

# THE NEWSLETTER OF THE LAKE ERIE LMSC



AUGUST 2020

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## LAKE ERIE'S EDGE

JAY DEFINIS

Happy summer! Hope this note finds you safe and healthy in the wild “2020 Pandemic” world. Lake Erie has been quite spectacular, and these days the water quality and temperature have been just perfect. Try Lake Erie, you might just like swimming in the lake. Hope you got to see the comet over the Lake the last few weeks! Swimming workouts, east and west, are running smoothly thanks to all the efforts from OHIO Masters (Lakewood park), Liquid N’Durance (Mentor), and Shaker Sharks (Quail Hollow Country Club and Solon). Thank you to all the coaches and volunteer members who are making swimming safely possible this summer.

Last week the Lake Erie Board met to take care of official business. The first order was to let you know the LMSC has partnered with the USMS national organization to provide Covid-19 relief grant funds to our clubs. Lake Erie LMSC will have a grant pool of funds available per club based on number of USMS members registered as of May 31, 2020. The framework will ensure that LMSCs and clubs will have access to matching

relief funds thru the end of 2020. We intend to use these funds to help get our swimmers, coaches and clubs back in the water as soon as possible. If you have questions please contact Jay DeFinis (chair) [im4psu82@yahoo.com](mailto:im4psu82@yahoo.com), or Mark Marshfield (treasurer) [pzsdad@aol.com](mailto:pzsdad@aol.com), with your inquiries. Also check out the USMS COVID-19 Relief Program's matching grant framework for clubs: [USMS COVID-19 Relief Program's matching grant framework for clubs.](#)

**SAVE THE DATE:** The Lake Erie Annual Meeting will take place (virtually) Saturday 10/3/2020 at 3:00pm. We will recap the USMS virtual convention and more. We hope you will attend. Speaking of convention, this year the LMSC has 6 members attending the convention. Dan Cox, as our Great Lakes at large board member, Chuck Beatty, Long Distance Committee member, Ashley Braniecki, Finance Committee member, Jay DeFinis, Swimming Saves Lives Chair, Ann Marshfield, Lake Erie delegate, and Dee Shedlow, Lake Erie delegate. Stay tuned for the latest on USMS swimming in 2020.

The Lake Erie Board also appointed Kristen Bergmann and Aaron Foreman as new Board members at large for a two-year appointment. If you see them please thank them for offering to serve.

July 17 and 18<sup>th</sup> would have been the USMS Brogan Open Water Classic (2020 USMS Middle-Distance Open Water National Championship), it will be rescheduled. Stay tuned for details on the Brogan Facebook page. Thank you to Chuck Beatty and Kristen Bergmann for all the work organizing the details of the event. When we do have it will be truly a spectacular event!

Two final notes, I would like to give a heartfelt thank you to Ann Marshfield for all her hard work keeping OHIO Masters swimmers up to date on the status of swimming this winter by attending calls, organizing swimmer yoga, bingo, and reading ideas!! Also, a note of congratulations for Kevin Rapien, (many of you know him from CSU), he was appointed the assistant head coach at USC!!

Stay safe and see you in the water!

Jay DeFinis, Chair

## NEWS FROM THE BOARD

Lake Erie has two new at large Board members, each serving two year terms.



Aaron Foreman is originally from Texas, and started swimming at the age of 7. He swam for Kingwood High School, went on to swim in college for Rose-Hulman Institute of Technology while studying to get his degree in Electrical Engineering. Aaron took a break for a few of years, then joined Masters Swimming when his health started to decline. He swims just about any event competitively, but his favorite events are 200 Breast/Distance Free Events. When he is not in or around the pool, he is working as an Electrical Engineer for GPD Group primarily designing within Substations.

Kristen Bergmann is a life-long swimmer who started competing at age 5. In 1998, she joined OHIO Masters after running into Doug and Marianne Brogan at the lake in Bay Village. In her younger days, she was a sprinter, but lately has converted to open water swimming. Kristen has served on the OHIO Masters and Lake Erie LMSC boards in the past and is excited to be a part of the Lake Erie LMSC board again. She enjoys working with others and encouraging swimming whenever possible. More swimming is more swimming.



## ADULT LEARN-TO-SWIM (ALTS)

### Giving Back to the Activity We Love

As a Masters swimmer, sometimes it's hard to believe that there are adults who have trouble swimming, especially given our close proximity to Lake Erie. Why not help these people learn to eliminate their fear of the water, and maybe even learn to enjoy it?



Consider these questions:



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 provides a certification program for adult learn-to-swim instructors. The certification curriculum is based on teaching methods practiced by leading adult learn-to-swim authorities. It incorporates the most innovative and effective training methods, and gives certified instructors the tools to teach adults to swim, or at a minimum, become safer in the water. Some will finally be able to swim one length of a 25-yard pool – a major accomplishment for many!

After completing the program, you will be certified to help people gain confidence and a degree of proficiency in the water – a gift that will forever affect your students' lives in a very positive way.

## What are other benefits of having a USMS ALTS program and instructor at your facility?

- Standardized curriculum
- Certified professional instructor
- Enhanced adult programming
- Marketing materials and support
- Increased membership and member retention
- A program that provides a community service
- Recognition on the USMS website as a USMS-certified ALTS location
- Grants and fundraising opportunities



USMS offers a one-day course which includes both classroom and in-water instruction. It is usually taught throughout the country by USMS-certified instructor trainers, but unfortunately, due to the Covid 19 pandemic, all courses for 2020 have been canceled.

*BUT.... Do not despair!* We can invite USMS to run an instructor course in the Cleveland area *IF* we have 15 people who are interested. I am compiling a list of USMS members who are interested in becoming instructors so that once the restrictions are lifted, we can be first in line!



So, if you would like to join other ALTS Instructors who have given back the gift of a love for the water (or at least helping adults learn to respect it and be a bit less fearful of it) send me your name and I will compile the list so we are the #1 stop in 2021! Speaking from personal experience, it is well worth the effort!

Judi Norton, LELMSC ALTS Coordinator

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## SWIMMER SPOTLIGHT



### Meet O\*H\*I\*O Masters member, Anne Tillie!

Anne was introduced to O\*H\*I\*O Masters at the urging of a college teammate to do the one week free trial. Anne says, “I was skeptical at first; I was only 2 years into “retirement” after swimming throughout age group, high school, and college and I thought I was ready to hang up the goggles for a while”. She joined immediately after her trial week during the summer of 2019. “I loved the idea of swimming in a relaxed environment with people who simply love the sport. I’m now able to stay active and make some new friends!”

Thus far, Anne’s favorite masters swimming experience was her first meet last summer at the Avon End of Summer outdoor long course meet. “It was so cool to have a meet where everyone is there to have fun and every person has someone cheering for them”, she recalls.

She would like to thank her teammates and coaches at Lakewood High School/ Foster Pool for being so welcoming and creating a great environment. “You guys rock!!”

When she’s not at the pool, Anne is busy working on policy with her job at Cleveland City Council; riding her bike and running; and tweeting about all the things she loves about Cleveland.



Next time you see her at the pool, make sure to say hello (from a socially responsible distance, of course).

## OPEN WATER NEWS



Steve Wargo swam the City of Cleveland's Coastline 12 miles in the last week of July 2020 for the City Mission of Cleveland. The City Mission is dedicated to improving people's lives through God one person at a time – which is how breaking the cycle of poverty, mending hearts, ending hopelessness and distrust has to happen.....creating fertile ground for one personal victory at a time.

Here is the simple and powerful mission statement of The City Mission “***Provide help and hope to all people through the transforming power of God's Love***”.

His good friend and Lake Erie Swim Crossing Boat Captain Matt Daugherty has just purchased a home for a family associated with The City Mission. He can't do that, but he can help raise awareness and funds for this great organization.

Please consider using the link below to donate to The City Mission of Cleveland, please reference the CLE Coastline Swim in the section that asks what inspired the gift. It is located at the bottom of the donate page: <https://www.thecitymission.org/givehope/>



## MEMBERSHIP STATISTICS

Lake Erie LMSC	7/15/2020	2019
Number of Registered Swimmers	441	544
Amherst Aquatic Club	2	8
Cleveland Aquatic Team	21	21
Kraken Masters	NR	5
Life Time Swim Lake Erie	0	3
Liquid N' Durance	25	22
Medina Masters	20	24
Massillon YMCA Stingrays	2	9
O*H*I*O Masters	265	308
Shaker	53	66
Towpath Masters	NR	3
Unattached	53	71
WHMS	NR	4

We've had 54 new swimmers join the LMSC this year. Please make them welcome:

Amherst Aquatics: Stephen Soboslay

Cleveland Aquatic Team: Steve Barnhart, Nicole Dennis, Daniel Smith, Jen Thureau

Liquid N'Durance: Barbara Kuri, Kyle Lyden, Alex Roznai, Irene Weston

Medina Masters: Sydney Chinchana, Paul Wright

O\*H\*I\*O Masters: Tyler Adams, Jacob Alspaw, Karl Ball, Jess Bibbo, Alex Bolen, Joe Borsuk, Sabrina Boyd, Shannon Cooch, Kelly Crowl, Jess David, Devin Farmiloe, Samuel Galloway, Graham Gravley, Adam Hawk, Kira Katterle, Jennifer Luthman, Lindsey May, Daniel McLaughlin, Emily McNerney, Kasey Mucher, Michelle Nohta, Mike Pettit, Susan Shaw, Robert Turek, Rachelle Watters, Cindy Wildman, Charles Wirtz

UC18: Kianne Campbell, Cody Cook, Madison Cunningham, Thomas Downerd, Jonathon Elgin, Melissa Figula, Ryan Garman, James Libecco, Marko Lodwick, James Ryan, Marko Lodwick, James Ryan, Brian Stonelake, Nicholas Telerico, Kristen Troyer, Marcia Whelan



## NEWS FROM THE CLUBS



On June 6 O\*H\*I\*O Masters Swim Club held its first ever virtual annual meeting via Zoom. Thirty-five club members gathered via the platform to recognize the accomplishments of the club's shortened competitive swim season due to the pandemic.

The club honored **Lilly Kron** and posthumously **Peter van Dijk** with **Lifetime Achievement Awards** for their respective service, performance and other significant ways they contributed to the sport of masters swimming in the greater Northeast Ohio area.



Lilly Kron



Peter van Dijk

**Tom Spence** was honored as **USMS Long Distance All Star** due to his success in scoring the most points in three National Championship Long Distance events.

**John Daily, Aaron Foreman and Yoshi Oyakawa** achieved **USMS Individual All American** honors for their swims throughout the year.

Thirteen individuals achieved **USMS Relay All American** honors and 43 swimmers earned **USMS Individual and/or Relay Top Ten** honors. And USMS informs us **Flavia Medlin** has swum every ePostal event since the series began 20 years ago. Flavia was honored as an ePostal Patch Winner!

The meeting concluded with guest speaker **Dawson Hughes, CEO US Masters Swimming** offering his insights for the future of USMS given these unusual and unprecedented times.

## **O\*H\*I\*O Masters Swim Club returns to coached practices.**

On July 1 O\*H\*I\*O Masters Swim Club successfully returned to coached practices at the Foster Pool, Lakewood Park in Lakewood. Currently the club is scheduling five practices a week of which club members may swim three due to limitations set by the Foster Pool. The club is using Sign-up Genius for swimmer reservations for practice sessions. This ensures all club members the opportunity to attend coached practices. We intend to continue to offer these practices until Labor Day. At this time all practices are for registered members of O\*H\*I\*O Masters Swim Club.



Cleveland Aquatic Team is still in search of a pool for team practices, and eagerly hopes CSU will reopen their pool to public teams this coming season.

In the meantime, lead by open water enthusiast Julio Aponte, several members meet to swim in Lake Erie from Columbia Park on Sunday mornings, weather permitting. Others have met in pairs to swim in private pools.

CAQT has a standing weekly Zoom session, and is currently looking to revamp the team website.

In water-adjacent news, team members staffed a hydration table during the Pride march in support of Black Lives Matter.



## SAVE THE DATE

Aug 12-23	2020 Toyota USMS Virtual National Championships powered by Swim.com	Entries open now. Info <a href="#">here</a>
Aug 12-23	Swimming Saves Lives Foundation Virtual Auction	Proceeds will go to USMS Covid Relief. Watch for info.
October 3 3pm	Virtual LMSC Annual Meeting	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)