

Inside This Issue

Notes from the Chair 1
Registrar's Report 2-3
Medina Meet Info 5
Senior Games Help 6
Calendar Girls!! 8-9



From the Chair

Dear Swim Fans,

Well, we hope Spring is right around the corner and that can mean only one thing: open water season will be getting under way. For those of you who want to practice in open water, check out the O*H*I*O Masters website for information regarding informal swims in Lake Erie in Bay Village. It's a great way to get prepared for those open water competitions this summer. Spring also means we will be selecting our delegates for the **USMS convention in September**. Each year, USMS gives our LMSC the opportunity to select two at-large delegates who will represent our interests at the national convention. This year's convention will be held in Anaheim, California. I will be holding a special board meeting on Saturday, May 25th at Yours Truly Restaurant, 8111 Rockside Road in Valley View. We will be discussing the selection of delegates and the convention.

Meets: Once again Medina Masters is hosting their annual spring short course meters spectacular! The meet will be held on April 27th. You can go to Medinamasters.com for more details on this great meet!

Open Water: O*H*I*O Masters will be hosting its **annual open water event at Edgewater Park** again this year. This will be the 24th annual! The date is **July 27th** - you don't want to miss it!

Convention: USMS convention will be September 11-15 in Anaheim California. All those interested in attending the convention should attend the LSMC meeting on May 25 in Valley View. This year's convention should be an interesting one with Open Water being front and center with all the changes that have gone on with it this year.



In addition to that it's a legislative year, so I expect even more interesting developments!

See you on deck!

Dan

REGISTRAR'S REPORT - March 31, 2013

Lake Erie LMSC is on target for another record membership year, as to date, 2013 membership registrations are 8% ahead of our 2012 record registration year.

Club membership is as follows:

	<u>2013</u>
O*H*I*O Masters Swim Club (O*H*)	293
Shaker Swimming (SHSH)	74
Medina Masters (MEDM)	25
P.R. Tri Team (PRTR)	32
Swim Cleveland (SC)	16
Swim Strongsville (SWST)	18
Cleveland Aquatic Team (CAQT)	15
Lake Shore Swim Club (LSSC)	10
Sandusky Area Masters (SAMY)	12
Euclid Marlins (EM)	-
Unattached	40
	<u>535</u>

140 of our members are new this year, and 395 are renewals.

Please remember that USMS membership is required in order to participate in workout groups and meets. USMS also provides the bimonthly magazine SWIMMER and accident insurance as benefits to members.

To register on-line, go to www.usms.org and click on "JOIN (sign up or renew today)". On-line registration requires a MasterCard or Visa. The dues are unchanged from 2010 levels, and are the same whether

you register on-line or via paper form (\$40 for all clubs except O*H*I*O Masters, which is \$45). Alternatively, 2013 paper registration forms can be found on the Lake Erie LMSC website, www.lelmisc.org.

Lake Erie LMSC New Members (January 8, 2013 - March 31, 2013)

John	Batman	Benjamin	Hartley	Matthew	Phillips
Chuck	Beatty	Whitney	Hooley	Matthew	Phillips
Alexander	Bishop	Kyle	Jones	Frank	Piunno
David	Bodie	Linda	Jones	Frank	Piunno
Megan	Boogaart	Kyle	Kiffer	Eddie	Police
Matt	Brenner	Jennifer	Kiper	Becky	Pollack
Mike	Bucher	Paul	Krakovitz	Theresa	Puckett
David	Chao	Tim	Krueger	William	Rohm
Lisa	Chiappone	Anthony	Lammers	John	Schick
Beth	Darmstadter	Jenna	Leach	Melani	Sherman
Vickie	Dowling	Jonathan	Lewis	James	Skelton
Tim	Edwards	Melanie	Liddy	Beth	Starling
Chatham	Ewing	Bridget	Liddy	Linda	Taylor
Brian	Fife	Ian	London	Lisa	Turner
Drew	Frerichs	John	Mack	Stacey	Vayo
Melanie	Frye	Ryan	Mann	Samantha	Wakefield
Michelle	Gallo	Katelyn	Maurer	William	Wakefield
Lance	Godard	Deb	Mozil	Ian	Ward
Shelley	Grossman	Larry	Newman	Shannon	Welch
Mallory	Hampton	Laura	Painter	Anita	Woods
John	Hans	Susan	Parker		
Mary	Harris	Angela	Peluse		

The USMS on-line registration system may be useful to you for many things:

Printing another copy of your registration card,

Finding out your registration number,

Updating your email address, home address or phone number.

Go to www.usms.org and click on "UPDATE my membership" and click on the appropriate option for your needs.

Also, check out the USMS website www.usms.org, or the Lake Erie LMSC website www.lelmsc.org, for lots of valuable swimming information!



*Margaret Bayless
Lake Erie LMSC Registrar
mbayless@aol.com*



PRTR
P.R. Tri Team
Avon YMCA
Daniel Smith
danieljs111@aol.com



We started a tri team in 2004 and it has grown into a fantastic crossover fitness/tri/swim team of now near 45 people.(our site)- <http://tri-run-training-coaches.blogspot.com/>

Here is a link with my team info and also what I do as far as underwater filming.
<http://subaquaticimagesandvideo.blogspot.com/2010/12/my-mission-and-services.html>

And check out the books that Sheila and I have done together (just finished #3)out this month!

<http://swimspeedsecrets.com/>

Daniel Smith

Photographer - <http://djsmithphotography.blogspot.com/>

founder/coach Team PR Tri



PIETER CATH MEMORIAL INTER-SQUAD MEET

RESULTS FOR INTER-SQUAD RELAY EVENTS

JANUARY 27TH, 2013

RELAY SCORES (IN POINTS)

The winner of the 2013 Pieter Cath Memorial Inter-Squad Relay Meet was the Lakewood Workout Group of the O*H*I*O Masters Swim Club. Thanks to Kristen Bergmann for seeding the relays and to Judi Norton for tabulating the results.

The following scoring system was used:

Place	Score
1 st	40
2 nd	34
3 rd	32
4 th	30
5 th	28



The results are as follows:

Event	AKGN	CSU	LKWD	ORG	PRTR	SAMY	STOW	SWST
200 yd. Medley Relay	74	34	200	0	34	74	32	40
200 yd. Backstroke Relay	0	80	120	34	0	68	0	0
400 yd. Freestyle Relay	0	0	228	34	0	80	0	40
400 yd. Medley Relay	80	34	120	0	0	74	0	0
200 yd. Freestyle Relay	34	80	188	34	40	80	0	40
200 yd. Breaststroke Relay	34	40	120	0	0	74	0	0
200 yd. Butterfly Relay	0	32	114	0	40	74	0	0
TOTALS	222	300	1,090	102	114	524	32	120
	4 th	3 rd	1 st	7 th	6 th	2 nd	8 th	5 th



As seen in these photographs, while Lakewood won the points competition, the P. R. Tri-Team was the runaway winner of the most spirited award.

2013 Medina Masters Sprint Spectacular
Medina Natatorium - Medina, Ohio
Short Course Meters
Saturday, April 27, 2013
USMS Sanction #183-S003

DATE: **Saturday, April 27, 2013. Warm-ups start at 2:00 p.m. Event #1 will start at 3:00 p.m. Deck entries should be in no later than 2:30 p.m.**

LOCATION: The natatorium is located at the **Medina Recreation Center at 855 Weymouth Rd. (Route 3)** Medina, Ohio 44256. Follow the signs to parking lots "E" and "F". Enter the pool through entrance "F5".

Directions from I-71 southbound: Take Exit 222 (Route 3). Take a right at the bottom of the ramp. Continue south for 4 miles until you reach the Medina Recreation Center. Turn right into parking lot and follow signs to parking and entrance.

Directions from I-71 northbound: Take Exit 218 (Route 18). Take a left at the end of the ramp. Continue west for 3 miles until you reach Foote Road. Turn right on Foote Road. Continue north for 2 miles to Weymouth Road. Turn left on Weymouth Road (Route 3). Continue on Weymouth Road for 1 mile to Medina Recreation Center. Turn right into parking lot and follow signs to parking and entrance.

POOL: **The pool has eight lanes (25 meters)** with anti-turbulent lane lines and automatic timing. An adjacent separate pool will be available for warm-up and cool down during the meet.

ELIGIBILITY: 2013 U.S. Masters Swimming rules will govern conduct of the meet. Because of insurance requirements, **all swimmers must be registered U.S. Masters Swimmers.** Applications for 2013 registration will be available at the meet (\$40.00). Please send a copy of your USMS card with your entry form. Only swimmers entered in the meet can participate in relays. Limit 5 individual events.

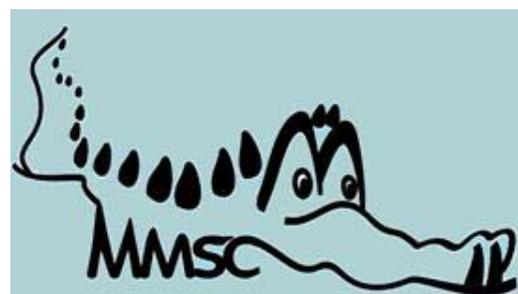
AGE GROUPS: Age of competitors on December 31, 2013 will determine age group. Age groups are: 18-24, 25-29, 30-34, ..., 80-84, 85-90, etc.

AWARDS: Individual and Relay events: First, second, and third-place ribbons.

DEADLINE: **Entries for individual events must be received by April 24, 2013. Deck entries for individual events will be accepted until 2:30 p.m. on Saturday.**

FEEES: Fees must accompany entry forms. **One flat fee of \$20 entitles you to swim up to 5 events not counting the relays. Deck entry fee is \$25.** Relays can only be deck entered. There is no charge for relay entries. This includes the timing surcharge. **Make checks payable to MRST and mail to: MRST c/o Cori Knutson, 5725 Rosemont Way, Medina, OH 44256.**

MEET DIRECTOR: **Cori Knutson - email coriatc@gmail.com**



Volunteers Needed This July

Hello,

As you may already know, the 2013 National Senior Games are coming to Cleveland this July! This Olympic style event will see seniors from all over the country competing right here in Northeast Ohio. This is a HUGE event for the city of Cleveland and the surrounding area! It will be the largest participatory event held in the United States in 2013 and the largest event Cleveland has ever hosted. Over a two-week period, we will host over 13,000 athletes and an additional 20,000 of their friends and family to our region. The National Senior Games will consist of 19 different sports, an athlete village with a variety of programming, a torch lighting to kick off the games and a Celebration of Athletes ceremony. This is going to be a tremendously large event and we will need the whole community's involvement.



We are reaching out to local swimming groups in hopes to get the word out about this great event and to recruit volunteers.

Swimming will be taking place at Cleveland State University Natatorium

- July 20th to July 25th

- The shifts run from: 8:00am to 12:30pm and 12:30pm to 5:00pm

- Volunteers needed as *Announcers *Hospitality *Timers

- We would appreciate if you would pass this information to any interested people!

In addition to the sports specific volunteer positions at the National Senior Games there will also be information stations, airport greeters and other positions within the Athlete Village. The volunteer opportunities take place at a range of different venues in the city of Cleveland and the surrounding areas.

For more information and to register as a volunteer go to <https://2013nsg.theregistrationsystem.com> . If you would like to register to volunteer or if you would like to browse the available shifts and volunteer positions click REGISTER NOW on the right. You will have to create an account and then you will be able to continue. I have also attached a how to guide that will walk you through the process of registering for volunteer shifts.

Thank you for considering this opportunity and I look forward to hearing from you!

Warmest regards,

Maggie Scanlon | 2013 National Senior Games Volunteer Coordinator Intern

Greater Cleveland Sports Commission

334 Euclid Avenue | Suite 100 | Cleveland, Ohio 44114

direct: 216.363.6397 | fax: 216.621.2773



My daughter, Erin Norton, is a regional supervisor for [Metropolitan Pools](#). She asked if I would send the along to Lake Erie LMSC in case anyone knows someone looking for a summer job. Good jobs for teens looking to guard. They have already started interviews, so don't delay. Thanks - Judi Norton

[Metropolitan Pools \(MPS\)](#) is hiring lifeguards for summer 2013!

MPS is the largest commercial, residential and retail pool service & management company in Ohio, and is currently looking to hire Lifeguards for Summer 2013.

No previous life guarding experience is necessary, as we train and certify lifeguards (currently certified guards also welcome) and staff them at the private pools we manage throughout Northeast Ohio.

Please call **216-741-9451** for more information.



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CAS

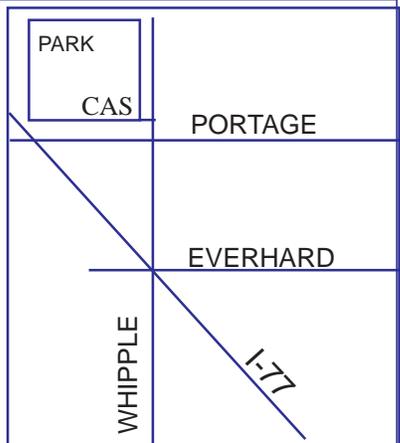
*Competitive Aquatic
Supply*

7223 Whipple Ave, NW
North Canton, OH 44720

PH: 330-498-9179
FAX: 330-498-9175

Mon 9-6
Tues-Fri 9-5

casswimohio@aol.com



*Our thanks to
Competitive Aquatic Supply
for their continuing support of
the O*H*I*O Masters Swim Club.*

O*H*I*O Masters Calendar Girls

As part of the celebration of active aging, the Greater Cleveland Sports Commission and The Benjamin Rose Institute on Aging have created a calendar of athletic “Mythbusters.” The large-block wall calendar features 12



MythBusters — adults aged 65 or better who defy the myths of aging through their activities in the community. The 2013 calendar was produced in conjunction with the Greater Cleveland Sports Commission & the 2013 National Senior Games in celebration of the Year of Vitality. **Two of the Mythbusters are O*H*I*O Masters Swim**

Club's Luise Easton and Anne McGovern. Here are excerpts from their respective interviews.

*In a late-afternoon interview in her cozy dining room — where the table was set with a quilted runner she'd made — petite **Anne McGovern** shared her life-long passion for swimming, the joy she gets from sharing that passion, and her thoughts on what it takes to be a winner, no matter what you do.*

Where were you born and raised?

I was born in 1947, so I'm a Baby Boomer. I was born and raised in Akron, and I lived in the same house from my birth day till my wedding day — 21 years.

We lived in inner-city Akron, near what is now St. Vincent-St. Mary, the church and school were we went.

You are one of 11 kids. Where are you in the sibling line-up?

I am number 10, and the youngest of seven girls. There are four boys and the baby, number 11, is my brother Bob, who is competes in swimming, too.

My oldest brother just turned 80 and we go from 62 to 80.

You're a competitive swimmer who will be competing in the Ohio

Senior Olympics this summer and the National Senior Games next summer. When did you start swimming? And what got you interested in swimming?

I started swimming competitively at about seven and

*On a sweltering June afternoon, sporting the SharkFest T-shirt and first place medal she won for her mile-and-a-half swim from Alcatraz prison across the bay to San Francisco - to celebrate her 70th birthday - former high school physical education teacher and current arts and crafts teacher **Luise Easton** shared her love of sports (and painting) and why she thinks she's always a winner: "I show up," she says.*

When were you born, and where were you raised?

I was born in Jersey City, New Jersey - December 10, 1938 - so I'm a Jersey girl. We moved from there to Fairfield, Connecticut, when I was 12.

What - or who - got you interested in swimming and, more to the point, swimming competitively

I started swimming when I was 8. I'm the third of four girls, and I learned to swim before my two older sisters. [Laughs] That did not sit well with them.

I don't remember where or how I learned [to swim], but I do remember that I was 8...I didn't swim competitively though, till I moved to Connecticut. My parents found a place for me to swim, the North End Girls Club, in Bridgeport. I really liked it. [Laughs] I was probably there five days a week.

My sisters learned how to swim, but they weren't competitive. For that, I'm the only one.



swam competitively until I was about 10. I didn't go back to that [swimming competitively] until about nine years ago.

Where we swam, they had a 10 and under group, and I swam in that group. Now-a-days, they have eight and under groups.

[Laughs] Mostly we swam at the Jewish Community Center in Akron.

When my brother Charles, the oldest, was a teenager, he saw four boys beating up on one. He didn't ask any questions and he didn't know any of the boys, but he went up and helped the one being beaten up.

It turned out that they were beating up on him solely because he was Jewish. His family was so grateful that they bought our family a membership to the Jewish Community Center in Akron. So we â€“ this Irish Catholic family â€“ all learned to swim at the Jewish Community Center.

Swimming isn't traditionally a women's sport, so what got you interested in swimming?

My father was an avid swimmer. He got all of us interested in swimming — very young. He used to tell us that he competed against Johnny Weissmuller, but he always failed to mention who won.

When did you enter your first competitive swimming meet as a senior? And how did you find out about it?

That was the Tri-County Senior Games in Akron, in 2003. I was 55 then.

My sister Mary — she's number six and we always tease her about being the “middle” child — had done the race walk the previous year and she told us siblings about it and that she'd had a lot of fun. So, in 2003, I entered the swimming competition. The next year, both Bob and I entered the swimming competition.

How did you do in that first meet?

[Laughs] I did very, very well. I entered six races and won them all.

When did you enter your first competitive swim meet. And how did you do?

That was in my early teens, as part of a girls team from the swim club. Since I was there all the time, they put me on a swim team, and we swam against other girls clubs in Connecticut.

They put on a water show at the club, too, every year, and that's what got me interested in synchronized swimming. There were Esther Williams movies and water shows then [in the 1940s and 1950], and synchronized swimming was very popular. It's still popular today in some areas of the country.

[Laughs] I was much better at that [synchronized swimming] than I was at speed swimming. I'm not a fast swimmer - never was and never will be. I'm a distance and endurance swimmer.

A lot of people who are good at swimming are good at other sports, too. Over the years, what other sports have you competed in...and how did you do in those sports?

I got involved in horseback riding in my mid-twenties, when I was still teaching I was riding daily and would be off to shows all the time. To compete, it's not just your ability to ride that's important, it's the horses ability to perform, too. Its a real combination sport.

I qualified to compete in the show at National Square Garden in New York City. But [due to an injury to the horse] I didn't go, and I stopped in the early-1980s. [Laughs] When I got divorced, that was the end of the horseback riding.

Then I took up racquetball, and competed in local and state events. When I quit smoking, in 1983, I took up jogging - mostly for the weight control. I'm not a runner, but I did it because I needed to. Several years ago I started doing triathlons [bike-run-swim events] and I've qualified for the Iron Man Competition that's held in Hawaii.



To read the entire interviews with Anne and Luise go to the Benjamin Rose Institute website: www.benrose.org. [Click on Resources](#) and then on [Current Mythbusters](#).



Department of Intercollegiate Athletics

2000 Prospect Avenue • Cleveland, Ohio 44115

phone- (216) 687-4800 • fax- (216) 523-7257

March 20, 2013

Mr. Kevin McCardle
President
O*H*I*O Masters Swim Club
468 Fordham Parkway
Bay Village, OH 44140

Dear Mr. McCardle:

Thank you for the Ohio Masters Swim Club's generous gifts totaling \$2,000 to the Cleveland State University Foundation. As requested, these gifts have been designated for the Men and Women's Swimming Programs at Cleveland State University.

This year, 280 student-athletes are participating in 16 varsity sports, exhibiting the hard work, commitment, discipline and dedication it takes to excel both in the classroom and on the playing field. Through varsity athletics, our student-athletes learn some of life's most important lessons, including teamwork, preparation, resiliency and sacrifice. They graduate to become corporate and community leaders, outstanding coaches and educators, and productive citizens. Their experience at Cleveland State is enhanced by generous donors like you who support scholarships, team operations, and training/competition facilities.

On behalf of the Cleveland State University Foundation, the Department of Athletics, the Men and Women's Swimming Programs and our student-athletes, thank you again.

Sincerely,

A handwritten signature in black ink that reads "John C. Parry". The signature is written in a cursive style with a large, stylized initial "J".

John C. Parry
Director of Athletics