

FLORIDA LMSC NEWSLETTER



Volume 42, Number 4
November 2025

News From Our Florida Chair

Cheryl Kupan

FLChair@usms.org

<https://floridalmssc.org/>

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



The Florida LMSC Annual Meeting & Elections were held on Thursday, October 30, 2025. Thank you to all who attended and we encourage you all to attend future meetings.

When the dates become available, they will be posted on the FL LMSC website at: <https://floridalmssc.org/boarddocs/>

This year's election was for the Chair and Treasurer positions and Cheryl Kupan of St Pete Masters was re-elected as the FL LMSC Chair, and Terri Goodman of the Sarasota Sharks was re-elected as the FL LMSC Treasurer. I look forward to serving as your Chair for another 2 years, and if you have any questions, ideas, interested in volunteering on the Board or have any concerns, please feel free to reach out to me at FLChair@usms.org.

We passed 3 proposals this year and will have more details about each in the coming months. If you haven't already read through the proposals, you can read them at the above mentioned link.

- 1) **Meet Stipend/Expense Reimbursement** – embedded in this proposal is an increase for the gifts given to meet officials, paid for by the FL LMSC, from the current \$25/day to \$50/day and to now be distributed to the officials by the meet director.
- 2) **FL LMSC Club Registration Renewal Fee** will now be paid for by the FL LMSC beginning with the 2027 renewal for clubs that have at least five registered members. We will send you the details in mid-2026.
- 3) **FL LMSC Officials Shirts** - Our Officials Chair, Cindi Wood, worked with a local Clermont vendor on creating new shirts for our Officials as another way to show our appreciation for all the long hours and hard work by our FL LMSC officials that make our meets possible. If you are interested or know someone who is interested in becoming a USMS official, please contact Cindi at FOfficials@usms.org. The certification is FREE! And, now you get a fancy shirt too!

An early Happy Holidays to everyone in the Florida LMSC!

Your 2025 Florida LMSC Board of Directors



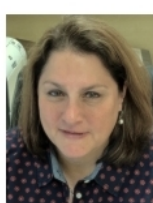
*Chair
Cheryl Kupan*



*Vice Chair
Kirk Clear*



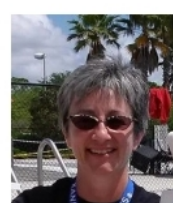
*Secretary
Zena Courtney*



*Treasurer
Terri Goodman*



*Membership
Coordinator
Cindi Wood*



*Sanctions, Top Ten
Anna Lea Matysek*



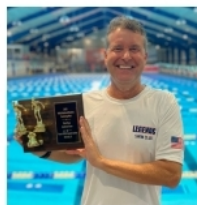
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Meegan Wilson*



*Co Top Ten
Jim Matysek*



*Coaches Chair
Scott Bay*



*Open Water, Postals
Andy Kroupa*



*Awards Chair
Ryan Kloppe*



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Carter Elliott*



*Past Chair
Jillian Wilkins*

The Florida LMSC

www.floridalmsc.org

All Florida LMSC members are invited and welcome to attend the Board of Directors meetings. There are usually four meetings throughout the year. Visit the [Board Information](#) page for Zoom meeting and dial-in information, as well as the finding the meeting agenda, committee reports, and past Board meeting minutes, etc.

2025 Florida LMSC Annual Meeting News

Our annual meeting this year was well attended by our Board of Directors and club delegates. Congratulations to Cheryl Kupan and Terri Goodman for being re-elected as Chair and Treasurer respectively. Three proposals were passed at the meeting. Please see Cheryl's report in this newsletter and visit our [Board Information](#) page for more information.

Please Visit the Florida LMSC Website

Our website has a plethora of information. Pages include:

- [Register](#)
- [Education](#)
- [Contacts](#)
- [Board Information](#)
- [Meet Directors](#)
- [Meets & Results](#)
- [Awards](#)
- [Newsletter](#)
- [Gallery](#)

Our next newsletter will be February, 2026 with a January 20 deadline. The other three are published in May, August, and November. Thanks for all the club and board news submissions.

Florida LMSC 2026 Awards Social

Ryan Kloppe, Florida LMSC Awards Chair

Plan to attend and mark your calendars for the LMSC Social and Awards following the March 21-22, 2026 St Pete Masters SCY/Bob Beach Championship on March 21, 2026 Saturday afternoon. Please send all 2025 Coaches, Leather Lung, and Service Award nominations to [Ryan Kloppe](#) by January 31, 2026. Send Sue Moucha Overcoming Adversity Award nominations to [Sue Moucha](#) by the same date. Visit the [Awards](#) page on the Florida LMSC website for nomination forms.

Floridians in the National USMS Spotlight

Recently, our LMSC picked up two awards at the 2025 USMS Annual meeting in Kansas City, and had an Inductee in Masters International Swimming Hall of Fame (MISHOF).



USMS 2025 Club of the Year Swim Melbourne “Mahi” Masters

1. Swim Melbourne Masters was awarded “USMS Club of the Year” during the 2025 U.S. Masters Swimming Annual Meeting in Kansas City. The team started in 2019 and has already grown to Gold Club level. The team has earned several titles and records that include LMSC, Zone, National, and World levels.



Swim Melbourne Leadership:

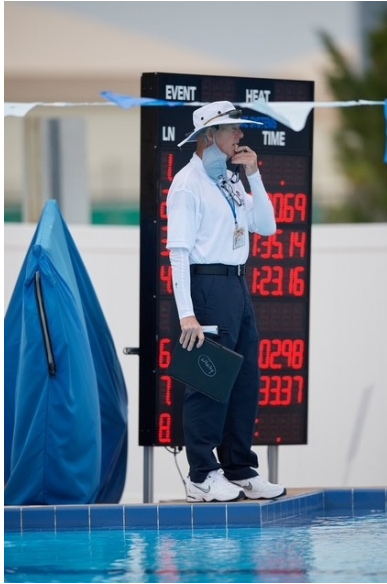
- Two Florida LMSC Officers: Kirk Clear, Vice Chair & Zena Courtney, Secretary
- Two USMS-Certified Officials: Lisa Smoak and Zena Courtney
- Grown-Up Swimming, League Director – Space Coast: B.J. Graham
- Three Swim Melbourne Foundation Board Members: Michael Mirda, John Walsh, & B.J. Graham
- USMS Coaches Committee Member, 2023: B.J. Graham (Kerry O’Brien Coaches Award, 2022)

Awards continues:



Sarasota Sharks Excel

2025 U.S. Masters Swimming Officials Excellence Award



2. Congratulations to Richard "Mike" Whaley, Sarasota Sharks, for receiving the 2025 U.S. Masters Officials Excellence Award. This award is given to a certified official for outstanding contributions to Masters Swimming.

You will rarely miss seeing this face at a swim meet in Florida. Just hope he's not standing at the end of your lane with a yellow piece of paper when you finish your race.

We are sincerely thankful for all he does!

2024 Masters International Swimming Hall of Fame (MISHOF)

Congratulations to Diann Uustal, Sarasota Sharks, for being inducted into MISHOF on September 13, 2025.

Statistical Highlights as of December 31, 2023 include:

- 43 FINA/World Aquatics WORLD RECORDS
 - 16 Long Course, 27 Short Course Meters
- 147 WORLD TOP TEN Rankings in 1st, 2nd, or 3rd place over 15 years in all strokes
 - Long Course: 34 #1, 15 #2, 4 #3
 - Short Course Meters: 59 #1, 25 #2, 10 #3
- WORLD CHAMPIONSHIPS
 - 2014, 4 silver & 1 bronze
- WORLD POINTS: 1612
- Competed in four (4) AGE GROUPS - 60-64, 64-69, 70-74 & 75-79





USMS Relay 2025



Five members of the Florida LMSC recently attended an event called USMS Volunteer Relay in Kansas City, Oct. 24-26. Relay is an annual event where volunteers from around the country come together to network, share ideas, collaborate, and motivate each other. This year's event focused on Coach Support and Club Development, with a series of workshops and discussions aimed at arming volunteer leaders with information they can take back to support local Masters Swimming efforts. We've asked each of the Florida attendees to share a couple thoughts from the 2025 USMS Volunteer Relay.

From Kirk Clear, Florida LMSC Vice Chair. No matter how many of these events I've attended in the past, I always learn something new or hear of a great idea we could employ within our LMSC or local team. This year was no different.

As Vice Chair of the Florida LMSC, I was very focused on learning some different ways the LMSC can support its coaches and help develop clubs. It all comes down to ensuring our members are getting what they came for and why they joined USMS. Everyone has a different reason and it's up to us to see that we do everything to meet their needs. It all comes down to making sure our coaches are equipped to deal with these needs. One of the best ways we can do this is to ensure our coaches are educated with current certifications, and that they regularly attend clinics, workshops, and other learning opportunities.

I also think that it's important that we, at the LMSC level, reach out and help mentor new or struggling clubs to help them be successful. I heard of creative ways we could use some USMS sub-brands, such as Grown-Up Swimming and College Club Swimming, to recruit future members. Lastly, we can't do any of this without great volunteers. We need to make sure our volunteers feel appreciated and valued. We are always looking for volunteers at all levels of Masters Swimming; if interested, reach out to any member of the Florida LMSC Board of Directors.

From Karyn Austin, Head Coach, Swamp Water Aquatics Gainesville (SWAG). It was a great "reboot and refresh" being around so many people that are passionate about the sport of swimming, especially as it relates to Masters. I attended several sessions ranging from Club Operations (budgeting and financing), Technology Tools for Coaches, Marketing Tools/Tips and some general sessions where we learned about newer programs within USMS as well as different ways LMSC's support local programs.

It was also great to be able to network with some of our own Florida LMSC attendees. I hope to use these contacts to not only get more involved in our Florida LMSC, but be able to support each other's events/teams and the goal of growing our love for Masters for all ages and ability levels.

From Cindi Wood, Florida LMSC Membership Coordinator & Officials Chair. This year's USMS Relay event was an inspiring and energizing experience. It was a wonderful opportunity to connect with swimmers, coaches, and volunteers from clubs all across the country who share the same passion for growing our swim community.

2025 Relay continued:

Throughout the event, I leaned in and listened closely to the incredibly knowledgeable speakers who shared their experiences and insights about coaching, club development, and community engagement. The breakout sessions were just as valuable—smaller, focused discussions where I could exchange ideas and best practices with other club members from around the country. One of my biggest takeaways was learning new ways to grow an Adult Learn to Swim (ALTS) program. I was especially inspired by discussions on using social media tools to reach more adults who might not yet realize that it's never too late to learn how to swim. These platforms can be powerful tools to tell success stories, share resources, and create a welcoming space for new swimmers. I left the event feeling inspired, better connected, and excited to put new ideas into action. The USMS community continues to show that swimming is about more than laps in the pool—it's about relationships, learning, and lifelong growth.

From BJ Graham, Head Coach, Swim Melbourne Masters. One of the most impactful sessions for me at Relay was “Club Culture: Fostering Participation and Loyalty.” The focus was on how Masters teams thrive when they build a sense of belonging through fun, traditions, and community. Chasing fast times and hitting the numbers in workouts has its value, but it's the sense of community that truly inspires people to stay engaged. The message hit home for Florida, where our year-round swimming, open-water scene, and social events naturally build strong team bonds. When we focus on invitations instead of announcements, participation tends to take care of itself; it's a mindset worth sharing with every club.

From Brodie Hynes, Assistant Coach, Legends Masters Swim Club. A huge takeaway for me was learning about some of the new technology tools on the market, and how USMS coaches are using these. There was some interesting training hardware presented; however, many of the products seem to be prohibitively expensive for a single team. One option to overcome these cost challenges was to look at LMSCs possibly investing in some of these tools whereby they could be shared among multiple teams. Another idea involved roaming hardware demos and swim clinics. These clinics would allow folks to use and benefit from the new technological advances, give coaches experience hosting or helping at a clinic, and yield some monetary return from the tool investment.

There were multiple discussions at this year's Relay focused on building community through clinics, or other single day events, and not just swim meets. It was also great to hear about coach development programs and mentorship. I would really like to see experienced coaches share their knowledge and expertise to conduct more localized clinics where multiple members of different teams within the LMSC can get together and build our swimming community.

The event opened my eyes to thinking about the swim community from the LMSC perspective. As a swimmer, besides meets, I wasn't aware of the various resources and volunteers that an LMSC could offer. Lastly, I appreciated learning about how USMS has grown their reach and coverage of swimming through their sub-brands, such as Grown-Up Swimming.

The conference did a great job at exposing the attendee to discussions of the culture and structure of different team sizes and management and organizational methods, making me more aware of what my team is (or isn't). It was most rewarding to be exposed to the breadth of coaching experience, style, and quality, through both the presenters and the break-out discussion groups with other attending coaches and volunteers.



2025 USMS Annual Meeting

Meegan Wilson

Masters Swimming in the United States officially started under the AAU on May 2, 1970. The Sports Act of 1978 allowed for the formation of the Masters Swimming Committee of the AAU, Inc. in 1979. At the United States Aquatic Sports (USAS) Convention in October 1980, the Masters Swimming Committee of the AAU, Inc. was given full voting membership. On April 23, 1981, Masters Swimming became United States Masters Swimming, Inc. USAS is the national governing organization for five national aquatic sports: USA Swimming, USA Water Polo, USA Synchro, USA Diving, and U.S. Masters Swimming. USAS hosted the five aquatic organizations at yearly conventions from 1980 thru 2019. Each organization held their annual meetings in person. All USMS Standing Committees, Zone Committees, Board of Directors (BOD), and House of Delegate (HOD) meetings took place. The Convention culminated with a Banquet and Awards Ceremony on Saturday night where the highest awards for each organization were presented. For USMS, it normally started Wednesday afternoon and lasted through Sunday morning with a wrap-up session and BOD meeting. Delegates could attend any meetings they wanted during that time frame. During the HOD sessions they were able to discuss and vote on Legislation and Rules changes, as well as electing officers. In 2018, Convention was held in Jacksonville, Fl, and the Florida LMSC was responsible for maintaining and manning the hospitality suite for Florida delegates. In 2020, the USAS Convention was scheduled for Jacksonville again, but was canceled due to the COVID epidemic. USMS held their annual meeting virtually that year and USAS stopped hosting conventions altogether. FINA, Fédération Internationale de Natation, the international governing body of aquatic sports, changed its name to World Aquatics in 2022.

This year, USMS held a hybrid annual meeting at the Kansas City Airport Marriott on September 12 -14, 2025. Standing Committees and Zone Committees met virtually during the month before, and delegates met both virtually and in person during the HOD meetings where voting took place. Due to their 2024 member registration numbers, the Florida LMSC was entitled to have six delegates attend, and was represented by Scott Bay, Kirk Clear, Zena Courtney, Andy Kroupa, and Cheryl Kupan, all attending in person. We had no automatic delegates this year, but we did have representation on some national standing committees. Cheryl Kupan was a member of Championship, Nancy Nevid was a member of Recognition and Awards, and Cindi Wood was a member of Officials, as well as a member of the Adult Learn To Swim Ad Hoc Committee.

National awards were presented Friday night. Congratulations to Mike Whaley, Sarasota Sharks, for receiving the 2025 Officials Excellence Award. This award was first started in 2018 with Florida Official Pat Baker, the first recipient. Congratulations to Swim Melbourne Masters for receiving the 2025 Club of the Year Award. Sarasota YMCA Sharks (now Sarasota Sharks) received the Club of the Year award in 2012. Please see the Awards story, by Ryan Kloppe in this newsletter.

There were only two proposed [Legislation](#) amendments this year, and both were recommended by the Board of Directors and the Legislation Committee. L-1 was to sunset the History and Archives Standing Committee. This proposal was defeated by the HOD. L-2 was to remove the requirement for Standing Committees to meet in conjunction with the Annual Meeting. This proposal passed.

[Long Distance](#) had many proposals that were all adopted. Most were recommendations to remove certain requirements.

[Rules](#) had 10 amendments, but at this date, final rules changes have not been published.

News From Our Florida LMSC Clubs



FACT NEWS - November 2025

Joannie Campbell

This month has limited me to no pool, and I feel with the elimination of the Long Center for the year it's going to be a "no opportunity" year. I had to have a squamous cancer removed from my leg and although my doctor tried to get me in the pool (my safest spot) it's been months. Things are looking up now and I should be dipping my toe in a pool in November.

I see where the annual meeting will be next week and our slate of candidates will be voted on. I'll cast our one club vote for those I feel are quite capable – please. The Club has been registered and we hope to have some interested workout groups join us for 2026.

Congratulations to FACT member Frances Weston (84) for accomplishing 14 USMS SCY Top Ten swims in the 80-84 age group in 2025. No telling how many she will have when she turns 85.

Hope to see you all before the end of the year.
Joannie

Editors note:

Joan Campbell, 94, is the glue that keeps the Florida Aquatic Combined Team together. She has 7 USMS Top Ten SCY swims in 2025, and all are first place All American accomplishments. Congratulations Joannie!



Palm Coast Piranha Club (PCSC)

Deb Blair



L-R: Vanessa Sanabria, 23: 2nd place, Marjory Clinton, 72 ; 1st place, Ally Rock-Yanochko, 42; 3rd place, Sheryl Watkins, 60; 2nd place, Glenn Partelow 77: 1st place, and Deb Blair 66: 1st place

On August 16th, 2025, members of the Palm Coast Piranha Masters and friends swam the 20th Annual HammerHead Ocean Marathon in Jacksonville, Florida.

The swimmers were blessed with fantastic sunny morning weather and a calm sea for the event. The HammerHead race offers distances of 1K, 2K, and 5K ocean swims. Water temperatures of 85 were perfect!



Space Coast Aquanauts

Dr. Ed Nessel

USMS Certified Coach

Ed Nessel's fourth book is coming out before Thanksgiving and is entitled *WATER IS LIFE* (Sage Words Publishing). It describes his experience coaching various age groups and abilities over his 56+ years of coaching, both in the water and on deck, and ranges from beginning to elite aquatic athletes. It also shares many public health and physiological items pertinent to aquatic athletes. His other books are: *SWIM TO WIN - Train like a Champion*, and *KEEPING THE ATHLETE HEALTHY* vols I & II. These can be found on Amazon and eBay.

Ed has coached seven Olympians – the latest was Cullen Jones. He started coaching Cullen when he was 14 years of age. Ed was a strong contributor to another book, *SPEED TO GLORY - The Cullen Jones Story*. This entails how he made a black young man from the inner city, world class, and how he became the first black in history to set both American and World records . . . something Hollywood would find to be an engaging and worthwhile story. Ed has a PhD in Physiology. He turned 80 in October 2025 and continues to coach, swim, and write.

In 2016, Ed suffered a sudden cardiac arrest while training with his club team, and was without a heart beat for about four minutes. Fortunately, he had gone over emergency CPR the week before with his team which saved his life. The young lifeguards at the Cocoa pool (now shut down for a parking lot) underwent severe panic. His swimmers saved his life. Ed also contributes his lifestyle to the special antioxidant supplements he was taking to protect his general health. The cardiology group at the local hospital wanted to know all about his supplements and how they protected him. He had no residual effects, and has been doing fine since then. Ed was put on medication to prevent a recurrence which toned down his heart rate and beat force, causing him to give up Masters competition. For more of the story, see Ed's 2016 Florida LMSC [Sue Mocha Overcoming Diversity Award](#). He is still coaching all ages five days a week, and takes the time and makes the effort to keep writing; something he has been doing since a young man with many sports medicine articles published in many swim magazines over the years. See Ed's articles, [Sudden Cardiac Arrest](#) and [Helping the Body Heal](#) published on the Florida LMSC website.

Ed explains in his books on keeping the athlete healthy that when any tissue is deprived of constant oxygen flow or supply, once deprived of same, and then resupplied, the tissue burns up and gets severely damaged. To bring him back to life, oxygen had to be resupplied, but no residual damage ensued because the tissue re-supplied with blood (and oxygen) and was prevented from being destroyed. He never expected to be in immediate need of this, but, like any type of insurance, one never knows when you might need it. This is all well-explained in his books, *Keeping The Athlete Healthy*.

Ed stated "Good reading if you want to protect yourself as I did."

Ed Nessel received the USMS Dorothy Donnelly Service Award in 1998, the USMS Coach of the Year Award in 1999, the Florida LMSC Sue Mocha Overcoming Adversity Award in both 2010 and 2016, the 2013 Florida LMSC Club Service Award, and the 2014 Florida LMSC Coach of the Year Award.



St Pete Masters News

Livia Zien

Whether swimming in the pool or open water, competing in triathlons, or officiating on deck, our teammates show up strong! Travel often involves more than just swimming as we take in local culture and experiences.



*Alki Beach after Nationals.
Alison Hayden. Chris Stickle*

Alison Hayden, Chris Stickle, and Susan Tokayer did us proud at the USMS Summer Nationals in Federal Way, WA in July. Alison saw gold in the 800m free, and earned silver in her remaining 5 events. Susan Tokayer placed in the top 10 in all her events, earning 2nd in her 50m free, and 50m and 100m fly, and 6th in the 100m free. Chris Stickle, of superhero fame and recovering from a shoulder injury, also finished in the top 10 in all 6 of his events and placing 2nd in the 200 free.

Mike Smith won big at the World Senior Games (SCM) in St. George, UT just a few weeks ago, breaking an 11-year-old 50m breaststroke record with an all-time personal best of 35.39! His hard work earned him two golds, three silvers, and one bronze.



*Mike Smith at World Senior Games,
St. George, UT (photo: G. Smith)*

Our teammates occasionally travel solo, supporting other local and national meets. Earlier this summer at the Senior Games in Des Moines, IA, Geraldine Jacobson had a stellar meet, finishing top 10 in all her events. Mike Zabel had great swims winning the 100yd back, 50 breast, 200 breast and won silver in the 100 breast. Chris Stickle and Emily Dammer showed up in a winning mood at the Rob Curry Pancake Pentathlon in Clermont.

For the 5k/10k Virtual Event, all 10 individual and relay participants had top ten finishes. Our combined team placed 3rd in the 5k and 4th in the 10k with Macarena Martin Mayor, Stephanie Gibson, Sarah Swoch, and Kern Davis doing double duty. All-Americans included Macarena (5k and 10k), Kern Davis (5k), Stephanie Gibson (10k), the Mixed 35+ relay consisting of Macarena Martin Mayor, Stephanie Gibson, Jeff Gould, Kern Davis (5k), and the Women's 25+ relay (10k) consisting of Macarena, Stephanie, and Sara. Kudos to all swimmers including Emily Dammer, Suzanne Dearworth, Andrew Leone, and Steve Freeman.



Sarah Swoch

In open water news, Sarah Swoch competed in her 3rd Big Shoulders swim in Lake Michigan in early September, joining Ted Soltys, a regular participant of the long-running event. She describes Big Shoulders as a "Chicago tradition, equal parts grit, camaraderie, and celebration of open water." Photos taken by Sarah.



*Sarah with her mom
Big Shoulders 5K*

Dawn Clark, supported by kayaker friend Henrietta Szeredi completed another 8-mile Swim for Alligator Lighthouse, overcoming rough water and winds.



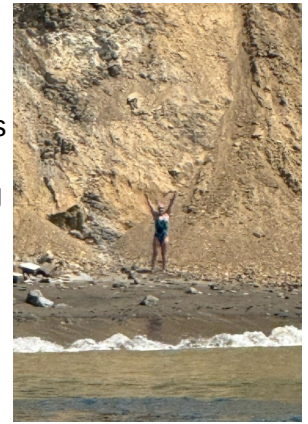
*Henrietta Szeredi
& Dawn Clark*

SPM Continues:



Suzanne Dearworth
Catalina

A special congratulations to Suzanne Dearworth for completing the grueling 21-mile Catalina Channel Swim from Catalina Island to Rancho Palos Verdes, California in 12 hours and 12 minutes, on August 1. Water temperatures dropped below 60°F as she finished. She now has two of three Triple Crown swimming events under her belt, having swum the 20 Bridges Swim Around Manhattan just last year. Go Suzanne! (Photos by S. Dearworth).



Suzanne Dearworth,
Finished!



Sarah Swoch

This summer, Sarah Swoch traveled with SwimTreck to Turkey's Bozburun Peninsula. Sharing her swimming (and culinary) adventures, she writes that "Southwest Turkey feels like it was made for open-water swimmers." Photos by Sarah Swoch.



Bozburun Peninsula

On October 25, SPM swept Live Wildly's 4-mile relay event in Pass-A-Grille Beach! Congratulations to Salty's Sea Monsters (Stephanie Gibson, Sarah Swoch, Cameron Chambers, Karen Westerman, and Celest Brandon), with Shorts and Flippies (Dawn Clark, Jeff Gould, Stase Michota, and Ian Tarrant) finishing 2nd.



**L-R: Stephanie Gibson,
Sarah Swoch, Cameron
Chambers,**



**L-R: Laura Albee, Mark Michaels,
Will Albee** (photo: L. Albee)

We were also well represented in the 25th Top Gun Sprint Triathlon in Fort DeSoto Park in August. Laura Albee and her team of Will Albee and Mark Michaels placed 2nd in the relay. Bragging rights go to Cynthia Newton winning her division, and Steve Bossert placing 9th in his.

Olympics officials at swim meets around the region. Most recently, Steve officiated at his first State meet in Sebastian, FL, and was inspired by the fierce, emotional, and motivated competition all the swimmers exhibited.

Giving back to the community, Steve Freeman and Mike Zabel have been volunteering their time as Special



**Officials at the Special
Olympics in Satasota - July
2025** (photo:FL-LMSC)

You can also read more details about all our adventures and shenanigans in the SPM quarterly newsletters on our website: <https://stpetemasters.org/newsletters>



Swamp Water Aquatics Coach Karyn Austin

3rd Annual SWAGtoberfest Masters Meet October 12, 2025



Swamp Water Aquatics Gainesville (SWAG) hosted our 3rd Annual SWAGtoberfest short course meet in October. We had 80 swimmers with 24 different teams represented. There were lots of great swims and some first timers as well.

The Queen and King (most 'seasoned') athletes were recognized at the meet.



**L-R: Paul Ackerman, 80 (GSC); Doug Messineo, 84 (BDO)
Frances Weston, 85 (FACT); Jean Quillen, 84 (SWAG)**



**An array of competitors attended.
Camaraderie!**

SWAGtoberfest Cont:

A big thanks to the Officials and Volunteers who made it happen. SWAG gave out over \$800 in raffle prizes (all swimmers entered in the meet were eligible).



L-R: Catherine Lewis, Kate Scarborough, Shelby Kraft, Katie Martin-Guelmunde



Congratulations Girls!



Jeremy McIntyre



We had a fun get together after the meet at Swamp Head Brewery. We look forward to seeing everyone at our Spring Meet in 2026!



Rowdy Gaines SCM Masters Classic

Jan. 30- Feb, 1, 2026

Registration for the Rowdy Gaines Masters Classic 17 is open!!!

visit: https://www.clubassistant.com/club/meet_information.cfm?c=1779&smid=21426

Since we are now a 2026 meet, you will need to renew your USMS membership to be able to register and swim this meet. Good news! Renewal started Nov. 1!

There are only 40 slots open for the 1500 and the 800 and we want to encourage you to register early if you want to swim those events. So register early! Registration closes on Sunday January 25.

LOCATION: Rosen Aquatic Center, 8422 International Drive, Orlando, Florida 32819

FACILITY: Eight-lane, 25 SCM competition pool. 25 Yard, warm-up and warm-down i



Champions Mojo Podcast

Finally, We are thrilled to partner with [Champions Mojo Podcast](#). This is a podcast for Masters swimmers by Masters swimmers, and you can look forward to meeting not only Masters swimmer and record holder Kelly Parker-Palace, but also two time guest of the podcast and Olympic Champion, Rowdy Gaines.

Looking forward to seeing you in 2026!!

Sincerely,

RSJ Event Specialists Meet

Florida Pool & Open Water Events Zone & USMS Championships

2025

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

Dec. 6-7 / SCY: Florida Senior Games. Temple Terrace, FL. [Information & entry](#). *Entry deadline: entry closes Saturday, November 15. Senior games for 50+. USMS-recognize*

2026

Jan. 18: Tampa Bay Frogman Swim (3.4 miles). Tampa FL. Registration closed, maximum number reached, USMS sanctioned: NO

Jan. 30-Feb. 1 / SCM: Rowdy Gaines Classic. Orlando FL. [Information & registration](#). *Entry deadline: online entry closes Sunday, January 25*

Feb. 14-15 / SCY: Southeast Zone SCY Championships/Auburn Masters Invitational. Auburn AL

Mar. 21-22 / SCY: Bob Beach SCY Championships. St. Petersburg FL

Mar. 28-29 / SCY: Snag Holmes Masters Invitational. Jupiter FL

Apr. 3: USMS Open Water Sprint Championships (1 mile). Sarasota FL. [Information](#). *Entry deadline: entry closes Monday, March 30 or when maximum entries reached. USMS sanctioned: YES*

Apr. 4: USMS Open Water Long-Distance Championships (5K). Sarasota FL. [Information](#). *Entry deadline: entry closes Monday, March 30 or when maximum entries reached. USMS sanctioned: YES*

Apr. 11: Deluna Open Water Swim (.6 mile, 1.2 miles, 2.4 miles). Pensacola Beach FL. [Information & registration](#). *USMS sanctioned: NO*

Apr. 12: Swim Miami (800m, 1 mile, 5K, 10K). Miami FL. [Information & registration](#). *USMS sanctioned: NO*

Apr. 16-19 / SCY: YMCA Masters Nationals. Sarasota FL., [Information](#).

June 27: Swim Around Key West (12.5 miles). Key West FL. [Information & registration](#). *Entry deadline: registration closes Friday, April 24*

July 11-12 / LCM: St. Pete Masters Long Course Championships. St Petersburg, FL (*tentative dates*)

Aug. 5-9 / LCM: USMS Summer Nationals. Sacramento CA.

Information copied from Southeast Zone website. For more information visit: www.southeastzone.org

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Florida LMSC 2026 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
Anna Lea Matysek
FLSanctions@usms.org

Top 10
Anna Lea Matysek
FLTopTen@usms.org

Newsletter Editor
Meegan Wilson
FLEditor@usms.org

Communications
Cindi Wood
FLCommunications@usms.org

Coaches Chair
Scott Bay
FLCoaches@usms.org

Open Water
Andy Kroupa
FLOpenWater@usms.org

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

Senior Games Liaison
Carter Elliott
FLSeniorGames@usms.org

Awards Chair
Ryan Kloppe
FLAwards@usms.org

Co-Top 10
Jim Matysek
FLCoTopTen@usms.org

Officials Chair
Cindi Wood
FLOfficials@usms.org

Records Chair
Jim Matysek
FLRecords@usms.org

Webmaster
Meegan Wilson
FLWebmaster@usms.org

Past Chair
Jillian Wilkins
FLPastChair@usms.org

