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## From the Chair

For those of you who are unaware, after a 4 year stint Dan Cox has ended his term as LMSC Chairman. Dan has served our area well having been O\*H\*I\*O Masters President and LMSC Chairman. Dan is also the Chairman of the Great Lakes Region of USMS. Dan has provided great leadership and everything has run smoothly within the Lake Erie District. We all owe a great deal of thanks to Dan.

I get to succeed Dan as the LMSC chair. Hopefully, I can do as good a job. The officers of the LMSC are

Chairman	Harry Greenfield	Vice Chair	Dan Cox
Secretary	Vacant	Registrar	Margaret Bayless
Treasurer	Lily Kron	Editor	Dave Barberic
Sanctions	Diane Rothenberg	Top Ten	Melinda Smith



Board Members are appointed by each of the local clubs. We have other volunteers that have not been mentioned to preserve space, but we thank each of you. I will be contacting each club to obtain who their representative to the LMSC Board will be.

***The Secretary position of the Lake Erie LMSC is currently vacant. If you are interested or want more information, contact Chairman Harry Greenfield.***

Swimming is an interesting avocation. It is something that you can do for your entire life. It does not make a difference if you are a former Olympian or someone who is just starting out. Swimming is a great way to stay in shape, make friends, challenge yourself, and improve your mental acuity. I started swimming when I won an intramural race in 7<sup>th</sup> grade. 56 years later I am still churning out the laps. Everyone has a story of why they swim and how it benefits them. I would like each of you to give me that story so that we can feature you in an upcoming newsletter. The first of these stories appears on the next page. It is by our editor Dave Barberic and relates one of motivations he used for his swimming in 2013.

Swimming has helped keep me alive. Without the peripheral circulation that swimming helped me obtain, my heart attack in 2006 could have been fatal. The following year, I made Top 10 in 4 events. Everyone who knows me knows I swim. The most frequent question that I am asked is, "Are you still swimming?" I have made good

friends from the people in the lane with me at workouts to the people I have competed against for 35 years. It is a sport that I am passionate about. I don't swim in as many meets as I used to. Been there done that. But, if I am out of the water a few days, it is something that I miss.

I hope each of you will continue to train and enjoy the camaraderie of swimming. If you have any questions regarding the LMSC or National organization, please feel free to call or write me.

See you at the pool.

Harry Greenfield

LMSC Chairman

[greemfield@buckleyking.com](mailto:greemfield@buckleyking.com)

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## 2013 - A Goal Reached

### by Dave Barberic

In late December of 2012, I set a swimming goal for 2013 - **to do 200 swims. I defined a "SWIM" as a minimum of 2500 yards in a pool and a minimum of 50 minutes in open water.** I felt that I could do 15 swims per month and then make up the other 20 in the summer months when Lake Erie was swimmable. As the table shows, I accomplished the goal.

There were several factors that contributed to my reaching the goal:

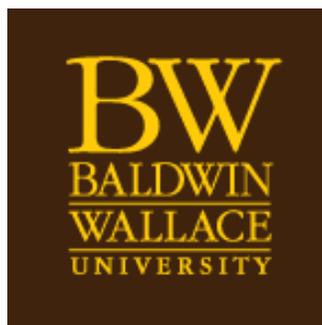
1. I am retired, working part time at Baldwin Wallace University.
2. I live in Bay Village and have easy access to Lake Erie.
3. I stayed healthy and lost only minimal time because of two minor colds.

**4. I had access to 4 venues:**

- OMSC Lakewood workout group (Saturday practices): 41 swims
- the French Creek YMCA in Avon: 56 swims
- Lake Erie: 20 swims
- **BW pool: 100 swims.**



Month	Swims	Yardage
January	16	47,850
February	15	40,100
March	16	42,400
April	16	45,250
May	21	60,850
June	20	56,600
July	20	54,800
August	23	61,000
September	22	59,600
October	15	40,950
November	15	42,050
December	18	49,100
	<b>217</b>	<b>600,550</b>



*During the summer break (May - August), most weekdays the BW pool had 10-12 hours of open swim.*



*Indoors at Lakewood HS or outdoors at Foster, on Saturdays I went to coached workouts. .*



*The Y became my venue on Sunday and weekdays when BW was unavailable.*

# REGISTRAR'S REPORT - January 3, 2014

We achieved a record-high membership in 2013 of 626 members, exceeding our previous record in 2012 by 4%.

Through January 2, 2014 membership registrations are in line with 2013 registrations. For 2014, we welcome two new clubs, GG9 Swim Club and Liquid N'Durance. We also welcome back 8 of our existing clubs, 341 renewed swimmers and 46 new swimmers. Club membership is as follows:

<u>Club membership is as follows:</u>	<u>Final 2013</u>	<u>2014 to date:</u>
O*H*I*O Masters Swim Club (O*H*)	342	209
Shaker Swimming (SHSH)	83	61
P.R. Tri Team (PRTR)	32	20
Medina Masters (MEDM)	29	23
SwimStrongsville (SWST)	23	13
Swim Cleveland (SC)	17	7
Cleveland Aquatic Team (CAQT)	16	15
Sandusky Area Masters (SAMY)	13	7
Lake Shore Swim Club (LSSC)	11	not registered
GG9 Swim Club	N/A	-
Liquid N'Durance (LND)	N/A	-
Unattached	<u>60</u>	<u>32</u>
	<u>626</u>	<u>387</u>

As of January 3, 285 of the 2013 swimmers have not yet renewed their membership. 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. We hope you will join us again in 2014.

To register on-line, go to [www.usms.org](http://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](http://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](http://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](http://www.usms.org), or the Lake Erie LMSC website [www.lelmsc.org](http://www.lelmsc.org), for lots of valuable swimming information!



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

## Lake Erie LMSC New Members (10/1/2013 - 1/2/2014)

Aaron Balazs	Jesse Hawk	Pamela McGowan	Melissa Smith
Caitlin Boatwright	Elizabeth Hiser	Steve McGowan	Michael Smith
Jay Bowen	Philip Hock	Kristy Miller	Tom Sterin
Patricia Campbell	David Irons	Tomohito Miyata	Linda Stewart
James Campbell	Joseph Jez	Elizabeth Montague	Elizabeth Strong
Kelly Daily	Beth Kerr	John Nabors	Rob Truscott
Beth D'Arcy	Angela Kovacs	Anne Naugle	Erik Usis
Lillian Engro	Andrea LeBlond	Loresa Novy	John Weaver
David Farrell	Dieter Lemke	Allison Pallija	Jennifer Yager-Schweller
Patrick Fraser	Jesse Lewis	Karen Patterson	Trisha Yourkvitch
Sandra Gliga	Marsita MacDonald	Brendan Pham	Brianna Zola
Stuart Hamilton	Robert Martin	Mark Schmidt	
Paul Harrison	Mike Mayer	Lauren Seymour	

## Upcoming Meets and Events

### Pieter Cath Memorial Intersquad Meet SCY

Lakewood HS Natatorium  
Sunday, January 26, 2014  
Warmups at 8AM  
Meet at 9:00AM

**Wooster Meet SCY**  
**Wooster High School Natatorium**  
**Saturday, March 8 2014**  
**Warmups at 3:00 Meet at 4:00**  
**Sunday, March 9**  
**Warmups at 8:00 Meet at 9:00**

### Arnold Swimming Championships SCY

Delaware Community Center YMCA  
Delaware, Ohio  
Saturday, March 1, 2014  
Warmups at 10:00AM  
Meet at 11:00AM

### 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 Marriott USMS

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

More information about these events can be found at the Lake Erie LMSC website ([www.lelmisc.org](http://www.lelmisc.org)), the O\*H\*I\*O Masters Swim Club website ([www.ohiomasters.com](http://www.ohiomasters.com)), or the USMS website ([www.usms.org](http://www.usms.org)). Remember that in order to swim in any of these events, you must have a 2014 USMS Registration.

**As noted in Margaret 's Registrar's Report, you MUST have a current (2014) USMS Registration in order to participate in a USMS sanctioned meet.**  
**All of the above meets are USMS sanctioned!**

# WHAT'S ON THE USMS WEBSITE FOR MEMBERS?

by **Diane Rothenberg**

## Free Stuff

Did you know that you can get all sorts of free stuff for your club from USMS? Just for asking (only shipping charges) you can get swim caps, stickers, luggage tags, and cling decals promoting USMS swimming. You can also get a 3'x6' banner with your club logo on it, a 3'x6' banner with USMS Swimming and trifolds advertising USMS swimming and your club details. To get the details, go to [www.USMS.org](http://www.USMS.org), on the 'Local Programs' tab and click on 'USMS Program Resources'. There are also free templates to use to promote your club, workouts, events and any other info you might want to help get the word out.



## I'm Confused, Shy, and Not Very Confident

Are you new to workouts, unsure about pool etiquette, know a bunch of stuff, but are too shy to ask when everyone else seems to know what to do? There is a lot of help on the USMS web site that helps translate our "swimmerese", refresh our pool etiquette like tailgating and passing and how to use the pace clock. It is all explained in "Masters Swimming 101". Learn why we do some of the things that we do. It makes so much sense when you know the greater story. Go to [www.USMS.org](http://www.USMS.org), on the "About USMS" tab and click on "What is Masters Swimming". Even if you have been swimming for quite a while, there might be something new to learn.

## New Workout Ideas (i.e. -I'm bored and unmotivated)



*Diane is the LE LMSC Sanctions Officer and a Board Member of O\*H\*I\*O Masters.*

Do you swim on your own sometimes, need to write a workout for a group, or want to modify your lane instructions to suit your goals? After all, we have many different reasons for swimming including the all-important social connections. Coaches, do you need a spark to your practices? Here are some ideas. There are seven coaches, each with a different specialty, that write three workouts per week on the USMS website and are there for our perusing. These are the emphasis of the practices: Basic Training (skills), Triathlon, High Intensity, Open Water, Stroke/IM, Expectant mothers and High volume. Perhaps this might jump start your workouts, help motivate your solo swims and give you confidence to modify your coaches' workout more to your liking. Go to [www.USMS.org](http://www.USMS.org), on the "Training" tab, click on "Workouts".

# Ann Marshfield Attends Swimming Fantasy Camp

LE LMSC and O\*H\*I\*O Masters member **Ann Marshfield** was on the USMS website where she saw an article about the **USA Swimming Foundation's Fantasy Camp** to be held at the Olympic Training Center in Colorado Springs. The camp was to begin on November 8th, 2013 - which happened to be Ann's 55th birthday. Ann thought, "What a great way to celebrate 'aging' up, yet defy aging." **While there, Ann and the other Fantasy Campers had the opportunity to**



• Train in the world-renowned Olympic Training Complex Aquatic Center—a state-of-the-art facility containing a 50m by 25m pool that is equipped with every conceivable training aid. The Aquatic Center is arguably the finest training facility in the world, and has been the training site for nearly every U.S. Olympic swimmer.



• Receive coaching/technique training from Fantasy Camp Head Coach David Marsh and U.S. National Team staff.



• Swim, eat and socialize with Fantasy Camp special hosts, Olympic gold medalists **Rowdy Gaines** (right), Mel Stewart and Janet Evans.



• Attend swimming seminars geared to the adult athlete, and led by swimming's leading experts.



• Receive individualized swim filming/analysis, and personalized coaching on swim technique.

“With a swimmer-to-leader ratio of 4 to 1, the tips, drills and suggestions were definitely individualized,” Marshfield said. “Having these great athletes actually in the water demonstrating the drills and providing expert and immediate feedback was just fantastic. Talk about ‘hands on.’ I don’t think it could have been any better than that.”



*From Left to Right*

**David Marsh**, two-time Olympic coach, seven-time National Team Coach, nine-time NCAA National Coach of the Year and a 13-time SEC Coach of the Year, and CEO of Swim Mac,  
**Rowdy Gaines**, 1984 - 3 time Olympic Gold Medalist and commentator for NBC sports

**Janet Evans**, 1988 & 1992 - 4 time Olympic Gold Medalist

**Ricky Berens**, 2008 & 2012 Olympic Gold Medalist

**Mel Stewart**, 1992 - 3 time Olympic Gold Medalist and writer/  
contributor to SwimSwam.com



*Ann takes the Gold Medal stand!*



*Two - time Olympic coach David Marsh*



*Ann with American swimming legend and 4-time gold medalist Janet Evans*

“In a word – AWESOME,” Marshfield said of her experience. “The weekend was designed to give a flavor for what it’s like to live and train at the US Olympic Training center under the watchful eyes and expert assistance of truly great Olympic swimmers and the best Olympic coach - David Marsh. For three very busy days U.S. Master Swimmers waded in water that the “gods” of our sport have swum in. How totally crazy and cool is that? Who wouldn’t want to experience that? Talk about total access to these great athletes. I need to pinch myself to convince me it wasn’t a dream.”

*Thanks to USA Swimming correspondent Bob Schaller for the story!*

# Meet That Resolution for 2014!

by Judi Norton

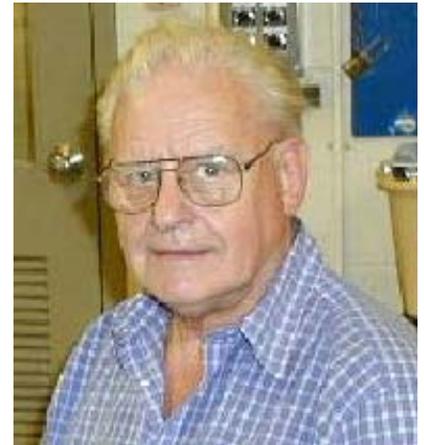
Did you make a New Year's resolution to finally enter a Masters swim meet? How about one to swim an event that you have never swum before?

A perfect opportunity to cross those resolutions off of your list is coming up on **Sunday, Jan. 26 at the Pieter Cath Memorial Swim Meet, which will be held at Lakewood High School.** This is a fun meet as it includes not only includes 15 individual events, but is also packed with 7 relay events for a chance to swim in an event with your team mates. As an extra incentive, team scores will be kept for relay events. To even things up a bit, because Ohio Masters is such a large club, each workout group of Ohio Masters will be scored separately in the standings.

The Lakewood group of Ohio Masters has won this event for the past six years. They are hoping 2014 will be lucky number 7! To keep your streak going, Lakewood swimmers, you need to enter! To all others reading this, you won't stop them unless you enter!

## Why is it called the Pieter Cath Memorial Swim Meet?

Pieter was one of our influential and dedicated members of Ohio Masters, serving as president for many years. He developed his own software to run meets back when other commercial products were not available. Ohio Masters was a forerunner in computerized meet entries and results, and Pieter also served as records and tabulations chair for USMS. He was often seen at Ohio Masters meets behind his computer, never appeared flustered, always calmly responding, "Not to worry," whenever a seeming crisis was developing. He'd also leave the computer desk and mosey over to the blocks to swim his event, and then return to enter times into the computer. Pieter passed away at age 74, in 2005.



Pieter Cath

**Naming this meet after him is a small way to recognize him for the many contributions he made to help make Ohio Masters a great club.**

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## 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](mailto:Sales@AquaticOutfittersofOhio.com) and website [www.AquaticOutfittersofOhio.com](http://www.AquaticOutfittersofOhio.com). Good luck, Lisa! Let's support those who support Masters Swimming!

2723 Whipple Ave. NW  
N. Canton, OH 44720

Ph. 330.498.9179 Fax. 330.498.9175

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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	PARK AO PORTAGE EVERHARD WHIPPLE 1-77
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## [NEW CLUB - LIQUID N' DURANCE \(LND\):](#)

After being with O\*H\*I\*O Masters for the past few years Liquid N' Durance has recently formed its own club with a individualized training approach. We currently offer 11 practice options per week with locations in Beachwood, Brook Park, Mentor and North Olmsted. Members are encouraged to take advantage of our unique transfer policy and experience a variety of themed practices and training sets at each of our locations.

### ABOUT US:

Liquid N' Durance Masters swim practices are designed specifically for endurance athletes interested in improving stroke technique, speed & racing strategies. Each workout challenges you to intelligently integrate speed & endurance into your training routines without compromising form & efficiency. All practices will have

a certified Liquid Lifestyles coach on deck providing athletes with specialized, time-effective workout plans, conditioning and stroke development drills, goal setting and individualized instruction. TRIATHLON SPECIFIC SKILLS are frequently incorporated into the workout design to ensure our athletes are prepared for their next race. These are not stock workouts and we guarantee that no two practices will ever be the same! For a complete listing of times, location details and coaching schedules please visit us @ [www.LiquidLifestyles.com](http://www.LiquidLifestyles.com) and stay connected with last minute schedule changes, practice updates and workout discussions on our [Liquid N' Durance Facebook Page](#).



### **\* SWIM BETTER IN 2014 NEW YEAR SPECIAL \***

Make a commitment to swim BETTER this year! Purchase 3 Liquid N' Durance practice passes and get 20 additional practices for FREE!

- \* Must be purchased by Feb. 15 (no exceptions)
- \* Valid for the entire 2014 season - will expire Dec. 31, 2014
- \* Visit our website to download the [2014 REGISTRATION](#) pdf.

### **CONTACT:**

Leah Nyikes / 440.935.1097 / [Leah@LiquidLifestyles.com](mailto:Leah@LiquidLifestyles.com) / [www.LiquidLifestyles.com](http://www.LiquidLifestyles.com)

***Come prepared to swim FASTER, train SMARTER and HAVE FUN!***

