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From the Chair

O*H*I*O Masters has once again put on successful Lakewood and Wooster Meets. O*H*I*O puts on most of the meets in our LMSC. However, each year Medina has their short course meters meet. This year the meet is April 27. **Since short course meters is not contested regularly, it is a good opportunity to make Top 10.**

Betty Russ continues to be amazing. At the Wooster Meet, and at the age of 86, she swam the 400 IM, 1650, 100 free, 100 fly, 200 free - 2450 yards. That is more than some people swim in their workouts. It shows that getting old is not a problem as long as you continue to keep moving. Great job, Betty!

At the risk of sounding like an old fuddy-duddy (which, by the way, I am), *I would like to see more participation at meets. It is a great way to gauge your workouts and see what you need to do to improve.* It is not so much competing, but giving yourself a milepost of where you are. When I first started in masters competition 36 years ago, we had big meets and lots of competition in each age group. We would have 8 or 10 people in the 50 freestyle in each age group. We would send a team of 30 to 40 swimmers to the national championships. *It was a great way to build camaraderie and esprit de corp.* It is fun to go to a meet and root on your fellow workout mates while beating the swimmer in the lane next to you. One way to get better is to constantly challenge yourself. A swim meet will do that. The Lake Erie LMSC is looking for fun ways to get everyone involved. The world seems to be picking up speed each year. There is more to do and more that has to be responded to more quickly, but a good exercise program helps keep the stress and the blues away. Keep logging those yards, and I will see you on the pool deck.

Harry Greenfield - Chair, Lake Erie LMSC



2014 Medina Masters Sprint Spectacular (SCM)
Medina Natatorium – Medina, Ohio
Sunday, April 27, 2014
Warm-up @ 9:00 AM
Deck Entries until 9:30 AM
Event #1 @ 10:00 AM
Entry Forms - <http://www.medinamasters.com/>

REGISTRAR'S REPORT - April 1, 2014

Through March 31, 2014 membership registrations are 5% ahead of 2013 at 565, which comprises 116 new members and 449 renewals.

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, 2014 paper registration forms can be found on the Lake Erie LMSC website, www.lelmsc.org.

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

<u>Club membership is as follows:</u>	<u>2014</u>
O*H*I*O Masters Swim Club (O*H*)	264
Shaker Swimming (SHSH)	74
Liquid N'Durance (LND)	52
Medina Masters (MEDM)	27
P.R. Tri Team (PRTR)	25
SwimStrongsville (SWST)	23
Cleveland Aquatic Team (CAQT)	21
Sandusky Area Masters (SAMY)	13
Swim Cleveland (SC)	13
GG9 Swim Club	-
Unattached	<u>53</u>
	<u>565</u>

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
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

Lake Erie LMSC New Members (1/3/2014 - 3/31/2014)

Christina	Adkins	Christine	Fishman	Mike	Oddo	Jill	Thein
Ashley	Ahiers	Brett	Fogle	Myron	Palay	Xavier	Theunissen
Ahmed	Aly	Matt	Fournier	Stephen	Phillips	Debra	Thomas
Katherine	Barnes	Judah	Friedman	Marie	Piasecki	Jeffrey	Thomas
Stewart	Behra	Raymond	Gurnick	Jamie	Puls	Kyle	Thomas
Jason	Biagini	Laura	Herron	Kristin	Puzon	Robert	Thomson
Joanna	Brell	David	Hervol	John	Rampe	Heather	Torok
Everett	Burgess	Ian	Hessel	Gloria	Rea	Dannette	Trappe
Nancy	Camarena	Audrey	Hinneberg	Stephanie	Rinehart	Kathleen	Van Tilburg
Robin	Carlin	John	Hohenberger	Kate	Rosfelder	Ben	Vanmarke
Nick	Cicerchi	Kate	Inozemtseva	Gregorio	Settimio	Diane	Waters
Robert	Coolbaugh	Joey	Korah	Ariel	Shaw	Sara	Weigel
Mike	Cousino	Adam	Kuncel	Jessica	Shetler	Lauren	Wein Kauf
Elizabeth	Crossno	Mac	Lehrer	Bill	Snyder	Melissa	Wiese
Michael	DeMitreiff	Maria	Minadeo	Laura	Stacy	Justin	Wolf
Elaine	Eastbourn	Samantha	Nockengost	Christine	Stansbery	Christopher	Wynn
Matthew	Falgoust	Stuart	Oakes	Tricia	Stefanak	Lauren	Zakelj
Aaron	Fishman	Jim	OConnor				

2014 USA Swimming Fantasy Camp

Ann Marshfield forwarded the following email:

Here is information about the next Fantasy Camp. I thought this would be good information to include in the Lake Erie LMSC newsletter. As you know I had a terrific time last year and people have asked me how they can find out about this year's Fantasy Camp.



The USA Swimming Foundation is excited to announce that registration is open for this year's Fantasy Camp, which **will take place from October 17-19, 2014**. There has been tremendous interest in this year's event due to the success of last year's camp—we expect the 2014 camp to sell out very quickly!

This year's camp will feature: 2013 "Coach of the Year" **Bruce Gemmell**; three-time Olympic gold medalist **Nathan Adrian**; and three-time Olympic medalist, and NBC's voice of Olympic swimming, **Rowdy Gaines**...and more! Please read on for more information on this year's featured athletes!

While in Colorado Springs, campers will eat, live and train like National Team members—from training at the world-renowned Olympic Training Complex Aquatic Center to receiving individualized swim filming/analysis, and personalized coaching tips from the world's best swimmers and coaches.

This week, we are pleased to provide "first dibs" on camp registration to our previous campers. The cost of this year's camp is \$2,500. To secure your space, a deposit of \$1,000 is required. Your payment can be made via credit card or check. Please call me directly at 719-866-3614 to process payment, or pay online at www.usaswimmingfoundation.org/donate (if making your payment online, please enter "2014 Fantasy Camp-Adult" in the *Comments* field). Additionally, the attached packet of paperwork is due to the USA Swimming Foundation no later than September 15, 2014.

2014 Fantasy Camp Featured Coach and Athletes

Nathan Adrian is a three-time Olympic gold medalist who currently holds the American record in the 50 and 100-yard freestyle events. In his Olympic debut at the 2008 Olympics Games in Beijing, Adrian won a gold medal in the 4x100-meter freestyle relay. Four years later, at the 2012 London Olympics, Adrian won gold medals in both the 100-meter freestyle and the 4x100-meter medley relay, and a silver medal in the 4x100-meter freestyle relay. He has won seventeen medals in major international competition: twelve gold, three silver, and two bronze spanning the Olympics, the World, and the Pan Pacific Championships. Fun fact: in 2009, Adrian appeared on the television show *Mythbusters* to test the myth that it's possible to swim as fast in syrup as it is in water.

Ambrose "Rowdy" Gaines is a former American swimmer, U.S. Olympic Hall of Fame member, three-time Olympic gold medalist, and member of the International Swimming Hall of Fame. He is currently an ambassador for the USA Swimming Foundation, as well as a swimming analyst for NBC. At Auburn University, Gaines was a five-time NCAA champion, and during one four-year period set eleven World Records. Gaines was a favorite for the 1980 Olympics in Moscow, which were subsequently boycotted by the United States. In 1984, Gaines qualified for the 1984 Summer Olympics, where he took gold in the 100m free, 4x100m free relay and 4x100m medley relay.

National Team Coach Bruce Gemmell will serve as this year's Fantasy Camp head coach. Gemmell, who comes to the USA Swimming Foundation from Nation's Capital Swim Club, is renowned for his ability to coach athletes to superstar success—including his son, Olympian Andrew Gemmell, and Olympic gold medalist and world record-holder Katie Ledecky. **Gemmell himself was an Olympic Trials qualifier in 1980 and 1984, and has gone on to place athletes on the U.S. National Swim Team for five consecutive years.** In 2013, the American Swim Coaches Association named Gemmell "Coach of the Year"—an award bestowed annually to the individual whose coaching effectiveness has contributed the most towards American swimming excellence at the world level.



Mariah Pearl Cunnick
 Director of Development
 USA Swimming Foundation

AQUATIC OUTFITTERS of Ohio

Long time friend and supporter of Masters Swimming, 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 and website www.AquaticOutfittersofOhio.com. Good luck, Lisa! Let's support those who support Masters Swimming!



**Aquatic
Outfitters
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N. Canton, OH 44720

Ph. 330.498.9179

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<p>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</p>		<p>PARK AO</p>	<p>PORTAGE</p>
		<p>WHIPPLE</p>	<p>EVERHARD</p>
		<p>1-77</p>	

Upcoming Meets and Events

Medina Masters Sprint Spectacular SCM
Medina Recreation Center Natatorium
Sunday, April 24, 2014
Warmups at 9AM
Meet at 10:00AM



2014 USMS
Spring National Championship SCY
May 1 - 4, 2014
Santa Clara, California

2014 FINA World Masters Championships
Spring National Championship SCY
July 27 - August 10, 2014
Montreal, Canada
(see article below)

2014 Marriott USMS
Summer National Championship LCM
August 13 - 17, 2014
College Park, Maryland

25th Annual Lake Erie Open Water Classic
Edgewater Park
August 10, 2014
Cleveland, Ohio

Registration information available at www.ohiomasters.com

More information about these events can be found at the Lake Erie LMSC website (www.lelmisc.org), the O*H*I*O Masters Swim Club website (www.ohiomasters.com), the USMS website (www.usms.org), or the FINA website (www.finamasters2014.org).

Remember that in order to swim in any of these events, you must have a 2014 USMS Registration.

If You Are Interested in FINA World Masters Championships Read This Message about Relays from Gerry Meyer



**15TH FINA WORLD
MASTERS CHAMPIONSHIPS**
JULY 27TH TO AUGUST 10TH

**15^E CHAMPIONNATS DU MONDE
FINA DES MAÎTRES**
DU 27 JUILLET AU 10 AOÛT

Could you please send the following message to O*H*I*O Masters Club members regarding the World Championships. I am willing to coordinate the relay teams and contact all individuals who are interested. I assume the club still has a policy to reimburse for National and World relay entry costs. So far, I know that Larry Terkel and I are planning to attend. FINA World Masters Championships will be held in Montreal, Canada from August 3 to 10, 2014. Swimming events are from August 3-9 and an open water swim is on August 10th. Individual entries are due by June 1, 2014. Relay Events will be held on Thursday August 7th for Men, Women and Mixed Relays of 200 Meters, Medley and Free. Any O*H*I*O Masters members who are planning to attend and who want to swim relays should contact Gerry Meyer at gerrymeyer1966@gmail.com or 216-651-7928. Relay entries are due by July 15th but the individual must be registered by June 1, 2014 to compete in relays. O*H*I*O Masters will pay the relay entry fees for all World Relays.



Help Wanted

The O*H*I*O Masters Swim Club is looking for volunteers to help with our swim meets and open water swim. For the swim meets we need several individuals who are willing to learn how to help with the computer component of running a successful meet. The annual open water swim needs an individual(s) who is willing to take over the running of the event. Tom Spence has a detailed month-by-month list of what needs to be done and when these steps take place. Interested individuals should contact any current board member.



Don't forget to support the **St. Malachi Center's Urban Kids Swim Camp** by entering the 25th Annual Lake Open Water Classic. Proceeds from this event will enable kids to participate in their learn to swim program.

Entry information is available at www.ohiomasters.com.

Save the Date!

The O*H*I*O Masters Swim Club Annual Meeting will be held on **Saturday, June 28th** from 6:00 to 9:00 pm. This year's event will be held at **Sarah's Vineyard** in Cuyahoga Falls (across from Blossom Music Center). More details about the event will be coming soon via email. In the meantime take a look at Sarah's Vineyard: www.sarahsvineyardwinery.com



Upcoming Developments

At the OMSC Annual Meeting, **the following positions will be up for election:**

- **President**
- **Vice-President**
- **3 Board Members**

Nominations should be given to members of the Nominating Committee, who can also provide information about what is required for the positions. Members of the Nominating Committee are **Kristen Bergmann**, **Harry Greenfield** and **Kevin McCardle**.

Dear O*H*I*O Masters Swim Club, [\(The same Thank You was also sent to the Lake Erie LMSC\)](#)

Thank You!

Because of your donation to the CSU Swimming and Diving Champions Campaign, the Robert F. Busbey Natatorium now features a new Video Board, Record Board, graphics wrappers and Championship Banners hanging proudly in the rafters.

We'll be sharing additional information, pictures and videos of these and more with you in the near future. For now we wanted to let you see what swimmers, parents and visitors saw at the recent Horizon League Swimming and Diving Championships.

The new video board was installed in September of 2011. The graphic wrap around it and the scoreboard was completed last year along with Championship banners.

The record board was installed in time for the Horizon League Championships. The Wally Morton "39" conference shirts were courtesy of this year's parents.



All CSU Conference Championship banners, dating back to 1974, are now on display. The banners from pre-'90 years include a very cool retro logo created by Bob Busbey "back in the day".



Here's a closer view of the video board, timing display and video wrap.



On behalf of our teams, alumni and supporters, **THANK YOU** for your support of the Robert F. Busbey Natatorium capital improvement campaign. We will continue to keep you updated on our plans to add additional graphics in the pool areas, make team pictures available to friends and alumni world-wide, and capture the rich heritage of the CSU Swimming and Diving Program.

CSU Swimming and Diving Champions Campaign Representatives

Wally Morton

Wally Morton
Head Swimming and Diving Coach

Joe Stockwell

Joe Stockwell, BBA 1981