

April's BIG Bubble

Spring!

Spring is here, finally! It will not be long before the outdoor pools open up and we are swimming in the great outdoors again!

Annual Meeting/banquet

This year our annual meeting will again be held at Sweetwater Landing on Saturday June 30th. Those of you who attended last year know just how nice it was. I hope you think about enjoying the evening with your fellow swimmers.

Upcoming meets:

CSU: June Date: TBA
July 28, Open water

LOGO Design Contest for the:

July 28, 2007 OMSC 1 and 2 MILE OPEN WATER SWIMS

The club is having a contest for a logo design for the event tee-shirt and the winning designer will be awarded \$200. You must be a member of the Ohio Masters Swim Club to enter and all entries should be e-mailed to Doug Brogan at Fittogether@aol.com by May 15 for judging by the Ohio Masters Swim Club's board of directors. Event information is available at the club's web-site or by contacting Doug Brogan at 440 835-0142.

Workout group news:

Workout group in the spotlight: SOLON

Did you know that Solon has two coaches on deck every morning, also has practices in the evening as well as on Saturday? Did you know that Solon swim outside in the summer?? Wow what more could a swimmer ask for? This past month I decided to check out Solon and test the waters. The first thing I encountered when I show up on deck was coach Mike Davidson. Mike greeted me warmly and welcomed me to Solon. After emerging from the locker room I started to walk up to the other swimmers to talk but before I could get out my first word Mike yelled out "ok get ready send off at the top!" What? What about my usual routine of stretching and talking half way through the warm up? Not at Solon, I was in the water right on the top, Mike made sure of that. The best way to describe Mike is a Ferrari on two legs. The man is all over deck making sure EVERYONE is making their send offs and giving them suggestion on improving their stroke. I was not able to sandbag any sets, let's just call this the no loafing zone.

Asking Mike for help :

I mentioned to Mike I would be swimming the 1000 at the YMCA nationals this month. After hearing that Mike took me aside and asked if I had hit my head on the side of the pool! Nope I told him it's true I was going to swim an event that was longer than four laps of the pool. Mike then helped me with some pace work and set some goals for me to shoot for at the meet. Now if you are thinking I got some special attention just because of my position in the club, thinks again. During all the practices I attended Mike and his assistant Jason were going around to each swimmer and helping them. Like I said he zooms around the pool like a Ferrari on two legs.

For more information on Solon go to our web site
www.ohiomasters.com

CSU

A first for Ohio Masters and USMS.
Looking for something a little more interesting? Well we have it!
New nude swimming at CSU! That right starting this month Wally has agreed to let us use the warm up pool on Tuesdays and Thursdays starting at 5:30 am for naked swimming! Both men and women are welcome. This is not a swimsuit optional swim workout you must swim naked. No clear goggles will be allowed. The first nude practice will be this Tuesday April 1st! See you there in the buff!

For more information on CSU go to our web site
www.ohiomasters.com

Lake Erie LMSC news

Our LMSC is looking for a new design for the Top Ten patch. This patch is sold throughout the country to those individuals that have made one of the top ten fastest in any event. The Lake Erie LMSC is looking for a new design for this year and is holding a contest for the new design. It's open to anyone and the winner will receive a nice prize. Contact Tom Gorman with your prize winning entry! Tom Gorman: trgorman@att.net

Lake Erie LMSC meeting:

Friday 5pm at the Pickle Works in Brecksville, for more information contact Laura Kessler: swimlaura@ameritech.net

Well that all for now!

See you at the pool!

DAN