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## Harry's Musings

### New Year's Reflections

I am writing this article on January 6, 2016. Today is Alvin Schmaier's 67<sup>th</sup> birthday. **Alvin has a tradition. Since he turned 50, he swims 100 yards for each year he has been alive, plus 100 to grow on.** So today Alvin needed to swim 6800 yards. Alvin (who is a lane mate of mine), Steve Lietman, and I swam the 6800 yards, almost 4 miles, 272 lengths. I won't bore you with the workout. We did the usual 4000 yard workout at CSU and then improvised. It took two hours and 15 minutes which provided a lot of time to think during this swim. It is easy to get in a rut when you are working out. At CSU we do 4000 yards a workout. Each workout is different but there are only so many ways you can modify a workout and keep it interesting. **As swimmers we need to find different ways to approach the workout to keep mind and body in the game.** Alvin's is his birthday swim. I am sure each of us has a way to stay in the game. Years ago when I was younger and faster, our coach periodically would put on the board 20 x 50 on a 45 second sendoff. Boring! I modified it to adjust the sendoff. I would do the first one on 45, the second one on 40 the third one on 35, and then the fourth one on a minute. It ends up to be the same net time, but it kept my mind working to figure out when I had to leave. It was amazing how fast the set was over.



Another way is to do weird things during the workout. Our young coach has had us do dolphin dives, run backwards on the bottom of the pool, and various drills. One year on the day before Thanksgiving, the coach gave us a "turkey dinner workout." The turkey was 5 x 200 - then we chose between mashed potatoes 10 x 50 kick or yams 3 x 250 pull. You get the picture. Another is adjust the lanes so the swimming talent is reasonably even and do relays where each swimmer has to do 10 x 50 fast (You actually hope that you are teamed with a slow swimmer).

**If we can make the workouts fun or challenging, we can get out of the workout rut. Also, when you get to a meet, you will find that you swim faster.**

Recently, I had a complaint about our workouts in the LMSC, which made me think about what we do. We each get into the pool, we want to get our yards in, and head to our next appointment. We are busy and focused.



*When the lane is crowded, we need to be especially mindful of your fellow swimmers!*

However, this can often come across as unfriendly. Some of our lane etiquette is not what it is supposed to be. We need to think more about our lane mates. Are we setting send offs that are too fast for the rest of the lane? Are we leaving too soon? Or, if the lane is full, are we leaving too late? Are we doing what the coach has on the board or are we freelancing, so no one in the lane

knows what each of us is doing? Are we oblivious to others in the lane and constantly bumping into people? **I think each year, the workout groups and swimmers should take a minute to think about how we are treating our fellow swimmers and are we following proper swimming etiquette.**

## Lake Erie LMSC Annual Meeting

After the Hudson meet, the LMSC held its annual meeting. Budget 2016 – USMS is charging more for membership. This increase is passed along to all Lake Erie LMSC members. 2016 USMS dues are \$39.00 plus \$5.00 LMSC dues, 2017 USMS dues are \$41.00 plus LMSC dues of \$5.00, etc.

As a result of USMS insurance costs, sanction fees will be changing for Open Water and Pool events. By charging sanction fee for all events, it helps the smaller events. The LMSC will charge \$70.00 to sanction pool meets and \$100.00 to sanction open water swims. The open water sponsor will have to pay a \$5.00 surcharge per swimmer.

Also, an election was held at the meeting. **The following Slate of Officers was approved: Chair: Harry Greenfield; Vice-Chair: Jay DeFinis; and Secretary: Kristina Valentic.** You are stuck with me for another 2 years.



Harry Greenfield -  
Chair of the  
Lake Erie LMSC

I wish you all a happy new year and nothing but personal bests. See you in the pool.



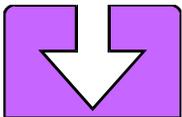
# REGISTRAR'S REPORT - January 1, 2016

In 2015, the Lake Erie LMSC again achieved a record-high membership, comprised of 738 swimmers and 14 clubs!!!

For 2016, to date, we welcome one new club, Masters of Stark County. We also welcome back 13 clubs, and 395 swimmers who have registered for 2016 as of December 31.

## Club membership is as follows:

	Final 2015	2016 @ 12/31/2015
O*H*I*O Masters Swim Club (O*H*)	324	199
Liquid N'Durance (LND)	94	40
Shaker Swimming (SHSH)	76	46
Cleveland Aquatic Team (CAQT)	27	13
Medina Masters (MEDM)	24	14
SwimStrongsville (SWST)	24	12
Hamachi Swim Warriors LLC (HSWM)	22	3
P.R. Tri Team (PRTR)	15	10
Towpath Masters (TPMA)	13	6
Swim Cleveland (SC)	12	- did not renew
Lake Shore Swim Club (LSSC)	7	3
Warren Harding Aquatics Team (WHMS)	3	4
Lifetime Swim Lake Erie (LTLE)	2	-
Ashtabula YMCA (AY)	2	1
Masters of Stark County (MSCS)	NEW	7
Unattached	93	37
	738	395



**As of January 1, many 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 2016.

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 \$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](http://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](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*

### LELMSC NEW MEMBERS: October 1, 2015- January 5, 2016

Aurelio	Alonso	Robert	Corts	Lisa	Koski	Lauriane	Savoie
Tom	Clause	Thomas	Cowling	Kevin	Kraut	Robert	Schlanser
Shannon	Cogan	Matias	Dimitrov	Steve	Lietman	Joe	Schlesinger
Holly	Elliott	John	Doan	Rachel	Mann	Al	Shillito
Karl-Heinz	Schofalvi	Trish	FAtobene	Laura	McGowan	Ossie	Smith
Karen	Stanton	Jacob	Figelman	William	Meerman	Elizabeth	Sobota
Courtney	Truscott	Elissa	Garfield	Khalid	Mulazim	Michael	Stives
Mohamed	Amar	Sheri	Guess	Morgan	Neal	Brooke	Thigpen
Dale	Angney	Mathew	Hanna	Kraig	Novak	Gabrielle	Trudeau
Miklos	Batizy	Sharon	Jia	Keith	Owen	T	VEREB
Dana	Blasey	Elizabeth	Juran	Gary	Parsons	Jeff	Whiteway
Patricia	Bradley	Nikolay	Kanazirev	James	Pojman	Amy	Wise
Frank	Chahulski	Stephen	Kempf	Brian	Russu	Jessie	Zielinski
Kathryn	Chambers						

#### Ashtabula Y (AY)

Beth D'Arcy

(216)289-5771

[bethdarcy@sbcglobal.net](mailto:bethdarcy@sbcglobal.net)

#### Cleveland Aquatic Team (CAQT)

Todd Urban

[toddurban@aol.com](mailto:toddurban@aol.com)

(216) 973-4547

#### Hamachi Swim Warriors (HSWM)

Aleta Ivey

[hamachiwave@icloud.com](mailto:hamachiwave@icloud.com)

(216) 860-7015

#### Liquid N' Durance (LND)

Leah Nyikes

[Leah@LiquidLifestyles.com](mailto:Leah@LiquidLifestyles.com)

(440) 935-1097

#### Lake Shore Swim Club (LSSC)

Adam Roark

[adam.roark4@gmail.com](mailto:adam.roark4@gmail.com)

(440) 799-1240

## Club Contact Information

#### Life Time Swim Lake Erie (LTLE)

Club Manager

[Marianne.groenings@usms.org](mailto:Marianne.groenings@usms.org)

(216) 223-5323

#### Medina Masters Swim Club (MEDM)

Amro Hassan

[amro.hassan@contmidgroup.com](mailto:amro.hassan@contmidgroup.com)

(330) 391-0321

#### O\*H\*I\*O Masters Swim Club (O\*H\*)

Judi Norton

[ohiomastersinfo@gmail.com](mailto:ohiomastersinfo@gmail.com)

(440) 695-0695

#### P.R. Tri Team (PRTR)

Daniel Smith

[danieljs111@aol.com](mailto:danieljs111@aol.com)

(440) 829-4521

#### Shaker Swimming (SHSH)

Eric Peterson

[peterson\\_e@shaker.org](mailto:peterson_e@shaker.org)

(216) 346-0274

#### Swim Strong (SWST)

Mike Gallagher

[coachmike1971@gmail.com](mailto:coachmike1971@gmail.com)

(440) 879-7196

#### Towpath Masters (TPMA)

Carol Howard

[carolsrun@yahoo.com](mailto:carolsrun@yahoo.com)

(330) 327-5525

#### Warren Harding Aquatics (WHMS)

Steve Lukco

[steve.lukco@neomin.org](mailto:steve.lukco@neomin.org)

(330) 369-4868

# Convention Re-cap

Okay, so everyone reading this is a USMS registered master swimmer. But did you know there are hundreds of VOLUNTEERS who gather once a year to review, revise and rewrite the rules as well as elect members to positions of leadership all in the name of masters swimming? I really didn't know all of this until I was accepted as a Delegate-at-Large to attend the **United States Aquatics Sports** Annual Convention in Kansas City, Missouri this past October.



Here are my three take-aways from Convention.

- 1. Dedicated.** Literally there are hundreds of dedicated adults committed to being involved in making masters swimming a part of their lives so it can be a better part of your life. The organization works extremely hard to provide programs for all levels of ability and interest. Committees such as *Coaches, Fitness Education, Long Distance, Sports Medicine and Science* (to name just a few) meet throughout the year (via mobile devices) to discuss ways to improve the offerings and meet the growing demands of the sport.
- 2. Inspiring.** Everyone I spoke with had an inspiring story about the impact swimming has had on their lives. You too have an inspiring story and they want to hear from you. The "Swimmer Magazine" you receive is always looking for content so consider submitting your story and or tips on and about swimming. *Our own Jay DeFinis* did just that and he *was featured in the article about Summer Nationals at The Spire Institute held in August*. Check out the article in the September/October issue.
- 3. Professional.** Though the organization is volunteer based, there is a small staff of paid employees located in Sarasota, Florida. During convention the entire staff was available and busy interacting with convention delegates. In particular we had a "National Office Speed Dating" hour (thanks to our own Dan Cox). Think of it as "getting to know you in 15 minutes or less". During the hour we had opportunities to meet in small groups with staff members and ask questions and listen to their responses. Everything from technical swimsuits to employee benefits to how the magazine and website are designed was covered.



**Ann Marshfield**

I am honored to have had the opportunity to attend convention and learn more about how USMS works. It is my hope that the knowledge I have gained will be used for the benefit of all the members in our Local Masters Swim Club (LMSC). I invite anyone to contact me should you want more details about my 3 days at Convention. In summary, I ate, I laughed, I listened, I swam (yes even at Convention swim practice is at 6 am) and I kinda slept all in the name of USMS!!!



Judi Norton, President  
O\*H\*I\*O Masters Swim Club



## Upcoming Swim Meets Sponsored by O\*H\*I\*O Masters

O\*H\*I\*O Masters 2016 SCY Meet

Pieter Cath Memorial Meet

Sunday, January 24, 2016

Lakewood HS Natatorium, Lakewood, OH

Warm up 8:00am

Deck Entries until 8:50am

Event #1 - 9:00am

Event #2 - 9:45 or later

Online registration at [ClubAssistant.com](http://ClubAssistant.com)

Paper entries at [www.ohiomasters.com](http://www.ohiomasters.com).

**Aquatic Outfitters of Ohio will be at the Pieter Cath Memorial Meet. Cash in all of your hard earned meet coupons and stock up on all your swimming needs!**

O\*H\*I\*O Masters 2016 SCY Meet

Saturday, March 12

Sunday, March 13

Ellen Shapiro Natatorium

515 Oldman Road, Wooster, OH

Saturday Warm up 3:00

Deck Entries until 3:50

Meet - 4:00

Sunday Warm up 8:00am

Deck Entries until 8:50am

Meet - 9:00am

Event #2 - 9:45 or later

Online registration at [ClubAssistant.com](http://ClubAssistant.com)

Paper entries at [www.ohiomasters.com](http://www.ohiomasters.com).

### 2 Notes:

1. ALL SWIMMERS MUST HAVE A 2016 USMS MEMBERSHIP.

THIS INCLUDES RELAYS ONLY SWIMMERS AT THE PIETER CATH MEMORIAL MEET.

2. REGISTERING BEFORE THE MEET SAVES YOU MONEY.

USING ONLINE REGISTRATION WITH [ClubAssistant.com](http://ClubAssistant.com) SAVES YOU MORE!

## 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](mailto:Sales@AquaticOutfittersofOhio.com) and website [www.AquaticOutfittersofOhio.com](http://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](mailto:Sales@AquaticOutfittersofOhio.com) [www.AquaticOutfittersofOhio.com](http://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

PARK	
AO	PORTAGE
WHIPPLE	EVERHARD
	I-77

## *O\*H\*I\*O Masters Swim Team keeps busy organizing and swimming in meets*

### *Stow Meet ~ Pentathlon Perfection!*

Thanks to the efforts of site coordinator Jen Wintrow, our Stow Pentathlon Meet came off flawlessly! With help of our other volunteers, including meet directors Kevin McArdle and Tom Gorman, registration manager Dave Barberic, announcer Chuck Beatty, and awards coordinator, CC Skoch, the 54 swimmers had a wonderful experience. It was a chance for swimmers to test their skills in all strokes by swimming an individual event in each stroke and the IM all in one meet.



*Tom G and Kevin M keep the meet running smoothly.*



*Ashley B.*

Some even added a relay or two to their event total. Ohio Masters had two of the four overall fastest pentathletes. Congratulations to Ashley Braniecki who swam to the number one total time in the women's sprint event, while 88 year old Betty Russ swam to the fastest women's time in the maxi pentathlon.



*Betty R.*



*Pentathlon – Fun for all ages! O\*H\*I\*O members Anne M., Jen B., Betty R., Luise E.*

### *Hudson Meet ~ Two Days of Terrific Swims*

Ohio Masters ushered in December by hosting a two day SCM meet at East Woods School in Hudson. Once again, our volunteers helped run a meet that allowed swimmers to participate in many of the longer events, such as the 800 free, 1500 free, 400 IM, and the 800 free relay. Many swimmers use this meet to try to qualify as a USMS Top Ten finisher, and based on the results, many will reach that goal! While it was not a huge turn out, those who swam seemed to have fun!



Both Tom and Diane Spence (at left) swam the mile on the first day of the meet. Luckily, Diane has Tom's shoulder to lend some support as it seems Tom recovered a bit better this time. The AKGN group (at right) (Chuck, Mike, Coach {and apparently swimmer too} Jen, and Melani seem happy with their swims.



Is Arpad using social media to find people to swim a relay, or placing his order for the post meet social? Some might feel the post meet social was the best part of the meet!

Hope to see you at the Pieter Cath Memorial Meet in Lakewood, and of course, the social afterward.



## Spotlight on Chuck Beatty

Chuck Beatty has been a member of OHIO Masters since early 2013. He specializes in distance freestyle events in the pool, but ultimately prefers the freedom of open water swimming.



Chuck started swimming competitively at age 10 for the City of Midland Swim Team in West Texas. His coaches over the years included Australian Olympian, Terry Gathercole, and US Olympic Coach, Doug Ingram. He credits their strong early influences for giving him the fundamentals of stroke and pacing that continue to serve him today.

Chuck swims regularly with the Akron General North group in Stow and with the CSU group during the long course season. He has also spent the last two summers working with Coach Eric Peterson at Shaker Swimming. Chuck's favorite workout starts early on a summer morning with a 2- or 3-mile swim in Lake Erie. He feels that watching the sun rise over the water with the Columbia Park open water training group is the best way to start the weekend.

**Chuck competed at USMS Summer Nationals in 2014 and 2015, earning three individual top-10 finishes each year.** He greatly enjoyed supporting and being supported by the OHIO Masters team at the SPIRE Institute this past summer. He has also had some success in open water events like the Lake Erie Open Water Classic and the Big Shoulders 5K in Chicago.

**Chuck is organizing a relay swim across Lake Erie for the summer of 2016. Six members of OHIO Masters will swim 35 miles from Point Pelee, Ontario to Vermilion, Ohio. This will be a fundraising swim, in part to support the USMS Swimming Saves Live Foundation. Stay tuned for more details in early 2016.**

When he's not swimming, Chuck is a graphic designer who works with his wife, Maia, in their training and consulting firm. He is also a nature photographer and you can often find him wandering the trails in the Cuyahoga Valley National Park.

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### Our Newest LELMSC Member - GoPro!

We all develop bad habits over time and what feels "normal" could actually be hampering progress. Unless you see what is going on, chances are you won't change. One of the easiest ways to understand what your coach is describing is to see yourself swim – a task that is practically impossible while you are swimming. Thanks to the "magic" of technology, now that is possible!



LELMSC has purchased new digital video equipment that will make it possible to film swimmers underwater and above water. Footage can then be analyzed by your coach to help you make improvements.

As of now, all that is required is that you or your coach contact one of our film crew and set up a time and place to film. After that, the video will be posted to our on line Google Drive account for your viewing and analyzing pleasure.

Contact [Filming Crew](#) to set up your session.