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 Devanney  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 Ragalje  Christine Raininger  Stephanie Rock  Kathleen Sandner
George Schmidt  Amanda Singleton  Rinaldo Sinjago  Christopher Stickel
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   Chip Green   Jesse Greve
Joan Griffin   Ahmed Hamada   Erik Hanssen
Robert Heacock   Marty Hendrick   Sandro Herek
Jamie Herrington   Peter Horwitz   Andy Hunter
Charles Jeanpierre   Kristof Kertesz   Bill Korey
Valeri Krishtal   Dale LeClair   Karen Lewin
Scott Loder   Bruce Lyon   Libby Lyster
Domenic Macri   Jennifer Macri   Michelle Martin
Gary McClellan   Cecilia McCloskey   Rodrigo Mendes
Jeannie Mitchell   Andres Miyares   Francisco Parra
Francisco Parra   Aly Paz   Lenore Phillips
James Purdy   Laura Richards   Howard Rolston
Kathleen Stutz   Meaghan Suhich   Martin Torres
Ami Trauber   Andrea Uzcategui   Peter Vila
Linda Webb   Serge Wenzel   Karl Wiedamann
Todd Wilson   Eliot Winokur   David Zubero

**Top 10 Relay**
Junko Altman   Brian Amersi   Ryan Armpriester
Jim Anderson   Kirk Arthur   Marie Averett
Jenny Ayala   Sarah Bennett   Carlos Berrocal
Douglas Buchan   Patrick Cannan   Orlando Caro
Francois Caudriller   Michele Chattaway   Adrienne Chin-Ogilvie
Nicholas Chow   John Colvin   Peggy Costantini
Kathy Cronin   Philip Cullen   Angela Dean
Suzanne Dearworth   Jose Del Pino   Christopher DiGilio
Beda Dondi   Caitlin Dundey   Julie Finlon
Diana Finney   Sharon Friedman   Douglas Gallagher
Tania Garcia   Caroline Gatto   Robert Gibson
Marci Grady   John Grzeszcak   Jenna Hanssen
Alejandro Herrero   Tom Hogan   Hilario Itriago
Elaine Joggerst   Bob Johnston   Bonnie Johnston
Eney Jones   Tom Jones   Ann Kilpatrick
Scott Kitzman   Timothy Krajewski   Terry Lage
Linda Larson   Paul Lauro   Luca LiOce
Andrew Magazine   Alejandro Manrique   Ron Marks
Larry Marquis   Brendan McCarthy   Christine McCrady
Doug Meckelnburg   Michael Meyer   Mary Moak
Jennifer Mohan   Becky Monahan   Jim Monahan
Hillary Morris   Bernardino Mosquera   Nancy Munro
Gail Musk   Blaise O’Neill   Rick O’Shea
Jonathon Olsen   Quincy Pearson   Stuart Pechter
Nicholas Perry   Ed Pritchard   Wiley Reynolds
Mark Richards   Daniela Rosenblat   Rachel Sandoval
Victoria Santiago   Patricia Sargeant   Alexandra Sczerban
Lydia Seier   Kevin Semisch   Sherif Shaalan
Janet Siniscalchi   Susan Smith   Tom Spino
Richard Strzelecki   Mike Taber   Edymar Uzcategui
Rosa Ventura   Ximena Vidaurre   Kristin Volz
David Walley   Margot Wheeler   Michael Yagemann

**2019 USMS Record Breakers**
Lee Childs   Joan Craffey   Holly Green Blair   Fran Hare
Robert Heacock   David Quiggin   Catherine Rust   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 6th 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 11th 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 21st, 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 27th.

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/Instruction/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 Klae 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 Wiedamann.

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.