



DECEMBER 2021

---

## LAKE ERIE'S EDGE

JAY DEFINIS

Fall Greetings! A great summer of swimming took place in the Lake Erie region. Lakewood's Foster pool, Avon pool, Thornton (Shaker Heights) pool, Cleveland State's pool, Lake Erie (thanks Chuck Beatty for all the awesome pics), and Dave Douglass' pool (CAQT) all were in the masters rotation this summer.

The O\*H\*I\*O Masters Swim Club Avon summer meet was a success. The LE LMSC's after labor day practices were very well attended, thank you to all who helped make them happen. The effort was a great success with 274 swimmers attending 11 extra practices. It was also so fun seeing so many at Spire Nationals. Congratulations to all the LE LMSC members who swam and to our national champions and top ten swimmers!

The USMS annual meeting took place virtually in September. Your Lake Erie LMSC was again well represented by our Board of Directors. Ann Marshfield (vice chair) and Dee Shedlow (secretary) were our board delegates. Ashley Braniecki (finance committee), Chuck Beatty (long distance committee), Mark Marshfield (rules committee), Jay DeFinis (swimming saves lives), and Dan Cox (appointed delegate-at-large by USMS president) were all at large delegates for this year's meeting. The USMS Focus on Resources has three pillars: events, clubs and community. The LMSC will be working hard to communicate and help develop more swimming opportunities following USMS guidelines.

We just completed the 2021 annual meeting. Thank you to all who attended and participated. Please help us congratulate Ann Marshfield the newly elected LELMSC Chair, and Dee Shedlow (secretary). Both will start their 2 year term Jan 1, 2022. We also voted to create a Lake Erie Service award to recognize volunteers who have served the Lake Erie masters community. We hope to share more with you in 2022!

Over the last 4 years I have met so many of you. Thank you for all the smiles, swims and kind words. I leave you with this:

Why be a volunteer? It's not for money, it's not for fame, it's not for personal gain, it's just for love of others, it's just to give a tithe of self. That's something you can't buy with wealth. It's not medals won with pride. It's for the feeling deep Inside. It's that reward down in your heart. It's that feeling that you've been a part of helping others far and near, that makes you a volunteer.

Please volunteer you will not regret it!

Thank you for the opportunity to serve,

Jay M DeFinis

Lake Erie LMSC Chair

## 2021 LCM NATIONALS



Participants from O'H\*O Masters at Spire for USMS Long Course Nationals.

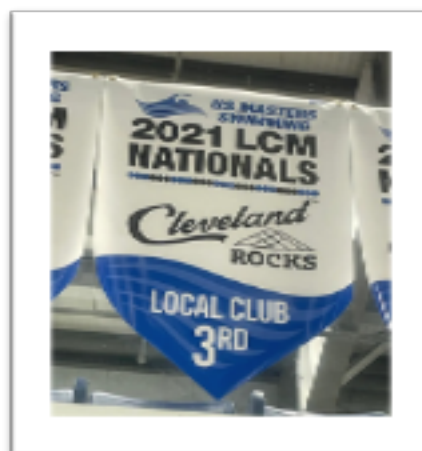
### **Congratulations to our Individual National Champions!**

- Mina Milad – 100 fly, 100 free, 50 fly
- Kristen Troyer – 1500 free, 400 free
- Ashley Braniecki – 800 free
- Luise Easton – 1500 free, 50 breast
- Yoshi Oyakawa – 100 back, 50 free, 100 free

### **Congratulations to our Relay National Championship Teams!**

- Men's Medley Relay (320-359):  
Yoshi Oyakawa, Arpad Batizy, Robert Williams, Mario Gerhardt
- Mixed Medley Relay (320-359)  
Yoshi Oyakawa, Melinda Smith, Robert Williams, Luise Easton

O\*H\*I\*O Masters competed in the local club category and took third place!



**Congratulations to our three First Timer swimmers competing in their first USMS swim meet.**



- Erin Cohn – 400 IM (2nd), 100 breast (3rd), 50 breast (3rd) + 2 relays
- Kristi Tabaj – 100 breast (5th place), 100 back (7th place), 200 IM (4th place)+ 2 relays
- Chuck Wirtz – 50 free (21st place)

Swim meets don't happen without volunteers and swim officials. A huge thank you goes to Mark Marshfield and Dan Cox who helped officiate the meet. Dan Cox not only officiated but he competed as well. Whew! That's called dedication



## PENTATHLON MEET

On Sunday, November 14, O\*H\*I\*O Masters Swim Club hosted its 2021 SCY Pentathlon Swim Meet at Akron General Hospital Lifestyles in Stow, OH.

The return to competition was fierce and fun as sixty swimmers participated in O\*H\*I\*O Masters first indoor swim meet since early 2020. The swim meet offers swimmers the opportunity to swim 50s or 100s of backstroke, breaststroke, butterfly and freestyle, as well as the 100 IM, 200 IM or five freestyle events (25, 50, 100, 200 & 500). Those swimmers competing in the 5 mini, maxi or freestyle pentathlon were eligible for individual awards. Overall pentathlon winners in each gender and age group had a choice of a pentathlon travel mug, a ceramic shot glass or stemless non-breakable wine glasses.



At each of O\*H\*I\*O Masters sanctioned events swimmers who are “First Timers” are awarded a Tee-shirt and swim cap acknowledging their accomplishments. Congratulations to our “First Timers”: Ben Walter, Jordan Keller, Hannah Langer, David Cunningham, Barbara Weirath and Wendy Bailey.



Hilary Byrne, Angela Sedivy, Elizabeth Porter (Lisa), Eleanor Chambers, and Colleen Feldkircher call themselves the #womenoforange. They are members of O\*H\*I\*O Masters and have been swimming together at Orange for a few years and have become very close.



## SWIMMER SPOTLIGHT

### O\*H\*I\*O Masters Swimmers Unite Love of Art and Water

This newsletter, we're highlighting two local designers and artists who swim regularly at the O\*H\*I\*O Masters Lakewood workout group and Lake Erie, when the weather permits. While these women have different swim stories, both bring their love of the water into their artwork.

Local graphic artist and muralist Stephanie Crossen is a lifelong competitive swimmer who began swimming as a child. Stephanie specialized in sprint freestyle in high school but has grown to love distance freestyle and backstroke in recent years. She has been a registered USMS member for seven years and credits O\*H\*I\*O Masters for keeping her mentally and physically healthy, and bringing many friends into her life. Her full-time job is working as a senior designer for Cloudco



Stephanie in front of her "Eternal Sunrise/Sunset" mural

Entertainment, an entertainment studio with a wide range of properties including Care Bears, Madballs, and Holly Hobbie. She also has her own business called "The Lovely Forest" where she creates custom design work like murals, portraits, logos, and wedding invitations. She sells original paintings, art prints, and a variety of block or screen-printed textiles at local art festivals and online ([thelovelyforest.com](http://thelovelyforest.com)). If you've driven around the City of Lakewood, you've likely seen her artwork. Stephanie has three murals in Lakewood, OH: "Eternal Sunrise/Sunset" on the Doughnut Pantry at 14600 Madison Ave, "My Happy Place" on Aladdins at 14536 Detroit Ave, and "Love to All" on Nosotros Rock Climbing Gym at 14321 Detroit Ave. She also has two traffic box murals: one at the southeast intersection of Warren and Madison and the other at the southeast intersection of Reveley and Madison. Based upon her love of the water, it's no surprise that her "My Happy Place" mural features a Lake Erie inspired backdrop. Stephanie writes, "In the past two years, I've become an avid open water swimmer and love sunset swims more than anything! I'm generally obsessed with water whether it's Lake Erie, an ocean, or even a pool. The water is my happy place and is a huge influence on my art."



Stephanie with Lake Erie inspiration

Andrea LeBlond is an adjunct professor at Tri-C Metro and the Cleveland Institute of Art and is similarly influenced by the water; however, her love of swimming developed later in life after being intrigued by triathlons. Andrea began taking swim lessons with a goal of swimming 25 yards at a time. Ten years later, Andrea has blossomed into a Lakewood workout group and Columbia Beach regular. Andrea writes, "The fact that I could barely swim 50 yards without stopping not long ago, but now can swim two miles in open water, has been a great improvement for which I can thank the O\*H\*I\*O Masters Swimming community and coaches!" Like Stephanie, Andrea, who specialized in thrown pottery and ceramic sculpture, draws inspiration from Lake Erie. "The beauty and peacefulness has been a huge inspiration to me and my recent



Andrea's "Blue Vases"

artwork. I love how swimming can be very challenging yet always has a core of meditative quietude at its center. Open water swimming especially has this quality for me.”Andrea shared the following from her latest artist statement: "Most recently, I have been drawn to the rhythmic surfaces of large bodies of water, in particular, Lake Erie. As a regular swimmer in the lake, I am continually fascinated by the dynamic, quick changing conditions, from quiet and glasslike to dark and turbulent. The act of floating on the surface, being pushed and pulled by currents while observing cloudy mysterious shapes below is magical to me. I am eager to express this feeling through the use of clay and glass.”Andrea is currently exhibiting at the following:

- ARTneo 1305 W 80th, Cleveland OH,"Drawn to Clay" now through January 21, 2022
- Artist Archives of the Western Reserve, 1834 E. 123rd, Cleveland, "Kindred Objects" now through December 18, 2021
- The River Gallery, 19046 Old Detroit Rd. Rocky River, OH "Holiday Show" now through January 2022

## COACHES CERTIFICATION

U.S. Masters Swimming has four levels of Masters coach certification. Level 1 is now available online through with an online course and mandatory zoom call. The courses for Levels 2, and 3 are taught in classroom settings throughout the country by USMS-certified coach trainers. Level 4 is a portfolio-style application and has no classroom component.

### Level 1

In Level 1, you'll be introduced to the basics of coaching and understanding the adult learner, including the different types of swimmers you'll encounter as a coach, such as triathletes and open water swimmers. You'll also learn how to write effective workouts. You can register for the online course at <https://usms.thinkific.com/courses/usms-masters-coach-certification-level-1> and upon completion of the course, you will be able to register for the Zoom call. Zoom calls are held monthly on the last Wednesday of the month and will have limited availability

Additional information on Level 2, 3 & 4 can be found at <https://www.usms.org/coach-central/coach-certification>

## MEMBERSHIP COORDINATOR'S REPORT

The 2021 membership year concluded October 31, 2021. As of October 31, 2021, Lake Erie LMSC had 493 swimmers registered for the 2021 season.

Lake Erie LMSC	10/31/2021	8/2/2021	5/11/2021	2/8/2021	2020	2019
<b>Total Number of Swimmers</b>	<b>493</b>	<b>423</b>	<b>359</b>	<b>300</b>	<b>474</b>	<b>544</b>
<b>Amherst Aquatic Club</b>	<b>14</b>	<b>4</b>	<b>NR</b>	<b>NR</b>	<b>2</b>	<b>8</b>
<b>Cleveland Aquatic Team</b>	<b>18</b>	<b>15</b>	<b>12</b>	<b>11</b>	<b>19</b>	<b>21</b>
Hamachi Swim Warriors	NR	NR	NR	NR	1	NR
Kraken Masters	NR	NR	NR	NR	NR	5
LifeTime Swim Lake Erie	NR	NR	NR	NR	1	3
<b>Liquid N' Durance</b>	<b>13</b>	<b>13</b>	<b>12</b>	<b>10</b>	<b>25</b>	<b>22</b>
<b>Massillon YMCA Stingrays</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>9</b>
<b>Medina Masters</b>	<b>16</b>	<b>12</b>	<b>11</b>	<b>10</b>	<b>20</b>	<b>24</b>
<b>O*H*I*O Masters</b>	<b>324</b>	<b>286</b>	<b>250</b>	<b>212</b>	<b>296</b>	<b>308</b>
<b>Shaker</b>	<b>54</b>	<b>48</b>	<b>43</b>	<b>31</b>	<b>54</b>	<b>66</b>
Towpath Masters	NR	NR	NR	NR	NR	3
<b>Unattached</b>	<b>54</b>	<b>45</b>	<b>31</b>	<b>25</b>	<b>54</b>	<b>71</b>
WHMS	NR	NR	NR	NR	NR	4
<b>Total</b>	<b>493</b>	<b>423</b>	<b>359</b>	<b>300</b>	<b>474</b>	<b>544</b>

A warm welcome to the following \*new\* members between August 2, 2021 and October 31, 2021 for the 2021 Registration Year (don't worry – we'll be acknowledging all new members for the 2022 Registration Year in the next newsletter):

### **O\*H\*I\*O Masters**

Margaret Barzellato  
Adam Comer  
Kate Gillespie  
Chris Jackman  
Donna Jennings  
Michael Lawson  
John Lynk  
Allison Miller  
David Mullen  
Luis Pincay  
Jonathan Voight  
Deborah Weaver

### **Amherst Aquatic Club**

Bradley Golski  
Dru Haney  
Dana Haney  
Kate Hoover  
Todd Jasinski  
John Keressi  
Andrew Robinson  
Jessica Springer

### **CAQT**

Colleen Duggan  
Gabrielle Libby

### **Shaker Sharks**

Scott Gabbard  
Kevin Lewis

### **Unattached**

Dr. Lachaka Askew  
Wendy Bailey  
Bart Beacher  
Aubrey Chewning  
Mason Hewko  
Richard Maici  
Mary Miller  
Nicholas Null  
Drew Sapp  
Benjamin Walter  
Chase Waterman

## **The 2022 USMS Registration is now open!**

This year, members can choose from two types of membership:

- USMS (Standard): \$60, and includes all membership benefits you've grown accustomed to
- USMS + (Plus): \$199 through December 31, 2021; \$219 thereafter. Benefits include:
  - o Standard USMS membership
  - o Exclusive welcome package (USMS latex cap, USMS stickers, plastic membership card)
  - o Free registration to the Fitness Series events (3x / year), ePostal National Championships (5x / year), and other virtual events
  - o Free USA Swimming Supporters Club membership which includes a donation to support Adult Learn-to-swim grants funded by the USA Swimming Foundation
  - o Access to exclusive webinars featuring Olympians
  - o Free All-American patches (once you reach All American status)
  - o Free Go the Distance cap (once you reach 50 miles)

You must register online: [Join or Renew | U.S. Masters Swimming \(usms.org\)](https://usms.org)

Once you renew, you have the option to print or save a copy of your USMS card. You can also access your membership card at anytime by logging onto your USMS account.

Registration season is always a great time to learn more about the USMS structure. See below for a quick refresher:

**Lake Erie LMSC (Local Masters Swim Committee):** Governing body of masters swimming in the Northeast Ohio geographic region (Akron, Canton, Cleveland, Sandusky, & Youngstown) and made up of several masters swimming clubs (clubs listed in tables above). Lake Erie LMSC also includes unattached swimmers that may choose not to register with a club. There are 52 LMSCs in the country! <https://lakeeriemastersswimming.org>

**Great Lakes Zone:** Provides oversight of masters swimming across the Great Lakes Zone - which includes Allegheny (Eastern Pennsylvania), Illinois, Indiana, Kentucky, Lake Erie, Michigan, Ohio, and Wisconsin LMSCs. There are six zones across the country. Fun fact - the State of Ohio includes THREE LMSCs: Allegheny (a handful of counties close to the PA border), Lake Erie (see above) and Ohio (Western, Central and Southern Ohio). If you are registered with one of the above clubs, you are part of Lake Erie LMSC, not Ohio (we know, it's confusing)! [www.greatlakeszone.com](http://www.greatlakeszone.com)

**USMS (United States Masters Swimming):** National governing body of everything masters swimming! It's governed by its house of delegates and Board of Directors, and also has a National Office of full time staff, including a CEO, in Florida [www.usms.org](http://www.usms.org) - scroll all the way to the bottom to click on links / read more!



## USMS TOP 10

Swimmer	LCM Event(s)
Robert Babiak	50 Free, 50 Breast
Arpad Batizy	200 Free, 1500 Free, 400 IM
Kristen Bergmann	100 Free, 200 Free, 50 Back, 100 Back
Edward J Borsuk	200 Free, 400 Free
Ashley L Braniecki	400 Free, 800 Free, 200 Back, 50 Fly, 100 Fly, 200 Fly
Erin Cohn	50 Breast, 100 Breast, 100 Fly, 400 IM
Beth D'Arcy	100 Free, 50 Back, 100 Back, 200 Back
<b>Luise E Easton</b>	50 Free, 100 Free, 200 Free, 400 Free, 800 Free, <b>1500 Free</b> , 50 Breast
Aaron Foreman	800 Free, 1500 Free, 200 Breast, 400 IM
Bradley G Golski	100 Breast, 400 IM
Duane V Grassell	200 Fly
Sid Hall	50 Free, 100 Free, 200 Free, 50 Back, 100 Back
Ross Halloran	50 Free, 100 Free
Ben Hartenburg	400 Free
Amro A Hassan	50 Free, 100 Free, 200 Free, 50 Fly
Jonathan Henning	400 Free, 100 Back
Kinsey Kolega	1500 Free
Randy Lehrer	400 IM
Ann K Marshfield	200 Breast
Robert G McDonald	200 Breast
Mina A Milad	100 Free, 50 Fly, 100 Fly
Chad A Nance	50 Back, 100 Back, 200 Back
Rachel M Napolitano	1500 Free
Judith H Norton	1500 Free, 200 Back, 200 IM, 400 IM
<b>Yoshi Oyakawa</b>	50 Free, 100 Free, 50 Back, <b>100 Back</b>
Susan Paris	200 Free, 400 Free
Cameron J Rose	50 Breast, 100 Breast, 200 Breast, 200 IM
Drew Sapp	100 Free, 200 Free, 400 Free, 100 Back
Melinda J Smith	200 Breast
Stephen R Soboslay	200 Free, 400 Free, 50 Back, 100 Back
Diane F Spence	400 Free, 800 Free, 1500 Free, 100 Breast, 200 Breast
Thomas E Spence	1500 Free
Kristi N Tabaj	100 Back
Lawrence A Terkel	50 Free, 50 Breast, 100 Breast
<b>Kristen Troyer</b>	200 Free, 400 Free, <b>800 Free</b> , <b>1500 Free</b> , 200 IM
Gregory Turocy	50 Breast, 200 Breast
Chase D Waterman	50 Breast, 100 Breast, 200 Breast
Robert B Williams	400 Free, 800 Free, 50 Fly, 200 IM

(Names/Events in bold indicate USMS #1)

Swimmer	SCY Events
Dick Chisholm	1000 Free
Carol J Detjen	50 Free, 200 Free, 100 Breast, 200 IM
Aaron Foreman	1000 Free, 200 IM
John C Scalli	100 Free, 50 Back, 100 Back
Melinda J Smith	200 Fly
Lawrence A Terkel	50 Free, 100 Free, 100 Breast
Robert B Williams	50 Fly, 100 IM, 200 IM

## UPCOMING EVENTS

### O\*H\*I\*O Masters SCM Swim Meet

December 11 & 12, 2021

A two day swim meet starting Saturday afternoon and continuing on Sunday morning at the Ada Cooper Miller Natatorium at the East Woods School in picturesque Hudson, Ohio. Register: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1236&smid=14109](https://www.clubassistant.com/club/meet_information.cfm?c=1236&smid=14109)

### USMS 2022 Winter Fitness Challenge

January 1 - 31, 2022

Get your year off to a fresh start with [the Swim.com USMS Fitness Series](https://www.usms.org/events/fitness-events/fitness-series) and the Winter Fitness Challenge, a 30-minute swim that takes place between Jan. 1 - 31. Details: <https://www.usms.org/events/fitness-events/fitness-series>

### USMS 2022 1-Hour ePostal National Championship

January 1-31, 2022

How far can you swim in an hour? Join your teammates and compete in the 1-Hour ePostal to find out. Complete your swim during January in any pool and enter the event to compete against swimmers from around the country. Details at: <https://www.usms.org/events/national-championships/epostal-national-championships/2022-epostal-national-championships>

### 2022 Pieter Cath Memorial SCY Inter-Squad Swim Meet

Sunday, January 23, 2022

A swim meet designed to encourage fitness swimmers to join in competition with unusual and flexible relay events. The meet is held at Lakewood High School Natatorium. Register: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1236&smid=14111](https://www.clubassistant.com/club/meet_information.cfm?c=1236&smid=14111)

## CALL FOR SUBMISSIONS

Our newsletter is better for your ideas and contributions. Are you or a friend swimming in a meet outside the LMSC? Swimming a fundraiser? Want to be interviewed for the Swimmer Spotlight? Help us get to know each other and send articles, ideas for features or content to the newsletter editor, Dee Shedlow at [dshedlow@yahoo.com](mailto:dshedlow@yahoo.com)