMS 2-Mile Cable National Championship** in Lake Placid, NY: Zena Courtney, Jim Parker, Kelly Palace, Mark Palace

**Aug 20 USMS Marathon Distance National Championship** in Lake George in Hauge, NY: Jeff Wetzel and Sally Dykstra



[Champion's Mojo](#) is a podcast Hosted by Florida LMSC member, Kelly Palace and has won three podcasting awards in the last three years since beginning in 2019. Champion's Mojo, talks with a variety of champion's to share their "mojo" and help us get better as swimmers and in life.

Having interviewed over 50 US Olympic Champion, Olympic Coaches, pro swimmers, celebrities and experts, the podcast is now doing a **season of Masters Swimmers, including seven Florida LMSC members... so far.**

**Recent episodes feature:**

- Rachael Lilenthal (LMSC) #133
- Benjamin Lo-Pinto (MELB) #140
  - Bob Beach (SPM) #162
  - Dan Lotano (PBM) #156
  - Eney Jones (PBM) #154
- Rick Walker (SHARK) #150
- Marc Middleton (LMSC) #152
  - Kurt Dickson (GRA) #145
  - Erika Braun (NCMS) #158
- Charlotte Sanddal (BSMT) #166
- Melissa Belote Ripley (RIO) #164
- Susan Ingraham (MOST) #160

You can [listen on Apple](#), Spotify, Google Podcasts or any podcast platform.

Also at [www.ChampionsMojo.com](http://www.ChampionsMojo.com)







## Your Current Florida LMSC Board of Directors

(\* Elected positions)

**\*Chair, Cheryl Kupan**

[FLChair@usms.org](mailto:FLChair@usms.org)

**\*Vice Chair, Bob Jennings**

[FLViceChair@usms.org](mailto:FLViceChair@usms.org)

**\*Treasurer, Terri Goodman**

[FLTreasurer@usms.org](mailto:FLTreasurer@usms.org)

**\*Secretary, Zena Courtney**

[FLSecretary@usms.org](mailto:FLSecretary@usms.org)

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

[FLMembership@usms.org](mailto:FLMembership@usms.org) and [FLCommunications@usms.org](mailto:FLCommunications@usms.org)

**Records Chair and Officials Chair, Nancy Kryka**

[FLRecords@usms.org](mailto:FLRecords@usms.org); [FLOfficials@usms.org](mailto:FLOfficials@usms.org)

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

[FLSanctions@usms.org](mailto:FLSanctions@usms.org) and [FLTopTen@usms.org](mailto:FLTopTen@usms.org)

**Co-Top 10, Jim Matysek**

[FLCoTopTen@usms.org](mailto:FLCoTopTen@usms.org)

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

[FLEditor@usms.org](mailto:FLEditor@usms.org)

**Open Water/Long Distance Chair, Megan Howsan**

[FLEditorOpenWater@usms.org](mailto:FLEditorOpenWater@usms.org)/[FLLongDistance@usms.org](mailto:FLLongDistance@usms.org)

**Senior Games Liaison, Carter Elliott**

[FLSeniorGames@usms.org](mailto:FLSeniorGames@usms.org)

### **Open positions on the Board**

**We need an Awards Chair!**

If you are interested, please contact Cheryl:

[FLChair@usms.org](mailto:FLChair@usms.org)

**Coaches Chair, Scott Bay**

[FLCoaches@usms.org](mailto:FLCoaches@usms.org)

**Fitness Chair, Christopher Rieder**

[FLFitness@usms.org](mailto:FLFitness@usms.org)

**Past Chair, Jillian Wilkins**

[FLPastChair@usms.org](mailto:FLPastChair@usms.org)

**Webmaster, Meegan Wilson**

[FLWebmaster@usms.org](mailto:FLWebmaster@usms.org)



Here is a link to the officer page on USMS:

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

