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## THE NEWSLETTER OF THE LAKE ERIE LMSC FEBRUARY 2018

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Congratulations and welcome to our new Lake Erie LMSC Chair, Jay Definis.

Jay was elected at the annual LMSC meeting in December 2017. Jay graduated from Penn State in Engineering, has competed in triathlons, lake swims, SCY, SCM and LCM events and is currently working for Northwestern Mutual in Cleveland.



Above: The Officers and Board of the Lake Erie LMSC. From left to right: Judi Norton, Harry Greenfield, Ann Marshfield, Ashley Braniecki, Marilyn Douglass, Nick Douglass, and Jay DeFinis. Not pictured board members: David Douglass and Paul Berman.



## **LAKE ERIE'S EDGE Jay DeFinis**

Happy New Year! Great things are happening in our Lake Erie Masters swimming region! I am so pleased to be a part of the great history and leadership team, promoting swimming.

We want to give a personal shout out to Harry Greenfield and Lilly Kron for their years of service to our board and the swimming community! When you see them please thank them for their years of VOLUNTEER service! Also, please thank our new board for volunteering and promoting swimming in our region!

In 2009 two years after caring for my parents and getting children out of the house, I showed up at a CSU masters work out at 6 am one dark cold winter morning, What was I thinking? To make matters worse Harry Greenfield “barked at me for swimming in his lane”, but with anything new you must keep at it to gain the benefits. I branched out and attended the Lakewood work out group, and being a fan of open water swimming showed up at Columbia beach for some wonderful “spiritual” morning Lake Erie swims. (If you haven’t swum at Columbia beach, I would highly recommend it.)

Over the last eight years I have learned this about swimming: it spans many generations, there are so many inspirational people, it’s fun, and if you want to compete there are plenty of great competitive swimmers willing to help and encourage you!

Over the next two years it is my goal to help introduce you to those inspirational people thru our newsletter and social media. We also have lots of events coming in the next 6 months. What I ask of you is to please participate or volunteer in one of the upcoming events, volunteer at a swim meet, try a work out group, and/or come to the lake! Sign up for the half hour fitness challenge Feb 15-28 to support USMS Swimming Saves Lives Foundation and help the CSU varsity swim team as they host the Horizon League Championships at CSU Feb 21-24 (they are looking for timers and you can see some fast college swimming). Sign up to swim in the Twinsburg Masters Meet (new location) March 10-11. April is National Adult Learn to Swim Month please pass it along. Please consider SCY Nationals May 10-13 Indianapolis, IN. at the newly renovated IUPUI natatorium complex. Our LMSC will be well represented-- the O\*H\*I\*O masters team is planning to swim, come join the team !

Swimming is alive and well in the Lake Erie region!

We have great resources helping us to maintain that competitive edge!! “Lake Erie’s Edge”

# From the Registrar:

## Membership Statistics

As of February 2018, our LMSC has registered 440 members (247 men and 193 women) and 10 clubs. Nationally there are 43350 (23350 men and 20000 women) members. We would like to welcome our new members.

There are 8 zones in the USMS organization. Our Lake Erie LMSC is in the Great Lakes Zone that includes Lake Erie, Ohio, Allegheny Mountain-western Pennsylvania, Kentucky, Indiana, Illinois, Wisconsin and Michigan.

Marilyn Douglass      email: [lakeeriemasters@gmail.com](mailto:lakeeriemasters@gmail.com)

Our ten registered clubs with number of swimmers include:

O*H*I*O Masters	249
Towpath Masters	02
Hubbard Masters	02
Liquid N'Durance	30
P.R. Tri Team	08
Life Time Swim Lake Erie	01
Medina Masters	21
Cleveland Aquatic Team	19
Shaker Swimming	62
Warren Harding Aquatics	04
Unattached	42

## New Members to the Lake Erie LMSC

### Cleveland Aquatic Team (CAQT)

Sarah Addicks	Michael Kenney
Jay Dick	Lorenzo Lewis

### Kraken Masters

Robert Rule	Stacey Sowers
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### Shaker Swimming (SHSH)

Hans Walter	Anna Eaton
Jennifer Kuhel	Susan Weir

### Medina Masters Swim Club (MEDM)

Tara Quinn

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

Joseph Constantino	Joshua DeBolt
Sarah Saddler	India Munday
Stephanie Duda	Andrew McCollister
Ellen Meyer	Elizabeth Morris
Sarah Sargent	Casey Teeven
Jessica Teeven	Janet Thompson
Rachael Toth	Kristine Urban
Victoria Watson	

### P.R. Tri (PRTR)

Nicola Ceccon

### Liquid Endurance (LND)

Djuro Bartulica

### Unattached (UC18)

Mark Klingman   Timothy O'Toole   John Scalli   Matthew Shaver



## What's New at O\*H\*I\*O Masters

Our Board has been busy over the past few months and has implemented

several new policies and programs.



We ended the year with a “**Noon Year's Day**” swim at Lakewood High School on Dec. 31. More whimsy than workout, it was a chance to “swim” some other types of pool events, and included party “hats,” an official countdown to 12:00 (pm), balloon and ball drop a Gatorade toast, followed by champagne “bubbles, (plastic) flutes and bottles in the pool. Red or green place “medals” were awarded at the end of

the event. A short video of our celebration is posted on our Facebook page, OHIO Masters (O\*H\*I\*O Masters Swim Club). A more traditional workout was held the next day for those who wanted to get 2018 off to a start in the pool. Ann Marshfield organized a swim workout at Spire Institute, and then invited all for a brunch at her home afterward.

Our annual **Pieter Cath Memorial Swim Meet** was held at Lakewood High School on Jan. 28. A traditional slate of swim events was combined with 7 different relay events where it was workout group against workout group for bragging rights. A post meet social was also held at a local restaurant.



Congrats to Team Arnie!



This was the first opportunity we had to implement a new recognition of “First Timers,” swimmers who took the plunge and entered their first USMS meet ever. Each was awarded a t-shirt and cap to commemorate the occasion. Special thanks to Chuck Beatty for designing the shirts and caps.

Another new policy that the Ohio Masters Board has approved is a scholarship for any Ohio Masters member who completes the Adult Learn to Swim Instructor (ALTS) course offered by USMS. If you are an Ohio Masters team member and complete the course, Ohio Masters Swim Club will reimburse 50% of the cost of the course when you become a certified instructor. Having completed this course myself, I found it very worthwhile and am now in the process of instructing my first adult.

I hope you will join Ohio Masters at one of our meets. Schedule is posted elsewhere in this newsletter.

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

## Medina Masters (MEDM)

Medina Masters Swim Club is based in Medina, Ohio, and utilizes the Medina Recreation Center to train. The club is a member of the United States Masters Swimming and the Lake Erie Local Masters Swimming Committee. Lake Erie masters Swimming is the governing body for Masters Clubs in areas including Cleveland, Akron, Canton and Youngstown. Our goal is to encourage and promote physical fitness and health in adults and to provide the opportunity to participate in fitness and/or competitive swimming programs ... and to have a little fun along the way.

Our group consists of swimmers of all types from National competitors, triathletes, local competitors, noncompetitive swim fitness lovers, therapy swimmers, moms and dads. We are swimmers that encourage, motivate and enjoy the company of each other!

Every year we hold our Medina Masters Sprint Spectacular Short Course Meet. This year it will be held on Sunday April 15, 2018. Each year we have a great group of competitors that come to compete. We also like to encourage newer competitive swimmers to put their first mark in to start competing. It's a great way to "officially" have your hard work timed.

Our club is open to any swimmer above the age of 18 who can swim several 100-yard freestyle sets. Everyone is encouraged to swim at least once or twice a week and we receive deck coaching on our practice days. We encourage anyone who loves to swim to give our group a try for *free for one month* (daily rec fees do apply for nonmembers). If you love it, we will help get you signed up with USMS and join the team!

Swimming is such a great healthy, low impact way to stay in shape and we hope to continue to grow our group. Feel free to email us ([medinamasters@gmail.com](mailto:medinamasters@gmail.com)) or check out our website [www.medinamasters.com](http://www.medinamasters.com) for any additional information!

## *Cleveland Aquatic Team (CAQT)*

Cleveland Aquatic Team's primary focus for 2018 is to encourage and assist our team members traveling to Paris, France to Swim in Gay Games 10. CAQT was started by Dr. Jim Hekman and Todd Urban in 2010 to recruit swimmers for a local Cleveland team when it was announced that Cleveland would host Gay Games 9. The LE LMSC meets in Wooster, Hudson, Lakewood and Medina and those at CSU were our training meets. The support from other swimmers and the lessons learned from officials at these meets were invaluable to building our team. CAQT had 27 swimmers participate in 2014 and won a total of 74 medals and finished 7th in the international competition. CAQT continues to enjoy competing in LE LMSC meets and appreciates the very friendly and supportive atmosphere.

The Gay Games were founded by Olympic decathlete, Dr. Tom Waddel. The core principles are "Participation, Inclusion, and Personal Best". The swimming portion of the Gay Games historically has the largest number of athletes. The August 4 to 12, 2018 event will be the 40<sup>th</sup> anniversary of the Gay games. It will be held at the Piscine des Tourelles (renamed Georges Vallerey), where Johnny Weissmuller won 3 gold medals and Ethel Lackie won 2 gold medals in the 1924 Olympics.

CAQT practices at Cleveland State University Tuesdays and Thursdays at 7 PM and Sundays at 11 AM with coaching provided by CSU swim team members or coaching staff.

CAQT is raising funds to offer 50 % scholarships to members who could not otherwise attend the swim competition. Our goal is to be able to assist 5 or more swimmers to attend the Paris competition. David Douglass is the contact person for anyone wishing to contribute or offer assistance. [dmdwest@gmail.com](mailto:dmdwest@gmail.com)

## Kraken Masters

The Kraken Master's program was founded at the Hubbard Community Pool on June 1<sup>st</sup>, 2016 as a way to expand the existing program from USA only to a multi-age, multi-level program. Since then the program has grown to 18 members consisting of former college swimmers and triathletes with widely ranging ability levels and ages spanning early 20's to early 50's. Over the last two years our program has had several first out of the water finishers on Ironmans, Half Ironmans, and Tris. We also have an athlete currently training for Ironman *Kona*, that will takes place in October 2018. Members of our program have begun competing in Masters meets in Ohio and we're hoping to send athletes to USMS Spring Nationals in early May.

Our program offers six, 1.5 hour practices a week with distances ranging from 3000-5300 yards. Each practice is tailored to a person's ability level to give appropriate challenge and help the athletes meet individual goals. We also have group practices where everyone is doing sets together. Due to the amount of open water swimmers currently participating, these practices are typically meant to simulate open water swimming.

Coach Brandon Staley, who is finishing his second year coaching at Kraken, runs the Master's program. Brandon has been coaching for 11 years and has been a competitive swimmer for 20 years.

# Know the Rules

The purpose of this segment is to remind everyone of the rules that govern our swimming competitions. Each issue of this newsletter will address two or three rules that many Masters swimmers have questions or maybe haven't thought about.

Here are the major rule changes for 2018:

**Starting Grips:** Handgrips on the starting platforms are distinguished between grips for backstroke starts and grips for forward starts. During backstroke events, swimmers may not use handgrips installed on the top of the starting platform intended for use during forward starts. During backstroke starts, swimmers must place both hands on the gutter or on the backstroke starting grips.

**Freestyle during Individual Medley and Medley Relay events:** Swimmers must be at or past the vertical towards the breast during the freestyle leg of an individual medley or medley relay event, except that during a turn (freestyle turn or breast-to-free transition), swimmers may leave the wall in a position at or past the vertical towards the back. Swimmers must return to a position at or past the vertical towards the breast before any stroke or kick.

**Relay Starts with Adjustable Back Plates on the Starting Platform:** The second, third, and fourth swimmers on a relay team must have at least part of one foot in front of the adjustable-setting back plate during a relay takeoff.

*If there is a rule you have a question about please don't hesitate to ask an official or bring it to my attention by return email.*



## Profiles in Swimming

If you have attended any meets this season, you've likely been dazzled by O\*H\*I\*O Masters swimmer, Cara Colker-Eybel. The Columbus native and Wesleyan University(CT) swimmer relocated to Cleveland post-college for a high school teaching position and later joined O\*H\*I\*O Masters as a way to meet new people, to de-stress after a long day of work, and to get back to the sport she loved. Cara brings laughter and positivity to Lane 5 of the Lakewood group and carries that energy to local meets. Her first "adult" meet was the Pentathlon meet in Stow this past November and she recalls having a lot of fun, meeting new people, remembering how much she loved racing, and embracing the supportive atmosphere. Her favorite meet thus far has been the Lakewood Relay meet because she enjoyed bonding and swimming with teammates who swim in other lanes at practice. When asked what advice she would give to fellow "first-timers" or folks nervous about signing up for a swim meet, Cara says, "Just do it! It doesn't matter your speed - you'll be glad you did. Masters swimming is more about having fun than the actual times you swim - at least that's my approach." You can catch Cara at Lakewood practice, or relay-up with her at Spring Nationals in Indianapolis this May!

# LE LMSC Masters Meet Schedule – 2018

<u>Date/City</u>	<u>Meet /Course</u>	<u>Place</u>	<u>More Info</u>
March 10-11 Twinsburg, OH	SCY	Twinsburg Aquatic Center	New location this year-still two great days of competition. Full complement of events.
Sun. April 15 Medina, OH	SCM	Medina Recreation Center	A fun event for us Masters to swim hard, just not for too long. Fun and exciting swim events with any left over proceeds from the operation of the meet going to support the local youth swimming program.
Sat. June 23 Cleveland, OH	LCM	Cleveland State University	Followed by Ohio Masters Annual Dinner/Short Meeting/Awards/Fun!
Sat. July 14 Cleveland, OH	Brogan Open Water Classic ½, 1 & 2 mile races. Wet suit & non-wet suit divisions	beach.	Newly refurbished bath house and Award at end of race for beating Lake Erie! Supports the urban Malachi Center Swim Camp for kids.
Sat. Aug 25 Avon, OH	LCM End of Summer Spectacular	Avon Aquatic Center	Swimming a meet in an OUTDOOR POOL is a whole different and fun experience.
Sun. Nov. 4 Stow, OH	SCY Pentathlon Meet	EMH Health Center	Swim and entire short or long pentathlon of all 4 strokes and the IM, or one consisting of 5 events – all FREESTYLE, or enter any 5 events of your choice.
Dec. 8-9 Hudson, OH	SCM Hudson Meet	East Woods School	Full event list spread over two days. SCM is a great chance to try for USMS Top 10 times!



**Jay's Gallery of Inspiration:** top left with Chuck Beatty, top right with Dan Cox,, Middle left with Ann Marshfield, middle right with John Daley, lower left with Ashley Braniecki, lower right Tom Spence & Doug Brogan.

## Lake Erie Local Masters Swimming Committee

Chair	Jay DeFinis
Secretary	Ann Marshfield
Treasurer	Harry Greenfield
Registrar	Marilyn Douglass
Sanctions	Diane Spence
Top Ten	Melinda Smith
Coaches	Robert Babiak
Officials	Thomas Gorman
Newsletter	Nick Douglass
Webmaster	Jennifer Norton
Fitness	Ann Marshfield
Open Water	Chuck Beatty
Safety	Harry Greenfield

### Board Members

Ashley Braniecki  
David Douglass  
Paul Berman  
Judi Norton