

# Florida Gold Coast LMSC

## Newsletter - Fall 2011

### USMS CONVENTION RECAP

This year's USMS convention was held within our state on September 14 - 18 at the Hyatt Regency Riverfront in Jacksonville, FL. Representatives from the LMSC were Debbie and Cav Cavanaugh, Matt Hooper, Jonathan Olsen, and Barb Protzman.

Elections were held this year for the following positions:  
President – Nadine Day  
VP of Administration - Michael Heather  
VP of Community Services – Jody Smith

USMS's top award of the year, the Ransom Arthur Award, was presented to Rob Copeland of GA. The Kerry O'Brien Coaching Award was presented to twelve coaches including FGC LMSC member Marty Hendrick of Fort Lauderdale Aquatics.

Locations for the 2013 National Championships:  
Spring – Indianapolis, IN – May 9-12, 2013  
Summer – Mission Viejo, CA – August 7-11, 2013

The 3-6 mile Open Water National Championship will be held within our zone at Ft Myers, FL on April 27 or 28, 2013.

Complete convention details, including meeting minutes and workshop videos, can be found at:  
<http://www.usms.org/admin/conv/2011/>

### CONVENTION ZONE NEWS

Debbie Cavanaugh has stepped down after six years as the Dixie Zone Chair. Congratulations to Jerry Clark of North Carolina who has been elected as the new chair.

The 2012 Dixie Zone Championship meet locations were chosen:

SCY: Baton Rouge, LA – March 16-18  
LCM: Greenville, SC – August 4-5  
SCM: Orlando, FL – October 12-14  
OW: Sarasota, FL – September 29

Complete minutes of the Dixie Zone meeting held at convention can be found at:  
<http://www.dixiezone.org/Minutes/Minutes11.pdf>.

### 2011 USMS SUMMER NATIONALS

The 2011 Summer Nationals were hosted by Auburn Masters Swimming and held at Auburn University

August 3 - 6. There were 688 swimmers at the meet. There were 34 national records broken and numerous other spectacular performances by young and old alike.

The FGC LMSC was well represented in the club awards with Fort Lauderdale Aquatics (FLAQ) placing second in the combined, first in the women, and fourth in the men's division. GOLD placed fifth in combined, second in women's, and sixth in men's. There were a total of 113 teams in the Local Clubs category.

Other FGC clubs with swimmers attending the meet included Midtown Weston Aquatics and Lake Lytal.

The Lake Lytal mother-daughter team of Catherine Rust (55-59) and Alison Templin (18-24) were both national champions in the 1500 freestyle. Alison's time of 17:27.74 smashed the national record. Her split for the 800 also broke the national record with a time of 9:15.95.

### SWIM MEET RECAP

Since the last newsletter, there has been one sanctioned meet in the FGC LMSC.

- August 27 - Coral Springs Last Chance LCM meet.

Unfortunately, the Deerfield Beach Masters meet scheduled for Sept. 23-24 was canceled due to a lack of entries.

Upcoming meets are:

- Nov. 5-6 – Upper Keys Fall Invitational SCM Meet.
- Dec. 3-4 – Coral Springs Holiday Classic 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.

### 2012 USMS SPRING NATIONALS

The 2012 Spring Nationals will be hosted within the Dixie Zone at Greensboro, NC on April 26-29, 2012. The Greensboro Aquatic Center is the country's newest major aquatic complex. Information on hotels and qualifying times is available on the USMS website.

## **3<sup>RD</sup> ANNUAL ROWDY GAINES MASTERS CLASSIC**

The Rowdy Gaines Classic was held in Orlando on October 14-16. Congratulations to Gold Coast Masters for winning the Colorado Timing System provided by USMS. The prize was awarded to the non-host club with the largest number of swimmers at the meet.

There were many individual and relay world records broken, including every relay with Rowdy Gaines on it, except for one that was DQ'ed.

GOLD's men 280+ 800 free relay world record team of Cav Cavanaugh, Jose Ferraz, Howard Rolston, and David Quiggin swam 10:28.15, breaking the old record by well over a minute (1:35.08).

GOLD's women 240+ 200 medley relay also broke the world record. Maureen Hughes, Danielle Ogier, Pat Sargeant, and Jeannie Mitchell swam 2:29.05, breaking the old record by .82 sec and returning the record to the U.S. for the first time since 1996.

### **REGISTRATION UPDATE**

As of October 31, the end of the 2011 registration year, there are 1086 swimmers registered in the FGC LMSC. This edges out our total of 1057 swimmers for 2010. You can renew online at [usms.org](http://usms.org), or using the 2012 form that will be found on the LMSC website, [www.fgcmasters.org](http://www.fgcmasters.org).

Lost your USMS card? Moved to a new address? Changed your email address? Contact the FGC LMSC Registrar, Barb Protzman, at [swimbarb@hotmail.com](mailto:swimbarb@hotmail.com). Also, you can now update your address, email and phone online at [usms.org](http://usms.org).

## **THE V UANA PAN AMERICAN MASTERS CHAMPIONSHIPS**

The Sarasota Family YMCA will partner with U.S. Masters Swimming to host the 2013 Pan American Masters Championship, which will be held May 31-June 10, 2013.

The event schedule is: Synchro: May 31, 2013 through June 2, 2013; Swimming: June 5-9, 2013; Open Water: June 10, 2013

The event will be held at the Selby Aquatic Center, Sarasota Family YMCA, 8301 Potter Park Dr, Sarasota, FL 34238.

Full details will be available at this site soon:  
[www.panamericanmasters2013.org](http://www.panamericanmasters2013.org)

### **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 Chela Devanney at 11862 NW 25<sup>th</sup> Ct, Coral Springs, FL 33065 or [chela@devanney.com](mailto:chela@devanney.com).

### **AUBURN MASTERS SWIM CAMP**

After a hiatus of several years, Auburn Masters Swimmers are hosting the Auburn tiger Swim Camp for Master Swimmers featuring Rowdy Gaines, Brett Hawke, Mark Gangloff and Beth Eldridge. The camp is being organized by our two coaches, Tom Healey and Lionel Moreau and will be held on the campus of Auburn University December 9-11, 2011. Information on the camp can be found on our team website, [www.auburnmastersswimmers.org](http://www.auburnmastersswimmers.org).

Many swimmers in the Dixie Zone are familiar with the Auburn facilities, where the 2012 USMS Long Course National Championships were held, and where we have hosted annual SCY invitationals every February for the past dozen-plus years. Everyone reading this will know the name and accomplishments of Rowdy Gaines, an Auburn alum who needs no further introduction.

For those not familiar with the other swimmers and coaches who will be involved in this camp, Brett Hawke is the head coach of Auburn's varsity men's and women's swim teams and is himself an Olympian, a sprinter representing Australia. Tom Healey also works with the AU varsity and has coached national champions and Olympians over his long career. Mark Gangloff is an Auburn alum and two-time Olympic gold medalist in the breaststroke. Beth Eldridge is a USMS national champion and a specialist in the butterfly and sprint freestyle. Finally, Lionel Moreau is an Auburn alum and NCAA champion in the 200 IM who has been coaching locally and internationally, including Olympic coaching experience with two Olympic gold medal winners, Oas Mellouli from Tunisia and Kirsty Coventry from Zimbabwe.

The camp itself will be a mix of classroom instruction and pool time with individualized instruction and attention to technique through analysis of underwater video.

Conner Bailey, Auburn Masters Swimmers

## FGC LMSC CALENDAR

<b>2011</b>		
Nov. 5-6	SCM	Upper Keys Fall Invitational – Key Largo, FL
Nov. 6	SCM	St. Nick's SCM Invitational
Nov. 12-13	SCM	Bridge the Bay – Sarasota, FL
Nov. 27	SCY	Dorothy Whitcomb Memorial Turkey Dip – Pensacola, FL
Dec. 3-4	SCM	Holiday Classic – Coral Springs, FL
Dec. 10-11	SCY	Florida State Senior Games – Lakeland, FL
<b>2012</b>		
Jan. 8	OW	Tampa Bay Frogman Swim (5K) – Tampa, FL
Jan. 14	SCY	Hammerhead Winter Fest – Ft. Lauderdale, FL
Jan. 28-29	SCY	4 <sup>th</sup> Annual New Year's Invitational – Plantation, FL
Feb. 4-5	SCY	Upper Keys Invitational – Islamorada, FL
Feb. 11-12	SCY	Valentine's Meet – Clearwater, FL
Feb. 25-26	SCY	Masters Challenge – Ft. Lauderdale, FL
Mar. 16-18	SCY	<b>Dixie Zone SCY Championships</b> – Baton Rouge, LA
Mar. 23-25	SCY	St Pete Masters SCY Championships – St. Petersburg, FL
Apr. 7-8	SCY	Hammerheads Invite – Ft. Lauderdale, FL
Apr. 12-15	SCY	YMCA Masters Nationals – Ft. Lauderdale, FL
Apr. 21	OW	Tampa Bay Marathon Swim (24 miles) – Tampa, FL
Apr. 26-29	SCY	USMS Short Course Nationals – Greensboro, NC
May 12	OW	Hurricane Man (1K, 2.4 Mi) – St. Petersburg, FL
May 13		Southwest Florida Spring Splash Pentathlon – Naples, FL
May 26	OW	Ed Gaw Amelia Island Open Water Challenge – Fernandina Beach
July 5-8	LCM	USMS Long Course Nationals – Omaha, NE
Aug. 4-5	LCM	<b>Dixie Zone LCM Championships</b> – Greenville, SC
Sept. 29	OW	<b>Dixie Zone OW Championships</b> – (1K, 2.5K, 5K) Sarasota, FL
Oct. 12-14	SCM	<b>Dixie Zone SCM Championships</b> – Orlando, FL

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:**  
Jonathan Olsen  
[jonolsenrealtor@aol.com](mailto:jonolsenrealtor@aol.com)

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

**USMS Website:**  
[www.usms.org](http://www.usms.org)