

The Wave Eater

MICHIGAN MASTERS SWIMMING Year-End Review for 2014

MICHIGAN MASTERS - IS THE HIGHEST SCORING CLUB AT THE 2014 CANADIAN NATIONAL CHAMPIONSHIPS

The 2014 Canadian Short Course Meters Nationals were held at the Windsor International Aquatic Center. This facility just opened in August 2013 and is one of the best aquatic facilities in the world. The FINA World Short Course Swimming Championships will be held at this venue in December 2016.

Four hundred eighty-nine swimmers entered the meet, that lasted from May 16 to May 19, 2014. Michigan Masters had the largest Club with 64 swimmers. Michigan Masters also scored the largest number of points in all three divisions: Women, Men, and Combined.

Michigan Masters scored 6,222.5 points and the next closest team was the London Silver Dolphins at 3,608.5 points in the Combined Team Division. The Michigan Masters Women's team scored 2678.5 points and the next closest women's team was the London Silver Dolphins at 1404.5 points. The Michigan Masters Men's team scored

2870 points and the next closest men's team was the London Silver Dolphins with 1594 points. It was very balanced scoring, including the relays, that contributed to the high point team scoring championship. Scoring was done up to 16th place and it's different than USMS National Championships where scoring is done up to 10th place.

All 64 Michigan swimmers entered in the meet scored and received a medal in an individual event. Also everyone who participated in a relay scored and received a medal and that really contributed to the total team effort. With this big of a turnout of participating swimmers, I believe this is one of the best performances at a National or International meet. Michigan Masters swimmers were responsible for 4 USMS National Records and 35 Canadian Open Records (11 women, 24 men)

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MICHIGAN MASTERS—2014 CANADIAN NATIONALS (Con't)

and these records represent the fastest times on Canadian soil. Michigan Masters swimmers were also responsible for 63 individual (34 Women, 29 Men) LMSC State Records making this one of the most successful Championship meets ever.

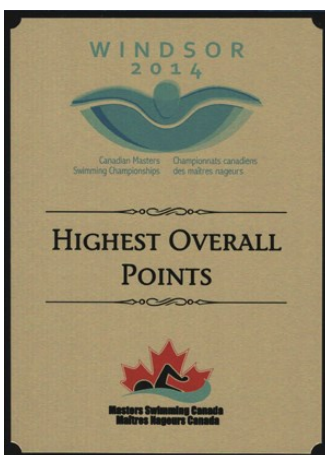
Corrin Popp set three USMS National Records in the 50, 100, and 200 meter Breaststroke events in the 50-54 age group. These were Corrin's first National Records since 1991 when she set the National Record in the 200 Yard Breaststroke in the 25-29 age group. Corrin won 6 of 7 individual events and set State Records in 6 out of 7 individual events swam. She set Canadian Open Records in all 3 Breaststroke events plus the 100 IM and was a member of 6 winning relay teams during the meet. Alexander Aceino set his second USMS National Record of the year in the 18-24 age group lowering his 50 meter fly record from 25.03 to 24.86 and also setting Canadian Open Records in the 50 Fly, 100 Back, 200 Back, and 50 Breast. He was a member of 4 winning relay teams during the course of the meet. He won 5 events and set State Records in all 7 of the individual events he swam.

Megan Grunert won all 7 of her individual events and set State Records in 6 of 7 events, but missed the 50 fly State Record by the closest of margins of .06 with a time of 30.70. She also set 2 Canadian Open Records and was a member of 4 winning relays. Christian Vanderkaay was the only swimmer to win all 7 of his individual events and also swim in 5 first place relays for a total of 12 gold medals for the meet. He set 6 Canadian Open Records and 5 State Records in the 7 individual events that he swam. The 5 relays he was on set State Records as well.

Michigan Masters swimmers won 65 individual event National Championships and 22 relay event National Championships. The 65 individual National Championships are broken down as follows: Christian Vanderkaay 7, Megan Grunert 7, Corrin Popp 6, Laura Gogola 6, Alexander Aceino 5, Denise Brown 5, Susan Dombkowski 5, Ray Martin 4, Ryan Papa 3, Erik Lokensgard 3, Kevin Doak 3, John Allen 2, and Gaard Arneson, Trevor Asti, Joannie Eastridge, Sally Guthrie, Susan Harris, Barbara Hertz, Randy Parker, Louis Probst, and Brad Rietma each with 1 event National Championship.

Second place finishes were performed by 10 Michigan Masters swimmers and those swimmers were Jeff Bailey, Rachel Cush, Lou Ann Dixon, Gail Dummer, Luke Griffioen, Jill Guerra, Lisa Hypnar, Christine Maxbauer, Greg Pash, and Frank Skip Thompson. Third place finishes were performed by 11 Michigan Masters swimmers and those swimmers were Connie Cantrell, Maddie Diedo, Steve Heaney, Bonnie Karas, Jeremy Kennedy, Steve Marshall, Susan Roesch, David Shuler, Patrick Sturdy, Wendy Szmczak, and Kim Yarima.

This is the 3rd time in the last 6 years that the Michigan Masters Club has outscored every Club in the meet and in those 6 years the club has collected 8 Championship banners including at least 1 banner each year since 2009. In 2015, the USMS Long Course Nationals will be held in Geneva, Ohio which is real close to Cleveland and this will be the closest Nationals to Michigan for the next few years. In 2009 and 2013, Michigan Masters won the Regional Club National Championship and we are hoping for a repeat performance in 2015.



MICHIGAN MASTERS RECEIVES USMS AWARDS AT THE 2014 CONVENTION

USMS presents a number of awards annually to those members who have excelled in various areas. As a volunteer-driven organization, USMS is forever grateful to the hundreds of volunteers who give their time, talent, and expertise to help all phases of our programs. Since 2009, Michigan Masters has been the most honored LMSC in the country with 16 USMS National Awards. At the 2014 USAS

Convention, Michigan Masters was honored with a June Krauser Communications Award, and a Kerry O'Brien Coaching Award.





FRANK THOMPSON RECEIVES THE 2014 USMS JUNE KRAUSER COMMUNICATIONS AWARD

United States Masters Swimming (USMS), is a membership-operated nonprofit organization of over 60,000 swimmers from across the country. USMS's mission is to encourage adults to swim. Each year, in honor of founding member June Krauser, the organization recognizes the individual or group whose communicative efforts have contributed to the growth, improvement, or success of United States Masters Swimming. This National Award recognizes outstanding contributions to communications within USMS.

On September 19, 2014 Frank Skip Thompson received the June Krauser Communications Award from United States Masters Swimming in Jacksonville, Florida in conjunction with the United States Aquatic Sports Convention. Skip is uniquely qualified for this award due to his body of work over a long period of time and a dedication to United States Masters Swimming. With approximately 52 LMSC, 979 Clubs, and 410 Team/Workout Groups in USMS, to be distinguished for outstanding contributions is quite a remarkable accomplishment.

Skip began masters swimming in 1982, after being away from swimming since 1970, and has been a continuous member for 34 years. He became involved as a volunteer when he was Co-Meet Director of the 1985 State Meet at Oakland Community College and has run local meets every year since that time. Last year was his 28th straight year. In addition to these local meets, he has been Meet Director for 13 State Championship Meets in a 30 year span, which is more than anyone in Michigan Masters. He has served LMSC Officer positions as Treasurer, Secretary, Records/Top Ten, Fitness Chair, Coaches Chair, Sanctions Chair, and is currently finishing a term as Vice Chair. He will become Michigan LMSC Chair in 2015. In 1991, he received the Chetrick Award for outstanding service to the Michigan LMSC.

At the National level of USMS, Skip has served on the Championship, Long Range Planning, Coaches, Rules, Legislation, 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 USMS Time Standards, USMS National Elections, and the USMS History and Archives projects. In 1999, he received the Dorothy Donnelly Service Award for outstanding service to the National Organization. Accomplishments that have been spearheaded by Skip in the past several years include: initiation of online registration for the Michigan Masters State Championship meet, proposing a rule change at the National USMS level and having it pass allowing 18 year-olds to swim in masters meets, and initiating a change to the universal use of HyTek Meet Manager software by hosts of Michigan Masters swim meets. In 2011, Skip and Sally Guthrie initiated the first annual LMSC Awards Banquet and this year marked the 4th straight successful banquet.

Skip has been coaching within Michigan Masters since 1984. He coached the South Oakland Seals team from 1984 until 2008 and in that 25 year time period they won 15 Large and 3 Small Team Championships at the Michigan Masters State 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. 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. In 2009 and 2013, the Michigan Masters Club won the USMS Regional Club National Championships that Skip organized and for those efforts he received the 2010 Kerry O'Brien Coaching Award and the 2013 Michigan LMSC Coaching Award.

Skip's swimming accomplishments include the following: 12 USMS Individual All American (4 Pool, 8 Long Distance) 15 time USMS Relay All American, FINA World Top Ten Champion, FINA Relay World Record Holder, USMS and YMCA National Record Holder,

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FRANK THOMPSON – USMS JUNE KRAUSER COMMUNICATIONS AWARD(con't)

and USMS and YMCA National Champion. He has 19 YMCA National individual titles and 16 USMS National individual titles. Skip has 246 USMS top ten swims and has 106 FINA World top ten swims. Since 1987, he has competed in at least 1 USMS National Championship pool meet for 28 straight years. In 1995, he received the Lawrence Award for outstanding swimming accomplishments representing the Michigan LMSC.

During Frank 'Skip' Thompson's 30 year participation in USMS he has been a significant force for getting information to the members. As a leader of the Michigan Local Masters Swimming Committee (LMSC), his contributions to their newsletter have been prolific, having produced the majority of its content since 1989. His stories always present interesting coverage of local swimmers and he uses his considerable coaching expertise to offer articles on stroke technique and workouts.

Skip is a regular contributor to USMS's national publication, Swimmer Magazine, and his articles are

always carefully researched, well-crafted and of interest to all Masters Swimmers. He has also contributed to the MACA newsletter and Swimming World Magazine.

Skip has been a leader in using the internet to greatly enhance communications to members. He established a Membership Access Data Base to track historical USMS registration of Michigan Masters members and uses it to communicate news and encourage membership registration. He also created a Continuous Membership Loyalty Award for the LMSC and in 2003 spearheaded online conversion of the LMSC newsletter.

Skip is a fountain of knowledge about swimming. His 'institutional memory' of Masters Swimming milestones, achievements, meet histories, rule changes, facts and figures, and member anecdotes are invaluable to the USMS archives. Skip is the consummate USMS communicator and is always selfless in sharing of his tremendous body of knowledge.

JENNY AND NOAH BIRMEIN RECEIVE THE 2014 KERRY O'BRIEN COACHING AWARD

The Kerry O'Brien Coaching Award recognizes coaches who are building our membership in communities throughout the country. This award embodies the passion, dedication, and heart these coaches bring to the pool deck every day. It is with efforts of individuals like these that U.S. Masters Swimming will most certainly move to a greater level. In 2014, Jenny and Noah were two of 16 coaches honored in USMS that exemplify the many attributes shared by the individuals that are chosen for this national award.

Jenny and Noah Birmelin have been continuous members of USMS/Michigan LMSC for over 13 years and have been part-time masters swimming coaches for the Ford Athletic Swim and Triathlon club (a.k.a. FAST). Jenny's full-time job is as a middle school math teacher, and Noah is employed as a landscape architect. Both are addicted to swimming as a fun, fitness, and competitive activity. Their 2-year-old daughter Kinley is following in their footsteps; she loves the water and swims with her parents a few times a week. FAST serves adult swimmers and triathletes from southeast Michigan, with most

activities centered in the western Detroit suburbs. FAST is a sub-group of the Michigan Masters USMS-registered regional club. With leadership from Jenny and Noah Birmelin, FAST hosts an annual short course meters meet on Super Bowl weekend, the Jon Logan Memorial Triathlon and 1.5K Open Water Swim, the Cipriano Classic 5K Fun Run & Walk (a Birmelin conceived and conducted event that benefits masters swimming teammate Rose Cipriano and her family who were victims of a shooting tragedy), and several swim clinics for beginning triathletes. Jenny and Noah are responsible for the masters swimming component of FAST. Their accomplishments are numerous and sustained.

In 2008, they facilitated a merger of the former, very small Farmington Hills YMCA masters swimming team with the fledgling FAST team. Since 2008, FAST membership has almost doubled from about 70 to 125 masters swimmers, with a concomitant increase in new USMS card holders. Membership increases are attributed to growing interest in triathlon, Olympic year hype, and most importantly, Jenny's and

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JENNY AND NOAH BIRMELIN RECEIVE THE 2014 KERRY O'BRIEN COACHING AWARD... ..(con't)

Noah's efforts to attract and keep more people in the sport. To accommodate the increasing number of swimmers, FAST now offers pool practices at Schoolcraft College, Livonia Recreational Center, and the Farmington YMCA, as well as open water practices at Trout Lake. Jenny and Noah became ASCA Certified as Masters Coaches in 2012.

FAST participation in the Michigan LMSC championships has also grown from about 30 FAST swimmers in 2008 to approximately 90 swimmers in more recent years. FAST won Large Team Combined Championship titles in 2008, 2009 and 2012, and placed second in 2010, 2011 and 2013. The Women's team won the Large Team Championship in 2008, 2009, 2010, and 2012. The Men's Large Team won in 2012. The FAST team typically has balanced scoring across men and women and across age groups, with many swimmers demonstrating significant time drops from year to year.

Jenny and Noah have encouraged FAST swimmers to compete nationally. For example, 10 FAST swimmers participated at the 2013 USMS Short Course National Championships in Indianapolis, and several made the trip to the 2014 Canadian Masters Swimming Championships in Windsor. About half of the FAST swimmers compete in open water, including the Motor City Mile in Detroit, Jon Logan Memorial Triathlon/Open Water Swim and the Harbor Springs Coastal Crawl. Jenny's fame for a successful 2011 English Channel crossing inspires confidence in her swimmers, and she uses her expertise to teach the nuances and safety considerations of open water swimming. Jenny was recipient of the 2011 Michigan Masters Open Water Swimmer of the Year Award at the 2011 Michigan Masters Awards Banquet.

The FAST team does a great job of retaining masters swimmers from year to year, in part by fun, team-oriented events such as team breakfasts after

Saturday workouts, holiday relays (e.g., "Hockeytown" puck/stick relay), state meet dinner, summer picnic, awards banquet, and team trip to the Harbor Springs open water swim, but mostly as a result of the quality of Jenny's and Noah's coaching. FAST swimmers are proud of their coaches. For example, Wendy Szymczak noted that "they are the reason that I get up for 5:30 am practice" and that "Jen believes in me." Wendy also complimented her coaches on their matter of fact coaching style, attention to all swimmers regardless of ability, encouragement especially when swimmers are struggling, and ability to continually help swimmers to improve. Erik Lokensgard was impressed that "they brought more and more people to FAST." He also appreciated their supportive and encouraging demeanor and the attention they give to all swimmers in the group.

Jenny coaches "so my swimmers can continue to have those personal victories and moments where they take a bite of their first medal, learn to swim a 25 without stopping, dive off the block for the first time, improve their times, complete their first open water swim or triathlon, perform their first flip turn, or learn to tread water." She is "proud of our 2009 and 2012 large team state championship titles, but most proud of our swimmers who compete in their first meet of their lives." Noah's motivation for

coaching is to give back to the sport that he enjoyed during his youth. He taught swimming for Boy Scouts when he was in high school and became an Eagle Scout at 18 (he worked at the summer camps). Noah later coached high school teams. He shares Jenny's pride in the many big and small accomplishments of the FAST masters swimmers. Jenny and Noah received the 2012 Coaching Award at the Michigan LMSC Banquet.





GAARD ARNESON RECEIVES MICHIGAN MASTERS LIFETIME ACHIEVEMENT AWARD

On March 29, 2014 at the Michigan Masters State Championship Meet, Gaard Arneson 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. Gaard pretty much demonstrates these traits for the past 36 years. The following is a brief overview of some of Gaard's accomplishments in the swimming community.

Gaard began swimming when he was in grade school where he grew up in Sioux Falls, South Dakota. He swam for the local YMCA and went to meets on some weekends. The training schedule was a 45 minute practice from 5:30 to 6:15 PM every Tuesday in a 4 lane 20 yard pool. In junior high and high school he swam in the summers for the local swim club team and went to outdoor weekend meets. South Dakota had no high school swimming and no AAU Club teams competing during his high school years so as far as swimming goes it was pretty much part time compared to others who swam in high school and organized AAU.

A big influence in Gaard's life was his father, Wallace Arneson, in both his swimming and his career. Wallace contracted polio at the age of 5, but was physically active virtually his entire life, swimming a half-mile daily. Wallace grew up and attended school in Irene, South Dakota and graduated from Yankton College majoring in math and science. He attended the Harvard Medical School from which he earned a medical degree in 1941. In 1942, he moved to Cleveland where he completed his surgical residency at Western Reserve Hospital. In 1946 he moved to Sioux Falls where he began his surgical practice and started the Medical Arts Center across the street from Sioux Valley Hospital. Wallace Arneson is considered to have been the first board certified surgeon in South Dakota. For approximately 40 years he maintained a general surgery practice in Sioux Valley Hospital, where he served as chief of staff, McKennan Hospital and several smaller community hospitals in the region. He retired from the full time practice of medicine in 1987.

Gaard graduated from High School in 1966 and enrolled at Carleton College in Northfield, Minnesota where he majored in math and science and graduated in 1970. He then

attended the Harvard Medical School and earned a medical degree in 1974. He completed his surgical residency in General Surgery at the University of Michigan Medical Center in Ann Arbor and received his MD in 1980. He is board certified in General Surgery and is an Adjunct Clinical Assistant Professor of Surgery at the University of Michigan with special interest in breast and endocrine disease. Dr. Arneson is also the Director of Surgical Education and Assistant Program Director for the St. Joseph Mercy Hospital surgical residency. He is a member of the Colar, Central, and Midwest Surgical Societies and a faculty member at Wayne State and Toledo Medical Schools as well.

Gaard has been a continuous member of the Michigan LMSC for 36 years and swam in his first masters meet in 1978. He missed the 1979 year because he was completing his surgical residency at the University of Michigan. So he began his 36 continuous years of membership in Michigan Masters in 1980; the longest of any current member of the Michigan LMSC. He has attended 90% of the State Meets since 1980 and is one of the most active competitive swimmers in Michigan Masters history.

On the volunteering side of Michigan Masters, Gaard has been the Medical Coordinator at the 1996 Long Course Nationals held at the University of Michigan in Ann Arbor, which Michigan Masters hosted. He was selected because he had performed that function at the 1989, 1993, and 1994 State Championship meets also held at University of Michigan. After the 1996 Long Course Nationals he was the Medical Coordinator for the 1997, 2002, 2003, 2004, 2005, and 2006 State Championship meets.



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GAARD ARNESON RECEIVES MICHIGAN MASTERS LIFETIME ACHIEVEMENT AWARD... ..(Con't)

Gaard swam for Carleton College for 4 years and in his senior year in 1970 won the Midwest Conference Championship in the 500 and 1000 Freestyle events. His 500 Free time of 5:15.5 and 1000 Free time of 11:00.2 set school records that lasted for 3 years. In masters swimming he came pretty close to those college best times and swam a 5:21.18 in the 500 and a 11:02.90 in the 1000 in 1989, at the age of 41. In 1970, Carleton College named Gaard the recipient of the Warnecke Award, an honor presented each year to the senior who has made the greatest contributions to the team through leadership, sportsmanship, and scholarship. It is the highest honor of the swimming and diving team.

Gaard had a brain aneurysm in April 1998 and was back in the pool in 4 weeks but the recovery was slow. He planned on swimming in the State Meet and the Nationals in Indianapolis because he had just turned 50 and was in a new age group. Although Gaard recovered to be able to continue his career as a surgeon, he missed the entire SCY and LCM season. However, he was able to swim in the Huntsman Senior Games in October of 1998 and win several events. Gaard swam remarkably well in 1999 just about matching his times from the 1997 year.

Gaard has swam in 44 National Championships meets, including 29 USMS National Championships and 15 YMCA

National Championships, making him one of the most consistent swimmers in Michigan Masters. Gaard has been in the USMS National Top Ten 29 out of the 35 years he has registered and that includes the 1998 year that he did not swim. He was a USMS All American in 2004 in the 200 Fly for winning the USMS Long Course National Championship in his age group in that event. He has 30 Top 4 swims out of 138 Top Ten swims in the USMS Top Ten. The breakdown is as follows: 1 Number swim, 4 Number 2 swims, 9 Number 3 swims, and 16 Number 4 swims. Additionally, he has won 3 USMS National Championships in 1993 in the 1650 Free at Short Course Nationals, in 1994 and 2008 in the 800 Free at Long Course Nationals. Since 1986 he has won 12 YMCA National Championships.

Dr. Arneson has been named a "Top Doc" in the Detroit Hour magazine in 2010, 2011, 2012, 2013, and 2014. He has been dedicated to the advancement of breast cancer care for over thirty years. He believes that a personal connection with mutual respect and understanding between a doctor and patient form the foundation of successful breast cancer care. Congratulations, Gaard on this very deserving award!



CHRISTIAN VANDERKAAY RECEIVES MICHIGAN MASTERS LAWRENCE AWARD

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

Christian started swimming competitively at age seven with the Oakland Live Y'ers, a team based in Rochester

Hills, Michigan. Christian parents swam competitively when they were younger and his mother Robin (Brooks) was a star swimmer for Red Ren Golf Club in the Michigan Inter Club Swimming Association, the oldest summer league club organization in the state of Michigan. His father Mark swam for Royal Oak Kimball High School back in the late 1960's when they were one of the most powerful High School teams in the state. He then went on to swam for Albion College. So the pool seemed like a natural place and it turned into a family affair. "Christian wasn't particularly good at anything else besides swimming in relation to other sports" joked his dad Mark. "When he joined the Live Y'ers, it just sort of took off with him."

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LAWRENCE AWARD—CHRISTIAN VANDERKAAY....(CON'T)

Becoming one of the premier club swimmers at a young age, Christian was influential in pushing his brothers to become more interested in the sport. "Christian was the best of the three boys for a long time," Live Y'ers coach Jeff Cooper said. "He was an impressive swimmer. I think watching him do so well made Peter and Alex want to step their swimming up." His younger brothers raced him after

practices and always lost to him. As the two got closer to college, Christian said that they could probably beat him handily.

Christian swam for Rochester Adams High School and made the State Finals for 3 straight years. In 1998, he was 4th in the 200 IM with a time of 1:53.48 and 36th in the NISCA HS rankings to make his first HS All American selection. He was also 4th in the 100 Breast with a time of 58.44

for 47th in the NISCA HS rankings getting All America Honorable Mention. For the next 2 years he achieved All American selections in those same two events. In 1999, he was 2nd in the 200 IM in the State Finals with a time of 1:52.24 for 20th in the NISCA rankings and 4th in the 100 Breast in the State Finals with a time of 57.68 for 27th in the NISCA HS rankings. In 2000, his senior year, he won the 100 Breast at the State Finals with a time of 57.99 for 20th in the NISCA HS rankings and placed 4th in the 200 IM in the State Finals with a time of 1:52.40 for 23rd in the NISCA HS rankings.

As late as his senior year of high school, Christian was uncertain whether he wanted to pursue swimming at the collegiate level. The valedictorian of his class at Rochester Adams High School, Christian was primarily interested in pursuing his education. He waited until April of his senior year to decide to try to walk on to the University of Michigan's team. The University of Michigan program boasts a storied history, of which the Vanderkaays are a big part. Opting to compete for the Wolverines under the direction of then-head coach Jon Urbanek, Christian started a legacy at the beginning in the fall of 2000, and a swimmer from the Vanderkaay family swam on the varsity team until the spring of 2012 for a total of 12 years.

Christian was forced to medical-redshirt for his junior year after overworking his shoulder in the summer of 2002. Even after enduring a painful surgery and hours of intense rehabilitation, Christian was determined to get back in the pool. "I've never seen an athlete put 150% effort into rehab," Urbanek said. "Most people would give up. But he fought back from surgery and was able to return to an even higher level of swimming. It was pure hard-work ethic." In his final year of eligibility in 2005 he was able to race alongside Peter, then a junior, and Alex, at that time a freshmen. You rarely see 3 brothers swimming in college at the same time let alone at the same school. Christian was 28th in the both the 100 and 200 Breaststroke events at the 2005 NCAA Championships with times of 54.64 and 2:00.67 respectively. He achieved All American status for swimming the breaststroke legs of both the 400 Medley Relay, which place 7th and the 200 Medley Relay, which place 9th at the 2005 NCAA Championships.

Christian graduated with a BS degree in Biology and then attended the Wayne State School of Medicine, graduating in 2010 and then joining the Grand Rapids Medical Education Partners as a Family Physician. Christian qualified to swim in the 2008 Olympic Trials and made the decision to train and compete in them during his time at medical school. Dane, the younger brother of Christian qualified for the 400 Free as a senior in high school. This meant that all 4 of the brothers qualified and competed in the Olympic Trials and it was the first time in American Swimming history that 4 siblings swam in this meet together. There have been as many as 3 siblings but never 4 in this most pressure packed swim meet in the world outside of the Olympics. Christian swam his last 100 Breast race in the Trials, until he started masters swimming

The Vanderkaay brothers are known for the legacy that they have established at the University of Michigan. All 3 of their coaches have had nothing but positive things to say about a family with a rich tradition in the sport. Jon Urbanek has said they are the greatest family he has ever coached. Bob Bowman has named one of the horses that he owns "Vanderkaay" in their honor and Mike Bottom has said in interviews that he wishes there was just one more Vanderkaay kid he could coach while he is currently coaching the University of Michigan team. Mom Vanderkaay said—maybe not!

Christian started masters swimming in 2011 and achieved USMS All American status in 2012, and 2013. Christian swam in the 2012

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LAWRENCE AWARD—CHRISTIAN VANDERKAAY....(con't)

YMCA--- Short Course Nationals in Fort Lauderdale-- and swam to 5 YMCA National Championship titles in the 200 Free, 50 Breast, 100 Breast, 100 IM, and 400 IM. He set a YMCA National Record in the 100 Breast at 57.13 and that swim was 1st in the nation.

He was the outstanding swimmer for Michigan Masters at the 2013 USMS Short Course Nationals in Indianapolis where he won 4 events and got 2nd in two others. He won the 50, 100, and 200 Breast, and also the 100 Free. He set State Records in 50 Breast, 100 Breast, and 200 IM. He was 1st in the 200 IM in the 2013 SCY Top Ten so he was part of 5 first places; more than any Michigan Masters swimmer in the 2013 SCY season. In the 2013, he had 10 swims in the USMS National Top Ten and 9 of them were in the top 3 with 4 firsts, 1 second, and 3 thirds. In the 2012 USMS Top Ten, he had 11 swims in the USMS Top Ten

with 2 firsts, 2 thirds, 1 fifth, 1 sixth, 3 sevenths, and 2 eighths.

At the 2014 Canadian National Championships, he had one of the greatest performances ever by a Michigan Masters swimmer, winning 7 individual events and being a member of 5 winning relays. He has set 18 State Records since 2011 and in the 2014 SCM season he is currently 1st in the 50 Breast, 100 Breast, and 200 Breast. He has shown a consistency of excellence in each of the 4 seasons he has swam for Michigan Masters. Congratulations, Christian on receiving the 2014 Lawrence Award and good luck in the future.



DENISE BROWN RECEIVES MICHIGAN MASTERS CHETRICK AWARD

The Chetrick Award has been awarded since 1978 and is given annually to those who have given outstanding service and continuous voluntary contributions to Michigan Masters Swimming. The recipient of this award is an individual who has exhibited outstanding service and continuous voluntary contributions to the Michigan LMSC. Denise started swimming in masters in 1985 and swam with a team in the Chicago area. Denise's seminary school was in Pennsylvania and in 1989 she swam for a team in Philadelphia while she was in school at Germantown Academy. In 1993, she swam for the Cincy Pepsi Marlin Masters while she was doing her residency in Cincinnati.

In 1999, Denise moved to Napoleon, Ohio to become the first Chaplin at the Filling Home. In addition to the Filling Home, Denise serves two small churches in Northeast Ohio; the St. Johns Lutheran Church in Ohio City and Trinity Lutheran in Midpoint, Ohio. Denise registered with Michigan Masters in 2004 after attending our State Meet and meeting other swimmers at USMS National Meets. She took over as Secretary of the Michigan LMSC in September 2010 on very short notice and will have completed 4 years in this position this past September 2014.

Since 2004, Denise has been the most successful Long Distance swimmer in the Michigan LMSC. From 2004 until the present time she has won 43 USMS National Champi-

onships in Long Distance events at these Championships. 24 have been in Postal Events, 14 in Pool National Championships in both Short and Long Course, and 5 have been in Open Water events including two 25K National Championships and one 9 Mile Championship. Denise was named a USMS All American 15 times (4 Pool and 11 Long Distance). She was also named a USMS Long Distance All Star 6 times in 2008, 2009, 2010, 2011, 2012, and 2013 for winning and placing in more National Championship events than any swimmer competing in her

age group. Currently Denise has won the 10K Postal 9 straight years since 2006, the 5K Postal 5 straight years, and the 6000 Yard Postal 6 straight years.



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DENISE BROWN RECEIVES CHETRICK AWARD(con't)

In 2007, Denise was the recipient of the Lawrence Award for achieving outstanding performances in masters swimming. In 2011, she received the Long Distance Swimmer of the Year Award and in 2012 received the Open Water Swimmer of the Year Award at the Michigan LMSC Awards banquet for her efforts in USMS Long Distance Championship Pool events, USMS Long Distance Postal events, and USMS Open Water National Championship events.

Denise is not only a fantastic swimmer in both Pool and Open Water competitions but also as a volunteer in Michigan Masters. She was a volunteer coach for the Michigan Masters stroke clinic in Holland in 2003 and because of her experience as a swimmer and coach, she was one of 18 swimmers selected for the USMS/USA Swimming High Altitude Camp in February 2005. Denise attended her first convention in 2011 and became a member of the USMS Long Distance Committee (LDC).

She is on the PARA sub-committee of the LDC which stands for Patches, All Americans, Records, and All Stars. She recently worked on the National Championship sub-committee regarding USMS Open Water Championships. She helped draft a concise survey (using survey monkey) to be distributed to the full USMS membership to gain further insight into member preferences regarding Open Water National Championships. The information gained by the survey helped guide the LDC to proactively solicit potential hosts for Open Water National Championship events. In 2014, Denise was the championship liaison for the 2 Mile Cable Swim Open Water National Championship which took place on August 16th 2014 in Lake Placid, New York. At the 2014 USAS Convention, Denise went before the Championship Committee and was able to convince the committee to consider allowing swimmers to compete in both distance events (1000 Free and 1650 Free) at Nationals. As a result, masters swimmers in the 2015 USMS Short Course National Championships will be able to swim both events.

In 2015, Denise will serve as the championship liaison

for the 2.5K Open Water National Championship which takes place on August 29th 2015 in Lake George, New York. Denise is currently one of the championship liaisons for the 2015 One Hour Postal Swim. She is also on the National Championship Selection Committee for selection of hosts for all of the 2017 USMS Long Distance Championships which include the 6 Open Water National Championships and the 3 Postal National Championships.

Denise recently graduated from Lutheran Theological Seminary receiving her Doctorate of Ministry on May 21, 2013. She completed 3 years of intensive study and online courses and published a 125 page dissertation, developing a Confirmation Curriculum for individuals with profound Intellectual Disability to earn the prestigious distinction of Reverend Dr. Brown. "Brown's course of study will be of great benefit to the more than 100 individuals with intellectual and developmental disabilities served by Filling Homes," says Paul Oehrtman, retiring CEO of Filling Homes. As part of her ministry, Dr. Brown offers weekly chapel services for Filling Homes' residents as well as Bible studies and catechetical teaching for those interested in becoming full members of the Church and monthly chapel services for all community members.

Denise grew up in Needham Massachusetts and earned a Bachelor of Science in Therapeutic Recreation from the University of Alabama and a Masters of Divinity from Lutheran Theological Seminary in Philadelphia. Her career included hospital chaplaincy and parish ministry before moving to Napoleon in 1999.

Denise also coaches the Napoleon High School swim teams and the Napoleon USA Swimming Club. With all her responsibilities, she still finds time to practice, compete, and volunteer for masters swimming. Because of her Sunday responsibilities as Reverend, she is not able to make most of the sanctioned swim meets in Michigan but she is one of our most consistent performers in both USMS National and FINA World Championship meets.



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2014 MICHIGAN LMSC AWARDS BANQUET

The fourth annual Michigan LMSC Awards Banquet took place at owner and Michigan Masters swimmer Joe Lopez's Denny's Restaurant in East Lansing on October 26, 2014. Thirty-five people were present as 8 Awards were given for LMSC excellence, plus swimmers were honored for Continuous Loyalty Masters Membership for renewing their USMS membership in the Michigan LMSC for continuous years. Performance awards of patches and certificates were given for USMS Individual and Relay All American Recognition. FINA patches were given for FINA Individual Top Ten Recognition and for FINA World Record Recognition.

Swimmers were also honored for USMS Awards that were presented on September 19, 2014 at the USAS convention in Jacksonville, Florida. Door prizes were drawn and six swimmers won yearly Executive Planners provided by United States Aquatic Sports. Those swimmers were Paul Chaffee, Bob Doud, Sally Guthrie, Shawn Jyawook, Jeremy Kennedy, and Don Swalwell. Megan Grunert and Edwardo Gonzales won a Michigan State swimming cap. Five swimming books were drawn and Sue Berger Mann and Patrick Weiss won the "Underwater Window" written by former Michigan Masters swimmer Dan Stephenson. Ken Danhof and Doug Handler won the "My Olympic Story" book written by Jeff Farrell about the 1960 Olympic Trials held in Detroit and the 1960 Olympics held in Rome, Italy.

*Michigan Masters Pool Swimmer of the Year -
Megan Grunert*

Megan Grunert was one of the outstanding swimmers for Michigan Masters at both the 2013 Short Course Nationals in Indianapolis and the 2014 Canadian Nationals in Windsor. In Indy, Megan won 3 events, got 2nd in 3 other events, and set four State Records in the process. She was the Michigan Masters Women's High Point winner with 60 points. In the 2013 SCY Top Ten for the 30-34 age group, Megan was 1st in the 200 IM, 2nd in the 100 IM, 3rd in the 50 Breast, 100 Breast, and 400 IM. She placed 5th in the 200 Breast.

In the 2014 SCY Top Ten for the 30-34 age group, Megan was 1st in both the 100 and 200 Breast, 2nd in the 200 IM, 3rd in both the 50 Breast and 100 IM, and 5th in the 400

IM. She set a State Record in the 200 Yard Breast. She is USMS All American for both 2013 and 2014. At the Canadian Nationals in Windsor she won all 7 of her individual events and set 6 State Records. In the 2014 SCM Top Ten for the 30-34 age-group, Megan was 2nd in the 100 Breast, 200 Breast, 200 IM, 3rd in the 50 Breast, 4th in the 400 IM, 5th in the 100 IM, and 9th in the 50 Fly.

Megan swam for the University of Indianapolis from 2000 through 2004 and earned a BS in Chemistry, Biology, and Spanish. Megan then attended Purdue University and earned a Masters in Chemistry Chemical Education in 2008 and then a PhD in Chemistry Chemical Education in 2010. Since 2012, she has been, and continues currently, as an Assistant Professor of Chemical Education at Western Michigan University in Kalamazoo.



*Michigan Masters Pool Swimmer of the Year -
Alexander Aceino*

Alex began swimming masters in the summer of 2013 and through the summer of 2014 managed to swim to 2 USMS National Records in the 18-24 age group in the 50 SCM Fly. His first 50 fly record swim was at the Milford meet where he swam a time of 25.03 to break the existing record of 25.14 that was set in 2012. At the Canadian Nationals he broke his own record and swam a time of 24.86. He swam 7 events winning 5, taking 2nd and 3rd in the other events. He has set 25 State Records in one year of swimming.

He has made the USMS Top Ten in the 18-24 age group 38 times with 2013 LCM being his first season. Of the 38 swims, nine are 2nd, two are 3rd, six are 4th, and five are 5th making 22 of his swims

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2014 MICHIGAN LMSC AWARD BANQUET.....con't



in the top 5. In the 18-24 age group in the 2013 LCM Top Ten he ranked 2nd in both the 50 and 100 Fly. In the 2014 Top Ten, he ranked 2nd in the 100 Fly in SCY and 2nd in the 800 Free, 50 Fly, 100 Fly, and 200 Fly in LCM. In the 2014 SCM Top Ten he ranked 2nd in the 200 Free and 400 IM. In the fall of 2014, Alex enrolled in veterinary school and began his Doctor of Veterinary Medicine degree

at Western University of Health Science in Pomona, California.

He regrets that he could not attend the Awards Banquet to accept his award because of school but wanted to pass along a message to all Michigan Masters swimmers that he appreciated getting this award and had a lot of fun competing in the last year at meets and nationals and wants to thank everyone for the enjoyable experience. He is going to try and swim as much as his schedule dictates while in school.

Michigan Masters Performance of the Year - Corrin Papps

Since aging up to the 50-54 age-group in 2014, Corrin



set 5 USMS National Records in SCM and LCM competitions. At the 2014 Canadian Nationals in Windsor, Corrin set USMS Records in the SCM 50 Breast, 100 Breast, and 200 Breast and won 6 out of 7 events. At the 2014 FINA Masters World Championships in Montreal, Canada she won and

set USMS Records in the LCM 100 Breast and 200 Breast. She was also 3rd in the 200 IM, 4th in the 50 Breast, and 7th

in the 400 IM. For the 2014 year she set 23 Michigan LMSC State Records (12 SCM and 11 LCM). Corrin has 14 USMS Top Ten swims in the 50-54 age-group for both 2014 SCM/LCM swims and 12 of those swims are in the top 4 with 5 firsts, 4 seconds, and 1 third and 2 fourths.

The 5 USMS Records were Corrin's first National Records since 1991 when she set the National Record in the 200 yard Breaststroke in the 25-29 age-group. Corrin is a 10 time All American (89, 90, 91, 92, 95, 02, 10, 12, 13, 14). She has 20 Number 1 swims and has set 10 USMS Records since 1989. Corrin was the recipient of the Lawrence Award in 2006 for outstanding swimming performances and was selected the 2012 Swimmer of the Year at the Michigan LMSC Awards Banquet.

Michigan Masters Performance of the Year - Ryan Papa

Ryan Papa swam 6 Backstroke events in two meets in Canada and swam to 6 first place wins. At the Canadian Nationals in Windsor, he won the 50, 100, and 200 Back in the 35-39 age-group and the 200 Back was 1st in the 2014 USMS SCM Top Ten and the 50 and 100 Back were 2nd in the USMS 2014 SCM Top Ten. He was also 2nd in the 200 Free and his time from that event was 1st in the 2014 SCM USMS Top Ten. The 200 Back and 200 Free were new State Records.



At the 2014 FINA Masters World Championships in Montreal, he won the LCM 50 Back, 100 Back, and 200 Back in the 35-39 age-group. The 200 Back was 1st in the 2014 LCM USMS Top Ten and the 50 and 100 Back were 2nd in the 2014 LCM USMS Top Ten. Ryan had 13 swims in the 2014 USMS Top Ten and 11 of those swims were in the top 4 with 4 firsts, 3 seconds, 1 third, and 3 fourths. Ryan is a 5 time All American (10, 11, 12, 13, 14). Ryan has 17 Number 1 swims since 2010 and was the recipient of the Lawrence Award in 2013 for outstanding swimming performances representing Michigan Masters.

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Michigan Masters Long Distance Swimmer of the Year -

Harriet Wall

Harriet has participated in the USMS "Go The Distance" program since its inception in 2007. She has been one of the top female GTD swimmer in all of USMS regardless of age-groups. She has swam over 1000 miles in each of the last 8 years. In 2007, at the age of 65 she swam 1055.37 miles taking 1st in the 65-69 age-group and 6th overall in all age-groups regardless of gender. In 2008, at 66 she swam 1103.92 miles taking 1st in her age group and 5th overall. In 2009, at 67 she swam 1214.89 taking 1st in her age-group and 4th overall. In 2010, at 67 she swam 1275.51 miles taking 1st in her age-group and 4th overall.

In 2011, at 69 she swam 1250.63 taking 1st in her age-group and 4th overall. In 2012, at 70 and in the new age-group of 70-74, she swam 1,180.11 taking 1st in her age-group and 11th overall. In 2013, at 71 she swam 1253.37 taking 1st in her age-group and 7th overall. In 2014, at 72 she swam 1224.38 taking 1st in her age-group and 13th overall. All of these distances would place 1st in the 3 lower women's age-groups down to the 50-54 age group.

Harriet Wall has always set ambitious goals for herself — so when she decided to swim 1,000 miles in 2007, no one was really surprised. As has become her tradition, Wall undertook the endeavor to celebrate turning 65 in October. "Since I was in my 20s, I have set a goal to mark that five years. When I was younger most of my goals were academic or professional," said Wall, a retired psychology professor from the University of Michigan-Flint. In 2005, she had completed a rock climbing trip in Grand Teton National Park and a five-mile swim with a group of friends in St. Croix.

In 2006, Harriet decided to keep track of how many miles she was swimming and it turned out to be 700 miles. She has been swimming in the Grand Traverse Civic Center pool since she and her husband purchased their Leelanau County home in 1997. "After finding the USMS program, 'Go The Distance' that helps you keep track of your

progress, I knew I wanted to set that 1000 goal," said Wall, noting that she ordered her official 1000 mile swim cap after the 2007 year.

For the next 7 years, Harriet has swam the goal of 1000 miles and has 3 years to go to accomplish this in the 75-79 age-group and completing it in 3 age groups, every year in the age-group. "What was great about it was that I wanted to have something to write down every day, so it made me want to swim more," said Wall, who swam as little as a mile and with the GTD program swims up to five miles each day, during her rigorous workout schedule.

Wall garnered support from her group of 'mermaid' friends who share her passion for the sport, including Carrie Eby who finds her commitment inspirational. "Harriet's steadfast commitment to swimming and to other kinds of exercise really sets such a good example for all of us 'mermaids'. She is not afraid to take on real challenges," said Eby, who encouraged Wall through her year-long quest for the last 7 years.

In addition to the sense of satisfaction Wall feels when she completes a goal, this particular one had some added benefits. "It also allows me to eat whatever I want," said Wall, who planned to celebrate her accomplishment with a glass from a bottle of chardonnay — a congratulatory gift from a friend — before jumping back into her training routine. Congratulations Harriet on having the best Long Distance performances and being awarded the Long Distance Swimmer of the Year.

Michigan Masters Most Improved Swimmer - Brad Rietema

Brad Rietema started masters swimming in 2012 and his first meet was the State Meet on March 23, 2012. Since then Brad has attended 10 local meets plus the 2013 USMS Nationals in Indianapolis and the 2014 Canadian Nationals in Windsor. In Brad's first meet at the 2012 SCY State Meet, he swam the 200 Free in 2:00.25 and a year later swam a 1:49.28, and improvement of almost 11 seconds. In the 500 Free at this same meet he swam a 5:39.25 and a year later swam a

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2014 MICHIGAN LMSC AWARD BANQUET.....con't

5:04.77, an improvement of almost 35 seconds. Similar improvements were made in 2014 and his time in the 1650 Free was 20:06.88 in 2012 and in 2014 he swam a time of



18:07.89, an improvement of almost 2 minutes. In the 200 IM he swam a time in 2012 of 2:22.53 and in 2014 swam a time of 2:11.21 an improvement of over 11 seconds.

In a year after starting masters swimming, Brad placed 7th in the 500 Free and 8th in the 200 IM at the 2013 Short Course

Nationals in Indianapolis. At this same meet Brad was a relay swimmer on two relays that placed 2nd and 3rd in the 35+ age group that helped contribute to the Michigan Masters National Championship team effort. In 2014, Brad swam at the Canadian Nationals in Windsor and to six top 4 finishes with a 1st in the 400 Free, a 2nd in both the 800 Free and 1500 Free, a 3rd in both the 200 Free and 100 IM, and a 4th in the 100 Free. He was a member of 3 relays that took one 1st and two 3rd to help Michigan Masters become the largest scoring team in the meet.

Brad made his first USMS Top Tens in the 2014 year in 6 events with 2 in SCY and 4 in SCM. Of the 6 swims, 5 were in the top 3 with two 2nd places, three 3rd places, and one 10th place. Brad started swimming at Grand Rapids Christian High School his freshman year and had never swam competitively before then. He was elected team captain his junior and senior years in 1994 & 1995. He swam for Calvin College from 1996 thru 1999 and was team captain his sophomore, junior and senior seasons, and was selected "All MIAA". After moving away from Michigan after graduation, he did not swim again competitively until 2012 after returning to Michigan. Congratulations Brad and good luck in your swimming in the future.

Michigan Masters Swimming Coach of the Year 2014 -

Don Swalwell

Don Swalwell has coached the Ann Arbor Masters swimming group for 28 years and re-energized a small local

swimming group when he assumed coaching and several of the swimmers have continued with him over this entire period. Don encourages swimmers to come back to the pool for practices and to compete in pool meets, open water swims, and triathlons. He doesn't discourage those who are not interested in competing and strives to make a challenging workout for swimmers who want to maintain their fitness through aquatics.

Don believes so passionately in the power of swimming, that he has made it a part of his life. Monday thru Friday from 5:45 to 7:15 AM he is at practice coaching. He drives 25 miles starting at 5:00 to travel to Ann Arbor to be there by 5:40 to open the building and begin coaching when practice starts at 5:45 AM. The City of Ann Arbor manages the master program through the Parks and Rec Department and this creates many unique challenges because of facility restrictions that his program faces 9 months a year. The Mack City pool that his masters swimmers practice in is over 55 years old and it's not big enough for the number of swimmers he coaches. Sometimes lanes have 10 to 12 swimmers swimming in them and half the pool is only 3 and half feet deep. This creates many challenges for the swimmers but they have become a cohesive collection of swimmers that feels a great loyalty to both their group and their coach. During the summer, the swimmers train at Fuller Pool which is a 50 meter 7 lane pool and Don also accommodates additional swimmers who join his group for the summer so they can practice in a long course pool.

Ann Arbor Masters has been one of the largest swimming programs in the Michigan LMSC for the last 25 years and Don's morning AM group is the reason why. His group has kept growing for years despite the pool obstacles because he provides excellent coaching and great workouts. His positive attitude has created an atmosphere of acceptance where swimmers support each other in their common passion. Don is also a constant source of guidance for the team from everything on how to improve technique, how to succeed in competition, and how to overcome obstacles in both swimming and personal life.

Don swam for Alma High School and in his senior year in 1984 took 9th in the 50 Free at 22.39 and 5th in the 100 Fly at 53.88 and was part of the 400 Free Relay that took 8th with a time of 3:19.77 at the Michigan High School State Championship meet. Don swam for Eastern Michigan University from the fall of 1984 until the spring of 1988 and then starting coaching masters at the

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Fuller Pool in Ann Arbor in the summer of 1988. He has been coaching ever since for the City of Ann Arbor program and has never missed a year. Don swam competitively in masters and was one of the top sprinters in his age-group in USMS in 1989 getting as high as 2nd in the 50 Free in in SCY and 4th in the 50 Free in LCM in the USMS Top Ten. An injury and operation forced him out of swimming for many years but he continues to coach and participate in sprints to help his team at the Michigan State Championship meet.

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

Don also has patiently helped "newbies" with their stroke techniques as well as their confidence. Several of these newbies were able to not only learn to love swimming for fitness, but also take part in open water competitions or in pool competitions such as the Masters State Championship Meet where Ann Arbor Masters has been very consistent over the years. Don's spirit of inclusiveness has helped his group grow to the point that every swimmer is welcome.

Don has time from his Home Remodeling business to stay after workouts to help swimmers with stroke technique and he even taught several of them a new stroke, butterfly that they had never swum before. Several of the senior swimmers, who had never swam competitively when they were younger found that they enjoyed competition. Don was able to take a group of miscellaneous swimmers, seniors, fitness swimmers, newbies, and former college swimmers and instill an esprit de corps that led his swimmers to bond as a team and win three large team Michigan Masters State Swimming Championships, in 2004, 2005, and 2006. In 2007, AAM won the Small Team Women's Championship and in 2008 won the Small Team Combined Championship. In 2012, AAM swept the Small Team Championships winning the Women's, Men's and Combined Championships and in 2014 won the Small Team Men's and Combined Championships.

When he began coaching, Don was only 22, and he's often remarked to his swimmers how old they all looked to him at the time. Over the years he has learned, by experience, when to suggest an older swimmer might consider resting a bit more during an interval, or possibly decreasing the frequency of their workouts. While this may not seem terribly important, it is if you are one of the older swimmers. Basically little is known about the best way to coach the

"senior" (over 60) swimmer. Don recently became an ASCA level 1 & 2 certified coach at the USMS masters coaching clinic, demonstrating his continuing commitment to masters swimming.

The Michigan LMSC is proud to present the 2014 Coaching Award to Don for all his years of outstanding coaching.



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Michigan Masters Special Services - Joe Lopez

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 2011, Joe Gohl was the last individual to receive this award for his outstanding contributions for acting as the LMSC Coordinator for

the 2006 USAS Convention that was held at the Hyatt Re-

gency Hotel in Dearborn, Michigan. The 2014 recipient of this award is another swimmer volunteer named Joe; Joe Lopez.

The Michigan LMSC is pleased to recognize Joe Lopez for his hospitality in hosting the 2013 and 2014 LMSC Award Banquets at the East Lansing Denny's Restaurant. Joe had a welcoming, "can do" attitude from the first time he was approached to help. Joe closed the restaurant for our banquets in an effort to focus exclusively on accommodating his masters swimming guests. He offered more food than we could eat, all at a very reasonable price. Joe provided service with a smile! The Michigan LMSC is pleased to present this Special Service Award in recognition of Joe's efforts. We would be remiss if we did not also recognize Sharon Fields, manager of the East Lansing Denny's and the wait staff.



2014 - A YEAR OF PROGRESS FOR THE MICHIGAN LMSC

The 2014 year has been very successful for the Michigan LMSC. For the 5th straight year, Michigan LMSC registration has gone over 800 swimmers. The Michigan LMSC registered 1025 members for the 2014 year compared to 875 members in 2013, an increase of 17.1 % from the previous year. In 2009, the Michigan LMSC registered 663 swimmers, so in 5 years we are close to doubling our numbers. From the first 2 months of the 2015 Registration year, the LMSC is at record levels and we should have more than 1100 members by the end of the year.

During the 2014 year, the Michigan LMSC hosted 15 meets, including the State Championship Meet. We conducted 9 short course yards meets, 3 short course meters meets, and 3 long course meters meets. One of the strengths and successes of Michigan Masters is the participation in our State Championship Meet. All of the State Meet teams should be commended for recruiting their swimmers to participate in the meet at record levels for the last 5 years. The Michigan LMSC has the largest percent

of LMSC participation in our State Championship meet (50%) of any LMSC in the country. The Michigan LMSC also has the largest percent of LMSC participation in all Michigan sanctioned events in the country at 68%. The 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 in being a registered member with USMS.

Swimmers from Michigan participated in 6 national and international meets during the 2014 year. The largest of these were the Canadian Nationals that were held in Windsor, with 64 swimmers. At the same facility in Windsor, 33 swimmers swam in the Ontario Provincial Championships. 33 swimmers also participated in the 2014 FINA World Masters Swimming Championships held in Montreal. This was the most swimming in Canada by Michigan Masters swimmers ever. The Short Course Nationals were held in

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2014 – A YEAR OF PROGRESS FOR THE MICHIGAN LMSC

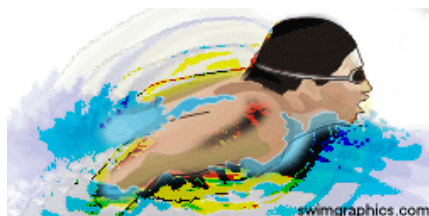
Santa Clara, CA and 11 swimmers participated. The Long Course Nationals were held in College Park, Maryland and 10 swimmers participated. The Gay Games were held in Cleveland and 10 swimmers participated in those as well. This was the largest participation we ever had for 6 meets of National and International caliber and we earned one championship as the highest scoring team in the meet.

During the 2014 year, 70 swimmers made the USMS Top Ten in at least one event and many others in multiple events. Thirty women and forty men make up the 2014 list.

For the Women: Rachel Cush, Megan Grunert, Wendy Sanders, Jenny Birmelin, Jill Guerrero, Maria Veen, Susan Harris, Bonnie Karas, Susan Dombkowski, Lou Ann Dixon, Corrin Popp, Denise Brown, Mary-Chris Kay, Sally Guthrie, Laura Kaguni, Joannie Eastridge, Kitty Vanden Brulle, Ann Hunt, Peggy Bruin, Joyce

Kowalski, Laura Gogola, Rita Gelman, Reggie Ray, Shirley Hirsekorn, Marilyn Early, Tamara Steil, Kelli Dewey, Lindsay Richardson, Courtney Greening, and Barb Church.

For the Men: Alexander Aceino, David Shuler, Luke Griffioen, Bradley Dotson, Christian Vanderkaay, Kevin Doak, Trevor Asti, Ryan Papa, Brad Rietema, Jeremy Kennedy, Matthew West, Chad Steed, Noah Birmelin, Jeff Bailey, Louis Probst, Michael Green, John Allen, Jim Pogue, Todd Briggs, Frank Skip Thompson, Randy Parker, Gaard Arneson, Ron Dubois, Greg Pash, Al Saplys, Erik Lokensgard, Ray Martin, Allan Charlton, Richard Han, Joel Lockwood, Wallie Jeffries, Robert Doud, Jeff Flermoen, Richard Ten Hoor, Paul Hughes, Kurt Hirsekorn, Paul Nicholls, Elmer Egelkraut, Hugh Acton, and John Alt. Congratulations to all of the swimmers for their efforts to make the 2014 USMS Top Ten.





2014 – A YEAR OF PROGRESS FOR THE MICHIGAN LMSC



**Be Part of Another
Amazing Year in
2015!**

**Compete in the
Long Course
Summer Nationals
at the Spire
Institute in Geneva
Ohio (Cleveland) -
Right in our BACK
YARD!**

