

The Wave Eater



MICHIGAN MASTERS SWIMMING Year-End Review for 2012

2012 – A YEAR OF PROGRESS FOR THE MICHIGAN MASTERS

The 2012 year has been very successful for the Michigan LMSC. After being awarded the 2011 Club of the Year National Award by USMS for doing the most to promote the values and mission of USMS, Michigan Masters started the 2012 year ready to improve on the 2011 Year. For the 3rd straight year, Michigan LMSC registration has topped 800 swimmers. LMSC Registrations for 2013 are already at record levels and we may have more than 850 members by year's end.



the attendance record of 361 Michigan LMSC is planning on offering 14 local meets plus the State Championship meet for 2013. The majority of 2012 meets had attendance increases from 2011. One of the strengths of Michigan Masters is our high participation rate in our State Championship Meet. All of the Workout Groups should be commended for encouraging their swimmers to participate in the meet at record levels for the last 4 years. Fifty percent of our LMSC members swim in the State

The 2012 State Championship meet had 345 swimmers or more for the 3rd straight year. USMS Executive Director, Rob Butcher paid us a visit during the 2012 State Championship meet at the end of March in Lake Orion. He was able to observe the record participation of our LMSC Workout Group members and the infectious enthusiasm of our competitors at this event.

The 2013 State Meet could attract between 375 and 400 swimmers, which would break set back in 1998. The Michi-



Championship and this is a higher participation rate than



any other LMSC in the country. Also 68% of the Michigan LMSC participates in at least one USMS sanctioned event annu-

ally. This 68% figure includes pool meets, open water swims, postal championships, stroke clinics, and the "Go for the Distance Program". With this high participation in the different programs, it's hoped that swimmers are finding value with being a registered member with USMS.

The 2013 State Meet will last three days, starting with an early session of the 1650 free in the early afternoon on Friday for those distance swimmers that want to swim early and avoid the late evening. Additionally there will still be a 1650 session that starts in the evening so that we can accommodate all who want to swim in this distance event that has become increasingly popular at the State Meet.



At the end of April, ten Michigan LMSC Coaches attended the ASCA Masters Certification Level 1 and 2 class courses in Geneva, Ohio to earn the new USMS Masters Coach Certification. In addition, two more coaches attended the same certification class course offered in Noblesville, Indiana in June. With 12 coaches certified this year, Michigan has one of the highest certification totals per registered swimmers in the LMSC.

Continued on next page....



A YEAR OF PROGRESS FOR MICHIGAN MASTERS.... *Con't....*



The Michigan Masters Club Team earned two USMS Club Championship banners (9th at Short Course and 10th at Long Course Nationals). We now have a total of seven banners in a row dating back to the 2009 Long Course Regional Championship! The USMS Short Course Nationals will be held at the IUPUI Natatorium in Indianapolis and this will be the closest Nationals to Michigan for the next five years. In 2009, Michigan Mas-

ters won the Regional National Championship at this same pool and we are hoping for a repeat performance in 2013.

Michigan Masters hosted the first sanctioned masters stroke clinic in eight years with University of Michigan's Head Coach, Mike Bottom and his staff of Olympic caliber

coaches. With 65 swimmers, this was the largest masters swim clinic ever hosted in Michigan and we are planning on hosting another one this year.

The second annual LMSC Awards Banquet took place on October 13, 2012 and built on the success of 2011 Awards Banquet. Forty-five people were present as nine plaques were awarded for LMSC excellence. Long-time Michigan Masters LMSC members were honored for their continuous loyalty. Award-

ees received their Continuous Loyalty awards as acknowledgment of their loyal Michigan LMSC membership for five to 30+ years. Additionally, six door prizes were awarded to attendees whose names were drawn from a hat.



RALPH DAVIS RECEIVES MICHIGAN MASTERS LIFETIME ACHIEVEMENT AWARD

On March 24, 2012 at the Michigan Masters State Championship Meet, Ralph Davis 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 11th person to receive this award and he celebrated his 20th straight year as a Michigan Masters registered swimmer. The following is a brief overview of some of Ralph's accomplishments within the Master's swimming community.

Ralph had not swam competitively since 1965, when he was co-captain of the Royal Oak Dondero High School Boys swim team. Ralph swam in his first masters meet in January of 1989 at Kalamazoo College with his high school teammates and friends Dennis McManus and Tom Hunt. He enjoyed the experience but because of his work

demands and travel schedule he was unable to swim continuously until the fall of 1992 after completing more than a 20-year career as International Comptroller at Federal Mogul Corporation. He joined the South Oakland Seals swim team and began practicing at the brand new pool that just opened where he attended high school at R.O. Dondero. Normally accustomed to middle distance freestyle in high school, Ralph transitioned to masters sprint events in all four strokes. At the 1995 State Meet, he was reunited with his high school teammates Dennis McManus, Tom Hunt, and Jay Mahler and it was the first time they swam a relay together since 1965 some 30 years ago. Ralph was elected to be the Michigan Masters Treasurer in 1997 after he demonstrated a strong presence of financial responsibility during the 1996 Long Course Nationals at University of Michigan in Ann Arbor where Michigan Masters was the host.

Continued on next page....



RALPH DAVIS RECEIVES MICHIGAN MASTERS LIFETIME ACHIEVEMENT AWARDcon't

Ralph was the Michigan Masters Treasurer from 1997 until 2007 when he became Vice Chair and then in 2009 became Chair of the Michigan LMSC. In 1998, he was Co-Meet Director of the State Meet in which the Michigan



LMSC and its Officers were the host and to this day it's the largest in attendance at 361 swimmers. In 1999, he helped secure Oakland University as a new site for the State Meet. In 2000, he went to his first USMS Convention as a Michigan delegate and was selected to serve on the Finance Committee. He was appointed Vice Chair of the Finance Committee

in 2002 and additionally to his credit he was appointed to the newly established Ad Hoc Legal Counselors Committee. In 2001, he served as one of the liaisons to the USMS National Convention hosted in Dearborn.

In 2004, he received the Chetrick Award for outstanding service to the Michigan LMSC for his steadfast commitment not only for his LMSC financial responsibilities but for all of the volunteer time toward both national and state wide initiatives. In 1990, Ralph was diagnosed with a slight atrial fibrillation, a disorder found in about 2.2 million Americans where the heart's two smaller upper chambers quiver instead of beating effectively. The condition can ultimately lead to dangerous blood clots and stroke. Doctors told him he would eventually need a pacemaker, a device he received in 2004. In February 2005, medication for a simple sinus infection adversely reacted with the anticoagulant he was taking for his heart. Excessive internal bleeding led to a blood clot in his lung. His condition spiraled downward, and he was transferred to U-M hospital in Ann Arbor.

The right ventricle of his heart had failed. Both lungs eventually quit working. His kidney and liver followed suit. Davis was put on an extracorporeal membrane oxygenation machine on June 23, 2005. During ECMO, the blood is oxygenated outside the body by an artificial lung and circulates with the help of an external pump, allowing the heart and lungs to rest. "I tell him that's the day he died. He would have if he was anywhere else (but U-M hospital),"

his wife, Bonnie Davis, recalls.

By July 2005, Ralph was given a 65 percent chance to survive the surgery he needed to receive two implantable ventricular assist devices (IVAD), says his wife. The IVADs help the right ventricle of the heart pump blood to the lungs and the left ventricle pump blood to the body. A staph infection pushed him to "the brink of death," his wife says. Bonnie Davis says doctors took her husband off heavy sedation in August to see if he could rally. Doctors asked Ralph if he could move his head. "He picked his head up off the pillow. (The doctor and I) both looked at each other startled," Bonnie Davis remembers. "He picked up his hand. He was trying to give the OK sign. They (the doctors) kept going full speed ahead. He rallied. They didn't think he would walk before he got a new heart. He did. He's a very motivated person."

Stuck in bed virtually motionless for six months, Ralph's muscles atrophied. Bonnie challenged him to walk before their grandson's first birthday in September. Ralph labored through physical therapy to win the bet. He went home Nov. 30, 2005, with a portable IVAD machine to wait for a transplant. Someone had to be with him 24 hours to ensure his safety. By January, 2006, he was back at U-M, partly because a faulty alarm on his machine kept going off. It turned out to be a blessing. The family received a call that a heart was available and with Ralph in the hospital, he was ready to go. "I won the lottery," Ralph remembers thinking on February 10, 2006, when the doctor came into his room and told him that he was going to be receiving a new heart. He probably wouldn't have been high enough on the transplant list if he had been at home. Less than 24 hours later Ralph's heart transplant was complete and he came home 16 days after the transplant.

His new heart reacted well to the mountain of medications used to stabilize his immune system. He credits his family, his care at U-M and his swimming for his recovery. After months of walking, he was back in the pool a mere six months after his transplant, in September 2006, and works out at the Brighton High School pool at least twice a week with his lifelong friend, Dennis McManus. Ralph currently works very closely with the University of Michigan Cardiovascular Center and was included in the accompanying advertisement for the "Michigan Difference" campaign. He was seen on billboards on the greater Detroit expressways and was featured in a TV commercial during the 2007 Rose Bowl game seen by millions of viewers on January 1, 2007. In 2006, Ralph returned to his role as the long-time treasurer of Michigan Masters Swimming and attended the

Continued on next page....



RALPH DAVIS RECEIVES MICHIGAN MASTERS LIFETIME ACHIEVEMENT AWARDcon't

USMS Convention as a Michigan delegate that the Michigan LMSC hosted here in Dearborn, Michigan. He was reappointed to the Finance Committee and the swimmers in USMS were so happy to see him recovered. He picked up right where he left off and he, along with Dennis McManus, were responsible for organizing and hosting the Masters Social for over 188 USMS delegates that attended the convention.

In 2007, he was elected Vice Chair of the Michigan LMSC and became Chair of the USMS Finance Committee. One of the most important projects Ralph worked on was the Michigan Masters Scholarship Fund Program. The program was initiated in 2008 and provides financial assistance to children of a master's swimmer in the Michigan LMSC. Ralph established the criteria for eligibility and selection of scholarship applicants. Ralph has collected resumes, screened qualified candidates, and made recommendations to the Michigan Masters Endowment Committee. Six grants of \$1000 have been provided to four students since 2008. Subsequently, USMS initiated its own scholarship fund program and they were heavily influenced by what is being done here in the Michigan LMSC.

In 2009, Ralph was elected to the Executive Committee in USMS as Treasurer and he performed these duties along with the duties of LMSC Chair until 2011. He was re-elected to a second term as USMS Treasurer, which will end in the fall of 2013. As USMS Treasurer, he has executive responsibility of the Audit, Finance, and Investment Committees along with his responsibility as Treasurer. In 2010, he received his first USMS National

Award, 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.

In 2011, he received his second USMS National Award, the Ted Haartz Staff Appreciation Award for helping organize and work on the Audit and Investment Committees. He was a valuable resource to the USMS staff when it came time to bring production of SWIMMER magazine in-house. This resulted in a financial savings to USMS of more than a \$100,000 a year. When USMS changed their employment management services provider, Ralph was instrumental as well in ensuring the organization and its employees were well protected.

Ralph Davis appreciates everyday life now more than ever. A two-foot-long scar on his chest and four crater-like scars in his stomach are constant reminders of the fight of his life. "I was given a second chance," he says. The Michigan LMSC and USMS are extremely grateful for his recovery and very much appreciate the outstanding service he has provided during his lifetime as a masters swimmer. Congratulations Ralph on this very deserving award!



FRANK CODY RECEIVES MICHIGAN MASTERS LAWRENCE AWARD

The Lawrence Award is given annually to those who have achieved outstanding performances in masters swimming representing Michigan Masters. Frank registered for Michigan Masters in 2005 and just completed his 8th year of swimming competition.

The following is a brief overview of Frank's swimming accomplishments. Frank learned how to swim when he was six and swam in his first meet in 1950 at the age of seven at the Detroit Boat Club in the nine and under age group. He won the club trophy for the three strokes that were contested at that time. He found out that he was a much better butterfly-breastroker than the other strokes,

so he became a specialist in that and the IM. He lettered in high school for four years at U. of D. High School, finishing 3rd, 4th, and 2nd in 100 fly in his last three years in city championships. At that time, Detroit Public Schools were considered the equal of the Michigan High School Championships and so he did not compete in state championships. U. of D. High was the only private school in the league. His best time as a senior in the championships was 1:04.5 in the 100 butterfly-breaststroke.

From seventh through twelfth grade, Frank also swam for Detroit Turners AAU Club

Continued on next page....



FRANK CODY RECEIVES MICHIGAN MASTERS LAWRENCE AWARD.....con't

under the excellent coach, especially for breast stroke, Roy Pouliot. Rules changed in 1954 for AAU swimming so that there were four strokes rather than just three. Frank swam

on the boys 13 and 14 age group relay team that year that set a national age group record in the 200 Medley on which Frank swam breaststroke, all underwater. Frank says "I developed the habit of starting my workouts with three lengths underwater without coming up for a breath in those days. The summer of 1955 when I was 14 and swimming for Camp Chikopi, north of Toronto, under the direction of former University of Michigan and then University of Oklahoma coach, Matt Mann, I participated and placed in the 200 breast and 100 fly at the Canadian National Championships and swam butterfly on the record setting 400 medley relay. Chikopi when I was there (1953-1957) had the good fortune of an impressive stable of breaststrokers. Ron Clarke, Cy Hopkins, and Dick Nelson went on to be NCAA champions. Manuel Sanguilly was a finalist in the Pan-American games and Joe McGuinness was Canadian national champion. All of us were working out together and competing among ourselves. Workouts, though, were a joke compared to what they are now, though we did swim some days, four times. I did my first mile butterfly there, foreshadowing of Butternuts, on a long course (1/6 of a mile) in 36 minutes at the age of 12."

Although swimming laps through the years as a way of staying aerobically fit, Frank only participated in one meet, an ersatz Detroit Masters competition when he was 49, held at the old Cass Tech High School pool. Frank remembers placing 2nd in 50 back, fly, and free and 1st in the 50 breast. Frank's next venture into competition was when the Michigan Senior Olympics came to Kalamazoo in 2005 when he was 64. He had two first places, 100 breast and 200 breast, without competition, as it turned out, but it whet his whistle for more and he learned that there were national championships in 2007 that he would be able to qualify for by placing in the next year's events, again held in Kalamazoo.

So by 2006, in Kalamazoo again, he was able to qualify for the 50 and 100 fly, 50, 100, and 200 breast for the nationals in Louisville in 2007.

Ralph Davis and Frank Cody



As late fall rolled around in 2006, he realized that he would be embarrassed and not achieve much if he didn't start some training for the July meet, so he joined Great Lakes Aquatics masters team in Kalamazoo and found out what real swim workouts were like under the tutelage of the coach, Vince Gallant. Frank was the oldest swimmer. Within a few weeks Vince had Frank swimming sets of 200 fly, and he swam in his first masters swim meet at Harper Creek, on January 28, 2007.

Tom Wines, whom he met at the meet, called Frank the next month and let him know that his 100 breast time was good enough to qualify for the masters nationals that year, and then he was really hooked. He decided with great fear and trepidation to go to his first USMS SC nationals in Federal Way that year and ended up placing 5th in the 200 fly and 10th in the 100. In Louisville, at the National Senior Olympics he medaled in all events, with his best being a 2nd in the 100 fly. He kept up his activity in Senior Olympics setting a number of state records, even breaking Wally Dobler's 200 back record in 2010 with a 3:04 despite his crazy stroke, and he finally ended up getting a 1st in a national event, when he won the 100 fly at the national senior games in Houston in 2011 in 1:20.20. Frank also broke the National Senior Games record in the 200 breast, with a 3:01.13, but a swimmer by the name of Michael Freshley, the masters national record holder for the event, won with a time of 2:46.46. He also finished 2nd to Freshley in the 100 and 200 IM and the 200 breast and 2nd, too, in the 200 back to Gaylord Hopkins.

Frank has 76 USMS Top Ten swims since 2008 and half of these swims have been in the top four of the 70-74 age group with seven Number one swims, 11 Number two swims, eight Number three swims, and 12 Number four swims. Additionally, he has set 28 LMSC State Records

Continued on next page....



FRANK CODY RECEIVES MICHIGAN MASTERS LAWRENCE AWARD.....con't

and has won 14 LMSC State Championship Meet titles and set five LMSC State Championship Meet Records since 2007. Frank is a five time USMS All American (two Individual, three Relay). In individual events, he has seven Number one swims with six in 2010, and one in 2011. In 2010 and 2011, he placed first in the 200 Back, 200 Breast, and 200 Fly and he is the first male swimmer in Michigan Masters history to place first in these three events in a two year period. He joins Jewell Cooke and Lois Kivi Nochman as the only swimmers to accomplish this.

As a member of Michigan Masters Relays, Frank has been part of 12 USMS National Champion Top Ten Relays, with one in 2008, two in 2009, four in 2010, and five in 2011. His 32 USMS Relay Top Ten include 12 Number one relays, four Number two relays, and seven Number three relays. As a member of Michigan Masters Relays in the 280-319 age group, the relays have made the FINA Top Ten 10 times, with two Number one relays, one Number two relay, and two Number three relays for half of the relays in the top three. The 2011 SCM 400 Medley Relay (5:26.52) and the 2012 LCM 800 Free Relay (12:23.90) Number one Relays set Relay World Records.

Frank has been a relay team member of one USMS National and five FINA World Records Relays to date. At the EMU meet on January 15, 2012 the 65+ 400 Medley Relay team, in which he swam breaststroke, set the USMS National Record of 5:01.20 to break the 2008 USMS National Record of 5:01.35. All of the FINA World Relay Records were achieved in 2010 and 2011. At the 2008 FINA World Championships, in Perth, Australia swimming in the 65-69 age group he placed top 16 in four events with a 6th in the 400 IM, 8th in the 200 Fly, 14th in the 200 Breast, and 16th in the 100 Fly. At the 2010 World Championships in Sweden,

swimming in the 70-74 age group he placed top 12 in five events with a 2nd in the 400 IM, 6th in both the 200 Breast and 200 Fly, and 11th in both the 100 Fly and 200 Back. At the 2011 USMS Short Course Nationals in Mesa, Arizona he swam to four 2nd places and two 3rd place finishes. He was the Michigan Masters Men's High Point Winner for the meet, outscoring outstanding swimmers like Kevin Doak, Alec Mull, and Larry Day.

In 2010, Frank made the FINA World Top Ten in three events with a 10th in the 200 Fly and an 8th in the 400 IM for SCM and was 9th in the 400 IM for LCM. In 2011, he made the FINA World Top Ten in five events with a 9th in the 200 Fly and an 10th in the 400 IM for SCM and was 8th in the 100 Fly, 4th in the 200 Fly and 6th in the 400 IM for LCM for a total of eight FINA World Top Tens in the last two years.

Frank received one of two "Butternuts" awards that were given out at the 2011 Michigan LMSC Awards banquet for swimmers that have swam a distance of 500 or more of continuous butterfly. On July 6, 2011 Frank swam 1500 meters of butterfly at the Long Course 50 meter "Kick" pool in Kalamazoo with a time of 31 minutes and 4 seconds. He was inducted into the membership of the Butternuts fraternity, which is an organization out of Noblesville, Indiana that keeps track of members around the world who swim continuous butterfly for 500 yards minimum or greater. The Butternuts include a small but growing number of Michigan Masters swimmers among their ranks: Frank Cody, James D'Amour, Jeri Kessenich, Michael Muma, Susan Kay Smith, Rachael Steil, Tamara Steil, Tina VandeGuchte, and Cathy Vila. A hardy group to be sure!

Congratulations Frank on receiving the 2012 Lawrence Award and good luck in the future.



JASON PACYAU 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. Jason Pacyau began swimming at the age of six in the district/public park system in Hawaii and swimming wasn't his main sport growing up. Jason was a top competitor in karate, winning multiple gold medals at the State, National, and Junior Olympics (AAU) competitions. Jason was the youngest member of Team USA at the 1990 Goodwill Games in Seattle, winning a demonstration gold in the team form competition. After high school, Jason joined the Air Force and was stationed at K.I. Sawyer (UP) and Tinker (OKC) bases. He completed his military career at Selfridge Air Force base right here in Michigan.

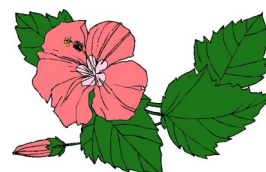
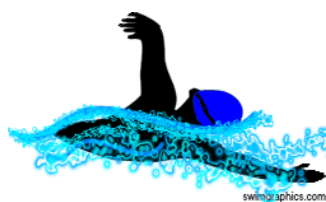
Jason became a member of Michigan Masters Ann Arbor team in 2003 and has been a continuous member for 11 years. He swam in his first meet on January 18, 2004 at U of M Canham Natatorium. He has attended 12 State Championship Meets and is one of the team organizers for his Workout Group. He was responsible for ordering and managing the purchase of team suits and team warm-up uniforms for the entire Ann Arbor Masters team. In the last several years, Jason has gotten to know many of the Michigan Masters LMSC swimmers through his job as Registrar.

Jason was appointed Registrar for the Michigan LMSC in September 2010 and took over the job of registrar in the middle of a term and managed to bring himself up to speed in a very short period of time. He had one month to learn the duties of the Registrar for the Club/Workout Group registration in October for the swimmer registration in November. In a very short time he brought himself up to speed and also learned all of the new requirements the USMS Registrars had to follow plus all of the Club Assistant duties as well. Recently the job of Registrar has changed quite a bit and Jason has cheerfully and enthusiastically applied

himself to learning every new facet of the job. He has performed admirably and was recently elected to the office of Registrar to a new 2 year term at the last election. He is an expert at public relations and is always friendly, helpful, and efficient.

One of the strategies he has used is the Club Assistant Registration e-mail member service to communicate with all of the swimmers in the LMSC about meets and important news that LMSC swimmers should know about. He has been very pro active with Meet Directors with Registration data and sends the RE 1 file to meet hosts and assists meet directors who need his help with registration issues. He foresees potential problems and rectifies past mistakes when they occur. As Registrar, he supports Coaches, Meet Directors, and Swimmers to insure smooth running, safe, and enjoyable practices and meets. He lets swimmers know where practices are located and communicates with everyone to help swimmers with this service.

The USMS Staff speaks highly of his efforts as the Michigan Masters Registrar and his excellent support of the USMS Staff. The Michigan LMSC is very fortunate and thankful that we found him to volunteer for this position in a very short time and we are hoping we have a lot of years left of his excellent service. Aside from swimming, Jason's favorite sport is tennis and he regularly participates in organized practices at Farmington Racquet Club. Congratulations, Jason!





KEVIN DOAK SETS 3 USMS NATIONAL RECORDS AND WINS SIX EVENTS AT THE 2012 LONG COURSE NATIONALS

In April 2011, Kevin made a commitment to try and make an Olympic Trial qualifying time in the 100 meter backstroke to qualify to swim in the 2012 Olympic Trials to be held in about 15 months time. He had qualified in 2008 and wanted a return trip to Omaha. University of Michigan Canham Natarorium was hosting the Erik Namesnik Grand Prix and this was a good test to see where his times were. Kevin had just started Long Course training and with Masters State Meet and USMS Nationals in the next month, he wanted to get an early start and have at least three months before the big meets in August.

His 100 back time at the meet was a 1:01.40 and his other events were a bit short of the qualifying times. With the results of this meet, Kevin came to the conclusion that he had to make some decisions regarding the future of his training. He was proud of what he accomplished that weekend, but he was even more motivated to improve now that he knew where he stood in LCM races. Kevin remained 4.5 seconds away from the 100 fly cut, .09 seconds from the 50 free cut, and 3.8 seconds from the 100 back cut and this is the event he qualified for in 2008. He realized his current workout regiment would not get him there and changes must be made and he began to quantify those changes.

On April 12, 2011 he accepted an invitation to try out for the Club Wolverine Elite Team. To Kevin, this represented a once in a lifetime chance to train with potential Olympians each day. The team is coached by Mike Bottom, a man who has carved out a place in swimming history by coaching some of the biggest names in sprinting. Kevin was simply given a chance to see if he fit in with the program and, being a realist, he didn't think his chances would be good earning a spot on the team. The physical challenge he was faced with was daunting. He would have to multiply his practice workload by a ratio of 5 to 1, meaning he would be working out 5 times longer than he had been in the last year and this included pool and dry land training.

Before Kevin swam at the USMS Short Course Nationals at the end of April, he was informed by Coach Mike Bottom that he would remain on the team thru the summer and past that - on a trial basis. On August 3, 2011 swimming in the US Nationals at Stanford University, Kevin swam a 57.44 in the 100 meter back to qualify to swim in the 2012 Olympic Trials and in this swim also broke the USMS National Record of 58.66 set back in 1994. Kevin ended up qualifying in the 100 Fly and swam time trials in the 50 and 100 Free at Omaha at the end of June 2012. After the Olympic Trials were over he attended the USMS Long Course Nationals that were held a week later at the beginning of July.



Kevin improved every one of his swims from the events he swam a week earlier at the Olympic Trials. Kevin won all six of his events and set three USMS National Records and just missed another in the 100 Free by .09 seconds. The one event he was short of the record was the 100 back and he swam a 57.58 which was short of his own National Record of 57.44 by the closest of margins. He set USMS National Records in the 50 back, 50 fly, and the 100 fly. With the two SCY National Records he set earlier in the year in the 50 back and 100 back, that is a total

of six USMS National Records for the 2012 year.

Kevin had this to say about his performance. "I had an incredible meet. I achieved five lifetime best times plus three National Records. I met new people and smiled even more than I did at Olympic Trials. This meet taught me to trust myself, my taper, and my coaches. Although I believe I need significantly more kick training, my taper worked. It was probably the best meet of my life. I am proud to say I'm the fastest swimmer I have ever been in my life at the age of 31. I'm in the best shape ever, and I am doing a sport that truly makes me happy. Swimming has provided me friends, a great work ethic, business contacts, self esteem, and experience in setting goals."

Continued on next page....



KEVIN DOAK.....con't

Kevin has been named a USMS Pool All American eight times (2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012). He was selected National Swimmer of the Year in the 25-29 age group in 2007, 2008, and 2009 and was named to the USMS All Star team in each of those years. In 2012, Kevin has 14 Number one swims in the USMS Top Ten and that is more than anyone in Michigan Masters for the 2012 year. Since 2005, Kevin has made USMS Top Ten 105 times. Seventy of those swims are Top Two with 51 Number one swims and 19 Number two swims. As a member of relays, he has made the USMS Top Ten in 20 relays with nine at Number one, four at Number two and three and Number three.

Kevin has won 15 USMS National Championship meet titles since 2009 in four meets. He has set one World, 18

USMS National, and 92 State Individual Event Records since 2007. He has been a Michigan Masters relay team member of one World and nine USMS National Records. With these efforts he received the Lawrence Award for outstanding performances representing Michigan Masters. With his swims in the last eight years, he remains one of the greatest swimmers in Michigan Masters history. Kevin was interviewed by Misty Hyman after the last day of his historic meet at the 2012 Nationals in Omaha. With his swimming the Olympic Trials and USMS Nationals in the last 14 days he was asked if it was worth all the work and sacrifice of the last two years and would he change anything? Kevin response "I wouldn't trade it for anything. I knew a lot about the swimming world before I started with Club Wolverine Elite but the people and events I was part of, in a way, revolutionized my swimming." Congratulations Kevin and good luck in your swimming in the future !

ONE NATIONAL AND TWO WORLD RECORDS WERE SET BY MICHIGAN MASTERS SWIMMERS IN 2012

It's official. One USMS National Record and two FINA Masters Relay World Records were set in three different Michigan Masters meets during the 2012 calendar year. Two from the Eastern Michigan University meet and one from the Mason meet.

At the EMU Short Course Yards meet, the Men's 65+ age group 400 Medley Relay of Erik Lokensgard, Kurt Olzmann, Frank Cody, and Ray Martin set the USMS National Record of 5:01.20 to break the 2008 USMS National Record of 5:01.35. At the EMU Long Course Meters meet, the Men's 320-359 age group 400 Free Relay of Bob Doud, Richard Henderson, Joel Lockwood, and Ray Martin broke the World Record of 7:17.96 with a time of 7:07.64.

At the Mason Short Course Meters meet, the Men's 320-359 age group 400 Free Relay of Keith Crompton, Bob Doud, Joel Lockwood and Ray Martin broke the World Record of 7:11.61 with a time of 7:02.76 and this was the 25th Relay World Record that has been set by Michigan Masters in the last four years.

Since the summer of 2009, Michigan Masters swimmers have set 25 FINA Masters Relay World Records and 44 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 five, Laura Gogola four, Denise Brown three, Sally Guthrie three, Corrin Popps three, Edith Glusac two, Joyce Kowalski two, Barb Church two, and Susan Dombkowski two. Allyson Boyle, Muffy

MacKenzie, Cheryl Rivard, and Kristen Trub-Sheikh each had one for the Women.

Bob Doud nine, William Clemons six, Frank Cody five, Elmer Egelkraut four, Ray G. Martin six, Gaard Arneson three, Wally Dobler three, Erik Lokensgard three, Joe Buys two, Allan Charlton two, Richard Henderson three, Joel Lockwood two, Mitch Jacque two, Al Morley two, Chuck Olson two, and Keith Crompton, 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 14 USMS National Relay Records and 19 swimmers have been part of the relays. Here is a summary of all swimmers and how many USMS National Relay Records they have set: Kevin Doak nine, Alec Mull nine, Patrick Saucedo nine, Adam Schmidt five, Cameron Mull four, Donald Pope two, Edith Glusac two, Bob Doud two, Lois Nochman two, Denise Brown two, Corrin Popps two, and Marilyn Early, Sally Guthrie, Paul Karas, Jim Pogue, Erik Lokensgard, Kurt Olzmann, Frank Cody, and Ray Martin each had one USMS National Relay Record.





2012 MICHIGAN LMSC AWARDS BANQUET

The second Michigan LMSC Awards banquet took place at Fox Hills Golf & Banquet Club on October 13, 2012. Forty five people were present as nine 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. Door prizes were drawn and gift certificates were won by Cecilia Brzys (\$30), Joel Lockwood (\$20) and Gail Dummer (\$10). two swimming books were drawn and Patrick Weiss won the "Swim for Fitness" by Jane Katz and Joe Lopez won the "Underwater Window" by Dan Stephenson. Michael Muma also received the "Underwater Window" for getting the Butternuts award.



Denise is the only Michigan Masters swimmer to win an Open Water National Championship for five straight years. Denise was named a USMS All American 11 times (four Pool and seven Long Distance). She was also named a USMS Long Distance All Star in 2008, 2009, and 2010 for winning and placing in more Long Distance National Championship events than any other swimmer

competing.

Michigan Masters Pool Swimmer of the Year - Corrin Popp

Corrin Popp was the outstanding swimmer for Michigan



Masters at the 2012 USMS Short Course Nationals in Greensboro, North Carolina. She won three events, got 2nd in two others, and set three State Records in the 100 Breast, 100 IM, and 400 IM. The 100 Breast was the top time in the USMS Top Ten for the 45-49 age group. Corrin was 2nd in the 200 Breast, 200 IM, and was 3rd in the 100 IM and 400 IM for the 2012 SCY Top Ten. She now has 18 USMS National Championship Meet Titles since 1990.

Michigan Masters Pool Swimmer of the Year - Kevin Doak

See story on Kevin Doak in other area of the Newsletter

Michigan Masters Open Water Swimmer of the Year

- Denise Brown

Denise has won five USMS Open Water National Championships since 2008, including: the 25K in Noblesville in 2008, the One Mile Swim in Clovis in 2009, the 10K and 25K both in Noblesville in 2010 and 2011 (respectively), and the 10 Mile Swim at Lake Minnetonka in Minnesota.

Long Distance Swimmer of the Year - Maddie Diedo

Maddie participated in 26 USMS Long Distance Championships for both Open Water and Postal Pool Long Distance Championships. Of those 26 Championships in her age group, 16 were top 10, six were top five, and four were top four in her age-group. The top four comprised of one 3rd, one 2nd, and two 1^{sts}. The two 1^{sts} were in Open Water National Championships in 2009 for the 10K at Harbor Springs and in 2011 for the 5K in Brooklyn, NY. The 2nd place was in 2009 in the 10K Postal Pool Championship and the 3rd place was in 2009 as well in the 6000 Yard Postal Pool Championship. Maddie was named a USMS All American in 2009 and 2011 for her National Championship wins.

In 2011, in the Great Lakes Open Water Postal Swims, known as the GLOW series,

she was second overall in all age groups in the Women's division out of 364 women, accumulating 262 points in four GLOW Open Water Swims. There were six GLOW swims altogether in the Great Lakes Zone. Maddie competed in Lake Erie, Wisconsin, Allegheny Mountain and Michigan. Maddie has also competed



Continued on next page....



2012 MICHIGAN LMSC AWARD BANQUET.....con't

in the USMS "Go For the Distance" program and achieved over 600 miles in 2007, 2008, 2009, and 2010. In 2011, she achieved over 500 miles. She made the top ten in the GFDP in her age group four out of six years.

Michigan Masters Swimming Coach of the Year 2010 -

Jenny and Noah Birmelin

Jenny and Noah Birmelin have been continuous members of USMS for over 10 years. Both began coaching



FAST and acting as Meet Directors of the Brighton FAST Super Bowl meet since 2009. FAST won the Large Team Combined Championship Titles in 2008, 2009, and 2012. The Women's team won the Large Team Championship in

2008, 2009, 2010, and 2012. The Men's Large Team won in 2012. The Combined Teams were 2nd in both 2010 and 2011. FAST currently has the largest workout group with over 100 swimmers registered in 2012. Jenny and Noah became ASCA Certified as Masters Coaches this past year and run practices at both the Farmington YMCA and Schoolcraft College. In the summer season, Jenny swims open water events and recently swam the English Channel and was awarded the 2011 Michigan Masters Open Water Swim of the Year.

Most Inspirational Swimmers -

Edith Glusac and Bob Doud

In 2013, Edith will be the first woman to compete in the 95-99 age group in Michigan Masters history. Despite the setbacks in the last five years including three strokes and breaking both ankles, she managed an All American selection in 2012 in USMS for a career total of 11 selections. Besides being an outstanding swimmer, Edith inspires everyone with her enthusiasm for life. Edith teaches stroke technique to struggling swimmers, volunteers to help at meets, and through the years has made arrangements for hotel and travel for other swimmers at out of town meets and given selflessly to others. Michigan Mas-

ters is lucky to have a member like Edith for over 25 years and she is an inspiration to everyone.



In 2013, Bob Doud will be the second man to compete in the 90-94 age group in Michigan Masters history with his teammate Donald Pope being the first.

Bob has been

a Michigan Masters member since 1994 and inspires everyone when he swims. He competes in the toughest events like 200 Fly and 400 IM and sometimes gets disqualified, but he always comes back and continues to try harder and be successful in those tough events. Bob is a six time All American with 13 Number one swims.

Michigan Masters Memorial Swimming Award - Tom Schardt

On September 10, 2012 Tom Schardt passed away after a long illness. Tom would have been 45 in the next month and was a continuous member of Michigan Masters for 22 years. He joined the organization when he was 22 years



old in 1991 and attended meets every year except this last year. Tom loved masters swimming and he competed over half his life in USMS after he graduated from University of Toledo. I was talking to Tom's par-

ents at the Banquet (pictured above) and they said that he renewed his membership registration even though he knew he would not be swimming this past year. That really tells how much he valued his friends, teammates, and associates of Michigan Masters. Michigan Masters expresses our sympathy and condolences to his family and this award will show how much we really, truly miss him.



USMS COACHES CLINIC

Eight Michigan LMSC coaches attended the USMS Level I/Level II Coach Certification Clinic held April 21-22 at Spire Institute in Geneva, Ohio. Clinic instructors Mel Goldstein and Kris Houchins started the Clinic with two motivational video presentations from the USMS presentations from the USMS YouTube Channel. We are Masters Swimming focuses on reasons for participating in USMS programs, while a second video, narrated by U.S. Olympic Triathlete Jerrod Schoemaker, describes why USMS programs are attractive to triathletes.

Level I topics included characteristics of a masters coach; knowing the adult learner, coaching triathlon and open water swimmers, special populations, safety/risk management, basic business principles/marketing your program, and writing workouts. Level II topics were: coaching style, stroke correction and development, starts/turns/transitions, and dry land training. Several messages resonated especially well with the Michigan LMSC coaches:

- Every swimmer on the team is equally important regardless of age, skill, speed, etc. Coaches should speak with each swimmer every day and should provide quality coaching to each swimmer.
- Coaches should get to know their swimmers and understand their goals. Help swimmers work toward their personal goals (e.g., improving fitness, learning to swim a legal butterfly, achieving a time standard for a national championship meet, placing in a triathlon or open water race, etc.), and celebrate their achievements.
- Clinic instructors emphasized that a prerequisite to celebrating achievements is knowing about swimmers' competitions and events.

- Occasionally survey active swimmers to identify likes and dislikes about the program. Discuss reasons for leaving the program with swimmers who choose not to continue their membership.
- There are many approaches to coaching stroke technique and designing workouts. Use methods that work and that are consistent with the team's philosophy and mission.
- Masters swimmers are different than age-group swimmers, especially with respect to motivation for training and need for recovery after high-intensity work.

The next nearby Level I/Level II clinic is scheduled April 27 in Indianapolis. A Level III clinic is tentatively scheduled May 4 in Boston, MA. More information about the USMS Coach Certification Program is posted on the USMS website. The Michigan LMSC will pay for the Coaches Certification Clinic registration fee for a limited number of USMS registered coaches of a MI LMSC Club or Workout Group to participate in these clinics. However, be aware that attendees also need to join ASCA (\$70) and the MI LMSC will not reimburse for the ASCA fee.



MICHIGAN MASTERS SWIM CLINIC

On August 26, 2012 Club Wolverine Elite Athlete Approved put on a clinic for US Masters Swimmers at the Fuller Pool in Ann Arbor. This was a chance to learn from Mike Bottom (Head Coach of University of Michigan) and his Olympic caliber Coaches. Those Olympic caliber Coaches included Bobby Savulich, Mark Hill, Johnny Austermaier, Sam Wensman, Dan Madwed, and Michigan Masters World and National Record holder Kevin Doak. With 65 USMS swimmers, this was the largest sanctioned clinic that Michigan Masters has ever held.

All of the swimmers found value in the drills and technique work in the one hour and a half that we swam in the pool to learn the "Three Style Freestyle" with emphasis on hip driven, shoulder driven, and body driven freestyle. Be-

cause of the great turnout and the demand for video analysis of strokes, the two hour clinic turned into a three hour clinic. After 1.5 hours focusing on specific freestyle drills, the remainder of the time was well spent critiquing strokes and offering feedback on how to improve. Swimmers picked one of the four strokes and then swimmers split into four groups and the coaches on deck covered the technique of each stroke. Swimmers would start at the 20 meter mark and swim towards the wall and do a turn. The Coaches would provide critique of their stroke and offer helpful suggestions for improvement.

The Coaching staff also provided the "Coaches Eye Video Analysis" which provided videotaping swimmers who signed up for this service and

Continued on next page....

MICHIGAN MASTERS SWIM CLINIC.....con't

will offer voiceovers to provide the swimmers a video to reference later. There were speakers and microphones to ensure every swimmer could hear what was going on. The feedback that Michigan Masters received was excellent and the clinic was all that was hoped for with swimmers in attendance.

The Michigan LMSC would like to thank all of the USMS swimmers for



attending the first clinic we have had in eight years and also thank Club Wolverine Elite Athlete Approved for hosting this excellent clinic. We look forward to having a clinic in the near future with them.



EVERYONE SWIMS IN MICHIGAN

Published on May 31, 2012

By Laura S. Jones (USMS Staff)

Well, maybe not everyone, but Michigan Masters swimmers show up and swim in record numbers. How is the Michigan LMSC so successful at encouraging 50% of its members to come to its state championship meet? It's a variation on "if you build it, they will come."

First, USMS Membership director Anna Lea Matysek puts Michigan's 50% participation rate into perspective: "In 2011, 16,191 of all USMS members (56,158) participated in a pool meet sometime during the 2011 year. That's 29% of our membership. The MI-LMSC's state meet blows that figure away with nearly 50% of the LMSC in attendance."

Skip Thompson, 60, who chairs the Coaches, Officials, Sanctions, and Top 10 committees in the Michigan LMSC and has attended thirty straight state meets, says a combination of hard work, being responsive to the needs of swimmers, offering good awards and employing the latest USMS technology has increased participation over the years. Thompson says that 345 swimmers swam at the Lake Orion Community Aquatic Center in Lake Orion (between Flint and Detroit) from March 23 to March 25 in the 40th Annual Michigan Masters State Championship. It was a successful meet. Seventeen LMSC state records and 35 championship meet records were set during the course of the meet. It was the fifth year in a row that nearly 50% of the registered swimmers in the Michigan LMSC participated in the event.

The flat fee of \$50 for the meet includes a T-shirt and the opportunity to swim in up to seven individual events, including all the distance events, and up to four relays. There are no qualifying times. Thanks to that policy, the Michigan LMSC has had to extend the meet over the years to allow for the growth. "It now lasts almost three full days. We have a lot more distance swimmers than sprinters and a lot of triathletes. They want to swim the 500, 1000 and 1650," Thompson says. It's that focus on customer service and the responsiveness to the entrants that makes any organization successful.

"There are a lot of logistics, but the satisfaction is great. We learn something new every year. I've learned a lot from looking at Nationals," Thompson adds.

The meet moves around the state in the same way Nationals moves around the country. This geographical equity has not harmed participation, even when in the less populated western part of the state. "The meet is so successful that people will travel for it and stay in a hotel," Thompson explains with pride. Team competition drives participation, too. In the past seven years, Thompson says, five different teams have won the point competition. The Ford Athletic Swim & Triathlon (FAST) team, pictured, has been dominant though, and won their third Large Team Combined Championship in their team history to go along with titles in 2008 and 2009. Ann Arbor Masters won the Small Team Championships.

Continued on next page....



EVERYONE SWIMS IN MICHIGAN... ..con't

Having a great meet drives LMSC membership too. Thompson says in the weeks leading up to the meet, the LMSC gets more than 100 new or renewing members.

And it is not just the state meet. Michigan Masters also has the highest participation rate of swimmers participating in all USMS sanctioned events combined at 68%. In addi-

tion to pool meets, this figure included participation in open water swims, postal championships, and the "Go for the Distance" program.

The Michigan LMSC has tapped into opportunity and fun offered by Masters swimming programs; at both the local and national levels.



Michigan Masters State Championship



Put the 2013 Michigan Masters State Championship Meet on your calendar!

The meet will take Place at Jones Natatorium on the Eastern Michigan University Campus

