

The Wave Eater



MICHIGAN MASTERS SWIMMING Year-End Review for 2013

2013—MICHIGAN MASTERS WINS THE SHORT COURSE NATIONAL REGIONAL CLUB CHAMPIONSHIP!

The 2013 US Masters Short Course Nationals marked the 43rd anniversary of the meet. 1633 swimmers from 224 Clubs swam in the meet at the world class IUPUI Natatorium in Indianapolis. There were 44 Individual National Records and 2 Relay National Records set during the course of the meet. One of the Relay National Records that was set was the Michigan Masters Men's 75+ 200 Medley Relay team of Allan Charlton, Joel Lockwood, Ray Martin, and Albert Morley. They swam a time of 2:25.95 to break the previous record of 2:31.71 set by San Diego back in 2009. The 94 Michigan Masters swimmers earned a first place USMS Regional Club Championship title. This was the first time in Michigan Masters history that Michigan Masters has ever won a USMS Short Course National Championship Club award. This is the second time that a Combined Michigan Club has won a USMS National Championship outside the state of Michigan with the first one at IUPUI in 2009 at the Long Course Nationals.

In the Regional Club Division, Michigan Masters scored

1926 points and the next closest Regional Club was Illinois Masters with 1557.5 points. Michigan Masters also scored more than the Local Club Division Champion Indy Aquatic Masters that scored 1597.5 points. Michigan Masters won all three categories of Women, Men, and Combined Club titles. The area where we really bonded together and rose to the occasion was the Relays. We out-scored Illinois by 162 points and Indy Aquatic by 149 points. 69 Relays were entered and 46 of them scored. 37 relays from this meet made the 2012/2013 SCY Top Ten out of 59 made for the season. Both of these are the highest total ever for a SCY season.

Seventy one swimmers out of 94 Michigan Masters swimmers entered in the meet scored and received a medal in their individual events. 8 more swimmers helped score points and received medals in relays. So 79 swimmers out of 94 scored and helped us win the National Championship. With this big of a turnout of participating swimmers, I believe this is the best we have ever performed. Michigan Masters swimmers were responsible for

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MICHIGAN WINS SPRING NATIONALS....

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35 individual (14 Women, 21 Men) LMSC State Records and 13 relay (6 Women, 1 Men, 6 Mixed) LMSC State Records that were set during the course of the meet making this one of the most successful Nationals ever. Christian Vanderkaay won four individual events and got second in two others setting two state records in the process. He was the Michigan Masters Men's High Point winner with 62 points. Megan Grunert won three individual events and got second in three others setting four state records in the process. She was the Michigan Masters Women's High Point winner with 60 points. This was both Christian and Megan's first USMS Nationals and both swimmers swim in the 30-34 age group.

Michigan Masters swimmers won a total of 23 USMS Individual National Championship Meet titles. Ray Martin had another outstanding meet winning 3 events, taking 2nd in two others, and one third place in addition to being a member of the National Record setting relay. Rita Gelman won 3 events and got 2nd in two others. Corrin Popp, Ryan Papa, and Bob Doud each won two events. Allan Charlton, Kevin Doak, Susan Dombkowski, and Lindsay Richardson each won one event.

Nine swimmers placed as high as second and those swimmers were Casey Browning, Barb Church, Laura Gogola, Joyce Kowalski, Joel Lockwood, Maria MacGreggor, Matt Perry, and Jim Pogue. Eight swimmers placed as high as 3rd and those swimmers were Rachel Cush, Mary Dehn, Sally Guthrie, Ann Hunt, Paul Karas, Chuck Olson, Shannon Pawloski, and Steve Ruch. With 23 first place finishes, 25 second place finishes, and 25 third place finishes totaling 73 top three finishes, this was the most successful Short Course Nationals for swimmers in the top 3.

Michigan Masters swimmers Valentino Smith, Casey Browning, Fares Ksebati, Aleksandr Bordyukov, Christian Vanderkaay, and Stephen Heaney were photographed in the July/August 2013 issue of Swimmer Magazine for their efforts at the meet.

This is the third time that the Michigan Masters Club outscored every Club in the meet and this is the most impressive because it was accomplished swimming out of state. The 1979 Long Course Nationals and 1996 Long Course Nationals were here in Michigan so this year there was no home state advantage. All of these National Championships where we have outscored every Club in the Nation have been 17 years apart and hopefully we won't have to wait another 17 years to achieve this again.

SALLY GUTHRIE RECEIVES THE 2013 USMS JUNE KRAUSER COMMUNICATIONS AWARD

On September 13, 2013 Sally Guthrie received the June Krauser Communications Award from United States Masters Swimming in Anaheim, California in conjunction with the United States Aquatic Sports Convention. This National Award recognizes outstanding contributions to communications within USMS. Sally is uniquely qualified for this award due to her body of work over a long period of time and a dedication to United States Masters Swimming. With approximately 800 LMSC, Club, and Team/Workout Groups in USMS, to be distinguished for outstanding contributions is quite a remarkable accomplishment. Sally became the Webmaster and Newsletter Editor in 2005. At that time, the LMSC did not have a mailed printed copy newsletter and only had an online version. Sally researched a cost effective way to get a printed copy out to LMSC members two times a year using a bulk mail license. The LMSC found that not all members, especially older swimmers, go online for information and download it

and mailing a newsletter is a way to communicate important information to all the Michigan LMSC members.

As Webmaster, her duties included updating all of the LMSC information for our members. The website contains a Meet Schedule that displays all sanctioned meets with meet flyers, entry forms and contacts, and a Long Distance page, which includes all sanctioned and non-sanctioned Open Water swims in the LMSC as well as the USMS Postal Swims. "Go for the Distance" achievements are promoted as well. She updates, on a regular basis, the Calendar of Events and the Places to Swim for members and future members of USMS. Additional responsibilities include screening and reviewing meet results before posting them to the LMSC website and the USMS Top Times Data Base. She is one of the first in USMS to utilize the tools to submit meet results to the Top Times Data Base and has been responsible for this function since 2006.

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SALLY GUTHRIE RECEIVES JUNE KRAUSER COMMUNICATIONS AWARDcon't

In 2009, Sally became Vice Chair of the Michigan LMSC and in 2011 became Chair of the Michigan LMSC. With these additional responsibilities, she still held the Webmaster and Newsletter responsibilities as well. Under her leadership as Chair, she helped initiate an LMSC Awards banquet and a Coaches Clinic for both coaches and swimmers. The Michigan LMSC has benefited with record growth in both increased registration in membership and increased participation in sanctioned events. The Michigan

LSMC has a 68% participation rate in sanctioned events, which has to be one of the highest in USMS. In addition to pool meets, this figure includes open water swims, postal championships, and the "Go for the Distance" program.

At the national level, Sally became a US Masters convention delegate in 2009 and served as a member of the LMSC Development Committee from

2009 to 2011 and currently serves on the Sports Medicine and Science Committee. At the 2010 USAS Convention she gave the Sports Medicine presentation, entitled "Medication and the Adult Swimmer with Chronic Illness". Additionally, with a colleague and fellow masters swimmer at the University of Michigan, Steve Erickson, she helped design and disseminate a survey questionnaire to all USMS swimmers to evaluate the use and impact of prescription and nonprescription medication on swimming performance and health. Results from this survey have been incorporated into two scientific publications in sports medicine journals. At the 2013 USAS Convention she gave the Sports Medicine presentation on the medical issues that affect training and competition in Open Water Swimming. Recently in the January/February 2014 issue of Swimmer magazine, Sally has a publication titled "Dietary Supplements". Despite being unregulated by the FDA, dietary supplements are increasingly being used for everything from pain management to performance improvement. Sally delves into the efficacy and safety of some common supplements, separating hype from truth.

Sally began masters swimming in the summer of 1999 and swam in her first masters meet on January 23, 2000 at University of Michigan, where she is a Pharmacy Professor in the College of Pharmacy. She started swimming with Ann Arbor Masters and has been a member for over 14 years. In 2004, Sally started to get involved with Michigan Masters and helped bring back the University of Michigan Masters Meet which she co-directed for 3 straight years. She has continued to help run this meet at Eastern Michigan University and last summer was successful for the fourth straight year helping run the Long Course masters meet at EMU. She also assisted with the success of five State Championship meets from 2004 to 2006 and 2008 and 2013 at EMU. In 2010, she received the Chetrick Award for outstanding service to the Michigan LMSC and the Dorothy Donnelly USMS Service Award for outstanding contributions to USMS at the National level.

Sally's swimming career began in 1960 when she swam for the Sierra Swim Club, an AAU club in Sacramento, CA. Her early competitive career ended in 1964 when the swim club closed its doors. Since her swimming pre-dated the historic Title Nine decision, she was unable to swim competitively in high school or college. So, after a lengthy hiatus, she found Masters Swimming in 1999. Her masters swimming accomplishments include being named a US Masters Long Distance All American in 2001 for winning the 3000 postal championship and in 2002 for winning the National 2 Mile Open Water swim. She has won five US Masters National Championship meet titles in 4 different events with the 1650 Free twice, 100 Fly, 200 IM and 400 IM each once. She was the Michigan Masters Women's High Point winner at both the Short Course, and Long Course Nationals in both 2001 and 2011. She has attended 18 US Masters National Meets and 4 YMCA National Meets since 2001.

Sally has attended 14 straight Michigan Masters State Championship Meets winning 80 Individual Championship titles and won the High Point Award in her Age Group 11 times. Sally has made the USMS Top Ten 261 times since 2001. She was part of a USMS National Relay Record in 2009 for the 800 Free Relay in the 200-239 age group. In 2010, she was part of 3 FINA World Record relay swims in the 200-239 age-group in the Women's 400 Free Relay, and in the 240-279 age-group in the Mixed 400 Free Relay, and a Mixed 800 Free Relay.



KEN DANHOF RECEIVES MICHIGAN MASTERS LIFETIME ACHIEVEMENT AWARD

On April 13, 2013 at the Michigan Masters State Championship Meet, Ken Danhof was presented the prestigious Lifetime Achievement Award. The recipient of this award is an individual who has demonstrated outstanding voluntary contributions and a lifetime dedication and devotion to the objectives of Masters swimming in Michigan. Ken pretty much demonstrates these traits for the past 33 years. The following is a brief overview of some of Ken's accomplishments in the swimming community.

Ken learned to swim at an early age from his mother. His mom had attended Michigan State University and swam with the Green Splash synchronized team. Ken swam "age group" with Golden Serpents AAU Club in East Lansing. He then swam at East Lansing High School for 4 years under coach Randy Hagerman. This was after he was cut from the Basketball tryouts his freshman year. In retrospect getting cut from B-Ball was a blessing. An interesting side note: Jock Ambrose (longtime E. Kentwood swim coach) and Meet Director of the 2011/2014 Michigan Masters State Championship Meets swam on the same high school swim team with Ken. Ken then attended Michigan State University and played water polo for 4 years on the club team and was selected team captain his senior year.

After graduation Ken moved to Muskegon where he started a successful career in the banking industry. Today, he is a Vice President at the 53rd Bank in Muskegon. In the Muskegon area there is great access to lakes but very few pools. Fortunately a new YMCA was soon built so he joined there and has been a member for over 30 years. Ken also works out at pools in Spring Lake, Grand Haven, and Grand Rapids. He encourages swimmers at these locations to become members and swim in masters competitions.

Ken has been a continuous member of the Michigan LMSC for 33 years and swam in his first masters meet in 1980. Ken has been a Meet Director of a Michigan Masters sanctioned meet for 32 straight years and that is the

longest of anyone in Michigan Masters history. His first meet took place in February of 1983 at East Kentwood High School and he hosted the meet at this location until February 1995.

In February of 1996, the meet moved to Rockford High School Aquatic Center after Rockford hosted the State Meet in 1995, and Ken was the Meet Director of this meet also. The local meet was at this location until February 2002 when the meet moved to Grand Haven High School Aquatic Center and on February 17, 2013 marked the 12th straight year at this location. West Michigan Masters Swimming Association and Ken as Meet Director hosted 2 State Meets. The first one was in 1987 at Grand Valley State College and that meet was the first State Meet in the western part of the State of Michigan. The second State Meet was at the Rockford HS Aquatic Center and in 1994 ran an additional local meet at this location to prepare for the 1995 State Championship. In 1996, Ken received the Chetrick Award for outstanding service to the Michigan LMSC for his contributions of volunteer service. In 2003, Ken in conjunction with WMMSA started a first year Scholarship program for newly registered college aged Michigan Masters swimmers. The total amount of \$1000 would be allocated to 40 swimmers registration fee, and at that time the registration fee was \$25.00 with \$15.00 going to USMS and \$10.00 going to Michigan Masters. WMMSA paid the \$15.00 National Fee and Michigan Masters paid the \$10 fee for the first year. 33 swimmers took advantage of this the first year and in the second year, USMS through its Zone Grants program paid the \$10.00 instead and we had about the same number of swimmers. This program influenced both the Michigan Masters Scholarship Fund and the USMS College Swimmers Fund which started in 2012 by USMS. Ken says his wife Judy is the key reason he is able to successfully run meets. Although she is not a swimmer she has been a huge supporter of Masters swim meets in West



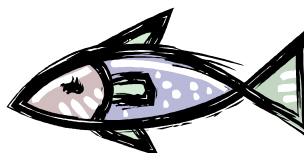
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KEN DANHOF RECEIVES MICHIGAN MASTERS LIFETIME ACHIEVEMENT AWARD.....con't

Michigan. She knows many of the swimmers from her registration duties at the meets. She only missed one in 1988 as their son Michael was born just a month before the East Kentwood meet. Ken has this to say about his involvement with Michigan Masters and USMS. "Masters swimming has been a great way for me to stay healthy and meet wonderful people. Of special note are long time workout partners Sherry Puthoff and Mark Schroeder. Swimming is much more enjoyable with friends. Friends and fun are the real

keys to Masters swimming. Thank you to Michigan Masters for the honor of the 2013 Lifetime Achievement Award. I am grateful for the recognition and honored to be a part of such a fine organization."



RYAN PAPA RECEIVES MICHIGAN MASTERS LAWRENCE AWARD

The Lawrence Award is given annually to those who have achieved outstanding performances in masters swimming representing Michigan Masters. The criteria for this award include outstanding performances in National competition in USMS over the last year as well as over their long term swimming career. Examples include USMS All American selections, National & World Number 1 swims, USMS National and FINA World Records, USMS National Meet titles, FINA World Championship Meet titles, USMS National Top Ten swims, and FINA World Top Ten rankings. The following is a brief overview of Ryan's swimming accomplishments.

Ryan is from the Philippines and started swimming in the late 1980's for the Philippine Amateur Swimming Association. In the summer of 1989, he swam in the USA and had a breakout year. In the 11-12 age-group he swam a time of :25.66

in the 50 meter long course free and that was the fastest time in the country and no swimmer swam faster until 2000. Today that time ranks 6th in the USA Swimming Age-Group rankings, some 25 years later. He was also first in the 50 back, 100 back, 50 fly, 100 fly, and 200 IM. In 1990, he returned to the Philippines and attended Ateneo High School for 2 years and made the National team and swam in Southeast Asian Games where he won the 100 and 200

backstroke. He then qualified and swam in the 1992 Olympics in Barcelona, Spain after his sophomore year of high school and swam the 200 Free, 100 Back, and 200 Back placing 43rd in the latter.

Ryan attended High School in the USA and swam for Mercersburg Academy in his Junior and Senior years in 1993 and 1994. In his junior year he was an All American selection in the 100 back and he was 15th in the



Ken Danhof

Patrick Weiss

Ryan Papa

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RYAN PAPA RECEIVES MICHIGAN MASTERS LAWRENCE AWARD.....con't

nation. Ryan was an All American honorable mention in the 50 Free as well. He was a member of the Mercersburg 200 Medley Relay team (swimming backstroke) that had the fastest time in the country for all High Schools, both Public and Independent. The 200 Free Relay that he was a member of had the second fastest time in the country. In summer of 1993, he again won the 100 and 200 back at the Southeast Asian Games. In his senior year, he was the Eastern Inter-Scholastic champion in the 100 back with a time of 50.88 and that time placed 4th in the nation in the 1994 NISCA HS rankings. He was also All American in two other events placing 18th in the nation in the 50 Free at 21.46 and 8th in the 200 IM at 1:52.45 for Mercersburg Academy.

Ryan attended University of Michigan and was part of one of the greatest recruiting classes in the fall of 1994. Derya Buyukuncu, the 1994 National High School Swimmer of the Year and Jason Lancaster, National High School record holder in the 200 IM were part of that class. Ryan was part of the University of Michigan Men's NCAA Championship team in 1995, that many consider one of the best ever in NCAA history. In 1996, Ryan qualified for his second Olympic team and swam 3 events in Atlanta placing 35th in the 200 Free, 31st in the 100 back, and 25th in the 200 back. During the summer of 1997 at the Jakarta SEA Games, Ryan gave the Philippines its only gold medals in swimming, winning the 100 and 200 backstroke events and three of the country's four silver medals in the 50, 100, and 200 freestyles.

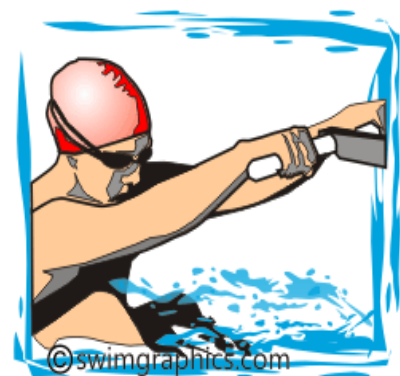
Ryan returned to U of M and graduated in 1998 with a Computer Science degree and finished up his college eligibility in swimming and retired from the Philippine Amateur Swimming Association. Ryan received the U of M Athletic Achievement award all 4 years he was a varsity letterman swimmer. Ryan holds the oldest swimming record for the Southeast Asian Games from 1997 in the 200 meter back with a time of 2:00.96 and it's the only record from the past century. Ryan took a long break to build a career and start a family and did not swim competitively from 1998 until 2010

Ryan started masters swimming in 2010 and achieved USMS All American status in 2010, 2011, 2012, and 2013. In USMS individual events, he has 13 Number 1 swims in

the last 4 years with 5 in 2010, 2 in 2011, 4 in 2012 and 2 in 2013. Ryan has 44 USMS Top Ten swims since 2010 and 38 of them have been in the top 4 in his age-group in USMS. The 44 swims are broken down as follows: 13 Number 1 swims, 13 Number 2 swims, 5 Number 3 swims, and 7 Number 4 swims for a total of 38 top 4 swims in four years. Ryan has 11 FINA World Top Ten rankings for the 2010, 2011, and 2012 years with 4 in 2010, 6 in 2011, and one in 2012. The FINA Top Ten breakdown is as follows: 1 fourth, 2 sixths, 3 sevenths, 1 eighth, 2 ninths, and two tenths.

Ryan swam in the 2010 USMS Short Course Nationals in Atlanta and swam to 1 first, 2 seconds, and 1 third place finish. Ryan swam in the 2013 USMS Short Course Nationals and contributed to the Michigan Masters National Championship effort with 2 firsts, 1 third, and 1 sixth in his individual events and contributed to 4 relays that swam to 1 second, 1 third, and 2 fourths. Ryan has achieved a Number 1 swim in the 50, 100, and 200 Backstroke in each pool course of SCY, SCM, and LCM in his four years as a USMS swimmer in the USMS Top Ten.

Additionally, he has set 36 State Records with 13 in 2010, 6 in 2011, 6 in 2012 and 11 in 2013. He has won 27 State Championship Meet titles and set 7 State Championship Meet Records since the 2010 State Meet. Ryan has won the high point award in his age-group in each of the years he has competed at the State Meet (2010, 2011, 2012, and 2013). Congratulations, Ryan, on receiving the 2013 Lawrence Award and good luck in the future!



PATRICK WEISS RECEIVES MICHIGAN MASTERS CHETRICK AWARD

The Chetrick Award has been awarded since 1978 and is given annually to those who have given outstanding service and continuous voluntary contributions to Michigan Masters Swimming. The recipient of this award is an individual who has exhibited outstanding service and continuous voluntary contributions to the Michigan LMSC. Patrick learned to swim in January of 2009 and joined the masters program at Lifetime Fitness in Rochester. He attended the West Bloomfield and the State Meet as a spectator and decided to join the organization after he witnessed both meets. He made it a goal to swim in his first meet by the fall of 2009 and swam in his first meet in Milan that October.

Since that time he has participated in 90% of the Michigan Masters sanctioned meets just completing his fourth year. He attended the 2010 Short Course Nationals in Atlanta just 17 months after learning how to swim. In 2011, he placed in a relay at the Long Course Nationals at Auburn University. For these efforts, he was awarded the Michigan LMSC "Most Improved Swimmer" award at the 2011 LMSC Awards Banquet.



Patrick was elected LMSC Treasurer at the 2011 Annual Meeting at the State Championship. Since becoming Treasurer, he has instituted the use of accounting software to improve the efficiency of financial reporting. He is the first Treasurer to use the Club Assistant software and he, along with Jason Pacyau, have used this software to improve the efficiency of the reporting process to the USMS National Office. Patrick also made corporate presentations to Volvo, Ford, BMW & Hyundai to become corporate sponsors of the 2012 USMS Spring Nationals in Greensboro.

Patrick has helped grow Masters Programs at 5 Lifetime Fitness Club locations in the metro Detroit, including hanging and displaying USMS banners in the pool area, having USMS promotional brochures in the public area, and creating bulletin boards with meet schedules, announcements, and Michigan Masters Newsletters in both the pool and public areas. His Workout Group is up to over 38 swimmers with 10 USMS registered after 1 year and this is one

of the fastest growing groups in the LMSC.

Recently, Patrick along with our Michigan LMSC Registrar created a data base for swimmers to sign up for their State Meet Team at the 2014 State Meet. This has resulted in a savings of \$750.00 to our LMSC members/teams that swim in the State Championship Meet. This past November Patrick was also one of 16 Masters swimmers from the USA to participate in the USA Swimming Foundation's

Masters Fantasy Camp. This 3 day high altitude training camp was held at the US Olympic Training Center in Colorado Springs, Colorado and involved living in the Olympic Village and training with Olympic coach Dave Marsh and current/former Olympic swimmers Rowdy Gaines, Rickey Berens, Mel Stewart, Garrett Weber-Gale and Janet Evans. Frank Busch and Lindsay Benko Minton from the USA National Team staff were there as well. Through this camp, masters swimmers committed to advancing their skills and had the rare opportunity to train with top Olympic athletes and coaches and access the world's most sophisticated resources for accessing swimming performance. USA Swimming Masters Camp Fantasy fees from the campers go to

the USA Swimming which raises funds to support programs that save lives and build champions in the pool and in life.

Patrick was featured in the USMS "Streamlines" Newsletter in a picture with Olympic Gold medalist Nathan Adrian when he visited Detroit and was part of the Thanksgiving Day parade in 2012 and recently he was pictured with Ricky Berens for his participation in the USA Swimming Masters Fantasy Camp. He is spoken highly of by the USMS Staff for his efforts as the Michigan LMSC Treasurer and Michigan Masters Club Representative and supports the USMS Staff in excellent fashion. The Michigan LMSC is very fortunate and thankful that we found him to volunteer for this position in a very short time and I am hoping we have a lot of years left of his excellent service.



LOIS KIVI NOCHMAN RETIRES FROM MASTERS COMPETITIVE SWIMMING

On November 5, 2013 Lois celebrated her 89th birthday and officially announced she is retiring from Masters Competitive Swimming. Lois has been blessed with an incredible career and gave Michigan Masters 27 years of continued excellence. She was close to retiring in the fall of 2011, a year after being inducted into the International Swimming Hall of Fame but decided to give it one last go and swim for 3 to 4 more years and swim in her new 90-94 age group.



In 2012, because of her husband's failing health she was not able to devote her time to swimming practice and workouts like she is accustomed to doing. Plus she was told she may need shoulder surgery on the shoulder opposite the one she had surgery on in 2003. She continued to

swim in meets without practicing for about a year and swam her last meet on February 3, 2013 at the Brighton meet. In the fall of 2012, the Nochmans moved to an assisted living home and in the spring of 2013 sold their house in Huntington Woods where they lived for over 40 years. With these changes in her life she decided it was time to retire from swimming. Lois says "It takes a lot of time to train and compete the way I have the last 27 years and I neither have the time or commitment to do it at this time in my life. Sometimes life does interfere with one's swimming and you just can't work around the obstacles."

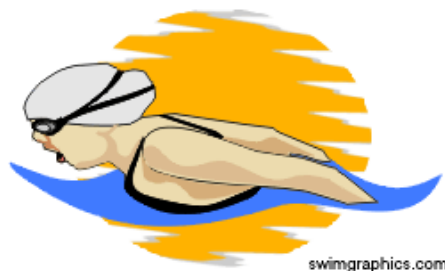
Lois discovered masters competitive swimming relatively late in life. The retired English teacher was 63 when she first started and 23 years later she was inducted into the International Swimming Hall of Fame for being one of the

best masters swimmers in the world. "It was a great honor" said Lois. "When I retired I didn't really have anything to do and I enjoyed swimming. I think back when I started in the age group that I was in, just knowing how to swim made a difference. I didn't expect to win when I began and I was surprised to find out how good I was. After that, I wanted to find out how good I could be." Everyone in the swimming world found out how good Lois was.

Over the past 27 years, Lois has set 111 USMS National Records and 60 FINA World Records. Lois has accumulated 1041 USMS Top Ten swims resulting in 266 USMS Number 1 swims and 470 FINA World Top Ten swims resulting in 104 FINA World Number 1 swims. Lois has been a USMS Relay All American 15-times resulting in 31 Number 1 Relays. She is a 22-time Pool All American and an 18-time Long Distance All American totaling 40 All American selections. Lois is an 18-time USMS All Star comprising of 8 Pool and 10 Long Distance All Star selections. She has participated in 17 USMS National Championship Meets and won 45 titles at those meets. With a record like this, it's safe to say that Lois is the greatest Michigan Masters swimmer ever.

Lois plans to spend time with her family in the future. "My daughters and grandchildren learned to swim but never emerged as competitive swimmers but with the great grandchildren I am very hopeful. Right now the great grandchildren are much too young to swim competitively but they really like the water and swim every chance they get so you never know." Lois had this to say about her career as a masters swimmer, "Joining masters swimming was one of the greatest challenges and adventures in my life and it was the most fun I ever had after I retired from Highland Park Community College in the spring of 1986. I will miss all of the wonderful people I have met through the years and will treasure the experience the rest of my life."

Michigan Masters was lucky to find a swimmer like Lois and appreciates all of the contributions and achievements Lois has given us over 27 years of swimming and she most definitely will be missed.



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TWO NATIONAL RECORD AND THREE WORLD RECORD RELAYS WERE SET BY MICHIGAN MASTERS SWIMMERS IN 2013

It's official. Two USMS Relay National Records and 3 FINA Masters Relay World Records were set in three different Masters meets during the 2013 calendar year. The first National Relay Record was from the USMS Short Course Nationals in Indianapolis. The Michigan Masters Men's 75+ 200 Medley Relay team of Allan Charlton, Joel Lockwood, Ray Martin, and Albert Morley swam a time of 2:25.95 to break the previous record of 2:31.71 set by San Diego back in 2009.

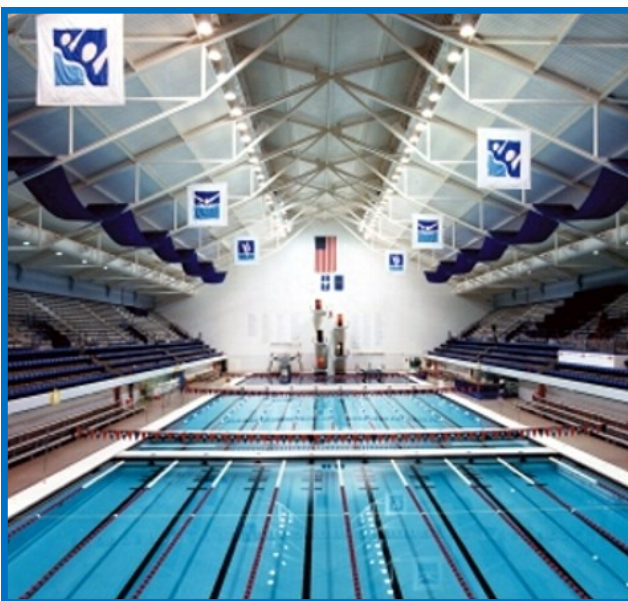
At the Dearborn Long Course Meters meet, the Men's 320-359 age group 400 Free Relay of Bob Doud, Wallie Jeffries, Joel Lockwood, and Erik Lokensgard broke the World Record of 6:53.04 with a time of 6:48.47.

At the Mason Short Course Meters meet, the Men's 320-359 age group 400 Free Relay and 800 Free Relay of Keith Crompton, Richard Chambers, Joel Lockwood and Wallie Jeffries broke both of the World Records in those events. This foursome swam the 400 Free Relay with a time of 6:07.52 to break the previous record of 6:34.69 set by San Diego in 2012. They swam the 800 Free Relay in a time of 13:57.82 to break the previous World and USMS National Record of 14:02.73 set by the Masters of South Texas Club in 2012.

FINA (The World Organization for Aquatic Sports) started Masters Relay World Records in the 2010 year so it's not unusual for a USMS National Relay Record to be faster than the FINA World Record. The foursome has a ways to go to get the 400 Free National Record of 5:40.37, so maybe next year. This was the 28th Relay World Record that has been set by Michigan Masters in the last 5 years.

Since the summer of 2009, Michigan Masters swimmers have set 28 FINA Masters Relay World Records and 46 swimmers have been part of the relays. Here is a summary of all swimmers and how many FINA Masters World Rec-

ords they have set: Lois Kivi Nochman 5, Laura Gogola 4, Denise Brown 3, Sally Guthrie 3, Corrin Popp 3, Edith Glusac 2, Joyce Kowalski 2, Barb Church 2, and Susan Dombkowski 2. Allyson Boyle, Muffy MacKenzie, Cheryl Rivard, and Kristen Trub-Sheikh each had one for the Women.



Bob Doud 10, William Clemons 6, Ray G. Martin 6, Frank Cody 5, Joel Lockwood 5, Elmer Egelkraut 4, Erik Lokensgard 4, Wallie Jeffries 3, Gaard Arneson 3, Wally Dobler 3, Keith Crompton 3, Richard Henderson 3, Joe Buys 2, Richard Chambers 2, Allan Charlton 2, Mitch Jacque 2, Al Morley 2, Chuck Olson 2, and Ron Dubois, Paul Karas, Donald Kroeger, Jim Makarauskas, William Porter, Jim Pogue, Donald Pope, Frank Skip Thompson, Tom Wines, Carl Woolley, Larry Day, Kevin Doak, Cameron Mull, Alec Mull, and Patrick Saucedo each had one for the Men.

Since the summer of 2009, Michigan Masters swimmers have set 16 USMS National Relay Records and 25 swimmers have been part of those relays. Here is a summary of all swimmers and how many USMS National Relay Records they have set: Kevin Doak 9, Alec Mull 9, Patrick Saucedo 9, Adam Schmidt 5, Cameron Mull 4, Donald Pope 2, Edith Glusac 2, Bob Doud 2, Lois Nochman 2, Denise Brown 2, Corrin Popp 2, Ray Martin 2, Joel Lockwood 2, and Marilyn Early, Sally Guthrie, Paul Karas, Jim Pogue, Erik Lokensgard, Kurt Olzmann, Frank Cody, Allan Charlton, Al Morley, Keith Crompton, Richard Chambers, and Wallie Jeffries each had one USMS National Relay Record.





2013 MICHIGAN LMSC AWARDS BANQUET

The third annual Michigan LMSC Awards banquet took place at owner and Michigan Masters swimmer Joe Lopez's Denny's Restaurant in East Lansing on September 29, 2013. Fifty five people were present as 9 Awards were given for LMSC excellence plus swimmers were honored for Continuous Loyalty Masters Membership for renewing their USMS membership in the Michigan LMSC for continuous years. Performance awards of patches and certificates were given for USMS Individual and Relay All American Recognition. FINA patches were given for FINA Individual Top Ten Recognition and for FINA World Record Recognition.

Swimmers were also honored for USMS Awards that were presented on September 13, 2013 at the USAS convention in Garden Grove, California. Door prizes were awarded and several swimmers won yearly Executive Planners provided by United States Aquatic Sports. Five swimming books were given out; Dennis McManus, Susan Myers, and Jonathan Riggs won the "Underwater Window" written by former Michigan Masters swimmer Dan Stephenson. Ray Martin and Jennifer Pope won the "Open Water Swimming" book written by one of the leading experts in Open Water Swimming, Steve Munatones.

Michigan Masters Pool Swimmer of the Year — Christian Vanderkaay



Christian Vanderkaay was the outstanding swimmer for Michigan Masters at the 2013 USMS Short Course Nationals in Indianapolis, Indiana. He won 4 events, got 2nd in two others, and set 3 State Records in the 100 Breast, 100 IM, and 400 IM. He also was part of 4 relays that placed and

scored and helped Michigan Masters toward the National Championship. In the 2013 USMS SCY Top Ten he had 10

swims and 9 of them were in the top 3 in the nation with 4 firsts, 1 second, and 3 thirds.

Christian swam for the University of Michigan Men's swimming team from 2001 to 2005 and was the first of the legendary Vanderkaay brothers to represent the university. He graduated with a BS degree in Biology and then attended the Wayne State School of Medicine, graduating in 2010 and joining the Grand Rapids Medical Education Partners as Family Physician.

Michigan Masters Pool Swimmer of the Year – Ray Martin

At the 2012 Long Course Nationals and 2013 Short Course Nationals, Ray won 7 events, got 2nd in two events, and third in three events. During the 2012 year he was part of 1 National and 2 World Record Relays. Of 29 Top Ten swims he achieved in the 3 courses, 24 of them are in the top 4. The 24 swims are broken down as follows: 7 Number 1 swims, 7 Number 2 swims, 6 Number 3 swims, and 4 Number 4 swims.



He achieved USMS All American status for both 2012 and 2013 with 6 All American swims in 2012 and 1 in 2013.

In the 2012 FINA World Top Ten rankings, Ray was 2nd in the 100 Back, 5th in the 200 Back, and 7 in the 100 IM in SCM. In LCM, Ray was 6th in the 50 Free, 3rd in the 50 Fly, and 5th in the 200 Back. He was a member of 3 Relays that were Number 1 in the FINA World Top Ten and those were the 200 Free and 400 Medley SCM Relays and 400 Free LCM Relay.

Ray began swimming masters in 1972 and was the Michigan LMSC first President/Chair from 1973 to 1977. He spent his working career as an educator beginning in the Lincoln Park Public Schools in 1960 and retiring in 1997 as Principal at Henry Ford Elementary School. In 1978, he received the very first

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2013 MICHIGAN LMSC AWARD BANQUETcon't

Lawrence Award for outstanding swimming performances and accomplishments and the Michigan LMSC awarded him the Lifetime Achievement in 2010.

Michigan Masters Open Water Swimming Award - Marilyn Early and John Cowing

Marilyn started the Coastal Crawl open water swim in Harbor Springs on August 7, 1994 at the Zorn Park Beach. The swim consists of a one mile, two mile, and three mile race as well as a kids fun half mile open water swim. Marilyn began the event as a fundraiser for the Hammerheads Swim Club, the Harbor Springs based swim club she also founded after moving to Harbor Springs to assume the position of community pool director. John Cowing, Marilyn's husband began helping organize the event in 1996, moving to Harbor Springs from Ann Arbor in 1999.

In 1994, Michigan Masters really needed an Open Water Swim. From 1986 until 1992 the only Open Water Swim for USMS swimmers in the state was the Lake Leelanau swim near Traverse City and they offered a one, two mile, and three mile swims. In 1993, the main organizer that put this on moved away and they no longer could run the event. This event had between 75 and 100 swimmers and grew the popularity of open water swimming during this time period. In 1993, there wasn't an open water swimming event for our members and in 1994 Marilyn stepped up and offered this swim for our members to keep open water going and its been going strong now for 20 years

Participation in the Coastal Crawl has grown significantly since its inception and some years as many as 200 swimmers compete, up from approximately 75 swimmers who swam the first event. Racers began off the deck at the beach at Zorn Park, swim toward the opposite coast, then make a left and swim straight for Harbor Point. Turn-arounds for each race are marked by buoys. Swimmers enjoy sight-seeing while on the course because it's the only time you can get out around Harbor Point. The venue can't be beat because you get to swim in clean, cool, refreshing water where you get a beautiful, gorgeous view underwater.

In 2009, in addition to the Coastal Crawl, John and Marilyn ran the USMS 10K Open Water National Championship which 61 swimmers swam in areas where the temper-

ature reached as low as 60 degrees. The water was calm in the harbor but once swimmers went out to the lake it got pretty choppy making very challenging conditions to the very best open water swimmers in the country. This was the first USMS National Open Water Championship in state of Michigan since 1982 and the longest swim as a Masters National Championship in the state of Michigan.

In addition to organizing these swims for 20 years, Marilyn was named a USMS Open Water

All American in 2006 for winning the USMS 5K Open Water National Championship swim in Chicago in the 45-49 age group and in 2008 finished 2nd in the 2.4 mile Open Water National Championship in Madison, Wisconsin.



Michigan Masters Long Distance Swimmer of the Year - Joe Amiller

Joe has participated in 37 USMS Long Distance Postal Championships since 2006. Since 2007, Joe has completed all 5 National Postal Events for 7 straight years offered by USMS and those are the 1 Hour swim, the 5K and 10K LCM swims, and the 3000 Yard and 6000 Yard SCY swims. Of those 37 Championships in his age group, 26 were in the top ten, 16 were in the top 6, and 6 were in the top 4. The top 4 comprised of one second, two thirds, and three fourths. The 2nd place was in 2011 and one of the 3rd places was in 2006 and both swims were in the 10K. In 2007, Joe placed 4th in the 3000, 6000, and 10K events. In 2010, Joe placed 3rd in the 6000.

Joe has participated in the USMS "Go The Distance" program since its inception in 2007. He has been the top male GTD swimmer in the Michigan LMSC for 6 straight years. He has swam over 700

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2013 MICHIGAN LMSC AWARD BANQUET.....con't

Miles in each of his first 6 years. In 2007, he swam 824.61 miles taking 1st in his age group, in 2008, he swam 881.25 miles taking 1st again in his age group. In 2009 and 2010



he took 2nd in his age group swimming 785.95 and 901.84 miles for those years. In 2011, he swam 720.71 miles taking 6th and swam 826.05 miles in 2012 taking 7th in his age group. Joe attended a USMS National Pool Championship in 2007, 2008, 2009, and 2011 and explains because of resting and tapering the 2010 and 2012 totals will be higher because

he did not prepare for a National Championship. He has been one of the most consistent GTD swimmers in the last 7 years.

In addition to Joe's swimming, he is the Fitness and Postal Long Distance Chair for the Michigan LMSC and has been responsible for putting together Long Distance relays since 2009. Joe has been a USMS Long Distance Relay All American in 2008, 2010, 2011, and 2013 resulting in 5 Number 1 relay swims. Joe is an active participant in Open Water swimming completing his 12th straight year in the Motor City mile swimming the 5K in each of 12 years.

*Most Improved Swimmers - Elizabeth Schmaltz
and Steven Heaney*

Elizabeth Schmaltz started masters swimming in the summer of 2012 with her first experience participating in the Club Wolverine Athlete Approved Clinic on August 26, 2013. Elizabeth attended 14 local meets plus the USMS Nationals in a year and a half resulting in 78 swims. Elizabeth improved by more than 16 seconds in 7 events with as much as 3 minutes in the distance free events. In less than a year after starting masters swimming, Elizabeth swam to an 8th place in both the 1650 Free and the 200 IM at the recent 2013 Short Course Nationals in Indianapolis. This past summer, she won the high point award in her age group at the Lakeside Summer Classic, the largest Long

Course Meters meet in the Great Lakes Zone.



Steven Heaney started masters swimming in the summer of 2012 as well with his first meet being the Dearborn LCM meet on July 29, 2012. Since then Steve has attended 16 local meets plus the USMS Nationals in a year and a half resulting in 85 swims. In Steve's first meet in LCM, he swam the 400 IM in 8:08.57 and a year later swam a

6:44.40 an improvement of a minute and 25 seconds. In the 200 Breast at this same meet he swam a 4:16.82 and a year later swam a 3:38.66, an improvement of 38 seconds. Similar improvements were made in the short course with an improvement of 35 seconds in the 400 IM and 17 seconds in the 200 Fly.

In less than a year after starting masters swimming, Steve placed 10th in both the 200 Fly and 400 IM at the recent 2013 Short Course Nationals in Indianapolis. Steve was one of a few swimmers featured in an article and picture in the July/August issue of Swimmer magazine documenting his improvement over the last year. Steve has dropped 50 pounds and stopped taking medication to control his blood sugar and cholesterol. Steve is thrilled to be back swimming and wants to continue for the rest of his life.



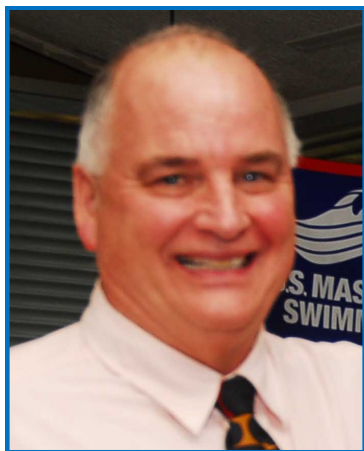
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2013 MICHIGAN LMSC AWARD BANQUET.....con't

Michigan Masters Swimming Coach of the Year 2013 - Frank Skip Thompson

Frank Skip Thompson has been coaching and organizing relays for Michigan swimmers for the more than 25 years that he has been in attendance at the USMS National Championship Meets. His efforts paid off this year as Michigan Masters won the Men's, Women's, and Overall team titles in the Regional Team Club Division at the 2013 USMS Short Course National Meet.



He started out by encouraging swimmers to compete in the meet and he was successful with 96 swimmers from Michigan Masters entered in the meet. Coordinating the entries and swims of 69 relays took a lot of time and in this regard, Skip put team goals above his personal swims. In fact, he choose not to compete in some of his individual events because the relay teams needed his attention. The success of the relays teams undoubtedly put Michigan Masters over the top. Although Skip does not personally coach all of the swimmers who competed at Nationals, he was there to support everyone.

Michigan Masters Memorial Swimming Award - Carol Rhudy

On April 12, 2013 Carol Rhudy passed away after a long illness from cancer. Carol started swimming in masters in 1972 and was a Michigan Masters continuous member from that time until 2009 for 38 continuous years. That time period is longer than any active or past masters swimmer. Carol swam in the very first State Championship meet in 1973 and swam in 34 straight meets until 2007 and that is another record that is longer than any active or past masters swimmer. In the late 1970's and early 1980's, Carol held positions as Newsletter Editor, Records Chair, and Fitness Chair. She was also Co-Meet Director of the 1975 State Meet held at West Bloomfield HS. She also was involved helping out at all the local meets at Oakland Com-

munity College for many years in the 1970's and 1980's.

Carol swam for University of New Mexico and was team captain her senior year where she met her future husband, Bo, who was captain of the Men's team at the same time. After graduating from UNM, she taught K-12 for 8 years in several states before settling in Michigan in 1972. In 1985, she was in a serious car accident and turned to water therapy to help heal her many broken bones. Carol designed a therapy program for herself and within months was back in swim competitions. Soon afterwards, Carol began helping others recover from injuries and surgeries from her water therapy routines. She was hired by Oakland Community College and several other schools to teach water therapy programs. Carol began consulting and started a business in the 1999 called Blue Dolphin Aquatic Rehab that kept her working nearly full time in retirement.

Carol was very friendly and never met a stranger in masters swimming in meets, practices, and socializing at the many parties that were held at her home after local swim meets. She was easy going and fun and her personality was such that swimmers really liked her because she was a person who got involved and really cared about the development of masters swimming. Carol received the Chetrick Award in 1985 for outstanding service to Michigan Masters. In 2011, she was inducted into the University of New Mexico's Hall of Honor for her accomplishments in swimming. Carol will always be remembered by the swimmers that knew her and her spirit will live on with Michigan Masters. On behalf of Michigan Masters, we send our sincere condolences to the family of Carol Rhudy.





MICHIGAN MASTERS RECEIVES USMS AWARDS AT THE 2013 CONVENTION

USMS presents a number of awards annually to those members who have excelled in various areas. As a volunteer-driven organization, USMS is forever grateful to the hundreds of volunteers who give their time, talent, and expertise to help all phases of our programs. Since 2009, Michigan Masters has been the most honored LMSC in the country with 14 USMS National Awards. At the 2013 USMS Convention, Michigan Masters was honored with a June Krauser Communications Award, one USMS Dorothy Donnelly Service Award, and two Kerry O'Brien Coaching Awards.

Jennifer Parks Receives the USMS

Dorothy Donnelly Service Award



USMS presents the Dorothy Donnelly Service Award to volunteers whose service stands out in its scope and impact to the program at the local, regional, national level. Jennifer Parks was one of 14 recipients to receive this award for 2013. She has contributed to USMS for over four decades, in many ways on multiple levels with positive results. Jennifer has coached swim-

ming for many years, including 14 years with the Michigan State University Women's team, and later with high school and masters swimmers. She was Meet Director of several masters swimming events, including two Michigan Masters State Championships and one USMS National Open Water Championship.

Jennifer has been an active masters swimmer since 1972, achieving All American 14 times comprising of 11 Long Distance selections and 3 Pool selections. She has two USMS Long Distance All Star selections (2000 and 2009) and has set 8 USMS National Pool Records.

Jennifer founded the Great Lakes State Masters Club in 2010, with a primary focus on open-water swimming. The

GLSM hosted the Big Red Open Water Swimming event in 2010 and 2011 and those swims were part of the Great Lakes Open Water Swims known as the GLOWS.

Jennifer has served in various officer positions in the Michigan LMSC including Newsletter Editor, Fitness Chair, Safety Chair, Secretary, Vice Chair and served as LMSC President from 2001-2003. She has served in USMS on the Legislation, History & Archives, Fitness, Sports Medicine, and Coaches Committees. Jennifer is a past recipient of the Lawrence Award in 1979 and the Chetrick Award in 1990 from the Michigan LMSC.

Jennifer's greatest impact has been as an ambassador for lifelong participation in swimming. Everyone who crosses her path learns about the benefits of masters swimming, especially improved physical and mental health. She has successfully encouraged many, many people (including her former collegiate swimmers) to join USMS, and she supports their continued participation by asking about their swimming activities and prodding them to train and compete. Her enthusiasm is contagious.

Sue Berger Mann and Don Swalwell Receive the Kerry

O'Brien Coaching Award

The Kerry O'Brien Coaching Award recognizes coaches who are building our membership in communities throughout the country. This award embodies the passion, dedication, and heart these coaches bring to the pool deck every day. It is with efforts of individuals like these that U.S. Masters Swimming will most certainly move to a greater level. In 2013, Sue and Don were two of 11 coaches honored by USMS who exemplify the many attributes that serve as criteria for those chosen for this national award.

Sue Berger-Mann swam in age group swimming and held a YMCA National Record in the 10 & under age group in the 50 yard backstroke in 1971 swimming for Okemos YMCA in Lansing Michigan. Sue swam for Northern Michigan University from 1978 to 1982 and was a 14 time Division II All American and a member of 2 NCAA Championship Relays in 1982. At the 1982 Division II Championship meet, Sue swam to a 2nd in the 200 IM, 4th in both the 50 Back and 100 IM, and 6th in the 100 Back in addition to the championship

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MICHIGAN COACHES HONORED WITH KERRY O'BRIEN AWARD

relays. She was voted the most valuable swimmer 4 years in a row and is the 6th all-time leading scorer for NMU. She was inducted into the Northern Michigan University 1999 Hall of Fame Class for her swimming accomplishments.

Sue started swimming in Michigan Masters in 2002 and started coaching the Rapids Area YMCA (RAYS) masters team with just a handful of individuals. In 2009, they merged with the Capital Area Tri Swim team (CATS) from Lansing and became the Stray Cats. Under her guidance, the Stray Cats are being molded from a small workout



group into a "team" with winning aspirations. In 2009, the Stray Cats won the Small Team Combined Championship and the Men's Large Team Championship. In 2010, the Stray Cats won the Large Team Combined Championship and repeated as the Men's Large Team Champions. This past year in 2013, the Stray Cats won the Small Team Combined Championship and the Women's Small

Team Championship.

Sue shows extreme passion for the sport and has a genuine interest in sharing this with others. She has been a life long coach, with a wealth of knowledge that she loves to impart in an enthusiastic and encouraging way. Sue doesn't just help those who create a winning team, she appreciates every person in the water, regardless of their ability, and has helped to make all the Stray Cat swimmers stronger and faster.

Sue is a respected and appreciated member of the swim community because of her constant desire to help out and pitch in where ever needed. She is well loved by the team for not just providing swim advice or a great workout but also for her ability to provide a listening hear and sound advice. Most every person on the team can speak to her providing some sage wisdom or helping to talk out a problem. Her positive attitude has created an atmosphere of acceptance where swimmers support each other.

She is an abundantly generous person, who is constantly giving back. She is a strong advocate for the RAYS local

age group team and has helped raise funds to send young swimmers to the events to contributing money to buy lane lines for their practices. Sue puts in an extraordinary amount of her own time and money every year to create a delicious charity raising meal at the State Meet and because of her, the Stray Cats have raised thousands of dollars for organizations in need.

The Stray Cat membership speaks of her unique ability to fuse creativity, structure, and camaraderie, wrapped in a rekindled passion to teach and share with her swimmers. Because of Sue's efforts to immerse herself in both LMSC and local outreach activities, her bandwidth of positive influence continues to grow. Sue currently serves as the Officials Chair for the Michigan LMSC.

Don Swalwell has coached the Ann Arbor Masters swimming group for 25 years and re-energized a small local swimming group when he assumed coaching leadership. Several of the swimmers have continued with him over this entire period. Many of the swimmers say their group is more akin to a "family" than just a group of swimmers who work out together.

Don swam blisteringly fast sprints in college, and started his masters coaching career knowing quite a bit about how to train young competitive swimmers but he has been able to adjust his training regimens for the various swimmers of different ages, speeds and abilities that make up a masters swimming group. He has coached swimmers who achieved USMS All-American status and Don has helped not only those of All-American caliber who swam in high school and college, but also those who could barely manage a length of freestyle when they started with his group. And as is important for a top-notch masters coach, he has learned over the years how to train those who are more interested in swimming open water events, or improving their swimming leg in a triathlon than in swimming in pool competitions.

Among Don's many attributes as a coach is his inclusiveness. Over the years he has coached a variety of swimmers with challenges, including Jason Wening, who underwent a bilateral amputation of both legs below the knee. Jason received gold medals in the Barcelona, Atlanta, and Sydney Para-Olympic games and in regular masters events; winning the 25-29 age group in the Big Shoulders 5K open water swim in 2000. Don also has patiently helped "newbies" with their

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KERRY O'BRIEN AWARD.....con't

stroke techniques as well as their confidence. Several of these newbies were able to not only learn to love swimming for fitness, but also take part in open water competitions or in the State Championship. Don's spirit of inclusiveness helped him grow his local group with newer swimmers who had never competed as well as those who swam in college and high school.

Notable amongst the swimmers who had never competed were members of an early morning fitness group of seniors called the Dawn Ducks who swam in the hour following the Ann Arbor Masters workout group. This group of stalwart seniors had never swum competitively. Don took time from his Home Remodeling business to stay after masters workouts and help this group of swimmers with stroke technique and he even taught several of them a new stroke, butterfly, that they had never swum before. Several of these senior swimmers found that they enjoyed competition.

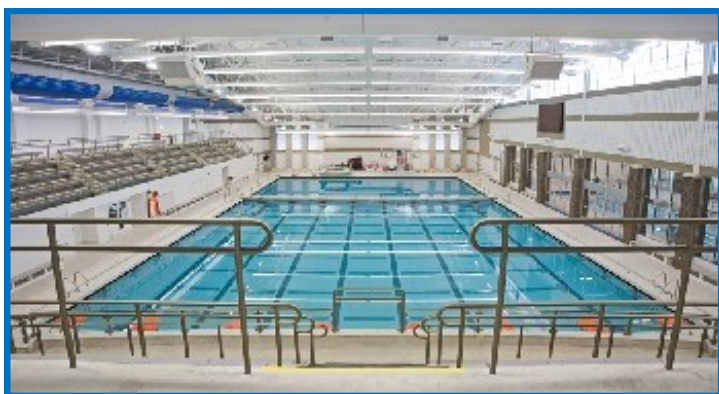
Don was able to take a group of miscellaneous swimmers, seniors, fitness swimmers, newbies, and former college swimmers and instill an esprit de corps that led them to bond as a team and win three Michigan State Masters Swimming Championships, in 2004, 2005, and 2006. In 2007, AAM won the Small Team Women's Championship and in 2008 won the Small Team Combined Championship. In 2012, AAM swept the Small Team Championships winning the Women's, Men's and Combined Championships.



When he began masters coaching Don was only 22, and he's often remarked on how the masters swimmers all looked to him at the time. Over the years he has learned, by experience, when to suggest an older swimmer might consider resting a bit more during an interval, or possibly decreasing the frequency of their workouts. While this may not seem terribly important, it is if you are one of the older swimmers. Basically little is known about the best way to coach the "senior" (over 60) swimmer. Don recently became an ASCA level 1 & 2 certified coach at the USMS masters coaching clinic, demonstrating his continuing commitment to masters swimming.

Don does more than coach masters swimming; he runs a horse boarding and training business with his wife Kathy, as well as his home remodeling business. Over the years Don has helped many of his swimmers not only remodel their swimming strokes, but also remodel their domiciles! Twenty-five years of jumping into his van and driving almost 20 miles into Ann Arbor at 5:15 in the morning, five days a week – rain, snow, sleet, or ice! Who can doubt his dedication? He doesn't do it for the money – because, quite frankly he isn't paid much for coaching Ann Arbor Masters.

Michigan Masters would like to congratulate Coaches Sue Berger Mann and Don Swallow for receiving the much deserved Kerry O'Brien Award!



Don't Forget the Michigan Swimming Event of the Year!

Michigan Masters LMSC State Championship Meet

March 28-30, 2014

East Kentwood Community Pool

East Kentwood High School



MICHIGAN MASTERS SWIM CLINIC A BIG SUCCESS

On August 18, 2013 current University of Michigan swimming coach Mark Hill and former Michigan captains Bobby Savulich and Roman Willets conducted a clinic for 33 US Masters swimmers at Fuller Pool in Ann Arbor. This clinic continued the success of the first clinic that was held a year earlier. The coaching included stroke technique and motivational speaking to make swimmers become better through methods proven by successful swimmers in the Olympic Games. The emphasis was on "Swimmers need to not only train hard, but also swim smart."

Coaching some of the best swimmers in the world, they have a wealth of swimming knowledge including "Three Style Freestyle" with emphasis on hip driven, shoulder driven, and body driven freestyle. The drills they taught are used around the world and teaches swimmers how to use the connections in your body to swim smarter. With demonstrations by the Olympic caliber swimmers, masters swimmers tried to understand and emulate how to swim efficiently improving their stroke along the way. One of the new additions to the clinic this year was using swimming equipment to complement the long-axis body roll concentrating on shoulder roll and hip rotation.

Drills using the swimming snorkel helped swimmers to focus on stroke technique without turning their head to breathe resulting in a full range of motion maintaining body alignment to improve stroke efficiency. Drills using the fore-

arm hand paddles that were specifically designed to help swimmers understand the high-elbow catch, were practiced to reinforce technique and build upper body strength. The Coaching staff also provided the "Coaches Eye Video Analysis" which provided videotaping of swimmers to have their stroke critiqued and they offered voiceovers to provide the swimmers a video to reference later.

After the clinic was completed, swimmers were e-mailed a link for a review and education on the new drills with demonstrations from world class swimmers that was covered in the clinic. The drills including the hip connection drill, the two vertical drills, and the 5 set up drills. Swimmers can constantly refer to these drills while they work on them during the year. Swimmers received a 20% coupon from products that are sponsored and sold by Athlete Approved for successful completion of the clinic.

Mark Hill was a coach at the 2012 Olympic Games and 2013 World Championships. Bobby Savulich is a USA National Champion, World University Games Gold and Silver Medalist, 2 time Pan American Games Silver Medalist, and 13 time Big Ten Champion. Roman Willets is a 2013 Team NCAA National Champion, won 3 Big Ten Championships, and NCAA All American. The Michigan LMSC would like to thank the 3 coaches from Club Wolverine Elite Approved for hosting this excellent clinic and all of the USMS swimmers for attending and supporting this clinic. We look forward to having a clinic in 2014 with them.

