

Inside This Issue

Harry's Musings 1 - 2

Registrar's Report 2 - 3

Swim Across Lake Erie 5

O*H*I*O News 6 - 9



Harry's Musings

I was trying to think what I could write for this newsletter, and then the Cavs won the NBA Championship. I think we all saw what athletes can do if they refuse to accept defeat. What a wonderful event for Cleveland. The Tribe is in first place 5 games ahead at the halfway mark. The Browns have yet to lose a game. I was reminded about the will to win again on Sunday night as I was watching the Olympic Trials. Connor Jaeger was in 6th place after the first 100 of the 400 meter free. In his post-race interview he said he felt like giving up after the 200. He hung tough; he slowly gained on the rest of the field; and closed with the win and a position on the 2016 Olympic team. Elite athletes know how to rise to the occasion. I am always amazed at how some people can focus and drive themselves to win. I love Olympic years so that I can watch the drama unfold.

I know that one of the hallmarks of every successful mission - perhaps of life itself - is a determination to never retreat, never surrender. - George Patton

The LMSC ran a series of clinics for its members. They were at CSU, put on by the coaching staff. They were great. I am sorry that more of you did not take advantage of the instruction. Those of us who were there were videotaped; received good instruction in how to kick; learned proper body position; and improved our stroke mechanics. The LMSC has created a great relationship with the CSU Coaching staff, and I have asked that they conduct an annual



clinic at the beginning of each short course season. The coaching staff also gave us dry land exercises. we were given a series of web sites of things to do to improve our swimming. These items are posted on our web site, www.LELMSC.org. I am hoping that we can create a yearly event that will remind each of us what we should concentrate on during practice. Jack Nicklaus once commented that before each of his professional seasons, he went

back to his original coach to go over his stance, grip, swing plane, etc. It reminded him to concentrate on simple mechanics. I think a yearly reminder can do wonders to improve all of our swimming.

USMS is having its annual convention in September. This year the convention will be held in Atlanta, Georgia. Our LMSC's delegates will be Jay DeFinis and Ann Marshfield. Dan Cox will be at the convention as a member of the National Board of Directors. I will be in attendance as a delegate and as the vice chair of the finance committee. The National Convention is where rules are set, policies are decided and locations of National Championship Meets are determined. If anyone has questions about the operations of USMS or any other issue, please contact one of us.



Finally, our registrar has reported that our membership is down. I am not sure why. **I would like you to tell me why you think the membership is down and what you think we can do to improve services for our members.** Through our clubs we now have coached practices, social events, swim meets, and open water swims. Our LMSC is working to bring you clinics and additional swim meets. **What more would you like?**

See you at the pool

Harry W. Greenfield, Chair of the Lake Erie LMSC
hwgreenfield@gmail.com

A BIG Thank You to Cleveland State University for their continued support of Masters Swimming!



REGISTRAR'S REPORT - JUNE 20, 2016

Through June 20, the Lake Erie LMSC has registered 598 swimmers and 14 clubs for 2016.

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 \$44 for all clubs except O*H*I*O Masters, whose dues are \$49. If needed, 2016 paper registration forms can be found on the Lake Erie LMSC website, www.lelmisc.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

Club Contact Information

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Hamachi Swim Warriors (HSWM)
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Liquid N' Durance (LND)
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Life Time Swim Lake Erie (LTLE)
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Masters of Stark County
WebSite: <https://www.facebook.com/groups>

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O*H*I*O Masters Swim Club (O*H*)
Judi Norton
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P.R. Tri Team (PRTR)
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Shaker Swimming (SHSH)
Eric Peterson
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(216) 346-0274

SwimStrong (SWST)
Mike Gallagher
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(440) 879-7196

Towpath Masters (TPMA)
Carol Howard
carolsrun@yahoo.com
(330) 327-5525

Warren Harding Aquatics (WHMS)
Steve Lukco
steve.lukco@neomin.org
(330) 369-4868

LELMSC NEW MEMBERS: April 1 - June 20, 2016

Alyson	Alber	Jerry	Gubeno	Aimee	Laboy
Rachel	Arzadon	Jeffrey	Hopcian	Christine	Liebson
Guy	Chambers	John	Hradisky	Victoria	McElhiney
Luisa	Chinchilla	Jennifer	James	Ashley	Rossi
Traci	Clymer	Vanessa	Jansen	John	Sikora
Antoine	Edmond	Grace	Kelley	Cheyenne	Toole
Jamie	Elwell	Stephanie	Komorek	Logan	White
Megan	Grudzinski	KC	Kruchko	Darius	Wiles

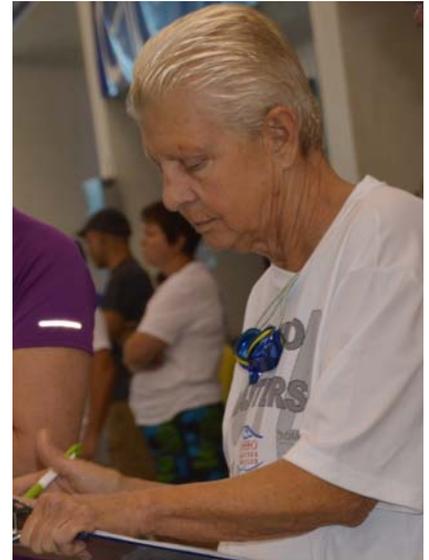
Meet Nick and Marilyn Douglas

by Jay DeFinis

If you have attended any local masters swim meets, you most likely have met Nick and Marilyn Douglass from Sandusky, Ohio! They met swimming 50 years ago! They have been married 44 years and have one daughter and 2 grandchildren. They both are newly retired teachers. Marilyn taught psychology and Nick taught history! Coaching, competitive swimming, and traveling have been and will continue to be a significant part of their future! Additionally, they will now have more time to run, read and boat on Lake Erie. This year they com-



peted at the short course nationals! When asked what their favorite swimming events are, Nick replied, "the 200 breast," and Marilyn answered, "Anything backstroke!" Masters swimming is fortunate to have such dedicated swimmers! At the next meet make sure to say hello to Marilyn and Nick.



Marilyn logs Nick's splits.

AQUATIC OUTFITTERS of Ohio

Long time supporter of Masters Swimming, Lisa Burrows has named her new business **AQUATIC OUTFITTERS of OHIO**. The location and phone number have stayed the same. There is a new email address Sales@AquaticOutfittersofOhio.com and website www.AquaticOutfittersofOhio.com. Good luck, Lisa!

Aquatic Outfitters of Ohio
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

Relay Swim Across Lake Erie Needs Your Help



L-R: Kevin Kelley, C.C. Skoch, Jay Definis, Ashley Braniecki, Kristen Bergmann, and Chuck Beatty

The 36 mile **Relay Swim Across Lake Erie** was mentioned in the previous newsletter. Full information about the relay can be found on Facebook, search Lake Erie Relay Swim 2016.

The team has two fundraising goals. One is to raise \$10,000 for the *USMS Swimming Saves Lives Foundation*, an organization which teaches adults to swim.

The other is to raise money to cover the expenses of the relay swim itself. The team needs about \$2,000 to cover the expenses including boat fuel, travel, hotel rooms, food, sanctioning, and support for our volunteers. They are soliciting sponsorships to help defray some of the costs of this venture. Sponsors will be recognized in all press releases, news articles, social media and via their logo on the back of our team t-shirts.

Sponsors will be recognized at the following levels:

- Gold Sponsor = \$500 or more
- Silver Sponsor = \$350 to \$499
- Bronze Sponsor = \$200 to \$349
- Mile Sponsor = \$100 (you can choose which mile[s] you wish to sponsor)

Sponsorships are not charitable donations and are not tax deductible; however, all sponsorship funds raised in excess of the expenses will be donated to the *Swimming Saves Lives Foundation* in the name of the sponsors.



THANK YOU!!

At their annual meeting, the O*H*I*O Masters Swim Club donated \$500 toward the cost of the swim, however they need more to cover their costs of running the event.

If you would like to sponsor the Lake Erie Relay Swim, please contact Chuck

Beatty at chuck@reflectionsonnature.com or t 330.808.4821. Sponsorship checks can be mailed to Chuck at 1651 Orchard Dr, Akron, OH 44333-1854.

If you would like to donate to *the Swimming Saves Lives Foundation*, go to <https://www.usms.org/giving/donate.php>. **Be sure to type in "Lake Erie Relay" in the Organization field.**



President's Letter - We Had Quite a Year!

I wish to send a **big thank you** all of the Ohio Masters board members who have given of their time and energy to make sure our club keeps on running as well as it has for over 40 years! I have enjoyed working with you on the board and appreciate all you have done to help Ohio Masters over the past year.

I'd also like to thank Ashley Braniecki and Dan Zielinski for all of her work in organizing and finalizing our annual team dinner at Theo's at Sleepy Hollow. A wonderful time was had by all attendees.



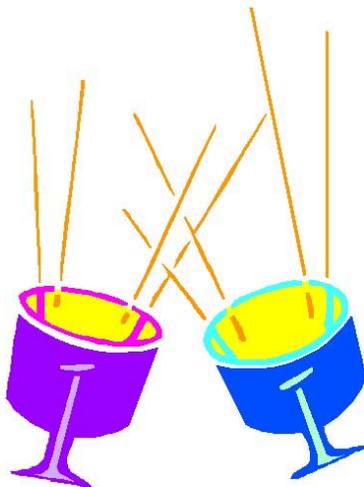
Yoshi Oyakawa

At our recent club dinner, several swimmers achieved some very noteworthy accomplishments! **Ohio Masters had 4 All American swimmers**, which means they were the fastest in the United States in a pool event or finished first in a National Open Water Championship. Congratulations to Yoshi Oyakawa (5 events), Neil Wasserman, Nancy Waite, and Betty Russ, who earned the number one spot in **8 events !!! Yoshi was also recognized for setting 3 USMS National Records during the past year, bringing his individual USMS National Records total to 36 (plus a few more on relays!)**

Ten swimmers earned All American Relay honors. In addition to Yoshi, Nancy, and Betty, Sid Hall, Peter Van Dijk, Mario Gerhardt, Anne McGovern, John Daily, Luise Easton, and John Medici swam to the nation's top spot with their teammates.

We also had 23 swimmers finish in the Top Ten of all swimmers in the nation for at least one individual pool swim. Several made it in more than one stroke or more than one distance of the same stroke.

One of the most significant accomplishments of the club this year was that **an additional 39 people made a Top Ten pool relay swim, for a total of 62 swimmers in the Top Ten in at least one event.** This is very significant in my view because several of these Top Ten Relay swimmers made it because they took a chance and entered the Long Course National Championships that were held at the Spire Institute last August. Some took an even bigger risk and swam on a relay with others.



I hope those of you who are reluctant to enter a meet will give at least one meet a try. If big meets are a bit threatening to you, try one of the smaller meets, such as the one Ohio Masters is hosting in Avon, Ohio, at the end of this summer (see article elsewhere in this newsletter). Others hop right into a National Championship, even if it is their first meet ever (and you might even swim to an All American finish, right Mario!) Either way, swimming with teammates at a meet is a lot of fun and a great way to develop camaraderie and friendships (as noted in the other articles in this newsletter.)



Gerry Meyer

Some of our swimmers liked entering meets so much they were able to finish the Ohio Masters **Super Iron Person** award, which means they swam every possible pool event and one open water swim over the course of a year. Congratulations to **Mike Ellek and Ashely Braniecki** for earning this award. **Gerry Meyer** finished all of the pool events and **earned his Iron Person Award**. *By the way, it's not too early to start on your 2017 Iron Person attempt! You can get your open water swim out of the way on July 16! (See articles elsewhere in this newsletter.)*

The meeting closed with Elections of our 2016-2017 Ohio Masters Board members. Re-elected officers were **Judi Norton**, President, **Diane Spence**, Vice President, and Trustees **CC Skoch, Ann Marshfield, and Mike Ellek**. They will join **current board members Eve Weishar**, Treasurer, and **Mark Stewart**, Secretary, and Trustees **Bruce Allen, Ashley Braniecki, and Dan Zielinski** to serve through July 2017.

BIG NEWS!! We have begun practices at the brand new Avon Aquatic Center, a 50 m x 25 y outdoor pool on Detroit Ave. in Avon. Practices are on Monday and Thursday nights from 7 to 8 pm (fees apply.) The focus of the workouts will be for our newer members or those who want to work on technique, but any USMS member is welcome! You may also try a practice or two for only a \$5 drop in fee (with a signed waiver). Check our website www.ohiomasters.com or avonpool.com for details.



Aerial shot of the Avon Aquatic Center

O*H*I*O Masters Summer LCM Meet
Avon Aquatic Center - Avon, Ohio
Saturday, August 27
Warm up 8:00am
Deck Entries until 8:50am
Event #1 - 9:00am

Online registration at ClubAssistant.com
Paper entries at www.ohiomasters.com.

This past Spring O*H*I*O Masters again asked a local high school graphics arts class to design t-shirts for our Annual Lake Erie Open Water Swim. This year the design class of Bay High School teacher Denise Ross submitted their work. Pictured (from left) are Nick Parnte, winning designer Paulina Blaha, Tommy Leamon and Judi Norton. Judi presented each of the top 3 placers a check for their effort. Come to the Open Water Swim on Saturday, July 16th. Participants and pre-registered volunteers will receive an event t-shirt with Paulina's design!





We are looking for volunteers to help at this year's Lake Erie Open Water Race. The event will be held at Edgewater Beach on Saturday, July 16th. *Volunteers who pre-register will receive an event t-shirt. To pre-register contact Dave Barberic via email by June 14th - d.barberic@oh.rr.com. Volunteers should arrive at the site by 6:45 am.*



27th ANNUAL LAKE ERIE OPEN WATER CLASSIC

Sponsored by O*H*I*O Masters Swim Club
½-Mile, 1-Mile & 2-Mile Open Water Races

Saturday, July 16, 2016

RACEDAY TIMELINE:

Check-in 6:45am

Pre-Race Instructions 7:45am

Start of First Heat 8:00am

ELIGIBILITY:

2016 USMS registration is required of ALL participants. One Event USMS Registration is available for an additional fee.

ENTRIES:

Online registration may be found at www.ohiomasters.com.
or www.clubassistant.com.

Click on the Meet Entries tab. Entries will close midnight July 13, 2016.

*** NO RACE DAY ENTRIES ***

Five O*H*I*O Masters swimmers traveled to Indianapolis to swim in the USMS 2 mile Cable Swim National Championships on June 18. (L to R) Judi Norton, Ashley Braniecki, Diane Spence, Tom Spence, and Luise Easton all came out smiling on the medal podium!

Judi and Luise became NATIONAL CHAMPIONS by winning their age groups, Tom finished second, and Diane and Ashely placed third in their age groups. Luise, Judi, and Diane teamed up for the 55+ women's relay, claiming the number one spot and becoming NATIONAL CHAMPIONS (again). Weather was great, water was warm, and we had a lot of fun!



BIGGER NEWS!! *Ohio Masters was awarded the One Hour Postal National Championship by USMS which will begin in January, 2017.*

I hope you all are enjoying the summer weather and getting in some outdoor swimming! Best of luck to all for however you choose to spend the summer season!

Judi Norton
President, O*H*I*O



OMSC Swimmers Compete at the USMS Spring Nationals

This past April, 14 members of O*H*I*O Masters made their way to Greensboro, North Carolina to participate in the 2016 USMS Spring Nationals. The event drew just shy of 1,800 athletes, ranging from ages 18 to 90, from teams across the country. Though small in size, the O*H*I*O Masters team was loud, proud and strong. On a combined basis, the squad placed 17th out of 181 local teams.



We had a number of Top 10 finishes, “adult best times,” and life-time best times! Additionally, we had two National Champions –



Bill Learmonth (400 IM, 75-79 age group) and Yoshi Oyakawa (50 bk, 100 bk, 200 bk, 50 fr, 100 fr, 80 – 84 age group). Yoshi also broke the Na-



tional Record in the 80-84 age group for the 50 bk and 100 bk – way to go! A special shout out to Ross Halloran and Ashley Rossi for making their USMS Nationals debut – we hope you had a great

time and join us in the future. And to all our swimmers (and official – Mark Marshfield), thank you for making this a memorable meet!

