



## Newsletter - April 2008

*THE REVIVAL OF THE LMSC NEWSLETTER WILL START AT THE BEGINNING, ABOUT THE BASICS OF MASTERS SWIMMING AND THE STRUCTURE OF THE ORGANIZATION.*

### WHAT IS USMS?

United States Masters Swimming (USMS) is an organization of sportswomen and sportsmen founded in 1970 and dedicated to the premise that the lives of participants will be enhanced through aquatic physical conditioning. USMS supports and encourages competitions among its members and those of other nations. There are approximately 44,000 members ranging in age from 18 to 100+.

The USMS Mission Statement is:

To promote fitness and health in adults by offering and supporting Masters swimming programs.

The USMS Goals and Objectives are:

- A. To encourage and promote improved physical fitness and health in adults
- B. To offer adults the opportunity to participate in lifelong fitness and/or competitive swimming programs
- C. To encourage organizations and communities to establish and sponsor Masters swimming programs
- D. To enhance fellowship and camaraderie among Masters swimmers
- E. To stimulate research in the sociology, psychology and physiology of Masters swimming.

The USMS website is [www.usms.org](http://www.usms.org). A plethora of information can be found on the site, including the USMS Rule Book.

USMS is an organization run almost entirely by volunteers. There are only a few fulltime employees of USMS, including the national administrator, Webmaster/IT Director, and Executive Director.

### WHAT IS THE FGC LMSC?

USMS has divided the country into 53 Local Masters Swimming Committees (LMSC). The LMSC is a division of the corporation with supervisory responsibilities within a specific geographical territory.

The Florida Gold Coast (FGC) LMSC is in the state of Florida the counties of Palm Beach, Broward, Miami Dade, Monroe, and that part of Hendry County east of Rt 833. Each LMSC must have by-laws, hold an annual meeting, periodically hold elections, and comply with financial record-keeping and reporting requirements of USMS. The LMSC is the first point of contact for swimmers and clubs.

At the annual LMSC meeting held on December 2, 2007 after the Coral Springs SCM Meet, the following officers were elected for a two-year term:

Chair: Jonathan Olsen

Vice-chair: Randy Nutt

Secretary: Chris Digilio

Treasurer: June Krauser

The following committee chairs have been appointed:

Registrar: Barb Protzman

Top Ten: Cav Cavanaugh/Chela Devanney

Webmaster: Dale LeClair

Coaches: John Grzeszczak

Open Water: Bill Korey/Andrea Woodburn

Sanctions: Andrea Woodburn

Officials: Debbie Cavanaugh

Fitness: Phil Lustig

Safety: Chela Devanney

Newsletter: Barb Protzman

The LMSC website is [www.fgcmasters.org](http://www.fgcmasters.org).

There are currently ten clubs registered in the FGC LMSC:

BGS – Big Gator Swimming (Miami)

BIMC – Bone Island Masters (Keys)

CSTM – Comets Swim Team Masters (Pembroke Pines)

FLAC – Ft. Lauderdale Aquatic Complex

FLAQ – Ft Lauderdale Aquatics

GOLD – Gold Coast Masters

LYTA – Lake Lytal Masters (West Palm Beach)

PLAN – Plantation Masters

TKAM – Team Key Aquatic Masters (Key Biscayne)

WMT – Wellington Masters Team

At the end of 2007, FGC LMSC had 868 registered swimmers (296 women, 572 men). So far for 2008, there are 719 members. There are 361 swimmers who were registered in 2007 who have not yet renewed.

## WHAT IS THE DIXIE ZONE?

The 53 LMSCs are grouped into eight zones. The Dixie Zone is made up of the following LMSCs: Florida, Florida Gold Coast, Georgia, North Carolina, South Carolina, Southeastern, and Southern. Georgia, North Carolina, and South Carolina LMSCs are those states. The Florida Gold Coast LMSC is the southeast portion of Florida, while the Florida LMSC is most of the remainder of the state. Southeastern is the state of Alabama, the state of Tennessee, and a portion of the western FL panhandle that is south of Alabama. Southern is the states of Louisiana and Mississippi. For 2007, there were 5562 registered swimmers in the Dixie Zone (2460 women and 3102 men).

Dixie Zone Chair: Debbie Cavanaugh  
Zone Webmaster: Dick Brewer  
Zone Newsletter Editor: Barb Protzman  
The Zone website is [www.dixiezone.org](http://www.dixiezone.org).

## SWIM MEET RECAP

Through March of this year, there have been three sanctioned swim meets and one recognized meet in the FGC LMSC.

The meet on January 13 at the Boyton Beach YMCA was the first Masters meet there in many years. About 40 swimmers attended. Barbara Bertram and her staff did a great job running the meet.

On January 26, the South Florida Senior Games was held at the Ft Lauderdale Aquatic Complex. Anyone who is 50 years of age or older is eligible to compete. This is typically a very small meet. We look forward to seeing more of you there next year. You must participate in one of the regional Senior Games in order to qualify for the State Games to be held in December in Ft. Myers. You must qualify at the State Games in order to attend the National Senior Games which is held every other year.

The 15<sup>th</sup> Annual Ft Lauderdale Masters Challenge was held on Feb 29 – March 2 at the Aquatic Complex. About 215 swimmers entered the meet. Thanks to Laura Voet and the Aquatic Center staff for putting on a great meet.

The Hammerheads hosted a unique meet on March 14-16 at the Pompano Beach Aquatic Complex. On Friday and Saturday, the events were conducted in LCM in preparation for the Masters World meet. On Sunday, the pool was switched to SCY. Two national records were broken in the 280+ 800 Free and 400 Free relays by Cav Cavanaugh, Alan Rapperport, David Quiggin & Andy Morrow. Congratulations!

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.

## MASTERS MILE CHALLENGE

The Florida LMSC has challenged the Florida Gold Coast LMSC to a one-mile open water contest at the Lee County Open Water Festival in Fort Myers Beach on May 31. As well as the one-mile event on Saturday, there will be a 10K swim on Sunday, June 1. Check out <http://www.openwaterfestival.org/Masters.html#challenge> for all the details.

## REGISTRATION UPDATE

On November 15, 2007 the USMS registrars began using the new online registration system developed by Club Assistant. Individual swimmers are able to register online starting January 21, 2008. Online registrations can be paid with Visa or MasterCard and the swimmer can print their own card. Registrars will continue to handle registrations as always for those swimmers who don't want to register online.

The USMS registration system is a totally customized version of the CA system and USMS plans future enhancements to the system to allow inquiry access to the data by additional official LMSC and club representatives.

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).

## 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 Cav Cavanaugh at PO Box 14341, Ft Lauderdale, FL 33302 or [cavdeb@juno.com](mailto:cavdeb@juno.com).

## e-Newsletter

If there are topics you would like to see covered in this newsletter, please contact Barb Protzman at [FGCNews@hotmail.com](mailto:FGCNews@hotmail.com).

If you have teammates who did not receive this e-newsletter because we do not have their current email address, have them send their email address to [FGCNews@hotmail.com](mailto:FGCNews@hotmail.com). This newsletter will only be available electronically to save the costs involved with printing and mailing. These newsletters will also be available on the FGC LMSC website.



## **2008 Annual Awards Banquet**

Come to celebrate the fellowship, camaraderie & accomplishments of all the Florida Gold Coast Masters LMSC Swimmers and Clubs: Big Gator Swimming, Bone Island Masters, Comets Swim Team Masters, Ft. Lauderdale Aquatic Complex, Ft Lauderdale Aquatics, Gold Coast Masters, Lake Lytal Masters, Plantation Masters, Team Key Aquatic Masters, Wellington Masters.

**Friday May 9, 2008**

**7:00pm**

**Galuppi's Restaurant  
1103 North Federal Highway  
Pompano Beach, FL 33062**

An elegant dinner will set the tone for our Annual Awards Banquet  
\$30.00 per person

Please make your checks out to Florida Gold Coast LMSC

Send to:  
Andrea Woodburn  
630 NE 17<sup>th</sup> Avenue  
Fort Lauderdale, Florida 33304

Please send your check in by May 3, 2008

## FGC LMSC CALENDAR

<b>2008</b>		
April 12	OW	Nike Swim Miami – 1 mile, 5K, 10K, K-9
April 15-25	LCM	FINA World Masters Championships – Perth, Australia
April 19	OW	Tampa Bay Marathon Swim (24 miles) – Tampa, FL
May 1-4	SCY	USMS SCY Nationals – University of Texas, Austin
May 9		FGC LMSC Annual Awards Banquet
May 10	OW	Pass-a-Grille (1000 yd) & Hurricane Man (2.4 mi) – St. Pete Beach, FL
May 15-18	SCY	YMCA Masters Nationals – Fort Lauderdale, FL
May 31 – June 1	OW	Open Water Festival (Masters Mile Challenge) – Fort Myers Beach, FL
June 14-15	LCM	Bumpy Jones Classic – Sarasota, FL
June 19-22	LCM	IGLA Championships – Univ. of Maryland, College Park, MD
June 21	OW	FKCC Swim Around Key West
June 27-29	LCM	June Krauser Summer Splash – Ft. Lauderdale, FL
June 28-29	LCM	Dixie Zone LCM Championship/Team Greenville LC Champ. Greenville, SC
July 12-13	LCM	St Pete Masters LC Championships – St. Petersburg, FL
July 26-27	LCM	Cocoa YMCA Meet – Cocoa, FL
Aug. 14-17	LCM	USMS LCM Nationals – Mt. Hood, OR
Sept. 24-28		USMS Convention – Atlanta, GA
Oct. 19	OW	Around the Sound Swim (0.8K, 2K, 4K, 7.2K, 10K) – Bermuda
Nov. 16	SCM	Bridge the Bay Meet I – Sarasota, FL
Nov. 23	SCM	Bridge the Bay Meet II – St. Petersburg, FL
Dec. 6	OW	Bonaire EcoSwim (1K, 3K, 5K, 10K) – Bonaire N.A..
<b>2009</b>		
May 7-10	SCY	USMS SCY Nationals – Fresno, CA
Aug. 6-10	LCM	USMS LCM Nationals – Indianapolis, IN

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)

**FGC LMSC Website:**  
[www.fgcmasters.org](http://www.fgcmasters.org)

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