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**U.S. MASTERS  
SWIMMING**

# 2018 YEAR IN REVIEW

## *Annual Message from the Michigan LMSC Chair*

**I**t's been another amazing year for Michigan Masters swimming and from the entire Michigan LMSC Board and I would like to thank everyone for their membership in Michigan Masters and your continued support of Masters swimming.

Many of you may not be aware of the hundreds of hours your Board spends during the year conducting the business of the Michigan LMSC. The following individuals have worked extensively with me during the past year to keep Michigan Masters Swimming up and running and I would like to recognize them here:

**Fares Ksehati** – Vice Chair  
**Coleman Teach** – Treasurer  
**Denise Brown** – Secretary  
**Kris Goodrich** – Registrar  
**Jim Izzi** – Sanctions Officer

One of the biggest highlights of the past year was Michigan Masters' second place finish at the 2018 USMS Spring Nationals in Indianapolis. The point difference was quite close for most of the meet, but in the end, Wisconsin Masters prevailed. But that doesn't mean that one Michigan Masters swimmer didn't play a small role in the Wisconsin victory.

Most of you have seen the championship banners that our Sanctions officer and Communication Director Jim Izzi designs for Michigan. Well, Wisconsin Masters liked our banners so much they asked Jim to design a championship banner for their Wisconsin pools after the 2018 Indy Nationals meet. Apparently, the Michigan Masters influence is far reaching!

Back in Michigan, one of the largest LMSC undertakings this year was the complete transformation of our Michigan Masters web site from the USMS national office server to our own dedicated server.

After hosting the various local LMSC web sites over the years, the USMS server configuration was not robust enough to do the things we needed to do in Michigan. So, we were the first LMSC in the country to move off the USMS server and run our own system.

The USMS national office is now encouraging other LMSC's around the country to follow our lead and have held up our web site operation as an example to follow.

One of the first things we did with our new server setup was open the Michigan Masters Web Shop. So far we've sold Michigan Masters Warmups, T-shirts, and LMSC shirts with all of the proceeds going to our annual scholarship fund. We also use the shop to process meet entries.

Since we launched in July, we've sold approximately \$1,000 in merchandise, with the profits supplying about 40% of our scholarship fund.

Another big addition to the LMSC web site this year was the fulfillment of a long time request from our many of our meet partners. The result was the dedicated "Swim Meet Resources" section on our Michigan Masters website.

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Jim Izzi designed this to be a one stop location that contains everything you need to know to host a Masters swim meet. A key part of the Meet Resources section is the Meet Director Checklist. Gail Dummer worked extensively on creating the framework of this document with editing assistance by Jim Izzi and Kris Goodrich.

Another addition to the website was the creation of a newsletter archive section. Skip Thompson had copies of our old newsletter dating back to 1988 which he scanned, and then sent to Jim, who organized and undertook the posting process.

Our Amazon Smile partnership continues to supplement the Scholarship fund with help from our members who use our special link to shop on Amazon.Com. The program cost nothing to use and the proceeds come directly to the Michigan LMSC.

By using the special Amazon link found on the Michigan Masters web site, Amazon makes a donation to Michigan Masters based on a percentage of the amount ordered. In February, we had our best month yet with \$15 earned. If we continue at this pace, we should bring in an additional \$180 a year to the scholarship fund.

Another web initiative launched this year was using the resources of the US Masters web site to make it easier for new swimmers to find a masters swim program in their area. To that end, we now list most of our workout groups on the USMS web site along with their workout times and locations.

This was also our first full year using the Michigan Masters Online Registration Program, which continues to produce impressive results both financially and logistically. Most meet are now received online at a 97 - 99% rate, with deck entries making up most of the remaining balance.

The best part of our in house system is that it cost the meet hosts nothing to use and they get to keep 100% of the meet fees for their organizations. The amount of savings we have provided our Meet Partners over using a third party entry processing company has been substantial.

If you add up all the online registrations we've processed for

our meets and then added up all the fees that would have been deducted from the registrations by the other online processors, we've saved our Meet Partners over \$5,000.

That over \$5,000 more we've contributed to the local swimming community.

Finally, the largest and most successful event of the past year was our 2018 Swim Clinic and Annual Banquet featuring Janet Evans. For those of you that were unable to make any of the three events, you really missed an amazing experience.

Janet started the day by having a private breakfast with four Michigan Masters swimmers. There, she previewed her work with the 2028 Los Angeles Olympic Committee and what people can expect when the Olympic Games return to the USA.

Then, Janet led a three hour stroke clinic at Lifetime Fitness in Novi. One of our Michigan Masters members, Sheri Beri, is the General Manager at Lifetime Novi and she graciously donated the use of her pool all day for this event. During this clinic, Janet worked on-deck and in the pool to help each swimmer improve their performance.

Then, Janet joined us in the evening for our annual banquet at Genitti's in Northville. After sharing a meal and speaking with many swimmers during dinner, Janet helped with our annual awards presentation.

Then, for the main event, Janet spoke for about 30 minutes about her experiences as an Olympic swimmer and how swimming has affected her life. It was a very heartfelt and moving story about the joys and disappointments of being an elite Olympic athlete. Afterwards, she took the time to take photos with everyone present before she left.

Our plans for the future include many more events like this one to reward our current members and attract new swimmers.

So here's to a very productive year for the Michigan Masters LMSC and a great year ahead!

**Patrick Weiss**

Chair - Michigan Masters Swimming

## 2018 Michigan Masters Team - USMS Spring Short Course Nationals (Team Photo on Next Page)

**Back row from left to right** - Tim Szuba, Dan Szuba, Jennifer McClellan, Drew Fitzmorris, Jeff Mertz, Aaron Helander, Nick Christi, Kyle Christensen, Kurt Christensen, Luke Griffioen, Ayinde Mitchell, Robert Fort, Lindsay Richardson, Mike Cantrell, Lou Ann Dixon, Connie Cantrell, David Mange, Nathan Destree, James Daniels.

**Next row from left to right** - Larry Day, Jo Lynn Montgomery, Chuck Olson, Randy Parker, Jeff Bailey, Daniel Zacks, Chad Steed, Kevin Doak, Mark VanDerMey, Mike Dale, Matt Sherman, Dan Hood, Tuomas Kiviluoma, Patrick Michel, Jeff Mertz, Patricia Aschan, Tom Welsh, Richard Ten Hoor, Don Swalwell, Alicia Blondell, Mike Schuldinger, James Fortune, Clay Putnam, Colby Haan, Alek Bordyukov, Jim Pogue, Bill Palmer, Kathleen Burkhart, Fares Ksebaty, Rebecca Kanner, Laura Yaeger, Sue Berger-Mann, Anne Kukula, Kurt Einhaus, Skip Thompson, Joe Aumiller, Ben Hendricks

**Next row left to right** - Dianne Johnson, Kathy Coffin-Sheard, Bonnie Karas-Foltz, Susan Harris, April Wyncott, Anna Nathan, Jen Wortman, Julie Pierce, Matt Wuchte, Julie Rogers,

Emmanuelle Michel, Bob Doud, Susan Alt, Ann Franas, Barry Nathan, Laura Nathan, Bridgitte Zirger, Elizabeth Schmaltz, April Manu, Clisty Sturdy, Patrick Sturdy, Tom Melgar, Laura Gogola, Rachel Damroth, Amy Adamy, Martha Amis, Rita Gelman, Jim Izzi, Maria Veen, Pat Butler, Lyle Masimore, Paige Walters, Oliver Lecerf, Neil Cowan, Michael Allon, John Flynn, John Cassidy

**Bottom Row from left to right** - Steve McKenna, Carl Foltz, Jayson Field, Kim Riley, Sally Belson, Wendy Szymczak, Harriet Wall, Katherine Julian, Carol Schemanske, Cassie Cammann, Hannah Gabriel, Kathryn Calcutt, Peggy Bruin, Kris Goodrich, James Nitkiewicz, Angela Cheng, Susan Weir, Mike Phillips, Susan Grebe, Danielle Burstall, Mary Muetting, Marilyn Early, Stephanie Hein, Karen Scapini, Kurt Olzmann, Rachel Cush, Kathy Milliken, John Lubisco, Sarah Lindley, Danny Kim and Tom Schwartzenberger.





## Michigan Masters Places 2nd at 2018 USMS Spring Short Course Nationals



The 2018 US Masters Short Course Nationals marked the 48th anniversary of the meet. 2,388 swimmers from 270 Clubs registered for the meet at the world class IUPUI Natatorium in Indianapolis. There were 47 Individual National Records and 2 Relay National Records set during the course of the meet. Two of those National Records were swam by Bob Doud in the 50

and 100 yard Fly in the 95-99 age-group.

Michigan Masters was the largest Club registered at the meet with 185 swimmers. With 27% of the Michigan LMSC participating, it was the largest turnout ever for the Michigan Masters Club at a USMS National meet. At the meet's conclusion, Michigan earned a second place USMS Regional Club Championship team finish.

The three largest Regional Clubs alone had 501 swimmers entered and all hailed from the Great Lakes Zone: Illinois Masters (170 swimmers), Wisconsin Masters Aquatic Club (146 swimmers) and Michigan Masters.

In the Regional Club Division, Michigan Masters scored 2,030 points, 180 points behind Wisconsin Masters at 2,210 and 125 points ahead of Illinois Masters at 1,905 in the Combined Club scoring. The area where we really bonded together and rose to the occasion was the Relays. 90 Relays were entered and 46 of them scored. 41 relays from this meet made the 2017/2018

SCY Top Ten out of 47 made for the season. This is the highest % relays made in a USMS National Championship meet for a SCY season that made the USMS Top Ten.

Ninety five out of 177 Michigan Masters swimmers that swam in the meet scored and received a medal in their individual events. 13 more swimmers

scored points and received medals in relays. So, 108 swimmers out of 177 scored points and helped us in our 2nd place effort. The 108 swimmers that placed broke the previous record from the 2013 USMS Nationals where 79 swimmers scored and received a medal. With a meet total of 2,388 participating swimmers, Michigan Masters swimmers were responsible for 43 individual (16 Women, 27 Men) LMSC State Records and 19 relay (6 Women, 4 Men, 9 Mixed) LMSC State Records making this one of the most successful Nationals ever.

Patricia Aschan and Corrin Buck each won four individual events and both set state records in all the events they swam. Corrin was the Michigan Masters Women's High Point winner with 50 points. Ray Martin and Larry Day won three individual events and Ray set five and Larry set two state records in their events. Ray was the Michigan Masters Men's High Point winner with 50 points.

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## Michigan Masters Places 2nd at 2018 USMS Spring Short Course Nationals - *Continued*

Michigan Masters swimmers won a total of 28 USMS Individual National Championship Meet titles and 3 Relay National Championship Meet titles for a total of 31. Bob Doud, Rita Gelman, Laura Gogola, Tuomas Kiviluoma, and Christian Vanderkaay each won two events. Alicia Blondell, Kevin Doak, Aaron Helander, and Kurt Olzmann each won one event.

Ten swimmers placed second: Lindsay Richardson, Kathleen Milliken, Marilyn Early, Peggy Bruin, Pat Butler, Dan Szuba, Randy Parker, Chuck O'Ison, Erik Lokensgard, and Allan Charlton. Eight swimmers placed third: Sarah Bednarcik, Rachel Cush, Lou Ann Dixon, Denise Brown, Angela Cheng, Andrew McFee, Mark VanderMey, and John Stover. With 28 first place finishes, 26 second place finishes, and 24 third place finishes totaling 78 top three finishes, this was the most successful Short Course Nationals for swimmers placing in the top 3.

Other swimmers that placed in the top ten were:

Fourth place - Amy Adamy, Martha Amis, Gaard Arneson, Casey Browning, Jason Field, Ann Franas, Susan Harris, Stephanie Hein, Dianne Johnson, Julie Pierce, Richard Ten Hoor, and Matt West.

Fifth place - Cassie Camman, Kurt Christensen, Fernando Costa, Danielle Fowler, Mary Muetting, Carol Schemanske, Michael Schuldinger, Maria Veen, Harriet Wall, Jennifer Wortman, and Brigitte Zirger.

Six place- Jeff Bailey, Paula Colombo, Cindy Hein, Bonnie Karas-Foltz, Fares Ksebaty, Sarah Lindley, David Staudacher,

Chad Steed, Amy Way, and Laura Yager.

Seventh place - Hannah Gabriel, Emmanuelle Michel, Bill Palmer, Jim Pogue, Wendy Szymczak, Kitty Vanden Brulle, Kathleen Weaver, and Daniel Zacks.

Eighth place - Mike Cantrell, Kyle Christensen, Chuck Coffman, James Daniels, Nathan Destree, Heather Somand, Monica Tory, and Anne Van Dyke.

Ninth place - Sally Belson, Connie Cantrell, Rebecca Kanner, Stephen McKenna, Mike Phillips, Brad Rietema, Susan Weir, and Mathew Wuchte.

Tenth place - Ashely Amodeo, Sue Berger-Mann, Erin Carpenter, Carl Foltz, Lisa Hypnar, Sarah Mastrandrea, Patrick Michel, Ayinde Mitchell, Clay Putnam, and Kathryn Sederberg.

Thirteen swimmers placed in relays: Rachel Damouth, Robert Fort, Colby Haan, James Webley, Tim Szuba, Anna Nathan, Laura Nathan, Paige Walters, John Cassidy, Adam Oxner, Aleksandr Bordyukov, Suzanne Grebe, and Kathryn Calcutt.

This was the biggest travelling Michigan Club ever since Nationals started in 1971 with 185 swimmers registered and 90 first time swimmers, many of who participated in a nice social and team picture planned on the last day of the meet thanks to Fares Ksebaty and My Swim Pro.

Congratulations to all of the swimmers that swam in the meet. Results both individual and relay, scores, times, and splits are listed on the Michigan Masters website. ■

## UNANA Pan American Masters Championships

Sixteen Michigan Masters Swimmers participated in the 2018 Pan American Masters Swimming Championships in Orlando, Florida last August. With an overall total of 1,717 swimmers from 407 teams, this was one of the largest Pan American Championships ever held. There were 28 Individual Event Records and 3 Relay USMS National Records set during the course of this meet. There were also 15 FINA World Individual Event Records and 3 FINA Relay Event World Records set.

Tony Anderson won two events and set UANA Records in both the 200 and 400 Free. He placed second in two other events and swam to four Michigan LMSC State Records. Christian Vanderkaay placed second in two events and third in three others and set one LMSC State Record in the process.



Muffy MacKenzie swam to two third place finishes and set LMSC State Records in the 50 and 100 Free. Gaard Arneson placed in all his events and he swam to two LMSC State Records. Danielle Day, Paul Graham, Fares Ksebaty, Julie Rogers, Wendy Szymczak, Maria Veen, Paige Walters, Sue Weir, and Brigitte Zirger also placed in one or more events during the course of the meet. Congratulations to all 16 swimmers. ■

## 2018 All Americans From Michigan Masters

Twelve Individual Event All Americans were named from Michigan Masters during the 2018 year: Patricia Aschan, Corrin Buck, Matthew Orringer, Michael Klueh, Christian Vanderkaay, Kevin Doak, Tony Anderson, Joe Aumiller, Larry Day, Erik Lokensgard, Ray Martin, and Bob Doud. There were also eleven Relay All Americans named: Hannah Oswald, Ava Ohlgren, Adrienne Woods, Patricia Aschan, Peggy Bruin, Ann Hunt, Pat Butler, Laura Gogola, Joe Aumiller, Robert Malnight, and David Sebastian.

## Michigan Masters 2018 Championship State Meet and Annual Award Winners



The 46th Annual Michigan Masters State Championships took place at the Michael Jones Natatorium on the campus of Eastern Michigan University. Three-hundred and three swimmers from 20 teams contested the championship from Friday, April 13th until the meet's conclusion on Sunday, April 15th, 2018. This was the 12th State Championship meet held at EMU in the 46 year history of the Championship.

The Milford Athletic Club (MAC) won their sixth straight Large Team Combined championship in their twelve-year history. They are the second team in Michigan Masters history to win six consecutive Combined State Championships. MAC won the Large Team Women's Championship as well and was second in the Large Team Men's Championship. Ann Arbor Masters won the Large Team Men's Championship. The FAST Swim and Triathlon Club won the Small Team Combined Championship, Small Team Women's and Small Team Men's Championships.

Twenty-five State LMSC Records (8 women, 15 men, 2 relay) were set during the course of the meet. Additionally, 29 State Championship Meet Records (11 women, 15 men, 3 relays) were set during the course of the meet. Results, Records, and High Point Awards for both team and individual swimmers are included in the Results Exhibits on the Michigan Masters website.

### Gail Dummer Receives 2018 Michigan Masters Lifetime Achievement Award



On April 14, 2018, at the Michigan Masters State Championship Meet, Gail Dummer received 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.

**Professional Experience.** Gail graduated from the University of Minnesota (B.S. 1972) and University of California Berkeley (M.A. 1973, Ph.D. 1978). She subsequently was employed as a professor of kinesiology with a specialty in physical activity and disability at the University of Maryland, Indiana University, and Michigan State University where she retired in 2009. She has a strong record of scholarly productivity, including research on the capabilities of swimmers with a disability.

**Competitive Swimming Experience.** Gail earned a varsity letter in swimming at the University of Minnesota. She has been a continuous member of AAU/USMS masters swimming since 1979. Over the years Gail has competed for Rinconada Masters (Pacific LMSC), DC Masters (Potomac Valley LMSC), Indiana Masters (Indiana LMSC), and Michigan Masters in this state.

**Coaching Experience.** Gail coached for several AAU/USA Swimming clubs in past years, including Richfield Swim Club (MN), Aquabears (CA), Rockville-Montgomery Swim Club (MD), and East Lansing Golden Serpents (MI). She is a certified USMS coach who frequently assists with Stray Cats practices at the Michigan Athletic Club in East Lansing. Her most significant accomplishments are serving as a coach educator at MSU, head coach/swimming coordinator for the Dwarf Athletic Association, and certified Special Olympics coach. Gail was selected as assistant USA coach for the International Paralympic World Swimming Championships (1994 Valletta Malta and 1998 Christchurch New Zealand) and the World Summer Special Olympics Games (2007 Shanghai China).

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## 2018 Michigan Masters Annual Award Winners - Continued

Contributions to Masters Swimming – National Level. Gail was elected Vice President of USMS (1986-1989), after first serving as Zone A Chair for three years, Chair of the Planning and Zone Committees, and Member of the Championship, Officials, Zone and Executive Committees. She also has volunteered as an Official at USMS National Meets. In 2015, Gail instigated and provided leadership for the first United States Masters Swimming LMSC Summit where LMSC leaders from around the country meet to share ideas and experiences for the betterment of USMS. Notably, she and Kathy Casey compiled and edited the inaugural USMS Rule Book in 1989, and edited the 1990, 1991, and 1992 issues as well.

Contributions to Masters Swimming – Local Level. At the local level Gail has served as LMSC Chair for the Potomac and Michigan LMSCs, Sanction Officers for both the Indiana and Michigan LMSCs, Officials Chair for the Michigan LMSC, and Meet Director for numerous masters swimming meets in Maryland, Indiana, and Michigan. Gail has been Meet Director for the John Munley Memorial masters swim meet since 2010, and earlier was Meet Director of several editions of the Lansing Masters meet. In 2012, Gail and Sally Guthrie updated the Michigan LMSC By-laws and Policies and Procedures.

Contributions to USA Swimming. Gail's contributions extend beyond USMS to USA Swimming. At the national level, she served on several committees, most notably as chair and member of the Disability Swimming Committee for over 20 years. She has: (a) authored policy documents related to officiating guidelines for swimmers with a disability, personal assistants, and safety/risk management in disability swimming; (b) conducted workshops about inclusion for various audiences; and (c) served as a resource to USA-S staff, coaches, and volunteers about questions and issues related to inclusion. Gail was the Co-Meet Director of the 1998, 1999, 2000, and 2001 USA Swimming Disability Championships. Locally, Gail provided leadership to several Michigan Swimming committees and served as the Chairperson for four years. During that time, Michigan hosted two Central Zone Championships.

### Gail Dummer: Awards in the Sport of Swimming

- 2010 – Outstanding Women in Swimming Award from United States Aquatic Sports
- 2005 – Rick Knas Lifetime Achievement Award from Athletes with Disabilities Hall of Fame
- 2001 – Adapted Swimming Service Award from USA-S for promoting inclusion of swimmers with a disability
- 1997 – Phillips Outstanding Service Award from USA Swimming for service to USA-S and Michigan Swimming
- 1996 – Award for Contributions to the USA Paralympic Movement from athletes participating at the 1996 USA Paralympic Swimming Trials
- 1994 – Glen Hummer Award from the USA-S Long Distance Committee for incorporating open water events at Central Zone Championships
- 1993 – Ransom Arthur Award from USMS in recognition of compiling, editing, and publishing the first four issues of the USMS rule book
- 1988 – Chetrick Award for service to the Michigan Local Masters Swimming Committee

## Erik Lokensgard Receives 2018 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.

Erik started his swimming competition career in high school and grew up in Minnesota. His parents went into education where his mother taught chemistry in high school and his father was mathematics professor at Winona State University. Erik joined his father at Winona in his freshman year and swam for the university team. He transferred to St. Olaf College and swam two years for his college team and placed second in the 200 Back at MIAA (Minnesota Intercollegiate Athletic Conference) Championship meet. He was the team captain in 1963-1964.

After graduating with a BA from St. Olaf, Erik went on to receive a Masters at the Union Theological Seminary in New York City. In 1986, he received his PhD at Iowa State University in Industrial Education and his dissertation was titled "Formative Influences of Engineering Extension on Industrial Education".

Erik is a Professor of Product Design Engineering Technology in the School of Engineering Technology at Eastern Michigan University, since 1986. His training is in Injecting Molding with interests in Plastics Processing and Product Design. Erik is also an author of college textbook "Industrial Plastics: Theory and Applications". Now in its 6th edition, the textbook edition has extensive, detailed graphics and practical lab exercises featuring accompany updated coverage of the plastics industry, offering the very latest information on state-of-the-art equipment, with a special emphasis on processing techniques. Coverage includes plastics recycling, ISO and ASTM testing specifications, health and safety standards, as well as examinations of current environmental issues like recycling, pollution, and incineration.

Erik Lokensgard aged up to the 75-79 age group in 2017 and won the 400 IM at the 2017 FINA World Masters Swimming Championships. He was second in his three other events, the 200 Fly, 200 Back, and 200 IM and placed third in the 100 Back culminating with the best meet of his 22 years of Masters swimming.

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## 2018 Michigan Masters Annual Award Winners - Continued

In the 2017 USMS 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 fifth in the 200 Free in the 75-79 age group. In the 2017 USMS SCM Event Rankings, he is placed first in the 1500 Free, 100 Back, second in the 800 Free, 100 Fly, and third in the 200 IM.

In the 2017 FINA Masters World Event Rankings, Erik placed third in the 100 Back, 200 Back, 200 Fly, 400 IM; fifth in the 200 IM; and sixth in the 100 Fly in LCM. In SCM, he placed tenth in the 800 Free, fifth in the 1500 Free, second in the 100 Back, eighth in the 100 Fly, and tenth in the 200 IM.

He was also a member of two Relays that broke the USMS National and FINA World Records in the 400 Medley Relay for the 280-319 age-group (SCM - backstroke leg) and the 320-359 age-group (LCM - fly leg.) Additionally, he won the 1,650 Free in 2018 USMS SCY rankings and in doing so repeated as a USMS All American in Individual Events.

Since 1997, Erik has achieved 139 USMS Top Ten swims. In the 2017/2018 year he achieved six number one swims, seven number two swims, and four number three swims out of 23 events. He has been a member of five USMS National Relay Records and eight FINA Masters World Records since 2009. He has achieved USMS Relay All American status eight times resulting in 21 Number one Relay swims in the USMS Top Ten. Congratulations Erik and good luck in the future.

### Coleman Teach Receives 2018 Michigan Masters Chetrick Award



The recipient of the annual Michigan Masters Chetrick Award is an individual who has exhibited outstanding service and continuous voluntary contributions to the Michigan LMSC. This year's winner has been a registered USMS swimmer since 2010 and since joining eight years ago, he has expanded the types of events he swims from Freestyle to other strokes - Backstroke, Fly and IM.

When asked, Coleman had this to say about how he got involved with Masters swimming and how he became a member of USMS. "I did not swim competitively in the past. I played basketball and track in high school. I did do two half-ironman triathlons about 10 years ago when I was much younger and fitter. By chance, a master's coach saw me swimming laps at Life Time Fitness in Rochester in 2010 and talked me into going their workouts. At that time, I couldn't flip turn, had zero technical skills, and had no idea how to swim fly, breast, and backstroke. Masters swimming has been a great experience for me, it's not just the exercise, it's

the people and the sport is very technical - there's always something new to learn."

In addition to expanding his swimming skills, Coleman also increased his participation at the volunteer level of masters swimming. In 2016, the position of LMSC Treasurer became vacant right in the middle of the two year term. Upon seeing a need for help with this vacancy, Coleman stepped up and volunteered to take over all the obligations of the Treasurer's position.

He quickly learned the duties and responsibilities of the Treasurer's position and executed the functions in a timely and detailed manner. His ambitious effort allowed him to quickly get up to speed and fulfill the term until the next board election.

In 2017, Coleman was elected as the Michigan LMSC Treasurer for a full 2 year term, where he now is serving and fulfilling the role in an exemplary fashion. Last winter, Coleman also attended the USMS National Chair's Summit in Phoenix as the representative of the Michigan LMSC. For all these achievements and his great volunteer spirit, the 2018 Chetrick Award was awarded to Coleman Teach.

### Rose Cipriano Receives 2018 Michigan Masters Lynne Award



If you are not aware of Rose's story from April 2012, you can find her complete story by visiting the Cipriano Children's Trust website for more information or the Cipriano Support Page on Facebook.

Before joining masters, Rose was an accomplished swimmer who had been inducted into the Central Michigan University Hall of Fame for her college

swimming and had just returned to competing in Masters Swimming again (when her daughter was about 8) at the time of her family's tragedy.

Now, in 2018, she is being honored once again. The Michigan Masters Lynne Award was initiated in 1999 and is named after former Michigan Masters President Lynne Weir. The award is presented to a Michigan Masters Swimmer who has displayed "courage and tenacity" by returning to swim after a major illness or injury.

For everything she has done up to her return this year at the State Meet, the Michigan LMSC was proud to award the 2018 Lynne Award to Rose Cipriano. ■



## 2018 Michigan Masters Awards Banquet

The eighth annual Michigan LMSC Awards banquet took place at Genitti's Hole-In-The-Wall Dinner Theater on October 21, 2018 and built on the success of the past 7 LMSC annual Award Banquets. Janet Evans was the Keynote Speaker and Awards Presenter at the awards banquet. This was the largest banquet that the LMSC has ever hosted as 67 people were present as 11 Award plaques were given for LMSC excellence. Swimmers also were honored for Continuous Loyalty for renewing their USMS membership in the Michigan LMSC for continuous years and five door prizes were drawn from a bowl to attendees as well.

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 five swimming related door prizes that were drawn from a large bowl.

Five Door prizes were won and Ralph Davis and James D'Amour 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. Larry Day, Pamela Stevenson, and Megan Warden 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.

### Michigan Masters 2018 Pool Swimmer of the Year – Patricia Aschan



Won all 4 individual events she entered at USMS Spring Nationals in Indianapolis and missed the USMS National Record in the 400 IM in the 18-24 age-group by 1.7 seconds and won the event by over 10 seconds and had the fastest time of all women regardless of age-groups in the meet. In the USMS 2018 SCY Top Ten, swam to four 1st places, and placed in 8 events. Set 13 Individual event Michigan LMSC State Records during the 2017/2018

SCY season. Was a member of a USMS National Record in the 400 Mixed Medley Relay in the 18+ swimming the breaststroke leg. Named a USMS Relay All American in the Women's 400 Free Relay in the 18+ age-group to go along with being an Individual All American for 2018.

### Michigan Masters 2018 Pool Swimmer of the Year – Ray Martin



Won 3 Individual events at the USMS Spring Nationals in Indianapolis and got a 2nd and 3rd in his other events in the 80-84 age-group and set 5 State Records in the process. For these efforts, he was the Michigan Masters Men's High Point winner. In the USMS 2018 Top Ten, swam to four 1st places, six 2nd places, and three 3rd places in 13 events out of 16 made in the USMS Top Ten. Set 16 Michigan LMSC State Records during the 2017/2018 SCY season.

### Michigan Masters 2018 Performance of the Year – Larry Day



In 2018, set 3 USMS National and 2 FINA World Records in all the 200 Backstroke events in the 65-69 age-group for SCY, LCM, and SCM. Additionally he won 3 events at the 2018 Spring Nationals in the 100 Fly, 100 Back, and 200 Back. In 2018, he achieved 2 Number 1 swims in the SCY rankings in the 65-69 age-group in the 100 and 200 Back, and 2 Number 1 swims in the 200 Back for both SCM and LCM. In the 2018 FINA World Masters Event

Rankings, Larry was 1st in the 200 Back in both SCM and LCM. Since 2016, Larry has set 18 USMS National Records and 7 FINA Masters World Records.

### Michigan Masters 2018 Performance of the Year – Bob Doud



Since March 17, 2018 Bob has set 10 USMS National Records and four FINA World Records in Fly and IM events. He has all of the 200 Fly USMS National and FINA World Records in the 95-99 age-group. Additionally, he won 2 events at the 2018 SCN in Indianapolis. For the 2018 year, Bob made the USMS Top Ten 21 times with 11 Number one swims and five

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## 2018 Michigan Masters Awards Banquet - Continued

Number two swims. In the 2018 FINA World Masters Event Rankings. Bob achieved eight Number one swims in the world: 100 Breast, 50 Fly, 100 Fly, 200 Fly, 200 IM SCM, 100 Fly LCM, 200 Fly LCM, 400 IM LCM

### Michigan Masters 2018 Long Distance Swimmer of the Year – Mike Schuldinger



Mike swam in four Open Water swims in the 2018 year and achieved a first place over all age-groups in the Jon Logan 1.5 Mile Swim. In the Motor City Mile, he placed first overall and in the Howell Independence 1 mile swim placed third overall and won the 55 – 59 age-group. In the Swim to the Moon 5K, was 11th overall and won the 55-59 age-group. Additionally he swam five distance events at the 2018 SCN and placed in four out of five events just

missing his fifth event with an 11th place finish.

### Michigan Masters 2018 Most Improved Swimmer – Peggy Bruin



Peggy placed in the top four in her first USMS Nationals at Indianapolis with a second, two third place, and one fourth place finish in the 75-79 age-group. She has 33 USMS top ten swims since 2012 with half of those since 2017. Peggy Bruin has achieved Relay All American status five times (2012, 2013, 2014, 2016, and 2018)

### Michigan Masters 2018 Most Improved Swimmer – Laura Gogola

Laura placed in the top three of her events at the 2018 USMS Nationals in Indy with two first, one second, and one third place finish. Since aging up to the 80-84 age-group

In 2016, she made the USMS Top Ten 41



times including her first USMS All-American pool selection in 2017 for a first place in the 200 IM LCM. Additionally, she has achieved three second, three third, and five fourth place rankings in the 80-84 age-group. Laura has achieved Long Distance All American status in 2005 and 2008 for winning a USMS National Long Distance Championship and has been named a 16 time USMS Relay All American.

### Michigan Masters 2018 Swimming Coach of the Year – Don Swalwell



Home to the University of Michigan Wolverines, Ann Arbor is deeply rooted in elite swimming at many levels. One of those is the Ann Arbor Masters Swim Club, which holds workouts every morning and almost every afternoon at the Fuller Park Pool in the summer and at the Mack pool in the winter months.

The Ann Arbor Masters swim club caters to a wide variety of swimmers from beginners up

to former Olympic stars. At any given morning workout there can be up to 60 swimmers in the water. All in all, it's a very energetic group that is lead by head coach Don Swalwell.

One of Coach Don's stellar characteristics is the way he motivates his swimmers to participate in all levels of competition. This past year, a recent example is how Don helped to lead the Ann Arbor Masters to another victory as the Large Team Men's Championship at the 2018 Michigan Masters State Championship.

He also worked as an assistant coach at this year's Spring Nationals in Indianapolis, where he helped out with 90 Relays that were entered and swam and this helped secure the Michigan Masters Club placing second in the Regional Club category.

Don does more than coach masters swimming: he runs a horse boarding and training business with his wife Kathy, and as well as his home remodeling business. Over the years Don has helped many of us not only remodel our swimming strokes, but also remodel our domiciles! Over thirty years of jumping into his van and driving almost 20 miles into Ann Arbor at 5:15 in the morning, five days a week – rain, snow, sleet, or ice! Who can doubt his dedication?

For all his hard work and dedication coaching his Ann Arbor Masters swimmers and helping the Michigan Masters Club at nationals, the 2018 Coach of the Year award goes to Don Swalwell.

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## 2018 Michigan Masters Awards Banquet - Continued

### Michigan Special 2018 Services Award – Patrick Weiss



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.

The Michigan LMSC is pleased to recognize Patrick Weiss as the recipient of 2018 Special Services Award for his outstanding work on the online meet registration system that

grew participation and revenue for hosting teams. 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.

### Michigan Masters 2018 Swimming Memorial Award – George Newman



George Newman passed away on February 28th, 2018 just three weeks shy of his 88th birthday. He answered to George, Bud, Lefty, Coach, Ref, Grandpa and Poppy. Born on March 20th, 1930 in Detroit to George Herman Newman and Georgia Rose Newman (nee Davis), he grew up in Detroit and Lake Orion. Summers spent on the lake gave him his lifelong love of the water. He graduated from Northwestern High School in Detroit, where

he lettered in golf and baseball. George attended Wayne State University, graduating in 1954 with a Bachelor's degree in Education. He then taught in the Detroit Public School system at Foch Middle School and the old Eastern High School.

George served in the Army from 1954 to 1956, including time as an intelligence clerk in Austria where he enjoyed skiing in

the Alps. After an honorable discharge, he earned his Master's degree in Education from Wayne State under the GI Bill. George returned to the DPS as a physical education teacher and coach, eventually becoming the Athletic Director at Southeastern High School. Over his career George coached and officiated Detroit Public School League (PSL) football, basketball, baseball, track, cross country, golf, tennis, and swimming.

George married in 1962, and later moved to Beverly Hills where he coached his children's baseball teams and officiated their swim meets. He was a longtime Red Cross volunteer, and proudly took underprivileged kids to camp. As a Water Safety Instructor Trainer, George helped them and many others become lifeguards.

After retiring in 1989, George loved to golf and took up running, even completing two marathons. He continued officiating swim, track, and cross country meets all over Michigan. He ran the PSL Swim and Tennis Championships for years.

George loved kids and he loved sports, and the thing he loved most was kids who played sports. For that reason, his family is endowing a scholarship in his name from the Detroit Public Schools Foundation called the "George Newman Scholarship Fund" to be awarded each year to one male and one female athlete graduating from the PSL to be used toward their post-secondary education.

George Newman, was the first and oldest swimming Official going back to his first masters meet in 1972. He was the Head Meet Referee for the 1979 AAU Nationals that were held in Dearborn, Michigan and that was the last AAU Masters Nationals and USMS was created separately the next year in 1980. He officiated more meets in Michigan Masters history than any other person. He received the Michigan LMSC Chetrick Award for outstanding service in 1992 and received the Michigan LMSC Lifetime Achievement Award in 2008. George was recently honored in a remembrance at the 2018 USAS Convention.

What is interesting about George is that he spans almost 3 generations of swimmers that he officiates at meets. Swimmers from the 70 age group down to the 18 age group would remember George officiating some time during their swimming career in Michigan either in age group, high school, country club, or college and they reconnect with him in masters swimming. He keeps the meets moving and interesting and that is what swimmers remember about George.

### Here are some thoughts about George from people in swimming who knew him

*"George was an amazing man who I have known for a long time in the pool. George was a great person to talk with on swimming and he could always give you a great story about a*

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## 2018 Michigan Masters Awards Banquet - Continued

swimmer from the 70s or share a story about my Dad. George was so giving that he helped me in my last run for State Rep including passing out information and working a polling location on the day of the election and I don't even think he was for the party I was running for. He just believed in me and I always will appreciate him for that. So glad I swam in the last masters meet he officiated. I will hold on to my memories of George for the rest of my life. Great man!" Charles Roddis.

"George will be missed by so many coaches and swimmers. I have enjoyed having George as a meet official at so many swim meets. He was always so kind and caring to everyone. Huron Valley Penguins and Milford Masters swim teams have both benefited from his knowledge and kindness." Janette Heaton.

"George was "my" official, in Masters Swimming, since 1974. He was also a special friend, and I was just so glad to see him, while he officiated our Masters Meet in Dearborn, last summer. Loved him dearly." Jennifer Parks

"Over 40 years of officiating swimming and track meets as a team, doing middle school, high school, college, masters, summer clubs and invitational events. We shared trips throughout the state to do meets and even out of state as parents of swimmers swimming for BBD. He and I shared driving so the passenger seat will be lonely without him. Shared hotel rooms on the road. Always the consummate official, one of the most knowledgeable, and must have written the how to do book. I will never forget what we did." Ken Shively

"What a MAN, what a COACH, what a LEADER of young people, what an OFFICIAL and what a FRIEND. George officiated my swim meets from an age grouper through masters meets and also some of my children as well. He always had something positive to say and loved being around young people. Please know that he has impacted and influenced hundreds of lives. The pool deck will never be the same. God Bless your family and find strength in the many memories he leaves behind. I LOVED this MAN!!!" Dave Nowinski.

"To our club, FAST Swim and Triathlon, he was like family. He officiated most of our master swim meets including our first one 32 years ago." Ken Gutowski

"George was a great volunteer and fixture at many masters meets. I even got yelled at a few times when he was the Official. Maybe I should have followed the commands, ya think? Anyway, we developed a nice friendship and he'd look me up at many meets. RIP George." Jeff Bailey

## Michigan Masters 2018 Memorial Swimming Award – Don Korten



Don Korten passed away on February 28th, 2018 and was born on December 4, 1926, in Jackson, Michigan. Don graduated from Jackson High School and then proudly served in the Navy in World War II. He graduated from Michigan State University after his discharge. At MSU, he was an All American in Backstroke. Don loved all

things water related. He taught his own children and many generations in Battle Creek and Jackson to swim. He built his first scuba tank following instructions in Popular Mechanics and dove throughout the United States. He was a competitive swimmer his whole life, swimming the Goguac Lake Swim an astounding 44 years in a row and competing (and winning) races as a Master's Swimmer into his 80's.

Don coached the Battle Creek Masters team from 1987 until 2010 and the Battle Creek Y teams were always one of the best teams in the state for that 20 period. In 1999, he received the the Michigan LMSC Chetrick Award for outstanding service to the Michigan LMSC as the LMSC Treasurer from 1993 to 1997 along with his with coaching masters for 24 years. In 2003, he received the Michigan LMSC Lawrence Award for outstanding swimming accomplishments representing both the Battle Creek Y and the Michigan Masters Club. In 2009, he received the Michigan Masters Lifetime Achievement Award from the Michigan LMSC for a lifetime of contributions to masters swimming.

It's fair to say several of Battle Creek's longstanding institutions might not be thriving today if it weren't for the dedicated efforts of Don Korten. He was instrumental in bringing about the very building the current Battle Creek Y Center is using.

He played a big role in keeping alive the popularity of the iconic Goguac Lake Swim, which celebrated its 90th year as a Battle Creek event last summer.

He was one of the pioneers in helping create the Battle Creek YMCA Masters Swim Club, one of the most successful groups of its kind in the state of Michigan.

For all of those reasons and more, the Battle Creek community is feeling a loss after Korten passed away in 2018 at the age of 91.

"He is definitely a man who will be missed in the Battle Creek

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## 2018 Michigan Masters Awards Banquet - Continued

community as well as the swimming community. He was a special guy," said Corrin Buck, longtime member of the Battle Creek Masters Swim Club and current head coach of the Harper Creek girls swim team. "I had the pleasure of swimming with him for many years. He was always wonderful to be around. He was very active with the Masters club and a big part of that. And with the Lake Swim, I loved his enthusiasm for that event and the support he gave that race every year, come heck or high water."

Korten, who first swam in the Goguac Lake Swim in 1965, set a record he shared with John Baker, of competing in Michigan's oldest open water event for the most consecutive years, swimming in it for 44 years in a row until 2008.

"We would have to plan our family summer vacations around the Lake Swim because it was so important to him," said his son Curt Korten. "One year he didn't get to keep his streak alive because of health and that was really hard on him, I remember. But the next year he was back at it."

"He just thought it was important to pass down that love of swimming and importance of being fit to future generations. That's why he wanted to stay so involved."

Helping others stay fit was his job as the director of the Battle Creek YMCA for 25 years until 1976. Don retired after 25 years of service as the executive director at the Y Center of Battle Creek. He then embarked on a second career as a stock broker with the First of Michigan finally retiring at 65. Never satisfied to sit still, Don was active in Westlake Presbyterian Church, Gift of Life, Binder Park Zoo, Boy Scouts, Life Long Learning Classes, and other civic organizations too numerous to name. He enjoyed being Santa Claus for the Lions Club Christmas Party for more than 25 years.

Korten received a George Award in 1976 for leadership that led to the merging of the former YMCA and YWCA in Battle Creek and the successful fund drive that financed today's facility.

A three-time All-American swimmer at Michigan State University from 1948 to 1950, Korten's love of swimming was a driving force in his life as he was a national-level, age-group champion swimmer in several events, competing into his 80s in United States Masters Swimming.

"He was an integral grandfather figure in all aspects for swimming in our community for a long time," said Jeff Bailey, a longtime member of the Battle Creek Master's Swim Club and former Goguac Lake Swim champ. "He would recruit people to swimming, he was a large donor to various swimming programs throughout the years."

Showcasing his community involvement in other avenues in Battle Creek, Don was also a 50-year-plus member of the Lions Club in Battle Creek. He was given the Shining Star Award by the Michigan Secretary of State for his work in organ and tissue donation awareness and Michigan Eye Bank Shared Vision Award.

## Janet Evans Swim Clinic Reflections – by Sallie Bartkowiak



I think anyone who met Janet Evans this past Fall at either the Swim Clinic or Banquet will attest that she is just as great out of the water as she is in the water.

To be able to spend a few hours with one of my all-time swimming role models this past winter was a morning I will never forget. She is personable and charismatic, and after a

little while you feel like you have known her for years.

Some 40 Michigan Masters swimmers participated at the Swim Clinic hosted by LifeTime Fitness Novi. After a brief talk about her past and current background, Janet demonstrated various drills for swimmers to try that she felt were important for refining and improving technique. My personal take-Janet has battled scoliosis since she was a teenager, but you would never know it when you watch her swim in the water. She is an inspiration to every type of swimmer, whether you are recovering from an injury or looking for world-class swimming advice. She is a reminder that, even though she is an Olympic icon, behind all that gold and glory there is a human story of sacrifice and struggles; and that she has endured setbacks, disappointments and hurdles in her quest to further her goals to make a comeback to the sport at a later age and then as a motivational speaker.

I hope she took back to California fond memories of her visit to the Michigan Masters team! ■

