



THE NEWSLETTER OF THE LAKE ERIE LMSC JUNE 2018



July 14, 2018 Edgewater Park, Cleveland , Ohio



LAKE ERIE'S EDGE Jay DeFinis

Summer is fast approaching on the shores of Lake Erie! I want to give a personal shout out to your LEMSC board members, Ashley Braniecki, Nick and Marilyn Douglass, David Douglass, Judi Norton, Ann Marshfield, Paul Berman, and Harry Greenfield. Your leadership, experience, and feedback this year have helped help make the quality and quantity of swimming in northeast Ohio available to so many people. THANK YOU!

May 6th the Cleveland Aquatics team hosted a swim clinic at Cleveland State. Swimmers were treated to coaching, film stroke analysis, and dry land training. Thank you for hosting and sponsoring the event. Please note we have received feedback that our members want access to clinics and coaching. The LEMSC will be sponsoring a fall clinic in September, more to come!

The short course Nationals took Place in Indianapolis, May 10-13 2018. A" HUGE CONGRATS" to ALL the Lake Erie swimmers who participated in the championship event. Lake Erie was well represented!!! Board Members, Ashley Braniecki, Nick and Marilynn Douglass, Judi Norton, Ann Marshfield, and yours truly, had some great swims in the fast pool at Indy! And congratulations to team O*H*I*O for the 6th place local club finish! Well done!

As of this writing, Lake Erie is fast approaching 60 degrees! Heard that some of our swimmers have braved the chilly waters, but soon the lake will welcome us all with warmer waters and the Brogan Open Water Swim Classic July 14, 2018! This is our big open water event in the LEMSC. Please check it out on the Facebook page "like" and share with your swimming friends across the Midwest! Race director Chuck Beatty has done a great job organizing and improving the event! Please plan to participate or volunteer this year. It is going to be a great event, at Lake Erie's edge!

Please also note that there will be two Long Couse meets this summer, the Cleveland State meet June 23,2018 and the Avon Summer Spectacular Aug 25, 2018. Check out the info on the O*H*I*O masters web page. Please plan to participate or volunteer if you can!

I am so humbled and honored to be a part of US Masters Swimming and the LE LMSC. My swimming journey has been made that much better by meeting all of you. Help make a difference, please check out a practice or participate in an event this summer if you can.

Best always,

Jay Definis

Short Course Nationals ~



42 Ohio Masters members proudly represented our team at the USMS Short Course Nationals in Indianapolis from May 10 to 13. With almost 2400 swimmers, it was the largest short course nationals meet ever! Decked out in customized team swag shirts (designed by Chuck Beatty) and shorts, we had a blast cheering and congratulating each other on some great swims. I was most proud to be part of such a supportive group. Team spirit and sportsmanship

Back of Shirts abounded! It did not seem to matter if someone dropped a bunch of time, or finished a swim legally for the first time, or just came to be part of a group doing some traveling and experiencing a different type of meet excitement congratulations and kudos from fellow teammates greeted each swimmer as they returned to the deck giving it all in their events. With such a large entry, we entered 28 relay teams so many of us swam with those who work out in other groups.

Thanks to Coach Arnie Colvin for leading us over the weekend, for posting some great videos and for organizing the "Party House" for several to crash at. This was also the site of our own team social on Saturday night, much needed after a long 12 hour day at the pool.



Leading the club in individual points were gold medalists John Daily (2), Diane Spence (2) and Sid Hall. John added two silvers, and Diane and Sid each added 3 bronze medals to their collection of Nationals bling. These swims helped us bring home the 6th place Team Banner! Quite an accomplishment considering our team was one of 250 teams at the meet.



"OHIO" Team

Sunday Team Banner

Check out more photos and the Coach Arnie's videos on our Ohio Masters Facebook page.

If you are planning ahead, in 2019, both long course and short course Nationals will be in western USA, but in 2020, long course returns to the east coast August 13 – 16 in Richmond, Virginia!

Annual Team Dinner and Recognition Night ~

I hope all of you will join us at this annual celebration of all things Ohio Masters on June 23 from 4 to 8 pm at the newly renovated *Terrace* at Big Met Golf Course in the Cleveland MetroParks. We have several team accomplishments to share and will also be electing board members for 2018-2019. Cocktail hour, buffet dinner, awards, fun and festivities all for a discounted price. Watch your email for your invitation!

Thank You !!

I would like to thank all of the Ohio Masters Board Members for their service and help over my terms as Club President. It has been my pleasure and honor to lead the club and I wish the future board members all the best as they carry on our long standing traditions of fun, camaraderie, and of course, the joy of swimming.

From the Registrar:

I can't help but notice the significant numbers of registered swimmers in our LMSC who have chosen to be Unattached!

Everyone has their own reasons for choosing a team affiliation or not, but I wanted to assure every unattached swimmer that there are twelve teams who would love to have you as a member.

If you would like contact information for any of our teams, please let me know by email and I will gladly provide it to you.

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

New Members to the Lake Erie LMSC

John Carol Masters (JCMS)

Michael Brody

Kraken Masters

Brandon Staley

Shaker Swimming (SHSH)

Kristin Lasky Stephanie Price Erin Pond Edward McIllduff

Katharine Christie

Medina Masters Swim Club (MEDM)

Rob Kyle Jonathan Rech

Ohio Masters Swim Club (O*H*)

Dawn Carlin Clifton Messer Terence Sandoval Keith Arian

Julie Stupi Amanda Mueller Sarah Buck Karli Katterle

Tamarind Turner Allison Kay

P.R. Tri (PRTR)

Tim Gossman

Warren Harding

Denise Berg

Liquid Endurance (LND)

Matthew O Donnell

Lifetime Swim (LTLE)

Lee Glover

Unattached (UC 18)

Patricia Patterson Kimberly Martin Carol Sanderson Kristine Melomed
Robert Simicak James Coviello William Cooper Claire Deaner
Gary Jacob Derek Lund Mark Fino Paddy Folan Michelle Powell
Benjamin Morris Layla Weinstein

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.

The rule book states the specific rules for just about every aspect of a meet and strokes. However, the book doesn't usually "interpret the rules." That task is left to the officials and the guidance they receive from USMS. The following is an example.

A USMS member recently asked if a "crossover flip turn" is legal when transitioning from backstroke to breaststroke in the Individual Medley.

Sometimes we use terms that mean different things to people, so to answer the

question, let's break down the rules for IM transitions.

By rule, the individual medley transitions are considered **finishes**, not turns. So the **finish rules** for each stroke apply at the end of each leg. That means that swimmers must touch the wall while on the back or towards the back before turning. Swimmers cannot rotate past the vertical towards the breast prior to the touch.

Now, once a legal touch has been made, the swimmer may turn in any manner desired. Yes, that includes a flip turn.

Some swimmers will use a "crossover" turn whereby they will reach across the body with one arm to touch the wall while rotating slightly. After touching the wall with the hand while still on or toward the back, a flip turn is legal because a legal touch has been made. The key to being legal is that the touch must be made before the swimmer rotates past the vertical. If the swimmer rotates past the vertical before the touch, that is an infraction.

After the turn, the swimmer must be toward the breast when the feet leave the wall.

A swimmer cannot roll past the vertical (onto the breast) and then do a flip turn like they would do in a backstroke turn. Again, that is because the swimmer must touch the wall on the back at the end of the backstroke leg.

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.

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 published. The following is a list of Lake Erie LMSC swimmers who achieved Top 10 Rankings in Long Course Meters events in 2017.

2017 USMS Top 10 LCM Relays for Lake Erie LMSC

Men 160-199 LCM (2017)

Place	Event	Club	LMSC	Swimmers (age)	Time
10	400 Medley Relay	CAQT	Lake Erie	Thomas W Stebel (55) Louis J Capponi (52) Jacob B Taylor (26) David M Douglass (63)	6:55.79

Mixed 200-239 LCM (2017)

Place	Event	Club	LMSC	Swimmers (age)	Time
6	800 Free Relay	O*H*	Lake Erie	Kristen Bergmann (45) Chuck Beatty (58) Diane F Spence (64) Edward J Borsuk (64)	10:59.79

Mixed 280-319 LCM (2017)

Place	Event	Club	LMSC	Swimmers (age)	Time
7	200 Free Relay	O*H*	Lake Erie	Melinda J Smith (65) Marilyn Douglass (68) Nick Douglass (68) Yoshi Oyakawa (84)	2:35.87
4	200 Medley Relay	O*H*	Lake Erie	Marilyn Douglass (68) Nick Douglass (68) Melinda J Smith (65) Yoshi Oyakawa (84)	3:04.14
3	400 Free Relay	O*H*	Lake Erie	Yoshi Oyakawa (84) Marilyn Douglass (68) Nick Douglass (68) Melinda J Smith (65)	6:15.32

6	400 Free Relay	O*H*	Lake Erie	Thomas E Spence (73) Luise E Easton (79) Diane F Spence (64) Gerald H Meyer (73)	7:12.16
1	400 Medley Relay	O*H*	Lake Erie	Marilyn Douglass (68) Melinda J Smith (65) Nick Douglass (68) Yoshi Oyakawa (84)	7:01.47
2	800 Free Relay	O*H*	Lake Erie	Melinda J Smith (65) Marilyn Douglass (68) Yoshi Oyakawa (84) Nick Douglass (68)	14:06.77

2017 USMS Top 10 LCM for Lake Erie LMSC

Place	Event	Name	Club	Time
-------	-------	------	------	------

Women 18-24

8	50 Back	Chandler M Ashbaugh	O*H*	37.29
4	200 Breast	Emily K Payne	O*H*	3:51.56
6	200 Breast	Samantha A Veitz	O*H*	4:02.09
10	50 Fly	Chandler M Ashbaugh	O*H*	34.24

Women 65-69

10	200 Fly	Melinda J Smith	O*H*	4:25.89
10	400 IM	Marilyn Douglass	O*H*	8:04.17

Women 70-74

7	1500 Free	Susan I Paris	O*H*	34:15.83
---	-----------	---------------	------	----------

Women 90-94

2	50 Free	Betty J Russ	O*H*	1:00.35
3	100 Free	Betty J Russ	O*H*	2:25.67
3	200 Free	Betty J Russ	O*H*	5:42.79
2	50 Back	Betty J Russ	O*H*	1:16.95
2	100 Back	Betty J Russ	O*H*	3:03.62

Place	Event	Name	Club	Time
3	200 Back	Betty J Russ	O*H*	6:49.29
Men 50-54				
10	200 Breast	Rick Waldock	UC18	2:56.83
Men 55-59				
6	100 Free	Amro A Hassan	MEDM	1:00.76
Men 65-69				
10	200 Breast	Nick Douglass	O*H*	3:26.71
10	200 Fly	Nick Douglass	O*H*	3:27.38
Men 70-74				
8	100 Breast	Levente G Batizy	O*H*	1:35.99
8	200 IM	Levente G Batizy	O*H*	3:15.58
Men 75-79				
8	200 Back	William R Learmonth	O*H*	4:06.44
Men 80-84				
5	50 Free	Yoshi Oyakawa	O*H*	36.05
7	100 Free	Sid Hall	O*H*	1:31.48
6	200 Free	Sid Hall	O*H*	3:36.91
4	400 Free	Sid Hall	O*H*	7:18.60
3	50 Back	Yoshi Oyakawa	O*H*	43.11
3	100 Back	Yoshi Oyakawa	O*H*	1:44.00
Men 85-89				
6	50 Free	Deane Malaker	O*H*	1:00.55
Men 90-94				
4	50 Free	John R Daily	O*H*	1:00.20
3	100 Free	John R Daily	O*H*	2:19.85
4	50 Back	John R Daily	O*H*	1:15.07
2	100 Back	John R Daily	O*H*	2:50.78
1	200 Back	John R Daily	O*H*	6:19.54

2018 SmartyPants Vitamins USMS Summer Fitness Challenge

Need to get in shape for the summer? Try the Summer Fitness Challenge, a 2K swim that takes place between July 15-31, and the second event in the [SmartyPants Vitamins USMS Fitness Series](#).

This event is designed for anyone who is looking to get in shape for their summer vacation. Whether you're just getting into swimming or back into it after a long time away from the pool, swimming a 2K is an excellent fitness goal. The Summer Fitness Challenge can be done in any manner desired: straight through, as a member of a relay, or even with fins.

If you need help preparing for this swim, we have six-week training plans for all types of swimmers.

Find a Summer Fitness Challenge Near You

You'll have fun training for and completing the Challenge with your club, getting motivation from each other and your coach. If you swim on your own, you can still join a group for the Challenge! The USMS programs listed below will be participating and hosting an official Summer Fitness Challenge at their pool.

If you don't see a program near you, talk to your coach or club contact about hosting a Summer Fitness Challenge at your pool. Bring your club or workout group together for an inclusive and fun challenge!

If you're a coach and would like to host a Summer Fitness Challenge at your pool, click the "Host at your pool" button to the right.

LE LMSC Masters Meet Schedule – 2018

<u>Date/City</u>	<u>Meet /Course</u>	<u>Place</u>	<u>More Info</u>
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.	Award at end of race for beating Lake Erie! Supports the urban Malachi Center Swim Camp for kids.
Sat. Aug 25 Avon, OH	LCM	Avon Aquatic Center End of Summer Spectacular	Swimming a meet in an OUTDOOR POOL is a whole different and fun experience.
Sun. Nov. 4 Stow, OH	SCY	EMH Health Center Pentathlon Meet	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	East Woods School Hudson Meet	Full event list spread over two days. SCM is a great chance to try for USMS Top 10 times!

Lake Erie Local Masters Swimming Committee

Chair	Jay DeFinis
Secretary	Ann Marshfield
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
Fitness	Ann Marshfield
Open Water	Chuck Beatty
Safety	Harry Greenfield

Board Members

Ashley Braniecki
David Douglass
Paul Berman
Judi Norton

Photo Gallery



M
E
D
I
N
A

S
P
R
I
N
T

M
E
E
T

USMS
Nationals
INDY



