

News of the LAKE ERIE LMSC

Published by the Lake Erie LMSC of U.S. Masters Swimming

Spring 2023

Message from the Chair—

March Madness is here! Oh, wait wrong sport. Or is it? Did you know USMS has several events with “March Madness” in their title?

The one I find most enticing is the IM Madness. This is a “ePostal” event (meaning you swim it on your own and submit your times) for which you choose the distance of IM challenge—be it Sweet 8, Sweet 12 or Sweet 24.

There are a couple of Lake Erie LMSC swimmers who have competed in this event and proudly wear their tee-shirt. Maybe you can join the “elite” and have fun swimming this event. For more details and registration information go to: https://www.clubassistant.com/club/meet_information.cfm?c=2442&smid=15652

If you are adverse to swimming an IM challenge there are other swim meets in March which may interest you. Go to <https://www.usms.org/events> to find one that works for you.

In the December newsletter I mentioned my goals for 2023. One of them was to host a swim clinic and on Sunday, February 26, 2023 my goal was met. Thanks to Coach Chuck Beatty and Cleveland Clinic Akron General Lifestyles for making this event happen. Andrew Appleby was the primary clinician with assistance from coach Peter Nauman. Check out Chuck’s article and photos for more details on this amazing clinic. I will work on scheduling a second clinic later in the year. Stay tuned...

Swim for fun, swim for fitness, swim for life

Ann Marshfield

Congratulations to Luise Easton!

The 2023 Greater Cleveland Sports Awards honored our own Luise Easton as a 5-Star Senior Athlete!! This award goes to an athlete older than 65—Luise is 84—who has gone above and beyond to achieve athletic goals through leading an active lifestyle. Luise holds many USMS Top Ten, All American, and All Star Honors! She admits that she “likes to win.” Beyond swimming, Luise has won her age group in National and World Triathlon events, as well as AquaBike events.

P.S. Last November Luise and Charlie Farrell were married!! Luise we wish you continued success in all you do. You are amazing!



Membership Coordinator's Report

As of February 28, 2023, Lake Erie LMSC has 376 swimmers registered for the 2023 season.

Lake Erie LMSC	2/28/2023	2022	2021	2020	2019
<i>Total Number of Swimmers</i>	376	508	493	474	544
Amherst Aquatic Club	3	15	14	2	8
Cleveland Aquatic Team	19	25	18	19	21
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
Massillon YMCA Stingrays	NR	NR	NR	2	9
Medina Masters	NR	16	16	20	24
North Coast Aquatic Team*	27	NR	NR	NR	NR
O*H*I*O Masters	273	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
Unattached	42	46	54	54	71
WHMS	NR	NR	NR	NR	4
Total	376	508	493	474	544

**Shaker Sharks became North Coast Aquatic Team in 2023.*

A warm welcome to the following "new" Lake Erie LMSC members who joined our LMSC for the first time for the 2023 Registration year (November 1, 2022 through February 28, 2023).

Jeff Aldrich	Stephen Dillenburg	Elaine Marshall	Elaine Steehler
Agnes Bahr	Molly Fischetti	Maria Milner	Mary Jo Talley
Erin Beardsworth	Bernadette Gallagher	Molly Moran	Ryan Thaler
Mason Beck	Leonard Kahn	Jessica Morris	Samuel Thomas
Melissa Besman	David Klein	Madalyn Parry	Mary Ellen Valentino
Noah Bishop	Randall Ladd	Kathryn Potoma	Rania Williams
Troy Bloom	Charles Lane	Thomas Ridler	
Melissa Braskie	Halle Lindberg	Corey Spicer	
Tanya Cady	Erin Lowe	Marissa Stadler	

Swim Trek: GALÁPAGOS!

By Julie and John Bucchieri

We swim with Shaker Sharks Masters, and my lane mate was telling us of a SwimTrek vacation he had taken in Croatia years ago. This year we decided to try one and it was amazing!

We booked a seven-day trip to the Galápagos Islands. We were stationed on two different inhabited islands. Each day we were taken by boat to various islands to swim and snorkel. We were accompanied by two swimming guides and two naturalists who taught us about all the wildlife.

Our first plunge into the water was quite a surprise! There was so much wildlife in the ocean and we were able to get close. We were accompanied by playful sea lions, sea turtles, rays, sharks, dolphins and plenty of fish.

Our itinerary was on average four kilometers daily but you could get out early or skip a second swim if tired. One guide was a free diver so we watched him go deeper into the abyss.



My husband and I tethered ourselves to stay together and my swimming improved so I wasn't an anchor! The trip really helped our endurance.

We met 15 fellow swimmers, four of whom invited us to Bermuda for Round the Sound, an open water 10K race. How cool!

On land, we saw crabs, various birds including the infamous blue footed booby, and toured a giant tortoise preserve. There were so many iguanas on the beach you had to be careful not to step on them.



We definitely want to swim trek again in another country. They go to 23 countries around the world. It was an unforgettable adventure and a great way to break up winter.

For those who were inspired by Julie and John's SwimTrek vacation to the Galapagos Islands, we are determining interest in a group trip for January/February 2024. Inquiring minds can contact Alvin Schmaier (schmaier@case.edu) or Paul Berman (pbberman@breezelineohio.net).

Fun, Relays & Great Memories In Lakewood

The **2023 Pieter Cath Memorial Swim Meet** was held at Lakewood High School on January 23. Nearly 80 swimmers competed in the fast-paced meet that included several unique relay events—a 200-yard relay for each stroke and a relay where each participant swam a 100 IM.

The Lakewood meet was a great place for new masters swimmers to get the feel for competing. Everyone had a lot of fun and the atmosphere was very relaxed. We had 14 First-Timers at the meet—these are swimmers who competed in their first-ever USMS meet.



First-Timers in Lakewood show their pride!

Even the snowstorm blowing outside couldn't dampen the spirits of swimmers striving for that new personal best, or pushing outside their comfort zone to try a new event. One swimmer commented, "I haven't had this much fun since I was an age-group swimmer!"

(See the next page for more pics from the meet.)



O*H*I*O Masters 45+ 200 Breaststroke Relay: (l-r) Diane Spence, Ann Marshfield, Cynthia Druckenbrod and Laura Wright

View From a First-Timer

I'm Melissa Besman (Drapekin) and I competed in my first USMS swim meet last month.

After swimming for Solon High School, I attended Bucknell University where I swam for all four years and had the privilege of serving as the captain of the women's team my senior year. As my senior year season ended in 2014, I decided to hang up my cap and goggles for good.

For 10 years I thrived in the "swammer" life: I grew my career, married the love of my life in 2021, and spent time with my amazing family and friends. As the pandemic festered and I adapted to my new "work from home" lifestyle, I found myself missing the passion, camaraderie, and competition of my swimming days. Now I am here with 3 months of swimming and a few ribbons under my belt confident that swimming was the piece I was missing in my life.

Swimming with Coach Pete at Orange Village has been a true pleasure. It motivated me to try out a meet again. I'm glad I did, given how much fun I had at the Pieter Cath Memorial Swim Meet last month. The meet brought back memories that I cherish from my swimming career. The difference now is I am only swimming for pleasure and fun, so I am excited to see what this new experience will continue to bring.

At the end of the day, my dad said it best: "Swimming is an old friend." And just like an old friend, it's like we weren't apart for a single day.



First-Timers Melissa Besman (Drapekin) and Sarah Anstine had great success at Lakewood!

Lake Erie LMSC Brought Lots of Smiles to the Lakewood Meet

Here are the swimmers representing the O*H*I*O Masters workout group in Canton (CT Branin Natatorium).

We had fun in three relays together, as well as in a few individual events.



L-R Chris Redmond, Nelson Abbey, Mary Ellen Valentino, and Justin Laatz (first time master's meet for him).



Congratulations to these swimmers from North Coast Aquatics Team (formerly Shaker Sharks).



L-R Joanne Siegel, Sarah Ondrekja, Jim Wojtila, Kurt Jensen and Denise Duffy. Their smiles say it all—a morning full of fun and friendship—and coffee!



Volunteer timers Ann Gecowets and Kurt Jensen from NCATs!

Shout out to members of University Hospitals Mentor Fitness Center's Swim Club, Chuck Wirtz (left) and Matt Benedict.





Masters swimmers from around the LMSC gathered at Cleveland Clinic Akron General Lifestyles in Stow on February 26 for a freestyle and backstroke clinic.

We were fortunate to have Andrew Appleby as our lead instructor for the clinic. Coach Emeritus Peter Nauman and O*H*I*O Masters Coach Chuck Beatty assisted.

Andrew taught our participants a variety of new drills with a focus on body rotation and stroke efficiency. We learned the Short Dog and Long Dog, Russian Rollover, Box Kick and ITY drills.



One of the key takeaways of the clinic was the idea of reducing the number of strokes per length of the pool. Do this by improving your streamline and underwater dolphin kicks (the 5th stroke), as well as becoming more efficient with your swimming.

If your stroke count is 20 and you reduce it by one per length, that's the equivalent of reducing the distance of a 500 freestyle down to 475 yards. Imagine how much energy you would save in a long practice set, or really long open water swim!

Thank you to Andrew and Peter for giving freely of their time. In lieu of a clinic fee, participants made \$1000 in donations to the Kevin Kelley Memorial Fund. This money will go toward providing equipment to inner-city high school teams in the Cleveland area. Thank you all!



Andrew swam for Ohio State from 2013-2017, setting several school records and competing at three NCAA Championships. He swam in three U.S. National Championships and the 2016 Olympic Trials. He set the USMS record for the 18-24 age group 100 IM (48.96) in 2019 while swimming with New Albany Aquatic Club (NAM).

Since 2017, Andrew has worked as a clinician for a touring swim clinic company, teaching competitive swimming skills and drills to age group athletes.

2023 Brogan Open Water Classic Entries Open!



The **2023 Brogan Open Water Classic** will be held July 22 at Edgewater Beach, west of downtown Cleveland. We will have half-mile, 1-mile and 2-mile races in Lake Erie.

Start training now for your favorite distance. Entry forms are available at <https://ohiomasters.com/events/>. The price for USMS members is \$70 until June 12, when the price goes up to \$90. Entries close at midnight on July 15.

Be sure to follow us on Facebook to stay current with all of the updates: <https://www.facebook.com/broganopenwaterclassic>.

As always, we'll need lots of volunteers to make the event run smoothly—and lots of kayakers to keep our swimmers safe. Stay tuned for opportunities to sign up.

As always, we'll be supporting the Malachi Center's Urban Swim Camp for inner-city kids. Be sure to add a donation to your entry.

We'll begin training in Lake Erie once the water warms up a bit. 34 degrees is still a bit chilly. Expect regular swims to begin in late May.

Look forward to seeing you all this summer!

Upcoming Events

Brogan Open Water Classic
Cleveland, July 22, 2023

2023 USMS 5K/10K Virtual Championship
May 15–September 15

2023 Swim.com USMS Summer Fitness Challenge
June 1–30

Top 10 Chair Needed

We are seeking a volunteer with swim meet experience to serve as Top 10 Chair.

Role Overview:

The Top 10 Chair of the LMSC is responsible for accurate record keeping and tabulations of all swims for all events by USMS members.

Key Duties and Responsibilities:

Validate and upload meet results to the Meet Results database throughout the year for the LMSC's sanctioned and/or recognized meets.

- Compile and report individual and relay Top Ten times for each course (SCY, LCM, SCM) from all sanctioned and/or recognized events held within the LMSC by the deadlines.
- Work with LMSC Meet Directors to ensure that appropriate Record Applications are submitted in a timely manner to the appropriate person.
- Track LMSC pool measurement forms and submit new forms for inclusion in the national database.
- Work with the LMSC Sanctions Chairs to ensure that all event records and tabulations requirements are met.

For more information send email to: Ann Marshfield at LEChair@usms.org



New Lap Counters!

If you've ever knelt down to count for a friend swimming the 1650, you know how hard it is on your knees and back. We're happy to report that those days are over. Give a round of applause for our new lap counters! Thanks to O*H*I*O Masters Swim Club for making the investment of these highly functional and back-saving counters. Special thanks to Mark Marshfield for taking the initiative on this purchase!

USMS 2022 SCM Individual Top 10

Place	Event	Name	Age	Club	Place	Event	Name	Age	Club
Women 18-24 SCM					Men 40-44 SCM				
10	400 Free	Madalyn Parry	21	UC18	9	50 Back	Scott Gabbard	42	SHSH
Women 25-29 SCM					9	100 Back	Scott Gabbard	42	SHSH
7	800 Free	Mary Jo Talley	28	O*H*	7	200 Back	Scott Gabbard	42	SHSH
Women 45-49 SCM					Men 50-54 SCM				
10	400 IM	Kristi N Tabaj	49	O*H*	9	100 Back	Chad A Nance	50	O*H*
Women 65-69 SCM					6	200 Back	Chad A Nance	50	O*H*
9	800 Free	Judith H Norton	65	O*H*	6	100 Breast	Chad A Nance	50	O*H*
8	1500 Free	Diane F Spence	69	O*H*	Men 75-79 SCM				
7	200 Breast	Diane F Spence	69	O*H*	2	50 Free	Lawrence A Terkel	75	O*H*
Women 70-74 SCM					5	100 Free	Lawrence A Terkel	75	O*H*
9	200 Breast	Melinda J Smith	70	O*H*	7	100 Breast	Lawrence A Terkel	75	O*H*
Women 75-79 SCM					10	200 Breast	Lawrence A Terkel	75	O*H*
9	200 Free	Susan Paris	76	O*H*	5	50 Fly	Lawrence A Terkel	75	O*H*
4	800 Free	Susan Paris	76	O*H*	Men 80-84 SCM				
4	1500 Free	Susan Paris	76	O*H*	9	800 Free	Robert B Williams	83	O*H*
Men 25-29 SCM					Men 85-89 SCM				
8	50 Back	John C Scalli	27	O*H*	5	50 Free	Yoshi Oyakawa	89	O*H*
6	100 Back	John C Scalli	27	O*H*	4	50 Back	Yoshi Oyakawa	89	O*H*
9	100 Fly	John C Scalli	27	O*H*					
Men 30-34 SCM									
4	50 Free	Ethan Chase	31	O*H*					
8	200 Free	Andrew McCollister	30	O*H*					
9	800 Free	Aaron Foreman	30	O*H*					
8	100 Breast	Andrew McCollister	30	O*H*					
3	100 Fly	Ethan Chase	31	O*H*					
2	400 IM	Andrew McCollister	30	O*H*					

**Congratulations to
All of Our Lake Erie LMSC
Top 10 Swimmers!**

USMS 2022 SCM Relay Top 10

Place	Event	Club	Name (Age)
Men 120-159 SCM			
1	800 Free	O*H*	Andrew McCollister (30) Chad A Nance (50) John C Scalli (27) Ethan Chase (31)
Men 280-319 SCM			
9	400 Free	O*H*	Robert B Williams (83) Stephen J Dillenburg (70) Robert G McDonald (73) Duane V Grassell (65)
5	800 Free	O*H*	Robert B Williams (83) Stephen J Dillenburg (70) Robert G McDonald (73) Duane V Grassell (65)

**2023 USMS Spring Nationals: April 27-30, Irvine, CA
2023 USMS Summer Nationals: August 2-6, Sarasota, FL**