

# FLORIDA LMSC NEWSLETTER



Volume 41, Number 3  
August 2025

<https://floridalmsc.org/>

<https://www.facebook.com/flmastersswimming/>



## News From Our Florida Chair

*Cheryl Kupan*

FLChair@usms.org

With the conclusion of the St Pete Masters long course meet in July and the Long Center in Clearwater undergoing renovations and not able to host their long course meet, the long course season comes to a close in the Florida LMSC. Thank you Sarasota Sharks and St Pete Masters for hosting two well run meets.

Good luck to those who are traveling west to compete at the 2025 USMS Summer Nationals in Federal Way, Washington as well as those who may be traveling to other meets or open water events out of state. The Fall swim schedule will be a little lighter this year as the Rowdy Gaines short course meters meet will be held January 30, 2026 to February 1, 2026 leaving only one SCM meet at Sarasota on November 15-16, 2025. If anyone is interested in hosting a SCM meet this fall, please let me know.

I wanted to extend an invitation to Coaches and Club Contacts to see if you're interested in attending the USMS Relay event being held October 24-26, 2025 in Kansas City, MO. The main theme for Relay this year is Coach Support and Club Development. Please contact me directly and let me know your interest. The FL LMSC will pay for your airfare and ½ the hotel room (sharing a room is highly recommended). There are limited spots, so not everyone will be able to attend. For more information about Relay, go to:

<https://www.usms.org/volunteer-central/lmscs/lmsc-leadership-summit/relay-2025>

Enjoy the rest of the summer, stay cool & hydrated! --Cheryl

# Your Florida LMSC Board of Directors



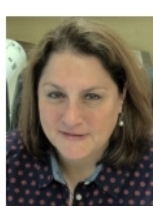
*Chair  
Cheryl Kupan*



*Vice Chair  
Kirk Clear*



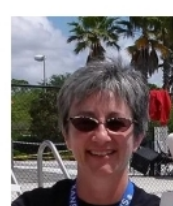
*Secretary  
Zena Courtney*



*Treasurer  
Terri Goodman*



*Membership  
Coordinator  
Cindi Wood*



*Sanctions, Top Ten  
Anna Lea Matysek*



*Newsletter  
Webmaster  
Meegan Wilson*



*Co Top Ten  
Jim Matysek*



*Coaches Chair  
Scott Bay*



*Open Water, Postals  
Andy Kroupa*



*Awards Chair  
Ryan Kloppe*



*Records Chair  
Eileen Sedacca*



*Senior Games Liaison  
Carter Elliott*



*Past Chair  
Jillian Wilkins*

## The Florida LMSC

[www.floridalmsc.org](http://www.floridalmsc.org)

All Florida members are invited to attend the Board of Directors meetings. Currently, our upcoming meetings are:

- August 21 (Thursday), 7 pm - Board meeting
- October 30 (Thursday), 7 pm – Annual Meeting

Visit the [Board Information](#) page for Zoom meeting and dial-in information, as well as the meeting agenda, committee reports, and past Board meeting minutes, etc.

At last years Annual meeting we approved the by-laws to have staggered elections. For 2025 we will have elections for our Chair and Treasurer. If you are interested in running for either position, please contact the FL LMSC Chair, [FLChair@usms.org](mailto:FLChair@usms.org) by September 25, 2025.

As promised in the May newsletter, a [Florida Clubs](#) page has been added to the website that includes links to club information, location, and how to register. The page link can be found on the Board Information page as well as on the Registration page. Please let me know if anyone has changes or updates.

Also see [What Services the Florida LMSC Provides Its Members – 2025](#).

Our next newsletter will be in November with an October 30 deadline in order to include information from our annual meeting, but please send Club news earlier if you are able. I hope to hear from you.

Meegan Wilson, Webmaster, Newsletter Editor

# Striving Toward A Lifelong Aspiration

*by Cindi Wood*

As swimmers, we dedicate countless hours to our craft, practicing and holding ourselves and our peers accountable. Sharing our passion for swimming is paramount, as it brings us immense joy. In fact, when encountering new individuals, we frequently inquire about their swimming experience. Regrettably, many respond with disappointment, or acknowledge that it is a goal on their bucket list.

Enter Kyle, a 32-year-old man with Developmental Disability who was introduced to me with the objective of assisting him in achieving a lifelong aspiration: completing an Ironman. Kyle resides with his grandmother, Ann, who approached me with a request to collaborate with him in the water. Kyle is non-verbal, and I am certain that his life has presented challenges. Individuals often overlook his abilities to learn and participate in various activities. Upon meeting Kyle, I recognized the exceptional nature of his character.

Upon entering the water, I witnessed a remarkable transformation. He transformed into a mythical merman, his mood shifting and his demeanor becoming relaxed. He understood that the water was indifferent to his struggles with daily tasks. The water was unaware of his age, wealth, or address. It cherished him as much as he cherished it.

I, too, have a grandson diagnosed with ASD (Autism Spectrum Disorder). While he enjoys the water, it does not serve as a primary focus for him. Instead, he perceives it as a sanctuary where he can be a unique individual surrounded by something we all share: water. Training Kyle has been an extraordinary experience. He will only swim laps when I am present by his side. He has humbled me to be patient with both my swimming and his. I sense that he possesses an uncanny ability to read my mind and has a remarkable capacity to evoke smiles within me. He communicates with me through his thoughts, conveying that swimming brings him a sense of belonging, inclusion, and strength.

I intend to share Kyle's journey with all of you, as I am aware that many of you possess the power to fulfill the dreams of any swimmer. I recognize many of you and myself who instruct adults in swimming. If this is a passion of yours, do not allow it to fade away. Enroll in training through USMS and make a positive impact. Become a dream creator and contribute to the development of a better world, one swimmer at a time. Nothing ever happens by accident. Everything is done for a reason. People come in your life to make you a better person. I will update you on his Ironman Dream!



*Cindi Wood is a member of Lake Gators Swim Club. She is a Level 3 USMS Certified Coach and a USMS Adult Learn To Swim Instructor. As a member of the Florida LMSC Board of Directors she serves as Membership Coordinator, Communications Chair. and Officials Chair.*



***Kyle and Ann***





## 2025 National Senior Games

***Carter Elliott***  
*Senior Games Liaison*

Well, once again the Florida swimmers made quite the splash at the 2025 National Senior Games, held at the Wellmark YMCA in Des Moines, Iowa. Twenty-eight of our fellow Floridians (ranging in age from 51 to 92 years old) ventured to Des Moines to participate in the swimming competition. Florida athletes from the Florida LMSC and the Florida Gold Coast LMSC are included below:

Michael Aubrey  
Karen Bland  
Dale Charrette  
Emma Jo Charron  
Marjory Clinton  
Ivette Compton  
John Disterdick  
Michael Dronegosky  
Debbie Fisk  
Carolynn Foley

Linda Fulton  
Lorrie Hansen  
Patricia Hirr  
Nady Ibrahim  
Geraldine Jacobson  
Elaine Joggerst  
Lois Johnson  
Ruth Johnson  
Cindy Keegan  
Nicole Maxwell

Sarah Misiak  
Nancy Nevid  
Joe Shake  
Karen Taylor  
Susan Urbach  
Jimmy Waybright  
Richard Whaley  
Timothy Winslow

Overall, this group of athletes accounted for a total of 50 medals (23 Gold; 11 Silver; 16 Bronze), more than any other state in the swimming competition. And let's congratulate the following, who each set multiple National Senior Games records in their respective age groups:

- **Michael Aubrey** – 50 Breast and 100 Breast
- **Emma Jo Charron** – 50 Breast, 100 Breast, and 100 Free
- **Linda Fulton** – 50 Back, 50 Fly, and 100 Back
- **Nancy Nevid** – 50 Free and 100 Free

The biennial National Senior Games, a collection of 24 sports, are organized by the [National Senior Games Association \(NSGA\)](#), which is dedicated to motivating active adults (age 50+) to lead healthy lifestyles. The next National Games will be in Tulsa, OK in 2027. For those interested in participating in that meet, swimmers 50 years of age must participate in a local Seniors meet, as well as the [Florida Seniors Games](#). Local Seniors meets are held throughout the year across the state.



# News From Our Florida LMSC Clubs



## St Pete Masters News

*Livia Zien*

Keeping track of all the activities of our team members is a full-time job. Whether it's in the pool, in open water, or on a bike, or on foot, you'll likely find a St. Pete Masters swimmer involved. This year, we had a small but mighty representation at the USMS Spring Nationals in San Antonio with Alison Hayden and Chris Stickle.

At IGLA in Washington DC, our small team of six placed 2nd in the small teams category and 11th overall!



*Chris Stickle & Alison Hayden in San Antonio (photo: A. Hayden)*



*Steve Gavalas, Jim Esposito, Cam Chambers, Allison Retotar, Dana Greene, and Chris Stickle at IGLA in DC (photo: C. Stickle)*

Cheryl Kupan recruited ten members to join forces with her former team, Westport Water Rats, to finish 4th overall at the YMCA Nationals.



*Sarah Swoch, Allison Retotar, Paula Texel, Tamara Chiba (CONN) – winning medley relay at YMCA Nats (photo: S. Swoch)*





**Sarah Swoch with kayaker cousin Austin at the Catawba River Hell or High Water 10-mile swim (photo: S. Swoch)**

**SPM cont:** In the open water world, Sarah Swoch competed in two races Mount Holly, North Carolina, on the Catawba River for the O'CRUD 10k and the inaugural 10-mile Hell or High Water Swim, placing 3rd overall in both. Alison Hayden finished the Swim for a Mission 10k in NH, winning the women's race and placing 3rd overall.

We had lots of participation as individuals or as part of a relay in the St. Anthony's Triathlon in Vinoy Park in April too including, Andrew Leone, Jeff Gould, Jesse Morenus, Karen and Russ Westerman, Laura

Albee, Steve Bossert, Tiffany Weidner, and Dawn Clark who did double duty competing as part of a relay, and individually. Dawn also had a great race in the Ironman Chattanooga 70.3 which became a duathlon with the cancellation of the swim.

An all-ladies team kicked off the LCM season competing at the Bumpy Jones Classic in Sarasota in early June.



**Karen Westerman, Tabitha Jacobus-Brandt, Susan Tokayer, Courtney Chubbs, and Cheryl Kupan at Bumpy Jones Classic (photo: K. Westerman)**



**Emily Dammer, Russell Hawkins, Mike Smith, Kern Davis at our SPM LCM Championship (photo: L. Zien)**

Thanks to our meet director Brooke Bowman, volunteers, officials, and participants, another successful LCM Spring Championship is in the books! Lots of fast swims including a world record and a few LMSC records. The meet concluded with a fun (maybe annual?) Jeans 50 race.



**Michael Phelps & Chelsea Nauta**

With shared dedication and discipline, Chelsea Nauta had a heartfelt interview with Michael Phelps.



**Jeans 50 Race SPM LCM meet – Tabitha Jacobus-Brandt, Karen Westerman, Allison Retotar, Sarah Swoch, Cam Chambers, Chris Stickle (photo: J. Gould)**





## BOLTS Masters in Vero Beach

*by Karen Fuss*

*Level 1, 2 & 3 USMS Certified Coach*

BOLTS Masters have been expanding our team members since its inception in November 2023 with an influx of new swimmers in 2025 of visitors, snowbirds, and year-round residents! So far this year BOLTS have been busy competing in meets such as the 16<sup>th</sup> Annual Rowdy Gaines Masters Classic, 11<sup>th</sup> Annual Snag Holmes Invitational, and the 5<sup>th</sup> Annual Show Your Swag SCY Meet. There are plans for attending more meets this fall and winter as well as taking a group to Greensboro for USMS Spring Nationals in 2026.



***(L – R) Nick Schlotthauer, Karen Fuss, Bob Tobias, Anne Gabor, Ken Cook, Katie Knowles, Ian Benedict, Ed Watkins, Lisa Strong, Clark Dennison, and Jenny Holzer.***

Our team added open water swims to our schedule in the spring, and our numbers participating each week continue to grow. Several of our swimmers have also competed in Sprint, Olympic and Half Ironman triathlons this year. BOLTS have raced in open water events including the USMS Open Water National Championship and the SOC Aaron Vaughn Frogman Swim + Run. BOLTS Masters Assistant Coach, Ken Cook, placed 9<sup>th</sup> at USMS Sprint-Distance Open Water National Championships and 1<sup>st</sup> in the 5K at the Aaron Vaughn Frogman Swim!

Most recently 11 swimmers and 2 paddle boarders participated in the Annual Swim to the Wreck in Vero Beach where over a thousand swimmers, paddlers and others head out to the SS Breconshire (British cargo ship that ran aground in 1894) on the morning of July 4th. Most who attend only travel a few hundred yards, but our group decided to make it more than a mile swim! You can tell from all the smiles that we LOVED it!

We look forward to welcoming more swimmers at our practices and meeting other teams from Florida in the coming months!



***(L – R) Ed Watkins, Nick Schlotthauer, Karen Fuss, Ken Cook, Lisa Strong, Anne Gabor, Katie Knowles, Clark Dennison and Ian Benedict.***





## TAMPA METROPOLITAN AREA YMCA (TYSM)

**Kenny Kneitel**  
Head Swim Coach

**Congratulations to Our Masters Swim Team!**

We're incredibly proud to share that our Tampa Metropolitan YMCA Masters Swim Team placed 3rd in the 55+ Medley Relay at the Y SCY Nationals, May 8-11, held at the Rosen Aquatic Center in Orlando! This outstanding achievement is a testament to the hard work, dedication, and team spirit of our swimmers. Competing and representing the Tampa Y community with excellence, sportsmanship, and heart. Thank you to our athletes and coaches for your commitment of our program.



***Stacie Marsicano***

We're expanding our Masters Swim Program to include two new locations starting Tuesday, September 2, 2025:

- New Tampa Family YMCA
- Spurlino Family YMCA

This expansion allows us to reach even more athletes across Hillsborough County, and we couldn't be more thrilled to grow our community of swimmers. Whether you're training for competition or swimming for fitness, we welcome you to join us in the water!



***L-R: Stacie Marsicano, Nancy Westbrook, Susan Tokayer, & Kelly Spivey***



***Stacie loves the 2025 YMCA Masters T-shirt!***



## FACT NEWS - AUGUST 2025

*Joannie Campbell*

Our LOCAL MASTER SWIMMING COMMITTEE is [floridalmssc.org](http://floridalmssc.org). We have a Workout Group: Clearwater Long Center Fact. In addition many swim as just FACT. Our Zone is Southeast Zone: [southeastzone.org](http://southeastzone.org). Our National Organization is United States Masters Swimming: [usms.org](http://usms.org). Our facility at the Long Center on Belcher Road in Clearwater is closed for the year and thus our Long Course pool to practice is not available. Many of us are using other Clearwater facilities such as Ross Norton and Morningside (all outside and short course) and I run into other swimmers at facilities outside the Clearwater area – anyplace with a warm pool and a place to SWIM.

The facilities this year for Long Course meets were Sarasota in June and St Pete in July. Attendance has been sparse – **Joan Campbell** and **Claire Lohrbach** in the Sarasota Meet and **Claire Lohrbach** in the St Pete Meet – both with good results!! Some of our older members have had problems this year but hopefully cooler weather and larger meets will prevail.

The Senior Games Nationals are in Des Moines Iowa from July 25<sup>th</sup> thru 28<sup>th</sup>. You must have prequalified last year. The Long Course Nationals are to be held in Federal Way Washington ,August 6<sup>th</sup> through 10<sup>th</sup>. I've attended a couple of those and they have been great fun. Washington is a great host. See you at the pool – in a new age group (95-99). Will wait till July for Bob Beach to catch up (haha).

I've had some requests to do a blurb on age groups and Meegan thought this month is a good one for it. I'm still alive (haha), but my ideas for a longer life manage to change as circumstances present themselves. I have been very fortunate to have maintained good health for the last 95 years and in the future have rules that I believe have helped. I did not seriously swim competitively for the first 59. Had a family of three boys and a daughter – all took swimming seriously and my daughter Deborah just missed Olympic Trials in 1980 – ended up everyone missed them that year. They were fortunate however to have George Breen and facilities at University of Pennsylvania. They encouraged me to compete and of course they then retired to a busy family life.

I fortunately retired and joined the Clearwater team with several good Masters coaches and specifically Joe Biondi for most of my swimming career. Rules to be followed: Involve yourself in not only the swimming but in becoming a part of the program, even to the part of volunteering for the local Club, the Region, and the National Organization. Being aware of these makes your endeavor interesting. In addition, I became active in the YMCA and Senior organizations – amazing the different swimmers you become acquainted with in each separate organization, and the number of jobs you end up taking on (haha).

In addition don't limit yourself to swimming – make an effort to walk at least 45 minutes three or four times a week. Involve yourself in YMCA classes or equivalent three times a week for at least another 45 minutes. Concentrate on balance and be aware of your limitations as you get older. Realize that 85 is getting older – 90 also follows along – and 95!!!! The pool is my friend – can't bang yourself up with the water. This is where I have to watch myself. I love the water – always have and always will. Make sure it's your friend!!! Hope this helps you.





## Sarasota Sharks Masters

*Anna Lea Matysek*

### 2025 Bumpy Jones Classic Swim Meet

The annual 2025 Bumpy Jones Classic long course meet was held in early June, with four Sharks swimmers setting a new world record!

Their new record in the Mixed 800 Free Relay, 280-319 age group was set in a time of 10:29.77.



*L-R: Rick Walker, Karen Einsidler, Eney Jones (daughter of Bumpy), and Lee Childs*

### New Pool Progress

The concrete has been poured for the floor and walls of the new, 25-yard by 25-meter pool at the Shark Tank. Construction has slowed a bit as the summer storm season has begun but the new pool will be worth the wait!







## Florida LMSC 2024 All Americans & All Stars

To achieve individual All-American status, a swimmer must place first in the top ten in an event in at least one course, SCY, LCM, SCM or in one of the recognized long distance championship events. To receive Relay All-American status a swimmer must be a part of a relay receiving a first place top ten accomplishment.

### 2024 Pool All American

Robert Beach  
Jeffrey Boatright  
Joan K Campbell  
Lee Childs  
Zena H Courtney  
Frederick Ehmke  
Alexander Forbes  
Michael Gilliam  
Steven T Gold  
Holly Green  
Jeanne T Hackett  
Alison S Hayden  
Martha J Henderson  
Fanny M Kuhn  
Jim Matysek  
Chelsea B Nauta  
Kelly Parker Palace  
Arnaldo Perez  
Ann K Stewart  
Diann Uustal  
Rick B Walker

#### MELB

Erika L Braun  
Zena H Courtney  
Kelly Parker Palace  
Joan Wheeler

#### SPM

Cameron Chambers  
Dawn Clark  
Suzanne Dearworth  
Stephanie Gibson  
Jeffrey Gould  
Alison Hayden  
Cheryl Kupan  
Noah Manera  
Macarena Martin Mayor  
Barry Owen  
Allison M Retotar  
Christopher Stickle  
Sarah Swoch  
Paula Texel  
Valerie Valle  
Karen Westerman

#### SHARK

Rebecca A Aten  
Terry J Brinkman  
Ronald Buda  
Lee Childs  
Don Claridge  
Edward M Clissold  
Cheryl Coley  
Bob E Couch  
Juan Cue  
Lawrence J Day  
Marilyn E Early  
Karen L Einsidler  
Michael Gilliam  
Claudia Goldschmidt  
Tricia Good

### 2024 Long Distance Relay All American

#### SPM

Cameron Chambers  
Dawn Clark  
Suzanne Dearworth  
Stephan Freeman  
Stephanie Gibson  
Jeffrey Gould  
Alison Hayden  
Andrew Leone  
Noah Manera  
Macarena Martin Mayor  
Barry Owen  
Christopher Stickle  
Sarah Swoch  
Paula Texel  
Valerie Valle  
Karen Westerman

### 2024 Long Distance All Americans

Cameron Chambers  
Karen Einsidler  
Stephanie Gibson  
Steven Gold  
Alison Hayden  
Noah Manera  
Macarena Martin Mayor  
Barry Owen  
Christopher Stickle  
Valerie Valle  
Karen Westerman

### 2024 Pool All Stars

Joan K Campbell  
Zena H Courtney

### 2024 Long Distance All Stars

Stephanie Gibson

Pool All-Stars are those who have achieved the most first place top ten finishes in their age group during the year. Long Distance All-Stars are named on a point basis from the results of all long distance championship.

Jami Gray  
Jack R Groselle  
M H Heeter  
Casey Keiber  
Bridget Keller  
AshleyM King  
Brent Kruse  
Fay V Lachney  
Michael A Laux  
William Markovitz  
Jim Matysek  
David R McIntyre  
Susan L Meyers  
Carol J Mitchell  
Jack J Mitchell  
Nancy Nevid  
Steven M Newman  
George G Nolen  
David Oakes  
Hans B Palacios-Wanke  
Arnaldo Perez  
Raymond J Schroeders  
Ann K Stewart  
Christine Swartzman  
Diann Uustal  
Melissa D Varlas  
Rick Walker  
David M Zimmerman



# Florida LMSC 2024 USMS National Top Ten

## 2024 Florida LMSC SCY Individual Top Ten

### WOMEN

**18-24**  
Luci Lozano

**25-29**  
Eleanor H Sills

**35-39**  
Chelsea B Nauta

**40-44**  
Ashley M King

**45-49**  
Valerie Valle

**50-54**  
Alison S Hayden  
Bridget Keller  
Ann K Stewart  
Paula M Texel  
Kristen K Vlaun

**55-59**  
Sylvia Buxton  
Karen Westerman  
Joan Wheeler

**60-64**  
Zena H Courtney  
Paige A Gill  
Fay V Lachney  
Kelly Parker Palace

**65-69**  
Karen L Einsidler  
Jami Gray  
Nancy L Kryka

**70-74**  
Linda P Fulton  
Laurie M Grubbs  
Kathleen A Tittle

**75-79**  
June Carson  
Emma J Charron  
Lorrie C Hansen  
Patrice L Hirr  
Lois B Johnson  
Anne M Page  
Diann Uustal

**80-84**  
Jeanne T Hackett  
Monique Hanson  
Susan L Meyers  
Sandy K Skarsaune

**85-89**  
Martha J Henderson  
Betty Rumney  
Patricia A Tullman  
Rosie R Vijil

**90-94**  
Joan K Campbell

### MEN

**18-24**  
Justin N Fales

**25-29**  
Jake R Gibbons

**30-34**  
Cameron M Chambers  
Christopher C Stickle

**35-39**  
Kyle B Deery  
Alexander Forbes  
Kenneth J Wazyniak

**45-49**  
Jorge E Albino  
Benjamin Lo-Pinto  
Chris O'Sullivan  
Ryan P Ruddy

**60-64**  
Juan Cue  
Bill Fallon  
Jim Matysek

**65-69**  
Joe Wotton

**70-74**  
Jeffrey Boatright  
Kevin M McCormack  
Marc Middleton  
Rudy Vazmina  
Brian S Voisard  
Rick B Walker

**75-79**  
Terry J Brinkman  
Lee Childs  
Bob E Couch  
J Nathan Leech  
George G Nolen  
Thomas W Peek

**80-84**  
Harry S Colburn  
Mike Freshley  
Michael A Laux  
Andrew R Miller  
Jack Mitchell  
Martin P Schenk  
Robert E Ulanowicz

**85-89**  
David R McIntyre

**90-94**  
Robert Beach

## Florida LMSC 2024 SCY Relay Top Ten Men and Women

Marty J Acosta  
Claudia T Assini  
Lauren N Bowers  
Terry J Brinkman  
Joan K Campbell  
Lee Childs  
Kirk W Clear  
Bob E Couch  
Zena H Courtney  
John Cowing  
Marilyn E Early  
Karen L Einsidler  
Jim Esposito  
Bill Fallon  
Debbie D Fisk  
Pam Geiger  
Jeffrey R Gould  
Jami Gray  
Jeanne T Hackett  
Jo Ann Harrelson  
Alison S Hayden  
M H Heeter  
Martha J Henderson  
Eric C Herman  
Patrice L Hirr  
Geraldine M Jacobson  
Nancy S Kiernan  
Kristin L Kulinka  
Cheryl Kupan  
Michael A Laux  
David R McIntyre  
Marilynn McKenney  
Marjorie J Medendorp  
Susan L Meyers  
Nancy Nevid  
George G Nolen  
Emma R Oleniczak  
Roxanne R Olmsted  
Noelle Ponce  
Allison M Retotar  
Marlon Sanchez  
Christopher C Stickle  
Paula M Texel  
Robert M Tullman  
Diann Uustal  
Valerie Valle  
Candida K Vera  
Kenneth J Wazyniak  
Karen Westerman



# Florida LMSC 2024 USMS National Top Ten

## 2024 Florida LMSC LCM Individual Top Ten

### WOMEN

**25-29**  
Kelly S Deuser  
Eleanor H Sills

**35-39**  
Allison M Retotar  
Sarah Swoch

**40-44**  
Brooke Bennett  
Ashley M King  
Erin Maehr  
Jennifer L Ritter

**45-49**  
Rebecca A Aten  
Jennifer M Figueroa

**50-54**  
Tricia Good  
Alison S Hayden  
Bridget Keller  
Ann K Stewart  
Paula M Texel  
Melissa D Varlas

**55-59**  
Suzanne L Buchman  
Courtney L Chubb  
Claudia Goldschmidt  
Karen Westerman  
Mandy L Zopf

**60-64**  
Holly Green  
Eney Jones  
Kelly Parker Palace  
Joan Wheeler

**65-69**  
Zena H Courtney  
Nancy Nevid

**70-74**  
Linda P Fulton  
Kathy Manger

**75-79**  
June Carson  
Patrice L Hirr  
Elizabeth A Jenkins  
Karin Roth  
Martha J Samuelson  
Diann Uustal  
Meegan Wilson

**80-84**  
Frances E Weston

**85-89**  
Martha J Henderson  
Patricia A Tullman

**90-94**  
Joan K Campbell

### MEN

**18-24**  
Cavan Wilson  
Cobi N Wood

**30-34**  
Cameron M Chambers  
Nicholas A Lumkong  
Christopher C Stickle

**35-39**  
Alexander Bezugli  
Russell Hawkins

**40-44**  
William R Kloppe  
Jeremy McIntyre  
Rinaldo A Sintjago  
Cole Tedhams

**45-49**  
Michael Gilliam  
Steven T Gold  
Brian J Hatlelid

**50-54**  
Norman Bledsoe  
Sean Keenan  
Mark Palace  
Bernardo Casagrande Sal

**55-59**  
Kirk W Clear  
Andy Kroupa  
Hank H Robinson

**60-64**  
Arnaldo Perez  
David M Zimmerman

**65-69**  
Juan Cue  
Roger Kahn  
Jim Matysek  
Michael R Smith

**70-74**  
Kern M Davis  
Lawrence J Day  
Frederick Ehmke  
Jack R Groselle  
Rick Walker

**75-79**  
Ronald Buda  
Lee Childs  
Bob E Couch  
M H Heeter  
J Nathan Leech

**80-84**  
Mike Freshley  
Michael A Laux  
David Oakes

**85-89**  
Martin W Hollander  
David R McIntyre

**90-94**  
Robert Beach

## Florida LMSC 2024 LCM Relay Top Ten Men and Women

Marty Acosta  
Olivia J Andrews  
RebeccaA Aten  
Hayley Brahm  
Ronald Buda  
Cameron M Chambers  
Dale J Charrette  
Lee Childs  
Don Claridge  
Edward M Clissold  
Cheryl Coley  
Tom Cornell  
Bob E Couch  
Juan Cue  
Lawrence J Day  
Kelly S Deuser  
Daniel S Diab  
Elizabeth W Downey  
Karen L Einsidler  
Jim Esposito  
Michael Gilliam  
Claudia Goldschmidt  
Tricia Good  
Jack R Groselle  
Russell Hawkins  
Roger Kahn  
Bridget Keller  
Ashley M King  
Cheryl Kupan  
Fay V Lachney  
Michael A Laux  
William Markovitz  
Jim Matysek  
David R McIntyre  
Nancy Nevid  
Steven M Newman  
Arnaldo Perez  
Allison M Retotar  
Adam W Richard  
Hank H Robinson  
Greg Salomon  
Raymond J Schroeders  
Michael R Smith  
Ann K Stewart  
Christopher C Stickle  
Christine Swartzman  
Sarah Swoch  
Cole Tedhams  
Paula M Texel  
Diann Uustal  
Melissa D Varlas  
Rick Walker  
Karen Westerman  
David M Zimmerman





# Florida LMSC 2024 USMS National Top Ten

## 2024 Florida LMSC SCM Individual Top Ten

### WOMEN

**18-24**  
Haille F Bogumil  
Izabela Zekuciova

**35-39**  
Fanny M Kuhn

**40-44**  
Ashley M King  
Marly J Wilson

**45-49**  
Rebecca A Aten  
Casey Keiber  
Joanna M Treon

**50-54**  
Erika L Braun  
Tricia Good  
Alison S Hayden  
Ann K Stewart  
Melissa D Varlas

**55-59**  
Sylvia Buxton  
Andrea Dombrowski

**60-64**  
Cheryl Kupan  
Fay V Lachney  
Joan Wheeler

**65-69**  
Zena H Courtney  
Karen L Einsidler

**70-74**  
Linda P Fulton  
Sue N Watts

**75-79**  
Emma J Charron  
Elizabeth A Jenkins  
Carol J Mitchell  
Martha J Samuelson  
Diann Uustal  
Meegan Wilson

**80-84**  
Susan L Meyers

### MEN

**18-24**  
Evan P Dykstra

**25-29**  
Andres Cossio  
Tomas F Rodrigu  
Raymond J  
Schroeders

**30-34**  
Arthur Frayler  
Mike Garcia  
Felipe Manzo  
Christopher C St

**35-39**  
Daniel Paulling

**45-49**  
Michael Gilliam  
Steven T Gold  
Brent Kruse

**50-54**  
Edward M Clisso

**55-59**  
Andy Kroupa  
Hans B Palacios-  
Wanke

**60-64**  
Charles Denault  
David M Zimmer

**65-69**  
Juan Cue  
Curt Erlandson  
Jim Matysek

**70-74**  
Frederick Ehmke  
Jack R Groselle  
Rick Walker

**75-79**  
Ronald Buda  
Lee Childs  
Bob E Couch  
M H Heeter

**80-84**  
Michael A Laux  
David Oakes

**85-89**  
David R McIntyre  
Jack J Mitchell

## Florida LMSC 2024 SCM Relay Top Ten Men and Women

Rebecca A Aten  
Michael D Bergquist  
Haille F Bogumil  
Erika L Braun  
Ronald Buda  
Lee Childs  
Edward M Clissold  
Bob E Couch  
Zena H Courtney  
Charles Denault  
Andrea Dombrowski  
Karen L Einsidler  
Curt Erlandson  
Cathy A Fedako  
Michael Gilliam  
Tricia Good  
Jami Gray  
William Greenwood  
Jack R Groselle  
Allen F Hillman  
Casey Keiber  
Ashley M King  
Brent Kruse  
Michael A Laux  
William Markovitz  
Jim Matysek  
David R McIntyre  
Carol J Mitchell  
Jack J Mitchell  
David Oakes  
Geoffrey Orland  
Kelly Parker Palace  
Hans B Palacios-Wanke  
Daniel Paulling  
Vicky A Romocki  
Raymond J Schroeders  
Darryl W Sjoberg  
Ann K Stewart  
Joanna M Treon  
Diann Uustal  
Melissa D Varlas  
Rick Walker  
Sue N Watts  
Joan Wheeler  
David M Zimmerman

# Florida Pool & Open Water Events Zone & USMS Championships

**Aug. 6-10 / LCM:** USMS Summer Nationals. Federal Way WA. [Information & online entry](#). *Entry deadline: online entry closes Monday, July 14*

**Sept. 13:** Swim for Alligator Lighthouse (8-miles). Islamorada FL. [Information & registration](#). *USMS sanctioned: NO*

**Sept. 14 / SCY:** Gainesville Senior Games. Gainesville FL. [Information & online entry](#). *Entry deadline: online entry closes Sunday, August 31. Senior meet for 50+. USMS-recognized*

**Sept. 21 / SCY:** Rob Curry Pancake Pentathlon. Clermont FL. [Information & online entry](#). *Entry deadline: online entry closes Wednesday, September 17*

**Oct. 12 / SCY:** SWAGtoberfest Meet. Gainesville FL. [Information & online entry](#). *Entry deadline: online entry closes Sunday, October 5*

**Nov. 15-16 / SCM:** Shark Tank Meet. Sarasota FL. [Information](#). (online entry opens Friday, August 1). *Entry deadline: online entry closes Monday, November 10*

*Information copied from Southeast Zone website. For more information visit: [www.southeastzone.org](http://www.southeastzone.org)*

## Grown-Up Swimming Space Coast

Grown-Up Swimming is back for our second season on the Space Coast. Registration is open and the meet schedule is set. Register now and block your calendars! Contact [bj@grownupswimming.com](mailto:bj@grownupswimming.com)

### Meet Schedule

Meet 1, 8/02/2025, 5:30 pm – 8:30 pm @ Sherwood Park Pool

Meet 2, 8/23/2025, 5:30-8:30 pm @ Sherwood Park Pool

Meet 3, 9/06/2025, 5:00-8:00 pm @ Gleason Park Pool

Meet 4, 9/20/2025, 5:00-8:00 pm @ Champs Gleason Park Pool

## Florida LMSC 2025 Board of Directors

### Elected Board Positions

#### Chair

Cheryl Kupan

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

#### Vice Chair

Kirk Clear

[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

Cindi Wood

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

#### Sanctions

Anna Lea Matysek

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

#### Top 10

Anna Lea Matysek

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

#### Newsletter Editor

Meegan Wilson

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



### Appointed Board Positions

#### Communications

Cindi Wood

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

#### Coaches Chair

Scott Bay

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

#### Open Water

Andy Kroupa

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

#### Postals (Long Distance)

Andy Kroupa

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

#### Senior Games Liaison

Carter Elliott

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

#### Awards Chair

Ryan Kloppe

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

#### Co-Top 10

Jim Matysek

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

#### Officials Chair

Cindi Wood

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

#### Records Chair

Eileen Sedacca

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

#### Webmaster

Meegan Wilson

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

#### Past Chair

Jillian Wilkins

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