



Florida Swimming Senior Newsletter

April/May 2018



Welcome to the Florida Swimming Senior Athlete Newsletter! Every month, a newsletter will be published. However, every month will alternate Senior (13&Over) and Age Group (12&Under). While the information in both is relevant to all athletes, each will be directed towards the specific age range. These newsletters will include:

- 🏠 A summary of important Florida Swimming events in the past 2 months
- 🏠 Information about upcoming Florida Swimming events
- 🏠 Various Florida Swimming announcements
- 🏠 Featured set of the month (Athletes send in)
- 🏠 Team photo of the month (Athletes send in)
- 🏠 And more!

Check out <https://www.teamunify.com/NewsShow.jsp?&id=608695&team=szfillsc> for more information about the newsletter, and email us at flathletereps2@gmail.com if you have any questions or comments.

February/March

These past two months saw tons of meets, beginning in February with FLAGs (one of the fastest ones in the books) and Senior Champs in Orlando, both of which had incredible performances. Then, March brought all 6 Area Championships across the state, followed by our FLS/FL Gold Coast Speedo Sectionals in Plantation. Last, NCSA Junior National was held in Orlando, featuring some world-class times by Florida athletes. We wish the best of luck to all FL Swimming athletes at YMCA Nationals this week in Greensboro, NC!

FL Swimming Diversity & Inclusion Camp – Palm Bay

April 29, 10AM-3PM

Each team in the LSC will have the opportunity to send 2 swimmers to practice some skills in the water and out, learn about nutrition, and get motivated to achieve the next level in the diversity and inclusion camp series outlined by USA Swimming. Lunch will be provided. Check out

<https://www.teamunify.com/EventShow.jsp?team=szfillsc&id=884079> for more information and to apply.

Contact nfscacherin@gmail.com for more information.

DIVERSITY AND
INCLUSION CAMP

Florida Swimming Open Water Festival (FLS Open Water Championships, LSC Challenge, Crippen Sunset Mile) – Miramar Lakes

April 14-15

The Open Water Festival (and all associated competitions) will be held at the Miramar Lakes Beach Club, featuring numerous events for all ages. Check out <https://www.teamunify.com/EventShow.jsp?team=szflsc&id=858360> for more information.

Featured set of the month:

4 x through (200IM for time, 2 mins fly cords @ 3:00 each)

Set from Blue Dolphins

Have a set you'd like to be featured? Email us at flsathleterepts2@gmail.com . (Check with your coach first!)

Team photo of the month:

Had a funny moment at a meet? Took a team hike? Snapped some pics after a hard practice? If you would like your team picture to be featured in the newsletter, check with your coach, then send it to us at flsathleterepts2@gmail.com . We would love to feature a picture or two in every newsletter!



Questions or comments? Email flsathleterepts2@gmail.com

Interested in being an Athlete Rep?

Are you a hard-working, talented, motivated swimmer looking to join the administrative parts of Florida Swimming?

Currently, there are numerous available positions for those wishing to become Athlete Representatives. All of these positions provide exciting opportunities within the LSC, and give you a chance to work and make decisions within Florida Swimming (and look great on college applications...)!

- **Committee Athlete Reps:** The committees that help run Florida Swimming all have a position for an Athlete Rep. Currently, we have open spots on the Adapted Swimming, Coaches, Investment, Officials, Open Water, and Age Group (must be 13-14) committees. Work with the committees to make and propose legislation, policies, and help represent your committee within FL Swimming at the HOD meeting in October.
- **Area Reps:** Work with your individual Area Committee to help run the Area, Area meets, and report to FL Swimming. Positions are currently available for Areas 2, 3, 4, 5, and 6. Represent the athletes in your area at the HOD meeting in October.
- **Club Reps:** Report to the BOD Athlete Reps any concerns regarding your club. May have the opportunity to represent your club at the HOD meeting in October. ****If you are interested in becoming a club rep, talk to your coach. Once your coach decides to appoint a club rep, they should then contact us.****

Contact us at flsathleterepts2@gmail.com if you are interested in these positions, or if you have any questions or concerns regarding these positions.