

# Minnesota Masters Swimming

## 2023 MN LMSC Annual Meeting

**Board Elections**

**Hall of Fame  
Induction**

**November 12,  
2023**

Minnesota Masters  
Swimming promotes  
swimming throughout our  
region\* as part of a healthy  
lifestyle for adults of all

swimming experience  
levels, from novice to  
expert. We have a wide  
range of programs for all  
adult swimmers (fitness,  
triathlete, competitive) that  
provide organized  
workouts, technique  
instruction and skills  
development, opportunities  
for pool or open water  
competition, as well as  
opportunities for  
community involvement.  
We relish the camaraderie  
of fellow swimmers as we  
support each other in  
striving to reach our  
personal goals.

\* Our region consists of  
Minnesota and the western  
Wisconsin counties of St.  
Croix, Dunn, and Pierce

**Welcome!**

According to United  
States Masters Swimming  
(USMS) rules and our  
bylaws, Minnesota  
Masters Swimming must  
hold an annual meeting  
open to all members.

We are a  
volunteer/member  
driven organization. We  
encourage all members  
to get involved and  
contribute to Minnesota  
Masters.

## **2023 MN LMSC Board of Directors**

### **Elected Officers (Executive Committee members)**

Chair\*: Carrie Stolar  
Vice-Chair\*: Beth Nymeyer  
Treasurer: Nick Hestbech  
Secretary: Jordan Brown  
Membership Coordinator\*:  
Brian Cohn  
At-Large: Seth Baetzold  
At-Large\*: Tom Hodgson

### **USMS Designated Committee Chairs:**

Event Sanctions – Patrick  
Strother  
Officials – Gerry Vandam  
Coaches Services – Elizabeth  
Nymeyer  
Communications – Brian  
Cohn  
Email Blasts/Newsletters –  
Brian Cohn  
Social Media Updates - Beth  
Nymeyer and others  
Top Ten Recorder – Luke

Paquin

### **Standing Committee**

#### **Chairs:**

Pool Competition – Gerry  
Vandam  
Fitness & Social – Elizabeth  
Nymeyer  
National Team Coordination -  
Carrie Stolar & Beth Nymeyer  
Open Water – Nicki Phillips  
Records – Marc Anderson  
Hall of Fame – Marc  
Anderson  
Adult Learn to Swim – Carrie  
Stolar & Tom Moore  
Diversity & Inclusion – Luke  
Paquin  
Marketing – OPEN  
Foundation – Tom Hodgson  
Volunteers & Recognition –  
Beth Nymeyer  
Governance & Legal –Landon  
Ascheman  
Ombudsperson – Karen  
Zemlin  
Webmaster - OPEN

### **Club and Workout Group Representatives:**

Hopkins Masters – Nicki  
Phillips  
Relaykers – Martha  
Arradondo  
Riptide Masters – Brian Cohn

### **Special Committee(s) Chair(s):**

Elections/Nominating  
Committee- Landon  
Ascherman

\*Indicates Exec Board

positions that are  
completing a 2-year term

**2023 USMS Board of  
Directors & Executive  
Committee -**

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**2023 USMS National**

## Committees

Several Minnesota Masters volunteers also serve on USMS

National Committees:

LMSC Development

Committee - Tom Moore

Coaches Committee - Wilson Josephson

Awards & Recognition

Committee – Beth Nymeyer (Chair)

ALTS Programming Committee - Carrie Stolar

Long Distance Committee - Nicki Phillips

## We are looking for more volunteers!

Get involved in big and small ways. No experience necessary, you just need to love collaborating and swimming. Here are just a few of the opportunities:

- **Club reps:** Join us for board monthly board meetings and learn how Minnesota

Masters works!  
Often a free meal!

- **Sanctions chair:** Learn how the meet sanctioning process works. This involves about one hour of (virtual) work every 8 weeks.
- **Meet Committee:** Learn how running swim meets works. Online meetings happen once every 6-8 weeks. Lots of opportunities are available at meets, too!
- **Coaches Committee:** Meet online with other coaches. Our goal is to create a more robust network for coaches. This would be perfect for a coach who wants to create clinics or make more connections.

- **Social media and web support:**  
Help current volunteers maintain our social media and website.
- **Article writing:**  
contribute a fun article about swimming once a month to be published in an email newsletter or website. Perfect for the creative type!
- **Fitness Committee:**  
Assist the fitness committee in setting up new events and engaging the fitness swimmer. Come with ideas!
- **Social Committee:**  
Perfect for the leader of the chat lane! Do you have an idea you would like to happen? You can work with the fitness committee to create something special!
- **Open water enthusiasts:** We are hosting the 5K / 1-mile open water championship this year on July 20th! Learn more about open water and our events.
- **Officials, Colorado Operators:** You can get PAID for these positions at our meets! Let us know if you have the knowledge and want a side gig!
- **Über volunteer:** Do you just want to help by setting up or tearing down a meet? Running a meet table? We have a place for you!

**2023-2024  
Executive Board  
Elections  
(2-year terms)**

**Chair**  
***Carrie Stolar***



I hope to continue my service to Minnesota Masters for my second term as Chair. I swim and coach for Minnetonka Masters and am an avid open water swimmer, completing my first 10K in August. I began

volunteering for Minnesota Masters in 2015 and on the national level in 2018. In September, I was elected to my second term as secretary of the USMS Board of Directors. My passion is teaching adults how to swim, helping them become safer in the water and am so grateful that Minnesota Masters and Minnetonka Masters are strong supporters of our ALTS (Adult Learn to Swim) efforts.

**Vice Chair**  
**Sam Kraft**

Since I was seven years old, all the way to college, I have been swimming competitively.

The sport of swimming has given me a lot of ups and downs throughout the years. Masters swimming has given me the same joy I felt when I was seven. I am running for Vice Chair of MN Master to bring a younger voice and ideas to the board. My goals are to help those who swam as a kid find their way back to the joy of swimming as an adult. I have been working for nonprofits for the last four years and am the assistant swim coach for the Southwest High School Girls Swim Team.

**Membership  
Coordinator  
*Beth Nymeyer***



I am running for the position of Membership Coordinator. My goal in this term is to improve our newsletter and expand so we can have a more in-depth monthly newsletter that features announcements, pictures and short articles. While I have volunteered on the LMSC level since 2015, I am also active on the national (USMS) level. I have had the pleasure of chairing the National Awards and Recognition Committee and within this work have seen some very cool newsletters from around the country. This inspired me to want to build on our communication experience for the members here in

Minnesota.

**At-Large**  
***Tom Hodgson***



I am looking forward to continuing my service to the LMSC. My hope is that my experience can bring a depth of perspective to all that the Board does for the 12+ Minnesota Masters swimmers.

My participation in Minnesota Masters Swimming dates back over 50 years, having swum in the first-ever Masters meet in Minnesota in the summer of 1973. In the

1970s, I shepherded the organization from a loose group of occasional meets to a well-organized national presence. I am currently chair (and principal founder) of the MN Masters Foundation and hope to see the Foundation continue to do great things for swimmers in our LMSC.

**Swimming Hall of  
Fame Class of  
2023**

**Tom Moore, Vince  
Herring, Dave  
Arlander, Darrell  
Smith**

## **Tom Moore**

has made extraordinary contributions to MN Masters and United States Masters Swimming in numerous positions of leadership since 2010. Some of his accomplishments include Chair of Minnesota Masters twice, co-chaired the 2017 LC Nationals Planning Committee, Meet Director of our 2015 National Senior Games, and the USMS At-Large Board Director for the Breadbasket Zone. His list goes on and on.

## **Vince Herring**

He has numerous pool Top Ten times, but his standout was open water, which was where his passion was. He was an All American in distance swimming in three years and even stronger, an All-Star in 1998. Vince passed away in 2013.

## **Dave Arlander**

Dave has been a constant competitor in Minnesota Masters swimming with a span of 17 years. He has earned 32 USMS individual equivalent Top Ten times. He is always willing to participate in relays and contributed to four All-American relays.

## **Darrell Smith**

Bubba has a span of competition of 39 years, going back to 1985. He has always been competitive statewide and nationally with excellent ranking within his age group. He has traveled the country and the world numerous times to meets. He also served as Vice Chair of our Masters Board for a year.

## **Previously Honored**

Dave Anderson

Marc Anderson

Judy Anderson Lallier

Ruben Berg

Johnny Bergman

Roger Bosveld

Mamie Brown

Sandra Frimerman-Bergquist

Ray Hakomaki

Tom Hodgson

Brian Jacobson

C Edward Johnson

Bill Kansas

Robin Kleffman

James Kochendorfer

Peggy Kratz

Nancy Kryka

Babs Larsen

Sharon Lee-Sheridan

Pete Magee

Krisie Melsen

Jim Pelissier

Barbara Scouler

Sharon Simpson

Carol Smollen

James Stewart

Carrie Stolar

Scott Tripps

Kathryn Vandam

Jill Whitney

Paul Windrath

Mary Beth Windrath

Karen Zemlin

**\*Volunteer of the Year\***

Minnesota Masters would like to recognize **Gerry Vandam**  
as our Volunteer of the year.

# Individual All-Americans - Minnesota

## LMSC

2022 SCY – Short Course Yards

2022 LCM – Long Course Meters

2022 SCM – Short Course Meters

2022 Long Distance

2023 Open Water

[Minnesota and three western counties in Wisconsin]

### Short Course Yards

Abbey Erwin (W18-24) – 500 Y Free, 200 Y Fly, 400 Y IM

Austin Bongers (M25-29) – 50 Y Back

### Long Course Meters

Addie Diaz (W18-24) – 50 M Back

Abbey Erwin (W18-24) – 100 M Back, 200 M Back, 800 M Free,  
1500 M Free

Linnea Rizzo (W25-29) – 800 M Free, 400 M IM

Sharon Lee-Sheridan (W70-74) – 200 M Breast

Robin Kleffman (M75-79) – 50 M Fly

### Long Distance

Babs Larson (W04-79) – 5K ePostal, 3000 ePostal

### Open Water

Sam Kraft (W25-29) Middle Distance

Stacey Thureen (W40-44) Middle Distance

Nicki Phillips (W50-54) Middle Distance

Carrie Stolar (W55-59) Middle Distance

Seth Baetzold (M25-29) Middle Distance

Did you know that Minnesota Masters has a Foundation? The Foundation provides opportunities in the form of financial support for our members whose personal resources fall short of that required for participation in the Masters swimming experience. For more information, please contact Tom Hodgson, chair of the *Minnesota Masters Foundation*.

## **Minnesota Masters Foundation**

Tom Hodgson, chair



