



*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

Since the last newsletter, the Hour swim, the Clearwater Valentine's meet, the Bob Beach SCY meet and Swim Melbourne's first open water swim were all contested as well as various Senior Games meets. Masters YMCA Nationals is now completed, held at the renovated International Swimming Hall of Fame Pool in Fort Lauderdale, April 20-23. Other FL LMSC'ers headed out to Irvine, CA for the 2023 USMS SCY Nationals, April 27-30.

In early February, all FL LMSC Club Contacts were sent an email from me regarding a one-time club disbursement. If you have not submitted a form to me, we would like to receive them no later than May 31, 2023.

If you have any questions, please feel free to contact me at FLChair@usms.org.

Thank you,
Cheryl

Entries are now open on USMS.org for the **2023 USMS Summer Nationals** which are being held in our own LMSC in Sarasota, FL - August 2-6, 2023. Deadline to enter is July 10th, so don't delay! [2023 USMS Summer National Championship Entry](#)



Awards & Social Report

Cheryl Kupan

The 2023 Florida LMSC Awards luncheon was held at the conclusion of the Saturday session of the Valentine's Meet in Clearwater, FL. Thank you, Joan Campbell & Mark Roberson for allowing us to use the room for the luncheon. Thank you to those who took the time to recognize their teammates, coaches, swimmers, friends or spouse for their hard work and contributions to the Florida LMSC.

For more information about awards, please visit:

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



Congratulations

to the following 2023 Florida LMSC Award Recipients:

FL LMSC Lifetime Achievement Award



Mark Roberson, City of Clearwater – Long Center

LMSC Sue Moucha Overcoming Adversity Award



Dr. Wanda Eugene, Swamp Water Aquatics Gainesville

FL LMSC Coach

BJ Graham, Swim Melbourne



FL LMSC Club Volunteer



*Zena Courtney, Swim Melbourne
Jim Kryka, Sarasota Sharks*



FL LMSC Volunteer Award

Dan Nardozi, St Pete Masters for years of Officiating USMS meets

FL LMSC Service Award

Laura Groselle, Sarasota Sharks
Jim Kryka, Sarasota Sharks, for his incredible work on the FL LMSC records

Leather Lung Awards



Cheryl Kupan, St Pete Masters

Short course yards, Long course meters and Short course meters

Christopher Stickle, St Pete Masters

Short course yards, Long course meters, Short course meters and Postal swims

Sarah Swoch, St Pete Masters

Short course yards, Long course meters, Short course meters and Postal swims

Susan Meyers, Sarasota Sharks
Short course yards



Sarasota Sharks Award Winners

By Nancy Kryka



Laura Groselle **FL LMSC Service**

Laura was a USMS National Committee member for more than 37 years and was a FL LMSC representative for 10 years, 2011-2021. Laura held these USMS National Committee Positions as a FL LMSC representative: Legislation Committee Member 2020, Rules Committee Member 2006 – 2018, and Swimming Saves Lives Foundation Member 2011. The FL LMSC benefited in multiple ways from Laura Groselle's long-time volunteer service on USMS National Committees.

Jim Kryka **FL LMSC Service**



Yearly, the FL LMSC maintains and publishes records, the fastest times ever swam in an age group, for each event, and in each course: SCY, LCM, and SCM. Jim wrote a Java Program which automated the FL LMSC individual records update, which was previously done manually. There are over 1600 individual records which need to be compared for possible updates 3 times a year. His automated program saved the FL LMSC Records volunteer about 3 days of effort yearly and reduced errors.

Jim Kryka
FL LMSC Club Volunteer

Jim was a dependable Sharks Master volunteer for more than 10 years. He volunteered for head timer, console operator, support kayaker, banquet inventory, setup, tear down, and except for 1 meet in all that time, he has never missed volunteering for every session of up to 4 swim meets and open water events per year for the Shark Masters.

Jim and Anna Lea Matysek,
USMS Captain Ransom J. Arthur, MD, Award



This award is given in honor of Captain Ransom J. Arthur, M.D., who, by his sacrifice, perseverance, and dedication to improving the health of adults through swimming, established the Masters Swimming program in the United States.

The award is given annually to the USMS volunteer who has done the most to further the objectives of Masters Swimming, generally over an extended period of time.

Michael (Mike) Laux, 1981-1984 USMS president honored them at the Bumpy Jones meet with all their team members present. Their pins were delayed in arriving so at the Feb 2023 Sharks Banquet Mike presented Anna Lea and Jim with their RJA pins.

Jim made possibly the single greatest USMS volunteer contribution in 1996 when he created the USMS website after teaching himself web development.

Anna Lea provided extraordinary USMS contributions using her incredible knowledge and organizational skills. They both contributed at the National level and across multiple LMSCs for many years.

Mike received the RJA award in 1985. We are honored and fortunate to have these 3 RJA recipients in our FL LMSC.





THE NEXT NEWSLETTER DEADLINE

Sheila Carpenter-van Dijk

**Newsletter Articles
IN WORD FORMAT, PLEASE!
◆◆◆◆◆ No PDFs ◆◆◆◆◆
PICTURES ATTACHED IN JPEG!**



If you have questions about format, or content,
be sure to ask!

We are a quarterly publication,
so the next newsletter is scheduled to be on the web: (<https://floridalmsc.org>)
in August 2023. Sooooooo...

Please send Your Team News and Articles to:
FLEditor@USMS.ORG

The next deadline for articles is **July 15, 2023!**



Dear Readers – I have been your FL LMSC Newsletter Editor since 2011. It’s time for me to give someone else a chance.

Do you want this position? It is an elected position on the Florida LMSC Board of Directors AND the perks include your USMS membership paid yearly!

Please reply to Cheryl Kupan, our FL LMSC Chair, to express your interest:

FLChair@usms.org

**♥ ♥ Thank you ♥ ♥
Sheila**



Webmaster Report

Meegan Wilson

FLWebmaster@usms.org



I have added [Florida LMSC Members Receive National Awards](#) which is located Florida Awards page under "USMS National Awards." Please let me know if I have missed anyone.

I have also added [Remembering Our Florida Members](#) which is located on the Newsletter page. So far, stories and memories of Sylvia Eisele and Betty Lorenzi are there. I will continue to add memories and stories to this page. Please send me a story about your memories of a Florida swimmer.



NEWS

FROM FACT

Joannie Campbell

jcampb10@tampabay.rr.com



A very busy quarter of 2023 and our team has been involved in both the YMCA Nationals and local senior games (both recognized) and USMS events. The Valentine Meet at the Long Center was well-attended and we saw some of our workout groups adding to our competitors – glad to see you back. Most recently the Bob Beach St Pete Meet had some fun FACT relays and we met some new members. Weather was great and times good.

Our Good Life Games local Senior Games at the Long Center was well-attended this year with many using this meet as an event to qualify for the August 2-7 USMS Summer Nationals in Sarasota. The April 16th weekend was a popular local Senior Games at the Villages – I saw there was a large population of FACT members competing there. It's in these local games that you can qualify for the State Senior Games. The State Senior Games this year do not qualify for a National Senior Games, which will take place in 2025 – every two years.

The World Aquatic Masters (formally FINA) rankings were recently released – first since COVID – and our team members in the 85-89 and 90-94 bracket were represented by 85-89 Pat Tullman and Martha Henderson both of whom earning top ten in the world

rankings in a combined 12 events. Martha was #1 in the 400IM!! Individually I managed to rank in the Top Ten in 9 events – 90-94 age group (yes there are competitors!)

This past weekend was the 100th Anniversary of the YMCA Nationals - a popular USMS Recognized event. Many of our local USMS members competed in the 4-day event in the new Ft Lauderdale facility. It is a fabulous facility and we were fortunate to have 4 great days of weather and top competition. I managed to maintain my 1650 National Y records with a swim on my 93rd birthday. Pat Tullman set 85-89 records in the 50 and 100 butterfly. Martha Henderson held on to records in the same age group. Our Team of Westport CT (my original swim team 33 years ago) won the women, men and combined trophy). Such fun to see many of the oldies and newbies. I was recognized as the oldest competitor and a YMCA representative interviewed me during the meet. She asked me the date I first joined the YMCA and the look on her face was fun – 1934. Being involved in the YMCA, Senior Games and USMS is a great experience – amazing the number of people you meet and maintain friendships with.

As I'm sure many of you are aware the LCM Summer Nationals will be held August 2 – 7 in Sarasota. Many of our local swimmers that do not attend Nationals throughout the country should take the opportunity to compete. Those without qualifying times can compete in three of the shorter events and participate in the relays. Do some research!!

We lost two of our Swim Stars lately, Betty Lorenzi and Sylvia Eisele. Watch the FL LMSC website (<https://floridalmc.org/>) for a series of Memorial Articles on our LMSC swimmers who have passed on. Betty, who was to be 96 this month, holds many of the backstroke records over the past 10 years. Sylvia passed away last year and her breaststroke records still stand. USMS remembers our friends at the yearly Convention.



SPM News

Livia Zien

St. Pete Masters

<http://stpetemasters.org/>



Off and running, St. Pete Masters' schedule was teeming with pool, open water, and social events. On a chilly January morning, Dawn Clark with kayaker Kathy Selles, and Kern Davis with kayaker Sarah Swoch, started us off in the Frogman swim honoring fallen Navy Seals.



Team photo at Bob Beach Championship meet 2023
(photo: G. Smith)

We celebrated our "Swim Medium Size Team" victory with 38 swimmers completing 154,040 yards. A "team day" was set aside for the group to swim together, with additional teammates completing their swims during morning practice. Kevin Schutz, Chris Swanson, and Anne Page even swam virtually to secure the victory!



1st Place Team at the Valentine's Meet! (photo: G. Smith)

At the Valentine's Day Meet, twenty-six SPMers secured the 1st place trophy, with PRs, LMSC records, and lots and lots of chocolate hearts. The following month under the leadership of meet director Brooke Bowman, our we hosted another successful

Bob Beach Championship meet, with lots of high point winners, fast swimming, and relays. Our group of speedy seniors made big showings at the Gulf Coast Games for Life and the Good Life Games.



Megan, Sarah, Stephanie, Andrew
(photo: S. Swoch)

where Chelsea was the Megan Howson, Leone swam the first of (OWS) with Sarah winning the 2.4 mile same group, this time with Allison Retotar, participated in the Strokes for Hope charity swim to raise funds for the Crisis Center of Tampa Bay.



Post swim group picture, Sand Key OWS (photo: S. Swoch)

Lots of open water activities too. Chelsea Nauta and Andrew Leone were invited to swim the 22-mile InfinityMan ("Hardest Swim You've Never Heard Of"), overall winner. Sarah Swoch, Stephanie Gibson, and Andrew the Sand Key Open Water Series winning the 5k and Stephanie races. At the end of March, the



Kathy, Dawn, Sarah, Kern (photo: K. Selles)

Not limited to water competitions, the SPM Social committee organized a shuffleboard night at the St. Petersburg Shuffleboard Club as well as an axe-throwing event (yes, that's right) at the Axe & Ale with Mike Zabel taking home the trophy.



The swim season culminated with our annual awards banquet with one of the best views of downtown St. Pete and lots and lots of All-American and Top Ten award winners.



SPM banquet attendees, above left. Above right, Top Ten swimmers and at left, All-Americans.



Welcome new members Haley Brahm, Bill Fallon, Dana Grady, Scott Hensley, Benjamin Monto, and Jesse Morenus to SPM!

Congratulations to Sara Wolski and Bryan Dzenkowski, left who tied the knot on February 12! And on March 29, Tori and Donnie Sigley,



right, welcomed beautiful Savannah Irene into their lives. Our team continues to grow in more ways than one!



How would you define winning?

In our sport, we can find multiple ways to win:

- Literally win the race by coming in first.
- Finish somewhere amongst the pack, but you swam your personal best time.

Regardless of the time, regardless of the finish, we can recognize we swam a great race.

What it takes to get a win is the small and consistent things we do day in and day out.

It's showing up, despite wanting to sleep in. It's showing up even after you've been up all night with a sick kid.

It's showing up when you don't feel your best, but you know that swimming is what's good for you today.

Winning after all is not just about competing.

Winning is getting back in the water after a challenge has kept you away.

Winning is learning something new that will help your stroke.

Winning is welcoming a new person to our team who doesn't think they belong in a Masters swim program.

Winning is being there to cheer on a teammate and walk alongside them during a tough challenge.

Winning is embracing someone and letting them know they are important and cared for.

I am fortunate right now to have two really incredible physical therapists on my team that are helping me walk through this current chapter. One of them expects me to share my wins at our sessions. He told me that I need to stop judging myself on what Regina used to be able to do and to focus on what I am going to do right now, every day, to eventually get back there.

How will you win today?

How will you help someone else celebrate a win today?



Remembering...

Remembering Betty Lorenzi

(5/23/1927 – 3/2/2023)

By Joan Campbell

Betty Would Say . . .

“SUCH A SMALL WORLD WE LIVE IN – AND THE LONGER WE LIVE THE SMALLER IT BECOMES!!”





L-R: Ed Graves, Martha Henderson, John Corse, Joan Campbell, Betty Lorenzi, Betsy Bruggner (Betty's daughter)

**Celebrating their 360-399 400 SC Meter Record
Breaking Mixed Freestyle Relay set by
Graves, Campbell, Lorenzi, and Corse, at the 2017
Rowdy Gaines SCM Meet**

As one of my best friends for many years, I can say that Betty remains so even in death. We shared our love of competition, our love of family (hers and mine), our love of that glass of Riesling wine (ha ha) and some of the difficulties of life.

Our initial introduction was one of our humorous moments. We had finished competing in the World Championships in Christchurch, New Zealand in 2002 and were part of a tour of the Island. My husband and I were including this as part of our 50th wedding anniversary and enjoying the itinerary and the compatible group.

Listening to the conversation of our companions, we picked up a name familiar to us – Marie Corridon, who received a Gold Medal as a member of the 4x100 meter freestyle relay at the 1948 Olympics. Betty noted that her 1948 Olympic trials competition against Marie had resulted in Betty's loss of an Olympic berth. Oops!! My husband used to date Marie and we were all friends at the beach club in Norwalk, CT!! Great conversation ensued. Don Puchalski from our Florida club realized then that they had Lake Geneva Wisconsin relationships. By the time we got home to the US we were all close friends and planning future competitions together.

Betty remained a "snowbird" and traveled back and forth between Wisconsin and Florida. She was impressed by the number of competitive meets we had as well as the competition. Betty and I traveled to many USMS meets and YMCA competitions, and to practices 5 days a week either in Dunedin or the Long Center in Clearwater. She joined our Florida Aquatic Combined Team and our coach Joe Biondi, first Coach of the Year in our Florida LMSC, made it his goal to polish the fine points of a naturally fantastic swimmer – AND THAT HE DID!! Betty was a great student and soon her times were dropping like a stone. Her years of swimming experience and expertise returned and she became STREAMLINED !! again.



Betty Lorenzi's Swimming Accomplishments

By Meegan Wilson

Betty Shields Lorenzi passed away on March 2, 2023 at the age of 95 after leading an extraordinary life. She will be missed. Betty discovered swimming in high school and swam for the Women's Association in New York City from the ages of 14 - 21. She tried out for the 1948 Olympics, but did not qualify. After that, she started participating in synchronized swimming or water ballet in Elliott Murphy's Aquashow in New York. She continued in aqua shows when she moved to the Dominican Republic where she met her husband, Henri Lorenzi. Henri was in the hotel business and they moved around for a while and finally landed in Wisconsin. It wasn't until 1998, at the age of 70, that Betty registered with United States Masters Swimming,

USMS, and started competing with the Wisconsin Masters Aquatic Club, WMAC. She immediately began placing in the USMS Top Ten rankings and the World Masters Top Ten rankings in her age group. In 2008 she discovered Florida swimming and joined the Florida Aquatic Combined Team, FACT.

Betty placed in the World Masters Top Ten rankings from 1998 – 2009 and from 2012-2018. Swimming freestyle and backstroke she received forty nine 1st place world rankings from 2002 – 2017.

In 2002, when she was 75, she competed at the World Masters Championships in Christchurch, New Zealand and placed 1st in the 100 and 200 Meter backstrokes. At the 2004 World Championships in Riccione, Italy she placed 1st in the 50 and 100 Meter backstrokes. When she turned 80 she started setting World Records and set 8 in Long Course Meters and 9 in Short Course Meters from 2007 – 2017.

Betty also placed in the USMS Top Ten and received All American status every year from 1998 to 2019. She set 13 USMS National Records in the 80-84 age group, 16 in the 85-89 age group, and 10 in the 90-94 age group. Twenty eight of those records are currently held today. She also had 8 Lifetime relay records and five are still held today. Three relay records were set swimming with FACT members Edwin Graves, Joan Campbell, and John Course in the 200, 400 and 800 SCM freestyle in the 360-399 age group in 2016 and 2017. In 2009, one was set in the 200 Women's 75+ SCY Medley with FACT members Sylvia Eisele, Nancy Durstein and Mary Tusa, and one was set in the 320-359 LCM Women's 200 Medley with FACT members Eisele, Durstein and Campbell. In 2008, Betty and her teammates, Joan Campbell and Nancy Durstein, set a Long Distance National Record in the one hour 75+ postal relay swimming a total of 9,230 yards. In 2010 Betty set an individual record in the 1 Hour Postal swim in the 80-84 age group swimming 3250 yards.

On Christmas Day, 2014, Betty had an unfortunate accident and broke her neck. At the 2016 Florida LMSC Awards Social, Betty received the Sue Moucha Overcoming Adversity Award for her work and perseverance to start swimming and competing again.



In 2018, *Swimming World Magazine* recognized her as one of the 2017 Top 12 World Masters Swimmers of the Year. She was recognized at the 2018 United States Aquatic Swimming Convention in Jacksonville during the International Hall of Fame Induction Ceremony.

Special thanks to Walt Reed for compiling Betty's World Masters swimming accomplishments and to USMS for archiving her United States Masters Swimming accomplishments.



Remembering....

BARBARA PRESCOTT 1950 – 2023

Tribute from Livia Zien, SPM

<https://www.facebook.com/groups/6840970159252344>

It's been just over 5 weeks since Barbara checked into the ER. Sometimes it feels like it was just yesterday when the promise of a different outcome was possible. And then sometimes it feels like an eternity that I've felt a loss so deep. No one would have expected that she wouldn't be with us today. They say that grief takes time ... but I don't think the void she has left in my life will ever be diminished.

I met Barbara through swimming in 2000 when I first moved to Florida. We didn't swim meets together, but she often competed in the long-distance events, and I enjoyed the strokes. With swimming came breakfast, where I wasn't quite a regular, but I could always count on her to be there (before she needed to go home to walk the dogs, of course).



There was music. It wasn't the flute, but the cello. She connected me to both of my wonderful cello teachers, Mussie and Fred, who patiently worked with me. And Barbara encouraged me too, of course. She helped me believe in myself, that I could learn as an adult, and often came over to accompany me

A Tribute from "The Editors"
by Brooke Bowman, SPM

Barbara, you will not be forgotten, as you will live on in our swimming hearts:

Seven and nine are such odd numbers.

Sets of 25s can be forgotten.

Warmups should be at least 1,000.

Solving world peace are what kick sets are for.

Don't like a practice—EDIT some more!

Keep your heart full of music and love.

Love all mankind and those with furry paws!

Just keep swimming and smiling, our dear friend.

We will not forget you, your dear editors until the end!

with the piano parts. She told me that I was giving her the 'opportunity' to practice on the keyboard. She didn't need to practice ... she just gave me the gift of her time. And she showed me how much joy there is in making music together. When I moved back to Florida, she encouraged me to take up cello again and play with Colleen and Kathy ... she never stopped looking for ways to make music together.

Barbara always had a voice of reason. She listened carefully, felt deeply, and always responded thoughtfully. These days, it's her voice I hear in my head so often. She provided support when I

fretted about anything, from my cats to my family ... lending emotional yet rational perspectives. She shared stories about Bailey, Harry, Molly, Mabel ... and later about Gracie and Jake, and I about all my kitties. With her, I felt I could talk about anything. We worried about what was going on in the world. We shared good food. We discussed teaching philosophies.

We shared our philosophies on life and love, on wine and chips.

When I married Greg, she became *our* friend.

I loved her because of music, swimming, pets, and food, but mostly I loved and will continue to love her because of her unwavering friendship throughout the years. She taught me so much about friendship, understanding one another, how special it is to feel so at ease in each other's presence, respecting each other. I always looked forward to the times I could spend with her, be it dinners, concerts, over the phone, on walks, or in texts, and I always thought I would have more time with her. I never thought about the possibility that there wouldn't be another time ... so soon.

There really are no words to describe my grief, and I am certain that everyone whose lives she touched feels a similar personal indescribable loss.

I miss her so much, but I feel so fortunate that she had such a strong presence in my life, that I met her when I did ... I just wish that I had had more time with her.



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Here is a link to the officer page on USMS:
<https://www.usms.org/lmsc/lmscofficers.php?LMSCID=14>

