

The Wave Eater



MICHIGAN MASTERS SWIMMING Year-End Review for 2011

MICHIGAN MASTERS CLUB WINS USMS CLUB OF THE YEAR AWARD

On September 16, 2011 the Michigan Masters Club received the 2011 Club of the Year Award from United States Masters Swimming at the Hyatt Regency in Jacksonville, Florida in conjunction with the United States Aquatic Sports Convention. The strengths of USMS are the great clubs that make up its membership. The Club of the Year Award seeks to recognize clubs that exemplify the core objectives of USMS: to Serve, Educate, and Build the Membership. Masters swim clubs that do the most to promote the values and mission of USMS, not only in their communities but also at the national level, are the candidates for this award.

This is a great honor considering there are 745 Clubs registered in 2011 in USMS, to be distinguished as one of

the top two Clubs is quite a remarkable accomplishment.

Davis Aquatic Masters, out of Davis, California was the other recipient of the 2011 Club of the Year Award. Michigan Masters joins an elite group of 6 other Clubs, since award inception year 2006, to be so honored. Ralph Davis, Sally Guthrie, Gail Dummer, Denise

Brown, Patrick Weiss, Jason Pacyau, and Skip Thompson were there as part of the Michigan Masters delegation to accept this prestigious award.

This is the first time in Michigan Masters history that a Club from Michigan has received a National Award of this kind. Michigan Masters have won Club National Championships at three Long Course National Meets, (1979,

1996, and 2009) so this is a nice award to compliment the others. Every swimmer that is a member of the Michigan Masters Club for the last two years should be proud of this honor because every swimmer that registered, swam, volunteered, and supported the Club in any way is directly responsible for Michigan Masters receiving this award.

In 2010, the Michigan Masters Club achieved one of the largest increases in percentage growth in USMS registrations. The Michigan Masters Club had 777 swimmers registered in 2010, compared to 634 in 2009. This represents a 22.6 % increase from 2009. In 2010, the Michigan LMSC had the largest percentage increase in members from 2009 in the country with LMSC's over 100 swimmers. Our final 2009 registrations numbered 663, compared with

834 in 2010, which represents a 25.8% increase in membership.

This was the first time in Michigan Masters history that we have led the nation in annual percentage growth. With 93.3 % of the LMSC membership, this has to be one of the largest increases in Club growth in the country.

With the increased growth in the Michigan Masters Club, membership retention has hit high achievement levels as well. The Michigan Masters Club has a retention rate of 65% and that is currently 4% ahead of the National Average of 61%. The increase in registrations has led to a 18% increases in attendance of swimmers at the 13 pool meets

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MICHIGAN MASTERS CLUB WINS USMS CLUB OF THE YEAR.... *Con't....*

offered in 2010 in our LMSC. Additionally, almost half (47%) of all registered Club members in the Michigan LMSC participated in our State Championship meet in the last 4 years. This is the largest percent of LMSC participation in the country. The energy and enthusiasm that is built up over the year hits its high point at the Michigan Masters State Championship meet.

In Indianapolis, at the 2009 Long Course Nationals, Michigan Masters won the Combined Regional Team Division for their first USMS National Championship since 1996. This was followed up at the 2010 Short Course Nationals in Atlanta with a 4th place finish overall; the highest combined club placing achieved by our club in a Short Course Nationals since 1975. The esprit d'corps established among Michigan Masters swimmers has encouraged many of our newer swimmers to attempt competing at a national championship. At the 2011 Short Course Nationals in Mesa, Arizona, 8 new swimmers out of 18 swam to an 8th place Regional Club Banner. And, finally, at the 2011 Long Course Nationals 11 swimmers swam to an 8th place Regional Club Banner making it 3 years in a row the Club has won a banner.

During 2009 and 2010, 30 Michigan Masters swimmers were named USMS All Americans (18 Pool and 12 Long Distance). From 2009 thru 2011, 19 different swimmers were USMS National Champions at the two USMS Championship National meets.

For the 2010/2011 year, 42 of our Club members (5% of the LMSC membership) swam in SCM/LCM relays, setting 23 FINA Relay World Records. From 2009 until the end of 2011, 35 individual, and 13 relay USMS National Records have been set. In addition to the 23 relay World Records, 21 individual event World Records have been set.

In 2010, twenty-seven relays were first in the USMS Top Ten for all 3 courses (SCY, LCM, SCM), the largest number in Michigan Masters history and one of the largest Club totals in the country. 46 swimmers were named USMS Relay All Americans as a result of the 27 first place relays and that matches the 46 Relay All American swimmers from the 1996 Michigan Masters Club, when the Club hosted the USMS Long Course Nationals and at that time it was the largest Long Course Nationals and ranks second in attendance today.

The May/June 2010 issue of Swimmer Magazine contained two feature articles on Michigan Masters swimmers in the Swimming Life section. The first article featured how Ralph Davis, who received a heart transplant, swam in the Transplant Games meet a year following the

operation. Today Ralph not only still swims but also serves as USMS Treasurer. The second article featured the first-ever 200 Free Relay in the 360-399 age group, composed of Michigan Masters swimmers. The oldest member of this relay was Donald Pope, at age 96. He began swimming in masters meets a little over three years ago at the age of 93. Edith Glusac, at the age of 92, swam in the relay despite suffering two strokes in the last three years. The other two members, Lois Nochman and Bob Doud have been swimming since the early 1990's and both have been USMS All Americans.

The May/June 2011 issue of Swimmer Magazine featured an article about a Michigan Masters Club member, Bryce Chase, 32, who suffers from autism, and the many challenges he has faced. He has lived with autism his entire life, and according to Chase and his coach, Suzanne Grebe, Bryce never had a place outside his family where he belonged, until he found masters swimming. In addition to improving his swimming skills, master swimming has also improved his social interaction skills. In fact swimming has done so much for his life, that he has been able to discontinue the medication that he needed to take before he started masters swimming.

The Michigan Masters Scholarship fund started in 2008, and it provides financial assistance to the child of a master's swimmer in Michigan. The award is not restricted to swimmers but is intended to provide qualified swimmers financial assistance in attending a college or university. Five grants of \$1000 have been provided to 3 students since 2008. It is hoped that even if a scholarship is awarded to a non swimmer, he or she might consider joining our organization in the future. Revenue for this award comes from contributions of individual club members. This program is the first of its kind in USMS and is a way that our Club serves the local community.

The Michigan Masters Club initiated an LMSC Awards Banquet on October 15, 2011 to honor our swimmers accomplishments both in and out of the water. One of the most important awards given and the first LMSC to give a membership award past 15 years was the Continuous Loyalty Masters Membership Award. The award was given in 5 year increments up to 30 years of continuous membership in the Michigan LMSC. Swimmers were recognized for their due diligence of renewing and supporting the local and national organization every year.

Michigan Masters Club members have received USMS recognition for excellence, with six Dorothy Donnelly Service Awards, four Kerry O'Brien Coaching Awards, a Speedo/US Masters Coach of the Year Award, a Captain Ransom Arthur Award, a Ted Haartz Staff Appreciation Award, and a Recipient of the USMS Athletes Inducted into the International Masters Swimming Hall of Fame.



TED HAARTZ U.S. MASTERS SWIMMING STAFF APPRECIATION AWARD GOES TO RALPH DAVIS

The Ted Haartz U.S. Masters Swimming Staff Appreciation Award recognizes one individual each year who demonstrates excellence in assisting and supporting the U.S. Masters Swimming staff in the national office with its professional duties of servicing, promoting, and building the membership. This award celebrates the organization's volunteer roots, as well as its future, specifically by recognizing efforts that support and assist the staff in its responsibilities. The award is named in honor of Ted Haartz, a leader in U.S. Masters Swimming since 1970, who helped establish the foundation for U.S. Masters Swimming's evolution into a professionally operated organization. During Haartz's tenure as President, U.S. Masters Swimming became the only self-governed Masters organization in the world. This year's honoree is Ralph Davis.

Under Ralph Davis, USMS has created an Audit Committee and Investment Committee. Our Audit Committee meets annually face to face and selected our new auditors that specialize in non-profit accounting. We now provide an annual audit for USMS to ensure the organization is safeguarded and financially transparent. Our Investment Committee likewise selected our investment managers, meets annually and is responsible for implementing our Investment policy. During this time he oversaw the selection, purchase and installation of new accounting software.

To the staff, Ralph has been a valuable resource, sounding board, and mentor. When it came time to bring production of SWIMMER magazine in house, Ralph was there to help us review the responsibilities, contract and financial saving to USMS of more than \$100,000 a year. When we changed our employment management services provider, Ralph was instrumental as well in ensuring the organization and our employees were protected.

Ralph Davis has been the Michigan Masters Treasurer from 1997 until 2007 when he became Vice Chair and then in 2009 became Chair of the Michigan LMSC. In 2004, he received the Chetrick Award for outstanding service to the Michigan LMSC. He has been a member of the USMS Finance Committee since 2000 and became Vice Chair in 2002 and Chair in 2007. He was elected to the Executive Committee in 2009 as USMS Treasurer. He has executive responsibility of the Audit, Finance, and Investment Committees.

In 2010, he received the Dorothy Donnelly USMS Service Award for outstanding service to the National Organization and he was featured in the article "Gift of Life" in



USMS Swimmer magazine. What you may not know, is that Ralph is a heart transplant recipient. He's competed in the Transplant Games taking home his share of ribbons. Ralph has had a change of heart, but his commitment to USMS is unwavering.

BOB CROSBY RECEIVES 2011 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. In 1998, Michigan Masters had no masters swim meets in the greater Detroit area. Brighton was the closest at that time and we had meets in Ann Arbor, Jackson, Flint, Midland, and Lansing at the time. Dawn Hewitt, a masters swimmer at the time mentioned this to Bob Crosby when she was swimming in lap swim at West Bloomfield HS. Bob not only offered to do a meet, but if we wanted to he would run two local meets for us during the short course season. At the time this seem a little much, but he said he could get lots of volunteers because he would run this as a high school function and he would get the swimmers, parents, and all others that were involved in West Bloomfield swimming to be involved in the running of the meet. This meet would not be like the other masters meets because the HS would be in charge and underwrite the whole meet.

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BOB CROSBY RECEIVES 2011 MICHIGAN MASTERS CHETRICK AWARDcon't

With this he could have it recognized because they would have their own insurance and he could have non USMS swimmers try the meet and if they liked it they could decide to join the USMS. He was really the first Meet Director to think "Outside the Box" to get swimmers to swim in the meet. One of the different things he did that no one was doing at the time was he organized the parents to cook a meal at the school cafeteria for the swimmers so that when they finished swimming in the meet, they could have a lunch/dinner before they went home. This provided not only good food for everyone but a nice social atmosphere for swimmers to socialize and get to know their fellow masters swimmers. I can honestly say that the West Bloomfield teams of the past 13 years have the best post lunch meal for a local Michigan Masters meet that I have ever seen. Every year they have excellent service with this and the swimmers respond by showing up at the meet because it is the one unique thing that this meet does. The meet has been an influence on high school teams like Milan, Mason and Dewitt because they host a post meet meal.

He has made this meet a priority for all of the High School swim teams. The

Girls season ends in mid November and he always hosts the meet a week before the Girls HS State Meet. The Boys season ends in mid March and it's also a week before the Boys HS State Meet. He has done this consistently for 13 straight years and has had the best average local attendance of any Michigan Masters meet excluding the State Meet. This past November was the 27th straight Masters swim meet he has hosted. The money that is earned is used to fund the HS programs expenses for out of town meets like the MISCA meet at Eastern Michigan and the State Championship meet. Masters swimmers have responded positively because he always has the highest attendance of any local meet.

Before he got into coaching, Bob was a state finalist in the 50 Free for Detroit Ford HS. Swimming for Eastern Michigan University, he won the 100 Free at the National College Division Championships in 1972 which helped EMU to the National College Division team title. Bob is retired from teaching at West Bloomfield HS but still loves coaching HS swimmers and plans to coach a few more years. We are lucky that we found someone we can work with for the last 13 years and has a passion for swimming and hosting these two meets a year. Congratulations Bob for this very deserving award.



SKIP THOMPSON (L) & BOB CROSBY (R)



FRANK (SKIP) THOMPSON RECEIVES MICHIGAN MASTERS LIFETIME ACHIEVEMENT AWARD

On April 16, 2011 at the Michigan Masters State Championship Meet, Skip Thompson 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. He is the 10th person and the youngest to receive this award at 59 years old. He celebrated his 30th year as a Michigan Masters registered swimmer and is one of only 3 swimmers that have been continuous members for 30 straight years. The following is a brief overview of some of Skip's accomplishments within the Master's swimming communi-



ty.

Skip began masters swimming in 1982 after being away from swimming since 1970. He swam summer Club, AAU, High School, and one semester of college swimming at Western Michigan University before returning. His first USMS masters competition was on August 1, 1982 at the USMS 2 Mile Cable Swim Open Water Championship that was held near Lansing. The course was a ¼ mile straightway and swimmers had to go around the course 8 times. Skip was in the 30-34 age group and took a 3rd place. That is where he came into contact with some of the members of the South Oakland Seals and joined the team about a month later. In 1982/1983 year he swam all of the local meets including the State Meet. He attended both the 1983 Short Course Nationals in Fort Lauderdale and the 1983 Long Course Nationals in Indianapolis at the new facility that was just a year old. That first year he

managed a top ten swim in the 200 LCM Backstroke.

Skip became involved as volunteer when he was Co Meet Director of the 1985 State Meet at Oakland Community College. He started running the local SOS meet at OCC in 1986 and ran it for 7 straight years. He also started running the Dearborn Long Course Meet in 1987 and last year was his 25th straight year. In addition to these local meets, he has been Meet Director for 11 State Championship Meets in a 23 year span and that is more than anyone in Michigan Masters. He was elected Treasurer in 1987 for his first LMSC Officer position and has served terms of Secretary, Records/Top Ten, Fitness Chair, Coaches Chair, Officials Chair, Vice Chair, and LMSC Chair. He is currently serving a 4th term as Sanctions Chair and the only volunteer position he has not filled is that of LMSC Registrar. In 1991, he received the Chetrick Award for outstanding service to the Michigan LMSC. This year will be his 26th straight year as an LMSC volunteer.

At the National level of USMS, he has served on the Championship, Long Range Planning, Coaches, Rules, Zone, and Nominating Committees. He was elected as the Great Lakes Zone Chairman from 1992 to 1999 and was a member of the USMS Board of Directors during that time period. He has been involved in special projects at the National level, such as the USMS National Elections, USMS National Time Standards, and the USMS History and Archives project. In 1999, he received the Dorothy Donnelly USMS Service Award for outstanding service to the National Organization.

Some recent accomplishments that have been spearheaded by Skip in the past several years include: initiation of online registration for the Michigan Masters State Championship, proposing a rule change at the National USMS level allowing 18 year-olds to swim in Masters meets, initiating a change to the universal use of HyTek Meet Manager software by all hosts of Michigan Masters swim meets, overseeing the reporting of recent meet results on the Michigan Masters website and on the Events database on the USMS website (which enables our swimmers to gauge how their times compare to others in their age group), and acting as Michigan Masters liaison for

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FRANK (SKIP) THOMPSON RECEIVES LIFETIME ACHIEVEMENT AWARDcon't

new swimmers seeking information about workout groups or masters swimming in general. In 2011, Skip and Sally Guthrie initiated the first annual LMSC Awards banquet.

Skip has been coaching within Michigan Masters since 1984. He has coached the South Oakland Seals from 1984 until 2008 and in that 25-year time frame they won 15 Large and 3 Small Team Championships. From the fall of 1988 until the spring of 2000, the South Oakland Seals won 12 straight State Championships at 9 different facilities around the state of Michigan. In 1996, he coached the Michigan Masters team of 228 swimmers to a Women's, Men's, and Combined National Championship. He has been team rep/coach every year except 1995 at the USMS Nationals that he has attended. For these efforts he was selected the 2000 USMS Coach of the Year from the USMS Coaches Committee for both his local and national accomplishments.

Skip's swimming accomplishments include the following: 10 time USMS Individual Event All American (3 Pool, 7 Long Distance) 14 time USMS Relay All American, FINA World Top Ten Champion, FINA Relay World Record Holder, USMS and YMCA National Record Holder and USMS and YMCA National Champion. He has 19 YMCA National individual titles and 15 USMS National

individual titles. Skip has 229 USMS top ten swims and has 106 FINA World top ten swims.

Skip believes in PVC, which stands for Participation, Volunteerism, and Competition. He strives to do each of these every year. Currently, he has participated in 29 straight State Championship meets dating back to 1983. He needs 6 more to pass the all time record of 34 held by Carol Rhudy. Currently, he has been a USMS masters delegate for 24 straight years and that is the longest continuous years of any Michigan Masters swimmer. He was featured in the March/April 2011 issue of Swimmer magazine in the section "Inside USMS" for the Volunteer Profile. Since 1987, he has competed in at least 1 USMS National Championship Pool Meet for 25 straight years and needs 3 years to pass Bob Heritier's record of 27.

He has dedicated a major portion of his life over 25 years to ensuring that the Michigan LMSC runs efficiently so that swimmers in our LMSC can enjoy their masters swimming experience. Congratulations Skip for this very deserving award.



DONALD POPE RECEIVES 2011 MICHIGAN MASTERS LAWRENCE AWARD

The Lawrence Award is given annually to those who have achieved outstanding performances in masters swimming representing Michigan Masters. Donald was a longtime runner who ran well into his 80's and he frequently placed first in his age group while running 10K races, but eventually had to find something kinder and gentler for his knees. He started swimming masters at the age of 93 in 2008, and his first meet was on January 27, 2009 at Harper Creek. He swam the 50 Free and 50 Back and liked the experience so much that he swam in the 2008 State Meet and won 4 events. He continued to swim in 2009 and improved his times in the free and backstroke events because that is what he enjoyed swimming. He went to the 2009 State Meet and repeated his performances from 2008 winning 4 events.

In 2010, he aged up to the 95-99 age group becoming the first Michigan Masters swimmer ever to swim in that age group. He began the 2010 year swimming in two relays that set two USMS National Records and one FINA World Record. The 200 Free Relay and the 400 Free Relay that he was on were the first relays ever for

the 360-399 age group and there was a story in US Masters Swimmer magazine about this accomplishment. Donald is 96 and without his swimming the relay, there would be no relay. He swam with Edith Glusac, Bob Doud, and Lois Kivi Nochman and the two National and 1 World Record they set is still standing at the end of 2011.

At the 2010 State Meet, he won all five of his events and set State Records. What he didn't expect is setting a USMS National Record in the 200 yard Back for the 95-99 age group. He was the first male swimmer in USMS history to swim and complete the event for the 95-99 age group. So for the year, he set 1 World Record as part of a relay and 3 National Records (1 individual and 2 relay).

For the 2010 year, he ended up with 9 Number 1 swims and 1 Number 2 swim in the USMS Top Ten in the 95-99 age group. For his efforts, he was named a 2010 USMS Pool All Star for the Men 95-99 age group. The only other Michigan Masters swimmer named to the Pool All Star team for 2010 was Masters Hall of Fame swimmer, Lois Kivi Nochman so you know he is in good

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DONALD POPE LAWRENCE AWARD (con't)

company. A Pool All Star is a swimmer that has achieved the most first places in their age group. Donald planned on



swimming in 2011 but was injured and waiting to recover so he could get back in the pool. On April 30, 2011 after a short illness, Donald passed away at the age of 96 just 13 days after being honored with this award. He was very pleased and appreciative to receive this honor. At 96, he is the oldest swimmer we ever had and the oldest USMS record holder to compete in Michigan Masters history.

ELMER EGELKRAUT RECEIVES THE KERRY O'BRIEN COACHING AWARD

USMS presents a number of awards annually to 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. Among those volunteers are some whose service stands out in its scope and its impact on the program and the USMS members who have benefited from their efforts on the local, regional, and national level. At the 2011 USAS Convention, Michigan Masters was honored with three National Awards. Along with the 2011 Club of the Year Award and Ralph Davis receiving the Ted Haartz USMS Staff Appreciation Award, Elmer Egelkraut received the Kerry O'Brien Coaching Award.

The U.S. Masters Swimming Coaches Committee initiated a new award in 2008 with the goal of recognizing coaches who are building our membership in communities throughout our country. Originally named the Grass Roots Coaching Award, it has been renamed to honor Coach Kerry O'Brien of Walnut Creek Masters, who embodies the passion, dedication, and heart that these coaches bring to the pool deck. It is with the efforts of individuals like these that U.S. Masters Swimming will most certainly move to a greater level.

Elmer Egelkraut certainly demonstrates these qualities.

At the 2009 State Meet, the Battle Creek Y team had 27 swimmers. In 2010, that number went to 46 swimmers and last year in 2011 that number went to 80 swimmers. The number of participants and the points that were scored to win the first Large Team Championship are a direct result of Elmer's initiative. The Battle Creek Masters have benefited from the enormous contribution he has made in the community to promote and encourage masters swimming. Just as gratifying is seeing the amount of improvement so many people made from being adequate fitness swimmers to gaining the courage and confidence to dive off a starting block. The Battle Creek Y is truly grateful for the incredible job he has done to build a large and sustainable swimming program for masters swimmers in the community and the masters swimmers value the positive effect he is making in their lives.

The Battle Creek Y team has traditionally been a loose collection of individual swimmers who organize themselves for large scale events such as the State Meet or USMS Nationals and then drift back to their own individual workout times and places. Elmer was one of those core team members who has now brought focus, purpose, and cohesiveness where it formerly did not exist. More importantly, he has broadened the reach and appeal of adult fitness swimming to many times the number of people who had been involved even just two years ago.

In recent years, Elmer was increasingly approached by fitness swimmers that sought instruction in stroke technique and workout planning. Elmer would freely give up some of his personal workout



time to share advice and encouragement. As the number of people seeking his counsel grew, two mornings a week were identified as a time he would make himself available for coaching sessions. A group of triathletes caught on to what was going on and asked to join as well. By 2010, the scene exploded and practices were filled 3 mornings a week with as much as 25 to 30 swimmers. Elmer coaches at other times of the day and he may coach up to 50 swimmers in one day.



ELMER EGELKRAUT... ..con't

Kerry O'Brien had this to say when presenting the award to Elmer. "The focus and unity you have instilled, and the resulting accomplishments that the Battle Creek Y Masters have enjoyed under your tenure, is a very impressive display of dedication. Your vision, passion, and gift of motivation continue to positively impact an entire community. The skills and the attention to detail you deliver to your program to ensure a fun, challenging, and engaging experience for all, displays a commitment level that says "We have a

place for you". There are many ways to create a thriving program, and know that what you have done in your team is an example of a truly successful model". I quote Randy Parker when I say that "Pounds have been lost, bodies have been shaped, and friendships have been developed".

"On behalf of the coaches committee of United States Masters Swimming, I want to thank you for your devotion to our sport, and wish you many years of continued accomplishment. USMS, Michigan Masters, and Battle Creek Y Mastes specifically are very fortune to have your services."

RELAY WORLD RECORDS SET BY MICHIGAN MASTERS SWIMMERS IN 2011

It's official! 6 FINA Masters Relay World Records were set in three different Michigan Masters meets during the 2011 calendar year. Three from the Milford meet, two from the Eastern Michigan University meet and one from the Mason meet.

At the Milford Short Course Meters meet, the Men's 280-319 age group 800 Free Relay of Ray Martin, Allan Charlton, Erik Lokensgard, and Gaard Arneson broke the World Record of 11:31.11 with a time of 11:25.43. The Men's 320-359 age group 800 Free Relay of Elmer Egelkraut, Bob Doud, William Clemons, and Al Morley set the first recorded World Record in this age group since FINA started World Records for this event last year with a time of 16:37.01. The same three swimmers plus Richard Henderson replacing Al Morley broke the World Record of 7:29.61 with a time of 7:22.74 for the 400 Free Relay in the 320-359 age group.

At the EMU Long Course Meters meet, the Men's 320-359 age group 400 Free Relay of Elmer Egelkraut, Bob Doud, William Clemons, and Tom Wines broke the World Record of 9:06.34 with a time of 7:50.41. The Men's 320-359 age group 800 Free Relay of Allan Charlton, Bob Doud, William Clemons, and Carl Woolley set the first recorded World Record in this age group since FINA started World Records for this event last year with a time of 17:01.80.

At the Mason Short Course Meters meet, the Men's 280-319 age group 400 Medley Relay of Ray Martin, Frank Cody, Larry Day, and Wally Dobler broke the World Record of 5:33.78 with a time 5:26.52 and this was the 23rd Relay World Record that has been set by Michigan Masters in the last two years.

World Records for 2011 were set as follows: Bob Doud 4, William Clemons 4, Elmer Egelkraut 3, Allan Charlton 2, and Ray Martin 2. Richard Henderson, Al Morley, Tom Wines, Carl Woolley, Erik Lokensgard, Gaard Arneson, Frank Cody, Larry Day, and Wally Dobler each had one.



Since the summer of 2009, Michigan Masters swimmers have set 23 FINA Masters Relay World Records and 42 swimmers have been part of the relays. Here is a summary of all swimmers and how many FINA Masters World Records they have set: Lois Kivi Nochman 5, Laura Gogola 4, Denise Brown 3, Sally Guthrie 3, Corrin Popps 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 7, William Clemons 6, Frank Cody 5, Elmer Egelkraut 4, Ray G. Martin 4, Gaard Arneson 3, Wally Dobler 3, Erik Lokensgard 3, Joe Buys 2, Allan Charlton 2, Richard Henderson 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.

The 13 Women and 29 Men that made up the 23 World Record Relays will be eligible to receive a FINA World Record Certificate and a FINA World Record patch.



2011 MICHIGAN LMSC AWARDS BANQUET

The first Michigan LMSC Awards banquet took place at Fox Hills Golf & Banquet Club on October 15, 2011. Fifty two 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.



Most Improved Swimmer – Patrick Weiss

Patrick stated masters swimming in the fall of 2009. He had never swam before and learned the strokes and how to practice with a team in the last two years. He practices at Lifetime Fitness in Rochester Hills. Since the fall of 2009, he has competed in 43 meets and attended both the 2010 Short Course Nationals in Atlanta and the 2011 Long Course Nation-

als at Auburn University. He has worked to get his 50 meter free time down to 34 seconds. He received a 10th place National medal this past summer in the 200 Mixed Free Relay. He was elected Treasurer of Michigan Masters this past year.

Most Inspirational Swimmer – Brice Chase

Brice was featured in article in Swimmer magazine titled "Spectrum of Ability. The main point in the article was that swimmers with developmental disabilities prove that what sets them apart doesn't have to hold them back. Brice 32, has been diagnosed with autism and since he joined the masters team (Milford Aquatic Club) and worked with Coach Suzanne Grebe, his life has changed dramatically with both his swimming and with his social interaction with people, so much so that he has been able to be taken off of his past medications. Look what swimming in masters can do, Special needs swimmers should be embraced and pushed to excel to their full potential.



Most Inspirational Swimmer –

Lois Kivi Nochman

Lois was not only the first women masters swimmer, but the first women swimmer in the state of Michigan to be inducted into the International Swimming Hall of Fame. This past year Lois hit another milestone with over 1000 National Top Ten swims that was completed in 24 years of competition. Considering the next highest swimmer in the Michigan LMSC has 381 that will be a record that probably will never be broken by a Michigan Masters swimmer.

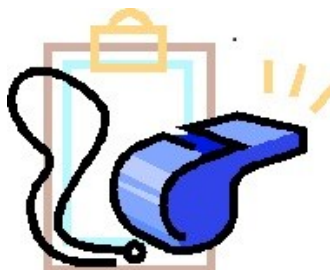


Michigan Masters Swimming Coach of the Year 2010 – Suzanne Grebe



Suzanne Grebe, founder of the Milford Athletic Club in 2006, was recently honored last year with the 2010 Kerry O'Brien Coaching Award by U.S. Masters Swimming for her success in helping swimmers and former non swimmers meet and surpass their goals, as well as growing the group to 200-plus members in just four years. The MAC is a nonprofit organization

which promotes social athletic and competitive events and activities in the Huron Valley community to improve health, fitness and recreation. Currently, member srange in age from 18 to 82, and many are triathletes, participating in swimming, biking and running. In 2010, Grebe led the MAC Women's team to a Small Team State Championship and in 2011 the MAC Women's team took second overall behind Battle Creek.





2011 MICHIGAN LMSC AWARD BANQUETcon't

Michigan Masters Swimming Coach of the Year 2011 – Elmer Fgelkraut



Randy Parker, Jeff Bailey and Al Morley accepted this award in Elmer's absence.

Michigan Masters Special Services Award – Joe Gohl

The special services award recognizes an individual, organization, business, or group that has gone the extra mile by contributing outstanding service to a team, Club, LMSC, or United States Masters Swimming. In 2006, Joe was nominated and elected the LMSC Coordinator



for Masters Swimming for the USAS Convention that was held at the Hyatt Regency Hotel in Dearborn, Michigan from September 10-17, 2006.

Joe was also the home host and he was responsible for letting USMS store supplies and he received USMS items before the convention at his home. Michigan Masters was responsible for all of the hospitality for over 200 masters delegates from all over the country. He was

also responsible for getting the Dunworth 50 meter pool that was only 2 miles away from the hotel. This was the first time there was a 50 meter pool available for 6 days during the convention when the standard is only three days.

The hospitality suite was manned 16 hours a day and never ran out of food and delegates were impressed with the high standard that was set for the whole week at the convention.



USMS President Rob Copeland had this to say about the high marks set for future convention hosts to follow: "And I would be remiss if I didn't acknowledge the hospitality of our hosts from Michigan. In true master's spirit you went above and beyond the call of duty in making us feel welcome and in finding a place for us to work out". Congratulations Joe on this very special award.

Michigan Masters Open Water Swimmer of the Year – Jenny Birmelin

Jenny Birmelin, age 34, has earned her place in history as the first Michigan woman to complete a solo swim of the English Channel. She began her swim Saturday, August 20 at Shakespeare Beach in Dover, England at 4:05 AM GMT (12:05 AM EST) and arrived 3:36 PM GMT (11:36 AM EST) the same day on the sandy beach of Wissant, France. While the English Channel is 21 miles, Jenny actually swam 28 land miles (24 nautical miles) due to the tides. Her official recorded time is 11 hours, 31 minutes, 7 seconds - faster than her anticipated time of 13 hours. Jenny's time is in the fastest twenty-five percent of all English Channel solo swim times (414 out of 1651). Records have been kept since the first solo swim in 1875.

Swimming the English Channel is often referred to as the "Mount Everest" of open water swimming and is considered to be one of the most physically demanding swims in the world. There have been half as many swimmers to make the English Channel crossing than climbers to summit Mt. Everest. Jenny endured water temperatures that ranged from 56 -63 degrees Fahrenheit, strong currents, jellyfish, and shared the water with big ships as the English Channel is one of the busiest shipping lanes in the world. At hours three thru five, Jenny endured water temperatures that dropped from 63 to 56 degrees. Noah and Jenny attended the Channel Swimming Association's Awards Dinner & Presentation (CSA) on November 5 in Dover Town Hall. Jenny was





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surprised and honored by the CSA to be the Fastest American swimmer in 2011 with the Robert Lyle Memorial Trophy. Her name was engraved along w/ Paul Robinson, who swam the EXACT same time.

Jenny was the 2009 and 2010 USMS 10K Open Water National Champion and named a USMS Long Distance All American in 2009 and 2010. She was named a USMS All Star in 2009 for winning and placing in more National Championship events than any swimmer in the women's 30-34 age group in USMS. In 2011, she won the 10K Postal National Championship. "Swimming the English Channel represents another life goal that I set, worked toward and reached. You always need to be in 'in pursuit'. That is how I've lived my life" said Jenny. Congratulations Jenny on reaching your goal of completing the channel and being awarded Open Water Swimmer of the Year.

Michigan Masters Long Distance Swimmer of the Year – Denise Brown

Since 2004, Denise Brown has been the most successful Long Distance swimmer in the Michigan LMSC. From 2004 until the present time she has won 35 USMS National Championships in Long Distance events at these Championships. 17 have been in Postal Events, 14 in Pool National Championships in both Short and Long Course, and 4 have been in Open Water events including two 25K National Championships. Denise was named a USMS All American 11 times (4 Pool and 7 Long Distance). She was also named a USMS Long Distance All Star in 2008, 2009, and 2010 for winning and placing in more National Championship events than any swimmer competing in her age group.

In 2009, Denise set two USMS Long Distance National Records in the 3000 Yard and 6000 Yard Postal Swim Championships and won four postal events that year. In 2010, she set her first USMS National Pool Record in the 1000 Free at the 2010 Short Course Nationals. That year she won 4 out of the five postal events (5K, 10K, 3000Y 6000Y) and was second in the 1 Hour Swim. In 2011, she won the 1 Hour Swim to win each event while she was in the 50-54 age group.

In March of 2011, Denise managed to break her foot but still swam and won 4 USMS National Championship events. She won the 25K and managed to win the three of the four USMS Postal events that were offered in the second half of the year. She won the 5K, 10K, and 6000 Yard Postal. She was 2nd in the 3000 Y Postal swim and

considering her broken foot with a lot of turns and push offs off the wall, this is a remarkable accomplishment.

Denise was interviewed by Misty Hyman after the first day of the 2011 USMS Long Course Nationals. Having to wear a boot and on crutches for 17 weeks because of the slow healing, she managed to take a second place in the 800 Free and was an inspiration to everyone who saw her swim. Misty asked if she was in pain and Denise responded that masters swimmers learn to live and deal with pain. Denise was the recipient of the Lawrence Award for outstanding swimming performances in 2007 and elected Secretary of the Michigan LMSC this past year. Congratulations on having the best Long Distance performances of the year and being awarded the Long Distance Swimmer of the Year.



Michigan Masters Pool Swimmer of the Year – Larry Day

Larry Day aged up to the 60-64 age group this past year and won a total of 7 USMS National Championships at both the USMS Short Course Nationals and Long Course Nationals. He set 2 FINA World Records and 4 USMS National Records in the 200 Fly and 400 IM in both courses during the 2011 year. Larry had not swam in a USMS National Championship meet since 2001 when he swept the Fly events (50, 100, 200) at both National meets and set 2 World and 2 National Records in the 100 and 200 meter Fly. He started back swimming in competitions in 2009 to get ready when he turned 60.

What people did not realize was that he suffered a heart attack in 2008 and never thought he would swim competitively again let alone set any records. He started his record breaking performances at the State Meet when he set a USMS National Record in the 200 Fly. He followed that up with a USMS National Record in the 400 IM at the Short Course Nationals. He also won the 100 Fly at these same Nationals.

At the 2011 USMS Long Course Nationals at Auburn University, he won 5 out of 6 events he swam and set two National and 2 World Records in the same events of 200 Fly and 400 IM. He also won the 50 Fly, 100 Fly, and 200 IM. He was third in the 200 Breast. So far in



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the 2011 year, he has 7 number 1 swims, 2 number 2 swims, and 2 number 3 swims in the USMS National Top Ten. This past October, he was part of a World Record relay in the SCM 280-319 age group in the 400 Medley Relay.

For his USMS career, he has been named a USMS All American three times (1992, 2001, 2011), has a career total of 1 World, and 15 National Championship meet titles, and has set 4 World and 9 National Records. He has 14 Number 1 swims in the USMS National Top 10 up to the 2011 year. Larry received the Lawrence Award from Michigan Masters in 2002, for outstanding swimming performances.

Larry was interviewed by Misty Hyman on the fourth and final day of the 2011 USMS Long Course Nationals. After having a fantastic meet, he said the experience was special for himself and a gift from god that he was able to come back and just compete in swimming and never thought that he would ever get any records like he did back in 2001.



He was also interviewed by Jeff Comings on Swimming World's morning swim show and talked about his experiences and how he came back to swimming. He also explained the underwater pace clock that he invented and how it helped him in training to be successful. He currently sells these clocks all over the world and many swimmers have benefited from "My Pace Pal" while they either train by themselves or want to

have uninterrupted swimming while keeping pace in workout training sets. Congratulations Larry on having the best Pool performances of the year and being awarded the Pool Swimmer of the Year.

***Butternuts 2011 Award – James D'Amour & Frank Cody***

The Butternuts is a group formed by Team NASTI in Indiana. They extend their membership to anyone brave enough, some might say "nuts enough", to swim at least a 500 meter/yard distance of continuous butterfly! This year two Michigan Masters members were inducted into the ButterNuts fraternity.



James D'Amour, from Ann Arbor, joined ButterNuts back in 2007, when he swam both a 500 and a 1650 continuous butterfly. Those of us who have known James for awhile know that he truly is a "butter nut" and will often swim butterfly instead of an IM in workout!

Frank Cody is also no stranger to the butterfly. He often places in the National and World Top Ten in the 200 fly. However, a 200 meter fly is a trivial distance in comparison to the 1500 meters of continuous butterfly he swam one day this year in workout.

We decided that a fitting award for two such stalwart swimmers would be an inspiring book about extraordinary swimmers entitled "Swimmers: Courage and Triumph". and both James and Frank were presented with a copy of this book at the banquet.

Frank and James have discussed competing against each other in either a 1500 or 1650 butterfly some time this year. That should be quite a race. Good luck guys!

