

FLORIDA GOLD COAST LMSC

Newsletter - July 2008

2008 LMSC AWARDS BANQUET FROM THE CHAIRMAN, JONATHAN OLSEN

The annual LMSC Awards Banquet was held in Pompano Beach at Galuppi's Restaurant on May 9. This event honors and recognizes excellence in swimming for the 2007 year in the three courses of competition.

Among the highlights for the year were:

- The recent world record in the Men's 240+ 200 SCM Freestyle Relay with Dave Quiggen, Tim Shead, Cav Cavanaugh and Steve Pomerantz.
- June Krauser's induction into the Broward County Sport's Hall of Fame.
- Bill Korey's swim around Manhattan.
- FLAQ placing second at the USMS LC Nationals at The Woodlands, TX.
- Team Florida/GOLD - World Champions at the IGLA in Paris, France.
- Cav Cavanaugh was presented the Dorothy Donnelly Service award at the annual USMS convention.
- Local Coral Springs - GOLD swimmer Dara Torres going to Olympic Trials.
- John Grzeszczak, Marty Hendrick and Randy Nutt were honored for growth of their respective club teams.

The banquet honored Birgit Lohberg as Female Pool Swimmer of the Year and Matt Hooper as Male Pool Swimmer of the Year and honored Kerri Roussain as Female Open Water Swimmer of the Year and Ricardo Valdivia as Male Open Water Swimmer of the Year.

All USMS All American or Top Ten finishers in each course were honored and presented an award from the LMSC. All American designation indicates that the swimmer or relay had the number one time for the event/course for the year.

Individual All Americans: Joel Burns, Cav Cavanaugh, Tommie Cuticchia, Sean Frampton, Matt Hooper, Herb Kern, Birgit Lohberg, Peggy McDonnell, Jeannie Mitchell, David Owen, Kerri Roussain, Tim Shead, Dara Torres, Ricardo Valdivia.

Relay All Americans: Daniel Arlotto, Dick Brewer, Chris Burt, Katie Byrnes, Larry Caldwell, Cav Cavanaugh, Debbie Cavanaugh, Nick Chow, Luis Comulada, Rodrigo Corcho, Carolan Cross, Celia Devanney, Michael Dively, Jose Ferraz, Lars Ferron, Andy Fischer, Sean Frampton, Matt Gill, John Grzeszczak, Tanya

Hanson, Herb Kern, Bill Korey, Dale LeClair, David LeClair, Birgit Lohberg, Severine Marechal, Jennifer Martin, Peggy McDonnell, Barbara McGregor, David McIntyre, Lisa McLuckie, Barbara Milanese, Jonathan Olsen, Nicole Pierce, Steven Pomerantz, Barbara Protzman, David Quiggin, Alan Rapperport, Lydia Seier, Tim Shead, Ned Smith, Roger Stoudt, Ed Suarez, David Toney, Ricardo Valdivia, David Walley, Katherine Wenzel, Kennon Williams, Andrea Woodburn.

Individual Top Ten: Daniel Arlotto, Amy Armond, Matthew Bellow, Chris Bernard, Alex Blavatnik, Joel Burns, Chris Burt, George Busse, Katie Byrnes, Cav Cavanaugh, Debbie Cavanaugh, Nick Chow, Luis Comulada, Rodrigo Corcho, Carolan Cross, Tommie Cuticchia, Gerry DeLong, Celia Devanney, Carlos Dolabella, Tim Erikson, Jose Ferraz, Andy Fisher, Sean Frampton, Jarrod Gac, John Grzeszczak, Tanya Hanson, Patrick Harrington, Marty Hendrick, Heidi Hester, Matt Hooper, Jennifer Hulett, Lauren Kafin, Herb Kern, Bill Korey, June Krauser, Dale LeClair, David LeClair, Birgit Lohberg, Charles Malki, Severine Marechal, Jennifer Martin, Peggy McDonnell, Barbara McGregor, David McIntyre, Lisa McLuckie, Joel McTague, Barbara Milanese, Jeannie Mitchell, Aldeinar Moreno, Carols Ochoa, Jonathan Olsen, Maria Pavia, Roger Parsons, Walter Pesetsky, Steven Pomerantz, David Quiggin, Alan Rapperport, Alexander Rivas, Kerri Roussain, George Schmidt, Kevin Semisch, Tim Shead, Ned Smith, Don Sonia, Robert Spaulding, Roger Stoudt, David Toney, Dara Torres, Ricardo Valdivia, Linda Webb, Katherine Wenzel, Bruce Wigo, Randall Wilkins, Kennon Williams.

Relay Top Ten: One hundred and twenty-two (122) FGC swimmers received this designation.

Congratulations to all on their accomplishments! Hope to see everyone at the banquet next year.

NED SMITH PASSES

Ned Smith, 92, passed away on May 31, 2008 just two weeks after the passing of his lovely wife Elizabeth Anne on May 14th.

Ned was one of the finest tenors in North America. He was formerly with the Philadelphia Opera Company. For those of you who don't recognize the name, he sang for us at the LMSC banquet. He also would sing the national anthem to open the USMS LCM Nationals. Ned was devoted to his art of singing, a brilliant dramatic

tenor soloist, but he was also a champion swimmer. He won 5 gold medals at the USMS LCM Nationals in 2007. Besides his passion for music & swimming Ned was a gourmet chef.

We will all miss Ned and we know he has gone to that big swimming pool in the sky.

BEIJING BOUND

One of our own, Dara Torres, has qualified for the 2008 Olympics! Dara is the oldest swimmer (41) to ever be on the team and the first to qualify for five separate Olympics (1988, 1992, 2000 and 2008). Dara is a member of GOLD and trains in Coral Springs. Dara won both the 50 free (American record) and the 100 free (lifetime best time) at the trials, but has elected to only swim the 50 free and the two 4 x 100 relays to save herself for her specialty. Be sure to watch Dara compete in August.

SWIM MEET RECAP

Since April 1st of this year, there have been two sanctioned swim meets and one recognized meet in the FGC LMSC.

The meet on April 5 at the Country Day School in Miami was hosted by the Nadadores and named in honor of John O'Keefe, a FGC swimmer who passed away last year.

On May 15-18, the Ft Lauderdale Aquatic Complex. Hosted the YMCA Masters Nationals. About 550 swimmers entered the meet. Broward County YMCA finished fourth overall. Tim Shead broke 3 USMS records; the team of Shead, George Schmidt, David Quiggen and Jose Ferraz broke a relay USMS record. Numerous YMCA national records were broken.

The 3rd Annual June Krauser Summer Splash was held at the Aquatic Complex on June 27-29.

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.

MASTERS MILE CHALLENGE

The Florida Gold Coast LMSC swam past the Florida LMSC in the first FGC vs FL LMSC One Mile Open Water Challenge on Saturday, May 31, on Fort Myers Beach. The Masters Mile was one of nine different events in the Open Water Festival that ran from May 30 through June 3.

The overall men's winner was Ricardo Valdivia, who also won the Masters 10K Open the following day. Lisa Squires won the women's 10K and finished third overall

in the women's mile.

FGC's women winners in the open water mile in the 25-29 age group were Squires (1st) and Alejandra Cordovez (2nd), in the 30-34 age group Belle Forino (1st) and Gwen Pursell (2nd), in the 35-39 age group Dale LeClair (2nd) and Michelle Nelson (4th), in the 40-44 age group Andrea Woodburn (1st) and Barbie Camejo (3rd), in the 45-49 age group Sarah Bennett (1st), and in the 50-54 age group Barbara Protzman (1st).

FGC's men winners in the 25-29 age group were Jarrod Gac (1st) and Cesar Aguiluz (2nd); in the 40-44 age group Valdivia (1st), Sean Frampton (2nd), David LeClair (3rd), and Bill Korey (4th); in the 45-49 age group Jonathan Olsen (1st) and John Grzeszczak (2nd); in the 50-54 age group Carlos Lloreda (1st); in the 55-59 age group William Highsmith (3rd); in the 60-64 age group David Quiggin (1st) and Scott Woodburn (2nd); and in the 65-69 age group Lars Pedersen (1st) and James Ward (3rd).

In the Masters 10K Open on June 1, Lisa Squires was overall woman winner, Michelle Nelson fifth, and Barbie Camejo 6th. In the men's race, Ricardo Valdivia was the overall winner, and actually passed all but three of the 10K USA Swimming entrants whose start was two minutes earlier. Julio Fuentes was second, Carlos Lloreda fourth, Steve Becker seventh, and William Highsmith ninth.

IGLA

Several teams from the Florida Gold Coast LMSC competed in the IGLA World Championship Meet June 19 -22 at the University of Maryland. This is a great facility!

Team Florida (aka GOLD Masters) amassed a whopping 287 gold silver and bronze medals. We rocked the pool taking 137 gold, 90 silver, and 60 bronze medals in this competition. In addition we set 3 USMS National records in the women's 200+ 800 free breaking the old record by a whopping 14 seconds, the 400 free breaking it by 11 seconds, with the team of Pat Sergeant, Peggy McDonnell, Tonya Hanson, and Debbie Cavanaugh. The men's 160+ team of Jon Olsen, Sean Frampton, Jim Harper and Luis Comulada broke the national record in the 400 freestyle relay by 3 seconds. We also set 35 new IGLA meet records. Taking 2nd place in the large team category, was a great accomplishment, as Team Florida had 75 swimmers, versus 120 for host team DCAC. Once again this year 73 out of 75 swimmers scored points in this meet, that itself is an awesome accomplishment

FLAQ Masters fielded a team of 9 swimmers, 5 women and 4 men and came home with the 1st Place Team Title in the Small Team Division. This was a Total Team Victory by the following who swam amazing races and scored quality points for the team while bringing home a

lot of "shiny hardware". Competing were: Linda Larson, Jeanne Sather, Laura Thompson, Stephanie Brown, Leigh Ann Scoppetuolo, Marty Hendrick, Patrick Harrington, Domenico "Fantastico" Sottile, and Chris Bernard.

Setting IGLA Individual Records were Chris Bernard, Patrick Harrington, and Marty Hendrick.

Setting an IGLA Relay Record was the team of Stephanie Brown, Domenico Sottile, Chris Bernard Leigh Ann Scoppetuolo.

The new team South Beach Lifeguards (SBL) had one swimmer at the meet, Robert Young.

Next year's IGLA meet will be held in Copenhagen.

16th Annual Flowers Sea Swim Cayman Islands

The 16th Annual Flowers Mile Swim took place on Saturday, June 14, 2008 along the pristine seven-mile beach, Grand Cayman Islands. With crystal clear water and perfect wave conditions, the Cayman Islands were the perfect setting for the "world's flattest, fastest ocean mile." 620 Swimmers finished the one mile swim.

...and what a finish it must have been. The top 3 Overall Finishers were separated only by 8 seconds. 1st and 2nd place were only separated by 1 second!

Matt Hooper of FLAQ Masters finished 2nd Overall. Congratulations Matt! Two women of FLAQ Masters had awesome swims lead by Laura Ingoldsby 38th Overall Finish and Heather Sherman 137th Overall. Congratulations to all!

WIDE WORLD OF SWIMMING

Cheryl Keeney of Fort Lauderdale Aquatics (FLAQ) Masters competed in the 2008 US Transplant Games in Pittsburgh, PA. July 11 – 15. The National Kidney Foundation (NKF) presented the NKF 2008 U.S. Transplant Games, a celebration of life that includes transplant recipients, their friends and families, living donors, donor families, transplant professionals and spectators. The Games is the only national athletic competition for recipients of all life-saving organ transplants, as well as the largest gathering of transplant recipients and donor families in the world, about 6000 attended from all 50 states, including Hawaii and Puerto Rico.

Cheryl had a Kidney & Pancreas transplant on Nov. 27, 2006. The transplant was very dramatic and as Cheryl stated, "changes you in a very special way." Cheryl's mission in attending the games is to bring awareness and increase the availability of becoming an organ donor. In Florida alone, there are currently 3,600

people waiting for life-saving organ transplants, including another FLAQ Masters swimmer, Sam Frank who is on a waiting list for a kidney transplant.

Cheryl stated, "It was incredible. Most rewarding, emotional swim meet I ever did participate in. An overwhelming week and something I will not soon forget." She brought home Gold in the 100 IM and 100 Back while taking Silver in the 200 free. Cheryl also competed outside the pool and brought home Silver in the 20k Bike.

REGISTRATION UPDATE

There has been one new club that registered: South Beach Lifeguards (SBL).

At the end of 2007, FGC LMSC had 868 registered swimmers (296 women, 572 men). So far for 2008, there are 854 members (338 women, 516 men).

Lost your USMS card? Moved to a new address? Changed your email address? Contact the FGC LMSC Registrar, Barb Protzman, at swimbarb@hotmail.com.

TOP TEN AND RECORDS

If you swim in a meet outside of the FGC LMSC and would like to have your times included in the LMSC top ten and be considered for LMSC records, please send a copy of the meet results or the link to the online published results to Cav Cavanaugh at PO Box 14341, Ft Lauderdale, FL 33302 or cavdeb@juno.com.

e-Newsletter

If there are topics you would like to see covered in this newsletter, please contact Barb Protzman at FGCNews@hotmail.com.

If you have teammates who did not receive this e-newsletter because we do not have their current email address, have them send their email address to FGCNews@hotmail.com. This newsletter will only be available electronically to save the costs involved with printing and mailing. These newsletters will also be available on the FGC LMSC website.

LAKE LYTAL MASTERS SWIM TEAM
PROUDLY HOSTS THE
6th ANNUAL 12-Hour Swim

To benefit
POST - Pediatric Oncology
Support Team

Saturday, August 16, 2008
7 a.m. – 7 p.m.

The **Pediatric Oncology Support Team (POST)**, of the **Child Life Institute** at St. Mary's Medical Center and Palms West Medical Center, is a unique program designed to help children and their families deal with the impact of diagnosis and treatment of cancer. POST provides a comprehensive plan of care, available to any child diagnosed with cancer in a six-county area, regardless of where they are diagnosed and/or treated.

When a child is diagnosed with cancer, every aspect of the child and family's lives are affected. POST's qualified team of privately funded, dedicated professionals works with families to assess needs and provide assistance.

Involvement is so easy!

Besides the Lake Lytal team swimming in rotation until 7 p.m., they are raffling off dozens of valuable prizes, 100% of all proceeds going to help KIDS with Cancer. Tickets are available from all swim team members and Coach Ken Nemet.

Coach Nemet discovered POST in 2003 while reading a moving news story in the Palm Beach Post about helping kids with cancer. After reading the article, he was determined to do something to help out, and fortunately the swim team pitched right in with him. Last July, the swim team raised \$18,000 from this event to support POST !!!

FGC LMSC CALENDAR

2008		
Aug. 10	LCM	Coral Springs Last Chance – Coral Springs, FL
Aug. 14-17	LCM	USMS LCM Nationals – Mt. Hood, OR
Sept. 20	SCY	Central Florida Marlins Fall Splash - Ocala, FL
Sept. 24-28		USMS Convention – Atlanta, GA
Oct. 4	OW	Tropical Splash (1K, 3K, 5K) – Siesta Key – Sarasota, FL
Oct. 19	OW	Around the Sound Swim (0.8K, 2K, 4K, 7.2K, 10K) – Bermuda
Nov. 16	SCM	Bridge the Bay Meet I – Sarasota, FL
Nov. 23	SCM	Bridge the Bay Meet II – St. Petersburg, FL
Dec. 6	OW	Bonaire EcoSwim (1K, 3K, 5K, 10K) – Bonaire N.A..
Dec. 6-7	SCY	Florida State Senior Games – Estero, FL
2009		
Feb. 14-15	SCY	SUN Masters Valentine Meet – Clearwater, FL
Apr. 16-19	SCY	YMCA Masters Nationals – Ft. Lauderdale, FL
May 7-10	SCY	USMS SCY Nationals – Fresno, CA
Aug. 6-10	LCM	USMS LCM Nationals – Indianapolis, IN

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

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