

FACT NEWS FOR JANUARY AND FEBRUARY 2015

The One-Hour Postal Swim starts off the season in January and it was disappointing to see only two members doing this very popular National competition. I have heard of some of you doing the Hour Swim but not registering – try it AND register next year. It's a good work out for January and I can put relays together with others throughout the state to compete. Three women or men or mixed two men and two women make a relay. Obviously, two people don't do it! The next National Postal is the 5,000 (5K) – 10,000 (10K) from May 15-September 15 in 50 meter pools. The 3,000 – 6,000 yard postal is September 15 – November 15 in a 25 yd or 25 meter pool. Look on line on the USMS web site and make sure to turn in your results!!

The recent Dixie Zone Championships at the Long Center in Clearwater was fantastic. Our team fielded 28 relays and with the help of FACT members from workout groups: Clearwater Long Center Fact (CLCF); Holmes Lumber Jax Fact (HLJF); Villages Aquatic Swim Team Fact (VASF); and various FACT members throughout the State we won handily with a total of over 2,000 point over the next team Fort Lauderdale Aquatics with 938 points. I was impressed with the efficiency of the relays – each lead-off swimmer did their part in gathering the competitors together at the block and there were NO disqualifications!! You were all amazing!! All the results are available on the midnightsports.org web site. I would encourage other groups to register their workout group in order to receive communications, etc. from the USMS National organization. I believe the cost is nominal. In an **in state** meet where they give team awards, they can compete as their workout group. The Valentine Meet is usually run this way, but as a Zone Championship competes with teams from the Zone – the zone encompasses Florida, Georgia, North and South Carolina, Alabama, Tennessee and Louisiana.

Our famous teammate Betty Lorenzi suffered an unfortunate accident over the Christmas holidays at her daughter's home in Tallahassee. She fell on some stairs early Christmas morning and fractured her C1 and a bad gash in the back of her head. She is encased in a halo (looks more like the Eiffel Tower) that weighs 20 pounds until the break mends and is in assisted living in Tallahassee for at least three more months. Her attitude is fabulous – she escaped being paralyzed. Our prayers are with her for a quick recovery!

At the LMSC Awards Dinner Joan Campbell, Sylvia Eisele and Martha Henderson were recognized as Top Ten LMSC Pool Swimmers for 2014; John Cornell and J Nathan Leech were also recognized in that category. Joan Campbell was also recognized as a Top Ten Long Distance swimmer of the year and received the Leather Lung award for SCM – swimming all the events in this venue. Our featured SWIMMER magazine and Rowdy Gaines world record holders were graciously awarded the Sue Moucha Overcoming Adversity award – first time awarding a group who are definitely deserving as in their 90+ years they have overcome many physical disabilities. Their comment is that they are alive because of their swimming. Congratulations to: Tiger Holmes (93), Ed Graves (91), John Corse (90) and William Adams (87).

Some of us are going to the USMS Short Course Nationals in San Antonio April 23rd-26th. Keep in mind that everyone is entitled to enter three events in the Nationals without meeting the qualifying times – with the exception of the 1650. Also they can of course be included in any number of relays should there be a large enough group to field relays. Last day for entries to Nationals is March 23rd (discounted deadline in March 3rd). See all the information in SWIMMER magazine and on the usms.org web site.