

# Florida Gold Coast LMSC

## Newsletter - Summer 2020

### 2019 Florida Gold Coast LMSC AWARDS

#### Swimmer of the Year – Pool

The Swimmer of the Year is selected based on a numerical point value system considering top 10 finishes in all courses. The recipient must swim in SCY, LCM and SCM events and swim in at least one meet sanctioned by the FGC LMSC.

- ❖ Lee Childs
- ❖ Cecilia McCloskey

#### Swimmer of the Year – Long Distance

The Long Distance Swimmer of the Year is determined by a point system for the ePostal events, Open Water National Championships and USMS sanctioned open water events in the Dixie Zone.

- ❖ David Quiggin
- ❖ Catherine Rust

#### All American Pool Individual

|                |                   |               |               |                  |
|----------------|-------------------|---------------|---------------|------------------|
| Michael Aubrey | Harry Braaksma    | Lee Childs    | Phillip Djang |                  |
| Barry Garland  | Holly Green Blair | Dan Lotano    | David Quiggin | Timothy Shead    |
| Ann Stewart    | Bryan Tatterson   | Sharon Taylor | Ryan Williams | Elizabeth Zubero |

#### All American Long Distance Individual

|                |                  |               |
|----------------|------------------|---------------|
| Catherine Rust | Ricardo Valdivia | Cameron Wasko |
|----------------|------------------|---------------|

#### All American Relay

|                 |                     |                     |                     |
|-----------------|---------------------|---------------------|---------------------|
| Mark Aboud      | Tatiana Barbosa     | David Beuttenmuller | Linda Irish Bostic  |
| Tam Burton      | Cav Cavanaugh       | Debbie Cavanaugh    | Heather Congdon     |
| Joan Craffey    | Celia DeVanne       | Michael Dively      | Bill Dykstra        |
| Lars Ferron     | Pam Figoras         | Alex Fisher         | Maureen Fitzpatrick |
| Carolynn Foley  | Mariela Guerra      | Monique Hanson      | Fran Hare           |
| Cynthia Henley  | Donelda Horne       | Maria Hung          | Eric Jackwin        |
| Tony Jarvis     | Shawn Kelly         | Darcy LaFountain    | Dan LeBost          |
| Len Lindahl     | Jerry Marchbanks    | Jamie Marks         | Katie Martin        |
| Peggy McDonnell | David McIntyre      | Scott McMillen      | Suzanne Mitchell    |
| Roger Parsons   | Robert Pendergrass  | Barbara Protzman    | David Putnam        |
| Dee Ragalie     | Christine Raininger | Stephanie Rock      | Kathleen Sandner    |
| George Schmidt  | Amanda Singleton    | Rinaldo Sintjago    | Christopher Stickle |
| Ann Thomas      | Mallory Watson      | Corey Welch         | Chris Wenzel        |
| Tracy Williams  | Blake Woodrow       | Kurt Zilch          |                     |

#### Top 10 Individual

|                |                  |                 |
|----------------|------------------|-----------------|
| Carla Albino   | Gordon Andrews   | Alex Arrieta    |
| Jo-Anne Berry  | Heidi Bettendorf | Ingrid Bon      |
| Sandra Cathey  | Andrew Cole      | Luis Comulada   |
| Jeanne Danford | Paul Endres      | Pamela Falcigno |
| Andy Fischer   | Arnaldo Gasco    | Robert Gerring  |

Cathy Goodwin  
Joan Griffin  
Robert Heacock  
Jamie Herrington  
Charles Jeanpierre  
Valeriy Krishtal  
Scott Loder  
Domenic Macri  
Gary McClellan  
Jeannie Mitchell  
Francisco Parra  
James Purdy  
Kathleen Stutz  
Ami Trauber  
Linda Webb  
Todd Wilson

Chip Green  
Ahmed Hamada  
Marty Hendrick  
Peter Horwitz  
Kristof Kertesz  
Dale LeClair  
Bruce Lyon  
Jennifer Macri  
Cecilia McCloskey  
Andres Miyares  
Aly Paz  
Laura Richards  
Meaghan Suhich  
Andrea Uzcategui  
Serge Wenzel  
Eliot Winokur

Jesse Greve  
Erik Hanssen  
Sandro Herek  
Andy Hunter  
Bill Korey  
Karen Lewin  
Libby Lyster  
Michelle Martin  
Rodrigo Mendes  
Francisco Parra  
Lenore Phillips  
Howard Rolston  
Martin Torres  
Peter Vila  
Karl Wiedemann  
David Zubero

### **Top 10 Relay**

Junko Altman  
Jim Anderson  
Jenny Ayala  
Douglas Buchan  
Francois Caudriller  
Nicholas Chow  
Kathy Cronin  
Suzanne Dearworth  
Beda Dondi  
Diana Finney  
Tania Garcia  
Marci Grady  
Alejandro Herrero  
Elaine Joggerst  
Eney Jones  
Scott Kitzman  
Linda Larson  
Andrew Magazine  
Larry Marquis  
Doug Meckelnburg  
Jennifer Mohan  
Hillary Morris  
Gail Musk  
Jonathon Olsen  
Nicholas Perry  
Mark Richards  
Victoria Santiago  
Lydia Seier  
Janet Siniscalchi  
Richard Strzelecki  
Rosa Ventura  
David Walley

Brian Amersi  
Kirk Arthur  
Sarah Bennett  
Patrick Cannan  
Michele Chattaway  
John Colvin  
Philip Cullen  
Jose Del Pino  
Caitlin Dundey  
Sharon Friedman  
Caroline Gatto  
John Grzeszczak  
Tom Hogan  
Bob Johnston  
Tom Jones  
Timothy Krajewski  
Paul Lauro  
Alejandro Manrique  
Brendan McCarthy  
Michael Meyer  
Becky Monahan  
Bernardino Mosquera  
Blaise O'Neill  
Quincy Pearson  
Ed Pritchard  
Daniela Rosenblat  
Patricia Sargeant  
Kevin Semisch  
Susan Smith  
Mike Taber  
Ximena Vidaurre  
Margot Wheeler

Ryan Armpriester  
Marie Averett  
Carlos Berrocal  
Orlando Caro  
Adrienne Chin-Ogilvie  
Peggy Costantini  
Angela Dean  
Christopher DiGilio  
Julie Finlon  
Douglas Gallagher  
Robert Gibson  
Jenna Hanssen  
Hilario Itriago  
Bonnie Johnston  
Ann Kilpatrick  
Terry Lage  
Luca Lioce  
Ron Marks  
Christine McCrady  
Mary Moak  
Jim Monahan  
Nancy Munro  
Rick O'Shea  
Stuart Pechter  
Wiley Reynolds  
Rachel Sandoval  
Alexandra Sczerban  
Sherif Shaalan  
Tom Spino  
Edymar Uzcategui  
Kristin Volz  
Michael Yagemann

### **2019 USMS Record Breakers**

Lee Childs  
Robert Heacock

Joan Craffey  
David Quiggin

Holly Green Blair  
Catherine Rust

Fran Hare  
Ricardo Valdivia

## 2020 LMSC BANQUET

In a March LMSC meeting, it was decided to push back the LMSC banquet from May 31, 2020 to October 4. In another LMSC meeting on July 23, it was decided to cancel the 2020 banquet. The status of the pandemic in our LMSC is still too active to allow for large in-person meetings for the foreseeable future.

Awards have been ordered for all swimmers who requested them. When all the awards are received, a way to distribute them will be determined.

## SWIM MEET RECAP

Since the last newsletter, there was one meet in our LMSC. On March 6-8, the 6<sup>th</sup> Annual Snag Holmes Masters Invitational was held in Jupiter, FL. For many of us, this was our one opportunity to swim in a SCY meet this year.

Numerous other events have been cancelled due to COVID-19, including USMS Spring and Summer Nationals. The hosts of Nationals, San Antonio, TX and Richmond, VA will be awarded the 2022 events.

At this time, USMS has said that no standard pool or open water events may be sanctioned through August 31. The USMS Board is re-evaluating this each month.

## REGISTRATION UPDATE

As of August 19, there are 1,355 swimmers registered in the FGC LMSC. There are 24 clubs registered for 2020.

There are over 545 swimmers from 2019 who have not yet renewed for 2020. Many swimmers have rejoined in the past few months to be able to swim with the programs that have resumed practices.

## ZONE NAME CHANGE

On July 11<sup>th</sup> the USMS Board of Directors met and voted to approve the formal proposal to change the name of the Dixie Zone and requested that the LMSC Development Committee take up the issue and submit legislation for the House of Delegates to consider.

On July 21<sup>st</sup> the LMSC Developmental Committee held their committee meeting and discussed the Dixie Zone name change. The Zone Chair, Ed Saltzman of Georgia, presented the factors that led to the name change request and laid out the process and research that was followed to select a new name. Following a brief discussion; the committee voted unanimously to accept the Zone's recommendation of "Southeast Zone" and assigned a member of the committee to draft the

formal legislation that will be presented to the HOD for approval. The vote will take place at the HOD meeting on Sunday, September 27<sup>th</sup>.

## LMSC SWIMMERS DISCOVER DROWNING VICTIM

A group of Florida Gold Coast LMSC swimmers doing an ocean swim in Delray Beach found a Boynton man (Jean Junior Deneus) that had drowned. They found Deneus near Atlantic Avenue and carried him out of the water onto the beach.

One of our local clubs, Diversity in Aquatics (DIA), put on a Zoom call to give support to the swimmers traumatized by finding a drowning victim. There were multiple clubs from our LMSC involved. One of the women that organizes the swims, Karen Lewin, tracked down family members. She shared that Deneus was about 40 years old, Haitian, and had three children. He had been fishing in a kayak, and his family last heard from him at 1:30 am, just hours before the swimmers found him.

Thaddeus Gamory, DIA Coach, ran the meeting. DIA's goal is to prevent drownings of people of color and, more specifically, underrepresented communities and vulnerable populations. DIA plans to hold additional Zoom calls to support the swimmers that were traumatized.

Thaddeus has experience supporting the community when there is a drowning. In 2014 twin Haitian boys drowned, and he did outreach to the community that was well received.

## MEMBER PROFILE THADDEUS GAMORY Diversity in Aquatics (DIA)

**Coach/Instructor/Facilitator/Mentor: Thaddeus Gamory** is a Faculty Member with The Center for Mind Body Medicine, President of the SWIMS Foundation; Director of Community Engagement and Programs for Diversity in Aquatics; Head Coach Diversity in Aquatics Masters Swim & Triathlon Club and Lead Adult Learn to Swim Instructor teaching **Blue-Mindfulness** (™) a Trauma Informed Anxiety Sensitive approach. He is also a member of Water Smart Broward and Water Smart Florida, as well as the Founder of **Mind Body Aquatics & SwimTriPros** LLC.

Thaddeus is a retired Police Lieutenant from the New York City Police Department, and a graduate of John Jay College of Criminal Justice in NYC, where he

studied the Science of Swimming under Dr. Jane Katz. He was a Certified New York State Police Instructor and held positions in the NYC Police Academy: i.e., Chair of the Social Sciences Department. He also recently completed Undoing Racism Training and Racial Equity Training, as a prerequisite to being a member of the Broward County Florida, People of Color Caucus for Dismantling Racism.

Thaddeus is a member of the National Organization of Black Law Enforcement Executives (NOBLE) and was recently involved with presenting **Blue-Mindfulness™** training for stress reduction and well-being during the NOBLE National Convention. During his time with the NYPD, he was a certified New York City Public School Mentor for at-risk-youth, and Program Coordinator for a Mentoring Program for Boys called Hoop-Brothers. He has competed in: Triathlons, Cycling, Running, USMS Swim Meets and Open Water events since 1982.

In 2004, as Thaddeus transitioned into a teaching and athletic coaching phase of his professional life, he gained certifications as: Wholistic Health Educator, Broward County Public School Substitute Teacher, USA Swimming Coach, United States Masters Swimming Coach and Adult Learn to Swim Instructor, YMCA Lifeguard & Lifeguard Supervisor, Red Cross Lifeguard, USA Triathlon Coach Adults & Youth and Junior, US Track & Field Coach, USA Cycling Coach, Qigong Instructor, and Advanced Scuba Diver, CMBM - Mind Body Skills Group Facilitator.

## **SWIMMING WITH A BUDDY**

By: Tim Waud, Oregon Masters

Have you ever gone swimming in open water alone? Many swimmers, myself included, love swimming in the great outdoors, even if we can't find someone to go with us. But swimming alone in open water can be dangerous. A recent incident made me realize just how much and has helped me make a few safety changes to my own open water swimming.

On Tuesday, June 23rd, my friend Jim Teisher and I went for a swim in the Clackamas Cove. Jim and I met up with Tanker, Aaron Hawkins. Aaron and I have been swimming on a regular basis in both the Cove and Willamette River.

It was a beautiful, sunny day. There were dozens of people enjoying the warm weather and the cool water. We decided to swim to the eastern corner of the Cove, which is about 500 meters away, and then swim back to our entry point. When we were halfway, we stopped and checked in with each other. We talked for a few minutes and then swam back to the start.

Feeling good, we decided to keep going, only this time about half the distance we swam earlier. Our destination was the first set of white buoys which are part of a training course used by the Clackamas County Sheriff's Marine Unit. Jim and I took a break at the buoys and spent some time catching up, treading water, and enjoying the day. Just as we were about to begin swimming, Jim started to slip underwater. At first, I thought he was just retying his swimsuit, but then I realized something was wrong.

Immediately, I grabbed hold of Jim and rolled him onto his back. I began swimming as fast as I could, kicking harder than I ever have in my life. While towing Jim in, I repeatedly asked if he was okay while checking to see if he had a pulse and was breathing. Getting no response, I whistled and yelled as loud as I could for someone to call for 911. Heading toward the Clackamas County Sheriff's Marine Unit dock, I was swimming fast with the help of my fins and adrenalin, but realized I needed to get to the shore instead, and as fast as possible. I yelled for someone with a stand-up paddle board, thinking I could roll Jim onto the board and make a quicker extraction. It didn't take long for a kayaker to come and offer help and tow me to the closest shore.

Once we reached the shore, I immediately began CPR, and tried to give Jim mouth-to-mouth resuscitation. Shortly after, Aaron joined me for two-person CPR. We continued until professional rescuers arrived on the scene. The rescue crew was able to get Jim's heart restarted by using an AED and creating an airway. Because the shoreline was too steep, the Clackamas County Sheriff's Marine Unit had to get a boat into the Cove and take Jim to the Clackamette River boat launch a half mile away.

Jim's wife, Jeanne, and I both arrived at the hospital at the same time. She was able to enter the hospital to see Jim. I stayed outside, anxiously waiting for a report. After a few minutes, Jeanne came out to tell me that Jim was okay. He was alert, complained of a very sore chest, and could not remember what had happened. Finally, able to take a deep breath, I felt a wave of relief and emotion.

I have gone swimming solo over a dozen times in the Clackamas Cove, but I will never swim alone again. I will always swim with a buddy, wear a tow float with a whistle, and if possible, have an escort. It is also important to be aware of your surroundings and stay close to the shoreline.

Stay safe my friends and be responsible.  
Tim Waud/OMS Chair

Editor's Note: As many swimmers are doing open water swims due to a lack of pool availability during the pandemic, always be safe and do not swim alone!

## **KATHI KARAGEORGES-SHARP (PBM)**

Katherine (Kathi) Marie Karageorges-Sharp, 61, from Boca Raton, Florida, was joined with the Lord on July 20, 2020, after a 6-1/2-year battle with cancer.

Kathi was born in Tampa, Florida, moved to Plantation, Florida and then after a short two-year stay in the Detroit Michigan area, she her family returned to Fort Lauderdale, Florida. She grew up much of her childhood on Mango Isle with her mother Celia and father John Karageorges, along with her two sisters Pamela and Nicole and her brother Demetri. After attending Stranahan High School and swimming on the school swim team and playing water polo, she graduated in 1976 and headed off to New Orleans, LA, where she attended Tulane University (Newcomb College). At Tulane she majored in International Studies and was the first woman in history to participate on the Tulane men's varsity swim team. After graduating from Tulane 1980 she continued her education there in Business Administration and then returned home to Fort Lauderdale. She worked a few jobs before she excelled in her career for almost 30 years in pharmaceutical hospital sales with Stuart Pharmaceutical (now Astrazeneca).

After her sister Pamela graduated from college in 1983, they purchased a condo in Boca Raton, Florida. In December 1985, both Kathi and Pamela joined the Boca Raton Masters Swim Team where she soon met her husband Tim Sharp.

After getting married on December 3, 1988, she continued to enjoy a successful career as a pharmaceutical and hospital sales representative, but found time to be a loving wife, raise a beautiful daughter, set several national swimming records, obtain her National Strength and Conditioning personal trainer, Pilates and 500-hour Vinyasa yoga teacher training certifications, and numerous awards for outstanding pharmaceutical sales. She was a devoted Orthodox Christian who served the Lord and her church, Saint Mark Greek Orthodox Church, through her many volunteer activities and was recently awarded The Archangel Michael Honors from the Greek Orthodox Metropolis of Atlanta. She was also an amazing wife, mother, sister, aunt and friend to so many who saw the beauty and strength and felt the inspiration from our very own "Wonder Woman".

Kathi is survived by her husband Tim and daughter Kara, both in Boca Raton, as well as her sister Pamela Robison and husband Tom, their two daughters Kyla and Klæ and her other sister Nicole Cammarata and her husband John, and their children Olivia and Aiden. She is also survived by several aunts, uncles

and cousins from the Boca Raton and Tampa, Florida, North Carolina, and Boston, MA areas.

## **BETTY LOU TUCKER (GOLD)**

September 24, 1937 - July 15, 2020

Betty Lou Tucker, age 82, passed away peacefully on July 15, 2020 at her home in Naples, Florida after a courageous battle with cancer.

She was born on September 24, 1937 on Lowe Manor Farm in New Park, Pennsylvania. After graduating from Kennard High School, she went on to pursue an AA degree in Dental Hygiene from Baltimore Community College. Betty Lou and her late husband, Bob Tucker, owned Tucker Equipment Company a Case Dealership in Aberdeen, Maryland before retiring to Naples in 1996.

Betty Lou is survived by her daughters, Tracey Tucker and Jo Elaine Tucker, her sister Carol Morris, her brother Ross Hughes Lowe Jr., and her partner Karl Wiedemann.

Betty Lou was a devout Christian, wife, sister, and amazing mother who loved spending time with her family and friends. She developed a lifelong passion for running and cycling in her hometown of Havre de Grace, Maryland through her involvement with the RASAC Running Club, which spanned two decades. After moving to Naples Betty Lou ran regularly with Gulf Coast Runners where she met and forged many friendships. She participated in many local running events, cycling vacations, and triathlons throughout the years in Maryland, Florida, and abroad. Betty Lou was a member of the USMS GOLD team.

In addition to her personal commitments to health and fitness, Betty Lou was a member of the Medical Diplomats Society at NCH Health Care System Foundation and a benefactor to the Neighborhood Health Clinic. She encouraged others to support patient care through her membership and involvement with the NCH Banyan Society.

Betty Lou loved to travel, appreciated classical music and the arts at the Philharmonic in Naples and the BSO at the Joseph Meyerhoff Symphony Hall in Baltimore, Maryland. She also thoroughly enjoyed country music, had three pairs of cowboy boots, and enjoyed going to Stan's Idle Hour in Goodland on Sundays.

Her bright, bold, and beautiful personality radiated her zest for life. Betty Lou's smile would captivate any room or party, always encouraging others to join her in celebration. She touched many people with her strength, generosity, kindness, and passion for life