

# FLORIDA GOLD COAST LMSC

Newsletter - January 2010

## LMSC ANNUAL MEETING

The annual LMSC meeting was held on December 6 following the meet at Coral Springs. New officers were elected for a two-year term:

President: Jonathan Olsen  
Vice President: Matt Hooper  
Secretary: Heidi Hester  
Treasurer: Cav Cavanaugh

Complete meeting minutes can be seen on the LMSC website.

## PAN AMERICAN CHAMPIONSHIPS

A total of 18 swimmers from the FGC LMSC traveled to Vera Cruz, Mexico October 28 to November 1, 2009 to attend the 3<sup>rd</sup> Pan American Masters Championship Meet. From GOLD were Celia Devanney, Leticia Castro, Becky Willman, Barb Protzman and Lars Ferron. From FLAQ were Linda Larson, Linda Webb, Marcia Goldfinger, Daniela Rosenblat, Severine Marechel, Marty Hendrick, Jeff Stafford, Tim Erickson, Chuck Hopfe, Andy Fischer, Sherif Shaalan, Jarret Streiner, and Coach Luis Galvan-Sarabia.

On the first day of the meet, we were awakened at 4:52 am by an earthquake! It was the first for many of us. It was a 5.4 centered in the Gulf just 44 miles from where we were. There was no damage or injuries, just a very noticeable jiggling of our beds for what seemed to be a minute.

The first 2 days of the meet were 90 degrees, sunny and humid, just like south Florida. On Friday evening, a front came through, the temp dropped 10-15 degrees and we had sustained wind of 30 mph with higher gusts for Saturday and Sunday's competition. It was like swimming in the Gulf instead of a pool.

Celia Devanney (50-54) and Barb Protzman (55-59) won high point awards for their age groups. The vast majority of the 750 swimmers were Mexican. The entire meet was announced only in Spanish, so we were fortunate to have some native translators in our group. Opening ceremonies were a 30-minute delay in the middle of the 200 IM.

The standards for safety and "locker rooms" were very different in Mexico. The women's changing room was clean, but spartan. The toilets were just the porcelain bowl with no seat cover or toilet paper. The showers were tiny and no hot water. There were no benches to

sit down on to struggle into your tech suit. The men's changing room was a bit better than the women's, with TP and benches. The warmup pool had no lane lines, no backstroke flags, no lifeguards and people could dive off any block whenever they wanted. The pools were totally tiled with brick-sized polished tiles - i.e. very slippery. The touch pads were not very well secured and would occasionally fly up in the air or fall into the pool. There were no lap counters for the 400 free. They had counters for the 800 free that were operated by officials, but they would not put them in the water. Also, they counted down instead of up. In spite of all this, the officials ran a good meet and we swam fast times.

As well as spending about 5-6 hours at the pool each day, we did get to enjoy the flavor of Mexico. We sampled lots of local cuisine and were able to spend some time exploring the city and countryside.

The trip home was quite an experience for ten of us. The flight from Mexico City took off at 7:15 pm, about 45 minutes late. At 8:30, I was awakened by the oxygen masks hitting me in the face. We flew for 30 minutes wearing the masks as we returned to Mexico City. For that whole time, we listened to a pre-recorded loop in about 4 languages instructing us how to use the masks. No one from the crew made any announcements or went down the aisles to assist or check on people. Luckily, they had another plane available for us to use, but we had to wait over 2 hours for a new pilot. We left Mexico City the second time at 11:30 pm. We landed in Miami at 3:20 am and had to go through immigration, customs, get our luggage, get a shuttle to the parking lot, and didn't get home until about 5:30 am.

The next Pan American Masters Championship will be held in 2011 in Brazil.

## SWIM MEET RECAP

Since October of 2009, there have been three sanctioned meets in the FGC LMSC.

On November 7, The Fighting Manatees of Islamorada hosted their first meet at Founders Park. It was a cool and windy day, but that did not dampen the enthusiasm of the swimmers. David Quiggin, GOLD 65-69, broke two national records: 100 yd Free – 52.74, 200 yd Free – 1:59.88.

On December 5-6, Coral Springs hosted their annual Holiday short course meters meet. Thanks to Chris Jackson for running a meet in all 3 courses this year.

There were many World and National Records set at the meet.

Tim Shead (55-59) – 50 Brst, 100 Brst, 200 Brst  
Ricardo Valdivia (45-49) – 800 Free  
David Quiggin (65-69) – 100 Free  
280+ Men 200 Free Relay – Cav Cavanaugh, David Painter, David McIntyre, David Quiggin  
240+ Men 200 Medley Relay – George Schmidt, Tim Shead, Joe Wotten, Cavanaugh  
280+ Men 400 Free Relay – Quiggin, Joseph Lammert, McIntyre, Cavanaugh  
240+ Men 400 Medley Relay – Schmidt, Shead, Quiggin, Roger Parsons  
200+ Women 800 Free Relay – Debbie Cavanaugh, Celia Devanney, Pat Sargeant, Birgit Lohberg

Plantation held its second annual New Year's meet on January 23-24. Originally scheduled for 1/16-17, it was postponed a week due to cold temperatures.

The LMSC encourages all swimmers to support the meets in their home LMSC. These meets attract first-time competitors as well as seasoned veterans. It is always fun to try new events and meet new people.

Upcoming meets in the LMSC include Fort Lauderdale on Feb 19-21 and Miami on March 6.

## **FLORIDA OPEN WATER CHAMPS**

The Florida Open Water Championship Series is a postal event for USMS-registered Masters swimmers who have participated in any three USMS sanctioned or recognized open water events in the state of Florida (Florida LMSC, Florida Gold Coast LMSC, Southeastern LMSC) during the calendar year.

Swimmers must have swum one event that was greater than 1000 yards but less than 3K, one event that was 3K or longer, and a third event of any distance over 1000 yards. Results must be posted online.

Points are awarded for age group finish, overall finish, and time. For more detailed information, updated event listing, links to posted results, and an entry form, please visit [www.floridaopenwater.org](http://www.floridaopenwater.org).

Six Florida Gold Coast LMSC swimmers captured the top six overall spots in the 2009 Florida Open Water Championship Series, all winning their respective age groups.

Ricardo Valdivia, GOLD, won his second straight Florida Open Water Championship Series overall title. Valdivia scored a perfect 300 points with overall first places in the Nike Swim Miami 5K, Aaron Peirsol's Race for the Oceans 5K, and the Boca 1-mile open water swim.

Close behind was Ramses Rodriguez, UNAT, with 270

points, who was the overall winner in the Tampa Bay Marathon 24-mile swim and men's 35-39 age group winner in the Aaron Peirsol 5K and the Boca mile. Overall, he was second in the Boca mile and third overall in the Peirsol 5K.

Kristy Marques, FLAQ, was the women's overall winner and third overall with 218 points, winning her 18-24 age group in the Aaron Peirsol 1K, the Aaron Peirsol 5K, and coming in second in the Tropical Splash 5K. Marques was third overall swimmer in both of the Aaron Peirsol races.

Leticia Castro, GOLD, won the 45-49 age group in all four of the meets she entered -- Open Water Festival 1.5K and 5K, Swim Miami 5K, and Aaron Peirsol Race for the Oceans 5K.

Darcy LaFountain, GOLD, won the women's 50-54 age group and was second woman overall, winning her age group in the Open Water Festival 5K, the Nike 5K, and the Boca mile.

Becky Willman, GOLD, won the 55-59 age group, winning her age group in all three open water races. William Highsmith, UNAT, won the men's 55-59 age group, edging out the top two swimmers from the Florida LMSC. Highsmith was second in his age group in both the Open Water Festival 5K and the Tropical Splash 3K.

## **2010 QUALIFYING EVENTS**

April 17: Nike Swim Miami

April 17: Tampa Bay Marathon Swim

May 8: Hurricane Man (St. Pete)

May 29: Ed Gaw Amelia Island Challenge (Fernandia Beach)

June 12: Open Water Festival 1.5K (Ft. Myers Beach)

June 12: Swim Around Key West

June 13: Open Water Festival 5K (Ft. Myers Beach)

Oct. 2: Tropical Splash/Dixie Zone OW Championships (Sarasota)

## **NEW POOLS**

The Gulliver Schools in Miami-Dade County has opened a brand new 50 meter facility. It has a state of the art scoreboard and reaction time track start blocks. The facility is capable of running meets in all three courses.

Nova Southeastern University also has a new 50 meter facility. Both locations are offering Masters programs.

## **WELCOME NEW CLUBS**

One new club has registered with the FGC LMSC since October 1.

Heritage Aquatic Team (HAT) is located at the American Heritage School in Plantation and the coach is Nobuyaka Tan.

## REGISTRATION UPDATE

If you have not yet renewed your USMS membership, please do so as soon as possible so you don't miss out on any of the benefits of membership. You can renew online at [www.usms.org](http://www.usms.org), or using the new 2010 form that can be found on the LMSC website, [www.fgcmasters.org](http://www.fgcmasters.org).

As of January 30, we have 624 swimmers registered in our LMSC. 581 swimmers from 2009 have not yet renewed.

Lost your USMS card? Moved to a new address? Changed your email address? Contact the FGC LMSC Registrar, Barb Protzman, at [swimbarb@hotmail.com](mailto:swimbarb@hotmail.com). Also, you can now update your address, email and phone online at [usms.org](http://usms.org).

## NEW SWIMWEAR RULES

Due to the change in Masters swimwear rules published by FINA January 16, 2010, and pursuant to Article 601.4.8, the USMS Rules Committee and the USMS Executive Committee have approved the following emergency changes to the USMS swimwear rules. These changes are effective immediately for short course meters and long course meters competition. The changes are effective June 1, 2010 for short course yards competition. Note that the new swimwear rules no longer allow modesty/privacy wear underneath the competition suit nor zippers or fasteners of any kind except for a waist tie on a brief or jammer. The new swimwear rules will not govern the One Hour Swim being conducted January 2010.

Changes to the swimwear rules are underlined below.

### 102.14 SWIMWEAR

**102.14.1 Design**-The swimsuits worn for competition shall be nontransparent and conform to the current concept of the appropriate. The referee shall have authority to bar offenders from competition until they comply with this rule.

**102.14.2** Swimwear shall include only a swimsuit, cap and goggles (a nose clip and ear plugs are allowed). Arm bands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.

**102.14.3** In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. Except for open water competitions, for men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the

shoulder, nor extend below the knees.

**102.14.4** Only swimsuits complying with FINA swimsuit specifications may be worn in any U.S. Masters Swimming sanctioned or recognized competition.

**102.14.5** Exemptions to the foregoing restrictions may be granted to a swimmer, on a case by case basis, by the Chair of the Rules Committee or designee. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs or verified medical conditions.

**A** Procedures for applying for an exemption will be established by the Rules Committee and posted on the U.S. Masters Swimming website.

**B** No exemption to these restrictions will be granted for a swimsuit that will give the swimmer a competitive advantage.

**C** The decision of the Rules Chair may be appealed only to the entire Rules Committee whose decision shall be final and binding on all parties.

**102.14.6** Swimmers are not permitted to wear or use any device or substance or swimsuit to help their speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Any kind of tape on the body is not permitted unless approved by the Referee.

**102.14.7 Advertising**-Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule.

## HAMMERHEAD SWIM SCHOOL

The second semester of the Hammerhead Swim School will be held on 16 Wednesdays beginning February 10. It will be held at the Sunrise Middle School in Fort Lauderdale at 6:00 pm to 8:00 pm. It is open for all serious-minded swimmers and triathletes who want to learn and become better. All skill levels are welcome. Learn stroke skills, strengthen stroke mechanics, build stroke specific strength and flexibility. Special feature: personalized filming and stroke analysis.

## STUDY SUMMARY

Dr. Joel Stager (Indiana University) sent out a preliminary evaluation of a recent research study focusing on master swimmers. This is THE GREAT REWARD to all of us master swimmers, confirming that we are definitely on the right path to improved quality

and possibly length of life. Here is a short summary of Joel's summary.

Recently, it has been suggested that much of what we assume to be physical and mental deterioration due to aging might, in fact, be due to a prolonged sedentary lifestyle. Preliminary research at Indiana University's Counselman Center of the Dept. of Kinesiology, focused upon Master Swimmers because they have engaged in routine intensive daily exercise for decades is beginning to challenge that assumption.

**NERVE CONDUCTION VELOCITY (NCV)** – Is a measure of the speed at which nerve impulses travel from the central nervous system to muscles shows that in Master Swimmers ages 40-70 only minimal declines compared to the general population (GP). 80 year old Master Swimmers show NCV similar to a 50 year old GP.

**COGNITIVE PARAMETERS** – The preliminary study also suggests that Master Swimmers show smaller age-related declines in working memory capacity.

**CARDIOVASCULAR PARAMETERS (Arterial Elasticity)** – The study of Master Swimmers demonstrates that a highly active lifestyle can delay

age-associated reductions in central and peripheral arterial elasticity, a reflection of good vascular health.

**MUSCLE MASS** – Is a key component of being able to sustain free-living life styles as we age. Older Master Swimmers have a muscle mass that is equivalent to persons 15 years younger. The older the Master Swimmer gets, the more different they become.

**CONCLUSION** – While research comparing Master Swimmers against the general population cannot suggest that aging can be halted by physical activity, this research data suggests that in the highly active (Master Swimmer), there maybe age offsets in the magnitude of decades.

## **TOP TEN AND RECORDS**

If you swim in a meet outside of the FGC LMSC and would like to have your times included in the LMSC top ten and be considered for LMSC records, please send a copy of the meet results or the link to the online published results to Chela Devanney at 11862 NW 25<sup>th</sup> Ct, Coral Springs, FL 33065 or [chela@devanney.com](mailto:chela@devanney.com).

## FGC LMSC CALENDAR

<b>2010</b>		
Feb. 13-14	SCY	Valentine Meet – Clearwater, FL
Feb. 13-14	SCY	Auburn Masters Invitational – Auburn, AL
Feb. 19	SCY	Sarasota Games for Life – Sarasota, FL
Feb. 19-21	SCY	17 <sup>th</sup> Annual Masters Challenge – Fort Lauderdale, FL
Feb. 27-28	SCY	Polk Senior Games – Lakeland, FL (for ages 50+)
Mar. 6	SCY	Fourth Annual John O’Keefe Spring Splash – Miami Shores, FL
Mar. 6	SCY	Central Florida Marlins Masters Winter Splash – Ocala, FL
Mar. 13	LCM	Goodlife Games – Clearwater, FL (for ages 50+)
Mar. 19-21	SCY	St Pete SCY Championships – St Pete, FL
Mar. 26-28	SCY	<b>Dixie Zone SCY Championships</b> – Orlando, FL
Mar. 27-28	SCY	St Patrick’s Day Invitational – Atlanta, GA
Apr. 10	SCY	Hilton Head, SC
Apr. 15-18	SCY	YMCA Masters Nationals – Fort Lauderdale, FL
Apr. 17	OW	Nike Swim Miami – Miami, FL
May 1-2	LCM	May Day Relay-Sprint Meet – Ft. Myers, FL
May 1-2	SCY	Tiger Masters Meet – Clemson, SC
May 8	OW	Hurricane Man (2.4 mi, 1000 yd) – St Petersburg, FL
May 20-23	SCY	USMS SCY Nationals – Atlanta, GA
May 23	LCM	Central Florida Marlins Masters Summer Splash – Ocala, FL
May 29	OW	USMS 1-mile Championship – Charlotte, NC
June 5	LCM	Classic City Invitational – Athens, GA, Univ. of GA
June 11-13	LCM	<b>Dixie Zone LCM Championships/Bumpy Jones</b> – Sarasota, FL
June 12	OW	Swim Around Key West (12.5 mi) – Key West, FL
June 12-13	OW	Open Water Festival – Ft. Myers Beach, FL
June 18-20	LCM	June Krauser Summer Splash – Fort Lauderdale, FL
June 18-20	LCM	Orlando, FL
June 26-27	LCM	South Carolina LC Championships – Greenville, SC
July 17	LCM	Central Florida Marlins Masters Summer Splash – Ocala, FL
July 31 - Aug 6	LCM	FINA World Masters Championships – Goteborg, Sweden (tent.)
Aug. 9-12	LCM	USMS LCM Nationals – San Juan, Puerto Rico
Sept. 15-19		USMS Convention – Dallas, TX
Oct. 2	OW	<b>Dixie Zone OW Championship/Tropical Splash</b> – Sarasota, FL
Oct. 16-17	SCM	Orlando, FL
Nov. 13-14	SCM	Bridge the Bay – Sarasota and St Pete, FL
Dec. 3-5	SCM	<b>Dixie Zone SCM Championships</b> – New Orleans, LA

For more calendar details, check out [www.fgcmaster.org](http://www.fgcmaster.org), [www.dixiezone.org](http://www.dixiezone.org) and [www.usms.org](http://www.usms.org)

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