

FLORIDA LMSC NEWSLETTER



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Volume 43, Number 1
February 2026

News From Our Florida Chair

Cheryl Kupan

FLChair@usms.org

As we go to press, the 2026 pool competition officially begins with the 17th Rowdy Gaines Short Course Meters meet January 30-February 1. Incredible that it's the 17th meet as I remember flying down from my former home New York City to swim the 1st meet. It will be great to see everyone and kick off the 2026 swim season.

On February 7th, we have a new meet in Jacksonville, FL – SwimRise Masters at the University of North Florida Aquatic Complex.

Unfortunately, there will not be a Valentine's meet at Clearwater, FL as the pool is still undergoing renovations.

On March 21-22 is the Bob Beach SCY Championships in St Petersburg, FL. The meet entry is now open.

April 3-4, the Florida LMSC will again host the Open Water Sprint (1 mile) and Open Water Long Distance (5K) Championships in Sarasota, FL the same weekend as USA Swimming's Open Water Championships.

We hope to see you at one of our meets this year. Please visit the meet calendar on page 14 of this newsletter and for a full list of meets and open water events in the Florida LMSC, please go to the SE Zone Website. <http://www.southeastzone.org/>

LAST CALL! The FL LMSC Awards Luncheon will be at the conclusion of the Saturday (March 21) session of the Bob Beach meet. Please join us as we celebrate our members who have been nominated for various awards, or have achieved 1-3 Leather Lung Awards. You have until February 15th to nominate your coach, teammates or volunteers who have gone above and beyond.

Jim Matysek, our new Records Chair, is working on getting all the records updated.

Hope 2026 has treated you well so far. Look forward to seeing you poolside.

--Cheryl Kupan, FL LMSC Chair

Florida LMSC 2026 AWARDS BANQUET

Ryan Kloppe

Florida LMSC Awards Chair

Stick around after the SCY Bob Beach Championship meet on Saturday March 21, 2026. We will host our annual Florida LMSC Awards Banquet at the North Shore Pool! We'll gather in the Classroom to celebrate the incredible achievements of our swimmers over the past year. Enjoy a free catered meal, great company, and a chance to recognize the outstanding members of our swim community. We look forward to celebrating with you!

GET THOSE NOMINATION SUBMITTED

We are now accepting nominations for 2025 and they must be sent on the nomination forms listed below. Please take time to nominate someone on your team who goes above and beyond, or a volunteer you thought did a great job at a meet you attended.

Please send Coaches, Leather Lung, and all Service Awards nominations to [Ryan Kloppe](#) by February 15.

Please send your Sue Moucha Overcoming Adversity Award nominations to [Sue Moucha](#) by February 15.

Links to Award Category, Description, Nomination Forms and Past Recipients:

[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](#)

[Florida LMSC Lifetime Achievement Award](#)

Link to all the awards <https://floridalmsc.org/awards/>

Florida LMSC Call for Open Water Stories

Andy Kroupa
Open Water/Long Distance Chair

Florida Masters swimmers are some of the most adventurous athletes in the sport — racing in the ocean, crossing bays, swimming point-to-point, and tackling iconic open water events around the state and beyond. The Florida Local Masters Swimming Committee (LMSC) wants to share those stories.

We are now accepting article submissions from Florida Masters swimmers, coaches, and clubs to feature in Florida LMSC communications, newsletters, and digital platforms.

We are looking for stories and articles about:

-  Open water accomplishments and personal milestones
-  Florida open water races and events
-  Training plans, preparation, and recovery
-  Safety, navigation, and conditions
-  Club and team open water adventures
-  How you got started in open water swimming

Whether it's your first ocean race, a 10K, or a channel crossing, your experience helps educate and inspire Masters swimmers across Florida.

Submission Guidelines

- 300–1,000 words (flexible)
- First-person stories, race reports, or instructional articles
- Photos are welcome (but not required)
- Submissions should be original and related to open water swimming

Why contribute?

Your article helps Florida LMSC:

- Build a stronger statewide open water community
- Share best practices and safety knowledge
- Celebrate Florida Masters swimmers
- Encourage more athletes to explore open water swimming

How to Submit:

Email your article or story idea to: [Andy Kroupa \(FLOpenWater@usms.org\)](mailto:Andy.Kroupa(FLOpenWater@usms.org))

Please include your name, Masters club, and any photos you would like included.

Let's highlight the incredible open water journeys happening all across Florida.



Florida LMSC – Where Masters Swim Beyond the Pool

News From Our Florida LMSC Clubs



FACT NEWS – January 2026

Meegan Wilson

Joan Campbell, at the age of 95, had a mini stroke earlier this year. She lost her hearing in her left ear and is having balance issues, but has been told that she will be fine. Her daughter went back home to Syracuse on Tuesday January 27. Joannie is anxious to get back to swimming and competing.

The Long Center Pool is now scheduled to open in June of this year. The outside is pretty much finished. Joannie says she sure could use the warm pool at the Long Center right now.

Currently, the Florida Aquatic Combined Team, FACT, has 25 registered swimmers in 2026 and one workout group Clearwater Long Center FACT (CLCF). Four swimmers have registered for the SCM Rowdy Gaines meet, January 30 - February 1, 2026. Good luck to Claire Lohrbach, Karen Panker, Frances Weston, and James Zinner. The Weather will be chilly. Please keep warm! Joannie is glad she had not entered the meet, but she wishes her SPM competitor in the same age group, Judge Bob Beach, good luck. "We have fun as only 95+ competitors."

The Florida Aquatic Combined Team has a webpage hosted by the Florida LMSC where you can find information about FACT, past newsletters, and stories. If any member has news or stories, please submit them to FLWebmaster@usms.org or FLEditor@usms.org.





Winter 2026 Update BOLTS Masters in Vero Beach

Karen Fuss

Level 1, 2 & 3 USMS Certified Coach

Now that our seasonal teammates have returned to enjoy the glorious winter weather in Florida, BOLTS Masters are having tons of fun both in and out of the pool! Holiday-themed practices offered a change to the routine and were a BIG hit. Not just as competitive swimming group, we enjoyed several social gatherings over the last few months - Sunset Happy Hour at Riverside Park on the Indian River Lagoon; Cocktails & Cookies during a neighborhood holiday Luminary Night; and a Chili, Bonfire & Game Night hosted by one of our swimmers.



Raindeer Games During Holiday Practices

On the swimming side, seven BOLTS traveled to Sarasota for the Shark Tank SCM Meet in November with three competing in a Masters meet for the first time! Each participating swimmer secured at least three 2025 Southeast Zone SCM Top 10 Swims!



Sunset Happy Hour at the Indian River Lagoon

Several BOLTS have their sights set on USMS Spring Nationals in Greensboro.

Our team continues to grow with many focusing on upcoming meets like Rowdy Gaines SCM Meet in Orlando, open water events, and triathlons as well as doing the USMS 1-Hour Virtual Swim during January.



News From Gulf Coast

Ginger Tompkins

Level 1&2 USMS Certified Coach



L-R Ginger Tompkins, Gregg Cross & Tomas Rodriguez

The Masters team at Gulf Coast Swim Team has had a great time together in and out of the water. We have a great mix of fitness swimmers, open water racers and triathletes in our group. Come visit us for a practice if you are in the Ft. Myers area!

At the Southern Cross Open Water 5K Race on December 5, 2025. Tomas Rodriguez finished first in the 20-29 age group and second overall male. Ginger Tompkins finished 1st in the 50-59 age group and second overall female. They are pictured at the left with the Father of Open Water Racing himself, Gregg Cross.



Ladies Night Out - Fall Dinner

GCST cont.



Victoria Solis, Lenny Krayzelburg, Ben Garzon

On November 16, 2025 Victoria Solis placed 10th in the 5K open, 30-39 age group, at the Oceanman in Miami. Her son, Ben Garzon, finished 2nd in the 10-19 age group. They are pictured on the left with Olympian Lenny Krayzelburg.

On TRI Side:

Congratulations Sue Pelican on your podium finish at the Mirada Lagoon triathlon in San Antonio, FL on November 16, 2025!

Mike Hammersley finishes 15th in the Chattanooga IronMan in a tough 45-49 age group. Out of 134 tough guys! Mike was on 🔥 !!! Bravo!!! Wow!

An amazing race by Kayla Pokorny Finishes 8th pro woman at the Chattanooga IronMan on September 28, 2025. First woman out of the water for the swim. You inspire us all. Congratulations on this accomplishment! 🙌🎉

We donated toys for Christmas to our local elementary school and enjoyed the 2nd annual holiday breakfast.





News from Sarasota Sharks Masters

Anna Lea Matysek

New Head Coach!

The Sarasota Sharks Masters have a new head coach. Rick Walker, who founded the Sharks Masters program over 20 years ago, has retired from coaching.

See the announcement published by the Sharks program:

“We are very pleased to announce that **Tricia Good** will be stepping into the role of Head Coach for the Sarasota Sharks Masters Program.

Tricia brings a lifelong connection to swimming and a deep appreciation for what Masters swimming represents—community, consistency, personal growth, and joy in the water. Like many Masters athletes, her journey has come full circle: from early competitive swimming, to rediscovering the sport later in life, and ultimately finding her “why” through Masters swimming.

Tricia has trained and competed with Masters programs across the country, including Long Beach, Santa Cruz, Denver, and Sarasota. She speaks often about how special the Sarasota Sharks Masters community is—our size, organization, positivity, and the privilege of training together at the Shark Tank.

Professionally, Tricia is an accomplished health practitioner and educator. She runs her own practice in traditional Chinese medicine, has extensive experience in teaching and mentoring adults, and brings a strong foundation in organization, communication, and leadership. Her background in sports medicine, injury prevention, and performance-focused care is a meaningful asset to our Masters program.

Tricia is passionate about maintaining the strong foundation that has been built while thoughtfully exploring ways to continue adding value for our swimmers. Her approach reflects the spirit of Masters swimming—progress over perfection, discipline balanced with enjoyment, and a genuine commitment to being of service to others.

We are excited for this next chapter and confident that Tricia’s leadership, enthusiasm, and respect for the Masters community will serve the program well.

Please join us in welcoming Tricia into her new role. We look forward to a great year ahead in the water.”

SHARKS cont.

New Pool is Open!

The new, 25-yard by 25-meter pool at the Shark Tank opened in December, just in time for the college training trip season. The Sharks hosted twelve visiting colleges during late December and early January. The new pool ranges in depth from four feet to five feet and will be primarily be used for swim lessons, open swim, and additional workout lanes.



L-R: Allen Hillman, Jim Matysek, Anna Lea Matysek, unknown swimmer



St. Pete Masters News

Time flies by. With open water swimmers, pool swimmers, and triathletes, our members are always on the go. In November, Macarena Martin Mayor, Stephanie Gibson, and Sarah Swoch participated in Oceanman 10k in Miami, with Maki winning her 20-29 age group, Stephanie placing 5th in the 40-49 age group with a time and Sarah 9th. A bonus was meeting Lenny Krazelburg at the event!

In the pool, a strong group headed down to Sarasota for the Shark Tank meet in early November. Mike Smith shares a fun weekend with 'top tier' SPM teammates, Kern Davis, Karen Westerman, Courtney Chubb, and Paula Texel winning the 200 and 400 mixed medley and 200 mixed free relays. We also welcomed David Caulkins and Jack McMurry at their first Masters meet!



L-R: Mike Smith, Kern Davis, Karen Westerman, Courtney Chubb (photo: M. Smith)

overall in the 3000yd and 3rd overall in the 6000. Alison Hayden won her 3000yd event, and Courtney Chubb won both her 3000yd and 6000yd events and Suzanne Dearworth in the 6000yd as well!

With 10 swimmers logging their miles in the Go the Distance Challenge, SPM accumulated 5500 miles! Leading the way was Courtney Chubb with 911.32 miles, Cameron Chambers with 815, and Bill Specht with 385.34.



L-R: Stephanie Gibson, Sarah Swoch, Lenny Krazelburg, Macarena Martin Mayor (photo: S. Gibson)

Early in December, Chris Stickle and Alison Hayden competed in the 2025 South Carolina SCM State Meet, both earning cool high point awards. Congratulations also to Hannah Bergstrom for her first USMS meet.

In October, Karen Westerman was inducted into her alma mater, University of Tampa's Hall of Fame along with fellow 1987 Women's Swimming 400 Free Relay National Champions teammates. Congratulations! In November, she and hubby Russ competed the Ironman Florida, Panama Beach, adding to their long list of Ironman races.

On the virtual postals front, SPM placed 5th

in the 3000yd and 3rd overall in the 6000. Alison Hayden won her 3000yd event, and

Courtney Chubb won both her 3000yd and 6000yd events and Suzanne Dearworth in the

6000yd as well!

SPM cont.



SPM Holiday Party - Front L-R: Jeff Gould, Pam Geiger, Cheryl Kupan, Courtney Chubb, Bill Berry, Sheila Carpenter-VanDijk, Jos VanDijk, Ali Jalili
Rear L-R: Lisa Flanagan, Sarah Swoch, Celeste Patton, Paul Patton, Stephanie Gibson, Paula Texel, Kathy Selles, Geraldine Jacobson (photo: S. Swoch)

And finally, we rounded out 2025 with our fun annual holiday party. This year, it was generously hosted by Courtney Chubb and Ali Jalili.

2026 began with the annual Tampa Bay Frogman swim where several of our teammates participate as swimmers and kayakers annually. Congratulations to Andrew Leone, Kern Davis, and Dawn Clark and kayakers Sarah Swoch and Heni Szeredi.



Welcome Coach Kelly Palace and new president Jeff Gould (photo: S. Swoch)

We also marked a changing of the guard. Many thanks to the hard work and leadership of Kathy Selles, officers and Board over the past 2 years, keeping our team running smoothly. We welcome our new President, Jeff Gould and our new head coach Kelly Palace. Here's to a great year ahead!

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

Recognizing Florida LMSC Women in the 2025 SCY Southeast Zone Top Ten

Swimmers are listed in alphabetical order. **Bold** indicates USMS Top Ten. + indicates SE Zone Record. * indicates USMS Record

18-24

Sara Hernandez, WAHOO
Tay M Thomas, LMSC
 Rachel F Wood, SWAG

25-29

Morgan E Carr, UC14
 Christine N DiPaolo, BSS
 Danielle de Perrot, UC14
 Leah Kunins, UC14
 Jamie T McGarrigle, UC14
 Claire Piazza, SPM
 Eleanor H Sills, UC14
 Victoria A Thomae, UC14
 Bethany L Walter, CAM

30-34

Emily G Dammer, UC14
 Onshalee Promchitmart, SHARK
 Gabrielle J Suver, LG

35-39

Courtney M Jimenez, SWOUT
 Stephanie Jones, ATAC
 Julie Kamat, UC14
Chelsea B Nauta, SPM
 Allison M Retotar, SPM
 Francesca Smart, WFLM
 Sarah Swoch, SPM
 Tiffany F Weidner, SPM

40-44

Priscilla A Camp, BDO
 Molly Clark, LG
 Anna M Emery, LG
 Ashley M King, SHARK
 Jennifer L Ritter, BSS
 Candida K Vera, MELB

45-49

Valerie Valle, SPM
 Trinity Graham, MELB
 Jennifer M Figueiroa, SWAG
 Paige Cull, SWOUT
 Elise Fallucco, BSS
 Tamara Kozulina, LG
 Elizabeth W Downey, SHARK

50-54

Cheryl Coley, SHARK
Alison S Hayden, SPM
 Tracy W Hanke, MELB
 Marie Nogueras, UC14
 Sherri-lynn Rupe, SWAG
Ann K Stewart, SHARK
Paula M Texel, SPM
55-59
 Julie L Ash, VMAS
 Tabitha A Brandt, SPM
 Suzanne L Buchman, VMAS
Courtney L Chubb, SPM
Delyth Cunnah, CAM
 Cindy L Januszewski, SYMS
Karen Westerman, SPM
 Niki Wilson, CAM
60-64
 Brenda Brey, MELB
 Dawn Clark, SPM
Holly Green, SWAG +
 Kimberly L Guilfoyle, VMAS
 Ruth Johnson, VMAS
 Cheryl Kupan, SPM
 Natalie M Mage, CAM
 Colette I Migliozzi, UC14
 Charlene S Myszewski, VMAS
Kelly Parker Palace, MELB
 Joan Wheeler, MELB
 Kelly M Spivey, TYSM
65-69
 Deb Blair, PCSC
Zena H Courtney, MELB +
 Marilyn E Early, SHARK
 Debbie D Fisk, VMAS
 Cynthia H Lasher, SWAG
 Patti A Lehman, SLAP
 Claire Lohrbach, FACT
 Nancy Nevid, SHARK
 Jane Y Shen, FACT
 Karen Taylor, VMAS
Susan Tokayer, SPM
 Terry A Utigard-Rathbun, VMAS

70-74

Martha Campbell-Thompson, SWAG
 Marjory Clinton, PCSC
 Martha Dennis, LMSC
 Merry L Evans, FACT
Linda P Fulton, LMSC
 Laurie M Grubbs, ATAC
 Hope E Harris, SWAG
 Kaixin He, SYMS
 Geraldine M Jacobson, SPM
 Nancy S Kiernan, SPM
 Jocelyn E Lowther, MELB
 Marjorie J Medendorp, VMAS
Penny P Noyes, MELB + *
 Petie Stone, CAM
 Karen Taylor, VMAS
 Kathleen A Tittle, VMAS
Sue N Watts, SHARK
Nancy H Westbrook, TYSM
75-79
 Sheila Carpenter-vanDijk, SPM
June Carson, SHARK
Anne P Grams, 4SWM
Patrice L Hirr, VMAS
 Elizabeth A Jenkins, TTM
Lois B Johnson, ATAC
 Marilynn McKenney, VMAS
 Carol Mitchell, SHARK
 Mary Catherine A Owen, SYMS
 Karen G Panker, FACT
Karin Roth, LMSC
Diann Uustal, SHARK
 Carol A Ward, SWAG
80-84
Jeanne T Hackett, UC14
Frances E Weston, FACT
Jean P Quillen, SWAG
 Rae E Suttie, FACT
85-89
Frances E Weston, FACT
90-94
Joan K Campbell, FACT

Check your times on the Southeast Zone Website for more information. <http://www.southeastzone.org/>

Recognizing Florida LMSC Men in the 2025 SCY Southeast Zone Top Ten

Swimmers are listed in alphabetical order.

Bold# indicates USMS Top Ten. + indicates SE Zone Record. * indicates USMS Record

18-24

Luke S Albitz, GCST
 Anthony Aziz, LMSC
 Evan P Dykstra, UC14
 Jude Henke, TYSM
 Jackson Skigen, HLJ
 Holden J Williams, GSC
 Cobi N Wood, SWAG

25-29

Corbin M Cooper, LMSC
 Randy Lin, UC14
 Tomas A Ospina, BOLTS
 Luc Pritchard, UC14
 Tomas F Rodriguez, GCST
 Joey Thorsberg, SWOUT
 Caleb Tosh, HLJ
 Gustavo Valery, UC14
 Zachariah S Zatina, FLCNS

30-34

Antonio R Birk, HLJ
Cameron M Chambers, SPM
 Mateo DeAngulo, LG
 Arthur Frayler, GSC
 William Hartje, BSS
 Ross Little, UC14
 Nicholas A Lumkong, GTSA
 Felipe Manzo, TEAM
 Christopher C Stickle, SPM

35-39

Ronald Ballatore, SWAG
 Matthew L Edde, UC14
 Hiran W Gibbs, GTSA
 Kevin P Milkovich, SWOUT
 Junior Temotio, SRA

40-44

Kyle Deery, SHARK
Travis S Howard, PALB
 Rinaldo A Sintjago, LG
 Ryan M Snyder, LMSC
 Adam P Yerkes, LMSC

45-49

Scott A Balzer, SARS
 Chris Bindert, T2NM
 Jason Croft, WVMS
 Eduardo Ferrer, SWOUT
 Abdiel Garcia, UC14
Steven T Gold, BSS
 B.J. Graham, MELB
Benjamin Lo-Pinto, MELB
 Frank Price
Ryan P Ruddy, MELB
Jason E Schwartz, SHARK

50-54

Jorge E Albino, SHARK
 Norman Bledsoe, SWAG
 James E Cardozo, MELB
 Brian A Harper, SWOUT
 Eric C Herman, SPM
 Brodie Hynes, LMSC
 Joel Mc Kenna, SWOUT
 Mark Palace, MELB
 Matt Russell, BSS
Bernardo C Salcedo, LG
 Samuel Zweibelson, SWOUT

55-59

Kirk W Clear, MELB
 William J Greenwood, SHARK
 Reid Hartsfield, BSS
Dewey K Haviland, VMAS
 Allen F Hillman, SHARK
 Steve Hladczuk, BOLTS
 Joel Mc Kenna, SWOUT
Andy Kroupa, LMSC
 Marlon Sanchez, MELB
 Scott Mairose, LG
 Thomas Smith, LG
 David Torbert, LMSC
 Michael Uriarte, VMAS

60-64

Steven Becker, UC14
 Juan Cue, SHARK
 Charles Denault, SHARK
 Jeffrey R Gould, SPM
 Ralph P Hellmann, SHARK
 Jeff M Reilly, SHARK
 Ted J Soltys, SPM

65-69

Wayne Baker, LMSC
Juan Cue, SHARK
 Robert R Lundein, VMAS
 Jim Matysek, SHARK
 Jose Renato M Pontes, LMSC
 Leon H Ryan, SWAG
 Kirk Sears, SHARK
 Joseph F Securo, UC14
 Robert A Simons, VMAS
Michael R Smith, SPM
Joe Wotton, MELB

70-74

Ron A Boucher,
 Tom J Craig
Kern M Davis, SPM
Frederick Ehmke, UC14
 David S Hefner, SHARK
 Mitchel Hoffman, SPM
 Bob Jennings, VMAS
 Larry Kress, WFLM
Kevin M McCormack, SHARK
 Martin B McEvoy, UC14
 Scott P McMillen, FLCNS
David R Oates, UC14
Brian S Voisard, SHARK
 David Wrassman, CAM

75-79

Lee Childs, SHARK
 Gerry Chojnowski, SWHYM
Bob E Couch, SHARK
 Christopher Hafferty, VMAS
 M H Heeter, SHARK
 Pavel Hillel, SHARK
Varney J Hintlian, T2NM
 David S Jarvis, VMAS
J Nathan Leech, VMAS
 Robert H Lyons Jr, VMAS
 Thomas V McCaffrey
Thomas W Peek, LMSC
 Tesalonico N Pepito, SYSM
 Randy Simons, VMAS
 Stephen Zarzecki, GSC

80-84

Michael J Casey, FLCNS
 Michael D Davey, SFYH
 John Disterick, UC14
Mike Freshley, LMSC
 Ray E Huebschmann, SHARK
Michael A Laux, SHARK
Bill Livingood, UC14
 Joseph L Mannikko, UC14
 Doug Messineo, BDO
 David Oakes, SHARK
Martin P Schenk, VMAS
Robert E Ulanowicz, GSC
 William F Wood, UC14

85-89

Martin W Hollander, SHARK
Jack Mitchell, SHARK

90-94

Robert Beach, SPM

Visit the Southeast Zone Website for more information and check your times.

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

Florida Pool & Open Water Events Zone & USMS Championships

2026

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

Feb. 7 / SCY: SwimRise Masters Invite. Jacksonville FL. [Information & online entry](#). *Entry deadline: online entry closes Monday, February 2*

Feb. 7-8 / SCY: Fort Lauderdale Masters Challenge. Ft. Lauderdale FL. [Information & online entry](#). *Entry deadline: online entry closes Wednesday, February 4*

Feb. 14-15 / SCY: Southeast Zone SCY Championships/Auburn Masters Invitational. Auburn AL. [Information & online entry](#). *Entry deadline: online entry closes Sunday, February 8*

Mar. 11 / SCY: Capital City Senior Games. Tallahassee FL. [Information & online entry](#). *Entry deadline: online entry closes Monday, March 9. Senior games for 50+; Will be USMS-recognized*

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. 12 / SCY: Show Your SWAG Meet. Gainesville FL. [Information & online entry](#). *Entry deadline: online entry closes Sunday, April 5*

Apr. 16-19 / SCY: YMCA Masters Nationals. Sarasota FL., [Information](#). Entrants must be YMCA members by Monday, March 16. *Entry deadline: entry closes Wednesday, April 1. Will be USMS-recognized*

Apr. 30-May 3 / SCY: USMS Spring Nationals. Greensboro NC. [Information & online registration](#). *Entry deadline: online entry closes Monday, April 6*

June 20-21 / LCM: Bumpy Jones Classic. Sarasota FL

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

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



In 1992 Scott Rabalais, coach of the Crawfish Masters in Louisiana, implemented the February Fitness Challenge as a postal event for his team. Each swimmer records their yardage each day in the month of February. Kick boards, swim paddles, swim fins, etc. are acceptable. The results are reported by sex and age group. Scott offered his event on a National level and it became a sponsored event of USMS in 1993, open to USMS members and non members. which may motivate non member fitness swimmers to become USMS members. Commemorative T-shirts could be purchased sporting the “Fitness Frog”. That year USMS had 606 participants in the event.

It became an international event in 1994. Scott was presented the inaugural United States Masters Swimming Fitness Award in 1997. Implementation of the event moved to Oregon with the Tualatin Hills Barracudas in 1999. Bill Volckening of the Barracudas received the Fitness Award in 2000 for his promotion of the February Fitness Challenge. In 2000 rules for fitness events changed due to insurance requirements and only registered USMS swimmers could participate. While USMS no longer sponsors the even, the Tualatin Hills Baracuda have continued running this national and international postal fitness event every year since, except for 2021 when pools closed due to the COVID pandemic. This year marks it's 33rd year and I have participated in all of them. It is motivating for the cold month of February and I love their Fitness Frog T-shirts!!!!

It is not too late to participate and anyone 18 and older can, USMS members and non-members alike. These days you enter your yardage online and you have 7 days after swimming to record your totals. The cost is \$15 to register. T-shirts are extra. The link to the event is below.

<https://februaryfitnesschallenge.azurewebsites.net/>

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Florida LMSC 2026 Board of Directors

Elected Board Positions

Appointed Board Positions

Chair Cheryl Kupan FLChair@usms.org	Communications Cindi Wood FLCommunications@usms.org
Vice Chair Kirk Clear FLViceChair@usms.org	Coaches Chair Scott Bay FLCoaches@usms.org
Treasurer Terri Goodman FLTreasurer@usms.org	Open Water Andy Kroupa FLOpenWater@usms.org
Secretary Zena Courtney FLSecretary@usms.org	Postals & Long Distance Andy Kroupa FLLongDistance@usms.org
Membership Coordinator Cindi Wood FLMembership@usms.org	Senior Games Liaison Carter Elliott FLSeniorGames@usms.org
Sanctions Anna Lea Matysek FLSanctions@usms.org	Awards Chair Ryan Kloppe FLAwards@usms.org
Top 10 Anna Lea Matysek FLTopTen@usms.org	Co-Top 10 Records Chair Jim Matysek FLCoTopTen@usms.org
Newsletter Editor Meegan Wilson FLEditor@usms.org	Officials Chair Cindi Wood FLOfficials@usms.org
	Webmaster Meegan Wilson FLWebmaster@usms.org
	Past Chair Jillian Wilkins FLPastChair@usms.org

Board Information

Board Meeting Schedule

April 22, 2026 – Wednesday, 7 pm

July 22, 2026 – Wednesday, 7 pm

October 28, 2026 – Annual Wednesday, 7 pm

Newsletter Submission Deadlines

April 20 for May Issue

July 20 for August Issue

October 20 for November Issue

Please visit our Website: <https://floridalmsc.org/>