

FLORIDA LMSC NEWSLETTER



Volume 43, Number 3
August 2026

<https://floridalmsc.org/>

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

News From Our Florida Chair

Cheryl Kupan

FLChair@usms.org



Holy hotness y'all! Things certainly are toasty here in Florida and I hope you are all staying cool and hydrating. All long course meters meets in the FL LMSC have been contested. Thank you to the Sarasota Sharks and St. Pete Masters for hosting their annual LCM summer meets. If you are looking for another long course meters meet, the Southeast Zone meet will be held in Cary, NC, August 15-16, 2026. [Entry/Meet information](#) Entries close: August 10, 2026. Good luck to those who may be traveling to the "other" coast for the 2026 USMS Summer Nationals in Sacramento, CA, August 5-9, 2026.

2026 FL LMSC Elections & Annual Meeting – October 28, 2026

We are seeking nominations for six elected positions on the Board of Directors: Vice Chair, Secretary, Membership Coordinator, Sanctions Chair, Top Ten Chair, and Newsletter Editor. Nominations should be sent to Chair@floridalmsc.org. Deadline: August 20, 2026. Please visit the Board page on the FL LMSC website for more information: [Board Information – Florida Masters Swimming](#)

Appointed Board position currently open: Officials Chair – who is responsible for implementing policies and procedures to ensure that USMS sanctioned and recognized meets within the LMSC boundaries are conducted uniformly and in accordance with USMS rules and regulations.



USMS Events in September 2026

Three USMS Events are coming up in September. If you are interested in any of the following, please contact Cheryl Kupan at Chair@floridalmcsc.org by August 10th!

2026 USMS Annual Meeting September 18-19, 2026

The meeting is virtual this year. More information can be found on the [USMS Website](#)

2026 USMS Relay Event September 25-27, 2026

This event will be in person in Denver, CO and will focus on event development and collaboration. See [Relay 2026](#) for more information.



2026 USMS National Coaches Clinic September 25-27, 2026

This event will be in person in Denver, CO. See [National Coaches Clinic](#) for more information.

USMS Rules Changes for Butterfly, Backstroke and Freestyle

World Aquatics (AQUA) and USA Swimming (USA-S) have updated their respective competitive regulations for the finish rules of butterfly, backstroke, and freestyle. Swimmers are now permitted to be fully submerged once their heads have passed the final 5-meter or 5-yard mark immediately prior to reaching the finish.

The modification to the wording for each article within the U.S. Masters Swimming Code of Regulations and Rules of Competition (rule book) can be seen below:

Article 101.3 Butterfly

101.3.5 **Finish**—At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards), immediately prior to reaching for the finish, the swimmer may be completely submerged.

Article 101.4 Backstroke

101.4.2 **Stroke**—Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter immediately after the start is not permitted. The swimmer shall push off on the back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water. ~~Once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards) immediately prior to reaching for the finish, the swimmer may be completely submerged prior to the touch.~~

101.4.4 **Finish**—Upon the finish of the race, the swimmer must touch the wall while on the back. Once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards) immediately prior to reaching for the finish, the swimmer may be completely submerged prior to the touch.

Article 101.5 Freestyle

101.5.4 **Finish**—The swimmer shall have finished the race when any part of the swimmer touches the wall after completing the prescribed distance. Once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards), immediately prior to reaching for the finish, the swimmer may be completely submerged.

The language below is the final wording in force as of the date of this memo. All swim meets from this point forward shall be officiated using this updated language.

Article 101.3 Butterfly

101.3.5 **Finish**—At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards), immediately prior to reaching for the finish, the swimmer may be completely submerged.

Article 101.4 Backstroke

101.4.2 **Stroke**—Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter immediately after the start is not permitted. The swimmer shall push off on the back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.

101.4.4 **Finish**—Upon the finish of the race, the swimmer must touch the wall while on the back. Once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards) immediately prior to reaching for the finish, the swimmer may be completely submerged prior to the touch.

Article 101.5 Freestyle

101.5.4 **Finish**—The swimmer shall have finished the race when any part of the swimmer touches the wall after completing the prescribed distance. Additionally, once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards), immediately prior to reaching for the finish, the swimmer may be completely submerged.

This modified language will be updated in the online version of the rule book as soon as practicable. The printed rule book will be updated with publication of the 2027 edition of the rule book.

USMS Long Distance Rules Change Proposals

Virtual Annual Meeting

Table of Proposed Amendments to Part 3

Number	Section	Description
LD-1	302.2.2 A	Clarifies requirements for water temperature and thermal plans for USMS sanctioned open water swims.
LD-2	303.12.1	Removes protest procedures from the rule book and provides a reference on the USMS web site.
LD-3	303.12.2	Adds a limitation on protests made on in-event judges' decisions.
LD-4	305.7 A	Removes protest procedures from the rule book and provides a reference on the USMS web site.
LD-5	305.7 B	Adds a limitation on protests made on in-event judges' decisions.
LD-6	307.3	Removes language for a successful bidder and the requirement for a contract for a long distance championship.
LD-7	307.6.8 A, B,C	Removes protest procedures from the rule book and provides a reference on the USMS web site.
LD-8	307.6.8 B	Clarifies a limitation on protests made on in-event judges' decisions.

For more detailed information visit the USMS website:

<https://www-usms-hhgdctfafngha6hr.z01.azurefd.net/-/media/usms/pdfs/volunteer%20central/annual%20meeting/2026/ldproposals.pdf>

Remembering Pat Tullman

by Meegan Wilson

It is with sadness that I write and tell you that Pat Tullman died this year on July 3rd, 2026. She is greatly missed. Pat moved to Florida from Philadelphia, Pennsylvania around 1993 and joined the Florida Maverick Masters (FMM) in St. Petersburg, FL. She competed as a Maverick until 2016 and then became a Florida Aquatic Combined Team (FACT) member. She has 776 individual and 194 relay Top Ten swims. I was lucky to have swum on some relays with her. Pat accomplished All American status 9 years for individual pool swims, 23 years for pool relay swims, 1 year long distance individual and relay swims and 1 year pool All-Star Honors. She achieved 11 lifetime records.

Pat served as the Florida LMSC Registrar from 2002-2005 and Sanctions Chair from 2011 – 2016. She received the U.S. Masters Swimming Dorothy Donnelly Service Award in 2006.



*L-R: Martha Henderson, Susan Meyers, Pat Tullman, & Joan Campbell
In Budapest for the Worlds FINA Championships in 2017*

At the Worlds Championships in 2017 the above Fact team took home Gold in both 320 relays, the 200 M Free and 200 M Medley, as well as receiving many medals in their individual events.





News From Our Florida LMSC Clubs



Florida Aquatic Combined Team August 2026 Newsletter Report

Joannie Campbell

A few years since I've set myself up to do a newsletter and hope Meegan can put up with me. Our pool at the Long Center in Clearwater has been closed since February of 2025, but it officially opened August 1st. It's been difficult to keep track of everyone and their schedule. We recently lost our good friend and great competitor Pat Tullman. She had recently turned 89 and we were looking forward to the 90's and many records. Our sympathy and prayers go out to her daughter Deb and to Rob and of course the rest of the family.

I had been waiting impatiently for our Long Center pool, where I swam for 30 years, to open. I had hoped the August Dog Days Meet would be the first but apparently that's not on the docket. Those of us old folks are so used to the great facilities we had there and the loss for the last couple of years have caused many health problems I am sure. I managed to have a mini-stroke last Christmas time and am still dealing with the problem – getting back in the water I am sure will go a long way to correct it.

Noted the St. Pete Masters meet was last weekend and I would have loved to see everyone. I'm going to hope the Sharks in November will be a goal. Good luck to everyone the rest of the season and hope to see you soon.



BOLTS Masters in Vero Beach

Karen Fuss

Level 3 USMS Certified Coach

It's been a busy spring and summer for BOLTS! May began with 4 BOLTS competing at USMS Spring Nationals in Greensboro, NC. Steve Hladczuk, swimming in his first USMS National Championship, earned a 5th place in the 50 yard and 6th place in the 100 yard breaststroke.

By mid-May our swimmers were adding ocean swims to the schedule and enjoying the cool and clear water. Several BOLTS participated and placed in the top 3 in various triathlons ranging from sprint to Ironman distances. We also had a contingent of 6 race in the Aaron Vaughn Frogman Swim & Run in Jensen Beach



Steve Hladczuk at USMS Spring Nationals in Greensboro.

with 4 placing in their age groups: Ann Dolin taking 1st place in the 10K Run with a broken shoulder; Ken Cook earning 1st place in the 1K swim (adding to his 1st place finish last year in the 5K swim); Karen Fuss coming in 2nd in the 1K swim; and Cierra Flores sprinting into 2nd place in the 200M swim.

The 4th of July Swim to the SS Breconshire has now become an annual event for BOLTS



Anne Gabor, Katie Knowles, Cierra Flores, Ann Dolin, Ken Cook and Karen Fuss at the Aaron Vaughn Frogman Swim & Run in Jensen Beach.

with 7 swimmers and 4 paddlers taking on a longer trek than most with a 1.5 mile round trip distance.

We topped off the month of July with a Summer Social celebrating **Toni Arcely**, our soon to be pilot, and **Anne Gabor's** birthday at the Indian River Distillery. BOLTS sure know how to have fun in and out of the water!

We're looking forward to participating in Grown-Up Swimming Space Coast in Aug through Oct as well as swim meets this fall and winter!



7 BOLTS swimming to the SS Breconshire for the Swim/Paddle to the Wreck on July 4th.



Introducing SHOW Swimming

Greg Burgess

Maj USMC (Ret.)

*President Swimming Heals Our Warriors, Inc.
1992 Olympic Silver Medalist*



A New Mission in the Florida LMSC

Hello, Florida Masters Swimming family! We are Swimming Heals Our Warriors, Inc. (S.H.O.W.), and we are thrilled to officially become a member of Florida LMSC. Based in Saint Augustine, our 501(c)(3) nonprofit is on a mission to provide life-changing swimming opportunities for wounded veterans, their families, and Gold Star families.

More Than Just a Swim Team

For many veterans, swimming offers more than exercise. The water can become a place of freedom, focus, and forward motion. It provides a low-impact way to build strength, improve endurance, and reconnect with what the body can do. For some, it may be part of physical recovery. For others, it may support mental wellness, confidence, or the simple joy of belonging to a team again.

We invite you to explore the specialized services we offer:

Elite Certified Coaching: Train with coaches who have Olympic, Invictus Games, and Warrior Games experience.

Virtual Support: No matter where you are, our virtual coaching and online community are here to keep you connected and motivated.

Technique Clinics: Join our in-person clinics to refine your strokes and build aquatic confidence in a supportive environment. Our first clinic is happening Sep 12, 2026!

Warrior Community: We emphasize shared healing and connection for wounded warriors and families of the fallen.

Be Part of Our Journey

We are actively growing our S.H.O.W. Swim Team within the United States Masters Swimming family. Our members range from beginners to competitors at the national level. Whether you are a veteran ready to jump back in or a supporter who believes in our mission, we welcome you to join the team.

For those interested in joining the team or learning more about upcoming clinics and programs, please visit showswimming.com and follow SHOW Swimming on Facebook.

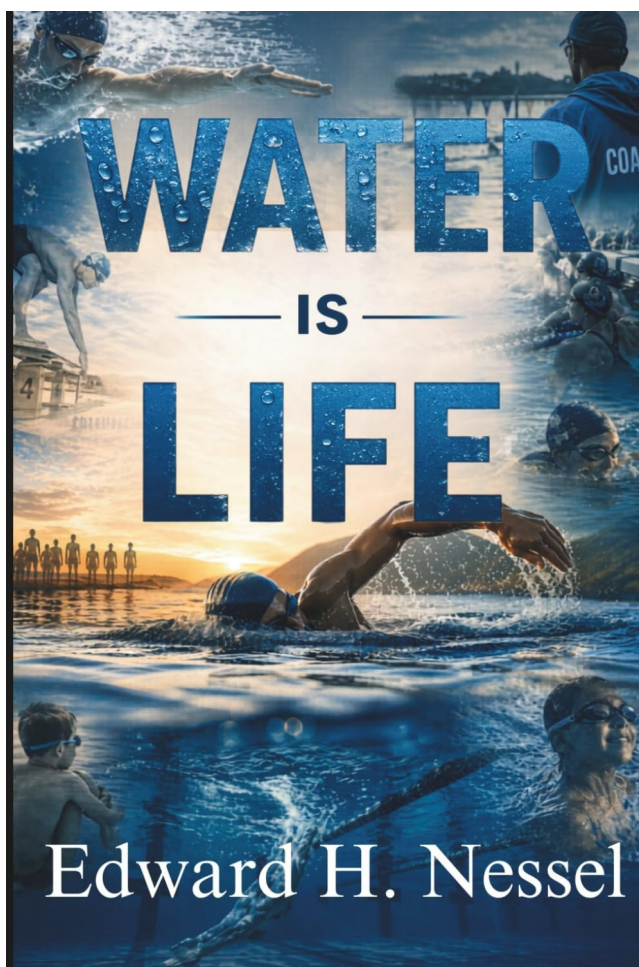
Kelly Gear
Secretary, Swimming Heals Our Warriors, Inc. (S.H.O.W.)
(904) 540-2418



Space Coast Aquanauts

Dr. Ed Nessel

USMS Certified Coach



Water Is Life is available now on Amazon.

Water Is Life is a powerful exploration of how water shapes the human body, mind, and spirit. Blending sports science, psychology, and decades of elite coaching experience, Coach Ed Nessel reveals the transformative impact of aquatic training — from childhood swimmers learning their first strokes to world-class athletes pushing the limits of human performance.”

“Drawing from his background in physiology, competitive coaching, and personal discovery, Nessel explains how water influences endurance, recovery, breathing mechanics, mental resilience, and overall well-being. Through engaging stories and scientific insight, he shows readers how immersion in water becomes a pathway to discipline, confidence, and lifelong growth.

Florida Pool & Open Water Events Zone & USMS Championships

2026

May 15 – Sept. 15 Postal: 2026 USMS 5K/10K Virtual Championship

Aug. 5-9 / LCM: USMS Summer Nationals. Sacramento CA. [Information & online entry](#). *Entry deadline: online entry closes Monday, July 13*

Sept. 12: Swim for Alligator Lighthouse (8-miles). Islamorada FL. [Information & registration](#). *USMS sanctioned: NO*

Sept. 13 / SCY: 25th Annual HCA Healthcare Gainesville Senior Games Swimming [Information & Registration](#)

Sept. 15 – Nov. 15 Postal: 2028 USMS 3000/6000 Yard Virtual Championship

Sept. 19 / SCY: Rob Curry Pancake Pentathlon. Clermont FL. [Information & online entry](#). *Entry deadline: online entry closes Monday, September 14*

Oct. 18 / SCY: SWAGtoberfest Masters Meet. Gainesville FL. [Information & online entry](#). *Entry deadline: online entry closes Sunday, October 11*

Nov. 7-8 / SCM: Shark Tank Meet. Sarasota FL

Dec. 6-7 / SCY: Florida Senior State Games, Temple Terrace, FL [Information](#)

2027

Jan. 10: Tampa Bay Frogman Swim (3.4-miles). Tampa FL. [Information](#). *Entry opens Saturday, August 6 at 7 am. Entry limited to first 150 swimmers. USMS sanctioned: NO*

Jan. 29-31 / SCM: Rowdy Gaines Masters Classic. Orlando FL

Apr. 29-May 2 / SCY: USMS Spring Nationals. Irvine CA

July 2-5, 2027 / SCY: National Senior Games. Tulsa OK

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



Index	Page
President's Report	1
USMS Events	2
USMS Rules Changes	3-4
LD Rules Proposals	5
Tribute to Pat Tullman	6
News From Our Clubs	7
FACT	7
BOLTS	8
SHOW	9
SPCO	10
Meet Calendar	11
Board Information	12
Index	12



Florida LMSC 2026 Board of Directors

Elected Board Positions Appointed Board Positions

Chair
Cheryl Kupan
Chair@floridalmssc.org

Vice Chair
Kirk Clear
ViceChair@floridalmssc.org

Treasurer
Terri Goodman
Treasurer@floridalmssc.org

Secretary
Zena Courtney
Secretary@floridalmssc.org

Membership Coordinator
Cheryl Kupan
Membership@floridalmssc.org

Sanctions
Anna Lea Matysek
TopTen@floridalmssc.org

Top 10
Anna Lea Matysek
TopTen@floridalmssc.org

Newsletter Editor
Meegan Wilson
Editor@floridalmssc.org

Coaches Chair
Scott Bay
Coaches@floridalmssc.org

Open Water – Postals
Andy Kroupa
OpenWater@floridalmssc.org

Senior Games Liaison
Carter Elliott
SeniorGames@floridalmssc.org

Awards Chair
Ryan Kloppe
Awards@floridalmssc.org

Records – Co-Top 10
Jim Matysek
Records@floridalmssc.org

Officials Chair
Vacant
Officials@floridalmssc.org

Webmaster
Meegan Wilson
Webmaster@floridalmssc.org

Past Chair
Jillian Wilkins



Meeting Information

August 27. Southeast Zone Meeting – Thursday, 7 pm
September 18-19 – Virtual USMS Annual Meeting
October 28, 2026 – FL Annual Meeting- Wednesday, 7 pm

Elections for 6 positions on the Board

Vice Chair, Secretary, Membership Coordinator,
Sanctions Chair, Top Ten Chair, Newsletter Editor

Newsletter Submission Deadlines

October 20 for November Issue

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