

Florida Gold Coast LMSC

Newsletter - Summer 2021

2021 LMSC BANQUET

After cancelling our 2020 banquet due to the pandemic, we now plan to host our **2021 LMSC Banquet on Saturday, October 23** at Galuppi's in Pompano Beach! Join us with friends and teammates to celebrate our accomplishments.

If anyone is interested in helping with this year's banquet, please contact Catherine Rust at crust719@gmail.com.

A special feature is planned for this year's LMSC Banquet. We are having a Throw-Back game. Everyone is requested to submit an old photo of themselves, preferably a childhood or college swimming photo if you can find one. Or for our older swimmers, a photo before you went gray or when you still had hair! The photos will be displayed at the banquet and you will need to match the photo to a list of swimmer names. There will be a special prize for the person who gets the most correct.

Send your photos to Barb Protzman at swimbarb@hotmail.com or via text at 954-675-1833. Barb will be the only person to see your photos before the banquet. Your photos will not be used for any other purpose without your written consent.

REGISTRATION UPDATE

As of July 1, there are 1,268 swimmers registered in the FGC LMSC. There are 18 clubs registered for 2021. We ended 2020 with 1,442 swimmers and 24 clubs.

There are many swimmers from 2019 and 2020 who have not yet renewed for 2021. If you know any of these people, urge them to get back in the pool!

SWIM MEET RECAP

Since the last newsletter, there were four meets in our LMSC.

- Dec. 12-13 – Coral Springs SCM Meet
- March 27-28 – Snag Holmes Invitational
- Apr 30 – May 1 – Hammerhead Aquatic SCY Meet
- May 15-16 – Coral Springs SCY Meet

Upcoming meets in the FGC LMSC are:

- Aug 21-22 – Coral Springs LCM Meet

We have been fortunate in our LMSC to be able to host meets during the pandemic. Thanks to all our meet hosts and to our swimmers for cooperating with the various restrictions.

CORAL SPRINGS SCM MEET

Coral Springs stepped forward to run the first pandemic-restricted meet in December 2020. Due to size restrictions, the meet was run in two sessions each day with a limit of 60 swimmers per session. We were limited to 2 swimmers per lane for warmups. There was great support from our LMSC in recruiting officials and timers.

Despite the limitations to training during the year, two swimmers were able to break national records at the meet.

Mike LaMonica (PBM) – Men's 60-64 100 SCM Fly – 1:03.38

Destiny Nelson (PBM) – Women's 18-24 200 SCM IM – 2:17.43

PALM BEACH MASTERS SCY MEET

The Snag Holmes Invitational was held in Jupiter on March 27-28. Restrictions began to be loosened so there was only one session each day.

Three USMS national records were broken at the meet: Mike LaMonica (PBM) – Men's 60-64 200 yd Fly – 2:07.21

Destiny Nelson (PBM) – Women's 18-24 400 yd IM – 4:17.48

Mike Freshley (SHARK) – Men's 80-84 200 yd Breast – 3:07.31

HAMMERHEADS SCY MEET

The Hammerheads held a sprint/distance meet on April 30-May 1 at the Northeast High School in Oakland Park.

Four USMS records were broken at the meet. Mike Freshley, 80, of Sarasota Sharks broke records in the Men's 80-84 50 yd breast (37.48) and 100 yd breast (1:23.28) and 50 yd Fly (33.11).

Karen Einsidler, 65, also of Sarasota Sharks, lowered the Women's 65-69 1,650 free record by six seconds in 20:33.83.

At age 90, Mary Jane Mullins of Hammerhead Aquatics was the oldest swimmer in the meet.

CORAL SPRINGS SCY MEET

By the time the Coral Springs SCY Meet was held in mid-May, COVID restrictions were relaxed, allowing more swimmers per lane in warmup, relaxed the need to wear masks, and allowed the use of the locker rooms.

USMS SHORT COURSE NATIONALS

After USMS had to cancel both 2020 National Championship Meets, the 2021 meets were each postponed. Short Course Nationals will be held in Greensboro, NC on July 21-25. 882 swimmers have entered the meet, making this the smallest SC nationals since 1980.

The FGC LMSC will be well-represented with 31 PBM swimmers and 26 SFTL swimmers entered in the meet. In order to meet facility requirements, the meet will be divided into two sessions each day to minimize the number of people in the facility at one time. There will be no relays.

USMS Long Course Nationals will be held October 6-10 in Geneva, OH.

OLYMPIC QUALIFIERS

Several swimmers from our LMSC qualified for the U.S. Swimming Olympic Trials that were held June 13-20 in Omaha. Palm Beach Masters' Destiny Nelson and Marina Spadoni as well as Anthony Ervin who is registered with SFTL competed. There is an article about Marina's return to swimming on the USMS website at:

[USMS Members Taking on the Nation's Best at Olympic Trials | U.S. Masters Swimming](#)

There were also two members of our LMSC who participated in the Paralympic Swimming Trials held in Minnesota on June 17-19. Jesse Greve (GOLD) and Abbas Karimi (SFTL) were first time participants.

PARALYMPIC QUALIFIER

Abbas Karimi will represent the International Paralympic Committee Refugee Team at the Paralympics in Tokyo. Abbas swims with SFTL and has competed in all the meets held in our LMSC since the pandemic. Check out the article at:

<https://olympics.com/tokyo-2020/en/paralympics/news/refugee-paralympic-team->

[announced?fbclid=IwAR1cPh73hkuMyvBXoKxsO1tfEyo7_C1_9QZKvCGM7L65AGFNG7II8_ygHjU](#)

FORT LAUDERDALE POOL UPDATE

We all miss having meets at the Fort Lauderdale Aquatic Center. Check out this article for updates on the progress of the renovations.

https://www.teamunify.com/fgflac/UserFiles/Image/QuickUpload/june-2021-construction-update_033141.pdf

OPEN WATER

Open Water Swimming is back! There have been several events in South Florida this past month. Find Open Water events at USMS Southeast Zone or browse Florida open water swims. USMS is holding at least 3 Open Water National Championships for 2021. Oregon, Texas with Newport Beach still to be determined. Check out the Open Water Central page on the USMS website is a great tool for all open water swimming. The page includes events, techniques, clinics and practices and workouts. Remember USMS insurance does not apply to non-USMS sanctioned events.

For 2021, the ePostal National Championships will only require 3 of the 5 events to be completed to qualify for the ePostal Challenge patch. Those that missed the 1 Hour ePostal can still qualify for the award and won't even have to do the 10K! The 5k/10k opened on May 15 and will run through September 15. The ePostals are always a good challenge and a way to compete in a USMS National Championship.

CONGRATS TO MEGYN TABACK

Megyn Taback (PBM) was named the Florida SHAPE High School Physical Education Teacher of the Year. SHAPE is the Society of Health and Physical Educators. Megyn will now be eligible for the SHAPE southern district award.

Megyn teaches at the Atlantic Community High School in Delray Beach. She also works at the Coral Springs Aquatic Complex in the summer.

ROBERT BERTRAND (PBM)

October 25, 1948 – December 21, 2020

Bob Bertrand of Jupiter, Florida and Cape Cod, Massachusetts passed away suddenly and unexpectedly in Jupiter, Florida. Growing up in Islip, New York, Bob always loved the ocean. He became a lifeguard at Robert Moses State Park, Long Island, NY

in 1967. Bob spent many summers working at RM 2 where he made lifelong lifeguard friends. He was a natural athlete and loved soccer, surfing, tennis, golf and, of course, swimming. Bob became a pilot at Moody Air Force Base in Georgia in 1974. He then joined Otis Air Force Base on Cape Cod where he flew the Convair F-106 until 1982. He was hired as an American Airlines pilot in 1978 and worked for them until his retirement in 2008. He was the Boston Safety Coordinator for the Allied Pilots Association (APA) – 1992 Bob was a member of APA National Safety Committee from 1993-1995. His primary duties required the handling of all air traffic control capacity initiatives in Washington D.C. and surrounding areas with members of the FAA and other users of the airspace system. Bob became a Boeing 757-767 L-Type check airman from 1997-2003 initially in New York and then in Boston. He returned to line flying on the Boeing 777 in Boston from 2004 until his retirement in 2008. After retirement, Bob founded his company, Safety4Clubs distributing and teaching the use of AED's and Lifesaving techniques. He also served as the New England regional president for USLA, the United States Lifesaving Association, from 2010-2014. He was involved with various lifeguard operations on Cape Cod. While still being involved with his business, Safety4Clubs and USLA, Bob split his time between Cape Cod and Jupiter where he swam almost every day and golfed almost as frequently. He was a proud member of the Palm Beach Masters Swimming enjoying many friendships. Bob cherished his time and the friends that he made as a member of the Wianno Golf Club in Osterville, MA as well as the Riverbend Golf Club in Tequesta, FL. Bob was predeceased by his parents, William and Dorothy Bertrand of Islip, NY and Jupiter, FL. He is survived by his beloved wife, Leona, Beloved daughter, Rebecca and his forever playmate, granddaughter, Serena. Bob also leaves his sister and brother-in-law, Barbara and John Taylor, his sister Dorothy (Dee) Bertrand and her partner Ken Leggett, and his brother and sister-in-law, William and Mary Bertrand. Bob was generous, warm and welcoming to all that he met... and would be the first to include any newcomer into his group. He was extremely loyal and supportive to his friends and especially his family. Bob leaves many dear and special friends including school mates, pilots, swimmers, lifeguards, golfers and neighbors from both Cape Cod and Jupiter. He has gone too soon and will be greatly missed. In lieu of flowers, donations can be made to USLA: The United States Lifesaving Association USLA.ORG-Donate "The USLA is America's nonprofit professional association of lifeguards and open water rescuers. The USLA works to reduce the incidence of death and injury in the aquatic environment through public education, national lifeguard standards, training programs, promotion of high levels of life guard readiness, and other means."

CATALINA FAZZANO (SFTL)

June 24, 1953 - January 31, 2021

Born and raised in Bogota Colombia, Catalina Fazzano, age 67, was the oldest of six children of Adiel Bernate de Uribe and Alberto Uribe Henao. She was an avid equestrian who enjoyed spending time on the family farm with her siblings, Alejandro, Ana Maria, Cristina, Clara Lucia, and Jorge. In 1975, she came to Burlington, Vermont as a Fulbright scholar to pursue a Psychology PhD. There she met her husband of 42 years, Francis John Fazzano, Jr. ("Skip"). They married in 1978 and after a few years in Virginia for Skip's residency, settled in Coral Springs, Florida. Catalina was a fiercely loving mother of two daughters, Alicia Castro and Adriana Ficano. She introduced her daughters to horseback riding at a young age, and spent countless early mornings and weekends with them at the barn. Catalina loved to travel. A competitive swimmer, she travelled internationally to compete in U.S. Masters Swimming meets. And on her last trip before her diagnosis, she explored the American west's national parks.

Catalina was devoted to family. She referred to her three grandchildren, Trip (4), Daniela (2), and Penelope (1), as "life's dessert." She never missed a single extended family wedding or major life event. She was a role model of what it means to put family first. She supported her husband, her daughters, her sons-in-law David and Juan Pablo, and her grandchildren. When her younger daughter, Adriana, faced her own battle with cancer, Catalina, on a moment's notice moved her entire life to Houston, Texas to help care for Adriana and Daniela, her granddaughter, while Adriana underwent treatment at MD Anderson. Shortly after Adriana's treatment was complete, Catalina returned to Houston to begin her own cancer battle. She faced cancer bravely and with grace. It was not uncommon for nurses, upon seeing her, to remark that they couldn't believe she was even sick. Catalina truly made the most of her last year, and in a time when it would have been understandable to focus on herself, was always focused on her family first. She came to every possible swim lesson, Sunday get-together, birthday, and holiday with her grandchildren in Houston. Catalina succumbed to her disease, acute myeloid leukemia, surrounded by her husband and daughters in the comfort of her Houston home on January 31, 2021. Catalina is survived by her husband Skip Fazzano, her daughter Alicia Castro and spouse David Castro Jr. and grandchildren David Castro III ("Trip") and Penelope Castro, and her daughter Adriana Ficano and spouse Juan Pablo Ficano and granddaughter Daniela Ficano, as well as her siblings, Alejandro Uribe, Ana Maria Uribe, Cristina Uribe, Clara Lucia Uribe, and Jorge Uribe.

FGC LMSC CALENDAR

2021		
Aug. 14-15	LCM	St. Pete Masters LCM Meet – St Petersburg, FL
Aug. 21-22	LCM	Coral Springs LCM Meet – Coral Springs, FL
Oct 15-17	SCM	Rowdy Gaines Classic – Orlando, FL
Oct. 23		FGC LMSC Banquet – Galuppi's, Pompano Beach, FL
Nov. 6-7	SCM	Shark Tank Meet – Sarasota, FL
Dec. (tentative)	SCY	Florida Senior Games – Coral Springs, FL (for swimmers 50+)
Dec.	SCM	Chris Jackson Memorial SCM Meet – Coral Springs, FL
2022		
April 26 – May 1	SCY	USMS Spring Nationals – San Antonio, TX
May 13-16	SCY	National Senior Games – Broward County, FL
May 31 – Jun 9	LCM	FINA World Masters - Japan
July 21-28	LCM	UANA Pan Am Masters Championships – Medellin, Colombia
Aug. 3-7	LCM	USMS Summer Nationals – Richmond, VA

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

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