

The Wave Eater



MICHIGAN MASTERS SWIMMING Year-End Review for 2010

LOIS KIVI NOCHMAN GETS INDUCTED INTO THE INTERNATIONAL MASTERS SWIMMING HALL OF FAME

On September 17, 2010 Lois Kivi Nochman was inducted into the International Swimming Hall of Fame with a group of 5 masters athletes as part of the Class of 2010. The annual ceremonies took place at the Hyatt Regency in Dallas, Texas in conjunction with the United States Aquatic Sports Convention. The other inductees include Andy Burke, Honor Contributor and Water Polo Coach, John Connor, Honor Diver, Rich Burns, Honor Swimmer, Bonnie Pronk, Honor Swimmer, and Barry Young, Honor Swimmer.

This was the first time that the event was free of charge to all delegates of United States Aquatic Sports and immediate family. Lois was joined by her daughter, two of her grandsons, and two great grandchildren. After a wonderful dinner provided by USMS and the International Swimming Hall of Fame, the ceremony began. With each masters athlete honored, there was a 5 minute video clip of the background of accomplishments in the aquatic sport being honored and then the athlete was given 6 minutes for their acceptance speech. Ralph Davis, Sally Guthrie, Fred Nelis and myself were there as part of the Michigan Mas-

ters delegation to witness this special prestigious night. Lois is the first female swimmer that was born and raised in Michigan to be inducted into the ISHOF. She is the 4th Michigan Masters swimmer to be inducted and joins

Alan Ford, Clark Scholes, and Bill Prew as past honorees. The minimum criteria for masters athletes is that they must have competed for a minimum of 16 years, spanning four five-

year age groups. The three areas of consideration for nominees are FINA World Records, FINA World Rankings, and FINA World Swimming Championships. A balloting process is used to finalize those selected for induction based on a point ranking system that has been devised for masters swimming. Each World Record is worth 10 points. World Ranking points are 5 points for 1st place, 3 points for 2nd place, and 1 point for 3rd place. World Swimming Championship points are 3 points for 1st place, 2 points for 2nd place, and 1 point for 3rd place. Lois accumulated 1101 points, the most points of any swimmer inducted.

Lois Kivi Nochman grew up in Ann Arbor, Michigan at a time when girls just didn't swim competitively. As a child of The Great Depression, there was little opportunity to participate in competitive sports – or any sports at all for that matter - and many local pools were not open to women. "Women never really had a chance to discover what their limits were and it seems to me that is a really basic thing that a human being has to discover," said Kivi Nochman. "Swimming was a way of testing that for me."

She learned to swim as a child because she spent a good deal of time at her grandparent's lake-side cottage. Although, Lois never had the opportunity to compete at the high school or collegiate levels, she

was noticed by the legendary Michigan Coach, Matt Mann. In Lois, he saw something special and allowed her to join his daughter Rosemary in swimming laps when he taught children



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2010 LOIS KIVI-NOCHMAN INDUCTED INTO ISHOP

Continued from page 1...

to swim on Saturdays.

Lois did not start swimming competitively until November 1987, after she retired as an English teacher. To her surprise she set a couple of state records in the 60-64 age group. Apparently, she developed an appetite for victory because she won her first National title six months later, winning the 100 Fly at the 1988 YMCA Nationals. In 1989, she had 5 swims in the FINA World Top Ten for her first year in the world rankings. In 1990, she won her first two USMS National titles, in the 1500 meter free and the 100 meter fly at the USMS Long Course Nationals, where she aged up to the 65-69 age group.

In 1991, at the USMS Short Course Nationals, she won 4 events and set her first national age group record in the 400 yard IM. That same year she received the Lawrence Award for being an Outstanding Swimmer representing Michigan Masters. In 1992, she became a World Champion in the 50 meter Fly in her age group at the World Championships. On her 70th birthday in November of 1994, she set 4 World Records for the first time in her career. Since that time she has set 111 USMS National and 60 World Records. She has accumulated 74 number one, 61 number 2, and 50 number 3 swims in the world rankings.

Between 1992 and 2009, she has competed in five FINA Masters World Championships winning 14 gold, six silver, and two bronze medals. Lois has made the USMS Top Ten 977 times, 229 of which were first-place finishes. She is a 20 time Pool and 16 time Long Distance All American for a total of 36 USMS All American selections. She is a 14 time USMS Relay All American and has been a member of 23 Number 1 Relay swims. Lois has been named a Pool All Star 6 times and a Long Distance All Star 10 times for a total of 16 USMS All Star selections.

On April 21, 2007 Lois received the prestigious Lifetime Achievement Award, given to an individual who has demonstrated outstanding contributions and a lifetime dedication and devotion to the objectives of Masters Swimming in Michigan. Lois has been chosen three times by Swim/Swimming World Magazine (1995, 2000, 2009) as one of the World Masters Swimmers of the Year. In 2010, she was interviewed twice on the Morning Swim Show that is broadcast online daily by the Swimming World website.

Lois says "I am surprised and delighted at being listed as a world-class swimmer. My experiences as a masters swimmer for the past 23 years have been most fulfilling, and the people I have met and the challenges I have faced. I am not burned out and I still love the water." Unlike soldiers, Masters swimmers don't fade away, they just keep swimming.

This past year, Lois has not competed as much as in past years but she still enjoys it and she can't imagine a time when she would be ever be away from the pool too long. "I'm still swimming but just not as much as I used to," said Lois. "My health is beginning to fail a little but I've never stopped and I can't imagine that I would. Sometimes though, life does interfere with one's swimming."

Congratulations Lois! There is no other swimmer in Michigan Masters more deserving of this honor.

STRAY CATS WINS 1ST LARGE TEAM STATE CHAMPIONSHIP



2010 marked the occasion of the 38th Annual Michigan Masters State Championships. 348 swimmers turned up at the Haslett Aquatic Natatorium from April 16 to April 18 to participate in the traditional event.

The Stray CATS from the Lansing/East Grand Rapids area won their first Large Team Combined Championship after winning the Small Team Combined Championship in 2009. The Stray CATS won the Large Team Men's Championship category as well. FAST was second in the Large Team Combined category after winning in 2008 and 2009. FAST won the Large Team Women's Championship for the third year in a row. Doughboy Aquatics won the Small Team Combined Championship and the Small Team Men's Championship to go along with the Small Team Women's Championship that was won in 2009. Milford Aquatic Club won the Small Team Women's Championship for their first ever Championship.

The highlight of the meet was the setting of three USMS National Records, including: 200 yd Backstroke and the 400 yd Free and 400 yd Medley Relays. Donald Pope set the first ever National Record in the 200 yard backstroke in the 95-99 age group. This was Don's third USMS National Record in 2010.

He set his other two records as part of two Mixed Relay teams; the 200 and 400 Freestyle Relays in the 360 – 399 age group in Short Course Meters. The other two USMS National Records that were set at the State Championships were set by the swimmers in the Men's 18+ 400 Free and 400 Medley Relays. In 2009, the team of Adam Schmitt, Patrick Saucedo, Alec Mull, and Kevin Doak broke the 18+ National Records in the 200 yd. Free and 200 yd. Medley Relays and this year they set out to break the National Records in the 400 yd. distances of these events. In the 400 Medley relay the foursome touched at 3:29.49 to break the USMS National Record of 3:34.08 set back in 1992. This same team swam a 3:09.08 in the 400 Free Relay to break the standing USMS National Record of 3:10.28 set back in 2007. Three of the four members of these relays have set 9

Continued page 3.....



STRAY CATS WINS 1ST LARGE TEAM STATE CHAMPIONSHIP.....CONT

USMS National Relay Records in the last year and 7 of those National Relay Records are still on the books. Michigan Masters swimmers have now set 6 USMS National Relay Records in 2010.

On the Men's side, 95 year old Donald Pope swam to 6 State Championship Meet Records, as did Tyler Blessing, a swimmer who came to our meet all the way from Texas. Randy Parker and Jim Makarauskas both swam to 5 State Championship Meet Records. On the Women's side, Corrin Popp, swam to 6 State Championship Meet Records and Wendy Sanders, Denise Brown, and Lois Kivi Nochman each swam to 5 State Champi-

onship Meet Records.

A big thank you goes out to Meet Director Bob Oliver, the Haslett HS swim teams and the Spartan Swim Club for running an excellent meet during the long hours of the three day meet. Also, many thanks to George Newman and Ken Shively for their officiating during the long 3 days of competition and for the many years that they have been involved with the State Championship meet.



MICHIGAN MASTERS SWIMS TO 4TH PLACE AT NATIONALS IN THE REGIONAL TEAM DIVISION

The 2010 US Masters Short Course Nationals marked the 40th anniversary of the meet. 1974 swimmers from 228 Teams were entered in the meet making this the largest masters nationals outside the state of California. There were 103 Individual and 19 Relay National Records set during the course of the meet. The forty Michigan Masters swimmers (29 Men and 11 Women) who swam in the meet earned a 4th place USMS Regional Team banner. This is the highest overall team finish in a Short Course Nationals since 1971, where there were only 3 teams in the entire meet that outscored Michigan Masters. The Michigan Masters Men's team took 3rd place with 620 points and Women's team took 10th place with 202 points. The Combined teams took 4th place with 860 points. Michigan Masters swimmers were responsible for 1 National and 52 State Records (45 individual and 7 relay) during the course of the meet. All 19 relays scored and this is the first time that has happened in a National meet with no scratches and no disqualifications.

Denise Brown won two events, set 6 State Records, and was the Michigan Women's high point winner with 50 points. She also set her first US Masters National Pool Record in the 1000 Free with a time of 11:13.96 breaking the previous record of 11:16.62 set by Laura Val back in 2002. Bob Doud was the Michigan Men's high point winner with 54 points. The 2009 Lawrence Award recipient won the 200 Fly and was second in 3 events and 3rd in two others. Corrin Popp set 6 State Records and won the 200 Breast in her age group for her first short course nationals title since 2005, and repeated as a US Masters National Champion from the 2009 LC Nationals. Randy Parker won his first US Masters National Championship in the 50 Breast after taking two second places at the 2009 Long Course Nationals where he broke two US Masters National Records. Kevin Doak

won the 50 and 100 Backstrokes and repeated as a US Masters National Champion in these events from the 2009 Long Course Nationals. Allan Charlton did the same in the 50 Back and set a State Record in the process.

Ryan Papa won his first US Masters National Championship in the 200 Back and was second in both the 50 and 100 Back, setting State Records in the process. This was a reunion for Ryan because he represented the Philippines at the 1996 Olympics at this same facility. Ray Martin won his first US Masters National Championship in the 100 Back since winning several at the 1976 LC Nationals some 34 years ago. He was second in the 100 Back at the 2009 LC Nationals and was second in the 200 Back at this meet as well.

Paul Karas swam to 7 State Records and three 2nd places en route to scoring 47 points. He broke the 100 Fly State Record set by Wally Dobler in 1989 (a National Record at that time). Sally Guthrie set 5 State Records and was second by the closest of margins in the 200 Fly and broke a State Record set by Lois Kivi Nochman in 1989 (that too was a National Record at the time). Frank Cody was 2nd in the 200 Fly and swam his last event in the 65-69 age group and looks forward to swimming in his new age group this year. Mike Schmitz set 4 State Records and swam to two 3rd and two 4th place finishes.

Michigan Masters members of the Men's 55+ 200 Free Relay were the lone US Masters Nationals Relay Champions, breaking the State Record by almost 6 seconds and winning by 1.83 seconds over second place Oregon Masters. Randy Parker, Chuck Olson, Paul Karas, and Jim Makarauskas swam to a 1:36.54 and each swimmer won their first US Short Course Masters Relay National Championship.





ALEC MULL RECEIVES THE 2010 MICHIGAN LAWRENCE AWARD

The Lawrence Award is given annually to those who have achieved outstanding performances in masters swimming representing Michigan Masters. Alec swam his first masters meet at the 1998 Michigan Masters State Championship meet at Eastern Michigan University. In his first meet since swimming in college

he swam to a 7th place in the 100 Free and 6th place in the 50 Fly in the USMS Top Ten. He took a break from swimming to initiate his career and start a family. He swam his next meet in the fall of 2006 and has been swimming ever since. Since that time he has won 6 USMS National Championship Meet titles in the 4 meets he swam. He has been named a USMS All American in 2007 and 2009 and a USMS Relay All American in 2009 and 2010. Since 2007, he has 4 Number 1 swims in the USMS Top Ten in the 35-39 age group and 7 Number 1 swims as a member of relay

teams. In 2009, all 5 relays that were Number 1 swims set USMS National Records. This past year, the 400 Yard Medley Relay for both SCY and SCM set USMS National Records.

Alec comes from a family of swimmers. His father, Rich, swam in High School and for MSU in the 1960's. Alec was the first of Rich's 3 sons (Alec, Ian, and Cameron). All three sons became swimmers and all were State High School Champions for Lansing Eastern High School. They are the only family with 3 kids to ever accomplish this feat in Michigan High School sports history. Alec won 3 titles, Ian won 4, and Cameron won 5 for a total of 12 titles. At the 1989 State HS Championships, Alec swam to 4:28.31 and that time was the fastest ever posted by a junior. He returned his senior season and just missed Eric Bailey's State Record of 4:27.10 with a time of 4:27.28 and that time made him the second fastest performer in the event in Michigan HS swimming history, a distinction that he would hold for another 12 years. In 1990, Alec was second in the country in the 500 Free to Dan Konner in the NISCA High School rankings. He was 8th in the 200 Free and for those swims he was named an All American. Additionally, he received an All American Honorable Mention in the 100 Fly. He swam for Michigan State University and lettered all 4 years, from 1991 to 1994.

In the fall of 2006, Alec started swimming in masters and made his first All American selection and was first in the nation in the 50 SCM fly. In 2008, he won two USMS Long Course titles (50 Fly and 100 Fly) at the 2008 Long Course Nationals and was the Michigan Masters Men's High Point winner. He placed 2nd in 4 events (50 Free, 200 Free, 50 Fly, and 100 Fly) in the 2008 USMS Long Course Top Ten, just missing All Ameri-

can status in those events. For both 2007 and 2008, he made the USMS Top Ten 25 times and set 20 State Records.

Alec started the 2009 year setting two USMS National Records as a member of the 18+ 200 Free and 200 Medley Relays swam at the 2009 Michigan Masters State Meet. Kevin Doak, Adam Schmitt, Patrick Saucedo were the other swimmers that helped set these records. The 200 Free Relay record of 1:23.04, set back in 2001, was broken by 0.57 with a time of 1:22.47. The 200 Medley Relay record of 1:33.18, set back in 1995, was broken by 1.75 seconds with a time of 1:31.43. Both of these swims were the fastest of any age group in US Masters and both set pool records at the Lake Orion HS Natatorium.

At the 2009 USMS Long Course Nationals in Indianapolis, Alec had one of the best meets ever by a swimmer in Michigan Masters history. On the first day of the meet he won the 50 Fly and 200 Free. On the second day he won the 100 Free and broke a state record that had stood for 17 years. On the third day, he was a member of 4 relays that set USMS National Records and one of the relays (200 Medley) set a FINA World Record. The members of all four relays were the same swimmers that swam to National Records at the State Meet, except Cameron Mull swam in place of Adam Schmitt. On the fourth day he won the 50 Fly and after winning 4 individual events and being a member of 4 first place relays, he swam his 9th event and was second in the 100 Fly just narrowly missing first. His 8 firsts and 1 second is one of the best performances ever. He was the Michigan Masters Men's High Point winner and he set 4 individual State Records out of the 5 events swam. Alec was responsible for setting up these relays. His swims and relays contributed greatly to Michigan Masters winning the 2009 Long Course Regional Championship.

In the 2010 year, Alec was a member of 3 relays (400 Free SCY, 400 Medley SCY and 400 Medley SCM) that set 3 more USMS National Records. The 400 Medley SCM Relay would have been a World Record but Adam Schmitt was too young at 24 to qualify for a FINA masters record, so they can try again in 2011 when Adam becomes 25. Alec has made the USMS Top Ten 43 times, the FINA World Top Ten 14 times and set 29 State Records since 2007. In the last 3 years, he has managed to swim the Number 1 time in the 50 Fly in all three courses (2007 SCM, 2009 SCY, and 2009 LCM).

Alec was honored for his lifetime of swimming accomplishments by being inducted into the Greater Lansing Area Sports Hall of Fame for the Class of 2006. Alec is Director of Brewery Operations at the Founders Brewing Company in Grand Rapids. When he is not busy with his family and work obligations, he swims and coaches masters swimmers at Lansing Community College. He also plays water polo, so he is in the water quite a bit. Congratulations Alec on receiving the Lawrence Award and good luck in the future.

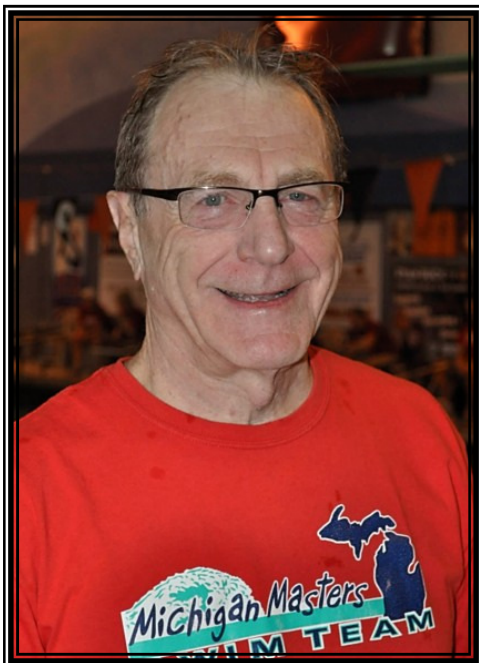




RAY MARTIN RECEIVES MICHIGAN MASTERS LIFETIME ACHIEVEMENT AWARD

On April 17, 2010 at the Michigan Masters State Championship Meet, Ray Martin 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. Ray personifies this not only with his dedication to Masters swimming but with all of his contributions and accomplishments in AAU, High School, and College swimming.

Ray began masters swimming competition in 1972, but his swimming career pre-dated this. In 1955, his junior year of



high school, he was 13th in the nation in the 150 IM and received his first HS All American selection. Ray was the 1956 Michigan High School State Champion in the 100 Free and 150 IM and led Lincoln Park HS to a 3rd place team finish at the championship. Nationally he ranked 10th in 100 Free and 4th in the 150 IM and was declared an All American for 1956. That was the last year that

High Schools swam the 3 stroke IM and the next year, butterfly was added as a stroke. Ray first big national competition as a youngster was swimming in the 1956 Olympic Trials, which were held at Brennan Pools in Detroit, Michigan.

Ray swam for Bowling Green University from 1957 until 1960. During that time period he was an eight-time MAC Champion, including three titles each in 1958 and 1960 with two more in 1959. He won 5 different events (220, 440, 1500 Free, 100 and 200 Back) and helped lead Bowling Green to 4 straight MAC Conference Championships. He swam in the MAC Conference during the time of such famous swimmers as Bill Mulliken and Ernie Maglischo. He and his teammates at Bowling Green, including former Michigan Masters swimmers Gary Laprise and the late Henry Reest, placed 6th in the 400 Free Relay at the 1960 NCAA Swimming Championships. In 1959, Ray placed 8th in the 100 Back and 9th in the 200 Back at the NCAA Championships and was named a 1959 NCAA Indi-

vidual All American, to go along with the Relay All American in 1960. For these swimming efforts, he was inducted to the Bowling Green University Athletic Hall of Fame in 1997.

In 1972, when Ray began swimming in masters meets, he made the Top Ten in six events in the 35-39 age group. In 1973, he set a USMS National Record at the 1973 Long Course Nationals in the 200 Back. At the 1974 Short Course Nationals he won three events (200 Back, 100 IM, and 200 IM). He had his best meet at the 1976 Long Course Nationals, winning four events (100 Back, 200 Back, 100 Fly, and 200 IM). He was the Michigan Masters Men's High Point winner at USMS Nationals 4 times (1972, 1974, 1975, Short Course Nationals and 1976 Long Course Nationals). From 1974 to 1976, he was a member of 4 National Record setting relays in the 200 Free and 200 Medley relays. He was named a USMS All American for both 1974 and 1976.

Ray Martin was the co-Meet Director of the first two Michigan Masters State Championship meets in 1973 and 1974. He was the first Michigan Masters President/Chair, from 1973 until 1977. Until 1980 Michigan Masters was under the control of AAU Swimming and was not a separate swimming entity like it is today. During his term, he was instrumental in getting AAU Masters as a separate committee away from the AAU Age Group Swimming Committee. He set up the first Board of Directors for Michigan Masters and the officer positions of sanctions, records/top ten and newsletter editor for the operations which was instrumental for successful growth in those early years.

Masters swimming was growing by leaps and bounds in the mid 1970's and it was hard to get volunteers to share in the workload. Ray's wife Pat, was Secretary of Michigan Masters in 1975/1976 and helped start the compilation and maintenance of Masters State Records. Ray was responsible for drawing up the first Michigan Masters Club proposal and a Charter was created so that all masters swimmers could swim as a Michigan team at the AAU Nationals. We are still operating this same way some 36 years later. Ray served a term as Sanctions Chair from 1977 until 1979 and was instrumental with the success of the 1979 AAU Long Course Nationals that were held in Dearborn, Michigan.

Ray worked for the Lincoln Park Public Schools from 1960 to 1967. He then spent the next 30 years in the Dearborn Public School system where he was the Assistant Principal at Fordson High. He later became Principal at Henry Ford Elementary School and retired in 1997. Ray is a certified official and works both High School and College swimming meets around the state of Michigan.

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RAY MARTIN LIFETIME ACHIEVEMENT AWARD *(con't)*

In 2009, Ray won several events at the Canadian Nationals and his times in the 100 and 200 Back were first in the USMS Top Ten in the 70-74 age group. In 2010, he won the 100 Back at the Short Course Nationals in Atlanta and was first in the USMS Top Ten. This was the first time he won a National Championship since 1976. He was named an Individual Event All American and a Relay All American for both 2009 and 2010. Ray was also a member of two 800 meter Free Relay World Record swims in 2010. In 1978, he received the very first Lawrence Award from Michigan Masters for outstanding swimming performances and accomplishments. In 2000, Ray was named to the Michigan Masters "Swimmers of the Century" team honoring outstanding performances in Michigan Masters history.

Congratulations Ray for receiving the Michigan Masters Lifetime Achievement Award!



SALLY GUTHRIE RECEIVES THE 2010 MICHIGAN MASTERS CHETRICK AWARD

The Chetrick Award has been awarded since 1978 and is given annually to those who have given outstanding service and/or best exemplify the spirit and commitment to Michigan Masters Swimming. Sally began masters swimming in the summer of 1999 and swam in her first master's meet on January 23, 2000 at University of Michigan, where she is an Associate Professor in the College of Pharmacy. She started swimming with Ann Arbor Masters and has been a member for over 10 years. In 2004, Sally started to get involved with Michigan Master; she helped bring back the University of Michigan Masters Meet and was the Meet Co-Director for 3 straight years. She has continued to help run this meet at Eastern Michigan University and last summer was successful for the first Long Course masters meet.

In the fall of 2005, Sally was appointed Webmaster and Newsletter Editor for Michigan Masters. In addition to these responsibilities, she is the Top Times Coordinator, responsible for all of the local meet results being checked and forwarded to the USMS National Top Times data base. She assisted with the success of four State Championship meets from 2004 to 2006 and

2008. In 2009, she was elected Vice Chairman of the Michigan LMSC and her term as Chairman/President will start in the spring of 2011.

At the national level, Sally became a US Masters convention delegate in 2009 and is currently a member of the LMSC Development Committee and the Sports Medicine and Science Committee. At the 2010 Convention, she gave a sports medicine presentation and received the Dorothy Donnelly USMS Service Award for outstanding contributions to Masters swimming.

Sally's swimming career began in 1960 when she swam for the Sierra Swim Club, an AAU club in Sacramento, CA. Her early competitive career ended in 1964 when the swim club closed its doors. Since her swimming pre-dated the historic Title Nine decision, she was unable to swim competitively in high school or college. After a lengthy hiatus, she found Masters Swimming in 1999. Her masters swimming accomplishments include being named a US Masters Long Distance All American in 2001 for winning the 3000 postal championship and in 2002 for winning the National 2 Mile Open Water swim. She has won four US Masters National Championship meet titles: the 1650 Free twice, the 100 Fly, and the 200 IM. She was the Michigan Masters Women's High Point winner at both the 2001 Short Course and Long Course Nationals and the 2004 YMCA Nationals. She has attended 13 US Masters National Meets and 4 YMCA National Meets.

Sally has attended 11 Michigan Masters State Championship Meets winning 59 Individual Championship titles and she has won the Age Group High Point Award 8 times. Sally has made the USMS Top Ten 180 times since 2001. She was part of a USMS National Relay Record in 2009 for the 800 Free Relay in the 200-239 age group. This past year, she was part of 3 FINA World Record relay swims in the Women's 400 Free Relay, Mixed 400 Free Relay, and a Mixed 800 Free Relay.





MICHIGAN MASTERS RECEIVES USMS AWARDS AT 2010 CONVENTION



USMS presents a number of awards annually to members who have excelled in various areas. As a volunteer-driven organization, USMS is forever grateful to the hundreds of volunteers who give their time, talent, and expertise to help all phases of our programs. Among those volunteers are some whose service stands out in its scope and its impact on the program and the USMS members who have benefited from their efforts on the local, regional, and national level. At the 2010 USAS Convention, Michigan Masters was honored with three USMS Dorothy Donnelly Service Award recipients and two USMS Kerry O'Brien Coaching Awards.

Ralph Davis has been the Michigan Masters Treasurer from 1997 until 2007 when he became Vice Chair and then 2009 became Chair of the Michigan LMSC. He has been a member of the USMS Finance Committee since 2000 and became Vice Chair in 2004 and Chair in 2007. He was elected to the Executive Committee in 2009 as USMS Treasurer. He has executive responsibility of the Audit, Finance, and Investment Committees. He was featured in the article "Gift of Life" in USMS Swimmer magazine.

Sally Guthrie has been the LMSC Webmaster/Newsletter Editor since the fall of 2005. She was elected Vice Chair in 2009 and begins a term of Chairman in April 2011. She currently serves on the LMSC Development Committee and the Sports Medicine Committee. She received the Chetrick Award for outstanding service this past year.

Fred Nelis was elected Vice Chair in 2005 and served as Chair of the Michigan LMSC from 2007 to 2009. He became Michigan Masters Treasurer in 2009 and is currently serving a term in that capacity. He has been a member of the USMS Finance Committee since 2005. He has been Meet Director of 4 State Championship Meets (2000, 2001, 2003, and 2007). He started the Michigan Masters Scholarship fund that will be operating in its fourth year in 2011. He received the USMS Kerry

O'Brien Coaching Award in 2008 and the Michigan Masters Chetrick Award in 2009.

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



Suzanne Grebe, founder of the Milford Athletic Club in 2006, was recently honored with the Kerry O'Brien Coaching Award by U.S. Masters Swimming for her success in helping swimmers and former non swimmers meet and surpass their goals, as well as growing the group to 200-plus members in just four years. The MAC is a nonprofit organization which promotes social athletic and competitive events and activities in the Huron Valley community to improve health, fitness and recreation.



Continued from page 8.....

Currently, members range in age from 18 to 82, and many are triathletes, participating in swimming, biking and running. In 2010, Grebe led the MAC Women's team to a Small Team State Championship.

Frank Skip Thompson has been coaching masters swimmers for more than 25 years. In 2009, he helped coach the Doughboy Aquatics team to a Women's Small Team State Championship and in 2010 won both the Small Team Men and Combined State Championships. On the National level, in 2009 he organized the

Michigan Masters Club to a Regional Team Championship at the 2009 Long Course Nationals and this was the first combined Club Championship since the 1996 Long Course Nationals in Ann Arbor and this was the first time Michigan Masters has won a National Championship outside the state of Michigan. In 2010, he organized the Michigan Masters Club to a 4th place Regional Team finish and this was the highest finish against all Clubs that Michigan Masters has achieved in a USMS Short Course National meet.



16 RELAY WORLD RECORDS SET BY MICHIGAN MASTERS SWIMMERS

It's official! 16 FINA Masters World Records were set in three different Michigan Masters meets during the 2010 calendar year. Eleven from the Milford meet, four from the Eastern Michigan University meet, and one from the Mason meet. 36 swimmers made up the 16 relays that set the World Records. FINA lists and publishes all Masters Swimming World Records for both individual and relays two times a year and those dates are November 1 and May 1 of each year. The 36 swimmers will be eligible to receive a FINA World Record Certificate and a FINA World Championship patch. There were 13 Women and 23 Men that made up the 16 World Record Relays.

World Records were set as follows: Lois Kivi Nochman 5, Laura Gogola 4, Denise Brown 3, Sally Guthrie 3, Corrin Popps 3, Edith Glusac 2, Joyce Kowalski 2, Barb Church 2, and Susan Dombkowski 2. Allyson Boyle, Muffy MacKenzie, Cheryl Rivard, and Kristen Trub-Sheikh each had one for the Women. Frank Cody 4, Bob Doud 3, William Clemmons 2, Mitch Jacque 2, Wally Dobler 2, Ray Martin 2, Erik Lokensgard 2, Joe Buys 2, Gaard Arneson 2, and Chuck Olson 2. Donald Pope, Richard Henderson, Elmer Egelkraut, Albert Morley, William Porter, Donald Kroeger, Ron Dubois, James Makarauskas, Frank Thompson, Paul Karas, and Jim Pogue each had one for the Men.

Two of the 16 World Records also broke the USMS National Records for the Relay Age Groups. The Mixed 800 meter Free Relay in the 200-239 age group of Corrin Popps, Denise Brown, Paul Karas, and Jim Pogue and the Mixed 400 Free Relay in the 360-399 age group of Donald Pope, Edith Glusac, Lois Kivi Nochman, and Bob Doud have the current National Records in those age groups. Additionally, the Mixed 200 meter Free Relay in the 360-399 age group of these same four swimmers set the National Record but missed the World Record in that event.

The relay that would have set a World Record but one of the swimmers was not yet 25 set the other SCM National Record. The Men's 400 meter Free Relay in the 100-119 age group of Adam Schmitt, Patrick Saucedo, Alec Mull, and Kevin Doak have the current USMS National Record to go along with the two that were set by these same four swimmers at the 2010 State Meet. USMS National Relay Records were set as follows: Kevin Doak 3, Patrick Saucedo 3, Alec Mull 3, Adam Schmitt 3 Donald Pope 2, Edith Glusac 2, Lois Nochman 2, and Bob Doud 2. Corrin Popps, Denise Brown, Paul Karas, and Jim Pogue each had one.





INAUGURAL BIG RED LIGHT HOUSE OPEN WATER SWIM

Reprinted from: **The Holland Sentinel**

By **PETER DAINING**

Posted Aug 08, 2010 @ 05:30 AM

Holland, MI —

The Holland State Park buoys doubled as race markers for the first Big Red Lighthouse Open Water Swim race Saturday morning. Thirty-three competitors swam 1.2 miles through the calm, clear water, finishing with a run up to the beach and over a line in the sand. After catching her breath, women's race winner Kathy Kreps of Holland called the event a success. "It was the first time I've done anything like it, so I was pleased I could do it," she said. "It was the perfect distance for rookies who want to try something like this — I would definitely do it again."

Race organizer Jennifer J.P. Parks said she hopes this becomes an annual event in Holland, with more swimmers and more distances. The event was a fundraiser for Ottawa County Red Cross. Grand Haven had an open water swim until a few years ago, but the Olympic sport seems to be growing in the U.S. Hopefully the Big Red race grows with it, West Ottawa

swim coach Steve Bowyer said. "As far as an open water swim in our area, this is the only one in the big lake that I know of," he said.

Steve Bargwell of Rockford — who won the race with a time of 17 minutes, 31 seconds— said you can't beat the Big Red race's venue. "Holland has a beautiful beach and it's obviously a great place to swim," he said.

U.S.A. Swimming official Scott Appleyard came to Holland from Kalamazoo for the race. He said Michigan now has five sanctioned open water swim events, up from just two last year. He said the sport is great for all ages. Holland's race had several participants in their 60s, and many in the 40- to 60-year-old range. "Swimming is a lifetime sport," he said. "A lot of our athletes are former college and high school swimmers."

The 10-kilometer open water swim is an Olympic event, but the U.S. doesn't typically make a strong showing. At the next games in Rome, however, Appleyard said that's likely to change. "Before we would be there just to swim, but in 2012 they'll be there to win," he said.



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