

Florida Gold Coast LMSC

Newsletter - October 2010

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 polo shirts. 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 David Quiggin
Long Distance – Dale LeClair and Larry Caldwell.

Swimmers achieving Individual All American: Cav Cavanaugh, Heidi Hester, Kelly Legaspi, Birgit Lohberg, Janey Mayville-Armas, David McIntyre, Jeannie Mitchell, David Quiggin, Ricardo Valdivia, Karl Wiedemann.

Swimmers achieving Long Distance All American:
Larry Caldwell, Scott Coleman, Dale LeClair.

Relay All Americans: Inge Baugh, Craig Burns, Larry Caldwell, Kathleen Casey, Cav Cavanaugh, Debbie Cavanaugh, Adrienne Chin-Ogilvie, Luis Comulada, Celia Devanney, Bill Dykstra, Carlos Fernandez, Sean Frampton, Luis Galvan-Sarabia, Jim Harper, Joe Lammert, Dale LeClair, David LeClair, Kelly Legaspi, Jennifer Martin, Birgit Lohberg, Peggy McDonnell, David McIntyre, Andy Morrow, Jonathan Olsen, David Painter, Roger Parsons, David Quiggin, Robert Rivera, Pat Sargeant, George Schmidt, Robert Stoudt, Jarret Streiner, Ricardo Valdivia, Kristin Volz, David Walley, Corey Welch, Katherine Wenzel, Karl Wiedemann, Andrea Woodburn, Joe Wotton, Justin Zook.

Many of our swimmers also ranked in the 2009 World Top Ten: Cav Cavanaugh, Debbie Cavanaugh, Celia Devanney, Tim Erickson, Jim Harper, Marty Hendrick, Heidi Hester, Joe Lammert, Kelly Legaspi, Birgit Lohberg, George Lustig, Cathy Mancino, Janey Mayville-Armas, David McIntyre, Jeannie Mitchell, Jonathan Olsen, David Quiggin, Alan Rapperport, Pat Sargeant, George Schmidt, Alfredo Utrilla, Ricardo Valdivia, Corey Welch, Karl Wiedemann.

A total of 85 FGC swimmers made 2008 individual top ten. A total of 99 FGC swimmers made 2009 relay top ten. FGC LMSC is AWESOME!

Thanks to the banquet organizers – Andrea Woodburn and Debbie Cavanaugh.

USMS CONVENTION RECAP

The FGC LMSC delegates at this year's convention on September 15-19 in Dallas, TX were Cav and Debbie Cavanaugh, Matt Hooper, Jonathan Olsen and Barb Protzman.

The Dixie Zone meets for 2011 were chosen:
SCY – Fort Lauderdale – Feb. 25-28
LCM – Sarasota, FL – June 10-12
SCM – Charlotte, NC – Oct. 15-16

The 2012 USMS Nationals locations were chosen:
SCY – Greensboro, NC – April 26-29
LCM – Omaha, NE – July 5-8
Long Course Nationals are scheduled earlier than usual to take advantage of a unique opportunity. The meet will be held following the USA Olympic Trials in the pool that will be constructed in the Qwest Center. Special Olympic trial ticket packages will be put together exclusively for Masters. Workout locations will be set up so you don't have to miss out on pool time immediately before nationals, and we will be able to swim in the Qwest pool for a few hours on the 2 days between trials and our meet.

Several proposals of interest were defeated and will NOT be implemented. This included modifications to the suits allowed for SCY, changing the age determination for yards to be like meters and changing the relay age groups for yards to be like meters.

The annual national dues will increase by \$2 for 2011. FGC LMSC has decided not to pass this increase along to our swimmers.

USMS plans to conduct a number of surveys in the upcoming year to help determine why USMS membership has an annual non-renewal rate of about 35%. USMS is growing by about 6% a year, but we are losing many of our members every year.

The top USMS award is the Ransom J. Arthur Award, named after the founder of USMS. This year's honoree was Lynn Hazelwood (Potomac Valley). Dorothy Donnelly Service Awards went to fifteen people this year. Recipients from the Dixie Zone were Victor Buehler and Sue Moucha. The Fitness Award was given to Nancy Brown of Maryland. Club of the Year was Asphalt Green (NY). Coach of the Year was Bobby Patten of TX.

This year's election was for at-large delegates. Those elected include Maria Elias-Williams from the Dixie Zone, Anthony Thompson, Chris McGiffin, Phil Dodson, Hugh Moore, Jim Clemmons, Don Mehl, Phil Whitten.

For complete convention reports and minutes, check out www.usms.org.

OPEN WATER RULES CHANGE

The burning question on the suits in open water was answered when the HOD voted to follow new regulations regarding swimsuits for open water competitions, effective January 1, 2011.

There are now two categories for open water swimwear: Category I is required for all Open Water National Championships and shall be scored separately from Category II, whether in a National Championship event or not.

Category I swimwear shall be made from textile materials. For men, the swimsuit shall not extend above the navel or below the knee. For women, the swimsuit shall not cover the neck, extend past the shoulder, nor extend below the knees. There are no "fastener" specifications. Everything else, such as wetsuits, rash guards, arm warmers, arm bands, etc., is considered to be included in Category II.

NEW OPEN WATER SWIM

The City of Hollywood and Fort Lauderdale Aquatics is happy to announce that the Open Water swim on Sunday, October 17, 2010 on Hollywood Beach, has just received USMS sanctioning and we would like to invite all to participate!

Hollywood Beach 2010 Ocean Challenge

When: Sunday, October 17th, 2010

Where: Hollywood Beach, Johnson Street and the Beach

Time: Race Day Registration begins at 7:00am. All races will start simultaneously at 8:30am

Quarter Mile Beginner Swim (USA Swimming & USMS Sanctioned)

Half Mile Sprint Swim (USA Swimming & USMS Sanctioned)

One Mile Distance Swim (USA Swimming & USMS Sanctioned)

One Mile Swim/3.1 Mile Broadwalk Run Swim (USAT Sanctioned)

SWIM MEET RECAP

Since the last newsletter, there have been five sanctioned meets in the FGC LMSC.

On May 4-6, Islamorada hosted the Upper Keys Summer Invitational, their first LCM meet.

On May 29, Coral Springs hosted their SCY Last Chance to Zip It Up Meet. The 55+ 400 mixed free relay national record was broken by the GOLD team of Barb Protzman, Pat Sargeant, Craig Burns and David Quiggin.

On June 20-21, the FLA Masters hosted their 5th Annual June Krauser Summer Splash.

On July 24-25, the Plantation Masters held their LCM meet.

On August 21, Coral Springs hosted their LCM Last Chance meet. Seven relay world records were broken by GOLD at the meet.

240+ W 800 Free - Jeannie Mitchell, Cathy Mancino, Mo Hughes, Becky Willman

200+ W 800 Free - Pat Sargeant, Chela Devanney, Peggy McDonnell, Biggi Lohberg

160+ 800 Mx Free - Larry Caldwell, Debbie Cavanaugh, Ann Stewart, David LeClair

200+ W 400 Medley - Mo Hughes, Birgit Lohberg, Dale LeClair, Pat Sargeant

240+ 400 Mx Free - George Schmidt, Barb Protzman, Cathy Mancino, Roger Parsons

200+ 400 Mx Free - Chris Burt, Peggy McDonnell, Kathleen Casey, John Grzeszczak

100+ M 400 Free Relay - Matt Bellew, Marcos Silveros, Jose Fernandez, Andy Miyares

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.

REGISTRATION UPDATE

As of Sept. 30, we have 1081 swimmers registered in our LMSC. This is 24 more than at the end of the 2009 registration year.

Beginning November 1, you will be able to renew for 2011. You can renew online at usms.org, or using the 2011 form that will be found on the LMSC website, www.fgcmasters.org.

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 now update your address, email and phone online at usms.org.

SCY NATIONALS - ATLANTA

The 2010 USMS Short Course National Championship meet was held in Atlanta on May 20-23. A total of 1976 swimmers competed, many taking advantage of their last opportunity to wear the "old" tech suits. Even a few recent Olympians competed, including Cullen Jones, Nicholas Brunelli, and Mark Gangloff, all setting national records as members of teams from the Dixie Zone.

A total of 103 individual and 19 relay national records were broken at the meet. The only FGC LMSC team to place in the top ten was GOLD which placed 8th in the local team division.

LCM NATIONALS - PUERTO RICO

Many FGC swimmers headed south for the 2010 USMS Long Course National Championships held in San Juan, Puerto Rico on August 9-12. This was a small national meet with only 632 swimmers, with about 120 from our LMSC. But, it was a great time with music, dancing, and rum.

In the local team division, FLA Masters, with the largest team at the meet with 80 swimmers, came in first. They

were followed by Gold Coast Masters in second. Swimmers from the Comets Swim Team and Midtown Weston Aquatics also competed.

Only 15 individual national records were broken at the meet. Those set by FGC swimmers were:
Jamie Marks – FLAQ – 18-24 1500 free, 400 IM
Vincente Andrade – FLAQ – 18-24 200 Back.

All 4 relay records that were broken at the meet were by FLAQ: Two teams broke the Mixed 72-99 200 Medley; Women's 72-99 200 Free, Women's 72-99 200 Medley.

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

2010		
Oct. 16	SCM	Upper Keys Fall Invitational – Key Largo, FL
Oct. 16-17	SCM	Rowdy Gaines Classic - Orlando, FL
Oct. 17	OW	20 th Annual Bermuda Around the Sound Swim
Oct. 23-24	SCM	Gulf Coast Fall Splash – Ft. Myers, FL
Nov. 13-14	SCM	Bridge the Bay – Sarasota and St Pete, FL
Dec. 3-5	SCM	Dixie Zone SCM Championships – New Orleans, LA
Dec. 4-5	SCM	Holiday Classic – Coral Springs, FL
2011		
Jan. 22-23	SCY	Shark Tank Meet – Sarasota, FL
Jan. 29-30	SCY	Charlotte Masters Sunbelt Championships – Charlotte, NC
Feb. 5-6	SCY	Upper Keys Winter Invitational – Islamorada, FL
Feb. 25-27	SCY	Dixie Zone SCY Championships – Ft. Lauderdale, FL
Mar. 5	SCY	Ocala Marlins Spring Splash – Ocala, FL
Apr. 1-3	SCY	St Pete Masters SCY Championships – St. Pete, FL
Apr. 7-9, 10	SCY, LCM	Hammerhead Combo Invitational – Pompano Beach, FL SCY April 7-9, LCM April 10
Apr. 9	OW	Swim Miami – Miami, FL
April 14-17	SCY	YMCA Nationals – Fort Lauderdale, FL
Apr. 28 – May 1	SCY	USMS SCY Nationals – Mesa, AZ
Apr. 30 – May 1	LCM	May Day Sprint Meet – Ft. Myers, FL
May 7	OW	Hurricane Man – St. Pete Beach, FL
May 22	LCM	Ocala Marlins Summer Splash I – Ocala, FL
May 28	OW	Dixie Zone Open Water Championships – Fernandina Beach, FL
June 10-12	LCM	Dixie Zone LCM Championships/Bumpy Jones – Sarasota, FL
July 9-10	LCM	St. Pete LCM Championships – St. Pete, FL
July 16-17	LCM	Upper Keys Summer Invitational – Islamorada, FL
August 3-6	LCM	USMS LCM Nationals – Auburn University, AL
Oct. 15-16	SCM	Dixie Zone SCM Championships – Charlotte, NC

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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