



# 2024 MN LMSC Annual Meeting

Minnetonka Middle School East  
Nov 10, 2024  
4 PM

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

## 2024 Annual Meeting Agenda

1. MN Masters Hall of Fame Induction Class of 2024
2. 2025-2026 Executive Board Elections
  - We will ask for any nominations from the floor (nominee must agree to serve to be added to the ballot).
  - If there are floor nominations, we will conduct the election in three parts, one for each position, starting with most senior and moving to least senior. If a candidate is elected, they will be removed from consideration for any less senior positions. If there are no floor nominations, we will do a single vote to elect all 3 candidates by acclamation.
  - Treasurer (2 year term)
    - Nick Hestbech
  - Secretary (2 year term)
    - Brian Kirkvold
  - At Large (2 year term)
    - Seth Baetzold
3. Recognizing Volunteers & Members

## MN Masters Hall of Fame Class of 2024

- **Tom, Marty and Sarah were introduced and accepted into the MN Masters Hall of Fame**

### Tom Emison

Tom, known for his red, white and blue vest covered in patches, was an integral part of the Y's Guys. He found success both in the pool and open water. He has had numerous Top Ten times over the years and 2 of his relays held national records. He is amazingly versatile, having won both the 100 free and 1650 free at USMS Nationals.

### Marty Moran

Marty swam for St. Cloud Y/Minnesota Masters from 2008 – 2017, and was primarily known for fly, but he held top times across all strokes and IM. At the 2017 Nationals he finished 4th in the 50 Back and 5th in the 100 butterfly. Marty currently lives in North Carolina and competes for the North Carolina LMSC.

### Contributor Category

#### Sarah Hromada

Sarah served on numerous committees and 2 Ad Hoc Committees on the national level for sixteen years, including volunteering on the Recognition and Awards Committee for nine years. She won the USMS Dorothy Donnelly Service Award in 2001. On the local level, Sarah was instrumental in the running of Minnesota Masters, serving as registrar for

over twenty years. She also served as editor of the Sternwheeler and stepped up when there was a need, from running meets to running the LMSC. Minnesota Masters would not be what it is today without the volunteer efforts of Sarah!

#### 2025-2026 Executive Board Elections

- **MSA: Nick, Brian, and Seth were elected by Acclimation**

#### Treasurer (2 year term)

Nick Hestbech

I have been working in the accounting and tax field since 2015. After being a high school swimmer, I took a decade off and didn't swim regularly again until 2021. Swimming has become such an important part of my adult life, not only for the fitness and mental health aspect but it has also helped me develop a greater sense of community. In late 2022, my enjoyment of swimming drove me to run for the Treasurer position with the Minnesota Masters board. My skill set as a CPA has been valuable to the organization and volunteering for the board has been a rewarding experience. I am running for a second term for the Treasurer position and can't wait to continue getting more involved with the organization to strengthen our community.

#### Secretary (2 year term)

Brian Kirkvold

I'm a lifelong swimmer and I currently swim with the Hopkins Masters group. The pool is my happy place. I've developed the best relationships of my life while in and around water. At 47, it's time for me to start giving back to the groups that I love so that others can also share this experience. I've had some amazing experiences swimming throughout my life, most of which have been as a masters swimmer. I swam at Kenyon for 4 years but I've been a masters swimmer for the past 25 :-). Minnesota Masters swimming feels like a family to me. No matter what has been going on in my life, the masters group has always been there for me. My happy place. I am a father, husband, and coach (Aquajets). I have a degree in Economics, and I'm a business owner. Please consider me for a position on the Minnesota Masters board of directors.

#### At-Large (2 year term)

Seth Baetzold

I have been with Minnesota Masters since 2015.

I have competed in many pool and open water competitions for the last 9 years.

What I love most about Minnesota Masters is the people and culture.

Everyone wants to see each other succeed, develop, and grow at swimming and life.

Through Minnesota Masters I have been able to be inspired and spark the interest of swimming and exercise in others.

I hope to volunteer to maximize the impact Minnesota Masters has on its members and the community.

#### Recognizing Volunteers

- **Thank you to our Volunteers, several of whom serve at the national level and/or at the club level in addition to serving Minnesota Masters Swimming.**

#### Member Support Committee

Did you know that Minnesota Masters has a Member Support Committee? The Committee 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 Member Support Committee

#### Thank You Veterans

Tomorrow is Veterans Day. Minnesota Masters Swimming extends our deepest gratitude to those who have served in the United States armed forces. Thank you for your service!

#### 2024 MN LMSC Board of Directors

#### Elected Officers (Executive Committee members)

Chair: Carrie Stolar

Vice-Chair: Samantha Kraft

Treasurer\*: Nick Hestbech

Secretary\*: Open

Membership Coordinator: Beth Nymeyer

At-Large\*: Seth Baetzold

At-Large: Tom Hodgson

#### USMS Designated Committee Chairs

Event Sanctions – Seth Baetzold

Officials – Gerry Vandam

Coaches Services – Elizabeth Nymeyer

Communications – Beth Nymeyer

Email Blasts/Newsletters – Beth Nymeyer

Social Media Updates - Beth Nymeyer and Samantha Kraft

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 – Nicki Phillips, Brian Holtus and Carrie Stolar

Adult Learn to Swim – Carrie Stolar & Tom Moore

Diversity & Inclusion – Luke Paquin

Marketing – OPEN

Membership Support– Tom Hodgson

Volunteers & Recognition – Beth Nymeyer

Governance & Legal –Landon Ascherman

Ombudsperson – Karen Zemlin

Webmaster – Carrie Stolar

#### 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

#### Several Minnesota Masters volunteers also serve in USMS National Roles:

- USMS National Board of Directors & Executive Committee
  - Carrie Stolar currently serves on the Executive Committee as Secretary for the USMS Board of Directors.
  - Samantha Kraft currently serves as the Breadbasket At-Large Director for the Board of Directors.
- 2024 USMS National Committees
  - ALTS Programming Committee - Carrie Stolar
  - Awards & Recognition Committee – Beth Nymeyer (Chair)
  - Diversity and Inclusion Committee – Chris Campbell (Vice-Chair)
  - LMSC Development Committee - Tom Moore
  - Long Distance Committee - Nicki Phillips
  - Finance Committee – Samantha Kraft
  - Legislation Committee – Chris Campbell

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!
- 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!

Minnesota Masters would like to recognize **Nicki Phillips** as our Volunteer of the year.

## Recognizing Members

- **We want to acknowledge fast swims and the swimmers who achieved them, but we also want to acknowledge people who show up, put in the work, and share in the fun.**

### 2024 Open Water Half Marathon Series

Swimmers who completed

2 mi + 1 mi at Lake Harriet +

5K (3.1 mi) at Square Lake +

5 mi at Lake Minnetonka +

2 mi at JJ Hill, have swum 13.1 total miles

and completed the Twin Cities Open Water Half Marathon series.

Congratulations to all who participated in any of our open water events this year!!

### Individual All-Americans - Minnesota LMSC

2023/2024 SCY – Short Course Yards

2023 SCM – Short Course Meters

2024 Long Distance/Open Water

Short Course Yards

Abbey Erwin (18-24) 400 IM

Sam Kraft (25-29) 1650 Free

Karen Zemlin (55-59) 1000 Free, 1650 Free

Carrie Stolar (55-59) 1650 Free

Babs Larsen (75-79) 200 Fly, 100 Fly, 400 IM

Sam Brennen (18-24) 50 Free

Chase Gross (35-39) 50 Free, 50 Fly

Curt Wood (45-49) 200 Free

Bruce Paakh (65-69) 100 IM

Robin Kleffman (75-79) 200 Fly

Roger Kleffman (90-94) 50 Breast

Short Course Meters

Karen Zemlin (55-59) 1500 free

Open Water - Sprint

Rebecca Miller (30-34)

Heather Lendway (40 -44)

Rachel Hughey (45-49)

Carol Smollen (80-84)

Seth Baetzold (25-29)

Alex Mathson (30-34)

Christopher Rupp (40-44)

Open Water – Long Distance

Carrie Stolar (55-59)

Elliot Wilcox (30-34)

## Minnesota Masters Hall of Fame

### Previously Honored

Dave Anderson  
Marc Anderson  
Judy Anderson Lallier  
Dave Arlander  
Ruben Berg  
Johnny Bergman  
Roger Bosveld  
Mamie Brown  
Sandra Frimerman-Bergquist  
Ray Hakomaki  
Vince Herring  
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  
Tom Moore  
Jim Pelissier  
Barbara Scouler  
Sharon Simpson  
Darrell Smith  
Carol Smollen  
James Stewart  
Carrie Stolar  
Scott Tripps  
Kathryn Vandam  
Jill Whitney  
Paul Windrath  
Mary Beth Windrath  
Karen Zemlin