

FLORIDA GOLD COAST LMSC

Newsletter - July 2009

2009 LMSC AWARDS BANQUET

The Florida Gold Coast LMSC Annual Awards Banquet was held on May 16 at Giorgio's Grill in Hollywood Beach, FL. All swimmers who attained Individual All American, Individual Top Ten, Relay All American and Relay Top Ten recognition by USMS were presented with embroidered towels. All Americans have placed first in one or more events in USMS Top Ten.

The FGC LMSC Swimmers of the Year were:
Pool – Pat Sargeant and Cav Cavanaugh
Long Distance – Andrea Woodburn, Kerri Roussain, Ricardo Valdivia.

Swimmers achieving Individual All American: Kate Alyabyeva, Chris Bernard, Arturo Castro, Cav Cavanaugh, Luis Galvan-Sarabia, Heidi Hester, Matt Hooper, Herb Kern, David McIntyre, David Quiggin, Dara Torres, Corey Welch, Karl Wiedemann, David Owen.

Relay All Americans: Vanessa Aaron, Kate Alyabyeva, David Arlotto, Shelia Arlotto, Mance Buttram, Cav Cavanaugh, Debbie Cavanaugh, Luis Comulada, Celia Devaney, Duffy Dillon, Wally Dobler, Joel Dodds, Sean Frampton, Jared Gac, Matt Gill, John Grzeszczak, Luis Glavan-Sarabia, Tanya Hanson, Jim Harper, Heidi Hester, Maureen Hughes, James Jacobson, Lauren Kafin, Bill Korey, Nicole Kosmas, David LeClair, Jennifer Martin, Peggy McDonnell, Brian McGloin, David McIntyre, Lisa McLuckie, Paige Moore, Andy Morrow, Siobhan Murphy, Jonathan Olsen, Laura O'Neill, Bryan Palmer, Nicole Pierce, Barbara Protzman, David Quiggin, Alan Rapperport, Robert Rivera, Pat Sargeant, George Schmidt, Robert Stoudt, James Vaucher, Corey Welch, Karl Wiedemann, Andrea Woodburn, Joe Wotton.

A total of 92 FGC swimmers made 2008 individual top ten. A total of 149 FGC swimmers made 2008 relay top ten. FGC LMSC is AWESOME!

Thanks to the banquet organizers – Andrea Woodburn, Jonathan Olsen, Debbie Cavanaugh, and Sean Frampton.

SWIM MEET RECAP

Since May 1st of 2009, there have been three sanctioned/recognized meets in the FGC LMSC.

On May 9, Coral Springs hosted a Last Chance yards meet. Thanks to Chris Jackson for running a meet in all 3 courses this year.

On June 19-21, the Ft Lauderdale Aquatic Masters hosted the Dixie Zone/June Krauser LCM Championship. See the article below.

On July 17-18, Plantation hosted their first LC meet. Thanks to Tommie Cuticchia for expanding the program.

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.

2009 LCM ZONE MEET

On June 19-21, Fort Lauderdale Aquatics hosted the 2009 Dixie Zone Long Course Swimming Championships/June Krauser at the Fort Lauderdale, Aquatic Complex.

In the Men, Women's, and combined scoring Ft. Lauderdale Aquatics finished 1st, Gold Coast Masters were runner up and Plantation Masters 3rd.

Three World & National Records were broken by Gold Coast Masters. The existing 280+ 200 Free world record previously held by Sweden was smashed by over 3 seconds. Cav Cavanaugh (74), David Quiggin (65), David McIntyre (71) & Andy Morrow (70) clocked in at 1:59.60.

David Quiggin (65) broke the WR in the 100 Free in 1:01.05. Ricardo Valdivia (45) dropped the 1500 meter record by 9 seconds to 16:57.17.

INTERNATIONAL OPPORTUNITIES

Looking for a vacation or adventure as part of your swimming experience? There are opportunities outside of the United States for competition.

May 15-18, three FGC LMSC swimmers traveled to Toronto for the Canadian Masters Nationals (SCM). Tim Erickson (FLAQ), Barb Protzman (GOLD), and Courtney Montgomery (GOLD) attended the meet. Tim received 2 firsts, 2 seconds, and a fourth. Barb received 4 firsts, 1 second, and two thirds. The meet was very well run. There were about 20 Americans out

of the 950 swimmers in the meet. Americans set 9 of the 16 World records broken at the meet.

In July, a contingent of swimmers from GOLD will be traveling to Copenhagen to participate in the World Out Games.

October 28 – November 1, the Third Pan American Masters (SCM) Championship Meet will be held in VeraCruz, Mexico. This meet is held every 2 years in a south, central or north American country.

The next FINA World Masters Championships will be held in Sweden in 2010.

MIDTOWN WESTON SENDS 3 TO USMS NATIONALS

With humble beginnings that featured just two swimmers when established 24 months ago, the Masters Swim Program at Midtown Athletic Club Weston has blossomed into one of the largest and most well respected swim groups in all of south Florida.

Putting an exclamation mark on just how far this program has come, three Midtown members, including Aquatics Director and former Brazilian national record holder Raphael Lima, will compete in the granddaddy of them all—the United States Masters Swimming 2009 Long Course National Championships, August 6-10 in Indianapolis.

Joining Lima will be Midtown Weston members Ricardo Serpa, also a former Brazilian national level swimmer, and Greg Podalsky, a U.S. national level swimmer.

A resident of Doral, Lima created the Masters program shortly after joining Midtown as Aquatics Director in November of 2007. Ranked the 7th top freestyler in the nation in 2000, he will compete in both the 50 and 100 freestyle events at the National Championships.

And while it's the first time all three men will compete on the national stage, it is the Masters program at Midtown to which Lima speaks about with the utmost of pride. "It's truly remarkable," explains the Sao Paulo, Brazil native. "I had only two Masters swimmers when I came to Midtown in 2007. At that time they were doing lap swim only, but little by little I was able to create and register our swim team Midtown Weston Aquatics with US Masters Swimming.

"Today, we offer three different options for our swimmers we are extremely competitive within the Florida Gold Coast conference. We've truly become one of the best Masters swimming programs in South Florida."

WELCOME NEW CLUBS

Two new clubs in Pam Beach County registered in June with the FGC LMSC.

North County Masters of Jupiter (NCMJ) is led by Linda Irish Bostic. Three of their swimmers participated in the Plantation meet. Lake Worth Hammer Heads (LWHH) is led by Laura Yager.

A new workout group has started in south Broward. The Davie Nadadores are swimming at the Nova Southeastern University pool.

CHECK-OFF CHALLENGE

It's still not too late to sign up for the Check-Off Challenge. The GOLD Hammerheads are hosting the USMS 2009 Check-Off Challenge fitness event. This event, sanctioned by USMS, involves swimming all 16 individual events over a one-year period. The events can be done in practice as long as your coach watches, and you do it legally according to the USMS rules. The object is to try to swim as many events on the books as possible, once in any of the three courses, (short course meters, yards, or long course meters). This is a great challenge, and a lot of fun. You can go to either www.dixiezone.org, www.usms.org, www.fgcmasters.org to find the entry.

PLACES TO SWIM UPDATE

We need to update our LMSC's places to swim information. All coaches should send Barb Protzman the following information at swimbarb@hotmail.com:

- Location of your workouts
- Times of your workouts
- Contact person's phone number and email
- Your team's website name.

This will give new and visiting swimmers an opportunity to find a place to swim.

REGISTRATION UPDATE

As of July 27, we have 982 swimmers registered in our LMSC. This surpasses the 946 swimmers registered in our LMSC at the end of the 2008 registration year. There are 345 people from 2008 who have not yet renewed their membership – if only we could get them all to renew! There are currently twelve clubs registered, including three new clubs in 2009.

Lost your USMS card? Moved to a new address? Changed your email address? Contact the FGC LMSC Registrar, Barb Protzman, at swimbarb@hotmail.com.

LAKE LYTAL'S 7TH ANNUAL 12-HOUR SWIM FOR P.O.S.T.

To benefit the Pediatric Oncology Support Team (P.O.S.T.) of the Child Life Institute in West Palm Beach, the Lake Lytal Masters Swim Team will raise awareness and financial support at its seventh annual 12-Hour Swim on Saturday, August 22, 2009. POST helps children and their families deal with the impacts of diagnosis and treatment of cancer.

The annual fundraiser will take place at Palm Beach County's Lake Lytal Pool in West Palm Beach. For 12 Hours, the Lake Lytal Masters Swim Team will swim laps, relay style, beginning at 7am. When possible, the P.O.S.T. children, some whom look forward to this event all year, join the Masters team to swim for medals, go down the water slide and jump off of the diving boards for the thrill of their lives !

This event is organized by Coach Ken Nemet, who has been the Lake Lytal Masters Swim Team coach for the past 19 years. Coach Ken learned about the P.O.S.T. program through an article his wife, an accomplished swimmer and National Champion, had read about children with cancer. She felt he could use his love of swimming along with his passion for coaching to raise funds to aid the P.O.S.T. children and their families.

For over 10 years, the P.O.S.T. program has served more than 450 children with cancer and their families. At no cost, some of their services include: Counseling for Individual and Families, Comprehensive Case Management and Advocacy, Financial Crisis Stabilization, Sibling Intervention and Support Groups to highlight how this dedicated team assist those needs.

For information about P.O.S.T. and the services the Child Life Institute offers on a daily basis to these children and the children's families, please call (561) 882-6336.

For information about the Lake Lytal Master's Swim Team and information on how to support the 12-hour swim event, please email Lytalmasters@aol.com, or call Coach Ken at (561) 629-2023.

Your helpful involvement is as simple as making an online donation. Please log on to www.active.com/donate/2009post to make that donation now.

USMS HEADQUARTERS - SARASOTA

July 15, 2009 - U.S. Masters Swimming is pleased to announce it has officially opened its national

headquarters. Located in the historic Pagoda building along the bayfront in Sarasota, Fla., the mailing address is 655 North Tamiami Trail, Sarasota, FL 34236. The phone number is (941) 256-8767.

For nearly 40 years, USMS has existed as a "virtually run" organization with staff and contractors working remotely. The opening of a headquarters marks another significant chapter for the organization, which will also be celebrating its 40th anniversary in 2010.

"On behalf of all the volunteers who have given so much over the years and continue to do so in fulfilling our mission of promoting adult health, fitness, wellness and competition through aquatics, I extremely pleased that this milestone has been accomplished. Our headquarters and the synergies achieved will allow us to better serve our members, take advantage of new opportunities and enhance our image," said U.S. Masters Swimming President Rob Copeland.

In February, the Board of Directors selected Sarasota as the location of the organization's headquarters. USMS then looked at a number of potential office locations in Sarasota before entering into a long-term agreement with the City of Sarasota for the Pagoda building. The building was most recently home to the Sarasota Convention and Visitors Bureau, and previously the Sarasota Chamber of Commerce. USMS renovated the Pagoda, and over the next few months will continue to add improvements while maintaining the heritage of the building. USMS national administration, member services and business operations will be located within the headquarters.

BERMUDA ROUND THE SOUND SWIM

The Bermuda Round the Sound Swim will be held on Sunday October 18, 2009. The following distances will be offered: 10K, 7.25K, 4K, 2K, 0.8K. There are social activities, workout swims and morning yoga included.

For more information, contact Randy Nutt at 954-821-3294 or info@randynutt.com or go to: www.AquaMoonAdventures.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 Chela Devanney at 11862 NW 25th Ct, Coral Springs, FL 33065 or chela@devanney.com.

FGC LMSC CALENDAR

2009		
Aug. 6-10	LCM	USMS LCM Nationals – Indianapolis, IN
Aug. 23	LCM	Last Chance Meet – Coral Springs, FL
Sept. 16-20		USMS Convention – Chicago, IL
Sept. 26	SCY	Central Florida Marlins Fall Splash – Ocala, FL
Oct. 3	OW	Daiquiri Deck Tropical Splash – Sarasota, FL (Siesta Key)
Oct. 10-11	OW	Race for the Oceans (1K, 5K) – Ft Myers Beach, FL with Aaron Piersol and Rowdy Gaines
Oct. 17-18	SCM	1st Annual Rowdy Gaines Masters Classic – Orlando, FL
Oct. 18	OW	Bermuda Around the Sound Swim - .8K, 2K, 4K, 7.25 K, 10K
Oct. 28 - Nov.1	SCM	UANA Pan American Championships – Veracruz, Mexico
Oct. 31- Nov.1	SCM	Dixie Zone SCM Championship – Columbia, SC
Nov. 15	SCM	Bridge the Bay I – Sarasota, FL
Nov. 22	SCM	Bridge the Bay II – St. Petersburg, FL
Dec 5-6	SCM	Holiday Classic – Coral Springs, FL
Dec. 5-6	SCY	Florida State Senior Games – Estero, FL
2010		
Feb. 6-7	SCY	South Carolina SCY State Meet – North Myrtle Beach, SC
Apr. 15-19	SCY	YMCA Masters Nationals – Fort Lauderdale, FL
May 20-23	SCY	USMS SCY Nationals – Atlanta, GA
July 31 - Aug 6	LCM	FINA World Masters Championships, Goteborg, Sweden (tent.)
Aug. 9-12	LCM	USMS LCM Nationals – San Juan, Puerto Rico

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

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www.fgcmasters.org

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