

News of the LAKE ERIE LMSC

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Fall 2023

Message from the Chair—

U.S. Masters Swimming hosts an annual meeting and meetings of the House of Delegates in the fall of each year. During the annual meeting, the yearly budgets are approved, elections of officers may take place, organizational rules and bylaws may be amended, and the general direction of the organization is set for the coming year. Some of these changes may be technical and apply to the rules of competition (ensuring fairness for everyone) while others may be for updating language making it more inclusive, relevant, and modern.

- **Values:** Fitness, Camaraderie, Inclusion, Learning, Excellence, Competition, Fairness.

For comparison of the current Organizing Principles versus the proposed Guiding Principles follow this link: <https://www-usms-hhgdcctfafngha6hr.z01.azurefd.net/-/media/usms/pdfs/volunteer%20central/annual%20meeting/2023/legproposals.pdf> for the entire text.

After comparing the two, don't you think this is a much better elevator pitch we could use to prospective USMS members?

As a voting delegate, I am in favor of this change and will vote accordingly.



LELMSC Delegates Paul Berman, Ann Marshfield and Dan Cox



USMS House of Delegates



The Workout Pool!

You may ask what language needs to be modernized for U.S. Masters Swimming? In the eyes of our national volunteer leaders, it is the principles or basis of U.S. Masters Swimming.

The proposal before the House of Delegates is to change Organizing Principles or Guiding Principles with three core pillars: Mission Statement, Vision Statement and Values.

- **Mission Statement:** Empower adults to improve their lives through swimming.
- **Vision Statement:** Foster a nationwide adult swimming community through lifelong fitness, competition, and education.

(Update September 10, 2023 – USMS HOD adopts this proposal.)

There are other proposals up for consideration by the HOD. All the Proposed Amendments can be found here: <https://www.usms.org/volunteer-central/annual-meeting/2023-annual-meeting>.

We all need guidance be it for work, home, or fitness. And I believe USMS is making an effort to provide you with the best Masters swim experience.

Swim for fitness, swim for fun, swim for life!

Ann Marshfield

Swim Clinic with Olympians Missy Franklin and Cullen Jones

On July 30, 2023 Masters swimmers throughout the greater Cleveland area participated in a luncheon and swim clinic featuring USA Swimming Foundation Ambassadors, Olympians Missy Franklin and Cullen Jones. USA Swimming Foundation partnered with Westlake Recreation Center and Lake Erie LMSC to host its first of a kind fundraiser clinic for the benefit of USA Swimming Foundation. The clinic raised over \$6,300.00 for the Foundation to help achieve their mission to bring swimming access and opportunity to all communities regardless of background or financial capacity.



Please consider helping the USA Swimming Foundation advance their mission by donating today. On average, a gift of \$1,000 can provide 20 children with a month of swimming lessons.

Use the link below to donate today.
<https://give.usaswimming.org/give/491884/#!/donation/checkout>



A big shout-out to Lake Erie LMSC and USA Swimming Foundation board member Jay Definis, who played a pivotal role in making this clinic happen! Well done and thank you, Jay!



by Jay DeFinis

O*H*I*O Masters swimmer Susan Polakoff Shaw has had a very unique swimming journey. Starting when she was a young girl growing up in Indiana, she was taught to swim by Jean Ann Dellecamp, who was a seven-time national champion breaststroker with five world records, two time All American, and an alternate for the 1960 Rome Olympics— four years from graduation from high school! This swim experience left an indelible mark on Susan and her love for swimming and sports.

Fast forward a few years ... Susan majored in journalism and graduated from Indiana University. Afterward, she started working for small newspapers and eventually took a job with the Indiana Sports Corporation helping host sporting events in Indiana, including the Pan American Games and the 1984 U.S. Olympic Swimming Trials.



Most national governing sports organizations were headquartered in Indianapolis and the exposure led her to seek a position working in press operations for the U.S. Olympic team in 1988. Susan switched her focus to working for the International Olympic Committee in 2006 at the Turin, Italy, Winter Olympic Games. She now admits to being an “Olympic junkie,” as she worked in press operations at every Olympics since—and Paris 2024 is next on her radar! When I asked her

about her amazing journey she remarked, “I get paid to work at the Olympics!”

I asked Susan to share one of her favorite memories from Olympics. She said that she was in charge of the Press room after the infamous 2008 “touch race” where Michael Phelps beat Milorad Covic by .01 second. “The room was jammed with international reporters

and Olympic and international swimming officials. The incredible tension and buzz in the room was something I will never forget!”



Some fun facts about Susan: Favorite all time swimmer: Shirley Babashoff. Favorite stroke: a breaststroker most of her life, now she loves freestyle. Favorite places in the world she has swum: Allas Sea Pool, Helsinki, Finland; Laugardalur 50-meter pool, Reykjavik, Iceland; and a very cool hotel pool in Sochi, Russia. Favorite food: Anything fresh from the garden.

Susan met her husband, Bud Shaw, in 1991— working for the Olympics of course! He is a freelance writer who is a retired Cleveland Plain Dealer sports’ beat writer. That relationship brought Susan to Cleveland.

After long break, it took the pandemic to bring Susan back to swimming at the O*H*I*O Masters swim practices. She is really enjoying the workouts and her pool time. Make sure when you see Susan you say hello. She has so many more fun stories from her amazing Olympic adventures to share.

If you have a unique swimming or life story for an upcoming newsletter article, please reach out to Jay DeFinis. im4psu82@yahoo.com



Breakfast Is Served ... *Again.*

Dark storm clouds full of lightning rolled in Thursday evening and I got an uneasy sense of déjà vu. Later that night, as I had just finished printing the wave cards for the race, I received an email from Cleveland Metroparks telling me that there had been a combined sewage outflow at Edgewater Beach. Friday morning they confirmed that the beach was closed and that the 2023 Brogan Open Water Classic would not happen.

@#%\$!!

I had to explain to the 141 participants that, for the fourth year in a row (including Covid), our race was canceled. The fact that conditions were perfect for racing on Saturday morning made it that much harder.

Thank you to all the volunteers who came out on race morning to hand out tees, caps and food to the participants who showed up. It was great to see everyone.

Thank you to Kristen Bergmann for arranging all of the food.

Those participants who did not come on race day received their tees and caps via mail.

We will be offering a discount for next year for those who entered the race this year. We will let everyone know the details after our board of directors meeting.

Stay tuned for information on the 2024 Brogan Open Water Classic. It will be held next summer at Edgewater Beach. **We will be back!**

Chuck Beatty, Event Director



The Lake Erie LMSC was well-represented at the Big Shoulders Open Water Swim Classic in Chicago. It was a beautiful morning with a water temperature at 70 degrees and just enough chop to make us glad we had spent so much time training in all conditions in Lake Erie.

All of our participants had great races and enjoyed their visit to the Windy City. Bill Weaver, who recently moved to North Carolina from NE Ohio, was the overall winner in the Men's 2.5K race (not bad for a sprinter). Kristen Bergmann was 3rd in her age group in the 5K race. Karen Ryan was 2nd in her age group in the 5K wetsuit division.

Race director Chris Sheean gave a very touching memorial to Big Shoulders swimmers who had passed away—including our friend, husband and father, Kevin Kelley. Several of us entered the race to honor Kevin, who lost his battle with lymphoma 6 weeks after completing the 2022 event.



Ramblings from the 2023 National Senior Games

- Wow, it's hilly!
- 10,000 athletes and 26 sports. Some swimmers even do other sports—amazing!
- VBRO organized by Judi with teammates and a triathlete from Alaska.
- Family style dinners sharing stories and experiences.
- Celebrating wins, records and best times with ice cream and it was on sale.
- How can a waitress not recommend a dessert because there is too much chocolate?
- Tom as chauffeur—thank goodness for GPS.
- Larry's amazing family history.
- Dinner at a repurposed church with the brewery at center stage.
- Relays with all family members, friends, and new friends.
- Comparing our own VBRO medal count with other states.
- Taking part in an ongoing physical therapy study of older athletes. You mean I should increase my BMI and have 110g of protein a day?
- Oh! And we were there for the swim meet!

The National Senior Games takes place every two years for those aged 50+ encompassing about 24 sports. Qualifying events will be held next summer for the 2025 Games in Des Moines, Iowa. For more information go to www.NSGA.com.

Upcoming Events

Stow Pentathlon (SCY) November 5, 2023

Hudson Meet (SCM) December 2–3, 2023

Pieter Cath Memorial Swim Meet (SCY)
Lakewood, January 28, 2024

2024 USMS 1-Hour Virtual Championship, Jan 1–31

2024 Swim.com USMS Winter Fitness Challenge
Jan 1–31

CAQT Makes Strong Showing at Avon Meet

The Cleveland Aquatic Team had an especially strong presence at this year's End of Summer Spectacular swim meet held in Avon, OH. The team roster included some familiar faces and some new ones as CAQT continues to grow and welcome new swimmers.



Madison Frederick writes, "I haven't swam in the 8 years since high school and I am happy to be swimming again. I did competitive swimming when I was younger until I went to college and decided to get back into the pool to continue my passion of swimming. I practiced for a few months to prepare for the Avon meet since I was severely out of conditioning from not competitively swimming in years. I was thrilled to learn that there was a LGBT swim team in the Cleveland area and that U.S. Masters Swimming is supportive of the community. The CAQT is such an important part of my life and I am happy to meet such wonderful people while swimming with them."



With Gay Games XI looming in November, swimmers were grateful to get in some local competition before competing on the international stage.

Membership Coordinator's Report

As of September 15, 2023, Lake Erie LMSC has 490 swimmers registered for the 2023 season.

Lake Erie LMSC	9/15/2023	2022	2021	2020	2019
Amherst Aquatic Club	4	15	14	2	8
Cleveland Aquatic Team	24	25	18	19	21
Copley Aquatics Masters	26	NR	NR	NR	NR
Hamachi Swim Warriors	NR	NR	NR	1	NR
Kraken Masters	NR	NR	NR	NR	5
LifeTime Swim Lake Erie	NR	NR	NR	1	3
Liquid N' Durance	9	11	13	25	22
Mandel JCC	2	NR	NR	NR	NR
Massillon YMCA Stingrays	NR	NR	NR	2	9
Medina Masters	NR	16	16	20	24
North Coast Aquatic Team*	31	NR	NR	NR	NR
O*H*I*O Masters	325	339	324	296	308
Rec2Connect Razorsharks	3	8	NR	NR	NR
Shaker Sharks*	NR	48	54	54	66
Towpath Masters	NR	NR	NR	NR	3
Viking Masters	7	NR	NR	NR	NR
WHMS	NR	NR	NR	NR	4
Unattached	59	46	54	54	71
Total	490	508	493	474	544

*Shaker Sharks became North Coast Aquatic Team in 2023.

Welcome to our newest clubs, **Mandel JCC** and **Viking Masters** (CSU). We look forward to helping you grow as part of the Lake Erie LMSC and U.S. Masters Swimming.



Congratulations to Our First-Timers from the Avon Meet!

Treasurer's Tiny Corner

The fiscal year is continuing and has picked up a little in its pace. The following significant items were completed since my report in the June newsletter:

- The LMSC paid for the pool time and classroom time for the Fundraiser/Clinic held at the end of summer, providing a check for \$430.
- The sanction for Brogan was paid at \$100
- The convention items from early September are still being processed but should be a cost of less than \$1650 to send three individuals to convention. The budget was for \$3000. Our attendees found very reasonable airfares and some costs were covered by USMS, because our Chair is a standing committee chairman, therefore, paid for by National to attend the convention.

As of 9/12/23 we have received income so far this calendar year, including the Top 10 Program and donations at registration in the amount of \$8658.82.

Our expenditures so far this year including the Top 10 Program are \$5367.58.

Outstanding liabilities not booked yet include some of the reimbursements for the annual convention. We have continued to work on

finding an appropriate way to donate in memory of Kevin Kelley a sum of \$500. That path has been become much clearer but I have been exploring combining our donation with that of O*H*I*O Masters, however, that looks like it may not work. The previously reported agreement to provide up to \$400 to the Avon swim complex in support of a new pace clock was determined to be unnecessary by the Avon complex people and is no longer a potential expense.

For the rest of our fiscal year the bigger ticket items are the LMSC Annual Meeting (usually in the area of a \$500 expense, which is the budgeted amount). And lastly, the costs for attendance at Relay (a National training development gathering for volunteers) are still to be booked. The board has approved for a third person to attend Relay, which is focused this year on event development. Relay is budgeted for \$1600 but that was for two people so it will likely cost more. I would estimate somewhere in the vicinity \$2200 total since National is not paying for anyone for this event unlike convention but it is in the same location in Houston, Texas.

Hope to see you at the annual meeting, the afternoon after the Stow Pentathlon.

Mark Marshfield
Treasurer, LELMSC

SAVE THE DATE

Lake Erie LMSC Annual Meeting and Elections

Sunday, November 5, 2023

2:00–3:30 p.m. *(following the Pentathlon Swim Meet)*

Garrett's Mill Diner, Stow

Nominations for Chair and Secretary are being accepted. For detail role descriptions please go here. Contact Nominating Chair Jay DeFinis at jay.definis@nm.com with your nominee or for more information.

Additional details will be sent out later.



USMS 2023 SCY Individual Top 10

Place	Event	Name	Age	Club
Women 70-74 SCY				
7	200 Fly	Melinda J Smith	70	O*H*
Men 18-24 SCY				
7	500 Free	Mason Beck	24	O*H*
2	1000 Free	Mason Beck	24	O*H*
2	1650 Free	Mason Beck	24	O*H*
10	200 Breast	Mason Beck	24	O*H*
Men 40-44 SCY				
9	100 Back	Malcolm S Trier	40	UC18
8	200 Back	Malcolm S Trier	40	UC18
Men 45-49 SCY				
9	100 Breast	Cameron J Rose	47	O*H*
10	200 Breast	Cameron J Rose	47	O*H*
9	100 IM	Cameron J Rose	47	O*H*
7	400 IM	Cameron J Rose	47	O*H*
Men 50-54 SCY				
2	50 Back	William A Weaver	50	O*H*
1	100 Back	William A Weaver	50	O*H*
1	200 Back	William A Weaver	50	O*H*
5	50 Fly	William A Weaver	50	O*H*
1	100 Fly	William A Weaver	50	O*H*
3	200 IM	William A Weaver	50	O*H*
Men 75-79 SCY				
3	50 Free	Lawrence A Terkel	75	O*H*
6	100 Free	Lawrence A Terkel	75	O*H*
4	50 Breast	Lawrence A Terkel	75	O*H*
8	100 Breast	Lawrence A Terkel	75	O*H*
10	100 Breast	Levente G Batizy	75	O*H*
7	50 Fly	Lawrence A Terkel	75	O*H*
7	200 IM	Levente G Batizy	75	O*H*
Men 80-84 SCY				
9	200 IM	William R Learmonth	83	O*H*
Men 85-89 SCY				
9	50 Free	Yoshi Oyakawa	89	O*H*
7	100 Free	Sid Hall	87	O*H*
3	200 Free	Sid Hall	87	O*H*
2	500 Free	Sid Hall	87	O*H*
4	50 Back	Yoshi Oyakawa	89	O*H*
6	100 Back	Yoshi Oyakawa	89	O*H*

USMS 2023 SCY Relay Top 10

Place	Event	Club	Name (Age)
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Men 25+ SCY

5	400 Free Relay	O*H*	Jordan T Keller (25) Andrew McCollister (30) Thomas M Dinh (29) Ethan Chase (31)
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**Congratulations to All of
Our Lake Erie LMSC
Top 10 Swimmers!**



2024 Spring Nationals: June 20-24, Indianapolis, IN
2024 Summer Nationals: August 21-25, Mission Viejo, CA