

Florida Gold Coast LMSC

Newsletter - Fall 2017

2017 USMS CONVENTION

U.S. Masters Swimming held its annual meeting during the United States Aquatic Sports Convention in Dallas, TX on September 13-17. Attending from the FGC LMSC were: Barb Protzman, Linda Bostic, Megan Lassen, Matt Hooper and Steve Goldman.

In addition to committee meetings and rules and legislation reviews, USMS held officer elections and honored many of its deserving volunteers with service awards.

U.S. Masters Swimming is pleased to announce the results of elections to the Board of Directors: Patty Miller (Virginia) was re-elected and will serve another two-year term as president. Peter Guadagni (Pacific) was elected and will serve as vice president of administration. Chris Colburn (Illinois) was elected and will serve as vice president of local operations. Donn Livoni (Montana) was elected and will serve as vice president of programs. Frank "Skip" Thompson (Michigan) was re-elected and will continue to serve as vice president of community services. Greg Danner (Niagara) was elected and will serve as secretary. Ralph Davis (Michigan) was re-elected and will continue to serve as treasurer.

Volunteers who have made significant contributions on the local, regional, and national levels and whose service stands out in scope and impact are honored with the Dorothy Donnelly Service Award, named for one of USMS's first super-volunteers. One of the 2017 recipients is Kristin Volz who is a member of SFTL.

USMS considers club development a priority, and recognizes a club every year with the Club of the Year Award. Masters clubs that do the most to promote USMS's values and mission in their communities and at the national level are candidates for this award. This year's Local Club of the Year is Palm Beach Masters (Florida Gold Coast). This year's Regional Club of the Year is Oregon Masters (Oregon).

The locations for the following USMS National Championship Meets were chosen:

- 2019 Short Course – Mesa, AZ (April 25-28)
- 2019 Long Course - Mission Viejo, CA (Aug 7-11)
- 2020 Long Course - Richmond, VA (Aug 13-16)

In the Dixie Zone meeting, Ed Saltzman of Georgia was elected to a two-year term as Chair. Dixie Zone Championships for 2018 were awarded:

- SCY - Clearwater, FL (Feb. 9-11)
- Open Water - Chattanooga, TN (first weekend in June)
- SCM - Coral Springs, FL (Dec. 1-2)
- LCM – Suspended to encourage participation in the Pan Am Games in Orlando.

World records may only be set in a sanctioned meet using fully automatic timing. World records and USMS records may be established when the automatic primary timing system fails if the times are reported by a semiautomatic secondary timing system using three, two, or one valid button(s). No World or USMS records can be set using manual watch times. USMS Top 10 times may be established when the times are reported by a manual primary timing system with a minimum of two valid watch times.

Both the USMS Individual and club registration fees are increasing for 2018 due to the \$2 increase at the national level.

For all the details from convention, go to: <http://www.usms.org/admin/conv/2017>.

2017 ANNUAL LMSC MEETING

The FGC LMSC will hold the annual meeting on Sunday, December 3 following the swim meet at the Coral Springs Aquatics Complex. All registered swimmers are invited to attend.

If you are interested in being an LMSC officer or committee chair or a general volunteer, please come to the meeting. If you would like more information about volunteer opportunities, contact Barb Protzman.

SWIM MEET RECAP

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

- Aug. 26 – Coral Springs Last Chance LCM Meet

At the Coral Springs LCM Swim Meet, the PBM team of Lee Childs, Keefe Lodwig, George Schmidt, and Dave Quiggin broke the record in the men's 280+ 800 free relay. They broke the World and USMS records by 7 seconds.

Upcoming meets in the FGC LMSC are:

- Dec. 2-3 – Coral Springs Chris Jackson Memorial SCM 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

The FGC LMSC ended the 2017 registration year with a total of 1856 swimmers. This was a 5.5% increase over the previous year and our largest amount ever. We performed better the national level which had a decrease of 3.6%. We had a total of 31 clubs registered.

It is now time for swimmers to renew their memberships for 2018. If you renew before the end of the year, you will receive discounts to many of the USMS national sponsors.

2017 USMS SUMMER NATIONALS

The 2017 U.S. Masters Swimming Summer National Championship was held at the University of Minnesota in Minneapolis, MN on August 2-6. The FGC LMSC swimmers from 3 clubs attended: GOLD – 1, PBM - 17, SFTL – 55; plus three UC50 swimmers. A total of 1,016 swimmers were entered in the meet.

SFTL placed 1st out of a total of about 150 clubs in the combined local club division and. PBM placed 4th. Way to go!

Many swimmers were National Champions, finishing first in one or more individual events. Our Champions are: PBM – Lee Childs, Daniel Lotano, Rebecca Smith. SFTL – Heather Congdon, Sebastian Cuellar, Mervyn Goldbas, Christina Hitchcock, Eric Jackwin, Jamie Marks, Cecilia McCloskey, Sean Monahan, Ami Trauber, Rosa Ventura, Serge Wenzel, Ryan Williams.

Swimming for SFTL, Cecilia McCloskey broke the national and world record in the women's 65-69 50 m backstroke.

For full meet results, go to:

<http://www.usms.org/comp/lcnats17/results>.

2018 YMCA NATIONALS

The 2018 YMCA Masters National Championship Meet will be held back in Fort Lauderdale on April 19-22. The FGC LMSC plans to attend YMCA Masters Nationals

again this year as one combined team. Look for details on joining our group in the near future.

Details about the meet can be found at:

https://www.clubassistant.com/club/meet_information.cfm?c=1709&smid=9380.

Last year, 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.

USMS RULE CHANGES

IMMEDIATE CHANGES TO CONFORM TO FINA AND USA SWIMMING RULES

FINA approved amendments to the rules of competition on July 21, 2017 during the FINA Congress in Budapest. These changes are effective on September 21, 2017. Pursuant to articles 601.4.7B and 601.4.8, changes adopted in between meetings of the House of Delegates shall automatically be adopted unless USMS takes action to reject, amend, or repeal the change. The USMS Rules Committee voted to affirm these changes during their meeting in conjunction with the annual meetings of the USMS House of Delegates on September 14, 2017 and have been adopted in the USMS Rules of Competition.

Explanation of Change #1

FINA approved a change which alters the timing system requirements for world records.

1. FINA will no longer accept world records when the times are reported from manual (hand-held) watches.
2. FINA will no longer accept world records when the times are reported from a semiautomatic (automatic start with a button finish) primary timing system (i.e., when touchpads are not in use and the buttons are considered primary).
3. FINA will continue to accept world record applications from times reported by automatic timing (automatic start and touchpad finish).
4. In the event of a touchpad malfunction, FINA will accept world record applications from times reported by a semiautomatic backup timing system. The backup semiautomatic timing system may consist of three, two, or one button(s).

Explanation of Change #2

FINA approved a change that alters the interpretation of the freestyle leg of individual medley and medley relay events. This change is effective for all USMS sanctioned and recognized meets, regardless of the length of the course (short course yards, short course meters, long course meters).

1. An October 2015 interpretation said that if a swimmer is in a position on or towards the back during the freestyle leg of an individual medley or medley relay,

the swimmer is subject to disqualification. The rationale for this interpretation is that the rule prohibits swimmers from repeating a stroke during the last leg of these events. Being in a position towards the back constitute a legal backstroke, regardless of the type of stroke or kick used. 2. The September 2017 change permits swimmers to leave the wall during a turn in a position on or towards the back during the freestyle leg of an individual medley or medley relay event without being subject to disqualification. This includes the breaststroke-to-freestyle transition and freestyle turns. 3. If swimmers leave the wall in a position on or towards the back, they must return to a position towards the breast before any kick or stroke. 4. Being on or towards the back at any other time during the freestyle leg of an individual medley or medley relay event is still an infraction subject to disqualification, regardless of any type of stroke or kick used. 5. It remains legal to be on or towards the back during any portion of a freestyle event. The restriction on body position only applies to the freestyle leg of an individual medley or medley relay event.

Explanation of Change #3

FINA approved a change to the wording of the butterfly rule. This is not a substantive change.

1. A sentence reading “underwater kicking on the side is allowed” was deleted because it was regarded as duplicative wording. 2. FINA SW8.5 still permits underwater butterfly kicking up to the 15-meter mark in butterfly. The reference to “on the breast” is still interpreted as a position toward the breast, meaning that kicking on the side is still legal. 3. Therefore, there is no change in how the butterfly will be judged as a result of this change.

SEEING THE WORLD FROM THE WATERLINE

By: Ingrid Bon, Palm Beach Masters

My father was a natural open water swimmer. No fancy suits, no goggles. From the beach, he'd pick a buoy out in the ocean and taunt me, then a young girl, saying he'd swim to it, touch it, and return. Oh, how I wanted to accompany him! But I didn't even know how to swim. It was only because one of my siblings nearly drowned that we were registered for swim lessons. I was nine-years old.

I didn't have the opportunity to join an age-group swim team and swim regularly; however, my love for swimming in the ocean never waned. Five years ago, at the age of 42, I joined USMS because I needed to do something good for myself. Under the tutelage of Coach Bert Polacek, I relearned the basic mechanics of

swimming. For three years I participated in local triathlons with the purpose of swimming in the open water, gaining the courage to tackle longer distances because Coach Bert believed I could. It wasn't until I participated in the 4.4-mile Great Chesapeake Bay Swim that I fell in love with long-distance swimming. From a 4.4-mile swim the only logical progression is a marathon swim. Training for marathon swims not only requires long hours in the water—often twice a day—but also optimize one's swimming skills. I've been fortunate to train with Coach Patrick Billingsley, who has taken upon himself to make me a more efficient—and therefore faster—swimmer. Coach Patrick is always willing to lend a sympathetic ear to the trials and tribulations of a sport that is governed by the whims of nature and bound by the physical limits of one's body and the self-imposed barriers in one's head.

Marathon swims are 10 km (6.2 miles) or longer. The ones with the most simple logistics are the loop courses—typically a 10K—where swimmers leave their nutrition and hydration at a fixed location. The most complex ones, such as channel crossings, require a support motor boat, a kayak escort, and a crew. Most marathon swims require a kayak escort for the swimmer. Marathon swimming, though perceived as solitary in nature, is indeed a team sport.

The 2017 season was my second one as a marathon swimmer. I started my season in April travelling to Arizona for the SCAR swim with my Wahoo teammate Tam Burton as my kayak escort. SCAR is one of the toughest stage marathon swims: over 41 miles of swimming in four days in the gorgeous lakes of the High Country. Every day we swam in a different lake. Saguaro Lake offered an introduction to the saguaro-studded landscape. Canyon Lake was the most scenic lake with tall, narrow, and colorful canyons that give it its name. Apache Lake, notorious for its wicked winds, allowed only four out of forty swimmers to complete the swim. I wasn't one of those hardy souls. The last day we swam under the stars at Roosevelt Lake. Swimming SCAR was a transformative experience like no other. For Tam it was an introduction to the happy tribe of marathon swimmers that travels around the world in search of all kinds of bodies of water to swim in.

The longest stage marathon swim is the 8 Bridges Hudson River Swim, a 120-mile swim from Hudson, NY to New York Harbor. The distance is swum in stages over seven days in June, from bridge to bridge. I signed up for Stage 4 because I wanted to see the United States Military Academy from the waterline. A strong headwind overtook Stage 4. My kayak escort, an experienced Hudson paddler, took me on the most beautiful line. However, the Hudson didn't allow me to pass. The Hudson is a tidal river and once the tide

changed I couldn't make the bridge in time. I was pulled after I had the opportunity to marvel at West Point's stalwart granite buildings. The heartbreak from that DNF, my second of the year, was only lessened by Coach Patrick's reminder that one might fail when pursuing challenging goals. One learns from those failures and one perseveres.

When I returned to Vermont in July, I was looking for redemption. The Kingdom Swim's Border Buster, a 25-km swim in Lake Memphremagog, starts in Newport, VT, ventures across the border into Canada, and finishes back in Vermont. I had swum the ten miler the previous year—which was also the USMS 9+ mile Open Water Championship—and the memory of overheating was still fresh. That was worrisome, since the 25-km swim would be my longest to date. Turned out I needn't worry. The waters of Lake Memphremagog were cooler this year. My kayak escort and I enjoyed the pine trees and the sailboats throughout the day. Stepping onto the beach brought an enormous sense of accomplishment. I learned I can swim for a very long time.

I returned to the Hudson in September for the Spuyten Duyvil 10K. This time the wind was light and the current was swift. What a fun swim! It felt like going down a water slide head first. Never had I swum a 10K without stopping. Large cargo vessels made their way upstream

while swimmers were swept by the current. The line of paddlers that herded the swimmers reflected on the flat water giving one the impression one was looking at a mirage on a highway. Perhaps the Hudson and I have made up for now. I'm curious to see what reception I get if I'm fortunate to return next season. For many marathon swimmers, Spuyten Duyvil was their season closer. Not for me. Mine is Swim the Suck in Chattanooga, TN in October. I'm looking forward to this fun swim—10 miles down the Tennessee River—since last year I couldn't make it due to Hurricane Matthew.

With the support of my coaches and crew, I'm planning to take on greater challenges next season. I can only feel grateful for the opportunity to swim in beautiful waters with kindred spirits and see new landscapes from the waterline.

If you're still curious about these swims, you may visit <http://blogs.marathonswimmers.org/bluemermaid/> for details. <http://marathonswimmers.org/> and <https://loneswimmer.com/> are two great resources on the sport of marathon swimming. Happy swimming!

FGC LMSC CALENDAR

2017		
Dec. 2-3	SCM	Coral Springs Chris Jackson Memorial Meet – Coral Springs, FL
2018		
Feb. 9-11	SCY	Dixie Zone SCY Championships/Valentines's Meet – Clearwater, FL
Feb. 16-18	SCY	Ft. Lauderdale Masters Challenge – Ft. Lauderdale, FL
Mar. 9-11	SCY	Snag Holmes Masters Invitational – Jupiter, FL
April 14	OW	Swim Around Lido Key (7 miles) – Sarasota, FL
April 19-22	SCY	YMCA Masters National Championship – Fort Lauderdale, FL
May 10-13	SCY	USMS Spring National Championship – Indianapolis, IN
June 9-10	LCM	Bumpy Jones Classic – Sarasota, FL
June 15-17	LCM	June Krauser Summer Splash – Ft. Lauderdale, FL
June 30	OW	FKCC Swim Around Key West (12.5 miles) – Key West, FL
Jul 28 – Aug 3	LCM	Pan American Masters Championship** – Orlando, FL
Aug. 5	OW	Pan Am Masters Championship (1.5K, 5K) – Orlando, FL
Aug. 18-19	LCM	Dog Days Meet – Clearwater, FL
Sept. 26-30		USMS Convention – Jacksonville, FL
Dec. 1-2	SCM	Dixie Zone SCM Championships/Chris Jackson Memorial Meet – Coral Springs, FL

** The 2018 Summer Nationals will not be contested in favor of supporting the 2018 UANA Pan American Masters Championship in Orlando.

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