



See our newsletters, present
and past and lots of other good
information on our website:
<https://www.floridalmsc.org>

Website: <https://floridalmsc.org/>
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FLORIDA LMSC NEWS



Note from the Florida LMSC Chair Cheryl Kupan

Happy New Year FL LMSC'ers! I hope you had a wonderful holiday & that 2023 is getting off to a good start.

2023 is off & running/swimming with the (dreaded by me) USMS Hour Swim. The first sanctioned pool meet in the LMSC is the Valentine's Meet, February 11-12 in Clearwater as well as various Senior Games meets throughout the State. Swim Melbourne is hosting their first open water competition on March 5th with 1.5k and 5k swims. All entries are available online at www.southeastzone.org

The Florida LMSC Awards Luncheon for 2022 Awards presentations will be held at the conclusion of the Saturday session of the Valentine's meet on Feb. 11th in the Starfish Room at the Aging Well Center (aka Long Center). All are invited to attend, but please contact me if you plan on attending so I can get a headcount for food and possible room change should we exceed our typical 20 guests.

Friendly reminder: if you haven't renewed or registered for 2023 with USMS, please do so as you won't be able to compete in 2023 USMS sanctioned events until you do.

NOTE: LMSC Club Contacts – please look for an email from me in the next few weeks as you will be required to respond to participate and you will want to participate!

That's all I have for this quarter.

As always, if you have any questions, please feel free to contact me at FLChair@usms.org.
Thank you, Cheryl



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 May 2023. Sooooooo...

Articles to me by **TAX DAY (🗓️) April 15, 2023!**



Happy Laps and Happy New Year

Cindi Wood AKA Cindi Swimmer
Florida LMSC Membership Coordinator
FLMembership@usms.org



I believe 2023 is the year of the swimmer! USMS membership drive is underway and it feels good knowing that we will be competing, seeing old friends at the pool, and getting stronger and better. It was a tough couple of years for my team (Lake Gators Swim Club). We are a fairly new team, we have been a USMS team for 2 years now and this year we increased membership two fold plus. We went from 17 registered swimmers to 54 and counting!

How did we do this? We reviewed with our swimmers the benefits of USMS: competing, pushing the limits and doing something new.

Our team, like most teams, is made up of a large audience of triathletes. We changed a few things, we made the workouts fun and high intensity and we asked everyone "What is your 2023 goal?" We now have pool competitors, fitness swimmers, and triathletes. Our goal is to have our team attend a meet or two or even the Nationals in Sarasota this year. We grew our team both organically and also through the USMS Trial Membership

program. If you haven't signed up as a team to take advantage of this program, I suggest you do.

Here's how it works:

Interested people email membership@usmastersswimming.org or call 941-256-USMS (8767). Let them know you are interested in a Trial Membership for your club. You will get an email notification with the person's information. You have approx 48 hours to reach out to the interested person. They get a free workout with the team! It's so easy. Last year we grew our team using this USMS program. If you are looking to grow your team I highly recommend having your team sign up for the Trial Membership Program through USMS.



NEWS FROM FACT

Joannie Campbell

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A very Happy New Year to all. Can't believe that it's finally thawing and we're talking about swimming meets. I'm fortunate to have an indoor pool at the Long Center but those of you that have braved the elements, I congratulate you.

Since our November newsletter we had several members participate in the Florida State Games in December. Our Barbara McNulty who is now a Pittsburgh area resident came down to qualify for Senior Games Nationals in Pittsburgh this year. It was a great visit – of course she broke the 200 fly State record. Several of us broke State Records and it was fun to see a good number of our Villagers workout group there. We were fortunate to have pleasant weather. Temple Terrace was a good facility and it was run well.

This meet was qualifying for the 2023 National Games in Pittsburgh. With COVID rule restrictions no longer existing, Senior Nationals will be held in odd years with qualifying meets in the even years.

The Valentine's Meet at the Long Center is just a few weeks away and lanes are beginning to fill up. Make sure you register in time to make the 50 limit for the 1000 if you're interested. Hopefully we will have a number of FACT representatives choosing

the USMS meets. We all need to support our organization and take advantage of the events that are offered. Please let me know if you have entered meets outside of our state – I'm happy to see our Elspeth Smith swimming in a meet next month in South Carolina. As many of you may know she has spent several years recovering from a serious injury to her arm and shoulder – and this is her first meet WITH her sister!! – aging up to 70. I'm sure she will represent us well!!

Hope to see many of you at the Good Life Games March 18. It's been a job finding someone to take over from Walt and Peggy Dean (who can't be replaced!!) but the LCM meet for 50 and over is now on line and our efficient group of Volunteers and workers are ready to go. You can enter on-line this year!!! This long course meet will give you a chance to have some LCM times to consider for the USMS Nationals in August in Sarasota!



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



Defining Success

by Regina Novak

What does it mean to be successful?

I would argue that the answer to that question is extremely personal.

To sweep success as a broad brush would be irresponsible and actually judgmental.

Am I successful because of the amount of money I have in the bank?

Am I successful because I hold a certain amount of top ten finishes in my age group?

Am I successful because I have the enduring love of someone else?

In reality, the answers to those questions are based on how each of us would define success.

As we embrace this New Year and look at the goals we have set in front of us, we need to be very clear about how we define success.

Success can be the outcome. If the outcome we desire is the win, the amount of weight we seek to lose or the amount of money we want to add to our savings account, then we seek an outcome.

Yet not all of us define success by the outcome. Consider some alternatives to this:
 Personal performance: What I love most about swimming is that theoretically a swimmer could come in last place in a heat, and yet still win because they swam a personal best. Every race, we have the opportunity to be a little bit better than we were before. Personal bests will not happen all the time, but what a beautiful challenge to have in front of us.

Where else in our life can we focus on personal performance success?

What about being a more attentive parent? Or showing up to practice and working to the best of your ability, with no worry over how you measure up against anyone but yourself? How about being a better teammate at home or at work?

Process: I am reminded constantly that the journey to our sought-after destination is often more important than reaching the finish line. The journey is where we grow. It's where our character forms and our resilience builds. It's where we understand the person we are and the person we can become. Every person that has stood on a podium walked a journey to get there, and when we admire that person, I hope we consider all that came before the actual win.

My hope is that all of us find success in the terms we decide as ourselves and quiet the noise of anyone else that seeks to define what success should be for us.



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>



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

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



2023 SWIM MELBOURNE OPEN WATER SWIM SERIES



RACE #1 OCEAN 1.5K & 5K

MARCH 5TH - PARADISE BEACH - MELBOURNE, FL

RACE #2 RIVER 1 MILE (1500m)

MARCH 12TH - PAVILLION at COCOA BCH COUNTRY CLUB

2023 Swim Melbourne Open Water Swim Series:

Swim Melbourne Masters Open Water Race #1

- 1.5K and 5K Swims

2023 Swim Melbourne Open Water Swim Series:

Swim Melbourne Open Water Series Race #2

As part of Ron Jon Beach'N Boards Fest with FL Sports Foundation

- 1 Mile (1500m)

See: [More Information and Registration](#)