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Michigan Masters Wins Its 4th National Championship in 7 Years!

The 2015 year has been very successful for the Michigan LMSC. For the 6th straight year, Michigan LMSC registration has exceeded over 800 swimmers. The Michigan LMSC registered 1086 members for the 2016 year compared to 1025 members in 2014, an increase of 5.6% from the previous year. In 2009, the Michigan LMSC registered 663 swimmers so in 6 years we are close to doubling our numbers. The 2009 year was the first of 4 National Championships that Michigan Masters would win to date in 2015. 45 swimmers swam to a first place Regional Nationals title in Indianapolis at the summer Long Course Nationals and this was the first USMS National Championship ever won outside the state of Michigan. 27 USMS Individual Championship titles and 11 USMS Relay titles were won by Michigan Masters swimmers. 7 FINA World Records and 13 USMS National Records were set by Michigan Masters swimmers. The margin of 313 points was the next closest Club.

In 2013, Michigan Masters won the National Regional Club Championship at the 2013 Spring Short Course Nationals in Indianapolis. This was the first time

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2009 Team - Long Course Nationals - Indianapolis, Indiana



Michigan Masters: 4th National Championship – Continued



2013 Team - Short Course Nationals - Indianapolis, Indiana

in Michigan Masters history that the Club won a Short Course Yards Regional National Championship and the first time Michigan Masters scored more points than all Clubs including Local Clubs in the meet. 94 swimmers swam in the meet and 23 USMS Individual Championship titles and 2 USMS Relay titles were won including one USMS National Record. 71 swimmers scored in an individual event and 8 more scored in relays so 79 swimmers helped us win the National Championship. The margin of 328 points was the next closest Club.

In 2014, Michigan Masters was the first Club from USMS to win a Canadian National Championship. All 64 Michigan Masters swimmers that entered 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. Michigan Masters swimmers were responsible for 4 USMS National Records, 35 Canadian Open Records, 65 Individual Championship titles and 22 Relay titles. Scoring was done to 16 places and a margin of over 2500 points was the next closest Club.



2014 Team - Canadian National Championship - Windsor, Ontario

In 2015, Michigan Masters won the National Regional Club Championship at the 2015 Summer Long Course Nationals in Geneva, Ohio for the fourth title. 32 USMS Individual Championship titles were won including 16 for the Women and 16 for the Men and 4 USMS Relay titles were won. 13 swimmers won a 1st place in an Individual event. 55 swimmers placed in their individual events and 4 more in relays so 59 out of 65 swimmers that attended scored in the meet. The margin of 1200 points was the next closest Regional Club.



2015 Team - Long Course Nationals - Geneva, Ohio

The Michigan Masters Club has never had this kind of success in their history. In each of these four National Championships, the Women and Men won the individual scoring divisions. Each Championship ranks with the top Clubs in USMS when scoring individual events and relays on a 10 place scoring system. The 2009 LCM Top Ten swimmers placed 2nd, the 2013 SCY swimmers placed 3rd, the 2014 SCM swimmers placed 2nd, and the 2015 LCM swimmers placed 3rd. In most instances, Clubs from larger LMSC's like New England and Illinois had double the swimmers so to achieve these placings is quite a milestone.

Here are the swimmers that contributed to the National Championship effort and the years in which they contributed. There were 10 swimmers that contributed to all 4 and they are: Gaard Arneson, Joe Aumiller, Jeff Bailey, Corrin Convis Buck, Laura Gogola, Sally Guthrie, Erik Lokensgard, Ray Martin, Randy Parker, and Frank Skip Thompson. There were 14 swimmers that contributed to 3 of the Championships and they were: Denise Brown, Allan Charlton, Kevin Doak, Maddie Diedo, Susan Dombkowski, Susan Harris, Steve Heaney, Dave Mange, Chuck Olson, Ryan Papa, Jim Pogue, Patrick Sturdy, Christian Vanderkaay, and Patrick Weiss.

39 swimmers contributed to 2 of the Championships and they are: John Allen, Mitzi Amelon, Trevor Asti, Casey Browning, Pat Butler, Connie Cantrell, Stacy Carr, Barb Church, Rachel Cush, Chris Deptula, Lou Ann Dixon, Bob Doud, Gail Dummer, Marilyn Early, Joannie Eastridge, David Forgione, Robert Fort, Suzanne Grebe, Megan Grunert, Jill Guerra, Lisa Hynnar, Paul Karas,

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Michigan Masters: 4th National Championship – Continued

Jeremy Kennedy, Joyce Kowalski, Fares Ksebati, Jennifer Linn-Hartley, Ken Mange, Christine Maxbauer, Al Morley, Greg Pash, Lindsay Richardson, Brad Rietema, Susan Roesch, Elizabeth Schmaltz, Jim Stein, Wendy Szymczak, Ann Van Dyke, Ron Vandekerckhove, and Maria Veen.

There were 101 swimmers that swam in one of the USMS National Championships making a total of 170 swimmers that competed in one or more of the Championships and they are: Alex Aceino, Emily Alder, Martha Amis, Tony Anderson, Andrew Berger, Sue Berger-Mann, Jenny Birmelin, Noah Birmelin, Andrew Bolles, Aleksandr Bordyukov, Joseph Bryant, Kathleen Burkhardt, Joe Buys, Sean Cabbage, Mike Cantrell, John Cassidy, Kurt Christensen, Frank Cody, Paula Colombo, John Cowing, Paul Creason, Shirley Dacey, Mike Dale, Evan Davis, Mary Dehn, Susan Duhaime, Ron Dubois, Meghan Erpelding, Carl Foltz, Mike Fucinari, Nathalie Gardon, Katrina Gallardo, Rita Gelman, Luke Griffioen, Janette Heaton, Richard Henderson, Barb Hertz, Kelly Hibbert, Daniel Hood, Ann Hunt, Jim Izzi, Bonnie Karas, Dale Jackson, Mitch Jacque, Andrew Kennedy, Karen Kreusel, Sarah Lindley, Joel Lockwood, Dan

MacDonald, Muffy Mackenzie, Tom Melgar, Emmanuelle Michel, Patrick Michel, John Miller, Erich Mehnert, Alexander Meyer, Kathleen Milliken, Michael Morgan, Alec Mull, Cameron Mull, Mary Muetting, Anna Nathan, Laura Nathan, Lois Kivi Nochman, Ed Nicholson, Suzanne Nobel, Bill Palmer, Jennifer Parks, Fran Petonic, Irene Pawley-Kennedy, Devon Pawloski, Shannon Pawloski, Matt Perry, Louis Probst, Kelly Quinn, Marilyn Reichenbach, Nancy Reye, Cheryl Rivard, Jonathan Riggs, Steve Ruch, Tyler Rutkowski, Patrick Saucedo, Tom Schwartzzenberger, Karl Shaffer, Matt Sherman, David Shuler, Mike Smith, Valentino Smith, Eric St. Germain, Chad Steed, Tamara Steil, Coleman Teach, Dennis Toth, Adrian Vagnoni, Kitty Vandenbrulle, Justin Veneklas, Derek Weaver, Matt West, Jennifer Wortman, April Wyncott, and Kim Yarima.

Congratulations to all 170 swimmers for making this possible and hopefully we can keep this dynasty going and it's not the end of an era. The next USMS National Championship Meet will be the Spring Short Course Nationals in Greensboro from April 28 – May 1, 2016 and we hope many swimmers attend. ■

Michigan LMSC Swimmers Receive USMS Awards at the 2015 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 in all phases of our programs. Since 2009, Michigan has been the most honored LMSC in the country with 20 USMS National Awards. On October 1, 2015 at the 2015 USAS Convention, the Michigan LMSC was honored with a Dorothy Donnelly Service Award, and a Kerry O'Brien Coaching Award.

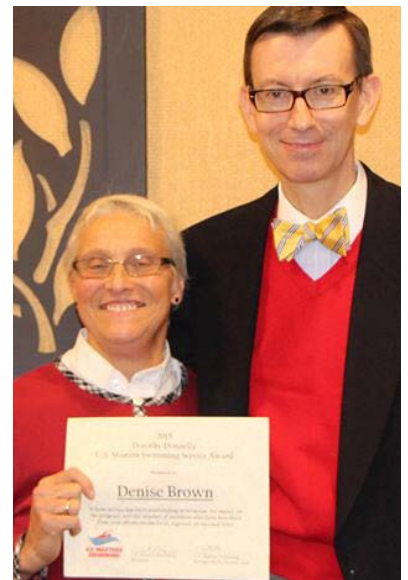
Denise Brown Receives the 2015 USMS Dorothy Donnelly Service Award

The recipient of this award is an individual whose volunteer service has contributed to the growth, improvement, or success of USMS locally, regionally, and nationally. Denise started swimming in masters in 1985 and traveled throughout the country having lived in Illinois, Washington DC, and Philadelphia. Finally in 2002, she settled in Napoleon, Ohio where she serves in as Chaplain for the Filling Home and St. Johns Lutheran Church. She took over as Secretary of the Michigan LMSC in September 2010 on very short notice and will have completed 5 years in this position this September.

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 Championships 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.

In 2007, Denise was the recipient of the Michigan LMSC 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



Denise Brown and Patrick Weiss

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LMSC Swimmers Receive 2015 USMS Awards - Continued

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 an indefatigable volunteer in the Michigan LMSC. 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 USMS convention in 2011 and became a member of the USMS Long Distance Committee (LDC). In 2014, Denise was the recipient of the Chetrick Award and this award is given annually to those who have given outstanding service and continuous voluntary contributions to the Michigan LMSC.

Denise 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 assigned as the championship liaison for the 2 Mile Cable Swim Open Water National Championship that took place on 8-16-2014 in Lake Placid, New York. At the 2014 USAS Convention, Denise went before the Championship Committee and was able to convince the committee to help get swimmers to swim both distance events (1000 Free and 1650 Free) at Nationals and as a result the 2015 USMS Short Course National Championships masters swimmers were able to swim both events meeting all of the timeline requirements. This success will serve as a benchmark for other USMS Championships to consider swimming both events if pool space and timelines can be achieved.

In 2015, Denise was assigned to be the championship liaison for the 2.5K Open Water National Championship which took place on 8-29-2015 in Lake George, New York. Denise is currently one of the championship liaisons for the 2016 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 includes 6 Open Water National Championships and 3 Postal National Championships. Denise was recently appointed to the USMS Open Water Committee which promotes the development of and participation of USMS Open Water events. Through educational resources to participants and event directors, this committee increases the awareness and identifies opportunities to promote swims, clinics, safety plans, and guidelines pertaining to the management of USMS Open Water Swimming.

Denise recently wrote a grant application to teach adults with physical and intellectual disabilities how to swim with the

Napoleon Aquatic Club (NAC), which is a USA-S Club. They loved the idea of adding a Masters with special needs category to the NAC Club, so it was implemented immediately. With this grant, adults with special needs will be a part of the NAC and they will be registered with USMS. Denise applied and was accepted for a USMS Swimming Save Lives ALTS grant for the Napoleon community to teach adults to swim and, hopefully, to join USMS in the future.

Denise has been working with the Henry County Special Olympics Swimming for the past 12 years and the group has grown to 18 members. This past summer they had three members compete in the Napoleon Fourth of July Triathlon. "That was really fun," said Brown. "This year we are hoping to add some programs and have some swimmers compete in the Summer Special Olympic Games in Columbus. The grant she has received to teach special needs adults how to swim will help with the added programs and it is hoped that these swimmers will be able to compete in local, state, and national competitions in the future!

"Dr. Brown's compassion and focused boundless energy is appreciated across many layers of the swimming world and for this commitment she has been recognized with this national service award," said Patrick Weiss a fellow officer and masters swimmer in the Michigan LMSC.

Denise recently received her Doctorate of Ministry on May 21, 2013 from the Lutheran Theological Seminary. To earn the prestigious distinction of Reverend Dr. Brown, she completed three years of intensive study and online courses and published a 125 page dissertation, developing a Confirmation Curriculum for individuals with profound Intellectual Disability. 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 at the local level for masters swimming.

Kathy Coffin-Sheard Receives the 2015 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 that these coaches bring to the pool deck every day. It is with efforts of individuals like these that US Masters Swimming will certainly advance to a higher level. Kathy has built a large and sustainable swimming program for adult Masters in the Grand Traverse County community. Kathy started the Grand Traverse Masters Swimming program in the fall of 2011 with about 4 swimmers and 4 years later, they have over 60 swimmers registered with USMS and have contributed significantly to the growth in registration in the Michigan LMSC.

Kathy was formerly an Assistant Coach for the Men's and Women's college teams at her alma mater, the University of

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LMSC Swimmers Receive 2015 USMS Awards - Continued

Georgia, where she was also a Division I – 12 time All American and a member of the United States National team for 3 years, carrying a 9th place FINA world ranking in the 50 meter free. She has used these experiences as a swimmer and a college coach to help her develop a USMS program. Having coached the “Lunch Bunch” (professors and students) at the Univ. of Georgia opened her eyes to the beauty of coaching masters.

When she relocated to Madison, WI with her family, she was out of coaching because she was developing a career as an art educator and she taught art in schools. Kathy holds a BFA in painting/drawing and a BLA in Environmental Design and Landscape Architecture. She creates amazing artwork indoors and out. During these challenging times, she missed coaching swimming and wanted to get back into it someday; preferably in masters swimming.

When she and her family moved to Traverse City, Michigan she was given an opportunity to work with the Masters swimming community in the greater Grand Traverse area. At the time she started, the masters community was a loose collection of individual swimmers who organized themselves for large scale events and once those were over they would drift back to their own individual workout times on their own at the civic center pool. The program received very little attention but that began to change in the fall 2011 when it experienced a surge of interest in the community. When Kathy began coaching these same swimmers, she brought focus, purpose, and cohesiveness where it formerly did not exist. More importantly, she has broadened the reach and appeal of adult fitness swimming to many times the number of people who had been involved even just 3 years ago.

Embracing all aspects of USMS, Kathy's goals are to connect with as many adult swimmers as possible and to work with diverse age ranges & abilities inspiring adult swimmers to set and attain goals. “I want people first to enjoy being part of a team regardless of age and ability,” Coffin-Sheard said, “I want them to feel important no matter how fast or slow they are. I enjoy finding the right technique for each swimmer. I hope to help them swim correctly and with ease.” There are some swimmers just trying to stay active or coming back from injuries while others are training for triathlons and swimming meets. They come from many different disciplines. Kathy wants it to be a great experience for all who want to join and includes everyone she can. This will result in cohesive team dynamics and balance.

Harriet Wall is a long-time long distance swimmer at the Traverse City Civic Center. She was the Michigan LMSC Long Distance Swimmer of the Year in 2014 and at the age of 72 swam 1250 miles in the USMS “Go the Distance” program. She is pleased with the changes that Kathy has brought to the program. “We wouldn't be a group without her,” Wall said. “Many of us already knew each other from the pool, but Kathy has the rare ability to build a team and make everyone feel important. Under her guidance, we support each other's goals and want everyone to succeed. She has encouraged us to get together outside the pool, and we have many social events.

Besides that, she is an outstanding coach with a deep understanding of swimming and all of us have improved. She encourages us to set new goals, sometimes things we never thought of doing. The group has grown in number as the word has gotten around about how good she is and how much fun we have.”



Kathy Coffin-Sheard and Patrick Weiss

Because northern Michigan is such a rural area and they only have 4 pools in the upper part of the state, there aren't any sanctioned swim meets. There are only two open water events and they are held in August because the water in the Great Lakes can be very cold and you don't attract the attendance to draw swimmers to make these events successful. However, the team this past summer partnered with the USA-S Traverse City Breakers Club to host a successful Open Water event.

At the Michigan LMSC State Championship meet, Kathy had 4 swimmers in 2013, 8 swimmers in 2014, and 22 swimmers in 2015. In 2015, the Grand Traverse Masters team won the Small Team Combined Championship and won the Men's Small Team Championship as well. The Women's team fell 2 points short and were 2nd place team in the Small Team Division. It was an impressive accomplishment because some of the swimmers had never competed in a USMS meet and one hadn't been off a starting block in 51 years. It was an amazing team building experience filled with lots of swimming, laughter, excitement, exhaustion, and of course food intake. The hope is to keep building the GTMS team and encourage more people to compete and to just try an event and see how fun it is.

The GTMS team has practices at the newly opened Grand Traverse YMCA and this would not be possible without Kathy's ability to grow the team. Besides being an ASCA Certified coach, Kathy has achieved USMS Certification Levels 1 & 2 on 6-2-2012 and Level 3 on 11-10-2013. She also attained USMS Adult Learn to Swim Certification in the fall of 2015 at the USAS Convention. She used to be an assistant coach for the USA-S Traverse City Breakers team but because of the growth and time commitment to developing the masters swim program she has had to step down and devote her entire coaching time to USMS. She also has 2 assistant coaches helping her because growth has demanded that.

Helping a friend in need. The team is currently rallying around one of those “great people” One of their own is hurting. Mark

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2015 Michigan Masters Awards:

Sally Guthrie Receives Michigan Masters Lifetime Achievement Award

On April 18, 2015 at the Michigan Masters State Championship Meet, Sally Guthrie 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. Sally is uniquely qualified for this award due to her body of work over a long period of time and a dedication to United States Masters Swimming. Sally became the Webmaster and Newsletter Editor in 2005. At that time, the LMSC did not have a mailed printed copy newsletter and only had an online version. Sally researched a cost effective way to get a printed copy out to LMSC members two times a year using a bulk mail license. The LMSC found that not all members, especially older swimmers, go online for information and download it and mailing a newsletter is a way to communicate important information to all the Michigan LMSC members.

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

USMS Top Times Data Base. She was one of the first in USMS to utilize the tools to submit meet results to the Top Times Data Base and has been responsible for this function since 2006.

In 2009, Sally became Vice Chair of the Michigan LMSC and in 2011 became Chair of the Michigan LMSC. With these additional responsibilities, she still held the Webmaster and Newsletter responsibilities as well.

Under her leadership as Chair, she initiated an LMSC Awards banquet and a Coaches Swimming Clinic for both coaches and swimmers. The Michigan LMSC has benefited with record growth in both registration membership and increased participation in sanctioned events. The Michigan LMSC has a 68% participation rate in sanctioned events, which is one of the highest in USMS. In addition to pool meets, this figure includes open water swims, postal championships, and "Go for the Distance" program. In 2013, after serving her term as LMSC Chair, she became Sanctions Chair and is in the 2nd term of that position. In 2015, she completed 10 years of service as the Communications Chair.



Sally Guthrie

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LMSC Swimmers Receive 2015 USMS Awards - Continued

Dressler has been battling cancer since late last year. The epitome of health, Dressler is passionate about his swimming, cycling, and skiing. The swimming community as well as others have been stunned into action to support their friend. The Masters swimmers held a classic swim meet to raise funds and the idea was Coffin-Sheard's with Dressler involvement and approval. The event generated a great deal of enthusiasm and raised over \$8000 dollars. "This event is just one example of all that Kathy does for our team and community," Dressler said. "She is the one that gets things going. Not only do you become a better swimmer, the camaraderie she inspires is a bonus. She supports aspects of your swimming that you'd never work on otherwise. There is something for everyone. The support I have received has been overwhelming and very humbling and hardly a day goes by where someone doesn't want to help in some way. It has reassured my belief in the general goodness and kindness of people. This group of masters swimmers is mastered by a big heart." Mark passed away on November 26, 2015 but he will always be remembered

by the masters community in the Grand Traverse area.

Kathy has developed a terrific swimming program that brings people back day after day because they are achieving things they never thought they could, they enjoy each other, and they are benefitting from an incredibly healthy life style. Kathy has developed more than a swim team and has created a group that truly cares for each other and has taken personal interest in each other's lives....which strengthens the Grand Traverse community and makes it a better place to live.

Kathy attended the ASCA Mid States Clinic in Illinois where she met former Olympian and USMS Masters swimmer Josh Davis. She was then able to get him as a guest coach for the "Masters Swim Weekend" which included the first masters meet, in fact the first swim meet ever held at the Grand Traverse YMCA and a swim clinic on the last weekend of October 2015. The clinic was a success with 42 swimmers attending and the swim meet capped off a great weekend. ■

2015 Michigan Masters Awards- Continued

At the national level, Sally became a US Masters convention delegate in 2009 and served as a member of the LMSC Development Committee from 2009 to 2011 and again in 2015. She currently serves on the Sports Medicine and Science Committee and has served on that committee since 2010. She was appointed Vice Chair of the committee from 2011 to 2013. At the 2010 USAS Convention she gave the Sports Medicine presentation, entitled "Medication and the Adult Swimmer with Chronic Illness". Additionally, with a colleague at the University of Michigan she helped design and disseminate a survey questionnaire to all USMS swimmers to evaluate the use and impact of prescription and nonprescription medication and dietary supplements on swimming performance and health. Results from this survey have been incorporated into four scientific publications in peer-reviewed sports medicine journals.

At the 2013 USAS Convention she participated in the Sports Medicine forum presentation on the medical issues that affect the variables in Open Water Swimming. In the January/February 2014 issue of Swimmer magazine, Sally authored a publication entitled "Dietary Supplements". Despite being unregulated by the FDA, dietary supplements are increasingly being used for everything from pain management to performance improvement.

Sally began masters swimming in the summer of 1999 and swam in her first masters meet on January 23, 2000 at University of Michigan, where she is a tenured Professor in the College of Pharmacy. She started swimming with Ann Arbor Masters and has been a member for over 16 years. In 2004, Sally started to get involved with Michigan Masters and helped bring back the University of Michigan Masters Meet; she served as the Meet Co-Director for this meet for 3 straight years. She has continued to help run this meet when it was moved to Eastern Michigan University in both the SCY and LCM format. Last summer she assisted Skip Thompson in running the sixth annual Long Course masters meet at EMU. She also assisted with six successful State Championship meets from 2004 to 2006, 2008, 2013 and 2015 at EMU. In 2010, she received the Chetrick Award for outstanding service to the Michigan LMSC and the Dorothy Donnelly USMS Service Award for outstanding contributions to USMS at the National level. In 2013, she received the June Krauser Communications Award from United States Masters Swimming; a National Award recognizing outstanding contributions to communications within USMS.

Sally is a founding member of the College of Psychiatric and Neurological Pharmacists (CPNP), a professional association of over 1800 members who work directly with patients and caregivers to apply specialized clinical knowledge and skills, educate and train healthcare professionals and develop new knowledge in order to improve health outcomes for those individuals with psychiatric and neurologic disorders.

The CPNP was pleased to announce the recipient of the 2016 Judith J. Saklad Memorial Award to Sally Guthrie, a Professor at the University of Michigan. This award is presented annually

to a senior psychiatric pharmacy practitioner who has achieved a level of professional distinction and represents the qualities and ideals of professional enthusiasm, a passion for optimizing patient care, and continuing dedication to the practice of psychiatric pharmacy. The Saklad Memorial Award is named after the late Judith J. Saklad, and will be presented at the 2016 Annual Meeting on the evening of Sunday, April 17, 2016. Those who nominated Dr. Guthrie had this to say:

"Dr. Guthrie has a rich history of both clinical pharmacy practice with over 24 years of practice as well as original research pursuits using her fellowship training at the National Institute on Alcoholism and Alcohol Abuse. She continues to engage in original research to further her list of grants, publications, posters, and book chapters which totals over 120 pieces of scholarship work, much of which focuses on pharmacokinetics, pharmacodynamics, and neurotransmitter systems within substance abuse as well as general reviews."

"She is an excellent clinician with a solid research program and a wonderful teacher. She loves working with students and they love her as well. She has devoted her career to the field of substance abuse and has successfully sustained her research program in this often shifting funding environment while maintaining a balance in her personal life."

Dr. Guthrie graduated Magna Cum Laude from The University of the Pacific School of Pharmacy in 1979 and completed a Clinical Pharmacy Residency at Duke University Medical Center from 1979-80. At the end of a National Institute on Alcohol Abuse and Alcoholism (NIAA) fellowship in 1986, Sally decided that the best fit for her talents would be an academic position. She was hired as an Assistant Professor of Pharmacy at The University of Michigan College of Pharmacy.

Through the University of Michigan Substance Abuse Research Center (UMSARC), Sally began collaboration with Dr. Edward Domino, a distinguished researcher in Pharmacology. Sally helped Dr. Domino develop two NIDA-funded RO-1 grants in 1997 and 2006, respectively and was able to secure a NIDA funded RO-3 in 2011.

Sally is proud of her 60 peer-reviewed research publications but is more proud of her 30-year teaching career, during which she mentored 28 pharmacy students with their research projects and precepted from 2 to 8 students each year during their experiential rotations in psychiatry. Most recently she has taught in a Sports Medicine elective and has over the years made a variety of 'guest appearances' in Medicinal Chemistry, Pharmacy Ethics, and Pharmacy Investigations courses.

Sally's swimming career began in 1960 when she swam for the Sierra Swim Club, an AAU club in Sacramento, CA. Her early competitive career ended in 1964 when the swim club closed its doors. Since her swimming pre-dated the historic Title Nine decision, she was unable to swim competitively in high school or college. So, after a lengthy hiatus, she found Masters Swimming in 1999. Her masters swimming accomplishments include being named a US Masters Long Distance All American

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2015 Michigan Masters Awards- Continued

in 2001 for winning the 3000 postal championship and in 2002 for winning the National 2 Mile Open Water swim. She has won seven USMS Masters National Championship meet titles in 5 different events including the 1650 Free and 400 IM twice, 100 Fly, 200 Fly and 200 IM each once. She was the Michigan Masters Women's High Point winner at both the Short Course, and Long Course Nationals in both 2001 and 2011. She has attended 18 US Masters National Meets and 4 YMCA National Meets since 2001.

Sally has attended 16 straight Michigan Masters State Championship Meets winning 94 Individual Championship titles and won the High Point Award in her Age Group 13 times. Sally has made the USMS Top Ten 292 times since 2001. She was part of a USMS National Relay Record in 2009 for the 800 Free Relay in the 200-239 age group. In 2010, she was part of 3 FINA World Record relay swims in the 200-239 age-group in the Women's 400 Free Relay, and in the 240-279 age-group in the Mixed 400 Free Relay, and a Mixed 800 Free Relay. In 2014, she won the Canadian National Championship in the 200 Fly in the 60-64 age-group.

Megan Kowalske Receives Michigan Masters Lawrence Award



Megan Kowalske

The Lawrence Award is given annually to those who have achieved outstanding performances in masters swimming representing Michigan Masters. The criteria for this award are 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 Megan's swimming accomplishments.

Megan swam as an age grouper in Wisconsin, for the Menomonee Falls Swim Club, where she still owns the 400 IM record for the 15-18 year-old girls (from February 2000!) at 4:29.34. She was an excellent student and was a member of the

2000 Scholastic All American Team. Swimmers bestowed this honor had to have at least a 3.5 GPA in all academic subjects and they had to swim a qualifying time in the SWIMS data base (listed in the USA-S Swimming rule book).

Megan attended the University of Indianapolis from 2000 through 2004 and earned a BS in Chemistry, Biology, and Spanish. During this time she swam on the collegiate swimming team and was a team captain. She was also a 16 time All-American. In 2012, she was inducted into the University of Indianapolis Athletics Hall of Fame. 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.

Megan swam her first meets in USMS in 2008 as a member of the Iowa LMSC and again in 2010 as a member of the Indiana LMSC. She must have missed swimming because she again began to swim masters when she moved to Kalamazoo in 2013. Since 2010, Megan has 89 swims in masters meets and during this time she has accrued 37 USMS Top Ten times in individual events and 17 relay USMS Top Ten placing in relay events.

Megan Kowalske 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 place 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, and 200 IM, 3rd in the 50 Breast, 4th in the 400 IM, 5th in the 100 IM, and 9th in the 50 Fly.

Megan has one Long Distance All American selection for the 1 Hour Postal swim in 2008, swimming 5000 Yards to win the event. She has been a member of 3 relays that placed 1st in the 2014 SCM USMS Top Ten and all these relays were performed at the 2014 Canadian Nationals. In the 2014 SCM FINA World Masters Top Ten, Megan was 9th in the 100 Breast and 8th in the 200 Breast.

In 2014, Megan met her husband Karl at a masters swim meet and they were married last summer. That is one of wonderful things that can happen in masters swimming! Congratulations Megan, on receiving the 2015 Lawrence Award and good luck in the future.

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2015 Michigan Masters Awards- Continued

Doug Handler Receives Michigan Masters Chetrick Award

On April 18, 2015 Doug Handler received the Chetrick Award from the Michigan LMSC. Since 1978, the recipient of this award is an individual who has exhibited outstanding service and continuous voluntary contributions to the Michigan LMSC. Doug was elected to the position of Registrar in April 2013 and in 6 months he not only had to learn the complex duties of the USMS Registration process regarding Clubs and Workout Groups but initiated a process to build a State Meet team registration data base that helps keep track of where the LMSC swimmers are registered and makes sure that this data base is consistent with the USMS local data base which he maintains as well. Prior to the transition to a local State Meet team registration data base, Club Assistant performed this function. When their contract expired with USMS, Doug (along with Patrick Weiss) built a data base to perform the exact function that Club Assistant previously performed. When the Michigan LMSC decided to bring this function in-house, this resulted in a savings of \$750 annually to the 30 workout groups/state meet teams that would register as "workout groups" in the USMS data base.

USMS has updated the previous contractor for USMS online registration technical requirements necessary to operate USMS Registration process. In a very short time Doug has learned all of the new requirements that all USMS Registrars are to follow, beginning with the transition from (Club Assistant) to the USMS National Office when the USMS registration process was transferred in-house to the USMS IT Staff. Doug has also implemented a process to capture the continuous years of registration in the state data base to assist in the upkeep of the Continuous Loyalty Membership Award program so the LMSC can accurately track and award members for their continued membership at our Annual Awards banquet.

Doug also sends the RE1 Registration membership file to each Meet Director and assists them with implementation so they can save time and run a more efficient meet. He works with our Treasurer on registration and accounting software to improve the efficiency of the reporting process to the USMS National Office. He provides registration reports to all LMSC Officers on new and renewal registrations and statistics related to LMSC membership comparing our LMSC and USMS National registrations to the past year.

Doug keeps track of online and paper registrations, processes transfers, prints and mails USMS cards to members who request them, and writes and sends donation thank you letters to all swimmers that give a charitable donation to the Swimming Saves Lives Foundation, Hall of Fame, and the Michigan Education Scholarship program. He provides prompt responses to e-mail and phone requests. After 1 year of being the MI Masters Registrar, he was selected to be on the

USMS Registration Committee to help USMS with challenges of the USMS Registration process in the future. Recently, Doug has been appointed by the USMS National Office and the USMS Registration Committee to be a "Registration Mentor". As a mentor, he will help when LMSCs have "new" Registrars that have not received training from the previous outgoing Registrar. He is one of only 2 people in all of USMS appointed to this position to help LMSCs at the local level with registration issues.



Doug Handler

Doug was a high school soccer player, and dipped his toes in the water for one season of swimming. His collegiate athletic career was devoted to cross country and indoor/outdoor track. Running, sailing, skiing, and triathlons dominated his adult life. These days, in addition to USMS, he spends time with his three adult children who live all around the USA, and keeps his Labrador retriever "Schuyler" happy on new adventures. ■



**2016 Spring National
CHAMPIONSHIP**
Greensboro, North Carolina
April 28 - May 1, 2016

2015 Michigan LMSC Awards Banquet Highlights...

The fifth annual Michigan LMSC Awards banquet took place at Fox Hills Golf & Banquet Center on November 7, 2015. Forty five people were present as 9 Awards were given for LMSC excellence and 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. Additionally, 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 October 1, 2015 at the USAS convention in Kansas City. Door prizes were drawn and six swimmers won Michigan Masters Club towels that were recently given to swimmers that attended the 2016 Long Course Nationals this past summer. Seven swimming books were given, including the "Underwater Window" written by former Michigan Masters swimmer Dan Stephenson. Richard Szuba, Jim Stein, and Pat Martin 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. Ray Martin won "Swim Speed Secrets for Swimmers - Master the Freestyle Technique Used by the World's Fastest Swimmers" and Mitzi Amelon won "Swim Speed Strokes for Swimmers: Master Freestyle, Butterfly, Breaststroke, and Backstroke for Your Fastest Swimming" and both books authored by Sheila Taormina, a former Olympian from the state of Michigan. Patty Burns, a niece of Edith Glusac won a long distance mystery book titled "Dead in the Water" written by Glenda Carroll a masters swimmer from San Rafael, California.

Michigan Masters Pool Swimmer of the Year – Corrin Buck



Corrin Buck

Since aging up to the 50-54 age-group in 2014, Corrin Convis Buck has 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. The 200 Breast time was ranked Number 1 in the FINA Top Ten Masters World Rankings. At the 2014 FINA Masters World Championships in Montreal, Canada she won and set USMS Records in the LCM 100

Breast and 200 Breast. For the 2014/2015 year she has set 34 Michigan LMSC State Records (11 SCY, 12 SCM and 11 LCM). Corrin has 23 USMS Top Ten swims in the 50-54 age-group for both 2014 SCM/LCM and 2015 SCY/LCM swims and 20 of those swims are in the top 4 with 8 firsts, 7 seconds, and 2 thirds and 3 fourths.

In 2015, Corrin won 2 events at 2015 LCM Summer Nationals in the 50 and 100 Breast and was 2nd in the 200 Breast and 200 IM. Additionally she was a member of 3 National Championship Relays. Additionally Corrin was 1st in the 100 and 200 Breast in the 2015 SCY Top Ten.

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 an 11 time USMS All American (89, 90, 91, 92, 95, 02, 10, 12, 13, 14, and 15). She has 23 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. Additionally, Corrin was selected the 2012 Swimmer of the Year and the Women's 2014 Swimming Performances of the Year at the Michigan LMSC Awards Banquet.

Michigan Masters Pool Swimmer of the Year – Ryan Papa

At the 2014 FINA Masters World Championships in Montreal, Ryan won the LCM 50 Back, 100 Back, and 200 Back in the 35-39 age-group. The 200 Back and the 50 Back were 1st and 100 Back were 2nd in the 2014 LCM USMS Top Ten. The 50 Back was 1st in the 2014 FINA Masters World Top Ten. Additionally he was 1st in the 200 Free, 200 Back, and 2nd in the 50 Back and 100 Back in the 2014 SCM 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 Papa

In 2015, Ryan won 4 events and got 2nd in his two other events and was the Michigan Masters Men's High Point winner at the 2015 LCM Summer Nationals in Geneva, Ohio. He won the 50, 100, and 200 Back plus the 200 Free and was 2nd in the 200 Fly and 400 IM. From those performances he ended up with four 1st places in the 50, 100, and 200 Back plus the 400 IM and was 2nd in the 200 Free in the 2015 LCM USMS Top Ten. Additionally he was 1st in the 50 and 200 Back, and 2nd in the 100 Back in the 2015 SCM USMS Top Ten. Ryan had 15 swims in the 2015 USMS Top Ten and 9 of those swims are in the top 4 with 6 firsts, 2 seconds, and 1 third.

Ryan is a 6 time USMS All American (10, 11, 12, 13, 14, and 15). Ryan has 23 Number 1 swims since 2010 and was the recipient of the Lawrence Award in 2013 for outstanding swimming performances representing Michigan Masters and received Men's 2014 Swimming Performances of the Year at the Michigan LMSC Awards Banquet.

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2015 Michigan LMSC Awards Banquet Highlights - Continued

Michigan Masters Pool Swimmer of the Year – Bob Doud



Bob Doud

Bob Doud has deep roots in Michigan, going back 5 generations. He graduated from Battle Creek Central High School and then moved a bit north to spend two years at Michigan Tech, followed by another two years at Illinois Tech in Chicago – this was during WWII and he was trained to be an aircraft engineer. With his new aircraft engineering expertise he moved to Fort Worth, TX for two years near the end of the war – and then returned back

home to Michigan where he worked as an engineer for Clark Equipment in Battle Creek.

As a child he was not a swimmer; he loved ice hockey. He played ice hockey for Michigan Tech and then played on a league in Kalamazoo, starting at age 45 and continued until an ankle injury caused him to finally retire from this sport at age 88. He took up swimming at age 70 – first competing in the Senior Olympics and then in USMS events. For a late-comer to swimming he has done amazingly well.

In the 2014, Bob was 1st in the 90-94 age group USMS Top Ten 8 times (4 SCY, 1 LCM and 3 SCM). Of those eight 1st place swims, four were 1st in the FINA Masters World Top Ten. The events he was 1st in were 100 Fly SCM, 200 IM SCM, and the 200 Fly in both LCM and SCM. Additionally he was 2nd in FINA Masters World Top Ten three times in the 100 Fly LCM and the 50 Fly in both LCM and SCM. He had 22 swims in the 2014 USMS Top Ten and 20 of those swims were in the top 4 with 8 firsts, 6 seconds, 5 thirds, and 1 fourth. In 2015, Bob had 20 swims in the 2015 USMS Top Ten and 17 of those swims are in the top 4 with 1 first, 9 seconds, 5 thirds, and 2 fourths.

Bob is a 9 time USMS All American (03, 06, 08, 09, 11, 12, 13, 14, and 15). He has 30 Number 1 swims in Individual events since 2003. Bob is a 10 time USMS Relay All American resulting in 19 Number 1 swims as a member of a relay. Bob was the recipient of the Lawrence Award in 2009 for outstanding swimming performances representing Michigan Masters and he received the Most Inspirational Swimmer Award in 2012 at the Michigan LMSC Awards Banquet.

Michigan Masters Performances of the Year – Lou Ann Dixon

In 2015, Lou Ann Dixon won 4 events and got 2nd in her other event and was the Michigan Masters Women's High Point winner at the 2015 LCM Summer Nationals in Geneva, Ohio. She won the 50, 100, and 200 Breast plus the 800 Free and

was 2nd in the 200 IM in the 45-49 age-group. Since joining Michigan Masters in 2014, she has 17 USMS Top Ten swims with 1 second, 5 thirds, 2 fourths, 2 fifths, 1 sixth, 4 sevenths, 1 ninth, and 1 tenth. At the 2014 Canadian Nationals Lou Ann placed 2nd in both the 50 Breast and 200 Breast and the 50 Breast was a State Record. At the 2014 FINA Masters World Championships, placed. 8th in the 200 Breast.

Lou Ann started masters swimming in Indiana in 2004 before she moved to Michigan in 2013. She achieved USMS All American status in 2007 in the 200 SCM Breast. Lou Ann did some swim coaching at the YMCA of La Porte in 2010 and 2011. On October 11, 2014 she became a USMS Certified Level 1-2 coach. She competes in triathlons and in 2014 became a Board member of the Ann Arbor Triathlon Club. She competes in Open Water swims in the Midwest during the summer. Lou Ann works as a Visual Merchandising Manager for Scott Shuptrine Interiors and Art Van Furniture.

Michigan Masters Performances of the Year – Christian Vanderkaay

At the 2014 Canadian National Championships, Christian Vanderkaay had one of the greatest performances ever by a Michigan Masters swimmer, winning 7 individual events and being on 5 winning relays. In the 2014 USMS Top Ten in the SCM season, he was 1st in the 50 Breast, 100 Breast, and 200 Breast. The 50 and 100 Breast were second in the FINA Masters World Top Ten missing 1st place in the 50 by the closest of margins by .01 seconds. He placed 2nd in the 200 IM, 3rd in the 100 Free, 4th in the 100 IM, 200 Free, and 7th in the 50 Free.

At the 2015 Short Course Spring Nationals in San Antonio, TX Christian won the 200 Fly in the 30-34 age-group and broke a 26 year old State Record that was set in 1989 by former Michigan Masters swimmer Dan Stephenson. He placed 2nd in the 100 and 200 Free and was 3rd in the 50, 100, and 200 Breast. He was the Michigan Masters Men's High Point winner with 53 points. He broke his own 200 Breast State Record. He followed that up at the 2015 Long Course Summer Nationals

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Lou Ann Dixon



Christian Vanderkaay

2015 Michigan LMSC Awards Banquet Highlights - Continued

with a sweep of the first places in the 50, 100, and 200 Fly and broke a 24 year old State Record in the 200 Fly that was set in 1991 by Dan Stephenson. He placed 3rd in the 100 Breast, 200 Breast, and 4th in the 400 Free and scored 57 points. He broke a 19 year old State Record in the 200 Breast.

In the 12 events he swam at both USMS National Meets, he placed 1st in 4 events, 2nd in 2 events, 3rd in 5 events, and 4th in one event. He swam 3 events in SCM and broke State Records that were over 17 years old in the 100 Fly, 200 Fly, and 400 IM. For the 2015 year in SCY, LCM, and SCM Christian achieved 22 USMS Top Ten swims. He placed 1st in 1 event, 2nd in 2 events, 3rd in 6 events, 4th in 4 events, 5th in 5 events, 6th in one event, and 9th in 3 events.

Christian is a 4 time USMS All American (12, 13, 14, and 15) and has 10 Number 1 swims since 2012. He was the recipient of the Lawrence Award in 2014 for outstanding swimming performances representing Michigan Masters and was selected the 2013 Swimmer of the Year at the Michigan LMSC Awards Banquet.

Michigan Masters Long Distance Swimmer of the Year – Pete Pultz



Pete Pultz

Pete Pultz registered for USMS in the fall of 2013. Over the years he swam laps for fitness but was not on any kind of program consistently to keep track of his progress since he was in high school and graduated in 1981. He swam for Jackson High School where his Dad was the swim coach. He learned to swim at age 4 and by the time he was 6, he started competition. By the time he was done in high school he was ready to quit and move on. He felt burned out and, since he was not

going to swim in college and he didn't know about masters, he assumed he was finished with swimming. He swam fly and free in high school and was an average swimmer but like a lot of swimmers he did not make the state qualifying times to swim in the Michigan HS State Championship.

The one area where he was extremely good was kicking and he was faster in practice with a board than anyone on the team, including state qualifiers. Some of the swimmers he swam with said they should have an event with no arm strokes and just kicking and he might have been one of the best at this with his powerful kicking. One of the reasons he joined USMS is that he found an event that he could really excel at and that was a 400 Kick for time. This is a non USMS Championship postal event hosted by Marcia's Enthusiastic Masters of Oakland (MEMO) a USMS registered Club in the Oakland bay area of California.

Any stroke is allowed and any length of course can be used. He took 3rd in the 50-54 age group and really liked this event.

Kicking was a mystery because back 50 years ago, it was considered more of a balance for the body in the water, while pulling was 85% to 90% of the power in swimming. In speed and sprinting events kicking was thought to contribute more, but not a lot was done to use kicking like today, when underwater kicking off the wall greatly enhances turns. Good kickers were just good kickers and kick sets in practice were used to improve overall conditioning and leg strength and contribute greatly to your speed in swimming on the surface. Kick sets were also used to break up the long yardage sessions of your practice. Kicking was not a strategy in races like it is used today, with underwater kicking while swimming being considered the 5th stroke.

Pete took an interest in Long Distance Postal Events and Open Water Swimming, something he never really did when he was younger, and he signed up for the USMS "Go the Distance Program" and swam the USMS 1 Hour Postal swim in January 2014. He swam 4125 yards in 50-54 age-group and placed 77th. In 2015, he improved to 4485 for 34th place and in 2016 swam 4565 and although results are not published yet, he will probably move up places in his age-group. In 2014, he swam 763.48 miles in the GTD fitness program and was 12th in his age-group and 89th overall. When he was looking at the results he noticed that he was 2nd in the Michigan LMSC and noticed that Harriet Wall, who has won her age-group every year since she started was 13th overall in the nation at 72 and she was a real inspiration for him to continue to improve. He became friends with Harriet on Facebook and they help each other with training tips and strategies. Harriet was the 2014 MI LMSC Long Distance Swimmer of the Year.

In 2014, Pete swam his first open water swim and his first competition that was not postal in 33 years. He swam the "Swim to the Moon" Open Water 10K swim and to his surprise he won the 50-54 age-group. He really enjoyed this experience and he made it a plan to enter more OW events in 2015. These events also give him a break because he can use them as part of his mileage totals for the GTD program. One of the swimmers that really inspired him in Long Distance and Open Water was Denise Brown and her consistency year after year.

In 2015, he made it a goal to improve on the 2014 GTD total and swim more than 1000 miles. He not only trained hard in the pool, logging the distances, but he entered every long distance open water swim he could attend. His first one was on 6-13-15 and that was USMS >6-<9 Mile Swim National Championship in Livermore, California and the actual distance was about 12K. He took 9th place in his age-group and 58th overall. That was the longest he had ever swam to that point. A week later on 6-20-15 he swam the USMS 15K National Championships at the Morse Reservoir in Noblesville, Indiana and took 5th in his age group. Then on 7-8-2015 he swam the 5K at the Motor City Mile event on Belle Isle and placed 9th overall in all age-groups. He also competed in the Swim to the

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2015 Michigan LMSC Awards Banquet Highlights - Continued

Moon 10K event for the second year in a row on 8-23-15 and placed 2nd in his age-group and cut 28 minutes off his time from 2014.

At his first USMS National Championship, he met Stephen Chorey, a long distance swimmer in his age-group, who convinced him that he could swim over 1300 miles if he increased his training and competitions. He did just that and he swam the 6000 and placed 9th and the relay that he was on with Joe Aumiller, and Ian Douglass placed 1st in the Men's 35+ age category in the 3X6000 and will be 2015 USMS Long Distance Relay All Americans. For the 2015 year, Pete ended up swimming 1329.57 miles and placed 9th overall in the country and 3rd in the 50-54 age-group. That is an improvement of 566 miles from 2014 total of 763.48.

Pete has already started where he left off in 2015 and so far in 2016 he is on pace to swim between 1200 and 1300 miles. If he can swim some long postal events and open water swims he should be able to reach his goal. He, along with Harriet Wall, continue to be good ambassadors for the Michigan LMSC, inspiring others to set aggressive goals in the GTD fitness postal event. Congratulations Pete on having the best Long Distance performances and being awarded the Long Distance Swimmer of the Year.

Michigan Masters Most Improved Swimmer – Matt West



Matt West

Matt West has been a continuous member of Michigan Masters since 2005. Matt was a swimmer in high school, although he switched to track in college and competed for Eastern Michigan University. Matt started swimming with the Ann Arbor Masters team in the fall of 2004 and also started competing in triathlons about the same time. In the past 8 years he has competed in Open Water swims and usually does on average about 6 swims a year. He has made the USMS Top Ten in his age-group

8 times since 2006 and this year was his highest finish with a 3rd place in the 800 SCM Free achieving a time of 10:02.48 which is his best time in the event since joining in 2005.

At the 2015 Long Course Summer Nationals he achieved a time of 19:13.47 in the 1500 Free and improved from a time of 19:52.62 done at a Long Course meet in June. This is an improvement of almost 40 seconds in a month in a half's time. With this time he won the USMS National Championship in this event in the 40-44 age-group for his first USMS National Championship.

In two other events in the Short Course Yards season, he dropped his 1650 Free time from 19:34.81 to 19:05.36 for an improvement of almost 20 seconds. His 500 Free time dropped from a 5:46.83 to a 5:27.83, a 19 second improvement from the previous year. Matt won his age-group in the 5K Swim to the Moon Open Water Swim. He also won the Luck Duck 5K Open Water swim and was the overall male winner.

So far in 2016, Matt has swum a 5:26.18 for the 500 Free and 18:37.96 and both times are faster than last year and we are at mid-season, so the improvement continues. A time of 11:11.28 in the 1000 Free is an improvement of 24 seconds from the 11:35.91 that he swam at the State Meet last year. Matt is so psyched that he was the first swimmer to sign up for the 2016 Short Course Spring Nationals in Greensboro, North Carolina from Michigan Masters. Congratulations Matt and good luck in your swimming in the future.

Michigan Masters Swimming Coach of the Year 2015 – Bonnie Karas

Bonnie Karas started the Bonnie Karas Racing (BKR) Training Systems masters swimming team in the fall of 2013 and in a very short time they have become a rapidly growing team that services not only adult swimmers but adult runners, cyclists, and triathletes. When she started the masters swimming program in the Auburn Hills/Rochester Hills area, there was no facility or organized team with swimming practices that workout together and there was no local team to compete for at the Michigan Masters State Championship meet. That all changed when Bonnie started the BKR masters swim team.



Bonnie Karas

The BKR Masters swim team practices at Stoney Creek High School in Rochester Hills from 6:00 AM to 7:00 AM on Mondays, Wednesdays, and Fridays. Their mission is to help anybody that wants it and it does not matter what level of swimmer you are. "Our coaching philosophy is to help you get the most out of your available training time. We don't believe in excess mileage or useless workouts. We believe every workout has a purpose and our focus here is to help you reach your goals!" BKR provides one on one swim instruction on the pool deck, online coaching, video analysis, as well as the regular swim workouts with a Certified/Elite Coaching Staff. They encourage their swimmers to cross train to supplement their swimming.

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2015 Michigan LMSC Awards Banquet Highlights - Continued

The BKR Masters swim team competes together at swim meets and triathlons and in 2 years they have grown to over 50 swimmers. The results of this growth in swimmers contributed to a Small Team Women's Championship in 2014 and 2nd place finishes in 2015 in the Men's and Combined Small Team Divisions. The BKR team contributed to both Michigan Masters National Championship titles when they competed with the Michigan Masters Club team at both the 2013 USMS Short Course Spring Nationals and the 2014 Canadian National Championships.

Kurt Olzmann, Chad Steed, Kelli Dewey, Alycen Wiacek, and Lisa Hypner have won a State Championship, a National Championship title, or made the USMS Top Ten in a swimming event. Doug Handler and Thomas Schwartzenberger can be justifiably proud of their improved swimming since joining BKR. All this in just 2 years. Some of the other members have excelled in triathlons and this is possible because of the cross training that Bonnie provides at the BKR facility with the cycle lab training sessions. Lastly, Bonnie herself, swam very well in 2014 and 2015, making the USMS Top Ten and setting an example for her swimmers to motivate themselves to set goals and achieve them.

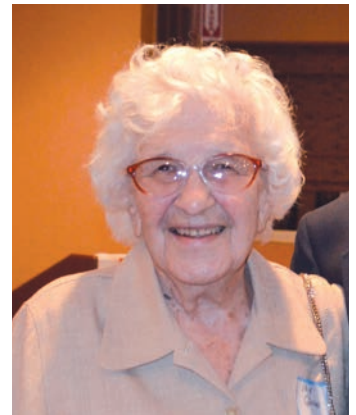
Here is a testimonial to Bonnie's coaching from one of the athletes she coaches. "Coach Karas has been an outstanding addition to my triathlon and running effort. Bonnie gives me balance to keep me in focus. She has made me aware of the nuances of my body when the outside seems fine but metabolic functions are off and given me the tools to rectify. She listens, doesn't candy coat things, and expects you to actively participate in your training regimen. It's that two way communication that has set her apart. In 2011, I was fortunate enough to have the most outstanding season of my career. Not only did she coach me to the 2011 ITU World Long Course Championship in Las Vegas, the longest and hardest race I've ever completed, along the way I became the Mid-East regional duathlon masters champion in the Powerman Distance. It was the cherry on top of the triathlon season sundae. I consider Coach Karas, the package!" Congratulations Bonnie on being selected the 2015 Michigan LMSC Coach of the Year.

Michigan Masters Memorial Swimming Award – Edith Glusac

On August 9, 2016 Edith Glusac passed away after suffering her 4th stroke in the last 7 years. That day was the last day of the 2016 Long Course Summer Nationals and several swimmers at the meet were remembering and thinking of Edith, not knowing she passed away that day. Edith would have been 97 this past November and she is the oldest women's competitor that has ever swam for Michigan Masters. Edith swam for over 25 years and was active every year until she suffered her first stroke in 2006.

Several masters swimmers were fortunate enough to attend a service on August 29, 2015 entitled "A Celebration of Life" that was held in Troy, Michigan to share the memories of Edith with

her close friends throughout her lifetime and honoring the life of this great lady. Joyce Kowalski, Lois Kivi Nochman, Laura Gogola, Sally Guthrie, Skip Thompson, Robert Fort, Roger Harper, and George Newman were some of the attendees that felt honored to be there for this celebration. Over 100 people that knew her throughout her lifetime attended this celebration of Edith's life. The celebration included pictures, videos, scrap books, awards, and lots of other impressive memorabilia that featured swimming and other activities that Edith was involved with during her lifetime.



Edith Glusac

Edith coached swimming, synchro swimming, diving, and also taught swimming lessons to round out her aquatic resume. She also coached basketball and volleyball and the Detroit Catholic League has an award named after her for the outstanding scholar-athlete in volleyball. Edith has been honored by the Michigan High School Athletic Association for completing over 40 years as an Official in the sports of swimming, basketball, and volleyball. Edith was inducted into the Polish Hall of Fame and received Wayne State's Headliner Award given to alumnae whose achievements have a rated headlines in the public press.

Edith has one of the most impressive masters swimming resumes in Michigan Masters history. In USMS pool competition, her accomplishments include the following: 23 time USMS All American (11 individual and 12 relay). She has been All American in 4 out of the 5 stroke individual events with the exception of Free. She has 387 USMS Top Tens in her age-group resulting in 54 Number 1 National swims and has been a member of 20 Number 1 relays in USMS with 3 of those setting USMS National Records and 2 setting FINA World Records. She has 135 World FINA Top Tens in her age-group resulting in 19 Number 1 swims.

In 1999, Edith received the Lawrence Award from the Michigan LMSC for outstanding swimming performances and accomplishments and in 2006 received the prestigious Lifetime Achievement for outstanding voluntary contributions and a lifetime dedication and devotion to the objectives of Masters swimming in Michigan. In 2012, at the Michigan LMSC Awards Banquet, Edith received the "Most Inspirational Swimmer" award for being a prominent and distinguished role model to all masters swimmers.

Edith's nieces, Patty Burns and Judy Berzins, accepted the award and were very thankful that she was remembered so fondly by the swimming community. Edith will always be remembered by the swimmers that knew her and her spirit will live on. On behalf of Michigan Masters, we send our sincere condolences to the family of Edith Glusac. ■