



H₂O*H*I*O

The O*H*I*O Masters
Swim Club Newsletter
Spring 2007



From the Deck

A few weeks ago a group of O*H*I*O swimmers teamed up with the Sarasota Sharks YMCA to participate at the YMCA National Championships in Indianapolis. Not only did the Sarasota Sharks WIN the National Championship with O*H*I*O's help but in the process a few O*H*I*O swimmers set new national YMCA records.

Lilly Kron (75) 75-79 age group 50 Breast - 50.06 100 Breast - 1:49.46 200 Breast - 4:09.17	Jack Groselle (52) 50-54 age group 50 Free - 22.50 100 Free - 48.50 200 IM - 2:05.81
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Laura Kessler (46) 45-49 age group 50 Free - 26.04	Audrey Gray (27) 25-29 age group 50 Back - 28.53
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Congratulations to our O*H*I*O swimmers who set the YMCA records! Fantastic!

Our club is not only breaking records in the pool but we are also breaking club membership records! We have over 360 members so far this year, which will make 2007 a record year, and we have six more months to go! (see Registrar's Report inside) An interesting fact is that since 2004 we have increased our membership each and every year!

O*H*I*O Masters Swim Club Officers

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On June 30th the club's Annual meeting will once again be held at the Emerald Necklace Marina in Lakewood, I hope to see you there. (see inside for more information)

The club's 18th Annual 1 Mile and 2 Mile Open Water Swim will be held at Edgewater State Park on July 28th. Contact Race Director Tom Spence for more information at talltom13@msn.com. An entry form can be downloaded from the website. The club is having a contest for a logo design for the event tee-shirt. The winning designer will 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.



The summer Long Course Meet will be held at the Cleveland State University Natatorium on Saturday and Sunday, July 7th and 8th. On Saturday, warmups will begin at 12:00P.M. with the first event scheduled to begin at 1:00P.M. On Sunday, warmups will begin at 8:00AM and the first event at 9:00. The meet entry form will be posted on the website soon.

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.

Good luck to those of you who are headed out to the USMS Short Course Nationals!

Dan

Summer Workout Locations

Lakewood - Summer

- **Facility:** Foster Pool - 3 lanes of 50 Meter Pool
- **Location:** Lakewood Park - Belle & Lake Ave.
- **Schedule:**
 - Mon, Tues, Thurs 8:30PM - 9:30PM
 - Sat 7:30AM - 9:00AM
- **Start:** Monday, June 11
- **End:** Based upon guard availability
- **Coach on Deck:** Bob Babiak or Jim Hlavaty
- **Contact:** Judi Norton 216-228-3686 or by e-mail judinorton@yahoo.com

Shaker Heights - Summer (May 29th)

- **Facility:** Thornton Pool (50M).
- **Location:** 20701 Farnsleigh
- **Schedule:**
 - Mon - Fri 5:45 - 7:15AM
 - Sat 7:15 - 8:45AM
- **Contact:** Eric Peterson (216) 295-4163

At the time of publication, these were the only sites that had finalized times. Check the website for further updates!

Annual Meeting

The O*H*I*O Masters Swim Club Annual Meeting has been set! This year's event will be Sunday, June 30th at 5:00 PM. The event will be held at the Sweetwater Landing Restaurant at the Emerald Necklace Marina in Cleveland's Rocky River Metropark in Lakewood. Sweetwater Landing is part of the Sweetwater Restaurant Group that includes Players on Madison and the Cafe Sausalito. We guarantee that the food will be excellent!



One item on the agenda of the Annual Meeting is the nomination and election of Board positions. This year, Secretary, Treasurer and several Board positions will be up. If you are interested in any of these posts, contact a member of the Nominating Committee.

Kristen Bergmann - kbergmann@insp-eng.com

Doug Brogan - fittogether@aol.com

Dave Barberic - d.barberic@oh.rr.com

You can also contact Doug Brogan by phone at 440-835-0142.



CAS has been a long time sponsor and supporter of O*H*I*O Masters here in Northern Ohio. Visit their store in North Canton or their stand at all of our swim meets.

CAS

*Competitive Aquatic
Supply*

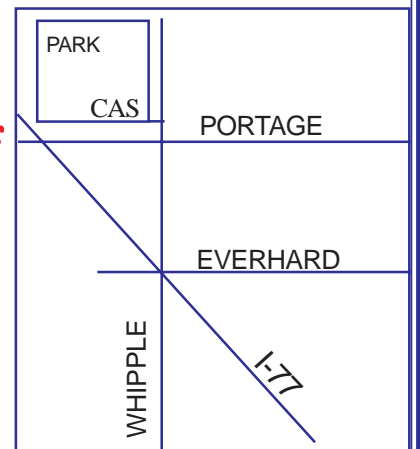
7233 Whipple Ave, NW
North Canton, OH 44720

PH: 330-498-9179

FAX: 330-498-9175

Mon 9-6

Tues-Fri 9-5



O*H*I*O MASTERS OPEN WATER RACE

The Ohio Masters Swim Club's Open Water 1 and 2 Mile Races will take place on Saturday, July 28 at Edgewater State Park. To ensure another successful event, numerous volunteers are needed. Please contact Tom Spence at 216 299-3858 or Doug Brogan at 440 835-0142 if you wish to help.

We need your help to make our open water swim a safe and successful event.

Race Director Tom Spence is completing his fifth year in this role and will be stepping down after this year's event.

Thanks to Tom for his many contributions to our club's

activities. Tom recently commented, "Being race director is not a lifetime assignment", so anyone who is interested in being the next race director should contact Tom or O*H*I*O Masters President Dan Cox.

Doug Brogan will also be relinquishing his duties after this year's event. Doug has been involved with the event since its inception in 1990. Doug has served as both Race Director and Assistant Race Director. He said, "I am changing age groups this year and I want to spend more time in the water."

LAKE ERIE OPEN WATER SEASON

Plans are to start swimming in the lake a bit earlier than last year as some warm heated water has been discovered in Lake Erie. The lake's water adjacent to the Illuminating Plant in Avon Lake is warm since the plant uses water from the lake to produce electricity and then returns heated water to the lake at swim-able temperatures. Access to the lake is available at the beach in the park next to the Illuminating plant

And our veteran Columbia Road Park swimmers hope to get in the water during May and of course they will continue their practice of having Sunday morning potluck brunches after their swims.

Call Doug Brogan at 440 835-0142 or Dave Barberic at 440 871-1581 for information.



Open water swimming offers great workouts in sometimes challenging conditions, new friends, great food on Sundays, and views from the water like this.

More Open Water Events

For a list of open water events this summer, check the USMS website. There are championship races in Virginia, Idaho and New York. There are a number of great events being held in the Midwest and the East Coast. Most are within a manageable drive. Check out the Chestertown, MD. and the Lake Placid events.

If you're looking for warm waters and open water competition later in the fall, take a look at www.aquamoonadventures.com. Two open water swims look especially appealing:

The Bermuda Round the Sound Eco Swim on Sunday, October 21st. 10K, 7.25K, 4K, 2K, .8K races.

The Bonaire Eco Swim on Saturday, November 10th, 10K, 5K, 3K and 1K races.

special UPDATE



Congratulations to Judi Norton on her upcoming retirement from the Fairview Park Schools. Judi started at Fairview in 1980 as a middle school special ed. teacher. After a brief hiatus to have 3 children and to finish her Masters in School Psychology, she returned to teaching special ed. in 1991. Judi switched to her current position as school psychologist in 1997. Judi coached the FHS swim team, both as an assistant and as the head coach. Judi has already begun teaching a graduate course in reading methods at BW. Husband Dave is also retiring after 30 years in the Lakewood Schools. "With 3 kids in college, we'll be working somewhere, but maybe only part time, it depends what comes along. We also hope to do some traveling but nothing in the works yet. Anybody need a substitute school psychologist??" Best of luck to Judi and Dave in their retirements.

Congratulations to Dave Barberic. This February, he was selected and honored by the Greater Cleveland Football Coaches Association as Assistant Coach of the Year. He was also selected as Assistant Coach of the Year in the NE Ohio Region by the Ohio High School Football Coaches Association. Dave was especially recognized for his 8 years as Defensive Coordinator at Olmsted Falls High School. During this period, OFHS compiled a 73-23 record, qualified for the state playoffs 7 times, was a state semi-finalist in 2002, and won the Division II State Championship in 2000.



Congratulations to Jim Hlavaty and his wife Laura on the the December birth of their daughter Abigail. Also, congratulations to Kristen and Michael Bergmann. They are expecting their second child this summer. (Kristen and Jim are pictured at last year's Annual Meeting)

Monday, December 18th at 5:15 a.m., Sean Conrad Kraft made his entry into this world at a whopping 9 lbs. 6 oz. and 21 1/2 inches long. We are all doing well. Pictures can be seen at <http://family.kraftweb.net/photos/v/Sean/>. See you in the pool soon. - Michelle

Former Lake Erie LMSC registrar Dar Ferguson writes from Irmo, South Carolina that she has retired and relocated there from Orlando, Florida to be near her grandson and his family. Irmo is near Columbia, South Carolina, so if your traveling south down I-77 give her a call and stop in for a visit. She can be reached at 803 781-1968.

Stroke Clinic a Success!

The Lake Erie LMSC hosted a very successful stroke clinic the last weekend in February. We were fortunate enough to have Bob Bruce, USMS Coach of the Year and the chair of the USMS Coaches Committee as our mentor coach. Bob is a full-time Masters swimming coach and runs a very large



Coach Bob Bruce giving a demonstration at the recent stroke clinic. (above) Coach Bruce lecturing to swimmers prior to work in the pool. (below)

and successful program in Oregon. The purpose of the mentor clinic is to provide instruction to and encourage participation by our local workout coaches as well as to our swimmers. Only one of our local coaches, Pete

Finefrock, was able to attend the clinic, so Jack Groselle and Laura Kessler (Hiram College head and assistant coach) assisted Bob at the clinic.

Saturday was freestyle and backstroke (long axis strokes) day and we had 21 swimmers participate in the clinic. Each swimmer was videotaped underwater and critiqued. Bob gave several lectures about the biomechanics of freestyle and

Swimmers were videotaped from both the deck and with the underwater camera.



backstroke and distributed several very nice handouts that gave adequate detail about the stroke. Bob's dynamic personality along with his animated descriptions of both the good and bad in swimming was very entertaining.

Sunday was very similar to Saturday but this day it was the short axis strokes, butterfly and breaststroke. Thirteen people participated this day.

Both days found swimmers enjoying the hospitality. Great food and drink was provided and was expertly handled by Doug Brogan and Dan Cox.

The Lake Erie LMSC was awarded a \$500 grant from USMS for this clinic. In order to win this grant the LMSC must first run the clinic successfully and prove to USMS that there was value to the coaches and swimmers.

The Lake Erie LMSC would like to host a clinic such as this every year. It hopes to encourage the participation and/or hosting of such clinics by the workout group coaches. Please encourage your coach to contact an LMSC officer to discuss. Thanks and hope to see you at the clinic next year.



Pieter Cath Memorial Meet Lakewood High School Pool January 28, 2007



Eve and Joanne look to Ron for advice about an upcoming race. Eve and Joanne each had 4 firsts and a second in individual events. So obviously Ron's guidance paid dividends!



Being mentally prepared is the first key factor to having a great race.

The complete results of the
Lakewood Meet and the
Wooster Meet are posted on
the club website:
www.ohiomasters.com.



An effective exit strategy is essential.



Kathy Ayers, Joe Gersevich and Diane Rothenberg share a moment with Coach Bob Babiak in between races.



Could colorful crocs be the key to great times?



Kathy Ayers gets set in the block for the start of her winning swim in the 200 IM.



*Club president Dan Cox and registrar Margaret Bayless kept the meet registration running smoothly. Also, a big **Thank You** to Tom Gorman and Kevin McCardle for another efficiently run O*H*I*O Masters Meet!*



Everyone had a good time at the Lakewood Meet!



The team title was again captured by the Shaker workout group. The Lakewood workout group finished second.



*Meet and O*H*I*O Masters supporter (or sponsor) Competitive Aquatic Supply (CAS) was on hand.*



REGISTRAR'S REPORT - APRIL 20, 2007

As of April 20, O*H*I*O Masters Swim Club has 362 members, which is a record number of members at this stage in the year. 85 of our members are new this year, and 277 have renewed their prior year's membership. 75% of our members have reported that they attend one or more of the several workout groups affiliated with O*H*I*O Masters. 57% of our members are male, and 43% are female.

2007 registration forms can be found on our website, www.ohiomasters.com: click on "join the team". Please remember that USMS and O*H*I*O Masters membership is required in order to attend any of our swim workout groups.

Please be sure that we have your correct email address, as beginning in 2007, email will be the primary mode of communication for newsletters and other updates. Feel free to email any changes in email addresses, mailing addresses or phone numbers to me at mlbayless@aol.com.

NEW OHMA MEMBERS, 11/1/06 - 4/20/07

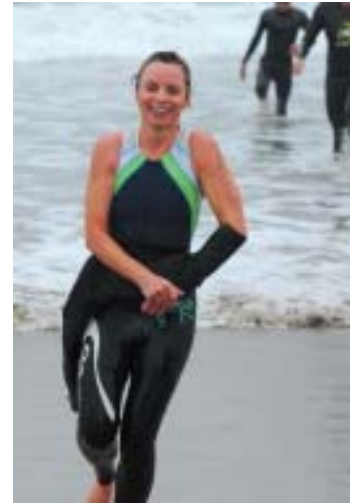
1. Louis K.	Arata	30. Daniel	Farrar	59. Scott C.	Peters
2. Shelley M.	Assel	31. Andrea M.	Gousen	60. Kristen L.	Prijatel
3. Steve	Ayzenberg	32. Craig T.	Gretter	61. Alison K.	Putnam
4. Patricia A.	Baker	33. Michael	Guggenheim	62. Natalie H.	Rauf
5. Timothy E.	Bangert	34. Bryan R.	Haas	63. Nativa	Redman
6. Mauricio J.	Barrios	35. Michael J.	Hannibal	64. Rebecca M.	Repasky
7. Kaitlin T.	Beck	36. Tom W.	Herr	65. Heather N.	Royer
8. Douglas J.	Bell	37. Samuel A.	Howard	66. Debbie J.	Sidol
9. Amanda B.	Blile	38. Rhonda Y.	Johnson	67. Mateusz K.	Sladewski
10. Charles J.	Boulware	39. Michael B.	Johnston	68. Gregory J.	Spielman
11. Brenda S.	Braddock	40. Elizabeth G.	Katterle	69. Lindsay M.	Squier
12. Jessica M.	Braddock	41. Paul R.	Katterle	70. Gina M.	Suozi
13. Jeff	Briglia	42. Jonathan	Kaye	71. Camelia T.	Sutorius
14. Joshua K.	Brown	43. Jitendra	Khare	72. Robert A.	Swanson
15. Heidi A.	Bryson	44. Matthew P.	Kittle	73. Dawn E.	Tabaj
16. Esther L.	Calderon	45. Kate D.	Kovar	74. Kristin B.	Tarase
17. Joyce M.	Callahan	46. Tom K.	Laraway	75. Thomas Ryburn	Taylor
18. John A.	Campanelli	47. David A.	Lehman	76. Michael C.	Uhrich
19. Matthew J.	Cenedella	48. Paul B.	Lincke	77. William F.	Ujcic
20. Daniel A.	Clarke	49. Gabriel O.	Linton	78. Stephen F.	Wargo
21. Renee	Commarato	50. Ceci	Manuszak	79. Alyssa M.	Webb
22. Andrew	Corwell	51. Andrew N.	Mason	80. Matthew J.	Weber
23. Cheryl L.	Craver	52. Susan L.	Mellish	81. Susan V.	Weir
24. Valerie I.	Crowley	53. Roger A.	Miller	82. Carl E.	Weisfelder
25. Rebecca L.	Davis	54. Ronald E.	Murlin, Jr.	83. T. J.	Worsencroft
26. Martha Shorter	Dougherty	55. Jill	Nealon	84. Masato	Yokayama
27. Matthew H.	Downing	56. Brian J.	Parana	85. Kathleen H.	Zannoni
28. Katie L.	Emerson	57. Sherry L.	Parker		
29. Michael J.	Faremouth	58. Wendy N.	Peel		

Lakewood Triathletes in Action



Angie heads toward the finish line.

Lakewood OHIO Masters swimmers, Joanne Collins and Angie Ridgel, will be competing in the USA Triathlon (USAT) National Age-Group Triathlon Championships in Portland, Oregon, on June 30, 2007. To qualify, they had to place in the top 10% of their age-groups in a USAT sanctioned triathlon. Joanne placed 1st overall female at the Greater Cleveland Sprint Triathlon and Angie placed 2nd overall female at the Portage Lakes Olympic Triathlon. The National Championship includes a 1500 meter swim, 40 kilometer bike and 10 kilometer run. The top 16 in each age group will qualify for the 2007 World Championships in Hamburg, Germany (September 1-2). Wish them luck as they strive to qualify for Team USA!



Joanne seems quite pleased with her swim at one of last year's events.

Racing for a Great Cause

11 Ohio Masters members have made the commitment to fundraise for the Leukemia & Lymphoma Society (LLS); Team in Training (TNT) Triathlon program. The team currently practices at Lakewood High School on Thursday evenings and Sunday afternoons. Each participant has raised over \$3,900 for LLS and will be participating in the Philadelphia Triathlon in Fairmont Park on June 24th. Each person will complete the Olympic distance (1 mile swim, 24 mile bike and 6.2 mile run) for the first time. For reaching their fundraising goal, all participants will receive a full wetsuit, triathlon gear, airfare to Philadelphia, lodging, race entry, meals and an opportunity to reach their personal goal of crossing the finish line knowing they raised money for a great cause. To find out more information about future TNT Triathlon events contact Coach T.J. at 440-871-7261 or visit www.teamintraining.org/noh to secure your spot for the next TNT sponsored triathlon. Wish us luck on June 24th!

Ohio Masters Members and TNT participants:

T.J. Worsencroft, TNT Triathlon Coach

Lou Arata

Brenda Braddock

Jessica Buca

Joyce Callahan

Cheryl Craver

Jitu Khare

David Lehman

Sherry Parker

Steve Smith

Kristin Tarase

NEWS

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