

# Florida Gold Coast LMSC

## Newsletter - Summer 2019

### 2019 LMSC BANQUET

The Florida Gold Coast LMSC annual Banquet was held on Sunday, June 2 at Galuppi's in Pompano Beach. Over 100 swimmers and their guests attended. Dave Reynolds (PBM) served as our emcee and entertainer. Our keynote speaker was Dr. Jane Katz, distinguished Masters swimmer, educator and author.

The event celebrated all our swimmers who achieved All-American and Top Ten recognition in 2018. All American status is given to swimmers who place first in an event in the national top ten.

The complete list of all our swimmers who received All American and Top Ten recognition is later in this newsletter.

Special thanks go out to our banquet organizer, Catherine Rust, and her committee of Eddie Ames, Tam Burton, Cathy Goodwin, Dale LeClair, Dave LeClair, Anita Mitchell, Barb Protzman, and Sarah Templin.

#### LMSC Awards

2018 Female Pool Swimmer of the Year: **Cecilia McCloskey**. Cecilia was named All American in 2 events, the 1650 free and the 100 IM and was part of 3 All American relays. She had over 20 Top Ten times coming in all strokes and distances.

2018 Male Pool Swimmer of the Year: **Dan Lotano**. This is Dan Lotano's second time to be named swimmer of the year. He achieved 2 All American individual events, the 100 Free and 100 Back. He was also part of 4 All American relays and had 20 top ten individual events and lots of relays.

2018 Female Long-Distance Swimmer of the Year: **Linda Irish Bostic**. Linda placed Top Ten in 6 Open Water and ePostal events. She was a member of 2 Long Distance All American Relays which set USMS records for the women's 10k and 6000 yard ePostal events. Linda also was All American in pool relays and had 7 top ten individual times in the pool and numerous Top Ten pool relays.

2018 Male Long-Distance Swimmer of the Year: **Patrick Billingsley**. Patrick was named all American in 2 ePostal swims the 5K and 3000 yd and placed Top 10 in the 6000 yd ePostal. He was AA in 2 ePostal relays,

along with 6 individual and relay top 10. Patrick had top ten individual and pool swims.

#### GOLD Award

The GOLD Special Award was presented to **Debbie and Cav Cavanaugh**.

Both Cavanaughs are outstanding in the pool:

- Debbie has attained 274 individual Top Ten rankings and 192 Relay Top Tens dating back to 1987. This has included all strokes and IM. She was also part of 16 relay national records.
- Cav had 407 individual Top Ten rankings and 228 Relay Top Tens dating back to 1972 (when he was just 36). In many of these, he was number one. He has made top ten in free, fly and IM. He has set 14 national recs (some also world) and 28 relay national records. He has attained All American status in 19 years and All-star status 3 years ('01, '03, '06)

But, beyond their own swimming, both Debbie and Cav have given back to the sport in many ways.

- Both coached high school (and college) swimming and water polo
- Cav founded the GOLD club along with June Krauser. They have served as president and treasurer.
- For many years, Debbie organized our Broward County YMCA Nationals team.
- At the LMSC level, they have served as LMSC chair; treasurer; and banquet organizer. They attend all LMSC meetings even when not on the board.
- At the National level, they have attended the USMS convention and served on national committees.
- They have also worked as officials.
- Cav also fathered an Olympian – His son Chris was on the 1980 and 1984 USA Olympic teams.

#### PBM Award

Palm Beach Masters Coach's Award was presented to **Chip Green and Lenny Thompson**.

Lenny Thompson decided to swim to improve his health. Years earlier, a car accident had left him a

100% disabled veteran. Swimming was recommended to him. In May 2018, he went to the Lake Lytal pool in West Palm Beach to swim at Palm Beach Masters' morning workout. At the pool his first morning he realized he needed a lot of help. He was struggling and needed more attention than the Masters coach on deck was able to give him during the workout. Towards the end of practice, Chip Green walked by and Lenny asked Chip if he could help him with his stroke. Chip jumped right in the pool and immediately began teaching Lenny.

Lenny remembers that the first thing Chip told him was ... to relax. At the end of their informal lesson, Lenny offered to pay Chip if he'd agree to continue helping him. But Chip told him, "You don't have to pay me. If you come here every day at 5:00am, I'll work with you." And so, Lenny did. For 45-60 minutes every weekday morning Chip coached Lenny at 5am. Then Chip swam his own workout at 6:15am with the second Masters workout offered in the mornings at Lake Lytal. And this was the start of a touching coach-swimmer relationship and new friendship. Day after day, week after week, month after month, Chip taught Lenny how to swim and then swam his own workout afterwards.

Lenny's accomplishments have been many over the past year. He learned to swim. After many months of progressively improving, he completed the entire "manatee" workout. This January, Lenny participated in the USMS 1-Hour Swim. In May, at Palm Beach Master's Memorial Day holiday swim in the Intracoastal, Lenny swam for the first time in the open water, with Chip by his side, stroke for stroke, the entire 1.3 miles.

Then this summer, Lenny swam in his first swim meet at the Bumpy Jones meet.



And Chip gained a new, dear friend.

Chip describes Lenny as determined, courageous, and honest with himself and others. Lenny describes Chip

as a true friend, reliable, very humble, and having a great heart.

Lenny says that he believes it was divine intervention that Chip walked by him that first morning at the pool and that he spoke up to ask for help. Chip says that he just wanted to give back to the sport that has given him so much. He wanted to help someone else enjoy it.

Those of us with Palm Beach Masters at Lake Lytal have been forever touched by watching Chip's commitment to helping another and Lenny's dedication to becoming a swimmer.

## SWIM MEET RECAP

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

- June 29-30 – Coral Springs LCM Meet (partial)
- Aug. 25 – Coral Springs LCM Second Chance Meet

Upcoming meets in the FGC LMSC are:

- Dec. 14-15 – Chris Jackson Memorial SCM Meet – Coral Springs Aquatic Complex

The LMSC encourages all swimmers to support all 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.

## CORAL SPRINGS LCM MEET

It took two meets two months apart, but the Coral Springs LCM meet was finally completed.

The meet was originally scheduled for June 29-30, Due to thunderstorms on Saturday, we were only able to get in a partial warmup. After waiting for over 1.5 hours, it was decided to resume earlier on Sunday than planned in order to run the Saturday events first, followed by the Sunday events,. About 40% of the Saturday events were swum when storms came again. After another long wait, we decided to reschedule the remainder of the meet in August.

On August. 25, we were able to swim all the remaining events. Even though there were some very distant rumblings during the last 2 heats of the 800 free, the lightning alarm did not go off until 30 minutes after the meet was complete.

**David Quiggin** of PBM broke the USMS and World records in the men's 75-79 50 free with his relay lead-off split of 29.19. The previous record was 29.60. Congratulations Dave!

## DO YOU KNOW?

Do you know the proper way to count for a swimmer in a distance freestyle pool event? You stand at the far end of the pool with the lap counter and put it in the water as the swimmer approaches the wall, removing it when they flip.

But do you know when to advance the number on the lap counter? You should not change the number until just after the swimmer turns at the start end of the pool. The counter is not just for the swimmer. It also helps the timers know when to stop their watches and hit the timing system back up button.

At the Coral Springs LCM Second Chance Meet in the 800 free, several swimmers had their watch and button times stopped 100 meters early because the timers were looking at the counters which had been advanced to orange too early.

So, do not advance the lap counter number until after the swimmer turns at the start end of the pool.

## REGISTRATION UPDATE

As of August 30, there are 1,496 swimmers registered in the FGC LMSC. This is 91 less than at the end of 2018.

There are over 500 swimmers from 2018 who have not yet renewed for 2019. If you know any, please remind them to join!

We would like to welcome the two new clubs who have registered this summer:

VCGM – Coral Gables Masters

WSC – Wellington Swim Club

## HAMMERHEADS AQUATIC CENTER

John Grzeszczak, Founder and President of HAMMERHEAD AQUATICS announced that on Saturday June 22, 2019, the official ground-breaking ceremony was held for their 50-meter INDOOR competitive swimming pool, fitness and wellness facility. The expected opening date of the June Krauser Aquatic Center will be December 2019.

June Krauser is considered the mother of all Masters Swimming and is an inspiration for swimmers of all ages. Ms. Krauser not only wrote the rule book, but she also held numerous local, national, and world records for swimming. She is a member of the International Swimming Hall of Fame. Ms. Krauser, her husband and family were long term residents of Wilton Manors, Florida.

The project was designed in conjunction with Paul Kissinger's EDSA Planning team, and Olympian Dan Harrigan, of Spillman Farmer Architects. The pool will be built by Florida Pool Corporation.

This is an extraordinary project, that will be a privately developed aquatic, fitness and wellness center, operated by Hammerhead Aquatics, in the city of Wilton Manors, Florida.

The uniqueness of this project is that this will be the only covered indoor competitive swimming facility in South Florida. It will help make Wilton Manors a destination city for athletes from all over the world.

The June Krauser Aquatic Center will be the home training site to the Hammerhead Swim Team Programs. Beyond the aquatic programs, the facility will also feature swimming lessons for all ages and abilities, and a fitness, wellness and rehab center open to the public, with space for private functions.

Location: 550 East Oakland Park Blvd, Wilton Manors FL 33334

For More Information Contact: John Grzeszczak, Hammerhead Aquatics, 954-588-6371  
swimjohnswim@bellsouth.net

## USMS SPRING NATIONALS

The 2019 USMS Spring National Championship was held in Mesa, AZ on April 24-27.

The Swim Fort Lauderdale team finished in fourth place followed very closely by Pam Beach Masters, which was only 7 points behind them. SFTL had a total of 38 swimmers and PBM had 33.

National Champions (first place finishers) included:

- PBM – Holly Green Blair (6), Dan Lotano (1), Lee Childs (4)
- SFTL – Cecilia McCloskey (3), Ryan Rosenbaum (2), Marcin Cieslak (3), Tim Shead (3), and Ira Rimmermann (2).

Congratulations to Marcin Cieslak who broke the USMS national record in the men's 25-29 50 Fly.

## USMS SUMMER NATIONALS

The 2019 USMS Summer National Championship was held in Mission Viejo, CA on August 7-11.

Swim Fort Lauderdale finished in third place in the local club category. The team had 53 swimmers, and many national champions. First place finishers in individual

events included: Josefina Lorda Taylor, Elizabeth Zubero, Jamie Marks, Katie Martin, Linda Webb, Michelle Martin, Blake Woodrow, Yona Rubin, Enzo Pazos, Anthony Ervin, Rinaldo Sintjago, Peter Horwitz.

Palm Beach Masters had 14 swimmers. First place finishers in individual events were Holly Green Blair and Mike Aubrey. Relay firsts were also achieved by Dan Lotano and Linda Bostic

Anthony Ervin (SFTL) broke the USMS record in the men's 35-39 50 free in 23.09. SFTL broke two relay national records: 72-99 Mixed 200 Free (Pazos, Zubero, Lorda Taylor, Woodrow) and 200 Medley (Pazos, Rubin, Zubero, Lorda-Taylor) .

Palm Beach Masters had some great swims with Holly Green Blair breaking the **USMS and World** records in the women's 55-59 50 free (28.46) and 100 back (1:09.69).

## FINA WORLD CHAMPIONSHIPS

The 2019 FINA World Masters Championships was held in Gwangju, South Korea on August 12-18.

Seven swimmers from our LMSC attended and four were World Champions!

Lee Childs (PBM), in the men's 70-74 age group, placed first in the 50 free, 50 fly, 200 IM and second in the 100 free. This was despite a travel nightmare getting there that took 60 hours.

Philipp Djang (SFTL), men's 65-69, placed first in the 50 back, 100 back and 200 back. He was third in the 50 free.

Maria Hung (SFTL) was first in the women's 55-59 200 back, 100 fly and 200 fly. She was fourth in the 50 fly and 50 back.

Cecilia McCloskey (SFTL) was first in the 200 back and second in the 100 free in women's 65-69.

Also attending were Alex Fisher (PBM), Amadeo Quiroga (SFTL) and Juan Martinez (SFTL).

## OPEN WATER

By: Catherine Rust, LMSC Open Water Chair

Reminders: 5K and 10K ePostals end on September 15. 3000 and 6000yd ePostals begin 9/15 through 11/15. No open water swims are listed in the FGC area but several are in our zone. Check the Dixie Zone website for information.

## 2020 LMSC BANQUET

Save The Date!

The Florida Gold Coast, LMSC Awards Banquet will be held on Sunday, May 31, 2020 at 5:00pm. The banquet will again be at Galuppi's, 1103 N. Federal Highway, Pompano Beach, FL 33062

2020 is the 50<sup>th</sup> anniversary of the founding of USMS and is also an Olympic year. The banquet will pay tribute to these events.

Come join your fellow swimmers to celebrate accomplishments, enjoy good food, and have some fun. Questions or comments, please contact Catherine Rust, crust719@gmail.com

## 2018 LMSC TOP SWIMMERS

### Individual Pool All American

Chris Beach, Lee Childs, Joan Craffey, Suzanne Dearworth, Philipp Djang, Holly Green-Blair, Maria Hung, Mike LaMonica, Dale LeClair, Daniel Lotano, Ben Mayes, Cecilia McCloskey, David McIntyre, Suzi Mitchell, Sean Monahan, Mary Jane Mullins, Laura Nuudi, Karlyn Pipes, CJ Pisano, Ira Rimmermann, Ryan Rosenbaum, Catherine Rust, Timothy Shead, Andy Steynberg, Ricardo Valdivia, Rosa Ventura, Todd Wilson

### Individual Long Distance All Americans

Patrick Billingsley, Suzanne Dearworth, Andrew Magazine, Suzanne Mitchell, Todd Wilson

### Relay Pool All American

Carla Albano, Melanie Andara, Patrick Billingsley, Ingrid Bon, Tam Burton, Patrick Cannan, Cav Cavanaugh, Debbie Cavanaugh, Jeanne Danford, Andrew Davis, Celia DeVanne, Michael Dively, David Dovell, Bill Dykstra, Alicia Easterling, Pam Figoras, Andy Fischer, Graeme Fiser, Alex Fisher, Maureen Fitzpatrick, Carolyn Foley, Barry Garland, Cathy Goodwin, Erik Hanssen, Fran Hare, Robert Heacock, Jamie Herrington, Andy Hunter, Linda Irish Bostic, Tony Jarvis, Bob Johnston, Bonnie Johnston, Shawn Kelly, Darcy LaFountain, Daniel LeBost, Len Lindahl, Scott Loder, Curt Malam, Jerry Marchbanks, Katie Martin, Gary McClellan, Peggy McDonnell, Karin Meyerfreund, Jeannie Mitchell, Hillary Morris, Jonathon Olsen, Roger Parsons, Krissy Phillips, John Potts, Barb Protzman, David Putnam, Dave Quiggin, Christine Raininger, George Schmidt, Lydia Seier, Ann Stewart, Martin Torres, Kate Ufford, Dan Wheeler, Tracy Williams, Kurt Zilch

## **Relay Long Distance All American**

Jo-Ann Berry, Ingrid Bon, Jeanne Danford, David Dovell, Alicia Easterling, Cathy Goodwin, Darcy LaFountain, Daniel LeBost, Curt Malam, Gary McClellan, Hillary Morris, John Potts, Kate Uford, Dan Wheeler, Tracy Williams

## **Individual Pool Top Ten**

Eddie Ames, Mike Aubrey, Tatiana Barbosa, Harvey Beckwith, Betsy Beddow, Robert Bertrand, Brett Carr, Francois Caudrillier, Heather Congdon, Patricia Cooper, Karen Dietrick, Sharon Friedman, Mervyn Goldbas, Colin Goldsmith, Chip Green, Joan Griffin, Mariela Guerra, Ahmed Hamada, Marty Hendrick, Cynthia Henley, Sandro Herek, Tom Hogan, Alice Horton, Charles Howard, Charles JeanPierre, Eney Jones, Scott Kitzman, Bill Korey, Valeriy Krishtel, Tori Lackey, Linda Larson, Erica Lazurus, Dave LeClair, Karen Lewin, Luca Lioce, Carlos Llorreda, Craig Lucker, Andrew Magazine, Christian March, Jamie Marks, Fernando Martinez, Juan Martinez, Scott McMillen, Skip Monsein, Richard Morris, Siobhan Murphy, KC Nichols, Mark Nieuwenhuis, Danielle Ogier, Francisco Parra, Maete Porto, Neil Puhse, Alan Rapperport, Laura Richards, Howard Rolston, Janet Siniscalchi, Rebecca Smith, Tom Spino, Kathleen Stutz, Luke Torres, Ami Trauber, Henry Vehovec, Cameron Wasko, Linda Webb, Paul Weir, Grant Whitcomb, Karl Wiedamann, Ryan Williams, Eliot Winokur, David Zubero

## **Relay Pool Top Ten**

Clyde Akbar, Carole Alexander, Junko Altman, Brian Amersi, Ryan Armpriester, Kirk Arthur, Edward Aston, Deborah Attin Neville, Jenny Ayala, Mara Azevedo, Yukako Beatty, Sarah Bennett, Jo-Ann Berry, Joshua Berwald, Brent Bessire, Heidi Bettendorf, Zeus Boiser, Adam Brenneman, John Brosius, Chris Burt, Sandra Cathey, Peter Charlton, Adrienne Chin-Ogilvie, Chris Cole, Peggy Costantini, Raymond Cox, Kathy Cronin, Beda Dondi, Sherwin Drobner, Sandi DuBose, Caitlin Dundey, Catalina Fazzano, Aurelio Figari, Julie Finlon, Gilles Frappier, Doug Gawriljuk, Alicia Geth, Marci Grady, Rory Grigull, John Grzeszczak, Alvaro Gutierrez, Manny Gutierrez, Marie Hanft, Glen Hanks, Deborah Hatic, Mark Heinrich, Peter Horwitz, Hilario Itriago, Elaine Joggerst, Ken Johansson, Jock Jones,

Thomas Jones, Alexander Koval, Albert Litter, Dominick LoGalbo, Jennifer Macri, Alejandro Manrique, Ron Marks, Michelle Martin, Adam Martz, Michael Meyer, Gregory Milford, Anita Mitchell, Mary Moak, Erica Moffett, Jennifer Mohan, Becky Monahan, Jim Monahan, Ramon Montero, Nancy Munro, Gail Musk, Alexandre O'Connor, Blaise O'Neill, Oliver Paredes, Quincy Pearson, Kate Perry, Nicholas Perry, Nick Polizos, Kenia Puertas, James Purdy, Diane Ragalie, David Read, Wiley Reynolds, Stephanie Rock, Daniela Rosenblat, Ilene Schnall, Beth Scognamillo, Susan Smith, David Solomon, Helen Soucie, Brian Steighner, Diego Suarez, Alexandra Szczerban, Marcos Szeinfeld, Megyn Taback, Eduard Tiozzo, Sheryl Tucker, Edymar Uzcategul, Valerie VanBalen, David Vogel, Kristen Volz, Alanna Waldman, David Walley, Phil Wenzel, Serge Wenzel, Walter Woolley, Joe Wotton, Phil Wotton, Nancy Wright

## **2018 USMS Record Breakers**

Holly Green Blair, Tam Burton, Lee Childs, Joan Craffey, Linda Irish Bostic, Robert Heaton, Darcy LaFountain, Bonnie Johnston, Karlyn Pipes, Suzanne Mitchell, David Putnam, David Quiggin, Catherine Rust, George Schmidt

## **2018 FINA World Top Ten**

Carla Albano, Melanie Andara, Michael Aubrey, Ingrid Bon, Christine Burt, Tam Burton, Sandra Cathey, Francois Caudrillier, Debbie Cavanaugh, Cav Cavanaugh, Lee Childs, Joan Craffey, Celia Devanney, Michael Dively, Caitlin Dundey, Bill Dykstra, Barry Garland, Mervyn Goldbas, Cathy Goodwin, Holly Green Blair, Fran Hare, Robert Heacock, Jamie Herrington, Alice Horton, Maria Hung, Linda Irish Bostic, Shawn Kelly, Valeriy Krishtal, Darcy LaFountain, Mike LaMonica, Daniel LeBost, Len Lindahl, Daniel Lotano, Cecilia McCloskey, Peggy McDonnell, David McIntyre, Jeanne Mitchell, Mary Jane Mullins, Laura Nuudi, Roger Parsons, Karlyn Pipes, Nick Polizos, Barbara Protzman, Neil Puhse, David Quiggin, Christine Raininger, Ira Rimermann, Catherine Rust, George Schmidt, Lydia Seier, Andy Steynberg, Sheryl Tucker, Rosa Ventura, Serge Wenzel, Karl Wiedamann, Joe Wotton, Nancy Wright

## FGC LMSC CALENDAR

<b>2019</b>		
Sept. 11-15		USMS Convention – St. Louis, MO
Oct 11-13	SCM	Dixie Zone SCM Championships – Orlando, FL
Nov. 9-10	SCM	Shark Tank Meet – Sarasota, FL
Dec. 7-8	SCY	Florida Senior Games – Coral Springs, FL (for swimmers 50+)
Dec. 14-15	SCM	Chris Jackson Memorial SCM Meet – Coral Springs, FL
<b>2020</b>		
April 23-26	SCY	USMS Spring Nationals – San Antonio, TX
May 7-10	SCY	YMCA Masters National Championship – Orlando, FL
May 31		FGC LMSC Banquet – Galuppi's, Pompano Beach, FL
June 17-27	LCM	UANA Pan Am Masters Championships – Medellin, Colombia
Aug. 12-16	LCM	USMS Summer Nationals – Richmond, VA

For more calendar details, check out [www.fgcmaster.org](http://www.fgcmaster.org), [www.dixiezone.org](http://www.dixiezone.org) and [www.usms.org](http://www.usms.org)

**FGC LMSC Website:**  
[www.fgcmasters.org](http://www.fgcmasters.org)

**FGC LMSC Chair:**  
 Barb Protzman  
[swimbarb@hotmail.com](mailto:swimbarb@hotmail.com)

**FGC Newsletter Editor:**  
 Barb Protzman  
[swimbarb@hotmail.com](mailto:swimbarb@hotmail.com)

**USMS Website:**  
[www.usms.org](http://www.usms.org)  
**Dixie Zone website:**  
[www.dixiezone.org](http://www.dixiezone.org)