

FLORIDA LMSC NEWSLETTER



Volume 41, Number 1
February 2025

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News From Our Florida Chair

Cheryl Kupan

Happy New Year Florida LMSC'ers! I hope 2025 is treating you well so far and that you enjoyed time with your families over the holidays!

2025 is off & running with our first meet in the books with the Good Life Games that were held on January 11th at the Long Center in Clearwater, FL. Thank you first time meet director, St Pete Masters' Mike Smith for creating a new logo that was beautiful and made for some amazing t-shirts & medals! The online entries were a welcomed surprise as we used to mail in our entries – I believe this was the last meet to do so. Thank you to our FL LMSC officials and all volunteers who made the meet run quickly & smoothly. Next up is the rescheduled Rowdy Gaines SCM meet Jan. 31 to Feb. 2. For a complete list of upcoming meets and open water swims, please visit <https://floridalmcsc.org/meets-results/> or <http://www.southeastzone.org/meets.html>

2024 Florida LMSC Board Meeting & Election Results

The Florida LMSC 2024 Annual meeting was held on November 21, 2024 and this was also an election year. Thank you to all who logged in for the meeting, we hope you will join us for future meetings. All Board Officers ran uncontested and were unanimously elected by acclamation.

2025-2026/2027 Board Officers are as follows:

Chair, Cheryl Kupan, St Pete Masters

Vice Chair, Kirk Clear, Swim Melbourne

Secretary, Zena Courtney, Swim Melbourne

Treasurer, Terri Goodman, Sarasota Sharks

Membership & Communications Coordinator, Cindi Wood, Lake Gators Swim Club

Newsletter Editor, Meegan Wilson, Florida Aquatic Combined Team

Sanctions & Top Ten Recorder, Anna Lea Matysek, Sarasota Sharks

Chair Report cont.

All but two Board Directors will continue to serve another two year term. Cindi Wood of Lake Gators Swim Club will add Officials Chair to her resume in addition to serving again as our Membership & Communications Coordinator. I'd like to welcome our two new Board Directors, Ryan Kloppe with Sarasota Sharks who will serve as our Awards & Social Chair and Andy Kroupa with Legends Masters Swim Club who will serve as our Long Distance and Open Water Chair. I will serve as the Records Chair until a replacement can be found.

2025-2027 Other Board Directors are as follows:

Co-Top Ten Recorder, Jim Matysek, Sarasota Sharks

Awards & Socials, Ryan Kloppe, Sarasota Sharks

Coaches Chair, Scott Bay, Legends Masters Swim Club

Long Distance & Open Water Chair, Andy Kroupa, Legends Masters Swim Club

Webmaster Meegan Wilson, Florida Aquatic Club Team

Officials Chair, Cindi Wood, Lake Gators Swim Club

Records, Cheryl Kupan, St Pete Masters

Senior Games Liaison, Carter Elliott, Jacksonville Area Warrior Swimmers

Past Chair, Jillian Wilkins, Legends Masters Swim Club

By-Laws Change - Staggered Elections for Chair & Treasurer and Vice Chair & Secretary

FL LMSC Chair Cheryl Kupan made a proposal at our annual meeting last November to update by-law 6.03 Elections as follows: The elections for Officers shall be elected at the Annual Meeting in staggered terms as follows: Odd years the Chair and Treasurer, Even years the Vice Chair and Secretary. The elections for Directors shall be held in even numbered years at the Annual meeting.

- The Board and FL LMSC Club Representatives present at the meeting voted in favor of the proposal, none were opposed.
- With the change, the Chair and Treasurer will serve a 1 year term and will be up for election in November 2025 for a 2 year term.



2025 Awards Presentation and Luncheon Social

This year's awards will honor 2024 Florida volunteers and athletes. It will be on Saturday, March 15th after the Saturday session of the Bob Beach SCY Meet in St. Petersburg, FL. The presentation and luncheon social will take place in the classroom located next to the Lifeguard's office.

Possible awards to be presented are: Leather Lung Achievement Award, Florida LMSC Coaches Award, Sue Moucha Overcoming Adversity Award, Florida LMSC Service Award, Florida LMSC Volunteer Award, Florida LMSC Club Service Award, and Florida LMSC Lifetime Achievement Award. Please visit our website <https://floridalmc.org/awards/> for descriptions of these awards and nomination procedure. The deadline to nominate is January 31, 2025. Please contact Cheryl Kupan – FLChair@usms.org.



News From Your Membership Coordinator

Cindi Wood

Club Transfers Important Details

- There is no longer a 60-day waiting period.
- Changing to unattached does not count against the allowable club changes.
- Changing workout group affiliation under the same parent club does not count against the allowable club changes.
- The club transfer count resets upon renewal for the next individual membership year.
- Full details can be found in the USMS rule book under article [201.3 Representation/Club Affiliation](#).

Member Self-Management Important Details

- **Starting Feb. 3**, members will self-manage their club and workout group affiliation through their My Account portal.
- Membership transfers will take effect immediately.
- Membership coordinators will no longer be able to submit transfer requests. The digital form within their My Account will be removed on Feb. 3.
 - If a membership coordinator is needed to help with a club transfer, this video tutorial will walk you through the new self-management transfer process and aid with general questions, or email the details to membership@usmastersswimming.org
- Information in ESTHER (USMS Admin Tools) will continue to be updated, allowing membership coordinators to see accurate registration history.

Transfer Information Resources

The guide to local operations has been updated with [transfer information](#), and a [video tutorial and FAQs](#) in preparation for members managing their own club and/or workout group transfers. We recommend membership coordinators review these resources in case they receive questions from members.

After reviewing the information on those pages, please let us know if you have any questions by emailing volunteer@usmastersswimming.org. As always, our service departments (volunteer, membership, events, and club and coach) will be available for help throughout this change.



Florida LMSC Senior Games Liaison

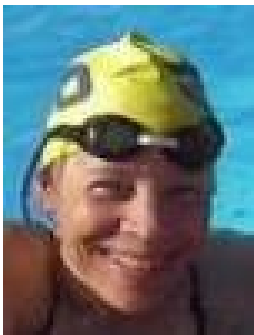
Carter Elliott



Carter Elliott, representing Jacksonville, is the Florida LMSC Board Liaison to the Senior Games. The Senior Games is a series of local, statewide, and national swim meets for ages 50+. These meets are an excellent way to participate in meets that are fun, low-pressure events.

I have been around swimming pools all my life, starting at the age of six, when, in 1963, I won my first blue ribbon (in Talladega, AL) by dog-paddling for 25 yards. I still have that ribbon. In my current day job, I am the Aquatics Director at the Good Shepherd Episcopal Church (Jacksonville) swimming pool. The 25 meter pool is 105 years old, and is a true outreach ministry of the church, providing a community fellowship atmosphere. I coordinate a wide range of aquatic activities, including lap swimming, swim lessons, lifeguard training, maritime training, aqua/physical therapy, scuba lessons, and age group swim teams. Besides swimming, I take Pilates classes at least three times per week, and play Mahjong as often as I can.

I have been a member of the Jacksonville Area Warriors Swim Team (the team name changed in 2025 from Holmes LumberJax) since 2017, when I relocated to Jacksonville from Atlanta, GA. I joined the LMSC Board in this role in 2023, and am honored to be representing Florida.




Florida LMSC Webmaster

Meegan Wilson



Since 1992 I have held various positions on the Florida LMSC Board, including Fitness Chair, Secretary, Treasurer, Chair, Webmaster and now, Newsletter Editor. I was the Aquatic Director/Pool Manager for the 300 Swim & Tennis Club in Gainesville for 10 years and still teach the water aerobics class going on 19 years.

Some websites are difficult to navigate. If you are having trouble with ours, please let me know. Here are some interesting and perhaps helpful links from our website and others.

- The Florida LMSC Website: <https://floridalmsc.org/> 
- USMS Website: <https://www.usms.org/>
- Southeast Zone Website: <http://www.southeastzone.org/>
- Florida LMSC Info: <https://www.usms.org/lmsc/lmscinfoform.php?LMSCID=14>
- Florida LMSC Clubs and Members: <https://www.usms.org/reg/members/lmsc.php?LMSCID=14&RegYear=2025>
- USMS Rankings: <https://www.usms.org/comp/meets/toptimes.php>
- USMS Top Ten – Individual: <https://www.usms.org/comp/tt/toptenlist.php>
- USMS Top Ten – Relay: <https://www.usms.org/comp/tt/toptenrelaylist.php>
- USMS Rule Book: <https://www.usms.org/volunteer-central/us-masters-swimming-rule-book>

News From Our Florida LMSC Clubs



Holmes Lumber Jax (HLJ) Becomes Jacksonville Area Warrior Swimmers (JWS)

Carter Elliott

Whatever you do, do it well. Go hard. Go at it 100%. – Rogers “Tiger” Holmes

Holmes LumberJax (HLJ). What an odd name for a Masters swim team located in Jacksonville. But the above quote was the life philosophy of Tiger Holmes, a former University of Florida swim team captain, and the owner of the Holmes Lumber Company in Jacksonville. He organized HLJ in 1988, getting a group together to attend the 1988 World Masters Swim Championships in Brisbane, Australia. He gathered a group of 170 swimmers from across the state of Florida to fulfill his dream of competing on an international level. That team received local and national attention as several members of the group, including his daughter Mary, swept their age groups in their respective events. The team’s women’s relay teams swept every category and the men’s individual and mixed relay teams won almost all events.

And so, the Holmes LumberJax Masters swim team was born and has remained a competitive club since 1988, with team members attending Florida, regional, and national meets as a team and as participating individuals.

Tiger Holmes died in 2018 at the age of 97. Many of the 1988 team members attended his memorial, some wearing the original team jackets from the Brisbane trip. The Masters team has maintained the HLJ name and legacy through the years, but as the team has evolved and new swimmers joined, very few of us who swam with, knew, or remembered Tiger, still swim on the team. In 2024, the decision was made to change the team’s name to one more relevant to the current membership and to still reflect our foundation in Jacksonville. We are now the Jacksonville Area Warrior Swimmers, with the call letters JWS.

But we continue to remember Tiger’s devotion to Jacksonville and the impact he has had on the Master’s program in Florida. The team’s pool at Episcopal High School pool has a plaque that recognizes, and reminds us of, this legacy.

We, JWS, are committed to providing quality training now and in the future for all adult swimmers in the Jacksonville area no matter their goals -- competitive or simply fitness. We continue to follow Tiger’s legacy - *Whatever you do, do it well. Go hard. Go at it 100%.*



FEBRUARY 2025 FACT NEWS

Joannie Campbell

Back to the drawing board for News, which is welcome and needed in our LMSC. At this writing, the Long Center pool in Clearwater will be closed for renovations from February 18, 2025 through February 2026. I dragged out some information for many of our new members just to reintroduce them and will tack on some current so we have a starting point.

Our club is: Florida Aquatic Combine Team (FACT). Our LOCAL MASTER SWIMMING COMMITTEE is Florida: floridalmcsc.org. We have a Workout Group: Clearwater Long Center Fact. In addition many swim as just FACT. Our Zone is Southeast Zone: southeastzone.org. Our National Organization is United States Masters Swimming: usms.org,

If you become familiar with these websites you will be familiar with USMS. The wealth of information is amazing and hopefully you will become more involved and will make yourself heard on issues. Like any organization, the active members are so many times carrying the burden for years and welcome others to “learn the ropes”. We are crying for qualified officials - we can’t run a competition without them. I myself have been involved in USMS at the local and National level for over 25 years – we’d like some fresh blood.

On the Zone website you’ll see the many competitions that are available to us in our Florida LMSC. Because of COVID we were limited for several years. Because of the current hurricanes we were forced to cancel and postpone many of the local events. We are back to many of our Meets – check them out!!

2025’s calendar now shows the USMS Nationals is San Antonio April 24th - 27th in San Antonio, TX (fabulous spot for Nationals several prior times), the Senior Games Nationals are in Des Moines Iowa this year from July 25th through 28th. You must have qualified at a State Games during 2024. The Long Course Nationals are to be held in Federal Way Washington August 6th through 10th. I’ve attended a couple of those and they have been great fun. Washington is a great host. The AQUA (formerly FINA) World Championships are in Singapore the 7th through 14th of August. (I’m looking for a partner if any of you are interested). And here we are back again at Rowdy’s October 18 - 21 – hopefully better than last year!!!

You will note on the Zone calendar lots of meets added this year. Hopefully you all have had the opportunity for pool time with the frigid air we are experiencing. Not so in this case, and also not so with my teammates. I’m hoping for some warmer weather and pool availability starting next month for many of us. I’ll use that excuse for the time being for the lack of participants at the meets this far. Perhaps that will make us willing and eager!! Along with that I’ve got to put up with some of that skin cancer (not the bad kind) because I was a sailor for the past 80 years at least. It was fun!!



Ginger reported that Gulf Coast Swim Team Masters enjoyed a holiday gift exchange at one of their local cafés.

They also did a set of challenge 100s on New Year's Day. Some of their swimmers did 100 x 100s on 1:30 and some did 100 x 75 on 1:30. It was a great time had by all!





News from Sarasota Sharks Masters

Anna Lea Matysek

The big news at the Shark Tank is that we're getting another pool! In early January, construction began on a 25-meter by 25-yard pool at the Selby Aquatic Center. The pool will be utilized for lessons, swim team workouts, and additional warmup lanes for swim meets. It will replace the old "splash pad" water slide area (in the foreground of the photo), which was next to the existing 70-meter by 25-yard competition pool. The new pool is expected to be completed sometime in 2025.

The Sharks Masters are planning to host their two annual meets in 2025. The Bumpy Jones Classic (long-course meters) is scheduled for June 7 & 8. The Shark Tank Meet (short-course meters) will be held in early November; date still to be determined. Both of these meets are two-day meets that offer a full slate of events, including all of the relay events. We hope to see you at our beautiful facility in 2025!





News From Swamp Water Aquatics

Coach Karyn Austin

SWAG (Swamp Water Aquatics Gainesville) finished off the year with our Annual "HO HO Holiday" Swim.

We had a great time at 6 a.m. with lots of Reindeer games . . .



L - R: Christina Howard, Leslie Pendleton, Edith Kaan, Jocelyn Fernandez, Angela Bradbery, Karen Lindo



L-R. Front Row: Karen Lindo, Laura Mackey L-R Back Row: Jen Figueroa, Martha Campbell, Chris Mallinson, Andrea Gardner, Jill Cunningham, Allison Senkarik, Marty Pickard, Tim Donova



Holly Green

. . . and finished with a Santa pulling a "sled" relay.



L-R: Juli Evans, Pauline Watson, Tiffany Ramsey, Shengchen Shan



Allison Senkarik



L-R: Tiffany Ramsey, Marty Pickard



Florida Pool & Open Water Calendar

Feb. 8 / SCY: Gulf Coast Games for Life. Sarasota FL. [Information & paper entry](#). *Entry deadline: entry received by Saturday, January 25. Senior meet for 50+. USMS-recognized*

Feb. 8-9 / SCY: Fort Lauderdale Masters Challenge. Ft. Lauderdale FL. [Information & online entry](#). *Entry deadline: online entry closes Tuesday, February 4*

Mar. 14-16 / SCY: Snag Holmes Masters Invitational. Jupiter FL

Mar. 15-16 / SCY: St. Pete Masters/Bob Beach Championships. St. Petersburg FL

Apr. 4: USMS Sprint-Distance Championships (1-mile). Sarasota FL

Apr. 5: USMS Long Distance Championships (5K). Sarasota FL

Apr. 6: Swim Miami (800m, 1-mile, 5K, 10K). Miami FL. [Information & registration](#).. *USMS sanctioned: NO*

Apr. 23-24 / SCY: The Villages Senior Games. The Villages FL. *Senior meet for 50+. will be USMS-recognized*

Apr. 27 / SCY: Show Your SWAG Meet. Gainesville FL. [Information & online entry](#). *Entry deadline: online entry closes Sunday, April 20*

Copied from Southeast Zone website. For more meets and information go to: (<http://www.southeastzone.org/meets.html>).

2025 Florida LMSC Clubs and Contacts

Unattached 14 (UC14) Forever Swimmers (4SWM) Ask4pierre (A4P) All Day Endurance Masters (ADEM) Space Coast Aquanauts (AQNT) ATAC Masters (ATAC) Avalon Swim Club (AVSC) Blue Dolphins Masters BDO Shanna and Bryan Glazer JCC (BGJCC) Blue Marlins Aquatic Club (BMAC) Bolt Aquatics Masters (BOLTS) Bolles School Sharks Masters Swimming (BSS) Clearwater Aquatic Masters (CAM) Carrolwood Village Masters Swim Team (CVMST) Dream Team Masters (DREAM) Florida Aquatic Combined Team (FACT) Clearwater Aquatic Masters workout group FACT Flagler Fluid Swim Team (FFST) Florida League Of Aquatics (FLA) FAST Falcons (FLCNS) Gulf Coast Swim Team Masters (GCST) Gator Swim Club (GSC) Greater Tampa Swim Association Hydro Swim Club Masters (HYDRO) Jacksonville Area Warrior Swimmers (JWS) Lake Gators Swim Club (LG) Lake Highland Masters Swimming Club (LHM) Legends Masters Swim Club (LMSC) Swim Melbourne Masters (MELB)	Contacts Anne P Grams Pierre Ouellet Aubrey Aldy Dr. Edward H Nessel Frances Gilbert Wendy J Rexroad Charles Rose Yurily Nazarko Ana Pizarro Karen Fuss Sean Abbey Brooke Bennett Shelley M Walz Kelly Parker Palace Joan K Campbell Carrie Purdy Bruce E Meintjies Michael Marshall Don Henshaw Christie Pinter James C Kiner Scott Bay Margaret R Dodson Cindi L Wood Kevin M Jacobs Andy Kroupa B.J. Graham	Miracle Swimming School for Adults (MSSA) North Florida Swimming (NFS) Patriot Aquatics (PALB) Palm Coast Piranha Club (PCSC) St Augustine Reef Sharks (SARS) Sun City Center Sharks (SCCS) Sea Dragon Aquatics Masters (SDAMS) YMCA of Southwest Florida Masters Hurricanes (SFYH) Sarasota Sharks Masters (SHARK) Swim Like A Pro (SLAP) WAHOOS OWSLEO (SPBA) Space Coast Masters (SPCO) St Pete Masters Inc (SPM) SwimRise Aquatics (SRA) Sarasota Tsunami Masters (SRQM) Swim-Start (STRT) Swamp Water Aquatics Gainesville (SWAG) Swim Florida Masters (SWIM) Swim Out (SWOUT) Suncoast YMCA Masters Swimming (SYMS) T2 Naples Masters (T2NM) Treasure Coast Aquatics (TCA) Tampa Elite Aquatics - Manta Rays (TEAM) Tampa Tarpons Masters (TTM) Team Windfall (TWFL) Tampa Y Swimming Masters (TYSM) United Swim Club (USC) Villagers Masters Aquatic Squad (VMAS) Wahoos of Jacksonville (WAHOO)	Melon Dash Katie D Chiang Gillian Rhein Alma Rock-Yanochko Clark B Pace Martha J Cesario JR Whaley David Back Rick B Walker Sara L McLarty Coach Leo Briceno Tasha Camps Brooke Bowman Junior Temotio Ira Klein Gina Gattuso-Espinel Karyn A Austin Jeanne Epps Joe Clauson Tas Pepito Maria Sunyak Patrick D Toner Ryan M Gober Bret Hamlin Mark H Smitherman Alexis C Mendenhall Pavel Sankovich Michael Uriarte Carlos Mejia
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Florida LMSC 2025 Board of Directors

Elected Board Positions Appointed Board 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
Cindi Wood
FLMembership@usms.org

Sanctions
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Top 10
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Newsletter Editor
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FLEditor@usms.org



Communications
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Coaches Chair
Scott Bay
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Open Water
Andy Kroupa
FLOpenWater@usms.org

Postals (Long Distance)
Andy Kroupa
FLLongDistance@usms.org

Senior Games Liaison
Carter Elliott
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Awards Chair
Ryan Kloppe
FLAwards@usms.org

Co-Top 10
Jim Matysek
FLCoTopTen@usms.org

Officials Chair
Cindi Wood
FLOfficials@usms.org

Records Chair
Cheryl Kupan
FLRecords@usms.org

Webmaster
Meegan Wilson
FLWebmaster@usms.org

Past Chair
Jillian Wilkins
FLPastChair@usms.org

From Your Newsletter Editor

Meegan Wilson

A very special thank you to Sheila Carpenter-van Dijk for being our Florida LMSC Newsletter Editor for over 12 years and doing a great job keeping our LMSC informed. Thank you too, to those who contributed to this February 2025 newsletter. Just a reminder of the deadlines for the next three newsletters. Email me at FLEditor@usms.org or meegan@att.net.

May Newsletter submission deadline is April 15, 2025. Sorry that it is tax day too.

August Newsletter submission deadline is July 15, 2025.

November Newsletter submission deadline is October 15, 2025.

I will always respond when I receive a submission, so if you don't hear from me, it means I did not get it for some reason – please try again. Until next time – Happy Swimming!

