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Harry's Musings

This past September, Dan Cox, Jay Definis, Diane Spence and I attended the USMS National Convention. Jay and Diane were our Lake Erie LMSC delegates. Dan and I had automatic delegate spots - Dan as the Chair of the Great Lakes Zone and I as a member of the Finance Committee.

One of the highlights was the early morning pool workouts. Each workout had 4 or 5 Masters coaches on deck and over 100 swimmers in the water. The coaches presented a variety of mini-clinics, including a superb butterfly clinic which I had the opportunity to attend. All of us were able to attend the induction ceremony for the new members of the International Hall of Fame, which provided an eye-opening view of how amazing these older swimmers are.

The business meetings included award presentations, rule changes and the budget. Lake Erie LMSC registrar Margaret Bayless received the Dorothy Donnelly Service Award. I was honored to have been able to nominate Margaret for that award. I used the article I wrote about her in the July Water Log.



**Harry Greenfield -
Chair of the Lake Erie LMSC**

The rule changes included allowing men to wear suits covering the torso in long distance swims as well as minimum and maximum water temperatures for safe open water swims. There was a spirited discussion about having 25 yard events and 100 yard relays, which was approved except at national meets. Check the USMS website for all of the rule changes.

This year, for the first time the Finance Committee presented a deficit budget. The deficit is less than 10% of actual USMS investments. The budget deficit of \$200,000 is the result of moving certain expenses forward by one year. The Executive Director believes that spending money now will allow us to move forward to reach the long term goals of the Strategic Plan. The House of Delegates approved the budget and its \$2.00 annual dues increase.

USMS is now awarding grants from its **Swimming Saves Lives Foundation** in order to teach adults how to swim. The Foundation helps local clubs sponsor adult learn to swim clinics. **April is Adult Learn to Swim month** - hopefully clubs in the Lake Erie LMSC will conduct a learn to swim program.

That's all for now. See you on the pool deck.



Swimmer Gives Back – and Gets Recognized!

- Prepared by Sally Dillon

United States Masters Swimming (USMS) is a membership-operated nonprofit organization of over 60,000 swimmers from across the country. USMS's mission is to encourage adults to swim. Masters Swimmers don't just confine their participation to the pool. There are many volunteer opportunities for the talent, expertise and generosity of its members. USMS recognizes the commitment of those who give back with the **Dorothy Donnelly Service Award, honoring one of USMS's outstanding volunteers. The award recognizes those whose contributions stand out in service to local, regional, and national programs.**

This year, Margaret Bayless has earned recognition for her contributions. Margaret currently continues as the registrar for the Lake Erie Local Masters Swim Committee (LMSC) of nearly 700 members, having served in this position for over 10 years. Its membership has increased by nearly 300 during Margaret's time of service. Margaret was instrumental in the formation of the Shaker Sharks Swim Club. Recently, she provided her assistance in the establishment of Liquid Endurance, another newly formed Masters Swimming club in her LMSC. At the same time, Margaret served as the U.S. Masters Swimming Controller for several of years, added to her service on the local level. She is a major reason why operations run smoothly in USMS and the Lake Erie LMSC, and a deserving recipient of the Dorothy Donnelly Service Award.



In 2003 when this tireless volunteer first took the registrar's job, The Lake Erie LMSC had only 300 swimmers and just one club. Now swimmers have doubled and the club ranks grown 10 times over; So for our first Dot D Award, we ask Margaret Bayless to come over!

- Unknown poet at 2014 USMS Convention

REGISTRAR'S REPORT - September 30, 2014

Membership registrations of 698 are again at a new all-time record high, and exceed last year's full-year registration of 626 by almost 12%. This includes 207 new members.

We welcome our 14th club this year: TCAT Masters, located in Twinsburg (TCAT). **See info next page*

2015 membership registration begins November 1. USMS will send out emails providing each swimmer with their individualized link to the on-line registration system. By clicking on this link, you can renew your membership by using your VISA or MasterCard. You can also register/renew on-line by going to www.usms.org and clicking the JOIN button.

2015 membership dues will remain unchanged (we have not had a dues increase since 2010): \$40.00 for all club members except O*H*I*O Masters members which are \$45.00.

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.

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 then click on the appropriate option for your needs.

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

<u>Club membership is as follows:</u>	<u>2014</u>
O*H*I*O Masters Swim Club (O*H*)	308
Shaker Swimming (SHSH)	80
Liquid N'Durance (LND)	77
Medina Masters (MEDM)	31
P.R. Tri Team (PRTR)	24
SwimStrongsville (SWST)	28
Cleveland Aquatic Team (CAQT)	33
Sandusky Area Masters (SAMY)	15
Swim Cleveland (SC)	16
GG9 Swim Club (GG9)	7
Lake Shore Swim Club (LSSC)	3
Warren Harding Aquatics Team (WHMSO)	1
Life Time Swim Lake Erie	-
TCAT Masters (TCAT)	-
Unattached	<u>75</u>
	<u>698</u>



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

TCAT Masters will start registration at the **Twinsburg Fitness Center** this **October** for our **first practices starting on Nov. 4**. The practices will be on **Tuesdays and Thursdays** from **5:45-7:15am** to start. We currently do not have any swimmers as we plan to begin in November.

I will be coaching the group. I have coached the Ohio University Masters team from 2010-2012 while attending Ohio University. I also head the University Swim Club site at Twinsburg along with the Twinsburg High School swim team.

For more information contact me:

Kirtis Huelsman

Twinsburg HS Head Swim Coach

Barrington Pool Manager

kirtis.usc@gmail.com

*Welcome
TCAT
Masters!*

Club Contact Information

<u>Club Name</u>	<u>Club Abbr</u>	<u>Swimmer Contact</u>	<u>Contact Email Address</u>
Cleveland Aquatic Team	CAQT	Todd Urban	toddrurban@aol.com
GG9 Swim Club	GG9	ThomasSpence	TSpence@gg9cle.com
Liquid N' Durance	LND	Leah Nyikes	Leah@LiquidLifestyles.com
Lake Shore Swim Club	LSSC	Josh Brown	swimlakeshore@yahoo.com
Life Time Swim Lake Erie	LTLE	Katie Kovar	Kkovar@lifetimefitness.com
Medina Masters SC	MEDM	RevaKeaton	rjkeaton@aol.com
O*H*I*O Masters SC	O*H*	JudiNorton	ohiomastersinfo@gmail.com
P.R. Tri Team	PRTR	DanielSmith	danieljs111@aol.com
Sandusky Area Masters	SAMY	MV Douglass	drdouglass@hotmail.com
Swim Cleveland	SC	Brad Burget	beburget@gmail.com
Shaker Swimming	SHSH	Eric Peterson	peterson_e@shaker.org
SwimStrong	SWST	MikeGallagher	coachmike1971@gmail.com
TCAT Masters	TCAT	Kirtis Huelsman	kirtis.usc@gmail.com
Warren Harding Aquatics	WHMS	Steve Lukco	steve.lukco@neomin.org

Lake Erie LMSC New Members (7/1/2014 - 9/30/2014)

Cassandra	Bilogan	Gerald	Heller	Steven	Miller	Lisa	Sanniti
Rebecca	Braun	Harriet	Jakob	Christopher	Miller	Roxanne	Smith
Elizabeth	Brown	Aimee	Krebs	Sean	Murphy	Carol	Spackey
Melissa	Carr	Michael	Labagh	Conner	O'Halloran	Clinton	Steinbrunner
Carla	Cavanagh	Paulette	Lebda	Chester	Palen-Michel	Jennifer	Tobeson
Romaine	Chritton	Jiayi	Li	Lisimba	Patilla	Penny	Tripodi
Brian	Convery	Gabby	Little	Titus	Patsolic	Jessie	Tung
Stephanie	Crossen	Christina	Lodigiani	Mary	Prusa	Karen	Varga
Robyn	Cutler	Katharine	Mann	Becky	Putka	Daniel	Ward
Joy	Davis	Paul	Martin	Donald	Raleigh	Christopher	Williams
Lindsey	Dorko	Karen	McDonald	Cameron	Rose	Sara	Ziemnik
Matthew	Gregg	Gregory	Millas	Mark	Samuel		

Letter from the President

With the beginning of autumn, we find ourselves transitioning from the outdoor to the indoor season. The O*H*I*O Masters calendar has a number of events for your enjoyment as we head indoors. Here is a list of events as of this publication. I will also be sending monthly emails to OMSC members to update you on additional events and matters of interest.



Good Food and GREAT Information!

On **Saturday, October 25th**, **Lynn Kam** will be presenting *Nutrition for Masters Swimming* at Lakewood High School. After that morning's practice (7:30-9:00), there will be a potluck breakfast to be followed by Lynn's presentation, which will start at approximately 10:00. Lynn is currently the Director of the Coordinated Dietetic Internship/Master's Degree Program and an Assistant Professor at Case Western Reserve University in the Department of Nutrition. In lieu of payment, Lynn is asking for donations for the American Cancer Society, Relay for Life and will provide a link for online contributions. Also, Lynn is a masters swimmer herself who recently competed in Montreal at the FINA World Masters. **All O*H*I*O Masters members are welcome to attend practice (NO drop-in fee), the potluck and the presentation.**



*Lynn Cialdella Kam, RDN, PhD, MA, MBA
Assistant Professor
Department of Nutrition
School of Medicine
Case Western Reserve University*

Upcoming Meets

O*H*I*O MASTERS 2014 PENTATHLON (SCY) SWIM MEET
AKRON GENERAL HEALTH & WELLNESS CENTER - NORTH
4300 Allen Road, Stow, Ohio 44224
Sunday, October 26, 2014



O*H*I*O MASTERS SHORT COURSE METERS (SCM) SWIM MEET
ADA COOPER MILLER NATATORIUM - EAST WOODS SCHOOL
HUDSON, OHIO
DECEMBER 6 - 7, 2014



O*H*I*O MASTERS 2015 PIETER CATH MEMORIAL MEET (SCY)
LAKWOOD HIGH SCHOOL NATATORIUM
LAKWOOD, OHIO
SUNDAY, JANUARY 25, 2015

O*H*I*O MASTERS 2015 SHORT COURSE YARDS (SCY) SWIM MEET
ELLEN SHAPIRO NATATORIUM
515 OLDMAN ROAD, WOOSTER, OHIO 44691
MARCH 7 -8, 2015

2015 USMS Long Course Nationals (LCM)
Spire Institute, Geneva, Ohio,
August 6-9, 2015

Registration for all O*H*I*O Masters Swim Club meets is available at **Club Assistant**. This is a convenient way to register. It will also save you money! We **STRONGLY ENCOURAGE** swimmers to register at the Club Assistant website:

www.clubassistant.com

Information and paper entry forms can be still found at **the O*H*I*O Masters Swim Club website** (www.ohiomasters.com).



An early reminder

Thank You

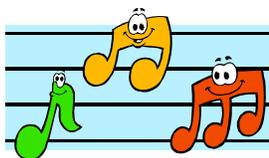


On August 10th of this year, the O*H*I*O Masters Swim Club held its 25th Annual Lake Erie Open Water Classic at Edgewater Park. This Silver Anniversary event was also the 11th consecutive year under the leadership of Race Director Tom Spence. Sadly, this was also Tom's final year as Race Director. Tom made numerous changes to improve the race during his tenure, including online registration through Club Assistant and computer chip timing through RunHigh. As noted elsewhere in this newsletter, Tom partnered the event with St. Malachi Center to raise donations for the center's program to teach children the basics of water safety and how to swim. Tom developed a comprehensive Safety Plan that has become a model for other events. Tom has expressed his desire to get back into the water as a racer in the event, but he will also serve to be a mentor as the baton is passed to new Race Director Beth Katterle. Thanks again, Tom.

**OMSC President Judi Norton
presents a gift in recognition of
Tom Spence's successful years as
Race Director.**



Notes



- Thank you to Michael and Kristen Bergmann. On October 4th, the Bergmanns hosted a clambake for OMSC members and their families. In addition to the great food and company, their backyard presented a spectacular view of Lake Erie!
- We are looking for an interested OMSC member to fill the one vacancy on the OHIO Masters Board. Interested parties should contact me at judinorton@yahoo.com.
- The OMSC Board recently passed a motion that will allow all 80 year old + members of the O*H*I*O Masters Swim Club to swim for free at OMSC meets.
- The CSU Workout group has a new coach - Pedrom Kheirandish!



**OMSC President
Judi Norton**



**All O*H*I*O Masters Swimmers who are interested in
swimming at CSU - Go to the following page to
CHECK OUT THE GREAT OPTIONS that Dan Cox has negotiated!!**

New Options for O*H*I*O Masters @ Cleveland State!

Option 1

Corporate Membership \$35.00 per month
 Program fee per month \$10.00
 Optional Parking pass available \$15 per month
 Full use of Rec Center
 Total Cost: \$60 per month

Option 2

Early Morning membership \$27.00 (5:45-9am)
 Program fee per month \$10
 Optional Parking pass available \$15 per month
 Full use of Rec Center
 *One time initiation fee \$50
 Total Cost: \$52.00 per month
 *Waived in September and January specials +
 two months free if full year membership bought.

Option 3

Program only Cost \$40 per month
 No Parking pass or rec center use

Option 4

Drop in fee \$10
 No Parking pass or rec center use



Coached Workouts

Mon-Wed-Fri 6:00-7:30 am

Pool Access

Everyone will have to enter though the rec entrance and check in with the life guard station at the exit of the locker room doors.

Program Fees

All other programs (such as yoga or spinning class) charge 12.50 per month for access. We will have access for 10 dollars per month.

Bonus

Since we will be a registered rec program WE get priority of the 50 meter pool and the rec open swim people are moved to the small pool (worth every penny of my 10 bucks!)



AQUATIC OUTFITTERS of Ohio

Long time friend and supporter of Masters Swimming, OMSC member Lisa Burrows has purchased CAS and named her new business **AQUATIC OUTFITTERS of OHIO**. The location and phone number have stayed the same. There is, however, a new email address [Sales @AquaticOutfittersofOhio.com](mailto:Sales@AquaticOutfittersofOhio.com) and website www.AquaticOutfittersofOhio.com. Good luck, Lisa! Let's support those who support Masters Swimming!

7223 Whipple Ave. NW
 N. Canton, OH 44720

Ph. 330.498.9179 Fax. 330.498.9175

Sales@AquaticOutfittersofOhio.com www.AquaticOutfittersofOhio.com

7223 Whipple Ave, NW
 North Canton, OH 44720
 PH: 330-498-9179
 FAX: 330-498-9175

Mon 9-6
 Tues-Fri 9-5
 Sat 10-4

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*One Great
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Race!!*

On Sunday, August 10th, the O*H*I*O Masters Swim Club held its 25th Annual Lake Erie Classic open water race. Partnering with OMSC for this Silver Anniversary event was Gay Games 9. Over 200 swimmers registered for the event that was again held at Edgewater Park. As always, under the leadership of Race Director Tom Spence, the event ran seamlessly and safely. Again this year, the event also served as a fundraiser for St. Malachi Center. Over \$2000.00 was raised in donations, which will help to finance St. Malachi Center's annual Learn to Swim Program that teaches swimming and water safety skills to inner city children. As Tom Spence said, "I like the idea of big swimmers helping little swimmers."



The dash to the finish!



Swimmers receive their pre-race instructions from Race Director Tom Spence



OMSC has held a t-shirt design contest for the Lake Erie Classic. The contest is for the graphic design classes at a selected local high school. This year's design winner was Jeff Herz of Bay High School.



A youngster in the St. Malachi Learn to Swim Program proudly shows off his goggles.

Cleveland Aquatic Team Shines at Gay Games 9

Congratulations to the Cleveland Aquatic Team (CAQT) for their outstanding showing at GG9. 20 members of CAQT participated in the swimming events - either the Open Water Swim or the Pool Events. Of these swimmers, **19 WON MEDALS and SIXTEEN WON GOLD**. Of course, it goes without saying that all 20 had a great time participating in the games and representing Cleveland.

The following is an excerpt that was taken from an article **that David Douglass wrote** for the October 3rd edition of the Gay People's Chronicle.

"Todd Urban was the driving force for CAQT. There were others but Todd was the glue, the motivator, the encourager, the barker, social director, and publicist. He really knew how to swim. He knew how to coach. He showed those of us who knew nothing the correct strokes, how to breathe, and how to do flip turns. We started barely able to swim 50 meters without gasping, but over time we were doing 2500 meters at every practice. Practice went from Tuesday only to Tuesday and Thursday, then to Tuesday, Thursday and Sunday. We went from 8-10 swimmers to 15-18, and to sometimes over 20 at the CSU Natatorium. All arranged by Todd.



The 20 proud swimmers of the Cleveland Aquatic Team along with their coach Todd Urban proudly display their medals.

Todd did have help. Amy Bush coached. Brad Burget coached. Dan Cox coached. **We had people from all walks of life coming together to improve their swimming so we could compete in GG9**. We practiced for over 3 years- the good, the bad and the ugly."

Splash Bash - A Huge Success



On September 20th, the Lake Erie LMSC and CSU hosted a "Splash Bash." The meet was open to CSU students and Lake Erie LMSC swimmers. The LMSC picked up the \$20.00 entry fee for its members. All proceeds from the meet benefitted CSU Swimming and Diving. Thanks to Dan Cox, Kevin Rapien and Cleveland State Swimming for making this event happen. Representing Masters swimming, the current CSU Swim program and CSU alumni, **110 swimmers** participated in the meet and **raised over \$4100.00 for the swim program!**

O*H*I*O Masters Swimmers Shine at Fina Worlds

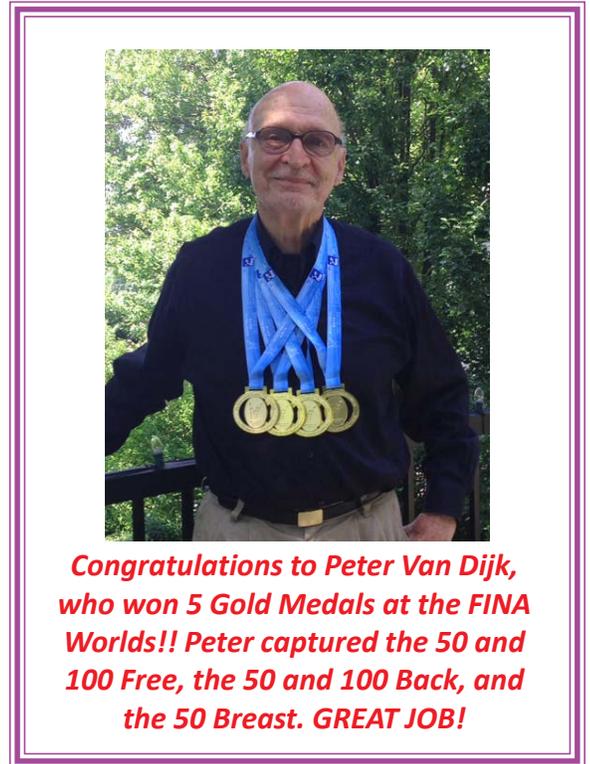
O*H*I*O Masters Swim Club members Lynn Kam, Ann Marshfield, John Medici, Gerry Meyer, Larry Terkel, Scott Tribuzi and Peter van Dijk traveled to Montreal to compete in the FINA World Masters Championships.



A total of **7794 competitors, representing 101 countries,** gathered to Montreal. **More than 6000 swimmers** hit the pool at the Parc Jean-Drapeau Aquatic Complex, on Ste-Helene Island while another 1370 will took to the open water in the rowing basin located on Notre-Dame Island. The championships included 950 water polo players, 487 synchro swimmers and 230 divers.



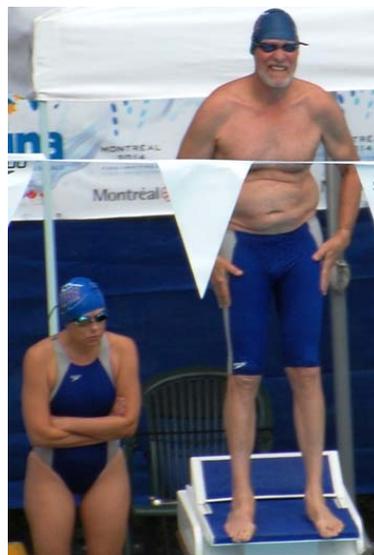
Ann Marshfield proudly displays one of the medals she earned at FINA Worlds.



Congratulations to Peter Van Dijk, who won 5 Gold Medals at the FINA Worlds!! Peter captured the 50 and 100 Free, the 50 and 100 Back, and the 50 Breast. GREAT JOB!



Gerry Meyer waits on the block for his leg of the Mixed 200 Free Relay.





BIG SHOULDERS 2014 – CHALLENGE ACCEPTED

(from the event website)

For many of Big Shoulders' glorious 24 years, conditions have been picture perfect, with sunny blue skies, smooth, calm water, and water temperatures in the mid to high 70s. But that was not what Mother Nature had in mind this year. A big storm blew through the night before, sending Lake Michigan into a swirling, churning fit. Saturday morning dawned with 1-3 foot waves, partly cloudy skies with winds out of the north at 10 mph, and water temperatures that ranged from 66 at the shore to 63 or colder along the outside of the course, with pockets that felt much colder.

Big Shoulders Swimmers were undaunted, however, and marched into the water determined to push right back and accept Lake Michigan's challenge. Swimmers fought through some weeds in the first leg's chop, and did their best to stay on course in the second leg despite a very determined north wind. The second buoy was placed a bit further north than in past years, forcing swimmers to take the 3 ft. waves head on as they battled to make the turn. Their efforts were rewarded by the lake, however, with those same waves allowing them to body surf the last half mile back to shore.

The rough conditions and cold temps slowed the Big Shoulders contingent down a bit, but 770 rough and ready swimmers finished the 5K or 2.5K events.



Saturday morning dawned with 1-3 foot waves.



A contingent of Northern Ohio swimmers competed at this year's Big Shoulders. In no particular order - Chuck Beatty, Emily Untener, Mary Untener, Chelsea Driver, Coralee Skoch, Nava Shalehi and Jay Definis.



Lake Erie LMSC Secretary Jay Definis after his Big Shoulders swim.