THE NEWSLETTER OF THE LAKE ERIE LMSC JANUARY 2019



LAKE ERIE'S EDGE Jay DeFinis

Happy New Year!! A heartfelt thank you to all who attended our Lake Erie LMSC annual meeting. We had a great turn out and elected new officers. We also agreed to sponsor & match contributions to the CSU swim team locker reconstruction program; the LMSC will match \$825 to contributions we receive to have a Lake Erie masters sponsored locker. Thank you to all who donated!

A special CONGRATS to the new at large Board members: Andrea Hahn-Lawson, Christine Shifa and Dee Shedlow. Board members, Ann Marshfield (OHIO Masters President) and Judi Norton (*A*dult *L*earn *To S*wim coordinator) will represent the needs of the swimming community in our region.

Elected for 2 year terms:

Ashley Braniecki—LMSC Secretary

Marilyn Douglass—LMSC Registrar.

Mark Marshfield is our LMSC appointed Treasurer.

If you see them please thank them for their service.

We are looking forward to a productive 2019...so far our calendar includes:

Lakewood SCY January 27

USMS Fitness Series Challenge February 15-18

USMS Leadership Summit March 1-3 Phoenix

CSU- SCY March 23 & 24 (25 yard events)

Adult Learn To Swim clinic Westlake April 14th

April Medina SCM Sprint Event

April 25-28 USMS SCY Nationals Mesa, AZ

June Spire LCM

July 13 Brogan Open Water Classic (OWC)

Be sure to visit one our many work out groups and thank the coaches who provide their services and fun workouts for you!

Effective this January we have new members appointed to the following USMS National Committees:

Ann Marshfield--Fitness

Ashley Braniecki--Awards & Recognition and History & Archives

Marilyn Douglass--Registration

Jay Definis--Investment and Chair, Swimming Saves Lives Foundation

Dan Cox--Great Lakes Zone National Board Member

Our Lake Erie LMSC is well represented at the national level.

Any feedback to make our LMSC better, or if you want to volunteer and/or have a great human interest story please email me at im4psu82@yahoo.com.

We want to continue to expand & promote swimming along our beautiful Lake Erie shoreline! Thank you for the opportunity to serve.

Happy New Year!!

Jay DeFinis, Lake Erie LMSC Chair



Meet our new Board Members

Dee Shedlow

Dee triumphed over an early fear of water to become, in her words, the rather average Masters swimmer she is now. At age 4, she was taken for her first "swimming lesson" in Jamaica Bay, New York. She was walked out onto a pier, down onto the float, and then thrown in. the good news was she survived. The bad news was she did not have another swimming lesson for 5 years. Eventually she learned to swim and went on to become both a lifeguard and swim instructor. As often happens, she then stopped swimming for 25 years. Dee joined CAQT in 2013 and loves swimming with a team. She values the community and fitness aspects of Masters swimming.

Out of the water, Dee is a small business owner who provides dog walking and pet sitting in the Heights since '01.



Christine Shifa

Christine has been a competitive swimmer on and off for a little over 20 years. She first joined a Masters team in Monterey California in 2010 after taking a break from competitive swimming after junior college. She has been "hooked" on Masters swimming ever since! Christine and her husband have moved quite a bit in the past 10 years and she has found joining a Masters team to be the quickest way to feel a part of a community. She considers herself to be a long distance and backstroke swimmer.



Christine and her son

Weaver

Her favorite events, not surprisingly, are the 500 free and 200 back. In her professional life, Christine is a Meteorologist with the National Weather Service in Cleveland. She looks forward to continuing to get to know the in Ohio.



Andrea and her daughter Taylor

Andrea Hahn-Lawson

Andrea is from northeast Ohio and currently a sophomore at Ashford University. She is working on a B.A. in International Business. Andrea has also completed her pre-licensure classes for Ohio Real Estate at Hondros College and is awaiting the results of the state/national exam. She has managed to do all of that while raising her

gorgeous and very talented daughter, Taylor. Like many of us, she began competitive swimming at an early age (six) with the Lake Erie Silver Dolphins. Andrea says that in 2014 her Olympic hopes and dreams were reignited and she was drawn back into swimming and has been a registered U.S. Masters swimmer ever since. She enjoys practicing whether on her own or with a team. While her favorite event is the 50 Free she has, over the years, learned to love and appreciate the longer distances and even Open Water Swimming.

From the Registrar:

Thank you to the 377 of you who have registered so far this year.

I would like to make a special appeal to those of you who have not yet registered (please do so as soon as possible) and to those of you who registered as "unattached" (please see the list of registered teams below). We have nine teams registered so far, all of which would love to have you as a member.

The following is a list of teams and contact person as officially registered on the U.S.M.S. website:

Cleveland Aquatic Team – Todd Urban

Kraken Masters - Brandon Staley

Life Time Swim Lake Erie

Liquid N'Durance - Leah Nyikes

Medina Masters Swim Club - Doug Thomas

O*H*I*O Masters Swim Club - Anne Marshfield

Shaker Swimming – Eric Peterson

Towpath Masters - Carol Howard

Warren Harding Aquatics Team – Steve Luko

If you are looking for a place to swim check out this website for a list of area workout groups and locations:

www.ohiomasters.com/ohioswim.htm

If you requested a membership card when you registered, please be assured they are being printed and sent out as soon as possible.

Thank you letters drafted by USMS for donations are also being sent out for recognition and tax preparation purposes.

As always we would like to welcome the following new members.

New Members to the Lake Erie LMSC

Ohio Masters Swim Club (O*H*)

Lori Serafini Matt Boyd Kayla Eland Cory Langenbeck John Bradshaw Julianne Janosko Ayla Sweeney Katie Bennett

Shaker (SHSH)

Victoria Palagiano Amanda Woodcock Christopher Eaton

Kraken Masters

Kayla Aldan

Cleveland Aquatic Team (CAQT)

Sona Jarosova

Unattached (UC 18)

Brian Conway Susan Magistro-Skuza Christiana Gooding Mackenzie Schley Caleb Studt Rita Turner

CALLING ALL USMS ALTS INSTRUCTORS!

USMS has designated April as **Adult Learn to Swim month!** This national campaign raises awareness of the problem of adult drowning risk, and helps members of the public find quality

swim lessons near them. The Westlake Rec Center (28955 Hilliard Blvd, Westlake, OH) is participating in this campaign by offering their pool as a host site for *FREE 1-on-1 learn to*

swim lessons for adult members on Sunday, April 14 from 10 am to 2 pm. So far, we have four Ohio Masters Swim Club certified instructors signed up to volunteer to teach, but the more ALTS instructors we have, the more adults we can get in the pool, and in turn, the more people we can get to come back for more lessons and eventually learn to swim!

Help us help others take the first stroke toward swimming proficiency! If you help us out as an instructor, please contact Judi Norton judinorton@yahoo.com

Coached Workouts Available at Westlake Rec. Center!

Here's some great news! You don't have to be a member to swim coached workouts at Westlake Rec Center! Just show up and pay a \$5 drop in fee at the check in desk (for non-members – *members only pay \$3!*) and swim with us from 9:00 to 10:30 am on Sundays until March 2. Evening practices may be offered once the high school season ends.

Private swim technique "tune ups" also available on Sundays from 10:30 to 11:00 am. Same low price ~ just \$5!!

Westlake Rec Center is located at 28955 Hilliard Blvd, Westlake, OH 44145.

Questions about either program, Contact Judi Norton, judinorton@yahoo.com

Smarty Pants vitamins USMS 1-mile Fitness Challenge

Sunday, November 25 seven swimmers set out to conquer the 1-mile Fitness swim at Lakewood High School natatorium. Four days later five swimmers crushed the challenge at Orange High School natatorium. Swimmers could swim the mile in any way they desired all for a good cause. This event served as a fundraiser for Ohio Masters Adult Learn-to-swim program as well as the St. Malachi's Urban Swim camp. A huge thank-you to all who swam and supported this worthy cause.



Fitness series 1-milers at Orange HS: Hilary Byrne, Elizabeth Porter, Angela Sedivy, Colleen Feldkircher, and Eleanor Chambers.



Lakewood HS 1-mile conquerors

Congratulations to Ohio Masters swimmer Duane Grassell for his 2nd Place finish in the 6000 yard ePostal and 4th Place finish in the 3000 yard ePostal USMS National Championships! Caps off to Duane for his endurance and speed!!



First Timers rule Hudson SCM meet

December 8 and 9 Ohio Masters hosted the Hudson short course meters swim meet. Several first timers in the 18-24 age group showed their strength and passion for swimming. The more seasoned swimmers reminisced of their youthful swims of long ago while still showing deep passion for this sport for life. As with all Ohio Masters swim meets we like to acknowledge our first time swimmers welcoming them with **I DID IT!** tee-shirt and swim cap. A shout out goes to Salma Beji, Julia Kundrat (19 yrs.), Michelle Powell, Mackenzie Schley (21) and Caleb Studt (22) for swimming their first USMS swim meet. Thanks for coming out and swimming in our swim meet. We hope to see you in future meets and bring along a friend to make it more fun!



Mackenzie Schley, Caleb Studt, Michelle Powell



Julia Kundrat

2019 Pieter Cath Memorial Swim Meet (aka Lakewood Relay Meet)

Sunday, January 27, @ 8 am

Gather your lane mates and join in for fun relays or try an event you haven't tried before. This is a super fun meet and worth putting together relay teams. If you only swim relays (no limit) it will cost you \$10. Don't want to swim then come on out and volunteer and have some fun watching your friends and teammates swim. After meet social will be at **Around the Corner Café** (literally around the corner from the high school) we provide the pizza!

Have you set your swim goals for 2019? Here are two to consider.

1. Smarty Pants vitamins 2019 USMS Fitness Series Challenge.

USMS recognizes not all master swimmers wish to compete, however, all master swimmers are **fitness swimmers**. The Smarty Pants vitamins 2019 USMS Fitness Series challenge is a great way to have fun training for and completing the Challenge together, getting motivation from others as well as your coach. Proceeds from the Fitness Series support the USMS Swimming Saves Lives Foundation. Swim the 30-minute Winter Challenge between February 15-28. To register and find out more about this go to https://www.usms.org/events/fitness-events/fitness-series.



#goldcapglory

New this year is bundle pricing when registering for all three events (Winter, Summer, Fall). After you swim all three events you will receive a gold cap! All net proceeds benefit the **USMS Swimming Saves Lives Foundation.** Your support of this great cause is appreciated.

2. USMS 1-Hour ePostal National Championships

Event dates: January 1 - February 28, 2019

Swim as far as possible in one hour in any pool you choose that is 25 yards or longer. Swim the event first, and then register 2019 1-Hour ePostal Nationals. For more information go to: https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=10953

Save the date

March 23 & 24, 2019. CSU SCY swim meet

When was the last time you swam a 25 butterfly in a swim meet? Or any 25 yard event? Never? When you were 8 years old? Cleveland State Busby Natatorium will be the place you can swim these events. Mark your calendar and check www.Ohiomasters.com for details and registration information.

Know the Rules

In the last issue of this newsletter it was stated here that there were no major rule changes for 2019. What should have been stated was that no major changes were made regarding swimming strokes, starts, or turns. The following list of rule changes for 2019 comes directly from USMS:

Major Changes for 2019

Gender: The Rules Committee shall develop, publish, and maintain, with the approval of the USMS Board of Directors, guidelines that address the eligibility of transgender athletes to earn official times and other forms of recognition in the male and female gender categories. Athletes who do not meet the eligibility guidelines shall be permitted to participate in competition in the gender that corresponds to their USMS registration without official recognition. Protests of eligibility to compete in a gender category shall be considered by the Rules Committee in accordance with USMS policy guidelines. Athletes shall be permitted to compete in the gender category that corresponds to their USMS registration pending a decision by the Rules Committee.

Cameras and Video Equipment: The use of cameras, including cell phone cameras and/or other recording devices, is prohibited behind the starting platforms during the start of races, including relay starts. The use of audio or visual recording devices, including cell phone cameras, is prohibited in changing areas, restrooms and locker rooms. The sanctioning LMSC or the meet host may also impose further restrictions and shall include such information in the meet announcement. The meet referee may further restrict the use of cameras and video equipment during competition. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. Any individual in violation of these restrictions may be barred from the venue by the meet referee or meet director.

Use of Tertiary Watch Times for USMS Records: In the event of both primary automatic and secondary semiautomatic malfunctions, USMS records may be established with a tertiary manual backup system consisting of a minimum of two valid watch times.

Therapeutic Elastic Tape: The use of therapeutic elastic tape is prohibited in USMS sanctioned or recognized meets. (This change codifies the current rule interpretation.)

Psychoactive Cannabinoids: Psychoactive cannabinoids are added to the list of products for which advertising on swimsuits and caps is prohibited. Offenders may be barred from competition until they comply with this rule.

15-Meter Marks: Fixed marks shall be placed on either the pool wall or deck surface adjacent to any outside lane at a distance of 15 meters from each end wall. These marks should also be used to correctly align the colored marks on the lane lines, but the fixed marks on the deck or walls take precedence for judging.

Backstroke Starting Ledges: If backstroke starting ledges are provided, then identical ledges must be provided for all lanes.

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.

Brogan Open Water Classic Turns 30!

When swimmers gather this summer for the Brogan Open Water Classic, they'll be celebrating 30 years of open water races in Lake Erie. It's going to be a party and you're invited!

Come take advantage of this amazing resource right in our own backyard. We're so lucky to have access to our beautiful Great Lake. If you've been thinking that this is the year that you try open water swimming, then this is the event for you.



The 2019 Brogan Open Water Classic will be held on July 13 at Edgewater Park, just west of downtown Cleveland. Registration will open on April 1 and there will be a discount for early registration. We will compete in ½-mile, 1-mile and 2-mile races on a diamond-shaped course.

We'll be updating the webpage at http://www.ohiomasters.com/broganowc.html throughout the spring. You can also follow us at https://www.facebook.com/broganopenwaterclassic/ for all of the latest information and updates.

The Brogan Open Water Classic is a fundraiser for the Malachi Center's Urban Kids Swim Camp. Last year our participants, along with OHIO Masters, raised nearly \$1500 for this program that teaches inner city children how to swim. We think of ourselves as Big Swimmers helping Little Swimmers.

A Perfect Day in 2018

If you didn't swim in the 2018 Brogan OWC, you missed an absolutely perfect day in Lake Erie. The sun was out, the water was warm and the lake was calm. It was all that a first-time race director could ask for. Thanks to our team of volunteers, kayakers, lifeguards and the US Coast Guard, our participants had a safe, wonderful time.

96 swimmers, ranging in age from 18 to 77, took on the challenge of the USMS sanctioned ½-mile, 1-mile and 2-mile races.

In the 2-mile race, Christian Vanderkaay, of Michigan Masters, was the first man out of the water in a quick 38:43. Kristen Bergmann, of OHIO Masters, was fourth overall and led the women in a time of 44:33.

Andrew McCollister, of OHIO Masters, led the men in the 1-mile race with a time of 22:04. Beth D'Arcy, swimming unattached, was fifth overall and the first woman out of the water in 25:37.

In the ½-mile race, Jennifer Pula, swimming unattached, finished first for the women in 15:22. Thomas Spence led the men in a time of 15:54.

National Championship in 2020!

We're excited to report that the 2020 Brogan Open Water Classic has been chosen as the U.S. Masters Swimming Middle-Distance (2-mile) Open Water National Championship. The date is tentatively set for July 18, 2020.

Jay DeFinis, Chair of the Lake Erie LMSC, has been working tirelessly with USMS, the Cleveland Sports Commission and Cleveland Metroparks to bring this event to Cleveland. Our committee has lots of cool ideas, including an open-water clinic, live music, pre-event social, and more. We're hoping to attract 600+ swimmers from around the country to Edgewater Park to compete for the national title in the 2-mile swim. Stay tuned!

Article by Chuck Beatty. Photo by Patrick Wilson

Top Ten Recognition

Each year USMS compiles a listing of every age group and swimming event for Long Course Meters (LCM), Short Course Meters (SCM), and Short Course Yards (SCY). At the end of each respective season the Top 10 in each event are recognized. The following is a list of Lake Erie LMSC swimmers who achieved Top 10 Rankings in events swum in a 50-meter pool between October 1, 2017 and September 30, 2018. Congratulations to each of them!

2018 USMS Top 10 LCM for Lake Erie LMSC

Women 18-24 LCM (2018)

Place	Event	Name	Age	Club	LMSC	Time
4	200 Fly	Eleanor Rimmerman	23	O*H*	Lake Erie	2:56.90
8	200 IM	Eleanor Rimmerman	23	O*H*	Lake Erie	2:55.97

Women 30-34 LCM (2018)

Place	Event	Name	Age	Club	LMSC	Time
10	<u>50</u> <u>Back</u>	Ashley L Braniecki	33	O*H*	Lake Erie	<u>35.65</u>
6	<u>100 Fly</u>	Ashley L Braniecki	33	O*H*	Lake Erie	<u>1:14.45</u>

Women 35-39 LCM (2018)

Place	Event	Name	Age	Club	LMSC	Time
9	400 IM	Melani L Sherman	35	O*H*	Lake Erie	<u>8:01.52</u>

Women 65-69 LCM (2018)

Place	Event	Name	Age	Club	LMSC	Time
6	<u>100 Free</u>	Diane F Spence	65	O*H*	Lake Erie	<u>1:17.38</u>
4	200 Free	Diane F Spence	65	O*H*	Lake Erie	2:46.18
6	400 Free	Diane F Spence	65	O*H*	Lake Erie	<u>5:58.73</u>
3	800 Free	Diane F Spence	65	O*H*	Lake Erie	12:07.89
4	1500 Free	Diane F Spence	65	O*H*	Lake Erie	23:29.95
4	100 Breast	Diane F Spence	65	O*H*	Lake Erie	1:46.82
2	200 Breast	Diane F Spence	65	O*H*	Lake Erie	3:49.10

8	200 Breast	Melinda J Smith	66	O*H*	Lake Erie	4:08.81
9	<u>100 Fly</u>	Diane F Spence	65	O*H*	Lake Erie	<u>1:55.56</u>
9	200 Fly	Melinda J Smith	66	O*H*	Lake Erie	4:29.28
3	200 IM	Diane F Spence	65	O*H*	Lake Erie	3:28.06
3	400 IM	Diane F Spence	65	O*H*	Lake Erie	7:20.27

Men 18-24 LCM (2018)

Place	Event	Name	Age	Club	LMSC	Time
7	400 Free	John C Scalli	23	UC18	Lake Erie	<u>5:11.21</u>
4	200 Back	John C Scalli	23	UC18	Lake Erie	2:46.18
5	200 Breast	John C Scalli	23	UC18	Lake Erie	3:08.32
10	200 IM	John C Scalli	23	UC18	Lake Erie	2:34.74

Men 25-29 LCM (2018)

Place	Event	Name	Age	Club	LMSC	Time
8	200 Free	Andrew McCollister	26	O*H*	Lake Erie	2:10.84
4	400 Free	Andrew McCollister	26	O*H*	Lake Erie	4:30.82
10	200 Breast	Andrew McCollister	26	O*H*	Lake Erie	2:43.61
9	200 IM	Andrew McCollister	26	O*H*	Lake Erie	2:23.94

Men 30-34 LCM (2018)

Place	Event	Name	Age	Club	LMSC	Time
10	100 Back	Ehren T Eschmann	33	O*H*	Lake Erie	<u>1:17.92</u>

Men 55-59 LCM (2018)

Place	Event	Name	Age	Club	LMSC	Time
9	800 Free	Chuck Beatty	59	O*H*	Lake Erie	<u>11:11.01</u>

Men 65-69 LCM (2018)

Place	Event	Name	Age	Club	LMSC	Time
10	<u>100 Free</u>	Edward J Borsuk	65	O*H*	Lake Erie	1:08.84
6	200 Free	Edward J Borsuk	65	O*H*	Lake Erie	2:28.88
9	400 Free	Edward J Borsuk	65	O*H*	Lake Erie	<u>5:17.35</u>

Men 70-74 LCM (2018)

Place	Event	Name	Age	Club	LMSC	Time
10	50 Breast	Lawrence A Terkel	71	O*H*	Lake Erie	43.78
10	<u>50 Fly</u>	Lawrence A Terkel	71	O*H*	Lake Erie	<u>39.65</u>

Men 85-89 LCM (2018)

Place	Event	Name	Age	Club	LMSC	Time
1	50 Free	Yoshi Oyakawa	85	O*H*	Lake Erie	37.24
1	<u>100 Free</u>	Yoshi Oyakawa	85	O*H*	Lake Erie	1:34.78
8	200 Free	Deane Malaker	86	O*H*	Lake Erie	<u>5:05.92</u>
1	50 Back	Yoshi Oyakawa	85	O*H*	Lake Erie	40.50
1	100 Back	Yoshi Oyakawa	85	O*H*	Lake Erie	1:42.20

Men 90-94 LCM (2018)

Place	Event	Name	Age	Club	LMSC	Time
5	50 Free	John R Daily	91	O*H*	Lake Erie	1:06.34
3	<u>100 Free</u>	John R Daily	91	O*H*	Lake Erie	2:31.91
4	50 Breast	John R Daily	91	O*H*	Lake Erie	1:34.12

2018 USMS Top 10 LCM Relays for Lake Erie LMSC

Mixed 120-159 LCM (2018)

Place	Event	Club	LMSC	Swimmers (age)	Time
7	400 Free Relay	O*H*	Lake Erie	Eleanor Rimmerman (23) Gregory Turocy (55) Ehren T Eschmann (33) Kristen Eschmann (32)	<u>4:53.44</u>
2	400 Medley Relay	O*H*	Lake Erie	Ehren T Eschmann (33) Gregory Turocy (55) Eleanor Rimmerman (23) Kristen Eschmann (32)	<u>5:15.80</u>

Mixed 200-239 LCM (2018)

Place	Event	Club	LMSC	Swimmers (age)	Time
4	800 Free Relay	O*H*	Lake Erie	Edward J Borsuk (65) Kristen Bergmann (46) Chuck Beatty (59) Diane F Spence (65)	

Mixed 280-319 LCM (2018)

Place	Event	Club	LMSC	Swimmers (age)	Time
9	200 Free Relay	O*H*	Lake Erie	Yoshi Oyakawa (85) Melinda J Smith (66) Thomas E Spence (74) Diane F Spence (65)	2:38.92
1	800 Free Relay	O*H*	Lake Erie	Marilyn Douglass (69) Nick Douglass (69) Yoshi Oyakawa (85) Melinda J Smith (66)	14:27.62

Lake Erie Local Masters Swimming Committee

Chair Jay DeFinis

Vice Chair Nick Douglass

Secretary Ashley Braniecki

Treasurer Mark Marshfield

Registrar Marilyn Douglass

Sanctions Diane Spence

Top Ten Melinda Smith

Coaches Robert Babiak

Officials Thomas Gorman

Newsletter Nick Douglass

Webmaster Jennifer Norton

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Paul Berman Andrea Hahn-Lawson

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