

# THE NEWSLETTER OF THE LAKE ERIE LMSC

MARCH 2020

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## LAKE ERIE'S EDGE

JAY DEFINIS

Welcome 2020, the year of the USMS middle distance (2 mile) National Championship along the shores of Lake Erie! We encourage you to sign up, volunteer and attend the social, or participate in the race on July 18th, 2020. A huge shout out to Chuck Beatty and all the Ohio masters volunteers for all the work to make the race a success and to show the country how "Cleveland Rocks"!

Last December the LMSC hosted its annual meeting and elected officers for the next term. Congratulations to the new slate of officers: Jay DeFinis (second term Chair), Ann Marshfield, (appointed Vice Chair), Ashley Braniecki (Membership Coordinator), Mark Marshfield (Treasurer), Dee Shedlow (Secretary). At-large Board members: Judi Norton (Ohio Masters), Andrea Hahn-Lawson (uc18), Paul Berman (Shaker Sharks).

We are currently looking to appoint two new board members and recruit committee members. If you are interested in serving on the Lake Erie Board please reach out to me at [im4psu82@yahoo.com](mailto:im4psu82@yahoo.com). We would like to announce the new appointed members in early May 2020.

At the annual meeting, we adopted the 60-dollar national fee for the first time in 2020. The board has voted to pay the club registration for all registered clubs from increased revenues. (Please provide your proof of

payment) and the LMSC will reimburse your club fee!! Please contact treasurer Mark Marshfield ([pzsdad@aol.com](mailto:pzsdad@aol.com)) if you need assistance or have questions. If your club has not registered, please do so ASAP. We also will be reaching out to your group on this topic. Thank you!! We are planning to offer more LMSC member benefits this year from the increased membership fees stay tuned for more.

The Board met last week and has prioritized three areas of focus for 2020: 1) social media presence for communication; 2) marketing USMS membership benefits to new adult swimmers, fitness swimmers, college club swimmers, competitive swimmers (pool and open water), work out groups and coaches; and 3) volunteer engagement to help with events, committee work, and Board succession planning. If you have any thoughts or great ideas, PLEASE contact a board member!

ALSO SAVE THE DATE! The LEMSC ANNUAL MEETING will be held after the AVON summer swim meet Aug 29th 2020 in Avon, Ohio. Hope you can attend!!

This past year I was humbled and so appreciative to meet and get to know so many swimmers in the LELMSC. We all come to swimming thru many diverse and different communities. Whether it is celebrating our successes, supporting our peers, helping others learn to swim, improving one's ability, offering some moral support with life struggles and even grieving loss of friends and loved ones, the miracle of swimming together unites us all and helps us suddenly care or do things we never thought we could!

Stay calm and keep on SWIMMING. 2020 LAKE ERIE ROCKS!

Best to everyone, Jay

# BROGAN OPEN WATER CLASSIC



## OPEN WATER CLINIC



**JULY 18, 2020 | EDGEWATER PARK | CLEVELAND**

**You're invited to join the fastest 2-mile open water race of the summer!**

OHIO Masters Swim Club is hosting the **2020 U.S. Masters Swimming Middle-Distance Open Water National Championship**. We will also offer 1-mile and 2-mile races for non-USMS members and wetsuit swimmers. Registration limited to 350 swimmers.



**2020 MIDDLE-DISTANCE  
OPEN WATER NATIONALS**

2020 is the 50th anniversary of U.S. Masters Swimming. To celebrate, we're offering two special events for our participating swimmers. Be sure to sign up for both when you register to swim.

**Open Water Clinic in partnership with USMS.** Whether you are a beginner or experienced swimmer, we all recognize

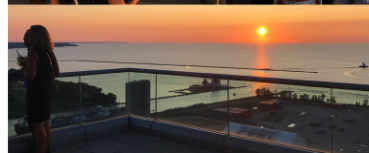
that open water swimming presents many different types of challenges. Sighting, currents, buoy turns, pack swimming, and rough water all require specific techniques. At the clinic, you will learn from experienced open water swimmers. Participants will take away skills that they can use in the open water races on Saturday. *Friday, July 17. Lakewood HS Pool. \$30 fee. Space is limited, so sign up today!*

**Friday Night Social.** Join us on the rooftop terrace of the Ernst & Young Building in downtown Cleveland for an evening of food and friendship. Enjoy a panoramic sunset view of the Lake Erie shoreline. We'll be serving heavy hors d'oeuvres and soft drinks. Cash-only bar available. *Friday, July 17. Price is \$35 per person, due by July 3, 2020.*

We have secured a room block at the beautiful **Aloft Cleveland Downtown Hotel**. The hotel is located at 1111 W. 10th Street, Cleveland 44113—connected to the Friday Night Social venue. The discounted room rate is \$169. Room availability is limited, so book early! *Reservations must be made by June 17, 2020.*

**Registration and info at [ohiomasters.com/broganowc.html](http://ohiomasters.com/broganowc.html)**

## FRIDAY NIGHT SOCIAL



## HOST HOTEL



## NEWS FROM THE MEETS

O\*H\*I\*O Masters hosted three swim meets, the Pentathlon meet in November, the Short Course Meters meet in Massillon and the Pieter Cath Memorial Inter-Squad relay meet in January. As with all O\*H\*I\*O Masters Swim meet we like to recognize swimmers who are participating in their first ever masters swim meet. Congratulations to the all the swimmers who conquered their fears and swam in their first masters swim meet.

Pentathlon Meet:



New swimmers included Jack Hill, Paul Durdik, and Robert Fellingner



Massillon (SCM)  
Meet



Matthew Benedick & Steven Hill



Linette Chaney & Thomas Downerd

## Pieter Cath Memorial Inter-Squad Relay Meet



New swimmers included Dana Blasey, Andrea Brooks, Joe Borsuk, Kathryn Bowan, William Calkins, Melissa Figula, Ryan German, Katelin Krause, Barbara Kuri, Alex Machovina, Alex Rozani, Jennifer Thureau, Kristen Troyes and Irene Weston





Swim meets require officials and we are forever grateful to them. They are not supposed to get in the water! But official Rosie Daniels had a slip of the foot and took a plunge into the pool along with her whistle, DQ slips and heat sheets! She recovered with grace and poise and we honored her with a “First Timers” t-shirt!

## ADULT LEARN-TO-SWIM (ALTS)



More than one-third of adults in the United States can't swim the length of a pool, according to the Centers for Disease Control and Prevention, putting them at risk of being one of the 10 people who drown every day in this country. Given our proximity to Lake Erie, our stats need to be much lower! Most people who drown are adults. USMS's **Adult Learn to Swim (ALTS) Initiative** is on the front lines to change this statistic. With education, outreach, and financial support, USMS is making more adults safer around water.

*LELMSC President Jay Definis encourages a new swimmer put her face in the water for the first time.*



Would you like to become one of the ALTS instructors and help reduce the number of non-swimmers in your area? Do you want to expand the reach of your Masters club to include adults who don't yet know how to

swim? Do you see a need in your community for learn-to-swim lessons geared toward adults? Have you taught others to swim and experienced the joy of sharing the sport of swimming with someone? If yes, you might make a good adult learn-to-swim instructor. USMS

learn-to-swim are on March 15 Details on website. Scroll of the page for this is such an the course, **the of the cost of**



provides a certification program for adult instructors. The next closest classes in Pittsburg and April 18 in Detroit. registration are on the [usms.org](http://usms.org) down to ALTS Central at the bottom more info on registration. Because important issue, when you complete **LELMSC will reimburse one half the course!**

**Are you interested in becoming an ALTS instructor but don't want to travel?** If we have 15 people interested in becoming certified ALTS instructors, USMS will come to us and instruct a class and certify those who finish it. If you are interested, please email Judi Norton at [ohiomastersinfo@gmail.com](mailto:ohiomastersinfo@gmail.com) and she will compile a list. Once we have 15 names, she will contact USMS to see when they might be able to host a session near by.

Every year the USMS Swimming Saves Lives Foundation formally declares the month of April, "Adult Learn-to-Swim Month." That's when pools, lakes, and beaches are opening up for spring and summer recreation, and it's a perfect time to focus on drowning prevention awareness and outreach for adults. This national campaign raises awareness to the problem of adult drowning and helps people find quality swim lessons near them. Members of LELMSC who are ALTS instructors will be offering **FREE LESSONS** for adults at the Westlake Rec Center on April 18 from noon to 2 pm.

Have any questions regarding ALTS? Contact Judi Norton, [ohiomastersinfo@gmail.com](mailto:ohiomastersinfo@gmail.com)



## VOLUNTEER OPPORTUNITIES

### **Volunteer at the NIC:**

Cleveland State is once again hosting the NIC Swimming Meet this year **March 12-14**. The swim meet is basketball's equivalent of the NIT. We are looking at hosting 700 D1 swimmers (including a number of our own) from throughout the US.

We are in need of volunteers as back up timers (no experience necessary!) during the three day meet.

The times we need to cover are **Thursday-Friday-Saturday from 8:45a - noon and again later those nights from 5:45 - 9:00p**. Interested volunteers should contact Hannah Burandt, Head Men's & Women's Swimming & Diving Coach at CSU, [h.burandt@csuohio.edu](mailto:h.burandt@csuohio.edu) , 216.386.8067

### **Volunteer at the Brogan & the 2020 US Masters Swimming Middle-Distance Open Water National Championship:**

Calling all kayakers! Swimmers who are not participating in the race, as well as families and friends, are welcome to volunteer to help run the event. If you are interested, please sign-up to volunteer [here](#). Your assistance makes all the difference! All volunteers will receive an event t-shirt, be well fed after the race, and are invited to be our guests at the Friday Evening Social (7/17). More info can be found at <http://ohiomasters.com/broganowc.html>

### **Volunteer for your LMSC Board:**

The Board is looking for members – if you have an interest in joining the board, and working for the growth and vibrancy of our swimming community, please contact Jay DeFinis at [im4psu82@yahoo.com](mailto:im4psu82@yahoo.com)

## SWIMMER SPOTLIGHT



Barbara Kuri swims with Liquid Lifestyles in North Olmstead. The January Lakewood meet was her first meet as a Masters swimmer, and her first since she swam for Marquette in college. As she put it, she's had a nice 20 year taper! In her first meet, she swam 200IM/100IM/200Fr and the 50 FL. She's enjoying swimming with a team again, and reports the North Olmstead group averages 8-10 swimmers at practice, and has a great camaraderie. They swim 6-730am T/Th and Sat am at 7. Barbara notes that the volunteers behind the blocks are much nicer now that the swimmers are adults!

O\*H\*I\*O Masters swimmer  
 Matthew Jenkins Jaroszewicz is  
 the Assistant Music Director of the  
 Canton Symphony Orchestra and  
 the Music Director of the Canton  
 Youth Symphony Advanced  
 Orchestra when he's not in the  
 pool!



## MEMBERSHIP STATISTICS

Lake Erie LMSC	2/18/2020	2019
Number of Registered Swimmers	405	544
Amherst Aquatic Club	0	8
Cleveland Aquatic Team	21	21
Kraken Masters	NR	5
Life Time Swim Lake Erie	0	3
Liquid N' Durance	25	22
Medina Masters	18	24
Massillon YMCA Stingrays	2	9
O*H*I*O Masters	244	308
Shaker	46	66
Towpath Masters	NR	3
Unattached	49	71
WHMS	NR	4
Men	231	283
Women	174	261

## SAVE THE DATE

March 28 & 29	Cleveland State University Busby Natatorium	Registration is <a href="#">open</a>
July 18	Brogan Open Water Classic 2020 US Masters Swimming Middle-Distance Open Water National Championship	Registration is <a href="#">open</a>
July 15-31	Smarty Pants 2020 USMS Summer Fitness Challenge 2K Swim	Entries open May 1 Info <a href="#">here</a>
August 29	End of Summer Spectacular Avon Aquatics Center  Outdoor LCM swim meet AND LMSC Annual Meeting + Social	Registration coming soon



## CALL FOR SUBMISSIONS

Our newsletter is better for your ideas and contributions. Please send articles, ideas for features or content to the newsletter editor, Dee Shedlow at [dshedlow@yahoo.com](mailto:dshedlow@yahoo.com)