

Florida Gold Coast LMSC

Newsletter - Summer 2017

2017 LMSC AWARDS BANQUET

The Florida Gold Coast LMSC annual Awards Banquet was held on Saturday, May 20 at Galuppi's in Pompano Beach. The event celebrated all our swimmers who achieved All-American and Top Ten recognition in 2016. In the new, larger location, we hosted 125 swimmers and their guests.

This year, we were entertained by Stephan, "America's Corporate Magician", who is a swimmer with SFTL. There was trivia from TV of the 60's and 70's, as well as some magic tricks.

The complete list of all our swimmers who received All American and Top Ten recognition is later in this newsletter.

Special thanks go out to our banquet organizer, Ann Thomas, and her committee of Eddie Ames, Adrienne Chin-Ogilvie, Marci Grady, Darcy LaFountain, Megan Lassen, Dale LeClair, Barb Protzman and Catherine Rust.

LMSC Awards

2016 Female Pool Swimmer of the Year: Linda Webb. Linda had a total of 37 Top Ten finishes: 16 in SCY, 11 in LCM and 10 in SCM. Linda was also a relay All American. This is the second year in a row that Linda was won this award.

2016 Male Pool Swimmer of the Year: Dave Quiggin. Dave had an amazing 15 All-American finishes out of a total of 24 TT finishes. This landed Dave on the USMS All Stars list for the first time. Pool All-Stars are those who have achieved the most first place finishes in their age group during the year in Top Ten competition. Dave also was a 12-time Relay All American. This is the second year in a row that Dave was won this award.

2016 Female Long-Distance Swimmer of the Year: Catherine Rust. Catherine was the National Champion in x long distant postal events. Catherine was named a Long Distance All Star for 2016 for the 60-64 age group. Long Distance All-Stars are named on a [total point basis](#) from the results of all long distance. Catherine also made top ten in 4 pool events.

2016 Male Long-Distance Swimmer of the Year: Sean Monahan. Sean placed first in his age group in 3

long distance postal events – the 5K, the 3000 yard and the 6000 yard. Besides the individual events Eric was All American in three relay events, the 5k, 6000 yd and 6000yd mixed relay. He also was top 10 in the 1-hour swim and 2 relays. Congratulations Eric on your great swim.

Officials Award: This award was presented to Kathy Fish. She has worked at many Masters swim meets over the years.

GOLD Awards

The GOLD Special Award was presented to Chris Jackson. Chris was the Masters coach at Coral Springs for 16 years until he passed away unexpectedly last September at the age of 39.

As a child, Chris swam on the Coral Springs Swim Club and was later a coach for the club. He was one of Dara Torres' coaches with Michael Lohberg on her comeback for the 2008 Olympics. Chris ran three Masters meets a year, one in each course, for over 11 years.

In his honor, the December SCM meet has been renamed the Chris Jackson Memorial Meet. Chris' sister Donna Gyllenberg and his father Don Jackson were at the banquet to accept the award.

SFTL Awards

For our first Coaches Award, we wanted to recognize a team. This team is made up of a Competitor and a Volunteer; but they are much more than that! In a way, they are a Masters 'Power Couple.' Unfortunately, we lost half of this team on April 10, 2017. Wally Pesetsky, the Competitor, was part of our organization for almost 10 years. Some highlights on Wally: Charming, Always smiling, Always welcoming, Always swimming butterfly... and Always looking forward to the next competition in which he could score points for the team! Wally was the former mayor of North Miami Beach, and a constant supporter of his fellow swimmers. His partner in life, his wife, mother of his children, and biggest cheerleader was also one of SFTL's valued Volunteers. Cindy Pesetsky is easily recognized as a greeter at our registration desk at our meets, or responsible for our Hospitality Room. We wanted to recognize both of them; not only for their contributions to SFTL, but for the abundance of joy they brought to our Masters Swimming Family.

Second coaches award: Most look at Swim Fort Lauderdale (SFTL) Masters and automatically think there is a coaching hierarchy of Head Coach and Assistant Coaches. Well, most would be surprised to learn that SFTL Masters is guided by two full time coaches who have specific responsibilities. SFTL Masters is honored to recognize one coach, Megan Lassen, who joined us in 2013 and has been instrumental in the achievements of the entire club. Here is a list of the accomplishments that Coach Megan has achieved in the four years she has been with us:

- Current USMS **National** Positions Held:
Recognition and Awards Committee Vice Chair
2016 - Present
- USMS Awards and Recognition Received:
2016 U.S. Masters Swimming Kerry O'Brien Coaching Award
- USMS Certified Coach: Level 4 – achieved Apr 29, 2017
- USMS Adult Learn to Swim Instructor – achieved Jan 23, 2016
- Current FGC **LMSC** Offices Held: Secretary and Fitness Chair.
Accomplished artist, see FGC LMSC awards!
- **Club** level accomplishments
Introduced and grew participation in the ePostal National Championships Swims to SFTL.
Meet Director of the 2017 ePostal 5K/10K National Championship.
Again putting her artistic flair to good work in the t-shirt! I encourage each of you to check it out ... and swim the 5K and 10K.

PBM Awards

The Palm Beach Masters' Coach's Award this year goes to Barry Koss. Barry is a snowbird from Chicago who enjoys South Florida from November to May of each year. He found PBM's program when he wanted a long pool that was kept at a colder temperature than his neighborhood pool. He swims daily for the health benefits.

At 74 years old, he walks in the pool area with the biggest smile on his face, a cheerful greeting and upbeat spirit ... genuinely enjoying his swim and the company of the other swimmers. He's a regular at our workouts at the Aqua Crest Pool in Delray Beach. He arrives early to have time to say hello and share news & stories with his coaches & teammates. He swims an hour straight every day with his snorkel & fins on. He's slow but steady and never quits.

Even though Barry doesn't compete, he's always willing and excited to volunteer and be associated with Palm Beach Masters and all things Wahoo. Even with family

in town visiting this year, he helped out again with the timing at our Snag Holmes Masters Invitational, excited to be part of the festivities and the swimming culture.

At every opportunity, Barry thanks us for having such a wonderful masters program for him to be a part of. We wanted to take a moment at the FGC LMSC Banquet to recognize and thank HIM for being so wonderful! He brightens all our days!

He's far from the most skilled swimmer, but he embodies Masters Swimming with the best.

HAFL Awards

Julie Finlon: Julie is a special Olympian who has been swimming with our program for 5 years. She has a great attitude, and is a very outspoken member of our club. This year I gave this special award to her, due to the fact, that because she can swim the 100 fly, and 200 free, Special Olympics made her swim against the boys. I feel this is very unfair, however, even competing against the boys, Julie took a Silver medal in the recent Southeastern Special Olympics Championships, in Greensboro, NC this spring.. Julie is our Wonder woman!

Joel Schwartz: Joel is what Masters Swimming defines, a Senior who at the age of 70 started swimming Masters, due to his wife Susan swimming. After a year and 6 months of workouts, we convinced him to swim relays in his first meet. Of course the reply was oh no, No way, me no way. Well, Joel swam those relays and in his first meet at 72 years old they made USMS Top 10. Congrats Joel, and keep on swimming.

SWIM MEET RECAP

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

- Feb. 17-19 – 24th Annual Fort Lauderdale Masters Challenge
- Mar. 10-12 – Snag Holmes Masters Invitational – Jupiter
- April 1-2 – Coral Springs SCY Meet
- May 26-29 – IGLA/World Out Games – Coconut Grove, FL
- June 17-18 – 12th Annual June Krauser Summer Splash

At the June Krauser Swim Meet, the PBM team of Lee Childs, Keefe Ludwig, George Schmidt, & Dave Quiggin broke records in 2 men's 280+ age relays. They broke the World & USMS Record by 8 seconds in the 400 meter freestyle relay in 4:27.17; and broke the USMS record by 6 seconds in the 400 meter medley relay in 5:19.67, missing the world record by just .2 sec.

Upcoming meets in the FGC LMSC are:

- Aug. 26 – Coral Springs Last Chance LCM Meet

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 June 21, the FGC LMSC has registered 1660 swimmers for 2017. We are on pace to exceed last year's total of 1759. There are over 500 swimmers from 2016 who have not yet renewed, so please encourage them to do so.

Thirty (30) clubs have registered for 2017. We have 6 new clubs in the past 3 months:

- Aquadventure
- Aqua Moon Adventures
- FIU Masters
- Kiwatee Masters Swim and Triathlon
- Riviera Beach Masters
- YMCA of South Florida

AWARDS NOMINATIONS

We are running out of time! There are two weeks remaining. Let's find those individuals and groups hiding out in our local clubs and LMSCs that deserve to be recognized for their work and accomplishments.

Nominations are due July 1 and submission information can be found at <http://www.usms.org/admin/awards>.

Please look these over, and think about who you might nominate so your local heroes can be identified!

- **Dorothy Donnelly Service Award**
Recognizing 15 volunteers who donate their time and talents to help our local, regional, or national swimming programs.
- **June Krauser Communications Award**
Recognizing an individual or group whose efforts in communications have contributed to the growth of success of local, regional, or national programs.
- **Local and Regional Club of the Year**
Recognizing outstanding clubs that embody growth and set standards for other clubs to follow.
- **Kerry O'Brien Coaching Award**
Recognizing coaches where their passion and dedication greatly contributes to a successful club.

- **Fitness Award**
Recognizing individuals and organizations the demonstrated contributions to fitness activities in the local, regional, or national organizations.
- **Open Water Service Award**
Honors individuals who have provided significant service contributions to promoting and building excellence in open water swimming.

2017 USMS SPRING NATIONALS

The 2017 Nationwide U.S. Masters Swimming Spring National Championship was held at the Riverside Aquatic Complex in Riverside, CA on April 27-30. The FGC LMSC swimmers from 3 clubs attended: CANE – 1, PBM - 33, SFTL - 19. A total of 2026 swimmers were entered in the meet.

PBM placed 7th in the combined local club division and SFTL placed 19th out of a total of about 200 clubs. Way to go!

Many swimmers were National Champions, finishing first in one or more individual or relay events. Our Champions are: PBM – Mike Aubrey, Karlyn Pipes, David Quiggin, Kathy Treible Slaton, Eney Jones, Chris Wenzel, Chris Beach, Chris Tessin, Brent Bessire, Scott Kitzman, Lennart Lindahl, Al Moreno. SFTL – Tim Shead, Philipp Djang, Sean Monahan, Calvin Maughan.

Swimming for PBM, Karlyn Pipes broke national records in 200 free, 100 and 200 back, 100 fly and 100 IM. Swimming for SFTL, Philipp Djang broke the record in the 50 back.

The PBM Womens 55+ 200 Free Relay and 200 Medley Relay of Karlyn Pipes, Chris Wenzel, Eney Jones, and Kathy Treible Slaton crushed the national records, cutting off 5 to 6 seconds! Congratulations!!

2017 YMCA NATIONALS

The FGC LMSC went to YMCA Masters Nationals again this year as one combined team. The meet was held in Sarasota on May 4-7. As the YMCA of South Florida, we were the third place team! 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. Sarasota was first, Chesapeake YMCA (MD) was second, and the YMCA of South Florida was third.

Our team included swimmers from GOLD, PBM, SFTL, as well as a few from other LMSCs. The 35 swimmers who competed at the meet were: Mike Aubrey, Cav Cavanaugh, Debbie Cavanaugh, Lee Childs, Raymond Cox, Alex Fisher,Carolynn Foley, Mike Freshley,

Caroline Gatto, Jesse Greve, Fran Hare, Robert Heacock, Mary Shawn Kelly, Kathryn King, Joseph Lammert, Keefe Lodwig, Calvin Maughan, Peggy McDonnell, David McIntyre, Scott McMillen, Jeannie Mitchell, Andres Miyares, Skip Monsein, Miller Neto, Roger Parsons, Nicholas Perry, Barbara Protzman, David Quiggin, Jean Riederer, George Schmidt, Tim Shead, Roberto Valdes, Rosa Ventura, Peter Vila.

We had multiple swimmers break YMCA records at the meet:

- Peggy McDonnell - 60-64 200 free.
- Fran Hare - 65-69 500 free.
- Mike Freshley - 75-59 50 free, 100 free, 1650 free, 50 breast, 50 fly, 100 fly, 200 fly.
- Men's 65+ 400 Free Relay – George Schmidt, Lee Childs, Keefe Lodwig, Dave Quiggin
- Men's 75+ 400 Free Relay – Mike Freshley, Alex Fisher, Cav Cavanaugh, Dave McIntyre.
- Mixed 65+ 200 Free Relay – Dave Quiggin, Rosa Ventura, Fran Hare, Lee Childs.

Everyone swam great and we all had a lot of fun. We hope that more of you will join us next year at YMCA Masters Nationals. The location and dates have not yet been announced.

USMS ULTRAMARATHON CHAMPIONSHIPS

Four swimmers from the FGC LMSC swam the **9.2 mile USMS Ultramarathon Distance Open Water National Championships** in Chattanooga, TN on June 9-11. We represented the Florida Gold Coast LMSC well!

In the **9.2 mile swim** on Sunday,

- Ricardo Valdivia was the Overall Winner of the **9.2 mile swim** in 2:05:30! Yes! We had a VERY swift current to swim with in the Tennessee River that morning!
- Sonja Koppenwaliner was 3rd Overall Female and the National Champion (1st Place) in her 40-44 age group.
- Catherine Rust was National Champion in her 60-64 age group.
- Linda Irish Bostic placed 5th in her 50-54 age group.

In the **2.4 mile swim** on Saturday,

- Dave Quiggin was the National Champion in his 70-74 age group.
- Catherine Rust was the National Champion in her 60-64 age group.
- Linda Irish Bostic placed 2nd in her 50-54 age group.
- Ricardo Valdivia placed 2nd in his 50-54 age group.

- Sonja Koppenwaliner placed 3rd in her 40-46 age group.
- Scott Loder placed 5th in his 35-39 age group.
- Nancy Streb placed 6th in her 60-64 age group.
- Cathy Goodwin placed 10th in her 50-54 age group.

For more information ... <https://www.chattswimfest.com>

USMS MARATHON CHAMPIONSHIP

The USMS Marathon Distance Open Water National Championship was held in April at Lido Key. Swimmers from FGC who participated in the 7 mile swim were:

Christina Hitchcock placed 1st in 35-39 Age Group
Sonja Koppenwallner was 2nd in the 40-44 Age group
Catherine Rust placed 2nd in the 60-64 Age group
Ricardo Valdivia was 1st in the 50-54 Age Group
Carlos Laredo placed 2nd in the 60-64 Age group

Florida Gold Coast had over 150 swimmers participate in the 2017 One Hour Postal Swim. Palm Beach Masters placed First in the Large Club Division with Swim Fort Lauderdale placing Fourth. FGC had many top ten individual and relay swims with Sean Monahan receiving All American Individual Honors in the event.

The 5k and 10K postal events hosted by Swim Ft Lauderdale are being held from May 15 through September 15. Plenty of time to get in both swims!

Contact Catherine Rust with any other USMS open water events or swimmers we need to get recognized.

FGC SWIMMER PROFILE: MICHAEL AUBREY

Michael Aubrey has been a USMS member since October 2013 and has quickly established himself as a top swimmer in his age group 55-59.

Mike was born in Miami and grew up in Pompano Beach. He attended Pinecrest School in Fort Lauderdale where he was on the swim team. His last two years of high school were spent in a public high school in Bangor, Maine where he was a top swimmer. Mike had swimming scholarship offers from several colleges in the northeast. But, Mike was burned-out and looking for warmer weather, so he attended the University of Alabama, but did not swim.

Mike lived in 9 different states in 20 years while working for Wells Fargo Bank. In 2004, he joined a regional bank so he could get back to Florida and to stay here.

Following the suicide of his son in 2013, Mike decided

to train for a triathlon in honor of his son. This led Mike back to the pool where he discovered U.S. Masters Swimming. His first Masters meet was in Sarasota in November 2013, and it was his first competition since high school. He had worked out in the gym, but not in the pool for 35 years. Swimming has led to a 40 pound weight loss and 4 inches off his waist.

In just 3 years, Mike has achieved 26 individual Top Ten rankings and 52 relay Top Ten rankings. In 2016, Mike was on four All American relays and had 16 individual Top Ten rankings in freestyle, breaststroke, butterfly and IM events.

At the 2017 USMS Spring Nationals in Riverside, CA, Mike was a National Champion in the 100 breast and on the mixed 55+ 200 free and 200 medley relays. Swimming at YMCA Nationals for the YMCA of South Florida, Mike was first in the 50 and 100 fly.

Mike is now hooked on Masters swimming and plans to continue. Mike attends more meets than just about everyone else and enjoys working out with different groups. And when he travels for works, he finds or creates a group to swim with. Mike currently swims for PBM.

This will become a regular series in our newsletter. If there is a swimmer who you would like to see profiled, please let Barb know.

OPEN WATER NEWS

By: Catherine Rust, FGC LMSC Open Water Chair

The 2016 ePostal swims have just wrapped up. Florida Gold Coast had a tremendous increase in swimmers participating in the events. The Swim Fort Lauderdale Masters team were the National winners in the One Hour, 5K, and 10K events. Palm Beach Masters winning the National 3000yd and 6000yd events. All 5 of the ePostal events were won by FGC teams! A special "shout out" to Megan Lassen and Linda Irish Bostic for encouraging and promoting these events within their teams.

NOTES FROM THE FITNESS CHAIR

by Megan Lassen

Welcome to another glorious month in paradise, Florida Gold Coast Swimmers! As summer settles its hot wet blanket around you all, please remember to continue training, continue wearing sunscreen, (apply 20 minutes prior to swimming,) and hydrate, hydrate, hydrate, (water is a great option, but sometimes you need some electrolytes also!)

For many of you who plan on swimming longer events like the 5K/10K, or open water distances, you will be

spending more time training than before, and you will need to find a feeding ratio that works for you. I find that talking to your team mates and coaches who have had experience with longer distances, you will get some great pointers and ideas about which products work or don't work for them. Remember, everyone is different, and while you are training and putting in the extra time and yardage, this is when you should be finding your magic concoction and timing for taking in hydration and calories. By working this into your workouts, you will become used to your timing and products, and allow yourself to have a much smoother and more pleasant distance event.

With that said, please consider swimming the USMS 5K and or the 10K ePostal National Championship, which are available this summer (and every summer,) from May 15 to September 15. You can find information about this ePostal, and others at USMS.org, Events and Results, Open Water and ePostals- National Championships, 2017, 5K/10K. When you get to the event page, you will get more information, like how to do it, (in a Long Course pool, with someone writing your 100 splits) and what kind of wonderful T-shirts or magnets you can order to remind yourself (and everyone around you,) just how tough you are!

While you are going out of your comfort zone and swimming distance events with great T shirts, have a look on the Dixie Zone Calendar (or other areas if you are travelling,) for some of the upcoming open water swims available in...or out of your area! By getting out of your everyday "normal swim rituals" your swimming/athletic skills will soar to new levels, and you may just meet your new best friends. Have fun this summer, hydrate, train responsibly, use sunscreen and wear hats! I hope to see you in a lake, or see your name in the 5K/10K results this year.

IN MEMORIUM: WALLY PESETSKY

Walter "Wally" S. Pesetsky died peacefully at home on April 10th, 2017, holding hands with Cindy, his wife of 55 years. He is missed by his children Eric, Marc, Debbie, and Scott, and grandchildren Nick, Cole, Erica, Jared, Dean, Grant, Jordan, and Star. Wally, a stick ball kid from Brooklyn, grew up to be a lifeguard, swim coach, sailor, attorney, mediator, judge, and mayor of North Miami Beach. He was the first in his family to enter college. How did he do it? With a big heart, a warm smile, and kind words. Twice elected mayor of North Miami Beach, serving 1974-1978, Wally practiced law for over 50 years. After retiring, he returned to competitive swimming. He was taken by ALS, which was diagnosed in his 80th year. Wally focused on helping others. We suggest donations to the ALS Association: www.alsa.org. See more at: <http://www.legacy.com/obituaries/sunsentinel/obituary.a>

spx?page=lifestory&pid=185085744#sthash.W3v1gGoq.dpuf

STEPHAN - AMERICA'S CORPORATE MAGICIAN

If you enjoyed Stephan- America's Corporate Magician" at the LMSC Awards banquet, he is available for your function. You can contact him at his website: StephansMagic.com or phone: 1-888-978-3742.

Stephan has started a Goggle Challenge: If it's that good, or it's an odd or impossible location, hang your goggles on it! Take a pic, then share it with the swimming community on Instagram, FinBoy6474.

Ideas: Hang your goggles on a good movie poster, on the antlers of a living deer in the woods, on the finger of The Statue of Liberty or on a good bottle of wine. Get creative!

2016 ALL AMERICAN AND TOP TEN

Individual All Americans:

Lisa Blackburn (8), Joel Burns (2), Patrick Canaan, Heather Congdon, Andrew Davis, Marie Hanft, Fran Hare, Christina Hitchcock, Maria Hung, Eric Jackwin, Sonja Koppenwallner, Mike LaMonica (3), Biggie Lohberg, Daniel Lotano (2), Janey Mayville, Mary Jane Mullins, CJ Pisano, Catherine Rust, George Schmidt, Tim Shead (5), Amanda Singleton, Andre Steynberg, Chris Wenzel, Kurt Zilch, Sean Monahan (2), David Quiggin (15), Ricardo Valdivia (3).

Relay All Americans:

Rob Abcug,, Mike Aubrey, Tatiana Barbosa, Kelley Baum, Chris Beach, Sarah Bennett, Ara Bergillos, Linda Bostic, Leonardo Brea, John Brosius, Tamara Burton, Cav Cavanaugh, Lee Childs, Adrienne Chin-, Ogilvie, Jeremy Cole, Juan Cuella, Sebastian Cuellar, Hannah Dari, Philipp Djang, Bill Dykstra, Debbie Eisenger, Andy Fischer, Maureen Fitzpatrick, Henrique Flanzer,Carolynn Foley, Mervyn Goldbas, Debbie Hatic, Marty Hendrick, Cynthia Henley, Tony Jarvis, Eney Jones, Kathryn King, Kit Koenig, Darcy ,LaFountain, Julia Leo, Lennart Lindahl, Albert Litter, Scott Loder, Keefe Ludwig, Patrick Manley, Jamie Marks, Michelle Martin, Brent McAuliffe, Peggy McDonnell, David McIntyre, Florencia Melo, Mary Milburn, Don Mitchell, Suzanne Mitchell, Skip Monsein, Siobhan Murphy, Roger Parsons, Bryce Pierce, John Potts, Neil Puhse, David Putnam, Alan Rapperport, Laurie Samuelson, Tiago Schutz, Tom Spino, Beth Strauss, Katie Stutz, Eddie Tiozzo, Kate Ufford, Linda Webb, Todd Wilson, Elliott Winokur, Michael Yagemann.

Individual Top Ten:

Joel Acosta, Eddie Ames, Andrew Anderson, Theresa Andrews, John Andrews, Edward Aston, Mike Aubrey,

Roy Barahona, Tatiana Barbosa, Elizabeth Baxter, Chris Beach, Yukako Beatty, Ara Bergillos, Irv Betrock, Patrick Billingsley, Ingrid Bon, Vanessa Bonebrake, Linda Bostic, David Boudreau, Adam Breneman, Marian Carlson, Cav Cavanaugh, Lee Childs, Sebastian Cuellar, Hannah Dari, Silver Deutch, Andrew Dittoe, Michael Dively, Philipp Djang, Sherwin Drobner, Bill Dykstra, Kirsten Esplin, Nicolas Eymenier, Pam Falcigno, Carlos Fernandez, Guilherme Ferreira, Andy Fischer, Henrique Flanzer,Carolynn Foley, Sean Frampton, Igor Galati, Helene Gladis, Mervyn Goldbas, Isabela Goldbas, Jonathan Goler, Cathy Goodwin, Ahmed Hamada, Christy Hartman, Marty Hendrick, Jamie Herrington, Peter Horwitz, Ellen Itzler, Eney Jones, Kristof Kertesz, Sara Kirchner, Michele Kisel, Scott Kitzman, Kit Koenig, Alexander Koval, Darcy LaFountain, Joe Lammert, Linda Larson, Megan Lassen, Jason Lassen, Dale LeClair, Lauren Letsche, Merle Liivand, Luca Lioce, Keefe Ludwig, Tyler Magarity, David Mahoney, Jerry Marchbanks, Jamie Marks, Ron Marks, Michelle Martin, Christine McCrady, Peggy McDonnell, David McIntyre, Scott McMillen, Douglas Meckelberg, Florencia Melo, Mary Milburn, Jeanne Mitchell, Andrew Miyares, Erica Moffett, Skip Monsein, Richard Morris, Isa Padilla, Robert Pardo, Jeff Pave, Chris Perry, Lenore Phillips, Krissy Phillips, John Phillips, Bryce Pierce, Neil Puhse, David Quiggin, Amadeo Quirogo, Alan Rapperport, ,David Reynolds, Erik Richardson, Stephanie Rock, Howard Rolston, Anna Rosen, Catherine Rust, Laurie Samuelson, Roland Samuelson, Andrew Scheer, Jessica Schofield, Rafael Segarra, Lydia Seier, Leonard Silverstein, Ann Stewart, Katie Stutz, Marcos Szeinfeld, Jarek Tadla, Chern Teng, David Toney, Rosa Ventura, Andres Visbal, Michel Vogel, Kristin Volz, Alanna Waldman, Linda Webb, Karl Wiedamann, Ron Wiendl, Ryan Williams, Tracy Williams, Kennon Williams, Elliott Winokur, Walter Woolley, Elly Wray, David Zubero, Ami Trauber.

Relay Top Ten:

Victor Aimi, Brian Amersi, James Anderson, Alison Barbi, Kathryn Batt, Jason Baum, Carlos Berrocal, Jo-Ann Berry, Robert Bertrand, David Beuttenmuller, Zeus Boiser, Tom Boyd, Rebecca Brinich, Terina Bruening, Alex Bruner, Doug Buchan, Peter Bugel, Chris Burt, Laurent Cali, Robyne Camp, Ana , Carbonell, Orlando Caro, Kathleen Casey, Francois Caudrillier, Debbie Cavanaugh, Michele Chattaway, John Colvin, Brian Coomes, Ray Cox, Kim Cullen, Phillip Cullen, Jeanne Danford, Gerry Delong, Chela Devanney, Christopher Digilio, Beda Dondi, Lars Ferron, Pam Figoras, Graeme Fiser, Linda Gannon, Caroline Gatto, Douglas Gawriljuk, Andrew Gendron, Marci Grady, Chip Green, John Grzeszczak, Steven Hagar, Matt Handel, David Hoffman, Andrew Hofmann, Charles Jeanpierre, Elaine Joggerst, Kenneth Johansson, Bob Johnston, Bonnie Johnston, Chris Kane, Shawn Kelly, Jeraine Ketchem, Rebecca Koehler, Terry Lage, Paul Lauro, Douglas

Long, Anthony Lucas, Shannon MacDonald, Charleston Malkemus, Karen Marks, Adam Martz, Tim McGonigal, Anita Mitchell, Mary Moak, Jennifer Mohan, Al Moreno, Hillary Morris, Nancy Munro, Gail Musk, Gregory Naranjo, Debbie Neville, Ken Nichols, Jonathan Olsen, Blaise O'Neill, Andrew Overmyer, Stuart Pechter, Nicholas Perry, Karevy Prieto, Barbara Protzman, Myriam Quintero, Laura Richards, Matt Ringler, Diana Rodriguez, Mary Ellen Rosen, Daniela ,Rosenblat, Carolina Rossel, Lee Scharf, Susan Scharr, Ilene Schnall, Joel Schwartz, Melissa Schwartz, Melissa

Scott, Heather Selvaggio, Kevin Semisch, Sherif Shaalan, Gregg Sherman, Marcos Silvera, Janet Siniscalchi, Rinaldo Sintjago, Kathy Slaton, David Solomon, Roy Sonenshein, Nancy Stainback, Desi Stoyanova, Diego Suarez, Greg Taylor, Ann Thomas, Robert Tipple, Sheryl Tucker, Jose Vassallo, Peter Vila, David West, Margot Wheeler, Andrea Woodburn, Scott Woodburn, Nancy Wright, Eric Wynne.

FGC LMSC CALENDAR

2017		
Jan 1 – Nov 1	Any	Check-Off Challenge
May 15-Sept 15	LCM	5K/10K ePostal
June 30- July 2	LCM	Dixie Zone LCM Championships – Greenville, SC
July 8	LCM	St Pete LCM Championship – Clearwater, FL
Aug. 2-6	LCM	USMS Summer National Championships – Minneapolis, MN
Aug. 10-12	OW	XVII FINA World Masters Championship – Budapest, Hungary
Aug. 14-20	LCM	XVII FINA World Masters Championship – Budapest, Hungary
Aug. 26	LCM	Coral Springs Last Chance LCM Meet – Coral Springs, FL
Sept. 13-17		USMS Convention – Dallas, TX
Sept 15-Nov 15	SCY	3000/6000 yd. ePostal
Oct. 13-15	SCM	Dixie Zone SCM Championships/Rowdy Gaines Masters Classic – Orlando, FL
Oct. 15	OW	Tropical Splash (1K, 2.5K, 5K). Sarasota (Siesta Key), FL
Oct. 28	OW	Swim Around Fort DeSoto (6.5 mi) – St Petersburg, FL
Nov. 4-5	SCM	Shark Tank Meet – Sarasota, FL
Dec. TBD	SCM	Coral Springs Chris Jackson Memorial Meet – Coral Springs, FL
2018		
May 10-13	SC	USMS Spring National Championship – Indianapolis, IN
Jul 28 – Aug 3	LCM	UANA Pan American Masters Championship – Orlando, FL

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

FGC LMSC Website:
www.fgcmasters.org

FGC LMSC Chair:
Barb Protzman
swimbarb@hotmail.com

FGC Newsletter Editor:
Barb Protzman
swimbarb@hotmail.com

USMS Website:
www.usms.org
Dixie Zone website:
www.dixiezone.org