

Florida Gold Coast LMSC

Newsletter - Winter 2017

LMSC ANNUAL MEETING

The annual meeting of the FGC LMSC was held on Saturday, December 10 following the Coral Springs Chris Jackson Memorial SCM meet.

Major items from the meeting include:

- Election of Chair – Marty Hendricks chose to step down after the first year of his second 2-year term as chair. Barb Protzman will serve as chair for the remaining year of his term.
- Sanctions chair – Rory Grigull (PAQM) is our new sanctions chair.
- Increase in registration fee – As of Jan.1, 2017, the fee for the individual USMS registration increased from \$46 to \$50. This is necessary to help offset the deficit budget that the LMSC has had for the past several years.

Complete meeting minutes will be available on the LMSC website (www.fgcmasters.org) after they are approved at the next meeting on Feb. 18.

SWIM MEET RECAP

Since the last newsletter, there was one meet held in our LMSC:

- Dec. 10-11 – Chris Jackson Memorial Meet (SCM) aka Coral Springs Holiday Classic. A world record was broken by James Ritter from Ohio in the men's 60-64 400 Free (4:34.24).

Upcoming meets in the FGC LMSC are:

- 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 – Hammerhead Games – Ft Lauderdale
- May 26-29 – IGLA/World Out Games – Coconut Grove, FL

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 will be going to YMCA Masters Nationals again this year as one combined team and we hope to take an even larger team than last year. The meet will be held in Sarasota on May 4-7. If you are interested in being on our team, you need to join the YMCA of South Florida through Barb Protzman by March 10. The details were sent to everyone on Jan.30. If you need the membership info, contact swimbarb@hotmail.com.

2017 LMSC AWARDS BANQUET

By: Ann Thomas

Please mark your calendars and support your Florida Gold Coast LMSC Awards Banquet this year! We have a bigger venue that is more centrally located. We need a minimum of 100 people and the private room holds 250, so please bring a guest!

- Awards Banquet at Galuppi's
- 1103 North Federal Hwy, Pompano Beach, FL 33062
- May 20, 2017 5 - 8pm
- Buffet dinner, cash bar
- Dancing following at adjacent bar

We will be using PayPal for your banquet payment. Also, we will use your email on file to send your invitation instead of a hard copy, so please check your settings so that your invitation doesn't end up in your spam file. Details to follow in the email invitation.

Dale LeClair will be organizing an open water fun swim at the nearby Pier prior to the event.

REGISTRATION UPDATE

As of February 9, the FGC LMSC has registered 1327 swimmers for 2017. There are 667 swimmers from 2016 who have not yet renewed, so please encourage them to do so. We have 235 new swimmers for 2017.

Twenty-three (23) clubs have registered for 2017. We have 3 new clubs this year:

- Black Marlin Swim and Triathlon Club in Palm Beach county
- Hurricane Aquatics in Miami
- JSwim Masters in Palm Beach county.

USMS LMSC GROWTH CONTEST

USMS conducted a renewal contest throughout the November and December membership campaign. USMS finished 2017 with over 3,000 more USMS members than we had at the same point one year ago.

The top LMSC in each tier, with the highest renewal percentages (based on 2016 membership) between Nov. 1 and Dec. 31, 2016, received a USMS Stroke Development Clinic. Our LMSC is in Tier 1 of LMSC's with 1,500+ Members. After leading for much of the time period, FGC came in second with 53.4%. New England LMSC won with 57%.

USMS has collectively targeted a goal of renewing 70% of 2016 members, so we need to keep working on those swimmers that have not yet renewed for 2017.

USMS CLUB GROWTH CONTEST

By: Derek Gelber, Gulliver Coach

[USMS ran a contest to see what club had the highest renewal/growth rate as of 12/31/2016 for the 2017 registration year. FGC LMSC's Gulliver Swim Club (GRSC) won with a 101% rate. The 2nd place club only had a 91%.]

USMS wrote me earlier this week congratulating me on winning the membership contest for the highest tier 75+ members. (We are currently around 86 registered members, 2017)

They asked me what I do here to attract Swimmers and what we do to keep them on board. So I wrote this:

"First, we are successful because we are a family. We have all of the dynamics and love of a family. We train hard & purposefully, but keep the atmosphere light with laughter & music. I have a weekly microcycle which involves aerobic free, Aerobic IM, recovery, prime stroke, VO to Max, and threshold. I always write different practices, we rarely do the same practice twice unless it's a test set.

We have an array of abilities in the water. I spend more time with the beginners than with the veterans. I helped newcomers build a foundation in regards to stroke technique, learning to read workouts, and I teach them the philosophies that were taught to me.

Lastly, our program is dependable. I will always be there on deck and I will always be there 30 minutes early. You know exactly what you're getting when you train with Gulliver Masters."

MEET WARMUP ETIQUETTE

If you are new to competition, or it has been a long time, there are some rules you should be aware of. The USMS waiver that we all "sign" when we register or

enter a meet says "I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events." The USMS Rule Book can be found on www.usms.org under the For Volunteers tab.

During warmup, one of the most important rules regarding safety is that you must enter the pool feet-first in a cautious manner. You may only dive in the designated one-way sprint lanes during the warmup period, and not at all in the warm down lanes during the meet.

Choose a warmup lane with people of a comparable speed. Don't hop in with the fast, young studs if you can't keep up! Do not stop at the end of pool in the center of the lane and obstruct other swimmers who need some wall space for their turns. If someone faster than you is coming up behind you and touches your feet, please stop at the next turn and let them pass. If you are the fast swimmer, please don't run over the slower person and give them the opportunity to let you pass at the next wall.

And the most important thing of all at a meet – Have Fun!

RELAY RULES

Do you know the rules for relays in Masters swim meets?

While kids are expected to hop out of the pool immediately following their leg of a relay, that is difficult for many Masters swimmers. USMS allows you to remain in the pool until your entire relay finishes. If you cannot get out within 20 seconds after your leg, do not touch the pad again. Move to the lane line and hold on, being careful not to interfere with the other swimmers on your relay or in the next lane. Keep your legs pointed straight down to the bottom of the pool and remain as motionless as possible.

Be sure to let the timer know if the order of the swimmers on your relay was different than what was what indicated on the relay entry.

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.

Congratulations to the 23 FGC Swimmers who completed all 5 of the ePostal events including the "daunting 10k": Michael Aubrey, Tatiana Barbosa, Sarah Bennett, Ingrid Bon, Tamara Burton, Andy Davis, Debbie Eisinger, Andy Fischer, Cathy Goodwin, Marty Hendricks, Cynthia Henley, Christina Horton, Kit Koenig, Sonja Koppenwallner, Alexander Koval, Darcy LaFountain, Jason Lassen, Michelle Martin, Sean Monahan, Adrienne Chin Ogilvie, Jeff Pave, Catherine Rust and Amanda Singleton. A special acknowledgment to Cynthia Henley for completing all the swims for the past 3 years.

A reminder for the 2017 ePostal events, your age on 12/31/2017 will determine your age for all 2017 ePostal and USMS Open Water events. And this year the One Hour ePostal event runs through February 28, 2017.

There are still a few spaces left for The USMS 6+ mile Nationals Open Water swim at Lido Key in Sarasota, FL, on April 22. Sign up now if interested. Information is available on the USMS website.

The Florida Gold Coast website and the Dixie Zone website both give information on OW events for 2017. Check it out to find a swim your area. And a big thank you to Dale LeClair for keeping Florida Gold Coast website up to date. If you know of any other OW swims in the area, let us know so we can get the event added to the website.

MAJOR USMS RULE CHANGES FOR 2017

Continuous Warm-Up: In pools of five lanes or more, a separate warm-up area must be made available to swimmers during the competition. However, if the meet is a dual-sanctioned meet with USA Swimming, this requirement may be adjusted depending on availability of warm-up space at the venue by agreement between the LMSC and LSC host clubs. If a continuous warm-up/ warm-down lane(s) or area is not available in pools of five lanes or more, the entry information shall clearly state the availability of warm-up for USMS athletes. Once the entry information is published, changes which further restrict the availability of continuous warm-up/warm-down space are not permitted. (Articles 102.4.1 and 102.4.2)

Events: The order of events must be published in the meet announcement prior to the meet. Events may be repeated with the same stroke and distance as different event numbers at a meet. (Articles 102.5.2 and 102.5.6)

Alternative Formats: All short course meters events, long course meters events, and national championships

shall be conducted on a timed-finals basis. Other short course yards events may be conducted on a timed-finals basis or another basis (e.g., preliminary heats and finals). (Article 102.5.4)

Time Trials: Independent attempts to establish official times ("time trials") are permitted only in USMS-sanctioned short course yards meets other than national championship meets. Time trials are not permitted in USMS national championship meets, short course meters, or long course meters meets. If time trials are offered, the meet announcement must state the events being offered and the format for the time trials. (Articles 102.5.5 and 102.10.1A)

Event Limits: A swimmer may compete in not more than six individual events per day. A swimmer shall not compete more than once in the same numbered individual event. Any nonconforming events swum shall be included in the daily event limit. If events are conducted in formats other than timed finals that require multiple swims (e.g., preliminary heats and finals), the limit is three events per day. For events that require multiple swims (e.g., preliminary heats and finals), all swims (e.g., preliminary heats) are considered as part of the same individual event, not as multiple individual events. If time trials are offered in short course yards meets, any time trial events swum shall be included in the daily event limit. A swimmer may repeat, as a time trial, an individual event already swum during the meet on the same day or in the same meet. (Article 102.6)

Official Time for Malfunction on a Lane: Timing system adjustments to backup times for individual lane malfunctions have been eliminated. In the event of a lane malfunction, the official time is calculated using valid times reported by the secondary timing system (or the tertiary system) in accordance with 103.17.3B and integrated with the accurate primary times in determining the results. (Article 103.17.3C-G)

Please see the front of the 2017 rule book for a full list of major changes.

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

HAMMERHEAD GAMES

By: John Grzeszczak, Hammerheads Coach

We want everyone to come to a last chance SCY meet, The Hammerhead Games on May 26-29, 2017! This is a first-of-its-kind meet honoring our coaches with prize money - that is correct prize money - for the coaches of the top 3 teams, with a maximum of \$500.00 per coach!

This is a 4-day meet at a great entry fee of \$85.00, with medals 1st thru 10th place for individual events, and 1st -3rd for relays! Great socials, goodie bags with lots of

swag, and a great pool at Nova Southeastern University! Short course yards meet, so come on down and enjoy sunny Fort Lauderdale for the Memorial Day Weekend, with lots of fun. www.dixiezone.org or www.hammerheadaquatics.com sign up today!

FITNESS EVENTS EXTRAORDINAIRE

By: Megan Lassen, FGC LMSC Fitness Chair

By now, I'm sure, you've all heard about the ePostal series: January and February offer the One Hour ePostal (also known as the Happy Hour), May 15th through September 15th offer the 5K and 10K ePostal (long course 5000 and 10,000 Meter swims,) and September 15th through November 15th offer you the chance to swim 3000 and or 6000 yards. These are a few of my favorite swims throughout the year for fitness and competitive swimmers alike, as you get the chance to see how you are doing from year to year in various courses, as well as in a timed event. It gives you the chance to compete against yourself from the previous year(s) and against the unknown others in the country who also decided to swim the event. But enough about the ePostals! I'd like to point out some other options for entertaining yourself this year, and in future years.

There is another event, with a T-shirt I might add, that does not have to be competitive, but challenges you to swim each of the events and distances that would be offered in a meet. You do not have to swim these events in a meet; you can do it in practice(s) at any time throughout the year. It's the Check Off Challenge. This year it is hosted by a great little team in Montana, FLOW (Flathead Lake Open Water Swimmers). You order the shirt first, or whenever you'd like, then fill it in as you go through the events. You could challenge yourself to sign up for all of the events at various meets throughout the year, or...some teams make a practice out of it, and swim each and every event listed in one practice. Make it as much fun as you like! Also, if you don't swim all the events that year, only you will know!

Team FLOW also offers another fitness and challenge event that they first rolled out last year, The Postal Swimtathlon. This is a groovy little gem that you can complete throughout the year with IM events, either at meets, or in your daily practices. The 2017 Postal Swimtathlon League is a year-long, postal pentathlon event where participants swim and submit times in the quarterly stages (Short, Middle, Long, Cumulative). Five events are included in each pentathlon stage (Fly, Back, Breast, Free, and Individual Medley), and cumulative times are used for league standings and results. This event also allows you to make changes in the last quarter of the year, by swimming each event again to better your time from the original. For more information, look here: [Swimtathlon](#).

Whatever you currently do for fun, adding one or more of these events can change up your fitness and or competitive routine, and challenge you more than last year.

ALTS: TEACH ADULTS TO SWIM

By: Megan Lassen

Have you been swimming all of your life, or did you learn later in life? Can you remember your first introduction to the water? According to the CDC, over 1/3 of adults in this country cannot swim the length of a pool. It is very likely that each of you have friends and family who cannot swim. This is where you come in... If you'd like to share your love for the water with other adults by helping them learn to swim, but never knew where to start, USMS now has what you need.

A few years ago, USMS rolled out a certification course that trains U.S. Masters swimmers to teach adults to swim; ALTS (Adult Learn To Swim.) By taking this one day course in your area (or in a destination location) you will get the innovative and effective training methods and tools needed to take an adult through the 'how-to' of swimming and becoming safer in the water. This program was designed specifically for teaching adults, rather than children, so it follows a natural progression for someone who has gone a lifetime without swimming, and may have many stigmas built around the water. The benefits of helping someone learn to swim are numerous for both you and the person who was not able to swim.

I cannot come close to telling you what a great opportunity this course offers, and I highly recommend taking it when it is in your area. For more information about the course, where it is offered, and great articles from adults who learned to swim through certified ALTS instructors, go to the USMS ALTS Instructor Certification page at: http://www.usms.org/content/alts_cert. The next class in this area is offered on March 15th in the Miami area, and will be taught by me (Megan Lassen). Remember, April is Adult Learn to Swim month, and many USMS teams/clubs get members certified in ALTS, then offer free swim lessons in their communities during the month of April. This is such a great team-building and rewarding experience for you, your team mates, and your community. Please share your love of water and swimming with someone in your area!

Want to know more about Megan?

Megan Lassen is a lead USMS-certified ALTS Instructor and Level 3 USMS-certified Masters coach at Swim Ft. Lauderdale. As well as initiating and developing bi-weekly technique and performance clinics for her team, she teaches swim lessons and coaches adults at the Swimming Hall of Fame pool, and has worked with special-needs clients. In 2016, she received the Kerry

O'Brien Coaching award for grassroots coaching accomplishments. She currently volunteers as Florida Gold Coast LMSC Secretary, and serves as Vice Chair on the USMS Recognition and Awards Committee. Her interests and expertise span all sorts of water sports and adventures, from competitive pool and open water swimming, to serving as a River Rescue Tech in Portland, Oregon (in '08 and '09). Megan has coached swimming since 2008 and started Masters programs in Wisconsin and Michigan, prior to arriving in Florida.

RECOGNITION AND AWARDS: GIVING YOUR SWIM FAMILY THE RECOGNITION THEY DESERVE

It's that time of the year again...to start nominating your fellow USMS swimmers/volunteers for awards they're deserving of. Here is a list of awards, their objectives, and the deadlines for nominations. Also if you follow this link, you will be able to get more information on each award and the paperwork you will need to fill out in the nomination process. USMS Awards

Capt. Ransom J. Arthur M.D. Award

This award is given in honor of Captain Ransom J. Arthur, M.D., who, by his sacrifice, perseverance, and dedication to improving the health of adults through swimming, established the Masters Swimming program in the United States. The award is given annually to the USMS volunteer who has done the most to further the objectives of Masters Swimming, generally over an extended period of time. Nominations due by March 15th.

Speedo U.S. Masters Swimming Coach of the Year Award

Since 1986, the Speedo U.S. Masters Swimming Coach of the Year award has been presented at the U.S. Masters Swimming annual convention to a USMS registered coach who demonstrates excellence in five areas: club and individual accomplishments, publications, contributions to U.S. Masters Swimming and the LMSC, letters of support, and long-term contributions to Masters swimming. Nominations due by July 1st.

U.S. Masters Swimming Dorothy Donnelly Service Award

As a volunteer-driven organization, USMS is grateful to the hundreds of volunteers who give their time, talent, and expertise to help all phases of our programs. The DDSA is given to those volunteers whose service stands out in its scope and its impact on the program and the USMS members who have benefited from their efforts on the local, regional, and national level. The

recipient must be a registered member of USMS. Nominations due by July 1st.

U.S. Masters Swimming Kerry O'Brien Coaching Award

The U.S. Masters Swimming Coaches Committee initiated a new award in 2008 with the goal of recognizing USMS coaches who are building our membership in communities throughout our country. Originally named the Grassroots Coaching Award, it has been renamed 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. It is with the efforts of individuals like these that U.S. Masters Swimming will most certainly move to a greater level. Nominations due by July 1st.

U.S. Masters Swimming Club of the Year Award

Successful USMS clubs develop programs that draw people in, support their swimmers, and set standards for other clubs to follow. Initiated in 2006, this annual award recognizes the efforts of the great clubs that embody these attributes. The USMS Club of the Year award is given in two separate club categories: Regional and Local. Due by July 1st.

U.S. Masters Swimming June Krauser Communications Award

The June Krauser Communications Award is presented annually to a USMS-registered individual or group, whose work in communications has contributed to the growth, improvement, or success of U.S. Masters Swimming locally, regionally, or nationally. Due by July 1st.

U.S. Masters Swimming Fitness Award

The USMS Fitness Education Committee annually presents the USMS Fitness Award to USMS-registered individuals and organizations demonstrating outstanding contribution to fitness activities within USMS. Due by July 1st.

Also due by July 1st are the following awards:

- U.S. Masters Swimming National Championship Meets Award
- U.S. Masters Swimming Open Water Service Award
- Ted Haartz U.S. Masters Swimming Staff Appreciation Award

If you know someone who should be recognized for all of their hard work, please nominate them for one of these National awards to thank them for their service to you, your team mates, and the sport of swimming!

FGC LMSC CALENDAR

2017		
Jan. 1 – Feb. 28		One Hour Postal Swim
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	Coral Springs SCY Meet – Coral Springs, 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
Apr. 29	OW	Crippen Sunset Mile (1-mi) – Miromar Lakes, FL
May 4-7	SCY	YMCA Masters Nationals – Sarasota, FL
May 6	OW	Hurricane Man (2.4 mi, 1K) – St Petersburg, FL
May 7	OW	Swim Miami (800m, mile, 5K, 10K) – Miami, FL (not sanctioned)
May 15 - Sep 15		5K/10K ePostals
May 26-29	SCY	Hammerhead Games at NSU – Fort Lauderdale, FL
May 26-29	SCM	IGLA Championships - World Out Games – Coconut Grove, 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	OW	41st Annual Swim Around Key West (800m, 1-mi, 2-mi, 10K, 20K). Key West, FL (not sanctioned)
June 10-11	LCM	Bumpy Jones Classic – Sarasota, FL
June 17-18	LCM	12 th Annual June Krauser Summer Splash – Fort Lauderdale, FL
June 30- July 2	LCM	Dixie Zone LCM Championships – Greenville, SC
July 8-9	LCM	St Pete LCM Championship – Clearwater, FL
Aug. 2-6	LCM	USMS Summer National Championships – Minneapolis, MN
Sept. 13-17		USMS Convention – Dallas, TX
Oct. 13-15	SCM	Dixie Zone SCM Championships
Oct. 15	OW	Tropical Splash (1K, 2.5K, 5K). Sarasota (Siesta Key), FL
Nov. 4-5	SCM	Shark Tank Meet – Sarasota, 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