

*See our newsletters, present
and past and lots of other good
information on our website:*

<https://www.floridalmcsc.org>



Website: <https://floridalmcsc.org/>
<https://www.facebook.com/flmastersswimming/>

FLORIDA LMSC NEWS

This Is An Election Year

Board positions were up for Election this year and any USMS member could run for any position. These are two-year commitments. Elections took place at our virtual Annual Meeting on October 19. . Welcome to our new Vice Chair, Kirk Clear, and new Secretary, Zena Courtney.

Congratulations to the Newly Elected and Re-elected Members Of Our Florida LMSC Board of Directors

Chair: Cheryl Kupan, St Pete Masters
Vice Chair: Kirk Clear, Swim Melbourne
Secretary: Zena Courtney, Swim Melbourne
Treasurer: Terri Goodman, Sarasota Sharks
Membership Coordinator: Cindi Wood, Lake Gators Swim Club
Sanctions: Anna Lea Matysek, Sarasota Sharks
Top Ten: Anna Lea Matysek, Sarasota Sharks
Newsletter Editor: Sheila Carpenter-vanDijk, St Pete Masters

The Appointed and Volunteer Members of Our Florida LMSC Board are:

Records Chair/ Official Chair – Nancy Kryka
Co-Top Ten – Jim Matysek
Open Water/ Long Distance – Megan Howsan
Senior Games Liaison – Carter Elliott
Awards Chair – Cheryl Kupan
Coaches Chair – Scott Bay
Fitness Chair – Christopher Rieder
Webmaster – Meegan Wilson

All Florida Clubs have at least one vote at our meetings!
Your team representative is invited to attend the Florida LMSC Meetings.
Watch for a link in your inbox to attend (or check online at:
<https://floridalmcsc.org/contacts/boarddocs/>)
Club membership numbers determine how many votes a club has.



Note from the Florida LMSC Chair

Cheryl Kupan

I hope you had a Happy Halloween! 🎃

We recently held the FL LMSC Annual Meeting of the Membership. Thank you to all who attended. Please note: ALL Florida LMSC Board meetings are open to the membership and can be accessed on our website at: <https://floridalmc.org/contacts/boarddocs/>

The 2023 meeting dates will be posted on our website in the next month.

This year was an election year and everyone who was currently on the Board, except for Vice Chair Bob Jennings, will serve for 2 years. I want to thank our Board for being patient with me during my first term as your Chair and for all your work for the LMSC as I cannot do this without each of you! Our new Vice Chair is Kirk Clear who brings a wealth of information to the Board. Kirk was the Chair of the Virginia LMSC amongst other roles at the local level and with USMS. Leaving our Board as past Vice Chair and a past Chair, is Bob Jennings. Bob has contributed much, not only to the FL LMSC, but to USMS as well. We will miss your leadership Bob!

The FL LMSC hosted an Officials Clinic in October for anyone who was interested in becoming a USMS Official. We are happy to see that we have a few more people certified who attended the clinic – Congratulations! Later in the newsletter is a summary of the clinic from our Officials Chair, Nancy Kryka. Thank you Nancy, Cindi Wood, Mike Whaley, Jan Whitlock and Joel Meltz for conducting the clinic! If you are interested or know someone who is interested, please contact Nancy for more details at: FLOfficials@usms.org

We had three FL LMSC coaches, Karyn Austin/Swamp Water Aquatics, BJ Graham/Swim Melbourne and Scott Bay/Legends Masters Swim Club attend the USMS National Coaches Clinic in October. They will be assisting the Board in scheduling some swim clinics in 2023. If you would like to host a clinic, please let me know. Also, Congratulations to BJ on receiving a USMS Kerry O'Brien Coaching Award!

The past few months we had some great meets in our LMSC including the Dog Days Meet in Clearwater (September), the Rowdy Gaines meet in Orlando (October), the SWAG meet in Gainesville (October), the Shark Tank SCM meet in Sarasota (November), as well as a few Senior Games meets. The Florida State Senior Games in Temple Terrace will take place in December (deadline to enter is Nov. 14th).

A few housekeeping items:

October 1: 2023 USMS Club registration opened. Your team must have been registered before November 1, or your swimmers cannot sign up for your team.

November 1: 2023 USMS Member registrations opened. USMS announced a raise in the annual membership fee to \$65 for November 1, 2022 to December 31, 2023 and on January 1, 2023, it will rise again to \$70 for the rest of the year.

On November 1, nominations for 2022 FL LMSC Awards will open.

Please go to the Awards section on our website:

<https://floridalmc.org/awards/>

Submission and nomination forms can be found for:

- [Leather Lung](#)
 - [Coaches](#)
- [Florida LMSC Service Awards](#)
- [Club Volunteer Service Awards](#)
- Sue Moucha Overcoming Adversity Award

Please send your Sue Moucha Overcoming Adversity Award nominations to:

Sue Moucha at jnmoucha@aol.com

Please fill out the appropriate form and send to me at: FLChair@usms.org Nominations will be accepted from Nov. 1, 2022 to Dec. 31, 2022. Please use the form(s) and provide as much information as possible about your nomination(s). A one-sentence email will not be accepted. Take this opportunity to recognize members, coaches, or volunteers in the LMSC who have made a difference or gone above & beyond.

We have a lot that's going on in the Florida LMSC and it's good you know. I'm always here to take your questions or suggestions and look forward to being your Chair for another 2 years!
--Cheryl

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THE NEXT NEWSLETTER DEADLINE

Sheila Carpenter-van Dijk

Please send Your Team News and Articles to Me!

FLEditor@USMS.ORG

IN WORD FORMAT, PLEASE!

◆◆◆◆◆ **No PDFs** ◆◆◆◆◆

PICTURES ATTACHED IN JPEG!



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 2023, so I'll need your articles by **January 15, 2023!**

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From your Webmaster

Meegan Wilson

FLWebmaster@usms.org

This is a reminder that the Florida LMSC will host one page club websites for Florida Clubs who need one and we can also add existing website links. The links to these sites are located on the Newsletter page under "News From Our Florida Clubs." So far we have created a website for Florida Aquatic Combined Team (FACT) and we have added a link to the Swim Melbourne Masters (MELB) website.

Please get to know our website and yes, we have a Facebook page too - this link can be found on our website, <https://floridalmc.org/>. You will also find: Registration information, Meet information, Meet Director information, Board contacts, meetings and minutes, Florida By-laws, Current and Archived Newsletters, Awards, Florida Records & Top 10, Historical meet results, and much more.

Please contact me if you see any issues. Thank you! **Meegan:** FLWebmaster@usms.org



Masters Swimmer Sylvia Eisele

by Meegan Wilson



It is with much sadness that I inform you of [Sylvia Eisele's](#) passing on October 12, 2022 at the age of 93. According to online sources, she was born in Vienna, Austria on September 28, 1929. She later became a swim champion of the Austrian National Team competing during the 2nd World War. She moved to Canada in 1954 and started swimming and competing there. Canadian Masters Swimming started in Canada in 1971 after Hud Stewart and Al Waites came back from competing at the 2nd annual AAU Masters Short Course Yards (SCY) National Championships in Amarillo, TX. Stewart formed the University of Toronto Swim Club, the first official Canadian Masters team.

The Masters Swimming Ontario archives shows Sylvia swimming at the first Masters meet in Canada on April 15, 1973, hosted by the Etobicoke Olympium Masters Aquatic Club (EOMAC). In 1976 she was on the Canadian Masters Swimming Steering Committee. At the age of 47 she attended the 1977 SCY AAU National Championships in Fort Lauderdale, FL May 13-15 representing Ontario Masters (OM) as a

member of EOMAC. She finished first in both the 100 and 200 breaststroke in the 45-49 age group.

In 1978, Canada held the first Senior Age Division International Aquatic Long Course Meters (LCM) Masters competition with ten countries competing, including the United States, at the Etobicoke Olympium in Ontario. Swimming in the 45-49 age division, Eisele finished 1st in the 50 breaststroke, 2nd in the 100 breaststroke, 3rd in the 200 IM, and 4th in the 100 butterfly.

In 2006 at the FINA World Championships in Stanford, CA she competed with The Ontario Masters Swimmers (TOMS) Canadian team, swimming the breaststroke in the Women's 280-319, 200 Meter Medley with Michele Oliver, Judie Oliver and Doris McEwan. They broke the World Record time of 3:09.63 that was set by Arizona in 2005 with a time 3:02.07. At that meet, in the 75-79 age group, she placed first in the 50 Breast and 2nd in the 100 and 200 Breast. She was inducted into the Mississauga Sports Hall of Fame on June 1, 2006.

Sylvia also swam and competed as a member of United States Masters Swimming (USMS), starting around 1991. She joined Holmes Lumber Jax (HLJ), 1991-1993; Swim Florida Masters (SWIM) 1993-2004; Florida Aquatic Combined Team (FACT) 2004-2009; SWIM - 2010; and FACT - 2011 - 2015. During that time Eisele garnered 274 Top 10 individual swims and 20 Top 10 relays. She achieved All American status ten years for individual and three years for relays.

Eisele held 13 lifetime individual USMS records from 2000 - 2014 and two currently held lifetime relay records, both accomplished in 2009. The first, swimming the breaststroke in the Women's 75+ 200 SCY Medley with FACT teammates [Betty S Lorenzi](#), [Nancy N Durstein](#), and [Mary C Tusa](#) in a time of 3:15.12 at St Pete Masters 39th Annual SCY Championships on March 27-29. And the second, swimming breaststroke again in the Women's 320-359 200 LCM Medley with FACT teammates Betty [Lorenzi](#), [Nancy Durstein](#), and [Joan K Campbell](#) in a time of 3:47.69, breaking the 1998 record of 4:19.11 set by Walnut Creek Masters. She currently holds the record for the 50 Short Course Meter breaststroke in the 85-89 age group which she set in 2014 with a time of 1:00.96. At the age of 85 she contributed to a 1st place USMS Top 10 finish in the 85+ 200 SCY Mixed Freestyle Relay with FACT teammates Betty Lorenzi, [Milan Kutanovski](#) and [John Cornell](#) in a time of 3:24.43 at the Florida International Senior Games & State Championships, December 13-14, 2014.

Joan Campbell recollects about Sylvia and her husband Nick, "[Dick Brewer](#) was an ANGEL!! He was the savior of all their belongings when the roof blew off their condo during a hurricane. She was so appreciative of all he did for them. Her poor health over the years was uncomfortable to live with: heart problems and falls. She had Nick and his great sense of humor."

We will all miss Sylvia Eisele.



NEWS FROM FACT

Joannie Campbell

Jcampb10@tampabay.rr.com



Following through with the 4th National competition of the year, Martha Henderson and I competed in the Long Course Summer Nationals in Richmond, VA. Both of us improved times and my competition, if any, didn't show up so six gold medals helped our Regional Club score – We came in 6th!! Martha, of course added four gold and two silver medals.

On the way home or at the meet I managed to catch COVID – very mild case but it set back the training schedule. I recovered in time to swim the Dog Days LCM at the Long Center. This meet is becoming quite popular as the last chance to catch a time during the LCM season, which ends September 30.

Martha was a victim of COVID as the Rowdy Gaines SCM came into view, but she also got a mild case and recovered to get a great high point 85-89 performance – She swam the 800 and 400 IM the same day. I'm tired thinking of it. My 9 events over the three days earned me the 90-94 high point and with the help of Michael Garcia from our FACT group we managed the 2nd Place Regional Team trophy. Pat Tullman anticipated a holiday family visit in Rhode Island – her daughter Deb came down with COVID and she got to relax for the weekend!

Our FACT Regional team is registered for the 2023 season. Encourage some of the many small teams to form a workout group or join us. It's a great opportunity to make up some good relays instead of attending meets by yourself. Also, join during November- or December and save on your registration fee – the fee is going up to \$70 in January 2023!!

We had some sad news this week. Sylvia Eisele, our elite swimmer from Toronto area during the early 2000's, passed away. She is still listed with records in the backstroke and breaststroke and with some relay National records for our FACT team. She and her husband Nick were popular members when she participated. Unfortunately she was a victim of dementia in the past 6 years. She was 92. Her husband Nick, 95, is still around but in poor health.

Thank you to Meegan who wrote a nice story about Sylvia for our newsletter.



Masters Swimming Officials Clinic in Clermont

By Nancy Kryka

On October 9, the Florida LMSC hosted our first Officials clinic, at the beautiful National Training Center (NTC) pool in Clermont, Florida.

The clinic introduced new people to 'How to Become an Official' and refreshed the skills of our current Officials. The Clinic format included classroom presentations and practical on deck demos. Everyone we spoke with felt it was a worthwhile experience and a lot of fun for the group.

The following people helped make the clinic successful:

- These great participants:

Zena Courtney
Maria Arredondo
Emily Easterly
Erin Maehr
Dona Dixon
Jeff Williams
Steven Courtney
Linda Felton
Tom Petersen
Madeline Delianides

- These experienced instructors:

Mike Whaley
Jan Whitlock
Joel Meltz
Nancy Kryka
Cindi Wood

Special thanks to:

- Cindi Wood of NTC's Lake Gators Swim Club who organized
- FL LMSC who provided the pool classroom rental, lunch, and instructors' driving subsidy
- NTC's Swim Out Orlando Masters who demoed in-water for class participants to practice Starts
- Sarasota Sharks who loaned the Colorado Starter equipment

The clinic was open to anyone, age 18 or older who is interested in becoming a Masters Official or who is interested in refreshing their current skills.



How to Become an Official

Why should you become an Official?
Because we need you!

Officials are essential to USMS and FL LMSC. We cannot run USMS sanctioned or recognized meets without them. We currently have a great team of Officials but the team needs to be larger. When you go to a swim meet, it may seem there are plenty of Officials. We need to train and certify more Officials to make sure that continues.

Why attend an Officials clinic?
Because it is great fun and you get to meet new friends!

Our LMSC Officials' clinic covers:

- How to Become an Official
- Instruction and discussion of each stroke's rules
- Instruction and discussion of how to be a good Starter
- DQ slips
- Stroke rules for physically handicapped swimmers
- Starting for hearing impaired
- On pool deck demo of good, bad, and ugly strokes
- Chance to practice Starts using Colorado equipment
- Copy of the USMS rule book
- Refreshment of lunch and snacks
- Chance to meet friends and network with other volunteers and Officials



You do not need to take the test to start shadowing and apprenticing as an Official.

1. Look at the [Southeast Zone](#) web site for upcoming meets near you. Contact the meet referee or meet director and introduce yourself as a volunteer who is interested in being an Official.
2. Go to the link [How to Become a USMS Official](#). Watch the online videos, take the open book test, and send the results to the Officials email, officialscertification@usmastersswimming.org.
3. Check our FL LMSC website for Official contacts and info:
<https://floridalmcsc.org/training/>

Volunteer and get started being an Official!



If you are interested in becoming a USMS certified Official please contact, Nancy Kryka, FL LMSC Officials Chair, FLOfficials@usms.org

Look for more FL LMSC Officials clinics in the future!





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

by Livia Zien



SPM Nationals Team (photo: P. Texel)

The banner streak continues as the 10-member SPM Nationals team consisting of Alison Hayden, Allison Retotar, Chris Stickle, Eric Herman, John Nixon, Karen Westerman, Macarena Martin Mayor, Noah Manera, Paula Texel, and Sherri Bogue, brought home a 6th place finish from the LCM Summer Nationals in Richmond, VA. Many SPMers came home with gold medals, including Alison Hayden (200 Fly, 200

IM, 400 IM), Chris Stickle (1500 Free), Karen Westerman (100 Fly), Noah Manera (200 Fly), and Paula Texel (200 Back), and. It takes a team, Paula Texel explains, "We know if we don't swim relays, we don't place Top 10."

Leading up to Summer Nationals, we had another successful LCM meet the weekend of July 9-10, with Race Director Brooke Bowman, officials and volunteers to help out over the weekend. Congratulations to our high point winners: Macarena Martin Mayor (Women's 18-24), Sarah Swoch (Women's 35-39), Paula Texel (Women's 50-54), Cheryl Kupan (Women's 55-59), Noah Manera (Men's 18-24), Chris Stickle (Men's 30-34), and Eric Herman (Men's 50-54).

Competitions were not limited to local or national meets. David Gelfand traveled to Israel to participate in the Maccabiah Games with a stellar meet. In his 100m and 200m breaststroke events, he placed 15th and 11th, respectively, and 10th in his 200m IM. In the Para Swimming finals, he placed 1st in the 100m Free, 100m Back, 50m Free, 50m Back, and 50m Fly, and 2nd in the 50m Breaststroke, racking up loads of medals. Congratulations, David!

Kathy and Carl Selles traveled to Medellin, Colombia for the Pan Am Games. Kathy placed 3rd in the 800-meter free, her first event, rounding out her medal count with a 4th place finish in the 100 meter and 400 meter free, and a 2nd place in the 200 meter free. Not to be outdone, Carl took first place in the 50, 100, and 200 Free, and second place in the 400 and 800 Free events.



Another coveted banner (photo: P. Texel)



Carl and Kathy at Pan Ams (photo: K. Selles)



Sarah, Russell, Eric, Sherri, Alison, Chris, David, Megan, and Greg – Dog Days
(photo: S. Swoch)

The LCM season was capped off with the Dog Days of Summer Meet at the Long Center in Clearwater. The team of 9 swimmers strong consisted of Sherri Bogue, David Gelfand, Russell Hawkins, Alison Hayden, Eric Herman, Megan Howson, Greg Salomon, Chris Stickle, and Sarah Swoch. Sherri Bogue notes, “St. Pete Masters swimmers placed first in at least one or all of their events – a very strong showing for everyone with many having improved times.”

In the open water competitions, Chris Stickle beat out some of the top Olympic swimmers on Sept 3 in the Global Swim Series, including Ryan Lochte and Brent Hayden. Chris writes, “I grew up watching stars like Ryan Lochte, Brent Hayden, Anthony Irvin, Cullen Jones, Cody Miller and Blake Pieroni. To be able to race these legends was an honor and privilege but to actually win is unbelievable!”



(photo: C. Stickle)

[1] 2 3			
Page 1 of 3 (116 items)			
Pos	Name	Time	Cat Pos (Gen Pos)
1	Ethan Zhou #46 Male 0215	00:16:14	1 (1)
2	Trevor Donley #19 Male 0215	00:16:17	2 (2)
3	Felipe Alvarez #133 Male 0215	00:16:27	3 (3)
4	Danielle Vernaleone #31 Male 1619	00:16:28	1 (4)
5	Christopher Stickle #8 Male 3039	00:16:40	1 (5)
6	Brent Hayden #4 Male 3039	00:16:47	2 (6)
7	Joel Acosta #116 Male 3039	00:16:50	3 (7)
8	Carlos Delabella #77 Male 6099	00:17:01	1 (8)
9	Ryan Lochte #1 Male 3039	00:17:09	4 (9)
10	Eddy Marin #109 Male 3039	00:17:55	5 (10)
11	Juan Zambrano #97 Male 4049	00:18:09	1 (11)
12	Luke Reid #61 Male 0215	00:18:17	4 (12)
13	Jonathan Pinto #136 Male 3039	00:18:18	6 (13)
14	Simon Sheinfeld	00:18:24	5

A record number of thirteen SPM members took to the 5k/10k Virtual Championships this year, with each participant finishing in the top 10. As a result, some fantastic relays were created. We finished 5th as a club for the 5k event and ... 2nd in the 10k event! Congratulations to all the participants: Chris Stickle (both), Macarena Martin Mayor (both), Kelly Deuser (both), Sarah Swoch (both), Megan Howson (5k), Alyssa Harmon (5k), Stephanie Gibson (5k), Paula Texel (5k), Dawn Clark (5k), Pat Marzulli (5k), Caroline McCartney (10k), Noah Manera (10k), and David Gelfand (10k)!



Paul and Kiernan – Bowl-A-Rama Champs
(photo: C. Kupan)

Finally, the season would not be complete without social outings. Megan Howson and the SPM social committee organized monthly events. Paul Patton retained his Bowl-A-Rama title after 5 years.



Calypso Breeze Cruise
(photo: M. Zabel)



Night with the Rays (photo: C. Patton)

The team cheered on the Rays to victory against the Kansas City Royals at Tropicana Field.
And a wonderful dinner and cruise was had by all on the Calypso Breeze in John's Pass.

We are looking forward to the SCM season, and began with the Rowdy Gaines meet in
Orlando!

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From Kirk Clear
Swim Melbourne Masters

Patti Sponsler from Space Coast Multisport
published an article about how Swim
Melbourne Masters started.



Follow the link below to see:
["Not Just All Wet!"](#)

★★

★★★★★ FROM OUR READERS ★★★★★

Now I lay me down to swim

By Michael O. Zahn
michaelzahn01@gmail.com

Now I lay me down to swim,
the Lord knows that each stroke's a hymn,
a sacred song my body sings.
If I should tire before the shore,
And never reach the beach at all,
I pray the Lord my soul to take,
that in God's lake I will awake.

★★★★★★★★



Your Current Florida LMSC Board of Directors

(* Elected positions)

***Chair, Cheryl Kupan**

FLChair@usms.org

***Vice Chair, Kirk Clear**

FLViceChair@usms.org

***Treasurer, Terri Goodman**

FLTreasurer@usms.org

***Secretary, Zena Courtney**

FLSecretary@usms.org

***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

Awards Chair, Cheryl Kupan

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>





Happy Holidays
Have Fun
Be Safe
Have Great Swims