

Florida Gold Coast LMSC

Newsletter - Fall 2016

2016 CORAL SPRINGS SCM MEET

The next meet in the LMSC is the annual Coral Springs SCM meet on December 10-11.

This year, the meet is being renamed **The Chris Jackson Memorial Meet**. This is in honor of our Coral Springs Masters coach who passed away unexpectedly on Sept. 19, 2016. Chris was our Masters coach for 13 years and ran three meets a year for Masters, one in each course. Chris had also been a great swimmer as a member of the Coral Springs Swim Club as a kid, and had been a coach for CSSC. Chris will be missed tremendously.

We hope everyone will enter the meet in honor of Chris.

The online entry link is:
https://www.clubassistant.com/club/meet_information.cfm?c=2236&smid=8252.

2016 USMS LCM NATIONALS

The 2016 U.S. Masters Swimming Summer National Championship was held at the Mt. Hood Community College Aquatic Center in Gresham, OR August 17-21. The FGC LMSC clubs had a great showing at the meet. There were swimmers from 4 different clubs: GOLD - 1, HAFL - 2, PBM - 16, SFTL - 75.

SFTL placed first in the local club division, while PBM was 9th out of 149 clubs.

Cecilia McCloskey (SFTL) broke 3 world/national records in 65-69 50, 100 and 200 m backstroke. Andre Steynberg (SFTL) broke the national record in the 60-64 50 m backstroke.

Swimmers who were national champions (finished in first place) included: PBM - Chris Wenzel, Daniel Lotano, David Quiggin, Lee Childs, Keefe Lodwig, Roger Parsons. SFTL - Jamie Marks, Maria Hung, Cecilia McCloskey, Sean Monahan, Ryan Williams, Andre Steynberg, Tim Shead, Joel Burns, Amanda Singleton, Siobhan Murphy, Christina Horton.

REGISTRATION UPDATE

The FGC LMSC ended the 2016 registration year with a total of 1759 swimmers, a very impressive 20%

increase over the previous year's count of 1463. Nationally, the increase was only about 4%.

So far, 16 clubs have registered for 2017. Be sure to renew your individual registrations early to take advantage of the discounts offered by many of the national sponsors.

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

2017 LMSC AWARDS BANQUET

By: Ann Thomas

A new location has been selected for our awards banquet next year and space is no problem, so please bring guests! We will have a large private room at Galuppis in Pompano Beach on Saturday, May 20th from 5-8 pm for a buffet dinner. Next door at 8pm is a live band for those who want to make a night out of it (Linda B!). I know I like to dance...

Dale LeClair is planning to organize a pool and/or ocean swim in Pompano prior to the event for those interested. Showers are nearby and at the venue...stay tuned for that!

Mark your calendars for a fun evening at Galuppi's!

SWIM MEET RECAP

Since the last newsletter, there were five meets held in our LMSC:

- June 25-26 - June Krauser Summer Splash (LCM) - Fort Lauderdale
- Aug. 6 - Coral Springs Last Chance (LCM)

Upcoming meets in the FGC LMSC are:

- Dec. 10-11 - Chris Jackson Memorial Meet (SCM) aka Coral Springs Holiday Classic
- Feb. 17-19 - 24th Annual Fort Lauderdale Masters Challenge
- Mar. 10-12 - Snag Holmes Masters Invitational - Jupiter

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.

2017 YMCA NATIONALS

The FGC LMSC went to YMCA Masters Nationals last year as one combined team and we hope to take an even larger team in 2017. The meet will be held in Sarasota on May 4-7. As the YMCA of South Florida, we were the second place team in 2016! Since the host team of Sarasota YMCA had about 150 swimmers, 3 times more than any other team, we were all competing for second place. Let's try to make it a closer contest in 2017.

USMS ELECTIONS & AWARDS

During the U.S. Masters Swimming annual meeting, USMS held at-large director elections and honored many of its deserving volunteers with service awards.

USMS is pleased to announce that the following at-large directors were reelected for their zones: David Diehl (Colonies), Dan Cox (Great Lakes), Sarah Welch, (Northwest), Leianne Crittenden (Oceana), and Laura Winslow (Southwest); and the following new at-large directors will be joining them: Tom Moore (Breadbasket), Rob Copeland (Dixie), and Ed Coates (South Central).

The Capt. Ransom Arthur M.D. Award is given annually to the volunteer who epitomizes the spirit of Capt. Ransom J. Arthur, the founding father of U.S. Masters Swimming. In 1970, Capt. Arthur envisioned lifelong fitness and lifestyle benefits for adults through aquatic training and competition. Each year, the recipient of the Ransom J. Arthur award has demonstrated top-tier commitment and dedication to the mission of USMS. This year's recipient is Nadine Day (Indiana).

Each year USMS honors a coach who exemplifies the highest standards in Masters coaching, including growth and development of Masters swimming with an all-inclusive approach, one that welcomes swimmers of all levels and abilities. This year's USMS Coach of the Year is Scott Bay (Central Florida YMCA Masters).

U.S. Masters Swimming honors volunteers whose service stands out in scope and impact with the Dorothy Donnelly Service Award. Recipients of this award have made significant contributions on the local, regional, and national level. The award is named after Dorothy Donnelly, one of USMS's first super-volunteers. This year, the recipients are: Jacki Allender (Oregon), Diann Bauer (Ozark), James Biles (Wisconsin), Ken Brisbin (Southern Pacific), Judy Gillies (Arizona), Steve Goldman (Florida Gold Coast), Mary Graves (Kentucky), Doug Handler (Michigan), Christine Maki (Southern Pacific), Tom Mester (Kentucky), Carrie Stolar (Minnesota), Laura Val (Pacific), Gary Whitman

(Oregon), Steve Weatherman (North Carolina), David Wierdsma (Pacific).

The June Krauser Communications Award is presented annually to an individual or group whose communications efforts have contributed to the growth, improvement, or success of U.S. Masters Swimming. The award is named for June Krauser, the author of USMS's first official rulebook and a prolific writer and editor of many newsletters and other publications in the Masters swimming world. This year's recipient is Karlene Denby (Gulf).

U.S. Masters Swimming considers club development a priority, and recognizes a local and a regional club every year with the Club of the Year Award. Masters swim clubs that do the most to promote the values and mission of U.S. Masters Swimming, not only in their communities, but also at the national level, are candidates for this award. This year's Local Club of the Year is Palmetto Masters (South Carolina).

The U.S. Masters Swimming Coaches Committee recognizes coaches who are building our membership in communities throughout the country. The Kerry O'Brien Coaches Award is named to honor Coach Kerry O'Brien of Walnut Creek Masters, who embodies the passion, dedication, and heart that these coaches bring to the pool deck. This year's recipients are Chris McPherson (Ensworth Aquatic Masters), Doug Fetchen (Palmetto Masters), Clay Kolar (Saluki Masters Swim Club), Linda Irish Bostic (Palm Beach Masters), Patrick Thoreson (Nautical Milers Special Needs Swim Team), Megan Lassen (Swim Fort Lauderdale), Fred Russell (Elmbrook Masters), and Mike Lucero (Golden Road Aquatics).

The Open Water Service Award honors individuals who have made significant contributions to promoting and building excellence in USMS open water swimming by embodying the USMS mission, vision, goals, and objectives through open water swimming; contributing notably, such as serving in USMS national committees, LMSC open water or long distance chair, event or safety director, official, coach, clinician, or volunteer); contributes notably at different levels of USMS (i.e. national, zone, LMSC, and/or local); or demonstrates extraordinary measurable achievement and impact. This year's award goes to Dick Sidner (Indiana).

The Championship Committee and Raleigh Area Masters select an individual each year who makes significant contributions to USMS National Championship meets. The award recognizes efforts to assist USMS and meet hosts in providing excellent competitive conditions for championship racing or otherwise contributing to the success of USMS National Championships or national championship-level competitions, including international meets. This year's recipient is Don Gilchrist (North Carolina).

Lastly, the Ted Haartz U.S. Masters Swimming Staff Appreciation Award is named in honor of Ted Haartz, a leader in U.S. Masters Swimming since 1970. Ted helped establish the foundation for USMS's evolution into a professionally-operated organization. The award celebrates our volunteer roots, as well as our future, specifically by recognizing one volunteer each year who demonstrates excellence in assisting and supporting the National Office staff with its professional duties of serving our members and promoting Masters Swimming. This year's recipient is Dr. Jim Miller (Virginia).

OPEN WATER NEWS

By: Catherine Rust, FGC LMSC Open Water Chair

As the Open Water/Long Distance season winds down, congratulations to all the swimmers who participated in the USMS Open Water or E-Postal events. Whether it was for fitness or to compete for a place in the Top 10, Florida Gold Coast had a much higher number of swimmers in 2016 than in the past.

A few of the impact changes made at Convention this past September: The One Hour E-Postal will now be held during the months of January and February. A swimmer's age on December 31 will be the determining age of that swimmer for all USMS sanctioned Open Water Swims and E-Postal events for that year. Water temperature for OW events may not be over 87 degrees for less than 5k and 85 degrees for swims 5k and longer.

The list of both 2017 and 2018 USMS Open Water Nationals are posted on the US Masters Swimming website. It is very exciting to have a USMS OW Nationals in Sarasota for the Swim Around Lido Key, April, 2017.

You still have time to swim the 3000yd and/or 6000 yd E-Postal. Entries close on November 15, 2016!

If you have any questions or know of other events not listed, contact Catherine Rust flyqueen123@aol.com

VOLUNTEER RECOGNITION

Now is the time to recognize and thank your unsung heroes with cool **USMS Swag!** The USMS Recognition and Awards Committee have developed 5 different items that can be purchased by your club or LMSC to help thank your volunteers. Thank them now.

Each item has a specific message that will let your volunteers know you care:

- Koozie – "Volunteer"
- Pen and Tervis Tumbler – "Volunteer Extraordinaire"

- Note pad and Multi-purpose bag – "I'm a Volunteer, what's your Superpower?"

Who might you thank?

- Meet workers
- Board members
- Club volunteers
- Pretty much anyone who helps your LMSC and or Clubs!!

Go check out this link now for upcoming parties and meetings! usmastersswimming.webflow.io

We hope this will help you thank all the people who make USMS great!

IN REMEMBRANCE

William Thomas Zenga, 61, of Ft Lauderdale, FL, passed away on October 2, 2016.

He was born on April 15, 1955 and was raised in New Jersey. He went to Rutgers University and received a Bachelors in Engineering, where he also swam and dove as an honors athlete. Then he went to the College of Medicine and Dentistry of New Jersey. He moved to South Florida for a residency, and continued to practice dentistry for 35 years. Not only did he go on to own his own practice, he continued his swimming career by waking up every morning at 5:00am to swim at the Fort Lauderdale Aquatic Complex as a Masters swimmer.

"When you pass on, it doesn't mean you lost, you win by how you lived your life." William Thomas Zenga exemplified this quote every single day of his life. He never settled for second and always wanted to be the best. The best father, the best swimmer, the best triathlete, the best dentist, the best antique collector, and the best friend to two ex-wives, who to this day still care and love him deeply, and were by his side together until the very end. If you knew Bill, you knew that he was one of the most interesting people you will ever come in contact with. It seemed that everywhere he went he knew someone and lit up the room. If you did not know him well, that wouldn't have lasted long, because he would have sparked a conversation with you and connected in ways you would not think. He was extraordinary in so many ways. He was gifted in so many ways.

If you ever needed a helping hand, he was the first person there to get the job done. He basically knew how to do it all, whether it was landscaping, building a deck or a sidewalk; he was not going to call anyone, he always figured out how to do everything and fix everything. Also, if you ever needed help putting up Christmas lights, you could go to him for advice, because he was "that house" that won every year he decorated for the Winterfest Boat Parade.

Whether you knew him as Billy, William, Bill, Dr. Z, or that charismatic Italian you met briefly during your life, he lives on through all of us.

RIO OLYMPICS

By: Ann Thomas

When Barb asked me and Jay to write something for the newsletter about Rio I was trying to think of how to put into words the thrill of the week spent there.

The reason I went to Rio was to share in the excitement of my husband Jay being one of two swimming officials selected from the US to judge the pool events. I didn't want to miss this special opportunity to watch him on deck doing something he loves-not to mention my love for the sport! So I bought swim tickets almost a year in advance to assure a seat. There was not a bad seat in the swimming venue since it was smaller (12,000 seats) than originally planned. I saw swimming events (either prelims or finals) every day except one so that I could see some other events. Highlights included seeing Michael Phelps and Ryan Lochte's 200IM final, Michael's 200 fly, and Simone Manuel's gold for the US. What was as meaningful for me was seeing the early heats of the Women's 50 freestyle from the refugee teams. These girls seemed so proud to represent their countries and just be there, regardless of their times. I waived my US flag in support and felt very humbled and privileged to be able to swim and compete on a Masters team in my country, something which I take for granted. I sat next to a local Brazilian Masters swimmer, who shared my sentiment, we became friends on Facebook and I gave him a USA swimming pin, which made him smile.

It was such a thrill to be among a half a million sports fans from around the world who all seemed relaxed and happy. Some days I would spend the entire day at the park since prelims ended at 1, and swimming finals didn't start until 10pm. There was plenty to do at the park – listen to local music, dance on the stage with locals, shop at the only megastore, watch live events on the Jumbotron, or just people watch.

I was determined to figure out the local bus system and rode it to the park in the mornings, however at night took Uber or a cab back to the hotel since it was after midnight. A couple of times the cab drivers wanted to charge me 3 times the rate, however I knew it should only cost 50 reais to get back, so I said no and waited for the next one. I always felt safe though. Jay was on a bus with the swimming officials so we reconvened nightly at the hotel at 2:30am local time!

The local volunteers were very friendly and seemed

proud and honored to be "selected and credentialed" as one of 50,000. One I met on the bus was from São Paulo who traveled at her own expense for the week. There was local and federal security everywhere with visible weapons by their sides. Zika was a non-issue; didn't think about it or use my DEET spray (couldn't get it into the park anyway because it was aerosol but tried-lo!)

What added to the fun for me were the texts, emails, Facebook comments, videos and photos of Jay on deck that many of our swim family saw on TV and send to us or posted. I can't tell you how proud that made me of him and it was like our swimming community was right there with us in Rio-so thanks for that. A trip of a lifetime that I will treasure!

REFLECTIONS ON OFFICIATING AT THE 2016 RIO OLYMPIC GAMES

By: Jay Thomas

When I found out in September 2015 that I was selected to serve as an official at the Rio Olympic Games, I was overwhelmed. The initial excitement soon wore off as a great sense of honor and responsibility for the upcoming assignment sunk in. It is the swimming world's largest and most prestigious stage and it is not to be taken lightly.

In March 2016 the assigned officials were flown down to Rio for a three-day orientation and training symposium. We spent 14 hours reviewing rules, protocol, policy and procedures all geared to ensuring the highest quality officiating for the Games. We were treated to a sneak peak of the swimming venues just days before the swimming "Test Event". That meet went off without a hitch, but there should be no mistake, there was much work to be done leading up to the event.

Fast forward to August. Arrival in Rio was relatively uneventful. During my years as an airline pilot, I had traveled to the beautiful city on numerous occasions when I arrived, clearly, things were different. The immensity and scale of the Games became apparent. Over 50,000 volunteers – from the far corners of the world converged on the city to support the over 11,000 athletes all in front of over 500,000 visiting spectators and a TV and on-line audience of 3.5 billion – one half of the world's population watched some of the games – amazing.

What were the most amazing races? There were too many to count. In reality, I really didn't get to truly enjoy the events until seeing the replay later on TV – during the actual race, your focus is completely on your lane. With that said, here are my top 5 American performances, in no particular order:

1. Any race with Katy Ledecky. Three individual Gold Medals – two of them World Record swims. A relay Gold and Silver. Certainly the swimmer of the meet.
2. Michael Phelps – 200 IM – The GOAT wins Gold for the fourth consecutive Olympic Games – this one by over 2.5 seconds.
3. Anthony Ervin – Gold in the 50 Free – for the second time, 16 years after his first Gold, at age 35. Age is clearly just a number.
4. Maya Dorado – 200 Back – Gold Medal – nobody would ever predict that Maya could chase down Hungarian Katinka Houzu after the dominating meet she had had to that point – but she did in one of the most amazing finishes I have ever seen.
5. Michael Phelps, Chad LeClos, Laslo Cseh – 100 Fly – Silver. Hopefully years from now the world will remember Joseph Schooling – Singapore winning the Gold. Nobody could have scripted a more perfect Silver medal performance against his most fierce rivals.

What was it like to be part of it? It was surreal. It was like being in a Jim McKay or Bob Costas athlete vignette. When the athletes wept, you heard and felt the pain their disappointment. When they triumphed, you heard their shouts of joy. In all of the major events I have been involved with over the years, I have never been in a louder venue – or heard louder cheers for swimmers. I have been to events with nearly double the seating, but the support of the crowd was truly Olympic.

These are memories of a lifetime. I was so honored to be part of it and to share the experience with Ann. We were both truly blessed to be there.

BEING PART OF SOMETHING BIG

By: Megan Lassen

If no one told you recently; welcome to Masters swimming! Maybe you just joined, or maybe you've been swimming with or without a group or a team for years, and you feel forgotten or alone. I'm here to remind you that you are an important part of something bigger than yourself, your club, or your group. There are many ways you can ignite or re-ignite your swimming fire by going to the USMS.org website. You can also find information on your local area by going to your LMSC or Zone website, (our LMSC is Florida Gold Coast; fgcmasters.org, and our Zone is Dixie; Dixiezone.org.) Whether you travel for a living, or stay in the same old pattern day in and day out, US Masters Swimming can be a part of your daily regimen, from work outs, challenges, education, even meets and open water swims.

If you are in an area where you can train with others on a regular basis, either with a team or a club, that can be a rewarding gift to yourself. When you train with a group, you have someone else there to help hold you accountable to show up, and to get you through a whole workout. When there's a coach on deck, often times, you have the accountability of others, your coach, and you have someone to help you with new skills and renewed techniques. A coach on deck can push you to try a faster send off, different strokes, and place you in a lane where you and others can challenge each other. Sometimes local clubs or teams help keep you informed about upcoming events, and push you to leave your comfort zone.

When you are travelling, you can use the "Places to Swim" tab to find a group in the area. This often gives you more than just a workout, but also gives you nice people to challenge yourself with, learn about the area, and increase your friend base. If the area you travel to (or the area you live in) does not have a group or club to work out with, you can use the "Workouts" tab to find that perfect challenge for your day. I always like to talk to some of the other lap swimmers in a new area, and invite them to share my workout or ask what they are doing. This is another great way to help hold yourself responsible to finish your workout, make new friends, and maybe even race just a little!

What now? You have a workout routine, maybe an awesome supportive group, but you still want more. You can find classes to become an instructor to help other adults learn to swim, (ALTS,) become a certified Masters Coach, find a clinic in your area to clean up some old techniques, or go to swim camp, (this is far more fun as an adult!) You are able to find meets and challenges in your area and across the country, record your daily yardage in a blog, and find other upcoming events. There are fitness events like the "Check off Challenge," and ePostals that will help you check your progress in a set distance or time from year to year. Some of these events have swag... and who doesn't like a little token for their hard work!?

Remember, there are several ways to connect to other swimmers through USMS. You can use various websites to find local and distant programs, fitness events, workouts, challenges, and classes. There are club, LMSC, Zone, and USMS websites to find information on anything you want to help your swimming progress, or just stay fresh. Try mixing it up if you're used to being on your own; travel a little, drop in with other programs, and swim a postal or fitness event. Make a new swimming friend. I hope to see you in the pool.

PACE CLOCK WINNER: PALM BEACH MASTERS

If You Build It, They Will Come

Elaine K. Howley | September 15, 2016

Linda Irish Bostic, 52, never intended to found one of the fastest-growing Masters programs in the country or to become a top coach within U.S. Masters Swimming. All she was looking to do back in 2009 was to start swimming again.

Bostic had swum her whole life and competed at the 1980 Olympic Trials, but took 20 years off from swimming to work and raise a family. Shortly after leaving the corporate world she found herself swimming laps at the local pool in Jupiter, Fla., and decided she wanted a more organized swimming routine. "I bugged the pool manager to find a coach," she says, pointing out that there was untapped potential for a Masters group in the area. Someone suggested she be the coach, and "next thing I knew I was interviewing for the job. My intent in the interview was to ask about the other applicants, but no one else showed up, so I got the job," Bostic says.

Palm Beach Masters, which started life as North County Masters of Jupiter, launched with about 40 swimmers. By the end of that first year, Bostic says they had grown to 70 swimmers, and from there it's just continued to grow, and even more quickly over the past two years. The program now has three locations in Palm Beach County and has grown to more than 400 registered USMS members.

Bostic says growth over this past summer has been particularly brisk, and that she thinks the recent Olympic Games were a contributing factor. "A lot of new swimmers said they were watching the Games and wanted to get off the couch. Several have asked about competing."

But the Games weren't the sole source of new recruits; Bostic says fall is typically a time of growth for PBM. "I think this time of year folks are getting into their routines with the kids going back to school. We tend to see a little bump right around this time of year." Regardless of how they found PBM, 51 new members joined in the month of August, good for first place in the Colorado Time Systems Pace Clock contest. For being among the top five clubs to add the most members during our August membership drive, PBM will receive a brand new pace clock worth \$1,200.

Bostic says she's thrilled to have the new equipment but isn't entirely sure where it's going to end up. When she got wind of the contest, she challenged the eight coaches who work for her to see who could get the most new members to sign up with the clock ending up at their facility as a reward. Because the drive was such

a success and all the coaches were so enthusiastic, Bostic says she may move the clock around based on need.

Bostic is quick to credit her coaches with making PBM what it is. "They have great personalities and they make it fun and enjoyable. The swimmers keep coming back because they want to see that coach and hang out with this great group of people who make the workouts a lot of fun," she says.

And fun is definitely a hallmark of the PBM experience. Bostic has decorated an RV she and her husband own in the PBM colors and logo and take the vehicle to meets and triathlons. There, it acts as a home base for PBM swimmers to congregate in between events and afterwards for pizza and tailgating. "It makes a nice meeting spot for people to hang out together," she says. It also doubles as a highly visible marketing tool for a fun and thriving club.

SWIMMER PROFILE

Check out this new children's book by **Erica Moffett**.

Erica Moffett, a Florida Gold Coast and Swim Fort Lauderdale Masters Swimmer, has just published her first children's book, "Erica from America: Swimming from Europe to Africa". Erica wrote the book for a friend's child who had overheard her mother talking to "crazy Erica" about her swim of the Strait of Gibraltar in 2004. (Subsequently Erica has done several other long distance, or marathon swims, including the English Channel, the Manhattan Island Marathon Swim, and the Catalina Channel.)

Though she originally wrote the book for her friend's daughter, it grew into something much bigger, and as such, was published. Erica told me that she wanted to create a story that could be both inspirational and educational, with a main character who possessed spirit, tenacity, and a sense of humor. Most importantly, she wanted her story to give others the courage to reach for the stars, no matter what others say. The book is specifically targeted to children 3-8 (depending on reading level,) but the illustrations are incredibly fun, which even make it interesting for adults.

"Erica from America: Swimming from Europe to Africa" is available on Amazon by searching for the title, or for 'Erica Moffett.' She is willing to come to your club or coffee house to do a reading and book signing by appointment for your children, and or your team of Masters! Stay tuned for her book reading and signing dates in this area; they will be posted on the FGC website in the future.

FGC LMSC CALENDAR

2016		
Nov. 12-13	SCM	Shark Tank Meet – Sarasota, FL
Nov. 19-20	SCM	Dixie Zone SCM Championships – Nashville, TN
Dec. 3-4	SCY	Florida State Senior Games – Clearwater, FL
Dec. 10-11	SCM	Chris Jackson Memorial Meet – Coral Springs, FL
Dec. 16-18	SCM	Rowdy Gaines Meet – Orlando, FL (rescheduled from Oct.)
2017		
Jan. 1 – Feb. 28		One Hour Postal Swim
Jan. 22	OW	Swim Ft. Lauderdale Beach (not sanctioned)
Feb. 10-12	SCY	Valentine's Meet – Clearwater, FL
Feb 17-19	SCY	24 th Annual Fort Lauderdale Masters Challenge – Ft Lauderdale, FL
Mar. 10-12	SCY	Snag Holmes Masters Invitational – Jupiter, FL
Mar. 18-19	SCY	Ormond Beach Y Springs Masters Classic – Ormond Beach, FL
Apr. 1-2	SCY	St Pete Masters SCY Championships – St. Petersburg, FL
Apr. 8-9	SCY	Dixie Zone SCY Championships – Cary, NC
Apr. 22	OW	USMS 6-9 Mile OW Nationals – Sarasota, FL
Apr. 27-30	SCY	USMS Spring National Championships – Riverside, CA
May 4-7	SCY	YMCA Masters Nationals – Sarasota, FL
May 6	OW	Hurricane Man (2.4 mi, 1K) – St Petersburg, FL
May 26-29	SCY	Hammerhead Games at NSU – Fort Lauderdale, FL
June 3	OW	USMS 9+ Mile OW National (10 mi) – Chattanooga, TN
June 4	OW	USMS 1-3 Mile OW National (2.4 mi) – Chattanooga, TN
June 10-11	LCM	Bumpy Jones Classic – Sarasota, FL
June 17-18	LCM	12 th Annual June Krauser Summer Splash – Fort Lauderdale, FL
Aug. 2-6	LCM	USMS Summer National Championships – Minneapolis, MN

For more calendar details, check out www.fgcmaster.org, www.dixiezone.org and www.usms.org

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