

FLORIDA GOLD COAST LMSC

Newsletter - October 2008

2008 USMS CONVENTION

This year's USMS Convention was held Sept 24-28 at the Hyatt Regency in downtown Atlanta, GA.

Rob Butcher started as our new Executive Director on June 9. He hired Ashley Gangloff as his assistant in July, and set up a satellite office in Charlotte, NC. The office has assumed responsibility for the Features section on the USMS homepage which is now updated weekly.

The following events were awarded to the bidders:
2010 USMS SCY Nationals – Atlanta, GA (May 20-23)
2010 USMS LCM Nationals – Puerto Rico (Aug 9-12)
2009 Check-off Challenge will be hosted by the GOLD Hammerheads.

2009 SCY Nationals at Clovis will include the 1-mile Open Water National Championship on Monday.
2009 LCM Nationals in Indy will use a five-day meet format with Saturday being a relay day with all the 200, 400 and 800 relays being contested. Monday will be the distance events.

The 2009 UANA Pan American Championships will be held in Vera Cruz, Mexico in October and will be short course meters and also include open water and diving. The U.S. (Fort Lauderdale) plans to bid on the 2011 Pan American Championships. If they are awarded the bid, the USMS LCM Nationals will be suspended that year.

The House of Delegates approved a deficit budget for the first time, in an amount over \$300,000. The USMS portion of the membership fee will remain \$25 for 2009. Beginning in 2010, the fee will rise \$2 a year for up to 8 years.

The top USMS award is the Ransom J. Arthur Award, named after the founder of USMS. This year's honoree was Barry Fasbender (CA). The USMS Coach of the Year was Susan Ingraham (TX). The Club of the Year was the Woodlands (TX). The USMS Fitness Award was given to Linda Shoenberger (NV). The winner of the USMS Newsletter of the Year was the Florida Mavericks Masters (Margie and Paul Hutinger, editors). The June Krauser USMS Communications Award went to Paul Hutinger (FL). Dorothy Donnelly Service Awards went to fifteen people this year, including our LMSC vice president Randy Nutt.

National Club Scoring – Club scoring will now be tabulated in two categories: Regional Clubs and Local

Clubs. A regional club consists of a club made up of those swimmers who represent a club at nationals, but at competitions within their LMSC, they compete for an entity or subgroup (such as a workout group) that is different than the one they compete with at nationals. The Championship Committee shall publish a list of Regional and Local clubs no later than February 15 of each year. A club may contest its designation by filing an appeal with the chair of the Championship Committee at least 45 days prior to the national championship meet.

This year's election was for the At-Large Directors. Those elected/re-elected are: Betsy Durrant (Colonies Zone), Jerry Clark (Dixie), Nadine Day (Great Lakes), Jeanne Ensign (Northwest), Michael Moore (Oceana), Don Mehl (South Central), and Laura Winslow (Southwest).

Full convention meeting minutes will be available on the USMS website.

REGISTRATION RENEWAL TIME

Your current USMS membership will expire on December 31. As of November 1, we will begin accepting 2009 new and renewal registration forms. The new, updated 2009 form must be used after this date. It will be available on the LMSC website, www.fgcmasters.org. Or, you can register online using a credit card at www.usms.org.

As of October 22, we have 946 swimmers registered in our LMSC. This is an all-time high for the FGC LMSC. At the end of 2007, FGC LMSC had 868 registered swimmers. This is a 9% increase, which is above the national average.

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

DIXIE ZONE MEETS

The sites for the 2009 Dixie Zone Championship meets were selected at the recent USMS convention. The FGC LMSC is fortunate to be hosting two of these meets, so let's have a great turnout!

SCY – Pompano Beach, FL March 6-8
LCM – Fort Lauderdale, FL June 19-21
SCM – Columbia, SC Nov. 15-16

MASTER OLYMPIAN

As I am sure everyone knows, one of our own, Dara Torres, had a spectacular showing at the 2008 Olympics! Dara is the oldest swimmer (41) to ever be on the team and the first to qualify for five separate Olympics (1984, 1988, 1992, 2000 and 2008). Dara won three silver medals in the 50 free (American record – 24.07) and the 4 x 100 freestyle and medley relays. Since she returned from China, Dara has been on a whirlwind media tour, with appearances on Jay Leno and Oprah and articles in dozens of magazines. Look for her book which will be coming out in early 2009.

USMS LONG COURSE NATIONALS

Fort Lauderdale Aquatics (FLA) Masters took the 2008 USMS Long Course Championship by storm, swimming to a 4th place overall finish. Twenty-eight FLA Masters swimmers traveled across the country (2690 miles) to Portland, OR for this championship event. With swimmers ranging in age from 18 to 80 years old, 14 women and 14 men, the team brought home 103 top 10 medal winning performances, 19 individual national championships, 8 relay national championships and 3 national record breaking relays.

FLA Masters had 8 swimmers win a total of 19 individual national championships:

Lorna Smith - 100 Free, 50 Back, 100 Back
Dawn Jason - 200 Free, 200 Back, 200 IM
Melanie Edgar - 50 Breast, 100 Breast, 200 Breast
Lisa McLuckie - 100 Free
Heidi Hester - 800 Free, 200 Back
Dameon Nicholas - 100 Free, 100 Fly
Luis Galvan-Sarabia - 200 Free, 100 Back
Joel Burns - 50 Fly, 100 Fly, 200 Fly

FLA Masters had 8 relay national champions:

Women 72-99 200 Free Relay (NR)
D. Jason, S. Murphy, M. Edgar, L. Smith
Women 72-99 200 Medley Relay (NR)
D. Jason, M. Edgar, J. Martin, S. Murphy
Women 100-119 200 Free Relay
J. Martin, H. Hester, V. Aron, L. McLuckie
Women 100-119 200 Medley Relay
L. Smith, S. Marechal, V. Aron, L. McLuckie
Men 100-119 200 Free Relay
D. Nicholas, B. Palmer, D. Sottile, L. Galvan-Sarabia
Men 100-119 200 Medley Relay
L. Galvan-Sarabia, D. Sottile, D. Nicholas, D. Dillon
Mixed 72-99 200 Free Relay (NR)
D. Nicholas, D. Jason, L. Smith, L. Galvan-Sarabia
Mixed 72-99 200 Medley Relay
L. Smith, M. Edgar, D. Nicholas, B. Palmer

Congratulations to the 28 members of the FLA Masters USMS Long Course National Team!

Dameon Nichols, Lorna Smith, Dawn Jason, Melanie Edgar, Siobhan Murphy, Luis Galvan-Sarabia, Severine Marechal, Jennifer Martin, Vanessa Aron, Heidi Hester, Lisa McLuckie, Bryan Palmer, Domenico Sottile, Laura Ackermann, Andy Fischer, Duffy Dillon, Alex Blavatnik, Sarah Bennett, Marty Hendrick, Lena Forre, Tim Erickson, Linda Larson, Joel Burns, Linda Webb, Lars Pedersen, Jim Ward, John Dillon, John Degnan.

With only eight swimmers, Gold Coast Masters (GOLD) had a great showing at the USMS LCM Nationals, finishing 20th in combined team scoring out of 140 teams.

Cav Cavanaugh led the team with national championships in the 50 and 100 Free. He was 2nd in the 200 Free and a surprise event 8th in the 50 back. He also contributed to three 2nd place relay finishes.

Debbie Cavanaugh had LMSC record-breaking swims in the 50 Breast and 200 back where she won silver medals. She took home bronze in the 50 and 100 back and a 4th place 100 breast. Silver in the 200 mixed Free relay and 4th 200 mixed medley relay.

Bill Dykstra was 4th 50 Back, 100 Back, 100 Free and 200 Mixed Medley relay. 7th in the 50 Free.

Phillip King, our youngest competitor at 42, took home bronze in the 800 Free and a 10th in the 400 Free.

David McIntyre won silver in 4 events. An individual silver in the 50 Back and three silvers on a 200 mixed free relay, 200 Men's free relay & medley relay. He was also 5th in the 100 Back.

Roger Parsons swam his heart out. He was a member of the 280+ men's free relay going for a World Record. He split his fast 50 with a 30.8 taking home silver in the event. Roger also finished 4th in the 100 Back, 6th in the 200 Back and 10th in the 50 Free.

Alan Rapperport was our oldest swimmer, but young at heart at 75. Three bronze medals in the 50 free, 400 free, and 200 back and 4th in the 100 back. Two silver medals on the men's relays.

Kerri Roussain, the LMSC Long Distance Swimmer of the Year, finished 4th in the 1500 Free, 5th in the 400 Free and 10th in the 200 Free. She was a member of the silver medal 200 mixed Free relay team.

SWIM MEET RECAP

Since July 1st of this year, there has been one sanctioned meet in the FGC LMSC.

The LCM meet was held on August 10 at the Coral Springs Aquatic Complex. One national record and one

world record were broken in relay events. In the 240+ 200 mixed fee relay, the GOLD team of Cav Cavanaugh, Debbie Cavanaugh, Pat Sargeant and David Quiggin set a new world record time of 1:56.99 (old record 1:58.75). In the 240+ 400 mixed free relay, the GOLD team of the same four swimmers obliterated the national record with a time of 4:30.74 (old record 4:41.62), spurred on by an impending thunderstorm that set off the Thor-Guard alarm as the first swimmer was in the water. 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.

OPEN WATER

Several Florida Gold Coast LMSC swimmers ventured into the Gulf on October 4 for the Daiquiri Deck Tropical Splash on Siesta Key. Age group winners included Jill Johnson (5K) and Barb Protzman (1K), while Belle Forina (5K) finished second, and Sarah Bennett (3K) finished third. Three Lake Lytal swimmers battled each other in the women's 35-39 5K – Jessica Gruber, Portia Culley, and Michelle Nelson. Lars Pedersen was the lone FGC male participating, finishing first in his age group in the 3K.

AARON PEIRSOL RACE FOR THE OCEANS

Growing up in Southern California, Aaron Peirsol spent most of his time in the water. Though he now trains in a chlorinated pool in Austin, Texas, Aaron's finest childhood memories took place in the Pacific Ocean. As a child, Aaron recalled many days when the beach would close due to pollution. As a teenager, Aaron remembered seeing fast food wrappers and other waste on the beach and worrying about getting sick from the obvious pollution. Without knowing exactly how he could help the global issue of water pollution, Aaron filed these "beach closed" days in his memory.

Practically 20 years, two Olympic silver and five Olympic gold medals later, Aaron is using his swimming success and celebrity status to give back to the ocean that gave him so many memories. Aaron now works with Oceana, an organization that fights the issues that the oceans face every day. Oceana is the largest international group focused on ocean habitat protection, over-fishing and pollution. Oceana and Aaron have teamed up to create "Aaron Peirsol's Race for the Oceans," a campaign that connects supporters, "wave-makers," with Aaron, his training and his efforts to contribute to Oceana. "It is changing people's perception of how to make a difference," Aaron says. Aaron Peirsol's Race for the Oceans has grown to more than 2,000 wave-makers and hopes to one day enlist 10,000 wave-makers.

Aaron's sponsors such as Bank of America, Pure Sport and Toyota have also partnered with Aaron to help save the oceans. In Beijing, Bank of America presented Aaron with a \$15,000 donation for Race for the Oceans. "We have all joined forces for this cause and I appreciate their support of not only me, but of the oceans I swim for," Aaron said.

Swimming has taken Aaron all over the world; during his travels he often blogs about his travels and the evidence of water pollution and over-fishing that he encounters. Blogging is one way Aaron informs and educates the world about the oceans that he loves and hopes to save. "Some people think that even though they don't live at the beach that their daily activity doesn't affect them. Each of us can change habits in our daily life to positively impact our oceans." Changing out lightbulbs, using canvas bags at the grocery store, understanding the impact of building projects on our natural resources are all examples of environmentally smart habits. Aaron also appears in a PSA for Oceana.

"This is a terrific cause that Oceana and Aaron are promoting," said Rob Butcher, USMS executive director. "USMS is pleased that by sanctioning the event that we can also educate and encourage membership to support Aaron and Oceana in their fight to save the oceans."

"It's the little things we do," Aaron says. "It is education that gets the movement started, but it is action that gets it done."

Aaron Peirsol's inaugural Race for the Oceans event will be held in Fort Myers, Fla., beginning November 8-9, 2008. The weekend-long event will feature opportunities for all and includes a junior open water event, a Masters 1K, a Masters individual 5K and a 5K relay, and a swimming clinic open to all event participants. Aaron Peirsol's Race for the Oceans Open Water Weekend hopes to attract both swimmers and ocean enthusiasts. For more information about this event, visit www.racefortheoceansevent.com.

The 8th Annual Bonaire EcoSwim Saturday, December 6th, 2008

Looking for a great get-away with some swimming thrown in? Join us in Bonaire! The Readers Choice Awards in the January 2008 Scuba Diving Magazine rates Bonaire #1 in the following categories: Top Dive Destination, Top Marine Life, Top Shore Diving, Top Underwater Photography, Top Beginner Diving, Top Advanced Diving. The Caribbean island of Bonaire, Netherlands Antilles, is located 50 miles north of Venezuela, 30 miles from Curacao, and 86 miles east of Aruba. The island is 24 miles long and 3 to 7 miles wide.

Events include: 10K solo swim, 5K solo, 5K with fins, 3K solo, 3K with fins, 1 K solo, 1K with fins, and the kids pier to pier fun swim. New this year is the 2k 2-person relay (each swimmer does 1K). A swimmer may only enter one event.

Complete information and entry for the event is posted on: www.AquaMoonAdventures.com or contact Randy Nutt at: info@RandyNutt.com or 954-821-3294

USMS SUPPORT

The USMS Endowment Fund, founded in 1989, assists each of us in our daily quests to be a better version of ourselves. It supports USMS, LMSCs, clubs and coaches through its commitment to seek out and fund projects that focus on medical and health research, development assistance for new Masters programs, outreach to other adult fitness organizations and education that positively impacts Masters swimming and Masters swimmers. The USMS Endowment Fund has funded projects such as the effect of Pilates and dry-land workouts on Masters swimmers and the effect of aging on stroke rate. It is the only national institution addressing the matters of concern to Masters swimmers.

Take Dr. Joel Stager, for example. Dr. Stager, of Indiana University, applied for and received a USMS Endowment Fund grant to study and understand the impact of swimming on our bodies. Dr. Stager began his research on Masters swimmers in 2002. Since then, Dr. Stager, also a Masters swimmer, has been one of the champions of Masters swimming and Masters swimmers research.

The activity level that swimming provides, "helps people maintain their independence and mobility, it helps maintain people's ability to think and process," according to Dr. Stager.. Dr. Stager has seen a 15-year offset in the bodies of swimmers, meaning that a 60-

year-old swimmer can have the body composition and muscle mass of a 45-year-old person of the general public. "High-activity people live longer," claims Dr. Stager, and swimming provides that high activity level. Dr. Stager is enthusiastic about continuing his research on Masters swimming and Masters swimmers. "It just makes people better," he said. The USMS Endowment Fund is one of many USMS programs that continue to support USMS members in their pursuit of fitness, health and wellness.

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.

e-Newsletter

If there are topics you would like to see covered in this newsletter, please contact Barb Protzman at 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. 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.

FGC LMSC CALENDAR

2008		
Nov. 8-9	OW	Aaron Peirsol's Race for the Oceans – Ft Myers Beach, FL
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..
Dec. 6-7	SCM	Coral Springs Holiday Classic – Coral Springs, FL
Dec. 6-7	SCY	Florida State Senior Game – Estero, FL
2009		
Feb. 14-15	SCY	SUN Masters Valentine Meet – Clearwater, FL
Feb. 20-22	SCY	Masters Challenge - Ft. Lauderdale, FL
Mar. 6-8	SCY	Dixie Zone SCY Championship – Pompano Beach, FL
Mar. 27-29	SCY	St. Petersburg, FL (FGC LMSC vs FL LMSC state championship)
Apr. 16-19	SCY	YMCA Masters Nationals – Ft. Lauderdale, FL
May 7-10	SCY	USMS SCY Nationals – Fresno, CA
June 12-14	OW	Open Water Festival, Ft Myers Beach, FL
June 13-14	LCM	Bumpy Jones Classic – Sarasota, FL
June 19-21	LCM	Dixie Zone LCM Championship/June Krauser Summer Splash – Ft. Lauderdale, FL
Aug. 6-10	LCM	USMS LCM Nationals – Indianapolis, IN
Sept. 16-20		USMS Convention – Chicago, IL
Oct.	SCM	UANA Pan American Championship – Vera Cruz, Mexico
Nov. 15-16	SCM	Dixie Zone SCM Championship – Columbia, SC
2010		
May 20-23	SCY	USMS SCY Nationals – Atlanta, GA
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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