

THE wave eater

Michigan Masters SWIMMING

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2016

A Year of Progress for the Michigan LMSC

The 2016 year has been very successful for the Michigan LMSC. For the 3rd straight year, Michigan LMSC registration has exceeded over 1000 swimmers. The Michigan LMSC registered 1,106 members for the 2016 year compared to 1,086 members in 2015, with 1,025 members registered in 2014. The 2016 State Championships had 351 swimmers and this marks 6 out of 7 years that the meet has had over 345 swimmers. The LMSC is planning on offering 14 local meets plus the State Championship meet in 2017.

2016 USMS Spring National Championships

The 2016 USMS Spring National Championships took place from April 28 to May 1, 2016 at the Greensboro Aquatic Center in Greensboro, North Carolina. 1790 swimmers entered the meet from 238 Clubs. Michigan Masters placed 7th in the Regional Club division with 431.5 points with



Michigan Masters Swimmers in the picture from left to right starting with the bottom row. Jeff Bailey, Robert Rossbach, Alex Thane, Meagan Mayer, Sally Guthrie, Laura Nathan, and Fares Ksebat. Middle row: Anna Nathan, John Flynn, Laurie Kaguni, Denise Brown, Tamara Steil hidden kind of, Bill Palmer, Kelly Revenaugh, and Randy Parker. Back row: Herman Conner, Ayinde Mitchell, Trevor Asti, Kurt Christensen, Kevin Doak, Patrick Weiss, Skip Thompson, Larry Day, Dennis Toth, and Eric St. Germain. Missing in the picture who swam in the meet are: David Forgione, Paul Graham, and Erich Mehnert.

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28 swimmers who attended. The Men's team placed 4th with 281.5 points with 20 swimmers attending and the Women's team placed 7th with 108 points with 8 swimmers attending.

Larry Day won all 6 of his individual events in the 65-69 age group and became the 5th swimmer in Michigan Masters history to achieve this milestone. He set 3 USMS Records during the course of the meet and for the year has set 14 USMS Records in Individual Events and 1 USMS in a Relay. Kevin Doak won 5 out of 6 events in the 35-39 age group for another outstanding meet to go along with the 2012 Long Course Nationals where he won all 6 of his individual events. These 2 swimmers were the only ones that achieved 1st place in their individual events.

Second place finishes were secured by Sally Guthrie in the 100 and 200 Fly, Randy Parker in the 100 and 200 Breast, Denise Brown in the 400 IM, and Fares Ksebati in the 200 Breast. 24 LMSC State Records were set by 4 swimmers and the 65+ Mixed Relays. Larry Day set 6, Denise Brown, Sally Guthrie, and Kevin Doak each set 4. Randy Parker set 3, and all three 65+ Mixed Relays set LMSC State Records.

Larry Day was the Michigan Masters Men's High Point winner with 66 points and Sally Guthrie was the Michigan Masters Women's High Point winner with 46 Points.

2016 USMS Summer Long Course National Championships

The 2016 USMS Summer Long Course National Championships took place from August 17 to August 21, 2016 at the Mt. Hood Aquatic Center in Gresham, Oregon. 1287 swimmers entered the meet from 196 Clubs. 43 World Records and 72 USMS Records were set during the course of the meet.

Michigan Masters placed 8th in the Regional Club division with 226 points with 7 swimmers who attended the meet. The Men's team placed 5th with 168 points with 5 swimmers attending and the Women's team placed 11th with 58 points with 2 swimmers attending. 6 Michigan LMSC State Records were set by Michigan Masters swimmers during the course of the meet.

Kevin Doak won 4 out of 5 events in the 35-39 age group for another outstanding meet to go along with the 2016 Spring Short Course Nationals where he won 5 out of 6 events entered for a total of 9 USMS National Championships for the year. He set 2 Michigan LMSC State Records in the 50 and 100 meter Back.

Three second place finishes were secured by Christian Vanderkaay in the 50 Breast, 100 Breast, and 200 IM. The 50 Breast and 200 IM were new LMSC State Records. Colby Haan, swimming in his first USMS Nationals placed second in the 50, 100, and 200 Breast events in the 18-24 age group. Tom Phillips placed second in the 50 Free and broke the LMSC State Record for his first one in the 40-44 age group. Denise Brown broke her own 400 IM record dropping almost 3 seconds from her previous record.

Kevin Doak was the Michigan Masters Men's High Point winner with 53 points and Tamara Steil was the Michigan Masters Women's High Point winner with 31 Points.

Sixth Annual LMSC Awards Banquet

The sixth annual LMSC Awards Banquet took place on October 15, 2016 and built on the success of the past 5 LMSC annual Award Banquets. Forty five people were present as 12 Award plaques were given for LMSC excellence. Swimmers were honored for Continuous Loyalty for renewing their USMS membership in the Michigan LMSC for continuous years and eleven door prizes were drawn from a hat to attendees as well.

USMS and FINA World Records Set

Nineteen USMS and 6 FINA World Records were set during the 2016 year. Larry Day, Wallie Jeffries, and Jacob Montague were awarded for their efforts at the Awards Banquet. Three USMS National Relay Records were set during the 2016 year. Kelly Revenaugh, Ron Dubois, Larry Day, Chuck Olson, Wallie Jeffries, Joel Lockwood, Erik Lokensgard, and Ray Martin were members of the National Record relays. Three FINA World Relay Records were set during the 2016 year. Keith Crompton, Wallie Jeffries, Joel Lockwood, Erik Lokensgard, and Ray Martin were members of the World Record relays.

Individual All Americans Named

Eleven Individual Event All Americans were named from Michigan Masters during the 2016 year. Kathleen Milliken, Corrin Buck, Denise Brown, Jacob Montague, Christian Vanderkaay, Kevin Doak, Ryan Papa, Tony Anderson, Larry Day, Wallie Jeffries, and Bob Doud. Seventeen Relay All Americans were named from Michigan Masters during the 2016 year. Laura Gogola, Peggy Bruin, Ann Hunt, Pat Butler, Kevin Doak, Ayinde Mitchell, Mike Cantrell, Trevor Asti, Joel Lockwood, Frank Cody, Donald Kroeger, Chuck Olson, Robert Fort, Keith Crompton, Wallie Jeffries, Erik Lokensgard, and Ray Martin. ■



Pictured – From left to right: Tamara Steil, Denise Brown, Colby Haan, Dennis Toth, and Tom Phillips.

Michigan LMSC Swimmer Receives USMS Award at the 2016 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 21 USMS National Awards. On September 23, 2016 at the 2016 USAS Convention in Atlanta, the Michigan LMSC was honored with a Dorothy Donnelly Service Award.

Doug Handler Receives the 2016 USMS Dorothy Donnelly Service Award

Members of U.S. Masters Swimming don't confine their participation to the pool. There are many volunteer opportunities for their talent, expertise, and generosity. USMS recognizes the commitment of those who give back with the Dorothy Donnelly Service Award, named to honor one of USMS's outstanding volunteers. The award recognizes those whose contributions stand out in service to local, regional, and national programs. Up to 15 people are selected each year and nominations come from Local Masters Swimming Committees, clubs, and individuals.

In just six months after being elected as the Michigan LMSC Registrar, Doug Handler not only had to learn the complex USMS Registration process for Masters swim clubs and workout groups, but also how to build the state Meet team registration database. This was needed to track LMSC swimmers locally while interfacing with the USMS database. This example demonstrates the detailed expertise Doug devotes to his USMS volunteer efforts.

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 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.

In 2015, Doug 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.■



Doug Handler

2016 Michigan Masters Annual Award Winners:

Bob Doud Receives Michigan Masters Lifetime Achievement Award

On April 16, 2016 at the Michigan Masters State Championship Meet, Bob Doud 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. Bob is uniquely qualified for this award due to his body of work over a long period of time and a dedication to United States Masters Swimming.

Bob Doud loved swimming, but never considered himself good enough to compete. Now a record-holder and USMS All American many times over, he plans to compete in swimming and looks forward to competing in the 95-99 age group next year. "At my age, there are fewer to compete against" said Doud wryly. "I like to ride my bike and I ride 10 miles several times a week". He trains at the Battle Creek YMCA, swimming sprints interlaced with more leisurely paced laps. Of the two sports, Bob credits cycling for building lung capacity. "I breathe harder going up the hills than I do swimming; you have to push yourself while cycling.

Swimming was Bob's favorite activity as a kid growing up. He never actually competed in swimming in his younger years and learned to swim in the lakes around the Battle Creek area. He used swimming to become an Eagle Scout and received a life saving badge. He then proceeded through the American Red Cross and passed senior life saving and received his certificate so he could be a lifeguard at the beaches in Saugatuck, Michigan. This is actually where Bob believes he learned to swim fast because you had to learn fast swimming to save somebody.

Bob criticizes his swimming technique but he has never been coached when he was learning to swim and tries to correct all the things he thinks he does wrong. He does open turns instead of flip turns, frog kicks instead of whip kicks, and says he has a terrible flutter kick among his swimming faults. "I do all these things wrong, and yet I win," he conceded. He began competitive swimming at the age of 70, and over the years, the races have yielded multiple trophies, medals, ribbons, and records. He has improved in his swimming aging up to every age group he gets into. Since he has been in the 90-94 age-group, he has been ranked number 1 in the FINA World Top Ten 10 times in the 100-200 Fly and 200-400 IM events.

Bob Doud has deep roots in Michigan, going back 5 generations. Bob attended Battle Creek High School which was generally considered the USA's number one high school team from 1938 to 1957 under Hall of Fame coach Bob Mowerson. Bob was never asked to join the team and with the type of talent the team had, didn't try out and continued playing hockey. 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 played hockey all his



2016 Michigan Masters Annual Award Winners:
Lifetime Achievement Award Winner: Bob Doud, Lawrence Award
Winner: Randy Parker, and Chetrick Award Winner: Ray Martin

life and he believes this helped with his endurance and stamina that would be used later in masters swimming competitions.

He did not practice much swimming because the pools were not set up for lap swimming and he got his exercise with hockey. The only swimming Bob did was at age 50, in 1973, he swam in the Leroy Sparks One Mile Lake Swim at Lake Gogauac in Battle Creek that has been contested since 1928. He did the swim again in 1990, at 67, and it was here that he came in contact with Don Korten and learned about swimming in the Masters and Senior Olympic programs. He still was still playing hockey and had a leg injury and started to show interest in swimming but kept getting injuries and this kept him from swimming at the masters state meet at Western Michigan University in 1991.

In 1993, after he had his serious hockey injury, he decided it was best to give up hockey. He also read that 2% of Americans cannot swim a mile without stopping and figured he was part of that 2% and devoted his time to the sport of swimming as his main sport. He used to have bouts with bronchitis but when he started swimming consistently he never got it again and the coughing stopped.

When he graduated from Battle Creek Central High School, he 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.

Bob is quite surprised at how well he has performed in the last 24 years and never would have imagined that he would

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2016 Michigan Masters Annual Award Winners - Continued

be national or world ranked when he started in the masters program. He likes competing at the masters swim meets, socializing and meeting new swimmers, setting goals, benchmarking his performances, and generally having fun with this lifelong activity. He learns a lot by watching other swimmers technique and has fun with the challenges this brings.

Bob is a 10 time USMS All American (03, 06, 08, 09, 11, 12, 13, 14, 15, and 16) and has 261 USMS swims in the USMS Top Ten since 1996. Of those he has 35 Number 1 swims, 46 Number 2 swims, and 36 Number 3 swims. Bob has 70 swims in the FINA World Top Ten since 2003. Of those he has 15 Number 1 swims, 14 Number 2 swims, and 8 Number 3 swims

Bob is an 11 time USMS Relay All American resulting in 20 Number 1 swims as a member of a relay. Bob has been a member of 2 USMS National Relay Records and 10 FINA Relay World Records. 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 and the Swimmer of the Year Award in 2015 at the Michigan LMSC Awards Banquet.

Randy Parker Receives Michigan Masters Lawrence Award

The Lawrence Award is given annually to those who have achieved outstanding performances in masters swimming representing Michigan Masters. The criteria for this award 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 water seemed to be a natural second home for Randy Parker, who swam for Saginaw Douglas MacArthur High School. Randy didn't begin competitive swimming until his junior year, and he achieved High School All American status his first year of swimming as the breaststroker on the 200 Medley Relay in 1971. The relay team placed 2nd in the State and 30th in the USA. During Randy's senior year, he was ranked first in the state for the 100 breaststroke all season until illness struck shortly before state meet. The breaststroke is Randy's primary stroke starting out as it is today. He was an excellent swimmer for the Albion swim teams from 1973 to 1976. He began his illustrious career by being named Rookie of the Year in 1973, and went on to earn All-MIAA honorable mention recognition as a freshman. He was chosen the Britons' MVP from 1974 to 1976, and named to the All-MIAA swim team each of those years. Randy was an NCAA Division III national qualifier all four years and was undefeated in the 200-yard breaststroke at the MIAA league meet each of his four years at Albion and was undefeated in the 100-yard

breaststroke at the MIAA league meet for his first three years and lost by the smallest of margins in his senior year placing 2nd. He served as co-captain of the swim team his junior and senior years. He set and held the MIAA league records in the 100- and 200-yard breaststroke from 1973 to 1976. Randy was inducted into the Albion College Athletic Hall of Fame in 2000

Randy's love for the water didn't end after he graduated and began work for the Kellogg Co. He started competing in U.S. Masters swim meets in western Pennsylvania in 1984 and joined Michigan Masters and started swimming for the Battle Creek Masters team in 1996 at the age of 42. Starting in the 45-49 age group and up to the 60-64 age group, Randy has set Michigan State Records in the 50, 100, and 200 Breast plus the 100 IM in all 4 age-groups. Randy's swimming really took off in 2009 when he started to achieve USMS Top 3 finishes in all 3 breaststroke distances in both short course and long course rankings. At the 2009 USMS Long Course Nationals, Randy set National Records in the 50 and 100 meter Breaststroke distances. That year he made the top 3 in 4 events with 3 seconds and 1 third place finishes in the 2009 USMS Top Ten.

In 2010, Randy won his first USMS National Championship in the 50 Breaststroke at the Nationals in Atlanta and his time from that year was first in USMS Top Ten SCY rankings in the 55-59 age group. He also achieved a 1st place in the USMS Top Ten SCM rankings in the 50 Breast and from those 2 swims he achieved his first All American status in USMS. In 2014, Randy swam to a first place in the 50 Breast in SCM in the 60-64 age-group in the USMS Top Ten. He has consistently been in the USMS Top Three in the 50, 100, and 200 Breast 13 times in the 60-64 age group with 1 first, 7 seconds, and 5 third place finishes. Randy was ranked 1st in the 2015 FINA World Rankings in the 50 SCM Breaststroke in the 60-64 age group. Randy has 20 FINA Top Ten swims and 12 of those swims are in the top 4 with 1 first, 1 second, 4 thirds, and 6 fourths. Since 2009, Randy has achieved 3 firsts, 14 seconds, and 8 thirds in the USMS Top Ten.

"There are a large number of people who enjoy masters swim workouts," said 62-year-old coach masters swimmer Randy Parker. "I am a lifelong lover of swimming. When I found swimming, it enabled me to challenge myself toward swimming competitively." Parker is also one of four primary coaches who share coaching duties at the Battle Creek Y-Center, along with Eric Tabor, Elmer Egelkraut, and Jeff Bailey." At the Y practices, we sort participants into four levels of ability from novice on up. Eric (Tabor) has created a full season of laminated workouts tailored for all four groups," Parker said. "Battle Creek Y-Center is a strong supporter of our Battle Creek Y Masters team. One great thing about swimming is the total body workout that builds both strength and endurance.... People sometimes begin swimming as an alternative to other forms of fitness that no longer work for them." Congratulations Randy, on receiving the 2016 Lawrence Award and good luck in the future.

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2016 Michigan Masters Annual Award Winners - Continued

Ray Martin Receives Michigan Masters Chetrick Award

On April 16, 2016 Ray Martin 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. 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 400Free 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 Individual 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 41 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 School. 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. Since 2009, Ray has won 19 Individual Event National and International Championship Meet titles. He is an 8 time USMS All American in Individual Events with 18 Number 1 swims in his USMS career. He is a 9 time USMS Relay All American with 16 Number 1 swims as a member of a relay. He has been a member of 10 FINA World Record Relays since 2010.

In 1978, he received the 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. In 2010, he received the prestigious Lifetime Achievement Award for outstanding voluntary contributions and a lifetime dedication and devotion to the objectives of masters swimming in Michigan. Congratulations Ray for receiving the Michigan Masters Chetrick Award. ■



2016 Michigan LMSC Awards Banquet Highlights...

The six annual Michigan LMSC Awards banquet took place at Fox Hills Golf & Banquet Center on October 15, 2016. Forty five people were present as 12 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 September 23, 2016 at the USAS convention in Atlanta, Georgia. Door prizes were drawn and ten swimmers won ten swimming books plus one lucky swimmer won a Pac Pale clock that was donated by Larry Day, our 2016 Michigan Masters Swimmer of the Year and owner and inventor of the clock. Ann Hunt from the MAC team won the drawing for the clock and donated it to her team to use in workouts. Rita Gelman and Marilyn Reichenbach 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 and Lois Kivi Nochman won the "Rowdy Rising from Rejected to Unrivaled" by Dainon Moody and Ambrose "Rowdy" Gaines about the life story of Rowdy Gaines swimming career including his Olympic Success and Broadcasting career.

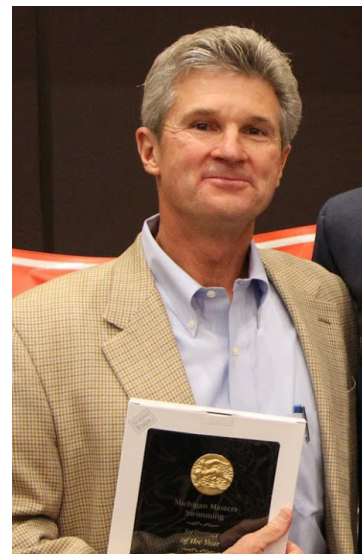
Six other books were drawn and Megan Mayer won the book "In the Water They Can't See You Cry: A Memoir" by Amanda Beard. Erik Lokensgard won the book "The Three Year Swim Club: The Untold Story of Maui's Sugar Ditch Kids and Their quest for Olympic Glory" by Julie Checkoway. Laura Nathan won the book "Swimming Toward The Gold Lining: How Jessica Hardy turned her wounds into wisdom" by Jessica Hardy. Kristin Goodrich won the book "Munich to Montreal: Women's Olympic Swimming in a Tarnished Golden Era" by Casey Converse. Connor Pogue, son of Jim Pogue won the book "Making Waves: My Journey to Winning Olympic Gold and Defeating the East German Doping Program" by Shirley Babashoff. Tom Phillips won the book "Chasing Water: Elegy of an Olympian" by Anthony Ervin winner of the 50 meter free and the 2012 Olympics at 35 years old.

Michigan Masters Pool Swimmer of the Year – Larry Day

Larry Day aged up to the 65-69 age group this past year and won all 6 of his events entered at the USMS Spring Short Course Nationals and he became the 5th swimmer in Michigan LMSC history to accomplish this. During the 2016 year, he swam to 14 USMS National Records with 9 in SCY, 2 in LCM, and 3 in SCM. He swam the fly leg of the 65+ 400 Medley Relay that swam to a National Record. He set 6 FINA World Records in both 100 and 200 meter Fly for both SCM and LCM. He set another World Record in the 200 IM and he swam that at the National Senior Games to win that event plus the fly events setting World Records in each event in SCM.

His 6th World Record was in the LCM 400 IM and was broken in the same week by Olympian Rick Colella.

In the 2016 year, he has 16 USMS Top Ten swims and 15 of them are in the top 2, with 10 number 1 swims, 5 number 2 swims, and 1 number 4 swim in the USMS National Top Ten. Larry credits a lot of his success to the PACE PAL underwater clock that he invented and uses and sells around the world to swimmers that want to see their interval training and pacing while swimming and not stopping. His swimming is quite incredible when you consider that in 2008, he suffered a heart attack and at that time never thought he would swim competitively again at this level let alone setting any records.



Larry Day

For his USMS career, he has been named a USMS All American four times (1992, 2001, 2011, 2016), has a career total of 1 World, and 21 National Championship meet titles, and has set 9 World and 24 National Records. He has 24 Number 1 swims in the USMS National Top 10 up to the 2016 year. Larry received the Lawrence Award from Michigan Masters in 2002, for outstanding swimming performances and received the Swimmer of the Year Award in 2011 at the LMSC Awards Banquet.

Michigan Masters Pool Swimmer of the Year – Kevin Doak



Kevin Doak

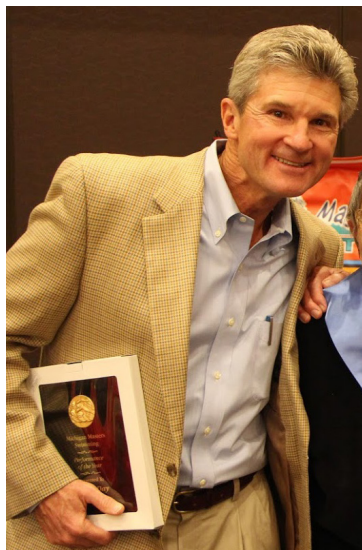
Kevin Doak aged up to the 35-39 age group this past year and won 5 individual events and placed third in the 50 Free at the Spring Short Course Nationals in Greensboro. At the 2016 Summer Long Course Nationals he won 4 individual events and placed 2nd in the 50 Free. In the 2016 year, he has 21 USMS Top Ten swims, with 8 number 1 swims, 5 number 2 swims, 2 number 3 swims, and 3 number 4 swims in the USMS National Top Ten. Kevin has been selected a USMS All American 10 times (05, 06,

2016 Michigan LMSC Awards Banquet Highlights - Continued

07, 08, 09, 10, 11, 12, 13, 16) resulting in 60 Number 1 swims in his Individual Events. Kevin has been named a USMS Relay All American 5 times (09, 10, 12, 14, 16) resulting in 13 Number 1 swims in Relays.

Kevin has set 1 World and 18 USMS National Records for his career in his Individual Events. He has been a Michigan Masters relay team member of 1 World and 9 USMS National Records. He has won 25 USMS Championship Meet titles since 2009. Kevin was selected National Swimmer of the Year in 2007, 2008, 2009, and 2012 for having the most first places in his age group in USMS, thus becoming a USMS All Star in those years. Kevin received the Lawrence Award from Michigan Masters in 2008 for outstanding swimming performances and received the Swimmer of the Year Award in 2012 at the LMSC Awards Banquet.

Michigan Masters Performances of the Year – Larry Day



Larry Day

Larry Day had one of the greatest years in performances that's has been accomplished in Michigan Masters. He started out setting his first USMS Record in the 65-69 age group in the 200 yard Fly at the Brighton/FAST meet. He then set 4 USMS National Records at the State Meet in the 500 Free, 200 Fly, 200 IM, and the 400 IM. He followed that up at the USMS Spring Short Course Nationals setting 3 more USMS Records lowering his 200 Fly, 200 IM, and 400 IM Records from the State Meet.

He then hit the Long Course season where he attended a meet in Munster, Indiana and swam to a World Record in the 100 meter Fly. He followed that up with two at EMU in the 200 meter Fly and 400 IM. Later in the summer he attended the National Senior Games where he set 3 SCM World Records in the 100 Fly, 200 Fly, and 200 IM.

Michigan Masters Performances of the Year – Wallie Jeffries

Wallie Jeffries aged up to the 85-89 age group and on March 19, 2016 at the Milford Athletic Clubs annual SCM meet, he was part of two individual event USMS National Records and one individual event FINA World Record. He also was part of 2 Relays that each set USMS National and FINA World Records. That is a total of 4 National and 3 World Records. Not bad for

a one day meet. The first swim came in the 400 meter Free and he swam a 6:53.90 to better the National and World Record time of 6:56.12.

In the 320-359 age group 800 Free Relay, he swam the first leg with a time of 3:11.42, to better the National Record time of 3:12.85 and the Relay's final time was 12:15.50 to break the previous record of 13: 57.82 set in 2013 by Michigan Masters and he was part of that relay record also. His final record was swam in the 400 Medley swimming the free leg and the relay finished with a time of 6:35.34 to break the previous record of 6:57.50.

In the 2016 year, he finished with 2 firsts and 2 seconds in the 85-89 age group in the USMS Top Ten. Wallie's only National/ World Record prior to 2016, was swam in 1992 in the SCM 1500 Free in the 1992 State Championship meet at Saginaw Valley. Wallie achieved Individual Event All American status in 1992 and 2016. He has been named a USMS Relay All American in 2013, 2014, and 2016.

Michigan Masters Performances of the Year – Jacob Montague

Jacob turned 18 in 2016 and swam his first USMS meet at the State Meet and placed 1st in all 7 of his events and won the High Point in his age group. From that meet he made the USMS Top Ten in all 7 of his events with 1 second, 4 thirds, 1 fourth, and 1 fifth. In the summer of 2016, he trained and swam in the Olympic Trials and swam a time of 2:05.80 in the 200 IM for a new USMS National Record in the 18-24 age group.

From his performances in the Olympic Trials, he qualified to swim in the Junior Pan Pacific Meet, an international FINA meet. In that meet he broke the USMS National Record in the 18-24 age group in the 100 Breast twice in the prelims and finals. He swam a 1:00.81 in the prelims and 1:00.68 to break the the USMS National Record of 1:01.86 set in 2012. With that time he won the jr. pan pac title and broke the meet record set

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Wallie Jeffries



Jacob Montague

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by the great age group swimmer Michael Andrew. He also won the 200 Breast gold medal for another jr. pan pac title.

For the 2016 LCM Top Ten in the 18-24 age group, he was first in 5 events (200 Free, 50, 100, 200 Breast, and 100 Fly) and set 3 USMS National Records. He is currently swimming for the University of Michigan Men's swim team and you can look to the future for some great swims from Jacob. Congratulations to Jacob and good luck in the future.

Michigan Masters Long Distance Swimmer of the Year – Christian Vanderkaay



Christian Vanderkaay

In the 2015 and 2016 year, no Michigan Master swimmer swam as many Open Water Races as Christian Vanderkaay. In the summer of 2015, he swam a total of 6 Open Water swims along with four pool meets. The Open Water swims he swam were the Luck Duck, Harbor Springs Coastal Crawl, Swim to the Moon, and Break a Wave in Traverse City. The only USMS Long Distance National Open Water Swim

he entered was cancelled and that was the Big Shoulders in Chicago. The highlight of the summer season was winning the overall 10K at the Swim to the Moon in 2 hours, 5 minutes, and 31 seconds.

In 2016, Christian swam his first USMS National Championship at the 2-Mile USMS National Championship Open Water Swim held at the Eagle Creek Reservoir in Indianapolis. He won the 30-34 age group and became a National Champion and USMS Long Distance All American. He followed that up with 5 more Open Water Swims adding the Swim for Grand Traverse Bay and having to not compete in the Swim to the Moon because it conflicted with the USMS Summer Long Course Nationals in Gresham, Oregon, where he swam another outstanding meet.

Christian is a 5 time USMS All American (12, 13, 14, 15, and 16) 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. He was selected the 2013 Swimmer of the Year and in 2015 was selected as having outstanding Swimming Performances and both awards were presented at the Michigan LMSC Awards Banquet. Congratulations on Christian on receiving the 2016 Michigan Masters Long Distance Swimmer of the Year. Christian Vanderkaay was recently featured in the September/October 2016 issue of Swimmer Magazine, the official magazine of US Masters Swimming, in the section "From the Center Lanes" discussing how he trains around a busy work schedule being a medical doctor and seeing patients.

Michigan Masters Most Improved Swimmer – Anna Nathan

Anna Nathan's first exposure to masters swimming was watching her mother Laura swim at the 2015 State Meet at EMU. After witnessing her mother swim and other masters swimmers, she decided to join and start swimming in masters meets. She swam in the 4 Long Course local meets over the summer plus the 2015 USMS Nationals at the Spire Institute near Cleveland. She placed 7th in the 50 Fly in the 30-34 age group in her first National Meet.



Anna Nathan

The improvements in time from that first year to the present time is quite impressive. Anna is a sprinter and focuses on her three favorite events, which are the 50 Free, 50 Fly, and the 100 Free.

In Long Course meters, she dropped her 50 Free time from :38.23 to :32.70, her 50 Fly time from :40.93 to 36.71, and her 100 Free time from 1:25.86 to 1:12.83.

In Short Course yards, she dropped her 50 Free time from :31.33 to :27.95, her 50 Fly time from :35.15 to :30.46, and her 100 Free time from 1:17.63 to 1:03.73. All her best times were swam in the 2016 Spring Short Course Nationals where she placed 13th in the 50 Fly. Anna was a big contributor in all the relays she swam at both Nationals meet and has become a big contributor to the Michigan Masters Club.

Michigan Masters Swimming Coaches of the Year 2016 – Dianne Johnson and Kristin Goodrich

Dianne Johnson and Kristin Goodrich took over the coaching duties of the Milford Athletic Club (MAC) from Suzanne Grebe in the fall of 2014 and have led MAC to 2 straight Large Team State Championships. The MAC team has now won 4 straight Large Team Championships and the team is the second team to accomplish this in Michigan Masters history. Both coaches tell their story about how they became involved in swimming and eventually masters swimming.

Dianne Johnson graduated from Michigan State University in 2000, with a degree in Parks and Recreation, Natural Resource Based Management. While in school, Dianne had

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*Dianne Johnson and Kris Goodrich
with Skip Thompson*

a successful swimming career as a captain and four-time top 16 finisher at the Big Ten Championships finishing her career at the 2000 Olympic Swimming Trials. After graduating, Dianne pursued a career as a law enforcement park ranger for the National Park Service but could

not stay away from the pool for very long. Dianne started her coaching career with a "lunch bunch" in Traverse City. That group developed into a dedicated group of swimmers competing at different levels including Masters Swimming, Ironman Triathlons, and many local triathlons and open water events.

Dianne got the opportunity to return to her alma mater and coach at Michigan State during the 2008-2009 collegiate season. Her passion for coaching was fueled and after moving to the Brighton Area with her family in 2012, she quickly got involved with the Milford Athletic Club. Starting as an assistant coach in 2013 and then taking over as head coach in January 2014. When not on the pool deck Dianne spends time with her husband, Phil, their three young children, Ethan, Max and Adeline, and two German Shorthair Pointers Morgan and Griffey. Her family enjoys all outdoor activities including swimming, hiking, and traveling and watching Michigan State Athletics.

"It seems like every which way I turn there is water in my life" says Kristin Goodrich. She grew up on a small lake in Northville and spent all of her summers swimming in it every day (after her parents made her take every swim lesson and pre-team possible to make sure she was a strong swimmer). She refused to be on the swim team - staring at a black line all day seemed too boring but somehow that pool drew her back in.

"I started teaching swim lessons and lifeguarding in high school. I attended The University of Michigan where I received a degree in Kinesiology (exercise science) and worked for the university in the summers doing the swimming lessons at the sports day camps. I had thoughts of being a physical therapist but every time I went for a job interview, they wanted me to work in the pool....so in 1995 I took a job and ran the swim lesson program at Beverly Hills Racquet Club where I also started a USS team."

In 1998, I moved to The Sports Club of Novi where I ran their Learn to Swim program for 16 years (tried to get a job as their aerobics coordinator first - ended up in the pool there

too), putting over 2000 kids through our lesson program each year and hopefully onto our USS team.

In 2007, I discovered the MAC team and finally gave in and started swimming competitively; I met some friends and wasn't so bored looking at that black line any more. I fine tuned my strokes so they were at the competitive level and started to really be a swimmer. As I became more involved in MAC I was tapped for swim coach, first the Middle School swim team at Huron Valley and then eventually the high school girls' team at Milford High School where I've been for five years now. I stepped up to become an assistant coach of MAC in 2012 as the team began to grow. Summertime sees me still outside - a job change in 2014 took me to Walnut Creek Country Club where I'm the Pool Manager and also the Head Coach of the Whitecaps Swim Team.

When not in or around the pool I enjoy waterskiing, SUP, running, yoga, reading a good book, and spending time with my husband and four kids. The highlight of my swimming career was at the 2016 State Meet when I won the High Points Award for my age group. I love to work with swimmers of all ages and bring my background of motor learning and biomechanics into play - it's wonderful to see when something clicks in a swimmer and the smile they have on their face from learning something new!

Michigan Special Services Award – Jim Izzi and Fares Ksebaty

The Special Services Award recognizes an individual, organization, business, or group that has gone the extra mile by contributing outstanding service to a Team, Club, LMSC, or United States Masters Swimming. In 2011, Joe Gohl was the first individual to receive this award for his outstanding contributions as being the LMSC Coordinator for the 2006 USAS Convention that was held at the Hyatt Regency Hotel in Dearborn,



Jim Izzi



Fares Ksebaty

Michigan. In 2014, the second recipient of this award was Joe Lopez for his hospitality in hosting the 2013 and 2014 Michigan LMSC Awards Banquet at his restaurant where he is the owner.

The Michigan LMSC is pleased to recognize Jim Izzi and Fares Ksebaty as recipients of 2016 Special Services Award for their efforts in converting the Michigan LMSC website into "device friendly" website so swimmers

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can access the website from their smart phone/tablet or computer, and the website adapts for optimal viewing. There are only 4 LMSC's out of 52 LMSC's that have this type of adaptable website and the Michigan LMSC is one of them.

The Michigan LMSC website was converted from a traditional static HTML website, to a dynamic responsive design, that creates an optimal viewing experience across all devices; Desktop Computer, Tablet, and Smart Phone, making it much easier to navigate on any device. An added feature of the new website design includes a google map to each swim meet location, which can be easily connected to an automobile navigation system through a smart phone. The Michigan LMSC website contains a large volume of information, so the website conversion took well over 30 hours.

USMS is in the process of developing/converting their website into a new "device friendly" website. Jim and Fares had to integrate the existing application that the Michigan LMSC had and design and build a stable, highly secure, and very capable application. The mobile responsive website redesign has helped improve LMSC news and communications, data bases for results, membership statistics, newsletters, and stories and biographies of USMS/Michigan LMSC swimmers.

Jim Izzi is currently our Communications Director and has been our Webmaster/Newsletter Editor since the fall of 2015. He has been appointed LMSC Sanctions Chair since November 1, 2016. He is also a member of the USMS Sports Medicine Committee.

Fares Ksebati is a USA Swim Coach, USMS Level 3 Coach, ASCA 2016-17 Fellow, and a member of both the USMS Fitness Committee and USMS Futures Task Force. He is the Co-Founder and CEO of MySwimPro, the Number 1 fitness application for swimmers around the world, named by Apple as the Best Mobile Application of the 2016 Year.

Michigan Masters Memorial Swimming Award – Bob Heritier



Bob Heritier

"The world lost a good man when Bob Heritier passed away on April 25, 2016, in Grosse Pointe, Michigan. Bob was a long-time attorney in the Detroit area, and founding partner of the law firm now known as Heritier Nance & Smothers in Troy. He was also a champion U.S. Masters swimmer. Robert Louis Heritier was born on July 15, 1928, in Detroit, Michigan, to Carl Heritier and Emilie Fehr. Carl was a second-generation American and a Detroit bookbinder, and Emilie immigrated to the United States in 1926.

Bob's father Carl died unexpectedly when Bob was only 15, and Emilie made sure Bob and his brother Herbert received a college education. Bob graduated from Wayne

State University and received his law degree from Wayne State in 1952. He then served two years in military service with the U.S. Coast Guard, then was employed by Chrysler Corporation for a few years. In 1957, Bob joined the Tax Department of Arthur Andersen & Co. He attained his CPA Certificate in 1961. In 1964, Bob left Arthur Andersen and established his law firm, which he ran for 50 years. He retired from the active practice of law in 2014 at age 86." This was taken from his obituary at his funeral.

In 1974, at age 46, to take break from the long hours of his law practice, (working as a corporate and tax attorney) and to maintain a reasonable level of exercise, Bob swam 500 to 1000 yards a day in the Detroit Athletic Club (DAC) pool. He learned about masters swimming from a friend who mentioned that it was a new program for competition that was becoming popular. Bob resumed competitive swimming, a sport he had enjoyed in college and jumped in with a vengeance and within a year he won his first national championship in the 200 meter backstroke. In 1977, he won the 200 meter free at Nationals and at the age of 49, this highly motivated, disciplined, and competitive athlete was swimming better times than he had at Wayne State as a 20 year-old.

He achieved numerous first-place finishes in the USMS Top Ten starting in 1978, received All American Honors in the U.S. Masters Swimming Program over a 16 year period. "In a 1983 Detroit Free Press interview, Bob said, "Health itself is not a sufficient motivator to make me work out. Competition is the stimulation that keeps me going." Even with a diagnosis of Parkinson's disease in the fall of 2000, Bob faithfully performed an early morning swim workout at a neighborhood facility into his mid-80's. His initial symptoms included a minor tremor in his right arm, a loss of balance, and a loss of strength due to rigidity.

In an interview in Swim Magazine (July/August 2002) he stated that he thought he had probably had the disease for several years but hadn't realized it due to its slow progression. While Bob found that the Parkinson's had little to no effect on his training, he didn't feel that he could compete at the level he was used to because the loss of strength made him considerably slower. Bob retired from active competition after the summer of 2000.

Bob is a 10 time USMS All American with 22 Number 1 swims USMS Top Ten and 9 Number 1 swims in the FINA World Top Ten in his masters swimming career. He attended all of the USMS National Championships from 1974 until 2000 except one in 1989 in North Dakota for a total of 51 USMS National Championships. He set 4 USMS National Records and 2 FINA World Records. He won 42 USMS National Championship Meet

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titles. Bob had one of the oldest standing Michigan Masters State Records that lasted 32 years in the 50 meter free in the 55-59 age group of :27.43, set in 1983 and it was finally broken in 2015 by Jim Pogue in 2015. At the time it was both a USMS Record and a FINA World Record.

Rex Aubrey, an ex-Olympic swimmer and NCAA National Champion for Yale, coach, and retired aquatic director of the DAC, has said that the accomplishments of Bob Heritier over the years have made him the most outstanding athlete competing for the DAC. While Bob continued to swim, he recommended swimming for people with Parkinson's Disease as outstanding therapy. "Swimming is essential in my life. It makes me feel good physically and mentally and I am probably addicted to the good feeling that results from training."

In 1980, he received the Michigan Masters Chetrick Award for outstanding service to the Michigan LMSC. In 1997, he received the Michigan Masters Lawrence Award for outstanding swimming performances in National competition representing Michigan Masters. In 2000, he was one of the swimmers named to the Michigan Masters "Swimmers of the Century" for his outstanding swimming performances. In 2003, he received the Michigan Masters Swimming Lifetime Achievement Award for "continuous swimming accomplishments along with outstanding voluntary contributions and a lifetime of dedication and devotion to the objectives of Masters Swimming in Michigan. Bob leaves behind family and friends who will deeply miss his friendship, wit, and strength of character. ■

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The 2017 U.S. Masters Swimming Long Course Summer National Championship will be held August 2-6 at the University of Minnesota Aquatic Center in Minneapolis, Minnesota.

The full meet information will be available at www.USMS.org by May 2017. The order of events and national qualifying times are available now.

Swimmers may enter up to 3 individual events without meeting the qualifying times, and up to 6 total individual events if they meet the qualifying time for their fourth through sixth events.

