



*See our newsletters, present and past and lot of other good information on our website:  
<http://www.floridalmsc.org>*

## Swimming...

**Bob Jennings**  
**FL LMSC Chair**



The other day while watching a movie, the heroine was asked why do you dance. It made me stop and think for a short moment, why do I swim and volunteer. The answer is easy. I love swimming and all the opportunities it has provided me: physical fitness, a chance to make new friends, to participate at the high school, college, and masters levels, and the health benefits have been tremendous. Nothing is better for me than completing a challenging workout. It has taught me, I can work towards any goal. I may not always achieve the goal but I am a better person for trying. It was a family affair, swimming with my brother and sister while my parents volunteered. Eventually my sons all swam and it was a wonderful experience for them also. By coaching and volunteering at the club, LMSC and, national level, I have been carrying on the family tradition and giving back to the sport that has played an important part of my life.

I have a little sign in my den that says “ **Swimming** is more than a sport of an **individual**. It is the **challenge** of character, **strength** of spirit, and the **hope** of the **future**.”

The Florida LMSC’s Annual Open Meeting will be held Saturday, October 13 at the conclusion of events at the Rowdy Gaines meet in Orlando. The LMSC will be holding our election of officers at this time. The positions are: Chair, Vice Chair, Secretary, Treasurer, Registrar, Records, Sanctions, and Newsletter. If you are interested in one of these positions please e-mail me at [guman1953@yahoo.com](mailto:guman1953@yahoo.com).

Finally, I would like to thank Connie Greb for her time as our Fitness Chair. Her columns in the newsletter were always interesting, informative, and timely. Daphne Elliott-Bazenas has volunteered to fill this position.



## 2018 Florida LMSC Board Elections

We are accepting nominations for our eight elected Florida LMSC Board positions. These positions are elected every two years. Nominations will also be taken from the floor at our annual meeting in Orlando on October 13, 2018. All Florida LMSC members are welcome and encouraged to attend. Please send nominations to Chair Bob Jennings: [guman1953@yahoo.com](mailto:guman1953@yahoo.com). The Florida LMSC Chair appoints the Appointed Board Positions.

Elected Board Position	Current Officer	<u>Running</u>
Chair	Bob Jennings	Jillian Wilkins
Treasurer	Nancy Kryka	Nancy Kryka
Secretary	Cheryl Kupan	Cheryl Kupan
Registrar	Meredith Moore	Meredith Moore
Top Ten Recorder	Anna Lea Matysek	Anna Lea Matysek
Sanctions	Anna Lea Matysek	Anna Lea Matysek
Newsletter Editor	Sheila Carpenter-van Dijk	Sheila Carpenter-van Dijk
Vice Chair	Jillian Wilkins	Bob Jennings
Appointed Board Committee Position	(appointed by the Chair)	<u>Appointed</u>
Officials	John King	John King
Coaches	Scott Bay	Scott Bay
Senior Games Liaison	Joan Campbell	Joan Campbell
Social and Awards	Erin Condon	Erin Condon
Fitness	Connie Greb	Daphne English-Bazenas
Long Distance	David Miner	David Miner
Webmaster	Meegan Wilson	Meegan Wilson

The election table can also be found on the FL LMSC website at:  
<http://www.floridalmcsc.org/contacts/boarddocs/>



### National Coaches Clinic

The USMS Coaches Committee and USMS National Office are hosting the 2018 [National Coaches Clinic](#) on Oct. 19-21 in College Park, Md. Go here: [2018 NCC event information](#) for more information.

The registration fee includes a Friday night hors d'oeuvres reception, refreshment breaks with snacks and beverages during the presentations, Saturday lunch, Saturday dinner, all presentations on Saturday, pool session on Sunday, and electronic copies of presentation materials. Coaches can take advantage of

the \$225 registration fee that is available until Sept. 3, and designated coaches receive a \$20 discount. The registration fee increases to \$250 on Sept. 4.

For coaches traveling from outside the College Park area, we have arranged a special rate of \$149 per night at the College Park Marriott Hotel & Conference Center, and USMS is happy to help facilitate roommate requests.

Complete [event details can be found here](#).



### Reimbursement News- Did You KNOW?

The Florida LMSC reimburses the event directors for sanctioned events (pool meets and open water races) for some of their expenses related to the fees associated with using an online event entry system for their events.

The previous LMSC policy reimbursed an event director for all of the online entry costs for the Masters participants. For most events, depending on how much was charged for meet entry fees, the cost per participant was as high as \$4.50 per swimmer.

To control LMSC expenses, as well as to simplify the reimbursement process, the LMSC has updated its reimbursement rate.

Beginning January 1, 2019, the Florida LMSC will reimburse an event director at the rate of \$3.00 per Masters entrant for their costs associated with online entry for their event. (For events that are dual-sanctioned with USA Swimming, this reimbursement does not cover the entrants who are USA Swimming members.)

For example, if a pool meet uses an online entry system for accepting entries for their event, and it receives 300 entries (all Masters swimmers), an event director can apply for a reimbursement of \$900.00 from the Florida LMSC.

After an event, an event director may apply for the reimbursement by sending an email to the Florida LMSC treasurer, Nancy Kryka, at [nkryka@gmail.com](mailto:nkryka@gmail.com).



### **FL LMSC Registrar Update**

From your FL LMSC Registrar, Meredith Moore

We have 2,189 registrations for 2018.

Three new clubs registered recently - BTWS - Swimmin' Women

and Men Indian River; BTC - Team Bodyfeed, Cape Coral; and MVER - Montverde Masters, Montverde, FL.

Welcome to our new clubs!

We had 2433 registered for 2017, so we are at 90% of 2017 registrations.

Please check [www.dixiezone.org](http://www.dixiezone.org) website for upcoming pool and open water events.

-Happy Laps, Meredith



### NEWS FROM FACT

*Joannie Campbell*



At the last LMSC newsletter In late April we were about to take off for Ft Lauderdale and the YMCA Nationals. Many of us had a great time swimming with Y's all over the area and other places around the country. We get to see old friends this way and enjoy the competition.

Next was the Bumpy Jones Meet where had a good turnout with many trying for times in long course meters to use for the Pan American Championships (Pan Ams). As a team, FACT was second to Sarasota (the host) in all the team rankings – Combined, Women and Men. Those not going to Pan Ams were also interested in the first Long Course Meters (LCM) Meet of the season and we had some great relays. A nice surprise was the Women's 400M 320+ FREE RELAY broke the National Record!! It was the last event of the day and the ladies were hesitant about even swimming it !! Curious consequences – Pat Tullman, Martha Henderson, Joannie Campbell and Jeanne Hackett with a new National Record!! You just never know. Hope it holds up for the season.

We went on to the St Pete Meet in July and further added to our LCM events for the season. This was a small meet but fortunately the weather was perfect and many of us did some great times heading up to Pan Ams.

And NOW for the big event!! Ken Hickey made a beautiful banner for us to all congregate under and 52 of our FACT team competed in Pan Ams over the 7 pool events and the Open Water. Over 35 were from VASF and many others from other parts of the state as well. Please encourage those swimmers you know to join us for team participation – it's so much fun to be a part of a large group and they can maintain their

team identity as a Workout Group of FACT. We fielded 38 relays and 25 of those medaled!! I believe everyone participating on our team medaled either individually or as part of relay. All made it to the blocks on time and only three dq's – one of my own because I couldn't make the 50 meter fly – please someone else offer next time!! – poor Bill Rodenfels got blamed for diving off before I got to the end, which I never did!!! Our 95 year old jokester, Ed Graves, commented on a dq by their men's relay. He said “– three of us didn't get dq'ed so we should get our medals”!!! Five of the relays set new Pan American Records – three in the 360 and two in the 320 age group. Individually eight swimmers set Pan American records: Betty Lorenzi in the 90-95 age group set three backstroke records; Pat Tullman in the 80-84 age group in the 50 and 100 fly; Martha Henderson in the 400 IM in the same age group; and Jeanne Hackett in the 100 breast and Open Water swim in the 75-79 age group. Congratulations all of you!! I hope we'll see you all at Rowdy in October and Bob and I thank you all for the great cooperation – I hope the experience was all you anticipated. Let's look forward to Medellin, Columbia in 2020 – I'll be 90!!!!

We partied and swam – pictures of both!!! We're good at both!!



FACT Pan Am Record Breakers!



Please keep up to date with all the news on our website: [www.factmasters.org](http://www.factmasters.org)





## Shark Bites By Jan Miller

[https://www.teamunify.com/TabGeneric.jsp?\\_tabid\\_=204931&team=flsysst](https://www.teamunify.com/TabGeneric.jsp?_tabid_=204931&team=flsysst)

Over the past 6 months the Selby Aquatic Center, better known as the Shark Tank, has had several improvements. The biggest item is our new state-of-the-art video scoreboard and timing system. The beautiful new board was installed in the late spring and operational during the summer meets. We are happy to report our locker rooms were updated with newly painted floors and shower curtains. The skybox was given a face lift and fresh landscaping surrounds the venue. We also enjoy the new Shark-themed canopies that help provide shade to officials and timers during meets, all the while showing our Shark pride.



Shark Masters Nancy Kryka and Mike Whaley (right) participated in the Odyssey's Alcatraz Swim (a 2-mile open water (OW) swim) in San Francisco Bay on July 14, 2018. They prepared for 6 months prior to the swim, swimming during the cooler weather off Siesta Key with their coach Laura Hamel, practicing their OW swim skills, speed and sighting. Their training paid off and resulted in a successful swim of approximately 38 minutes. Their lessons learned from the OW adventure: plan in advance, train for the swim, develop swim skills, and most importantly, have confidence!



Pan American Masters Championships – Orlando. The Sharks sent 44 swimmers to the Pan Am Games and brought home 194 medals. We enjoyed seeing old friends from other teams and meeting new teams

from other countries. We even exchanged a few swim caps. After relays on Wednesday there was a Shark feeding frenzy at Bahama Breeze.



Looking forward: As we move into the short course season we are looking forward to getting ready for some of the local Senior Games and preparing for the Florida State Senior Games in Clearwater.

The Sharks host our annual Shark Tank meet at the Selby Aquatic Center on November 3<sup>rd</sup> and 4<sup>th</sup> and we hope to see you there. Come out and see our new scoreboard.



**Remembering Charlie Kohnken** who passed away on July 3, 2018 at the age of 87. Charlie was one of the first people I met at North Shore Pool back in 1985. He was raised in New York State, served in the US Army and then completed four years at Syracuse University where he was a member of the swim team. After completing his degree in engineering, he started his career and his life with wife Marge. Two children later they relocated to the Delray Beach area of Florida in the mid 1970's. It is here that Charlie started swimming with the Gold Coast Masters, during the earliest days of Masters swimming, and became fast friends with June Krauser and Anne McGuire. His family relocated to Pinellas County in the early 1980's and Charlie started swimming with St. Pete Masters in 1983. His last recorded competition was in 2008. He continued swimming at the Long Center in Clearwater but stopped



SPM News – News from outside the lane....

**St. Pete Masters**

<http://stpetemasters.org/>

Christine Truhol Swanson

competing due to health reasons. According to USMS records dating to 1986, Charlie recorded 113 Individual Top Ten swims; Top Ten on 91 SPM Relays and one All American for his 800 SCM Freestyle in 1991. He also participated in the annual Hour Swim, 5k/10K and 3000/6000 Postal swims; accumulating more Top Ten awards.

The great thing about Charlie was he didn't just swim, he also volunteered with the young USMS organization and Gold Coast Masters and continued his volunteering with SPM, the FL LMSC and USMS. In 2008 USMS awarded Charlie the ***Dorothy Donnelly Service Award***. Over the years Charlie was an SPM Board member in many capacities. With the LMSC he was Records Chair (when everything was done by hand), Registrar, Sanctions Chair and the first Officials Chair for the LMSC. If I recall he may have even stepped in as temporary Chair of the Florida LMSC in the early 2000's. At the USMS level he represented the LMSC at 10 conventions where he was a member of the USMS Registration Committee and later the Officials Committee. When he stopped competing, Charlie continued participating as a swim meet deck official and did so until about two years ago.

His friendships with team members and competitors were numerous. He was a strong advocate for our sport. He reflects the best of Masters swimming and his presence on the pool decks of Florida will be greatly missed.

It has been a busy summer for SPM and for once I had the opportunity to watch some of the swimming pool side and some via Live Stream. Normally I am piecing together the pool exploits of SPM via Facebook, the team newsletter, and notes from friends.

**So now the question is... What have we been up to?**

**On the road again...**

Carl and Kathy Selles are on the road again. They were camping and cavorting out in the western US during July. Carl competed in the **USMS One and Two Mile Cable Swim** at Lake Foster in Oregon during mid-July. He finished 2<sup>nd</sup> in the one mile and 3<sup>rd</sup> in the two mile event. Then they headed down the road to a new campground and he swam in the **USMS 5k/10k** event at the Applegate Reservoir. Carl took 2<sup>nd</sup> in the 10k for his age group and then swam a 1 mile race a few days later at took 2<sup>nd</sup> again. Great swimming Carl! He also took the opportunity to swim the many bridges of Portland's Willamette River while Kathy kayaked along with him. There is a real race however. Carl was just doing a training swim as they will head to Europe in September so he can swim The Straits of Gibraltar. We wish him luck on his upcoming swim.



Photo credit: Kathy Selles





Sarah Swoch... School teacher, scientist, world explorer... Sarah decided to spend a couple weeks of her summer break in Bali. It is reported that she selected her accommodations based on the pools and the beaches. Didn't want to let all her training go to waste while exploring the island; mostly hiking and finding all of the interesting things one can do and see in Bali.



Josh Smith flew across the pond with his kids so they could hike the Pyrenees mountain range from France to Spain and back. No swimming pools in sight only majestic scenery and skies. Photo credit (left): Joshua Smith

Finally long time team members Ted and Monica Bradley relocated their family from St. Pete to Asheville, NC this summer. They are greatly missed back in Florida but based on FB photos they are adjusting well with hiking, camping and bear sightings.

### **In the pool...**

Back in Florida's West coast a group of regular SPM competitors headed south across the Skyway Bridge to Sarasota for the

**Bumpy Jones LCM Meet** in mid-June. Most were there to gauge their training for the Pan Am Swim meet in August. Paula Texel, Livia Zien, Dawn Clark and Sharon Steinmann led the women with strong swims and were joined by Tiffany Weidner and sister, Tanya Felton-Rodriguez in the younger age group, along with Phyllis Scheidt. Eric Herman and John Nixon put in strong swims for the men. Ryan Rager was getting his groove back and also cheered on his dad Steven. Even Coach Gary Bastie swam a few races over the weekend. Of course no trip to Sarasota is complete without a stop at Yoder's to satisfy Eric's voracious appetite.

Pan Am training continued at North Shore Aquatic Center in early July with the annual **SPM LCM Championship**. The gang was all on deck either swimming or helping out with timing. The weather was perfect and the thunderheads decided to hang elsewhere. A rain and thunder free meet in July – amazing. We are ever thankful to the North Shore pool staff as they understand the importance of proper competition pool temperature. It was perfect... The participants included a few new names and a few who can only swim a home meet due to family obligations. It was great to see Colleen Bauza, Regina Novak, Cindy Newton, Ken Wazyniak, Greg Salomon, Jim Esposito and Jay Einerson in the water competing over the weekend. Hopefully we will see more of you join them in the pool as the year progresses. They all had excellent performances and some got to enjoy relays. Charlotte Petersen was on deck officiating all weekend and her help was greatly appreciated. Back in the pool, Paula Texel, Livia Zien, Dawn Clark, Karen Westerman, JoAnn Harrelson, Steve Freeman, Eric Herman, Peter Betzer, Bob Beach and John Nixon had nice swims. In all 30 SPM swimmers hit the water.

The main event for SPM this summer was ~ the **Pan Am Meet held in Orlando and the OW in Daytona Beach**. SPM set this as a goal "team" meet and close to 40 team members took the challenge and signed up. Some signed up for one or two events and others for the max number and everyone managed to show up for an exciting relay day. Thanks to Takeitlive.tv and a rainy week in North Carolina I was able to park myself in front of the computer and watch most of the meet "Live" every day. Special thanks to Cheryl Kupan and her elves for setting up a pre-meet gathering to distribute the swag which included a special back pack, swim caps, t-shirts and, personalized name tags designed by Melissa Harasz. The orange t-shirts were the best, helped teammates find each other, and were always visible on the Live Stream broadcast. Team members were pool side for the first swimmer of the morning to the last swimmer of the session each and every day. Aside from swimming, Livia Zien acted as primary team photographer during the meet. One thing I noticed while looking through her photos was the joy on everyone's face.



Relay Day at Pan Ams. Photo Credit: Livia Zien

Livia said it best in this FB post: "Returning from the Pan Am Masters swim meet in Orlando, I am both inspired and humbled by the hard work and talent of my teammates and fellow swimmers (such speed!), the friendships and camaraderie among the participants (such kindness!), and thankful for all the volunteers who donated their time to make the event not only possible, but so enjoyable for us (such generosity!). I loved getting to spend time with teammates whom I know and are getting to know, and meeting old and new faces from around the US and across the Americas. **Congratulations** to all!"

I have spent a few hours trying to summarize the week of swimming and find it impossible. Each of my SPM teammates brought something special to Orlando for the Pan Am meet; experience, consistency, passion for swimming. I reminded Annie Hayman who is recently back in the water that it is fun and exciting to swim in the moment but our goal is to swim for life.

### **OW 1.5K and 5K at Daytona Beach.**



Twelve SPM swimmers took to the Atlantic for one final event. In the 1.5K, Valerie Valle, Karen Westerman and Bob Beach came home as top age group finishers. David LeClair took 5<sup>th</sup> in his age group and Sheila Carpenter-vanDijk 7<sup>th</sup>. In the 5K, all 7 SPM swimmers also finished top ten in their respective age groups. Johannah Hall – 6<sup>th</sup>; Dale LeClair – 4<sup>th</sup>; Dawn Clark – 6<sup>th</sup>; Melissa Harasz – 4<sup>th</sup>; Sharon Steinmann – 3<sup>rd</sup>; JoAnn Harrelson - 5<sup>th</sup>; and Phil Harasz – 10<sup>th</sup>.



**Tampa Bay Aquatic Masters**  
[www.tampaswim.com](http://www.tampaswim.com)



Where does the time go? Sorry I was out of commission for a while and am now back on. However, back in December 2-3, 2017, the Florida Senior Games were held and I do not know if they went five (5) deep in awards, but I'm listing them anyway because that is quite an accomplishment.



**Juan Cue** got 1st place in the following events: 400y IM; 100y FLY; 500y FREE, 50y FLY and 200y FLY. Here is the proof of jewelry AND to top that off, he also broke two (2)



State Records!! At that time, Juan held the Florida State Record for 200y FLY and 400y IM. Great accomplishment Juan!



**Rick Cervis** participated in the Senior Games swimming BREAST stroke and got 4th in the 50, 3rd in the 100 and 2nd in the 200. The longer the yardage, the better Rick swam. That's really tough - great job to you Rick! Oh wait, there is more, he also participated in the Senior Games cycling.



On February 9-11, 2018, some of us participated in the 2018 Dixie Zone SCY Championship and 26th Annual Valentine Meet in Clearwater. We are very proud you of team mate accomplishments. Out of 31 teams we came in 8th, with these individuals swimming: **Steve Knauss** (who also won a raffle ☺), **Kathleen Quisenberry**, **Karen Ness**, **Shelley Stuart**, **Coach Sonny**, **Adam Daniels**, **Becky Nelson** and **Juan Cue**. Thank you for representing the team and doing an outstanding swim.

On April 14, 2018, we had several events, including **Brenda Loggins** and **David Hunter** on their Escape from Ft. DeSoto triathlon - way to go!



Also on April 14, 2018, **Shelley Stewart's** did an incredible 7 mile journey around Lido Key! So impressive Shelley ☺ When asked, "was swimming around Lido Key easy?" "NO." Were there any issues? Shelley, replied, "Yes. The tide was going out and the current was also pulling us away from shore on the southern tip, which also happens to be the final leg. I think I swam underwater about 1/2 the time during the final 2 miles (thinking I could escape the "pull" away from shore). My pilot kept saying, "It's just a little further, it's just a little further, as I was being swept 'just a little further' from shore with every stroke! But, I finished."

"Was there an after party? Maybe. All I know is that they raffled off a bunch of prizes and I never win anything so I just waited to be able to use my arms again and started loading up the kayak....then...they called MY number! I got the last prize of the day! A US Masters embroidered swim bag! I ran so fast up to retrieve my prize, my husband (my pilot) was astounded at the strength I mustered even after swimming 7 miles with current pulling both ways! "

Finally, on April 14, 2018, the UT meet had our competitive swimmers: **Juan Cue, Coach Sonny Francisco Silva-Gonzalez, Adam Daniels, Kathleen Quisenberry, Karen Ness, Justin Morrison, Myra Fleming, and Steve Knauss.**



A rundown on new team records:

Stephen Knauss	50 Free, 50 Back, 50 Breast
Juan Cue	200 Free
Francisco (The Coach)	50 Breast, 100 Breast.
Adam Daniels	50 Free, 50 Breast, 100 IM
Justin Morrison	100 Free

On April 28-29, 2018, the following people participated in St. Anthony's triathlon - no matter what event:

**Jan Thompson (1st place), Brenda Loggins, David Hunter, Shelley Stewart, Coach Sonny aka Francisco, Francis Wodi, Justin Morrison, Sue Curtin (3rd place), Susan Ashbaugh (5th place) and Chuck Ashbaugh.** Great job all!

From Brenda, "Super fun! I enjoy participating in an event where there are many Pros and amazing age group athletes. It is super humbling and I always learn a lot. We partied afterward since my boyfriend, who also did the race, had a bet with a friend of his who participated as to who was going to win. My boyfriend won, so he took us out to lunch for Mexican and Margaritas afterward. Win- Win for me!"



We are proud to have so many people participate in the Hurricane Swim on May 5, 2018. Congrats to all our swimmers: **Susan Ashbaugh, Thomas Bennett, Juan Cue, Michael Flick, Brenda Loggins, Nando Montoya, Becky Nelson, Karen Ness, Francisco Silva-Gonzalez, Shelley Stewart, and Karim!** Almost everyone mentioned how they were waiting for others to come in and they witnessed fellow swimmer **Chuck Ashbaugh** coming into the finish and saw a dolphin swim right in front of him. That was exciting!



**Andy Lutton** did the 2018 Low Country Splash May 26, 2018 in Charleston SC. He swam 5 miles in 1:29:00. A great swim, Andy!!

**Brenda Loggins** (2.4 miles) and **Sue Curtin** (1.2 miles) both participated in the Sand Key Open Water Series on



June 9, 2018. So proud of you two! And the next series is set for September 8th. This was not an easy swim, said Brenda. "It is a circle swim, 2 loops, and you have to do a lot of sighting due to people swimming towards you. Also, got nauseous on 2nd loop, go figure. Great small race though."



Back in February, 2018 we lost a fellow swimmer, **Allen von Spiegelfeld**. So later in the year, to honor Allen, we took a team photo on "Allen's" bench located on Pass-a-Grille Beach. Allen, you are missed and not forgotten. We love you.

On July 7, 2018, **David Hunter** and **Brenda Loggins** participated in the MultiRace Ft. DeSoto. David got 2nd place in the international triathlon and Brenda got 3rd place in aquabike. Great job! Fun? Brenda says Yes! No running! Lol "I love races at Ft. Desoto and this one always pleases."



Also on July 7-8, 2018, **Juan Cue** participated in the St. Pete Masters Long Course Swimming Championships and got 1st place in the 100 fly with a time of 1:12.08. Way to go JUAN!! What a nice surprise to see Ann as the timer too!

On July 23, 2018 **John Markiewicz** completed the **IRONMAN Lake Placid** despite the winds and rain. John said "With no swimming since November, I was able to get a 1:27 swim time; which is the same time I got in 2016 right when I started with TBAM."

Finally, the week of July 28 through Aug 4, 2018, **Juan Cue** and **Karen Ness** swam at the **Pan Am Masters Championships** in Orlando. Karen swam 100 free - 1:35:10; 200 free -

3:23.32; 800 free - 14:15:97; 100 back - 1:45:18; 200 back - 3:44:16 and Juan swam 400 IM - 6:08:80; 200 Free Relay - 1:53:95; 100 Fly - 1:10:58. As for Juan, he did not swim under our team name because he swam in a relay with his country's team, but look at him! He placed 3rd in 400 IM. What a "fly"ing machine!!! [One of Juan's swims](#) (it's a video). Way to go representing TBAM at an INTERNATIONAL Meet, Juan Cue!

**Shelley Stewart** attended and saw Betty Lorenzi (at 91) complete the 200 back. Betty has a world record for her age group in this event! Ms Lorenzi, you are our inspiration.

Until later, just keep swimming - Norma



## Sarasota Tsunami Masters expands programming, coaching staff

SARASOTA -- [Sarasota Tsunami Masters Swimming](#) expanded its workout schedule in August, adding an evening workout to accommodate more swimmers.

Coach Jeff Waddle is now on deck Mondays and Wednesdays, 5:30-6:30 p.m., at Arlington Park pool in central Sarasota. He splits the early-morning workout responsibilities with co-coach Holly Neumann.



Waddle is new to the SRQM staff, and has been a member of the club since 2016. He is pursuing [USMS coaching certification in Jacksonville](#) on Sept. 26.

Waddle, a [USMS adult learn-to-swim certified instructor](#), also will head Tsunami's new adult learn-to-swim program, which launches Sept. 5, and will run on a monthly schedule. Registration for the September class was full within a half-day of it being announced in the Sarasota Herald-Tribune.



## VILLAGES AQUATIC SWIM TEAM

### VAST News

Mary Rose Rowan



In recent months, VAST swimmers from The Villages have taken their love of the water to many parts of the world. Steve Jasper is on a quest to visit all the continents and swim in all the oceans. Now, he can check off the Antarctic part of his mission! The water temperature was 37 degrees. He did not linger.

Meanwhile, Marguerite Muller plunged into a cage diving expedition off the coast of Cape Town, while on a trip to South Africa with five other VAST members.



Heather Farnell and Marilyn McKenney braved the cold waters of Eagle Lake in

Northern Ontario, Canada, and completed their workout in record time. Brenda and Alan Walker and Nate Leech enjoyed the beauty of the Great Barrier Reef while adding to their underwater photography skills and photo collection.

Anne Simonsen ventured up the Amazon River in search of piranhas and the elusive pink dolphin.



The luxury of retirement also allows VAST swimmers to travel throughout the US to work out in lakes, rivers and pools from Maine to California, using the custom workouts provided by our Coach Bob Jennings.



Closer to home VAST swimmers were focused on the Pan Am Championships. We use a 25-yard outdoor pool for practice, and swimming at the Orlando YMCA's 50-meter indoor facility added to the excitement of this meet. More than 30 swimmers from VAST joined the rest of our FACT Club for the relays and we swam very well. Twenty-five of our FACT relay teams earned medals and five of those set Pan Am records. Sixteen individual swimmers from VAST set a total of 37 records for our workout group. Best of all – we had a great time participating

in this very well-organized competition, meeting swimmers from other countries and spending time with our FACT friends.

Kudos to Joannie Campbell and Coach Bob for figuring out all of these ages and numbers to arrange the successful relays. Also we'd like to send a shout out to the meet director, facility manager and especially to all of the timers, officials and volunteers who put together this wonderful experience. Thank you for a great time and great memories.

As we head into the fall season, our team is now focusing on the local Senior Games. Many of these competitions are USMS recognized and we usually have representation at Gainesville, Jacksonville and the Golden Age Games in Sanford. Our swimmers will also be at the Rowdy Gaines Meet in October. Hope to see you there!



# Upcoming Events

For swims- pool events as well as open water, go to [www.dixiezone.org](http://www.dixiezone.org)



## THE NEXT NEWSLETTER DEADLINE

**Sheila Carpenter-van Dijk**

Please send newsletter articles to Me  
IN WORD FORMAT PLEASE!

([sheilacv@verizon.net](mailto:sheilacv@verizon.net) or [fishtail@usms.org](mailto:fishtail@usms.org))

**PLEASE INCLUDE YOUR TEAM NAME  
IN THE SUBJECT OF THE EMAIL**

If you have questions about format, or content, be sure to ask me!

The next newsletter is scheduled to be on the web (<http://floridalmc.org>) and in your inbox in late November, 2018, so I'll need your articles by **November 1, 2018!**





# Your Current Florida LMSC Board of Directors

(\* Elected positions)

**\*Chair**, *Bob Jennings*, [guman1953@yahoo.com](mailto:guman1953@yahoo.com); **\*Vice Chair**, *Jillian Wilkins*, [wilkins.jilliananne@gmail.com](mailto:wilkins.jilliananne@gmail.com); **\*Treasurer**, *Nancy Kryka*, [nkryka@gmail.com](mailto:nkryka@gmail.com);

**\*Secretary**, *Cheryl Kupan*, [ckupan@gmail.com](mailto:ckupan@gmail.com); **\*Registrar**, *Meredith Moore*, [MAMoo49@aol.com](mailto:MAMoo49@aol.com);

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