



FACT NEWS FOR OCTOBER 2015 – Joannie Campbell

IT'S THAT TIME OF YEAR AGAIN!! Starting November 1st registration for the year 2016 begins. Those of us that belong to FACT may register with the Florida Aquatic Combined Team for the coming year. Remember that we have a web site (factmasters.org) with our monthly newsletter and our good friend Janet Shellenberger keeps it up to date for us. Pictures are always welcome!! At the moment we have three active workout groups which compete as such for team recognition at some of our local meets – currently the 2016 Valentine Meet will have such a meet.. When you go to register the workout group will be noted on your registration page – be sure to check off CLCF (Clearwater Long Center/FACT), HLJF (Holmes Lumberjax/FACT) or VASF (The Villages/FACT). Workout groups can be registered for a nominal fee if your team desires to compete as such or if your group wants to receive the USMS communications and/or other USMS amenities. If you wish to remain UNAF/FACT there's no problem but you will have to rely on information through the factmasters.org website. I realize that some of your groups are just not large enough to register a workout group. Consider that you can join any of the existing ones at no charge!!

As FACT we compete as a Regional Team and have placed well at National USMS competitions and at Dixie Zone Championships. Most recently we placed second with over 2100 points at the Dixie Zone Rowdy Gaines Championships. Gold Coast was first by only just over 100 points – just a couple of relays would have made the difference!! Our FACT registration fee of \$7.00 a year remains the same and we provide all relay costs throughout the year plus participants at Nationals receive a free hat and t-shirt – can't beat the bargain!!

The Rowdy Gaines Dixie Zone Championships were spectacular as usual. Orlando's pool for SCM is their diving well and always makes for good times. High point age group were won by FACT members Martha Henderson (75-79), John Cornell (85-89) and Joan Campbell (85-89). Can't locate the run-down so please excuse me if I have left anyone out. Everyone swam well and it was great to see our world champion Betty Lorenzi back in the pool competing. We had a good race with our 280 Mixed B relay beating the A relay – always fun. All of our 12 relays did well – careful on that take-off though. A DQ doesn't count for points!

Postal National Championships are now open for 3000/6000 short course yards – September 15 through November 15. If you participate please make sure you let me

know. Relays are three women or three men or mixed relays of 2 men and 2 women and FACT puts them together and pays for them . Also, keep in mind the 1-Hour Swim in the month of January. A big national event. Our team and individuals hold many of the records.

The Shark Tank Meet in Sarasota is November 7 – 8th.is SCM. I saved the 1500 for Sarasota last year and was pleased – kept me underwater for 35 minutes – away from the cold air that can hit us here in November. I note that the other events are at noon, which is a good plan when the sun is a little warmer.

Please let me know if you swim in open water swims or meets out of the area. I have no way of following you and giving you kudos. Checked today's results of the Tropical Splash on October 24th and find Tom Davies took 2nd in the 1K 70-74 division. Jim Alabiso took 5th in the 2.5K in the 60-64 age group. The USMS National Convention in Kansas City was busy and we accomplished a great deal. Open Water was a hot topic and insurance items that effect many of us. The insurance for Open Water because of safety concerns has become a big budget item and starting in 2016 the Pool Sanction and Open Water Sanctions are sharing the cost. There was some discussion regarding backstroke starts and relationship with IM's either individual or relays. All this information is available on the USMS website.

Hope to see some of you at the Florida State Senior Games December 5th and 6th at the Long Center. I'm sure the added enjoyment of an indoor pool in sometimes freezing weather will bring a larger crowd!

Joannie Campbell
jcampb10@tampabay.rr.com



Marianne Bradley displaying her well deserved Gold Medal!!



Barbara McNulty – great performances at the Rowdy Gaines Meet!



Joannie Campbell and Bob Brubaker – loading up those points!