



# THE NEWSLETTER OF THE LAKE ERIE LMSC

LAKE ERIE'S EDGE

NOVEMBER 2020

The summer of 2020 blessed us with something we all needed, GREAT SUMMER WEATHER in the Lake Erie region. Great swimming happened along the lake shore and a few outdoor pools (thanks to the efforts of OHIO Masters board of directors).

The board met this summer to discuss issues facing our local LMSC. Our membership is stable but down approximately 14% over last year at this time. The Brogan Open Water Classic was cancelled, but we are pleased to announce the event has been awarded the 2022 USMS Sprint-Distance Open Water National Championship, and the Brogan will also be bidding to host the Great Lakes Zone Open Water Championship in July of 2021.

Partnering with the United States Masters Swimming national office, the Lake Erie LMSC board formed a Covid19 Relief Committee and has voted to make \$4000 available for grant programs to help our clubs and coaches get back in the water. The committee is reviewing applications for grant funding requests in our LMSC. Thank you to board members Ashley, Paul, and Mark for their work. To date we have received two applications. The Shaker Sharks' grant was approved. They received a relief grant in the amount of \$1060, with matching funds from the USMS national office and Lake Erie LMSC. The other grant request is under review at the time of the publishing of the newsletter. If your club has interest in learning more about our grant program please contact **Mark Marshfield** ([pzsdad@aol.com](mailto:pzsdad@aol.com)).

As Fall rolled in, your Lake Erie LMSC Board of Directors geared up for the annual USMS convention. This year it was held virtually September 25-27, 2020. We were fortunate enough to have a record 7 delegates attend from the Lake Erie LMSC. I would personally like to thank those delegates who attended this year's convention: Ashley Braniecki, Ann Marshfield, Mark Marshfield, Dee Shedlow, Chuck Beatty, and Dan Cox. The historic virtual event was LONG, but productive! A few hotly contested issues were voted on this year. The house of delegates voted to approve a national unified club fee of \$60. The house of delegates also voted to remove past presidents from the board of directors starting in 2021. If you want to read more about the convention committees and reports are online at [usms.org](http://usms.org).

On a side note, the LMSC will continue it's 2020 policy and reimburse teams for the club registration fee for the 2021 renewal year. Please work with treasurer Mark Marshfield ([pzsdad@aol.com](mailto:pzsdad@aol.com)) to apply for your club reimbursement.



In other convention news, please congratulate **Ann Marshfield** for receiving the Dorothy Donnelly Service Award for her dedicated service to USMS, the Lake Erie LMSC, and OHIO Masters swimming this past year!! Ann follows the tradition of many other Lake Erie volunteers to receive this prestigious national service award, well deserved Ann!

Also of note, receiving the prestigious Staff Appreciation Award was **Dan Cox**. This award is presented to USMS volunteers for their service to the organization, and is voted on by the USMS national office staff. Dan was part of a team that won the award for their work this year helping with Covid -19 relief planning for the organization. This was also Dan's last year on National Board of Directors. If you see Dan please congratulate him for his 20 years of service and dedication to advancing the mission of Masters Swimming.



The Lake Erie LMSC annual meeting was held virtually October 3, 2020. At our annual meeting we elected Ashley Braniecki as Membership Coordinator for a new two year term and Mark Marshfield for a new two year term as Treasurer. Following the bylaws of the Lake Erie LMSC Board, the Membership Coordinator and Treasurer will be voted on in even calendar years, and in odd calendar years the Chair and Secretary will be up for a new two year term election. If you are interested in serving on a committee or the Lake Erie Board of Directors please reach out to Jay DeFinis ([im4psu82@yahoo.com](mailto:im4psu82@yahoo.com)).

A final thought, I had the pleasure of meeting the author (Bonnie Tsui) who wrote the book [Why We Swim](#). I would recommend putting it on your reading list. "We swim for pleasure, exercise, for healing. But humans, unlike other animals, are not natural-born swimmers, we must be taught. Our evolutionary ancestors learned for survival: now in the twenty-first century, **SWIMMING IS ONE OF THE MOST POPULAR ACTIVITIES IN THE WORLD**". (Emphasis added).

So thankful for the Lake Erie swimming community, and for those who taught us to swim.

Stay safe and keep on swimming!  
Jay DeFinis  
Lake Erie LMSC Chair

## 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

[ohiomastersinfo@gmail.com](mailto:ohiomastersinfo@gmail.com) 440-695-0695

## SWIMMER SPOTLIGHT

### Meet O\*H\*I\*O Masters member, Carla Wolf!



Imagine: You grew up in a little village on the small hills of the Black Forest in Germany. You graduated from dental school at the University of Wuerzburg and started your PhD at the University of Erlangen, a town in Bavaria. Your program offers a research fellowship to develop skills in immune monitoring in cooperation with Cellular Technology Limited in

Cleveland, Ohio. You apply for the fellowship and are accepted, and you're headed to the United States for the first time in your life! You land in Cleveland on March 13<sup>th</sup> 2020 ... and a few hours later, the entry ban becomes effective and much of the country begins to shut down. You've made it to America – but now what?

That happened to Carla Wolf, a life-long competitive swimmer who competed at the national level in Germany. Despite these obstacles, Carla is making the best of her experience here in Cleveland. Once pools reopened, Carla started lap swimming at Lifetime. After two months of swimming alone, she realized she missed being surrounded by other swimming enthusiasts and coaches. Carla joined O\*H\*I\*O Masters in September and swims at both the Orange and Lakewood groups. She notes that both workout groups welcomed her, warmly, and that she felt very comfortable. Carla likes swimming with Coach Gabby on Monday night at Lakewood due to having a number of swimmers her age. On Orange, Carla writes, "I don't want to miss the Wednesday practices with Peter's team – especially since they swim for 1.5 hrs and always listen to good music during practice." She is very happy to be part of the O\*H\*I\*O Masters Swim Club and is looking forward to the next four months.



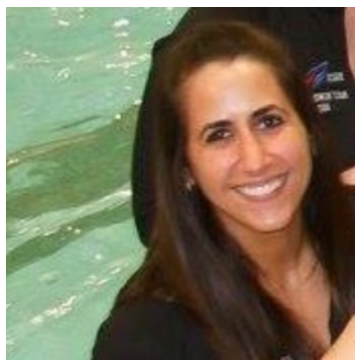


In March 2021, Carla will return to Germany, where she will finish her doctoral thesis and begin working as a dentist. While her fellowship during a worldwide pandemic has been a bit different than originally expected, we're glad masters swimming had a positive impact on her experience and we will miss her presence in the pool come April. Until then, make sure to say hello (from an acceptable distance) on the pool deck!

## COACHES CORNER

### Welcome New O\*H\*I\*O Masters Coaches

O\*H\*I\*O Masters has added two new coaches to their coaching staff. Coach Gabby Kariotakis is coaching Monday nights, 7:30-8:30pm and Thursday nights, 8:30-9:30pm while Coach Andy Reed is coaching Tuesday mornings, 6:00-7:15am. Please join us in welcoming our new coaches!



Coach Gabby has grown up around the pool, starting to swim competitively at age 6. Growing up around the area, she swam for Lakeshore Swim Club and Rocky River High School where she was a Conference MVP, a State qualifier and finalist, as well as captain her senior year. She swam her first 2 years at Norte dame College in South Euclid before a 2<sup>nd</sup> shoulder injury forced her to make the tough decision to stop.

Once out of the pool she realized that it was hard to stay away from the sport she loved and began coaching shortly after that. She began coaching in 2012 with Lakewood Rangers Swim Team, becoming Head Coach in 2015. On her club team, she has coached swimmers up to the Junior National Level. She continues to run the USA team.

She has also been coaching at Bay High School since the 2014-2015 season, assisting with coaching the Boys State Champ in the 50 and 100 free that year. She started as assistant and eventually became Head Coach in 2017-2018. She has sent kids to State every year with podium qualifiers up to 3<sup>rd</sup> place. There have also been multiple school records broken since beginning her coaching career at Bay High. This past season she was named Morning Journal's Coach of the Year.

Gabby has an intense passion for swimming and loves the training process – constantly trying to find new ways to get the most effective and fun training in as possible. She is looking forward to coaching and challenging a new group in the pool and she's very grateful that US Masters has given her the opportunity to do so.



Coach Andy Reid loves swimming and helping people become the best they be so they can enjoy their swims in the pool or lake.

Andy grew up as a State swimmer in Hudson on a top 10 team and placed fourth at State in the 400 relay. Next, he swam at Westminister College, PA and was a National swimmer, ranking in the top 20 in the 50 free. For the past five years, Andy swam masters at Cleveland State. He also has coached at Bay High School for the past five years. Andy is married to Kristy and has three daughters: Kelsey at OSU, Summer at Bay High School, and Amanda at St Paul's in Westlake. Andy and Kristy celebrated 23 years this year.

Andy loves puns, but we won't dive into that here. Can't wait to meet you and coach you!

**GET MONEY BACK FOR YOUR CLUB!**

LAKE ERIE LMSC will reimburse your club registration fee of \$60

**REQUEST YOUR REIMBURSEMENT!**

Have your club rep (who paid the registration) email Mark Marshfield:

[pzsdad@aol.com](mailto:pzsdad@aol.com)

Reimbursement will be made by bank mailed check within 10 business days.

## MEMBERSHIP COORDINATOR'S REPORT

As of October 31, 2020, Lake Erie LMSC had 474 swimmers registered for the 2020 season.

MEMBERSHIP STATISTICS		
Lake Erie LMSC	10/31/2020	2019
Number of Registered Swimmers	474	544
Amherst Aquatic Club	2	8
Cleveland Aquatic Team	19	21
Hamachi Swim Warriors	1	
Kraken Masters	NR	5
Life Time Swim Lake Erie	1	3
Liquid N' Durance	25	22
Medina Masters	20	24
Massillon YMCA Stingrays	2	9
O*H*I*O Masters	296	308
Shaker	54	66
Towpath Masters	NR	3
Unattached	54	71
WHMS	NR	4
<b>Total</b>	<b>474</b>	<b>544</b>



A warm welcome to the following \*new\* members joining between August 1, 2020 and October 31, 2020:

<b>O*H*I*O Masters</b>	<b><u>Unattached</u></b>
Danielle DelBrocco	Robin Boysza
Mary Fisher	Mary Graves
Marie Georger	Quinton Pickney
Jen Healy	
Rebecca Hoffman	
Kim Leverton	
Daniel Murphy	
Brooke Schindler-Lattz	
Sara Stefancin	
Carla Wolf	

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### **USMS Registration for 2021 is now open!**

Individual USMS membership is now \$60 regardless of your geographic location or team (though individual teams may have their own practice pricing structure). **New for 2021: USMS registration is online only.** You can register online [here](#). Please note, the LMSC no longer has the ability to register members. Any past year registration forms or funds will be returned to the sender.

When registering, please remember to choose the **Lake Erie LMSC (18)**, which represents Northeast Ohio. The Ohio LMSC (17) represents Central and Southern Ohio.

**USMS Registration is OPEN!**

Click [here](#)

The LMSC strongly recommends that you print a card from your home computer or download an electronic version through your MY USMS account rather than request a printed card. Requested printed cards are simply the same printout you would get from

printing at home. By printing at home, you can save printing and mailing costs incurred by our LMSC, which is a not-for-profit and is operated by volunteers. USMS will be sun setting LMSC card printing capabilities in February.

If you have any questions on registration, please contact [LERegistrar@usms.org](mailto:LERegistrar@usms.org).

## NEWS FROM THE CLUBS

### Congratulations Top Ten Swimmers!

Lake Erie LMSC achieved 53 individual and 10 relay Top Ten swims for the 2020 Short Course Yard season! Most of the swims occurred at the **2020 Pieter Cath Memorial SCY Inter-Squad Swim Meet** held in January before the pandemic hit. Find more info [here](#).

Congratulations go to Cleveland Aquatics' **Julio Aponte** for his four (4) Long Course Meters Top Ten times swum at the **Melbourne 2020 IGLA Championships** in February!

**O\*H\*I\*O Masters Swim Club** returned to the water with coached practices at Lakewood HS and Orange HS in Pepper Pike. **Unfortunately, both Orange and Lakewood sites are currently closed. Check the club's website for updates.** The club is anxiously awaiting the return to practice at the C.T. Branin Natatorium in Canton, Ohio. The Branin pool renovation is tentatively scheduled to be completed at the end of November. Practices are for O\*H\*I\*O Masters Swim Club members only and reservations must be secured via Signup Genius. For more details on practices [click here for the Club's website](#).

With renovations + Covid closing the Busby Natatorium at CSU, **Cleveland Aquatic Team** member went to great lengths (25 yards, to be precise) to make sure he & his teammates had a place to swim. David Douglass had a 2 lane, 25 yard competition certified pool built in his back yard. "Camp David" has been a boon to swimmers out of water during this unseasonably warm Fall.



# IM MADNESS 2020

As if 2020 wasn't maddening enough, two O\*H\*I\*O Masters members went event "madder!" IM Madness is an online event sponsored each March by North Carolina Masters. The name is a reference to the March Madness NCAA Basketball Tournament, but swimming it is more akin to a zany combination of the characteristics of the Mad Hatter and the March Hare. The events are swum in a pool of your choosing. Splits are recorded by another person on deck, and then submitted online. You can swim either the "Sweet 8, Sweet 12, or the Sweet 24." The numbers refer to the total distance swum in the events but must be swum as noted below.

<b>1. Sweet 8</b> 100 IM 50 Fly 100 IM 50 Back 100 IM 50 Breast 100 IM 50 Free 200 IM  Total: 800 yards	<b>2. Sweet 12 (3 x 400 IM)</b> 4 X 100 IM 2 X 200 IM 1 X 400 IM  Total: 1200 yards	<b>3. Sweet 24 (3 x 800 IM)</b> 4 X 200 IM 2 X 400 IM 1 X 800 IM  Total: 2400 yards
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The event started as planned on March 1 and O\*H\* members and training partners Jay DeFinis and Judi Norton took on the challenge originally planning to finish all 3 events by March 31. For Jay, that meant mastering some new strokes, but he was up for it. They both finished the Sweet 24 on the last day that CSU was open. Because they got in one event before the pandemic closed almost all pools across the country, they thought had it made. When they logged on to enter, they found out that NC Masters extend the deadline to finish your events to July 31. Drat!

To finish the other two swims without a pool meant surviving the pandemic, taking long socially distant winter power walks (enduring wind, snow, sleet and rain!) to try to stay in shape, then deal with the "Quarantine 15" and/or the "Covid 10", and then get in swim shape again once the pools reopened in June. After all that, and having already tackled the most challenging event, they decided they could handle the other two events.



As motivation, they made a promise that when the results were posted and their well earned t- shirts came in, they would celebrate at Culver's! Much to their surprise and delight BOTH won their 2400 IM challenge!!!

And, yes, next time they have decided to eat dessert first!

## WHERE TO SWIM

### **Westlake Recreation Center** 28955 Hilliard Ave, Westlake, OH 44145

- **Schedule:** Sundays 9-10am until May 30, 2021
- **Cost:** \$5 drop-in for non-Rec Center members/\$3 for Rec Center members. Pay at front desk and get a card to give to the coach.
- **Limited to 12 swimmers per session (3 per lane). Swimmers will be assigned a lane and starting/ending position for practice.**
- **Masks must be worn unless actively swimming.**
- **Coach on Deck:** Judi Norton will provide workouts, conditioning, stroke drills, and instruction to all who wish to participate.
- **Contact:** Judi Norton [judinorton@yahoo.com](mailto:judinorton@yahoo.com)
- **NOTE:** This workout group is organized through Westlake Rec Center. Ohio Masters does not set the fees or hire the coach but helps promote the practices as a place to swim. The practices may not be covered by USMS insurance. **No practice when Rec Center is closed for holidays.**

### **SALEM Community Center** 1098 N Ellsworth Ave, Salem, OH 44460

- Session 2: December 14-January 23; Session 3 February 22-April 3
- Pricing per session: SCC Members \$75, USMS members \$80, Non-members \$90, Drop in: \$8/workout
- **Schedule:** Mondays 5:30-6:30pm; Wednesdays 6:00-7:30pm; Saturdays 9:15-10:45am
- **Register** by calling Salem Community Center at 330.332.5885
- **Coaches on Deck:** Barb Clary, USMS Member and USMS Certified Adult Swim Instructor, and Sue Nutter
- **Contact:** Barb Clary at 330.881.5820 or [bbagsclary@sbcglobal.net](mailto:bbagsclary@sbcglobal.net)

### **LIFETIME FITNESS** 3850 Richmond Road, Beachwood, OH 44122

- **Schedule:** Programmed Masters Swims on Mondays, Tuesdays, Wednesdays 6:15-7:30am; Saturdays 8-9:15am
- **Cost:** **MUST be a member of Lifetime Fitness + program fee**
- **Contact:** Lifetime Fitness 216.292.6844

### **GEMINI CENTER – FAIRVIEW PARK REC Center**

21225 Lorain Rd, Fairview Park, OH 44126.

- **Schedule:** Sundays 11am-12pm
- **Notes:** This is a coached practice organized by CAQT. The team rents two lanes, total capacity 8 swimmers.
- **The 2 rented lanes are reserved for CAQT members – but the Gemini Center is open and other masters swimmers who want to reserve lane space and swim the practice would be welcomed.**

### **WEST PARK YMCA 15501 Lorain Road, Cleveland, OH 44111**

- **Schedule:** Wednesdays 5:20-6:20pm
- **Cost:** **MUST be a member of a YMCA**
- **Notes:** This practice is organized by Cleveland Aquatic Team. Printed workout may be available – unlikely there will be a coach on deck.
- **Contact:** Dave Douglass [dmdwest@gmail.com](mailto:dmdwest@gmail.com)

### **PARKER HANNIFIN YMCA 1301 E 9<sup>TH</sup> St, Cleveland, OH 44114**

- **Schedule:** Saturdays 1:15-2:15p
- **MUST be a member of a YMCA**
- This practice time is organized by Cleveland Aquatic Team. Printed workout may be available.

### **HEISLEY RACQUET & FITNESS CLUB (Liquid N'Durance members only)**

600 Heisley Rd, Mentor, OH 44060

- **Schedule:** Tuesdays & Thursdays 6-7:30am
- **Sign up:** [liquidlifestyles.com](http://liquidlifestyles.com)

### **CAMP DAVID 4705 Grayton Road, Cleveland, OH 44135.**

Park at rear of parking lot at 4725 Grayton Rd.

- **Schedule:** Weekdays 7:30-8:15am, every day it's not raining
- **Notes:** Camp David is a 2 lane **outdoor** 25 yard pool. Practice is open to CAQT members and "accomplices".
- **Contact:** David Douglass [dmdwest@gmail.com](mailto:dmdwest@gmail.com) or call 440.336.3064

## **LAKEWOOD HIGH SCHOOL POOL O\*H\*I\*O Masters members only**

Enter the pool from Robinwood Ave off Madison Avenue

- **Practices temporarily suspended until November 30, 2020**
- **Schedule:** Monday 7:30-8:30pm; Tuesday 6-7:15am; Wednesday 7:30-8:30pm; Thursday 8:30-9:30pm; Saturday 9:00-10:30am; Sunday 11:30-1pm. **Practices are cancelled if the Lakewood Schools close for inclement weather.**
- **Contact email:** [infoohiomasters@gmail.com](mailto:infoohiomasters@gmail.com)
- To pay for practices, find more info, click [here](#)

**Orange High School has been included for future consideration – but this pool is closed until further notice.**

**ORANGE HIGH SCHOOL.** 32000 Chagrin Boulevard, Pepper Pike, OH 44124

**O\*H\*I\*O Masters members only**

- **Schedule:** Monday & Wednesday 7:30 – 9:00pm  
Saturday 7:30 – 9:00am  
**November & December, Saturday practices move to 9:30 – 11:00am.**
- NOTE: Practice is usually cancelled when school is closed for holidays or bad weather.
- Practice session runs through December 17, 2020. Lane restrictions and sign-up process will be re-evaluated at that time.
- Only 12 swimmers per practice and you must register through Signup Genius. Signup Genius will open up for the coming week on Thursday evenings.
- NO CASH, CHECKS ONLY! Payable to O\*H\*I\*O Masters Swim Club: \$7 per practice or \$50 per month.
- **MASKS ON!** Enter the main doors at the west end of building. Enter door and proceed to sign in table and temperature check. Socially distant spots will be on the benches to put your stuff. Mask must be on as you move around the pool deck. **No locker rooms available. ADA bathrooms on deck available (do not use showers).**
- Practice will be run with one swimmer at each end of each lane. No kick boards or pull buoys available. Please bring your own.
- **Contact:** Peter Finefrock, email: [finefrog50@aol.com](mailto:finefrog50@aol.com)



## KEEP MOVING

### **SMARTYPANTS VITAMINS 2020 USMS FALL FITNESS CHALLENGE – 1 MILE SWIM**

Is your Turkey Trot canceled this year? Try the Fall Fitness Challenge, a 1-mile swim that takes place between November 15-30, 2020. Whether you're just getting into swimming, starting back into it after a COVID forced break from the pool, the Fall Fitness Challenge is the perfect event for you to finish the year strong. Swim it any way you desire: with or without equipment, on your own or in a practice or several practices. **Not able to get into the pool due to Covid?** You are encouraged to participate with a 30 minute dryland workout. For more information and to register, go [here](#).

### **POOL WORKOUTS**

If you have access to pool time without a coach on deck and need some workout ideas – check out these [seven workout types](#) before you head to the pool.

Also, did you know you can send the workouts to your smart watch using the [Swim.com](#) app? Go [here](#) for all the details and how to link to your MyUSMS account. This is a great member benefit and all workouts are written by USMS certified coaches.

## 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)

Submissions for our **Swimmer Spotlight** feature should be sent to Ashley Braniecki at [LERegistrar@usms.org](mailto:LERegistrar@usms.org)

