

THE wave eater

Michigan Masters SWIMMING

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Fall In Love With Swimming – Again!

2017
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**U.S. MASTERS
SWIMMING**

Michigan Masters Places 5th at USMS Summer Long Course Nationals



2017 Summer Long Course Nationals Michigan Masters Swimmers: Front row from left to right - Marilyn Early, Corrin Buck, Danielle Navarre, Patrick Sturdy, and Fares Ksebaty. Second row - Julie Rogers, Susan Phillips, Ashley Garringer, Matt Wuchte, Clisty Sturdy, Gail Dummer, and Chuck Olson. Last row - Joe Aumiller, Mike Phillips, Jeff Bailey, Skip Thompson, Kurt Christensen, Jim Pogue, Steve Burstall, and Randy Parker. Missing in the picture - Tony Anderson, Sean Cabbage, Ray Martin, John Pflughoeft, Wendy Szymczak, and Yvonne Tirakian., Paul Graham, and Erich Mehnert.

The 2017 USMS Summer Long Course National Championships took place from August 2 to August 6, 2017 at the University of Minnesota in Minneapolis, MN. 1016 swimmers entered the meet from 187 Clubs. 55 USMS National and 39 FINA World Records were set during the course of the meet. Michigan Masters placed 5th in the Regional Club division with 616 points with 26 swimmers who attended. The Men's team placed 3rd with 387 points with 16 swimmers attending and the Women's team placed 9th with 169 points with 10 swimmers attending.

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Ray Martin, aging up to the 80-84 age-group, won 4 USMS National Championships in the 200, 400, and 800 Free and also the 50 Fly and set six LMSC State Records in the process. He was also 2nd in the 100 Breast and 4th in the 200 Breast. He was the Michigan Masters Men's High Point winner with 60 points. Corrin Buck won all three breaststroke events

in the 50-54 age-group and missed the USMS National Record by .11 in the 50. She came close to the USMS National Record in the 100 Breast which she set back in 2014 by .26 in winning the 100. She also set an LMSC State Record in the 100 Free. She was the Michigan Masters Women's High Point winner with 55 Points.

Fares Ksebati won all 3 Breaststroke events in the 25-29 age-group. Randy Parker won the 100 Breast in the 60-64 age-group to round out the total of 11 Individual Event wins for Michigan Masters. The Men's 200 Free Relay of Tony Anderson, Jim Pogue, Jeff Bailey, and Kurt Christensen won the 200-239 age-group setting an LMSC State Record in the process. Second place finishes were swam by Marilyn Early and Matt Wuchte. Third places finishes were swam by Tony Anderson, Jeff Bailey, Ashley Garringer, Chuck Olson, and Yvonne Tirakain.

The Michigan Masters team was 5th by the margin of 13 points over Colorado Masters in the Regional Club Division and that is a tribute to all of the swimmers swimming and placing in the 15 relays that were entered. Everyone that swam multiple events and relays placed and received a medal for their efforts and this helped win the 5th place Championship banner. Congratulations to all of the 26 participating swimmers. ■

The 2017 USMS Spring National Championships in Riverside, California

The 2017 USMS Spring National Championships took place from April 27 to April 30, 2017 at the Riverside Aquatic Complex in Riverside, California. 2026 swimmers entered the meet from 247 Clubs. 57 USMS Individual Event and 2 USMS Relay National Records were set during the course of the meet. Michigan Masters placed 9th in the Regional Club division with 189.5 points with 11 swimmers who attended. The Men's team placed 6th with 119 points with 6 swimmers attending and the Women's team placed 10th with 58.5 points with 5 swimmers attending.

Allan Charlton, aging up to the 80-84 age-group, won two USMS National Championships in the 50 and 100 backstroke events and set two LMSC State Records in the process. He was also 3rd in the 100 Free and 5th in the 50

Free. Christian Vanderkaay, aging up to the 35-39 age-group, placed top 8 in every event he swam and won the 200 Fly and took second places in the 200 Free and 200 IM. He set 3 State Records in the 200 Breast, 200 Fly, and 200 IM. Tamara Steil placed in the top 10 in 5 out of 6 events with a 3rd in the 400 IM, 4th in the 200 Fly, and a 5th in the 200 Breast.

Amy Adamy, Rachel Cush, Nathan Destree, Brian Ellam, Rachel Garbo, Mary-Chris Kay, and Brad Rietema placed in 2 or more individual events. Christian Vanderkaay was the Michigan Masters Men's High Point winner with 46 points and Tamara Steil was the Michigan Masters Women's High Point winner with 25 Points. Congratulations to all 11 swimmers that swam in the meet.

Two individual event USMS National Records were set during the 2017 year. Wallie Jeffries set the first one at the Brighton/FAST meet in the 500 Free in the 85-89 age-group and Larry Day set the second one at the EMU LCM meet in the 200 Back in the 65-69 age-group. Four Relays set USMS National and FINA Masters World Records during the 2017 year. The first one was set at the Milford/MAC meet and the other 3 were set at the EMU LCM meet. Eight swimmers were responsible for these records and those swimmers and records are: Wallie Jeffries 3, Ray Martin 3, Kurt Olzmann 3, Joel Lockwood 2, Erik Lokensgard 2, Allan Charlton 1, Chuck Olson 1, and Larry Day 1. Congratulations to the Relay Record holders. ■



From left to right top row: Tamara Steil, Allan Charlton, Bryant Ellam, Nathan Destree, and Brad Rietema. **From left to right bottom row:** Danny Kim, Amy Adamy, Rachel Cush, and Rachel Garbo Damroth.

Not Pictured: Mary-Chris Kay and Christian Vanderkaay.

Two Michigan LMSC Swimmers Receive USMS Awards at the 2017 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 25 USMS National Awards. On September 16, 2017 at the 2017 USAS Convention in Dallas, the Michigan LMSC was honored with a Dorothy Donnelly Service Award and a Kerry O'Brien Coaching Award.

Patrick Weiss Receives the 2017 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.

Patrick learned to swim in January of 2009 and joined the masters program at Lifetime Fitness in Rochester. Since that time he has participated in 75% of the Michigan Masters sanctioned meets just completing his ninth year. Patrick was elected LMSC Treasurer at the 2011 Annual Meeting at the State Championship.

Since becoming Treasurer, he has instituted the use of accounting software to improve the efficiency of financial reporting and was the first Treasurer in our LMSC to use software to improve the efficiency of the reporting process to the USMS National Office. He provided LMSC Financial reports on a regular basis to all LMSC Officers on LMSC's revenue and expense items and makes sure we are aligned with the LMSC Approved Yearly Budget.

Patrick has also put his extensive international business and law school education to use as a member of the USMS Legislation Committee, which he was appointed to in 2016. He has been elected Chair of the Michigan LMSC and is currently training our newly elected LMSC Treasurer. In an effort to increase revenue at the national level, Patrick used his contacts in the automotive business to propose corporate sponsorships of USMS National Meets and made executive level presentations to Volvo, Ford, BMW, Subaru & Hyundai to become corporate sponsors of the 2012 USMS Spring Nationals in Greensboro.

Patrick has helped grow Masters Programs at 5 Lifetime Fitness Club locations in the metro Detroit area, including hanging and displaying USMS banners in the pool area, having USMS promotional brochures in the public area, and creating bulletin boards with meet schedules, announcements, and Michigan Masters Newsletters in both the pool and public areas. This effort resulted in creating the second largest



Patrick Weiss Awarded the 2017 Dorothy Donnelly Service Award at the USMS Convention in Dallas, Texas with Frank Thompson.

masters swim group in the entire 127 location Lifetime Fitness chain.

On Sunday, November 19, 2017, Michigan Masters Chair Patrick Weiss had two original works of art auctioned off during the 14th Annual USA Swimming Foundation #GoldenGoggles Awards in Los Angeles, California. The two pieces brought in \$2,235 for the USA Swimming Foundation.

Established in 2004, the Foundation works to strengthen the sport of swimming by saving lives and building champions - in the pool and in life. They do this by teaching children how to swim through their Make a Splash initiative and providing financial support to the U.S. National Olympic Team.

Both pieces were swimming themed creations:

Item 1 - A tabletop swimming pool that played scenes from the 2016 Olympic Trials on the bottom of the pool, along with a custom musical score.

Item 2 - A photo collage of the 2016 Olympic Trials featuring signed photos by Missy Franklin, Elizabeth Beisel and Nathan Adrian in action at the Trials Pool.

The photos were signed in October 2017, in Colorado Springs during a Masters Clinic Patrick attended at the

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Two Michigan LMSC Swimmers Receive USMS Awards at the 2017 Convention - *Continued*

Olympic Training Center which was given by these three Olympians and University of California Berkley Coach Dave Durden. Patrick has attended these High Performance Masters Clinics in 2013, 2014, and 2017.

This was the second year in a row Patrick had items in the Golden Goggles Auction. Patrick's original swimming themed creations have been increasingly popular each year as an auction item. This year's tabletop swimming pool was a recreation of the 2016 Omaha Olympic Trials pool, complete with lane markers and side gutters.

The bottom of the pool was fitted with an LCD video screen. When activated, the screen played a custom made video retrospective of the 2016 Olympic Trials, all the while a custom musical soundtrack played from underneath the pool. The USA Swimming Foundation has also posted the video on their website and it can be viewed here:
<https://vimeo.com/182734999>

Over the past two years, Patrick's auction items have raised over \$3,000 for the USA Swimming Foundation.

In the fall of 2017, he created an online entry for swimmers to register for the local meets. The new Michigan Masters Online Meet Entry registration system allows swimmers to access an event page and register online with payment. No printing and filling out forms, no more writing checks and no more searching for envelopes and stamps, you just enter and pay by credit card. It also reduces the amount of work each meet host needs to do prior to and after the meet, by consolidating entry times and payments.

This year, Patrick has also introduced the first updated ribbon design in almost a decade. In addition, a new ribbon has been introduced for those achieving new Personal Best Times at a meet.

In 2013, Patrick 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. In 2011, he received the Michigan LMSC "Most Improved Swimmer" award at the 2011 Michigan LMSC Awards Banquet.

Bonnie Karas-Foltz Receives the 2017 Kerry O'Brien Coaching Award

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 serves 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.

The BKR Masters swim team practices at Stoney Creek High School in Rochester Hills from 6:00 AM to 7:30 AM on Mondays thru 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. Some of the services that BKR provides are RMR and VO2 Max Testing, Customized Training Plans for both swimming, triathlons, biking events, and running events. Cycling skill and technique training, coached swim lessons, swim videotape analysis, and sports performance nutrition plans.

The BKR Masters swim team competes together at swim meets and triathlons and in 4 years they have grown to

over 60 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 at the Michigan Masters Championships. 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. For these efforts, Bonnie was awarded the Michigan Masters Coach of the Year honors at the 2015 Michigan LMSC Awards Banquet.

Kurt Olzmann, Chad Steed, Kelli Dewey, Alycen Wiacek, Carl Foltz, Lisa Hypner, Calvin Reder, Karen Scapini, and

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Bonnie Karas-Foltz Receives the 2017 Kerry O'Brien Coaching Award at the USMS Convention in Dallas, Texas

2017 Michigan Masters Annual Award Winners:

The 2017 annual Michigan LMSC state awards were awarded at the state meet in Saginaw.

The Three Award Winners Are:

Lifetime Achievement Award: **Bob Isbister**

Lawrence Award: **Wallie Jeffries**

Chetrick Award: **Jim Izzi**



Pictured – Left to Right: Jim Izzi, Wallie Jeffries, Bob Isbister

Bob Isbister Receives Michigan Masters Lifetime Achievement Award

On April 22, 2017 at the Michigan Masters State Championship Meet, Bob Isbister 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 started swimming competitively in the fall of 1956 for Plymouth High School. That was also when the butterfly stroke with a dolphin kick was added as an event and the breaststroke went back to the orthodox style of an underwater pull and the frog scissors kick during each one arm stroke and one leg kick. Before that, swimmers were swimming with a butterfly arm action with a breaststroke kick and you could recover the arms forward from the breast. So with this change it helped Bob, because he had an excellent dolphin kick and he became successful learning this new stroke so he started swimming the fly events in high school and this became the stroke that he swam in meets.

Bob qualified for the Michigan High School Class A Division State Championships in his Junior and Senior years of High School in 1959 and 1960. He placed just outside the final top 6 but swam well enough to receive a scholarship to Western Michigan University. Swimming for Coach Ed Gabel, the WMU team was only in its fourth year as a varsity sport.

In his freshmen year in 1960, he won the Mid-American Conference (MAC) in the 100 fly and was second in the 200 fly to future 1960 Olympic Gold medalist Bill Mulliken. From those performances, Bob was the first WMU swimmer in Western Michigan University history to qualify for the Men's NCAA Division 1 Swimming Championships that were held at SMU. There have only been 3 other swimmers that have qualified for that meet in WMU history and those swimmers are Ron Pohlonski, David Pohlonski, and Tom Slocum and they have all swim in Michigan Masters after college. Bob didn't make the final 6, but was one of the top freshmen in the events he swam in the meet. Bob has said that this meet was the biggest meet he ever swam in his life.

In his sophomore year in 1961, he placed 2nd in both the 100 and 200 Fly, but the time standards had gotten tougher even though he improved and he did not go to the NCAA Division 1 meet. He closed out his college career in 1963 being a member of the WMU team that won their first MAC Conference Title and they repeated in 1964 for their only titles while they had a varsity team. He placed in the top 6 in both the 100 and 200 fly

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Bonnie Karas-Foltz Receives the 2017 Kerry O'Brien Coaching Award - continued

Anne Van Dyke 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 4 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, 2015 and 2016, making the USMS Top Ten and setting an example for her swimmers to motivate themselves to set goals and achieve them.

Bonnie is certified as a USA Cycling level 2 and a USAT level 1 coach. She is also an ACE Certified Personal Trainer and Certified CPR, First Aid, AED, and Safety Training. She has over 20 years of experience working with injury prevention and rehabilitation with high performance athletes. Bonnie was a 7 time All American Collegiate swimmer and a USAT All American Triathlete. She is a National Champion for Olympic distances and 70.3 K distances. Bonnie qualified and competed in the ITU World Age-Group Championships. She is also a member of the Saginaw Swimming Officials Hall of Fame. Bonnie started swimming in USMS in 1987 at the age of 22. ■

2017 Michigan Masters Annual Award Winners - Continued

in the MAC Conference his last 2 years of swimming. He then did not swim competitively until joining USMS in 1974.

Bob swam from 1974 to 1982 and was out for 2 years but rejoined USMS in 1984 and has been a continuous registered member of the Michigan LMSC for over 35 years. He has been a Coach, Meet Director, Club Officer, and Team Manager at the Club level. On the LMSC level, he has held 4 positions on the Michigan LMSC Board as Registrar, Records & Top Ten Chair, Sanctions Chair, and Marketing Chair.

Some of Bob's accomplishments are as follows: He was the Co Meet Director of the Brighton Meet from 1988 to 1994, this being the largest meet outside the State Meet at the time. He acted as Assistant Meet Director for 1989, 1992, and 1996 State Meets and the 1990 Great Lakes Zone Meet. He is also Co-Meet Director of the Dearborn Long Course Meet from 1988 until the present time. In 1987, he became the LMSC Records Top Ten Chair from 1987 to 1995. Not only did he computerize all three courses (SCY, SCM, LCM) but also started the SCM Records. He also published LMSC Top Ten lists for Michigan LMSC swimmers in all sanctioned meets that swimmers entered and this service was done before USMS had launched the Event Results Data Base that provides this service today and had done this since 2009.

When our Registrar resigned in 1997, he stepped in and became LMSC Registrar and performed that function until 2001. He also served three terms as the LMSC Marketing Chair from 1997 to 2005. Bob has swam and represented Michigan Masters in multiple USMS National Championships in both Pool and Open Water Events. He has helped organize numerous USMS Postal National Championship swims by volunteering to get a facility, timing, and sending in team entries and organizing relays. For the last 22 years, he has organized a New Year's workout swim at the Livonia YMCA free of charge to all masters swimmers. This past year, 25 people completed 118 X 50 yards on the interval of 50 seconds.

Wallie Jeffries 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.

Wallie started swimming as a youth for the Downtown St. Louis YMCA for the legendary swim coach Ernst Vormbrock. Ernst was the type of coach who took a keen interest in his swimmers to develop character and talent that leads to success. EV was such an influence on Wallie starting

his swimming but was also the mentor to one of the older swimmers on the team Jim (Doc) Councilman, one of the greatest coaches in the history of competitive swimming.

Ernst Vormbrock taught the important concept to all his swimmers that "the most important thing in life is to always finish what you start." He believed in self-discipline and practice and carried that precept into coaching swimmers. Doc Councilman dedicated his most famous book (The Science of Swimming) considered at the time in 1968 to be the bible of competitive swimming to EV for helping him improve his self-image and discover the potential within him.

Wallie learned a lot of life lessons and applied them to not only swimming but any goal that he would set in life. Wallie first big breakthrough was at the AAU Junior Nationals and he won and was the AAU Jr. Olympic Champion in the in the 220 yard Free in 1948. In 1949, he was a State Champion in the same event for Webster Groves High School at the State Championships.

Wallie then went on to the University of Michigan and swam for the legendary Matt Mann and lettered from 1951 to 1953. He swam at the NCAA meets in those years and was part of the 1952 NCAA Champions 400 Free Relay and thus earned an NCAA All American selection. He is the only Lawrence Award winner in Michigan Masters history to win an NCAA Championship.

In his senior year in 1953, he became Team Captain and he closed out his swimming career at the time winning 3 events at the 1953 National YMCA Championships in the 220, 440, and 1500 meter free events. He was the Men's High Point winner for the whole meet and missed the National YMCA Record in 1500 Free by .2 of a second. The next year he enrolled in Medical School at the University of Michigan and eventually went on to become a Doctor directing the residency program at St. Joseph Mercy Hospital near Ann Arbor from 1968 until 1978.

Wallie was the head of the OB Department from 1978 until 1988 and was the Chief of the Medical Staff in 1991 and 1992. He retired from his medical practice in 1999. He received the 2004/2005 Oosterbaan Award from the University of Michigan for his life accomplishments in academics, athletics, and his medical career.

Wallie started swimming in USMS in 1972, some 45 years ago. He has 64 USMS Top Ten Swims over the years with some impressive results. He was one of 3 swimmers awarded at the 2016 Michigan LMSC Awards Banquet for outstanding performances. His first national meet was the AAU Long Course Nationals at Indiana University in 1972, where he was reunited with Doc Councilman, who was the Meet Director for the championship. Wallie placed 2nd in the 1500 Free and swam the next year at this same meet in Chicago placed 2nd in the 200 Free and 4th in 100 Free.

In 1992, he set a USMS and FINA World Record in the 1500 Free SCM in the 60-64 age-group at the

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2017 Michigan Masters Annual Award Winners - Continued

1992 State Championship meet at Saginaw Valley. In 2016, he set a USMS Record in the 200 SCM Free and a USMS and FINA World Record in the 400 SCM Free in the 85-89 age-group. That is a separation of 24 years between records which is quite impressive. He has been part of 4 USMS and 6 FINA Masters World Relay Records.

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 and 2017 years, he finished with 3 firsts and 7 seconds in the 85-89 age group in the USMS Top Ten. In 2017, he set a USMS National Record in the 500 Free for his third National Record in 2 years and was also part of 3 relays that set USMS National/FINA World Records at the EMU Long Course meet in July 2017.

Wallie has won 6 USMS National Championships in his USMS career since 1983, mostly in the 800 and 1500 Free events. He achieved Individual Event All American status in 1992, 2016, and 2017. He has been named a USMS Relay All American 5 times in 1976, 2013, 2014, 2016, and 2017.

Jim Izzi Receives Michigan Masters Chetrick Award

"I am somewhat new to swimming. In 2007, I was training for a triathlon, swimming in the Milford pool, when the MAC founder, and former Head Coach and mentor, Suzanne Grebe, kicked me out of my lane and said "you have to get out of your lane, MAC masters swim practice is about to start".

As I moved down to lane one, I watched MAC practice, and thought "they look like they're having fun!"... Two weeks later I signed up, and have been swimming with MAC ever since."

Jim started swimming in USMS in 2008 and immediately started volunteering for the Milford Athletic State Meet Team. Jim is a Graphic Designer and put those skills to use by designing a logo for MAC. From that logo T-shirts were ordered for MAC swimmers at State Meet and banners were designed for team awards earned at the State Meet.

He designed and is webmaster of the MAC website. He also updates all the Team Records for MAC swimmers from sanctioned meets. In October of 2015, he joined the MAC coaching staff, and began Personal Training at Huron Valley Pools and Fitness Club where he volunteers his time to help swimmers. Additional certifications include Personal Training Instructor, Core & Functional Fitness Instructor and Red Cross Lifeguarding/First Aid/CPR/AED.

Michigan Masters has benefited from his skills as he has designed all of our Championship banners that we have achieved in Masters Championship Meets. When Sally Guthrie ended her 10 year run as Webmaster in the fall of 2015, he stepped up and became the Communications Director of the Michigan LMSC. He assumed the duties of webmaster and has designed the latest two YTD Michigan LMSC Newsletters, which is one of our main communication networks.

Jim along with Fares Ksebaty, were the recipients of the 2016 Special Services Award that was awarded at the 2016 Michigan LMSC Awards Banquet for their efforts in converting the Michigan LMSC website. The Michigan LMSC website was converted from a traditional HTML website, to a dynamic responsive design, that creates an optimal viewing experience across all devices; Desktop, iPad, 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 automobiles 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.

In the spring of 2016, he was appointed to be in charge of the Michigan LMSC Facebook page. In the fall of 2016, LMSC Sanctions Officer Sally Guthrie retired, and moved to the Pacific LMSC and was not able to complete her term, Jim was appointed to take over as Michigan LMSC Sanctions Officer in the interim. In the Spring of 2017, he was elected as Sanctions Officer for a two year term. On the National level, he was appointed to the Sports Medicine Committee after attending his first USMS Convention in 2016. Jim achieved USMS Level 1 and 2 Coaching Certification at the 2017 USAS Convention. In the fall of 2017, Jim was the Meet Director of the Milford Monster Madness Meters Meet. Michigan Masters needed another SCM meet and he and MAC stepped up to the challenge and hosted the first meet. This meet was the first to use the Michigan Online Meet Entry System.

Jim enjoys exercising, having competed in running events from full marathons to 5k, triathlons from half ironman to sprint distance, and masters swimming for both pool and open water events competing at local, state, national and international levels. His list of hobbies range from endurance bike adventures, cross country skiing and any other outdoor activity that meets the criteria of a fun challenge. ■

2017 Michigan LMSC Awards Banquet Highlights...

The seventh annual Michigan LMSC Awards banquet took place at Genitti's Hole-In-The-Wall Dinner Theater on October 15, 2017. Thirty 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 September 15, 2017 at the USAS convention in Dallas, Texas.

All of the banquet attendees received a gift of 2 issues of "Swim-Swam" magazine courtesy of Patrick Weiss and Melvin Stewart valued at \$15. After receiving an Italian 7-course family style meal, the banquet attendees went to the performance theater to observe awards and recognition to those members who have excelled in the past year along with six swimming related door prizes that were drawn from a large bowl.

Six Door prizes were won and Bryce Chase and Sandy Eynon 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. Kathy Coffin-Sheard and Erik Lokensgard 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. Megan Meyer won a USMS backpack that was generously donated by Ray Martin and Kurt Olzmann won a year subscription of "Swam Swam" magazine generously donated by Olympian Mel Stewart.

Michigan Masters Pool Swimmer of the Year – Corrin Buck



Patrick Weiss (Chair) with Corrin Buck

Corrin won 3 individual events at USMS LCN in Minneapolis and missed the USMS National Record in the 50 meter Breast by .26 seconds. Since the 2016 Banquet she has won the 100 Breast and placed 2nd in the 200 Breast and 200 IM in the 2016/2017 SCY Top Ten. In 2017 USMS LCM Event Rankings, she placed first in all 3 Breaststroke events and was 4th in the 200 IM and 100 Free in the 50-54 age-group. In the 2017 USMS SCM Event Rankings, she placed 1st in the 100 and 200 Breaststroke events and was

2nd in the 50 Breast. She was the Michigan Masters Women's High Point winner at the 2017 USMS LCN Summer Nationals.

Michigan Masters Pool Swimmer of the Year – Erik Lokensgard

Erik Lokensgard aged up to the 75-79 age group this past year and won the 400 IM at the 2017 FINA World Masters Swimming Championships in the 75-79 age-group. He was 2nd in his three other events of 200 Fly, 200 Back, and 200 IM and 3rd in the 100 Back having the best meet of his 21 years of membership. In the 2017 LCM Event Rankings, he placed first in the 200 Fly, 200 Back, and 100 Back, placed second in the 100 Fly, 200 IM, 400 IM, and 5th in the 200 Free in the 75-79 age group. In the 2017 SCM Event Rankings, he is placed 1st in the 1500 Free, 100 Back, and placed second in the 800 Free, 100 Fly, and 3rd place in the 200 IM. He was also a member of 2 Relays that broke the USMS National and FINA World Records in the 400 Medley Relay for the 280-319 age-group in SCM swimming the backstroke leg and the 320-359 age-group in LCM swimming the fly leg.



Patrick Weiss (Chair) with Erik Lokensgard

Michigan Masters Performances of the Year – Ray Martin

Ray Martin - Won 4 Individual events at the USMS LCN in Minneapolis and got a 2nd and 4th in his other events in the 80-84 age-group and set 6 State Records in the process. He scored more individual points in his individual events than any other Michigan Masters swimmer that swam in a 2017 USMS National Championship meet. In the 2017 year, he was top 3 in the USMS Top Ten in the 80-84 age-group 13 times with one 1st, five 2nd places, and seven 3rd places. He was also a member of 3 LCM Relays that set USMS National and FINA World Records in the 400 Free, 400 Medley, and 800 Free Relays in LCM 320-359 age group.



Patrick Weiss (Chair) with Ray Martin

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2017 Michigan LMSC Awards Banquet Highlights - Continued

Michigan Masters Long Distance Swimmer of the Year – Carol Schemanske



MAC Coach Kris Goodrich, Carol Schemanske, and Patrick Weiss (Chair)

Finished the 2017 year as 11th place swimmer in all of USMS regardless of age-groups and gender in the "Go the Distance" USMS Fitness Event. She is the 5th place Women overall regardless of age-groups and finished first place in the 60-64 age-group swimming 1,248.05 miles and won her age-group by 321 miles for the 2017 year. Carol came to USMS as an open water swimmer to work on

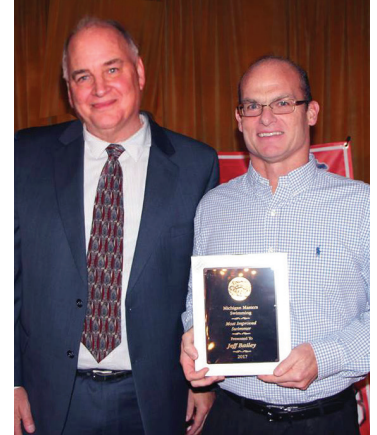
her technique and took off from there. Her goal of swimming 250 miles a year became 500 miles a year, and then 750 miles a year, and this year her goal was to go over 1000 miles. As of the end of February 2018, she logged 196 miles so she is off to break her 2017 total.

Carol shares some great advice of her experiences when she first started masters swimming. "I am more comfortable in open water. I think the waiting for an event has a lot to do with it. I did actually scratch an event at a meet. It was my first 50 fly. Didn't want to disappoint the coach by scratching, but she was fine with it and understood my anxiety. It was probably the best thing I could have done. It took the pressure off and I did fine in the rest of my events; actually had best times for me in 2 events. I think I need to learn to set reasonable expectations for myself for now. When I have an event that is a challenge for me, I do try to do my best and make my seed time (or better), but if I start feeling anxious, I set my expectations a little lower and just finish. Do it 25 yards at a time if I have to. Just think about finishing. I'm sure that is what my coach and teammates would expect of me if I'm struggling. If I can just finish this race today (at any time) I can do better tomorrow. And remember, this is supposed to be fun."

She is usually in the pool doing laps before MAC morning practice, and stays in the pool, after practice to continue her laps. She also is the first one in the open water each spring and the last one out each fall! This year she completed her first triathlon and her first open water ocean swim. She recruits new swimmers for MAC, is always eager to learn, asks questions about technique, and is always working to improve. She is an inspiration to all of us!

Michigan Masters Most Improved Swimmer – Jeff Bailey

Jeff swam to 2 third places and 2 fourth places and also was on the 200 Free Relay that won the USMS National Championship with the fastest split of all of the swimmers in the relay for his first USMS National Championship Relay win. This is the best meet of his 19 year career and his last meet in 2016 in Greensboro he didn't place in the top ten. Jeff has 5 USMS Individual Top Ten swims for the 2017 year along with being named a 2017 USMS Relay All American. Jeff has been on five 1st place relays in the USMS Relay Top Ten since 2010 and was named a USMS Relay All American 4 times (2010, 2011, 2012, and 2017).



Frank Thompson with Jeff Bailey

Michigan Masters Swimming Coaches of the Year 2016 – Kathy Coffin-Sheard

Kathy started with the Grand Traverse Masters Swimming program in the fall of 2011 with about 4 swimmers and 6 years later, they have over 75 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 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.



Kathy Coffin-Sheard with Patrick Weiss (Chair)

continued on next page

2017 Michigan LMSC Awards Banquet Highlights - Continued

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 in the past 6 years

Since forming the North Coast Masters Swimming Team, she has increased team membership by 40% and the community has benefited by having a local masters swim meet and two Open Water events in the last 3 years. This past year was third year of hosting the fall colors local swim meet which is a successful fundraiser for the Grand Traverse YMCA.

The Swim for Grand Traverse Bay Open Water event has completed its 3rd year and it benefits the Watershed Center, a non-profit that works to protect the Bay and its 1,000-square-mile watershed. This was also the 3rd year of the "Break A Wave" Open Water event that also benefits the community. These events are growing every year since their inception.

In 2015, Kathy organized a "Mutual of Omaha Swim Clinic" featuring Olympian Josh Davis that benefited not only USMS swimmers but also USA-Swimming kids and was one of the largest clinics ever held in northern Michigan.

In 2016, Kathy became the Head Coach of the Grand Traverse YMCA Breakers, which is the only dual registered USA/YMCA competitive kids swim team in Northern Michigan and this is in addition to being the Head Masters Coach as well. In between these coaching positions, she tries to find the time to swim with all of the aquatic responsibilities.

At the 2017 Convention she was given a USMS grant to develop a community Adult Learn to Swim Program, the second program in the LMSC to be given a grant. With this program along with her coaching responsibilities she keeps very busy.

Michigan Special Services Award – Tom Wines

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, Michigan. In 2014, the second



Peggy Bruin with Tom Wines

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. In 2016, the third recipients of this award were Jim Izzi and Fares Ksebati for their efforts in converting the Michigan LMSC website from a traditional static HTML website, to a dynamic responsive design, that creates an optimal viewing experience across all devices; Desktop, iPad, and Smart Phone, making it much easier to navigate on any device.

The Michigan LMSC is pleased to recognize Tom Wines as the recipient of 2017 Special Services Award. Tom has organized more relays that have set USMS National and FINA Masters World Records in the last 8 years than anyone in the Michigan LMSC. A total of 22 World Record relays have been put together and suggested by Tom since 2010. All of these relays were swam in the 75+ age-group for Short Course Yards and 280-319 and 320-359 for Short Course and Long Course Meters. A lot of these relays would never have swam if he did not figure out the strategic age-groups, communicate with swimmers to get to the meet, and be at the meet to make sure they were swam. This past year there were a total of 4 Relays that set USMS Records and FINA Masters World Records that Tom organized. ■

12 Individual Event All Americans from Michigan Masters

Twelve Individual Event All Americans were named from Michigan Masters during the 2017 year. Corrin Buck, Denise Brown, Laura Gogola, Kevin Doak, Ryan Papa, Alec Mull, Randy Parker, Larry Day, Erik Lokensgard, Ray Martin, Wallie Jeffries, and Bob Doud. Sixteen Relay All Americans were named from Michigan Masters during the 2017 year. Tony Anderson, Jim Pogue, Jeff Bailey, Kurt Christensen, Ryan Papa, Todd Mercer, Nick Talarico, Sean Seaver, Joel Lockwood, Kurt Olzmann, Ray Martin, Wallie Jeffries, Allan Charlton, Erik Lokensgard, Chuck Olson, and Larry Day. ■

Falling in Love With Swimming—Again

Michigan Masters swimmer Sallie Bartkowiak took a lengthy trip back to the pool

By Sallie Bartkowiak | December 25, 2017

I readied my goggles and adjusted my cap. My mind was like a freight train. Would I still have "it?" Would my muscles remember?

After a 30-year break from any type of swimming, I needed to jump-start my gym routine because my running days were over. The pool was the obvious answer—I was a swimmer!

I would mark that first swim four years ago "the exploratory voyage." Keeping my expectations low, my nerves instantly calmed down as the water enveloped my body. I swam a couple freestyle laps and stopped, a bit tired.

I wasn't surprised. As a seasoned athlete on the bike and track and in the weight room, I knew my endurance would translate differently in the pool. The muscle memory from decades past found its way back into my bloodstream and those endorphins kicked in as I continued with flip turns, backstroke, butterfly. A flood of racing and swim-team memories came back to me during the 300 yards I was able to swim in my first return to the pool. The quietness I found so exhilarating coming off walls was still there. It still felt magical.

That mere 300 yards, which once felt like a mountain to overcome, has turned into 4,000 yards a day, five times a week over the last four years with Michigan Masters. I have become obsessed with swimming. Again.

It's been a long trip. My father introduced me to water at the age of 4. The love affair started with lessons, and turned into middle school, high school, and club swimming. He was a teacher, basketball coach, and role model to me, and his passing in 1982 when I was just 16 was devastating. I didn't want to step foot in a pool again.

The pool was a great place to disperse my grief. But that grief soon turned inward, and the coping mechanism I developed was an eating disorder that would last for more than two decades. My dream of swimming in college ended. I had to leave my team

at Michigan State my freshman year in 1984 because I was physically incapable of participating.

I was in and out of hospitals wrestling with the eating disorder until 1989 and then, much healthier, I managed to compete in a couple triathlons. But that was the extent of my swimming. There was no passion for a swimming lifestyle until that day I decided to see what the pool looked like at the gym.

Flash forward to 2014—the bulimarexia in remission and I'm living a positive lifestyle. Getting into the pool again that day at my local gym and starting a swim workout regimen inspired me to find out about coaching at our local club, where I've been a USA Swimming-certified assistant coach for three years.

It's the age-group kids who really motivated me to join Masters Swimming. Watching them compete awakened the competitive beast that had been lying dormant in me for more than three decades. I know my swimming endeavors enable me to be a better coach and role model. It shows the kids that they, too, can have a life around water on their terms, and that there are many ways to appreciate swimming.

I tell myself every day that getting back into swimming and competing was the best thing I ever did—both mentally and physically. The time away from the sport has given me a different perspective of how I see myself and treat my body. Coaching connects me to my father and keeps alive in me the values he held so dear: to live life on your own terms with mental grit.

About the Author—Sallie Bartkowiak

Sallie Bartkowiak has been swimming since the age of 5. After primarily excelling in middle distance and backstroke through high school and as a walk-on at Michigan State, an illness sidelined her dreams of continuing her swimming career. After taking a break for 32 years, she found her love of swimming again through age group coaching as an assistant coach with the Spartan Aquatic Club in Novi, Mich. She was inspired to get back into the pool and train again and joined USMS. The Michigan Masters member has been competing since 2015. ■

Be Part of Another Amazing Year in 2018!

2018 USMS Spring National Championship

Indianapolis, Indiana | May10-May 13, 2018

Compete in the Short Course Spring Nationals at IUPUI and be part of a National Championship Effort.

The 2018 U.S. Masters Swimming Short Course Spring National Championships will be held May 10-13 at the IUPUI Aquatic Complex in Indianapolis, Indiana.

The full meet information including the order of events and national qualifying times are available at: www.USMS.org



usms.org

