



2025 Minnesota Local Masters Swimming Committee Annual Meeting

**Board Elections
Hall of Fame Induction
Volunteer Recognition**

November 22, 2025

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, our Local Masters Swimming Committee (LMSC), named 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.

2025 Annual Meeting Agenda

1. 2026-2027 Executive Board Elections

Chair, Vice-Chair, Membership Coordinator, and At-Large A are elected in odd years, Treasurer, Secretary, and At-Large B are elected in even years.

Those seven positions comprise our executive board.

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 up to four 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 unopposed candidates by acclamation.

Chair (2 year term)

Chris Campbell

Vice-Chair (2 year term)

Samantha Kraft

Membership Coordinator (2 year term)

Beth Nymeyer

At Large (2 year term)

Tom Hodgson

2. MN Masters Hall of Fame Induction

Class of 2025:

John Evers, Pam Ogden, Nicki Phillips, Jennifer Ridge

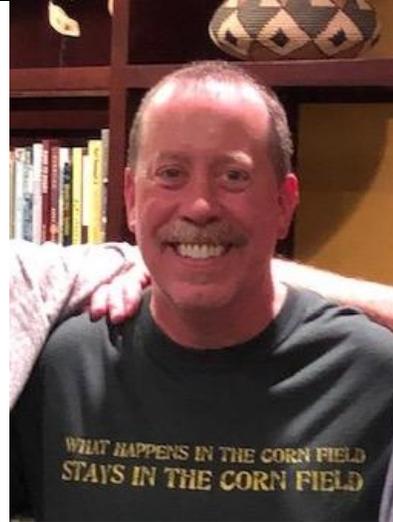
3. Recognizing Volunteers & Members

2026-2027 Executive Board Elections

Chair (2 year term)

Chris Campbell

I began my swimming career in 1973 as a "Spitz Baby." After youth, high school, and NCAA swimming, I joined USMS as part of the Pacific LMSC in 1988. I began coaching with Mountain View Masters in 1998, achieving USMS Level 4 in 2015. I served as Head Coach of MVM from 2006 through 2009, winning Pacific Coach of the Year in 2010. I continued coaching with MVM until 2022. My USMS volunteer career began in 2006, as the Pacific Masters Coaches Chair. I became a Nat'l Delegate for Pacific in 2008, serving through 2023, when I retired,



relocated, and became a delegate for Minnesota Masters. I was awarded a USMS Kerry O'Brien Coaches Award and Dorothy Donnelly Volunteer Service Award in 2012. I was a member of the USMS Coaches Committee from 2009 through 2019, the USMS Recognition and Awards Committee from 2015 through 2019. In 2018, I was elected to the USMS Board of Directors as the At Large Director for the Oceana Zone. From 2019-2023, I served as USMS Vice President of Community Services, overseeing the Coaches Committee, the Diversity and Inclusion Committee, the Fitness Education Committee, and the Sports Medicine and Science Committee. Currently, I serve as Vice Chair of the Diversity and Inclusion Committee, and I also serve on the Legislation Committee and the History and Archives Committee. I was certified by USMS as a Starter, Referee and Stroke and Turn Judge 2017. I also directed the highly successful Alan Liu Memorial Short Course Meters meet from 2003 through 2019.

I believe in service to USMS at all levels, from National to Local, and I actively seek opportunities for further engagement in our Masters Swimming Community. I believe in respect for all USMS Members, Volunteers and Staffers, and I believe in growing the Organization, and bringing our USMS Mission, Vision and Values to adults of all levels.

2026-2027 Executive Board Elections
Vice Chair (2 year term)



Samantha Kraft

I would love to continue to serve Minnesota Masters for my second term as vice chair. I joined Minnesota Masters in 2022 and have been involved/volunteering ever since. My favorite events to swim are distance and open water races. I also serve on the USMS Board of Directors as an At-Large Director and volunteer on the USMS Finance Committee. When I am not swimming myself, I love to help others enjoy the sport of swimming by teaching adults how to swim, coaching for the Roseville High School Girls swim/dive team, officiating at local/national meets, or running the MN Masters Instagram.

2026-2027 Executive Board Elections
Membership Coordinator (2 year term)

Beth Nymeyer

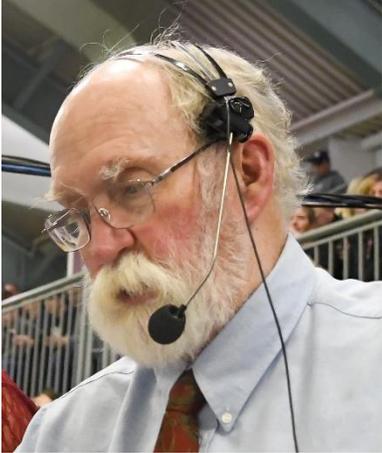


I am running for the position of Membership Coordinator. My goal in this term is to improve our newsletter and expand so we can have a more indepth monthly newsletter that features announcements, pictures and short articles. While I have volunteered on the LMSC level since 2015, I am also active on the 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

2026-2027 Executive Board Elections

At-Large (2 year term)

Tom Hodgson



I am placing my name in nomination for a second At-Large term on the Board of Directors. I began Masters swimming in 1973 and had the honor of swimming in Minnesota's first-ever Masters Meet. I had leadership roles in the very early days of our LMSC, helping launch Masters Swimming in Minnesota and publishing the *Old Sternwheeler's Masters Monthly* for about six years. After a 37-year layoff while coaching at the University of St. Thomas, I returned to competition in 2017, and rejoined the Board in 2020, serving on the Hall of Fame Committee and creating and Chairing the Member Support Program, our financial assistance vehicle for our members in need. While I no longer compete on a regular basis, you will see me at most meets behind the microphone, talking nonsense and mispronouncing names through the public address system.

MN Masters Hall of Fame Class of 2025

Pool Competition Category

Jennifer Ridge

Jennifer has been swimming with the Minnesota Local Masters Simming Committee for 10 years with over 200 swims. She competes at meets around the country. She holds MN records in all four strokes and the individual medley in yards, short course meters, and long course meters. Each year in her swims at USMS or YMCA Nationals, she places in the top three.

John Evers

John has been swimming with the Minnesota Local Masters Simming Committee for over 20 years. He holds Minnesota state records in breaststroke and individual medley in yards, short course meters, and long course meters. He finished in the top 3 at short corse nationals this year in all three breaststrokes.

MN Masters Hall of Fame Class of 2025

Contributor Category

Pam Ogden

Pam has been a member of USMS for over twenty-five years. She served as the Registrar for Minnesota Masters for at least 6 consecutive years. After her terms, she often stepped in to help the current registrar/ membership coordinator, answering their questions and filling in when they were on vacation. She has served on the USMS Membership Committee and has received the Dorothy Donnelly Service Award. She is a certified Adult-Learn-to-Swim instructor as well as a certified USMS Level 1 and 2 Coach. She used to run the Manitou Monster swim in the late 90s and early 2000's. She is an official for USMS, often sacrificing her own swims due to the shortage of officials.

Nicki Phillips

Nicki became active with the Minnesota Masters Board in 1996. She was the swim club president and newsletter editor from 1996 - 2003. In more recent years she has been an active board member and chair of the Open Water Committee. She was also the race director for the Square Lake open water swims in 2023 in preparation for leading Minnesota Master's efforts in hosting of the USMS 1 mile and 5K Open Water National Championships in 2024. Nicki also received the Dorothy Donnelly Service Award in 2024. Nicki has served on the USMS Open Water Committee since 2023.

2025 MN LMSC Board of Directors

Elected Officers (Executive Committee members)

Chair*: Carrie Stolar

Vice-Chair*: Samantha Kraft

Treasurer: Nick Hestbech

Secretary: Brian Kirkvold

Membership Coordinator*: Beth Nymeyer

At-Large*: Tom Hodgson

At-Large: Seth Baetzold

USMS Designated Positions

Event Sanctions – Seth Baetzold

Officials – Gerry Vandam

Coaches Services – Tom Moore

Communications – Beth Nymeyer

Email Blasts/Newsletters – Beth Nymeyer

Social Media Updates - Beth Nymeyer and Samantha Kraft

Top Ten Recorder – OPEN

Standing Committee Chairs

Pool Competition – Gerry Vandam

Fitness & Social – Beth Nymeyer

National Team Coordination - Carrie Stolar & Beth Nymeyer

Open Water – Nicki Phillips

Records – Marc Anderson

Hall of Fame – Nicki Phillips, Brian Holthus and Carrie Stolar

Adult Learn to Swim – Carrie Stolar & Tom Moore

Diversity & Inclusion – OPEN

Marketing – OPEN

Membership Support– Tom Hodgson

Volunteers & Recognition – Beth Nymeyer

Governance & Legal –Landon Ascherman

Ombudsperson – Karen Zemlin

Webmaster – Carrie Stolar

*Indicates Exec Board positions that are completing a 2-year term

2025 MN LMSC Board of Directors

Club and Workout Group Representatives

Hopkins Masters – Nicki Phillips

Relayers – Marc Anderson

Riptide Masters – Brian Cohn

Special Committee Chairs

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 USMS Board's Executive Committee as Vice President of Programs.

Samantha Kraft currently serves as the Breadbasket At-Large Director for the Board of Directors.

2025 USMS National Committees

ALTS Programming Committee (ad-hoc) – Carrie Stolar

Audit – Nick Hestbech

Awards & Recognition Committee – Beth Nymeyer (Chair)

Diversity and Inclusion Committee – Chris Campbell (Vice-Chair)

Finance Committee – Nick Hestbech, Samantha Kraft

History and Archives Committee: Chris Campbell

Legislation Committee: Chris Campbell, Carrie Stolar

LMSC Development Committee - Tom Moore (Vice-Chair)

Long Distance Committee - Nicki Phillips

Volunteers

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 2-mile open water championship this year on July 25th! 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!

Volunteer of the Year

Tom Moore

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.

2025 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!!

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

Individual All-Americans - Minnesota LMSC

Short Course Yards 2024

Karen Zemlin (55-59) 500 Free, 1000 Free, 1650 Free

Barb Scouler (60-64) 50 Fly

Short Course Meters 2024

Abbey Erwin (25-29) 100 back, 200 back

John Evers (70-74) 200 breast

Patsy Lillehei (80-84) 1500 Free

Open Water Sprint Distance 2024

Seth Baetzold (25-29)

Rachel Hughey (45-49)

Heather Lendway (40-44)

Alex Mathson (30-34)

Rebecca Miller (30-34)

Christopher Rupp (40-44)

Carol Smollen (80-84)

Emily Zenner (35-39)

Open Water Long Distance 2024

Carrie Stolar (55-59)

Elliot Wilcox (30-34)

3000 Virtual 2024

Babs Larson (75-79)

Minnesota Masters Swimming Hall of Fame

Class of 2025

Jennifer Ridge

Nicki Phillips

Pam Ogden

John Evers

Previously Honored

Dave Anderson	Brian Jacobson	Jim Pelissier
Marc Anderson	C Edward Johnson	Barbara Scouler
Judy Anderson Lallier	Bill Kansas	Sharon Simpson
Dave Arlander	Robin Kleffman	Darrell Smith
Ruben Berg	James Kochendorfer	Carol Smollen
Johnny Bergman	Peggy Kratz	James Stewart
Roger Bosveld	Nancy Kryka	Carrie Stolar
Mamie Brown	Babs Larsen	Scott Tripps
Tom Emison	Sharon Lee-Sheridan	Kathryn Vandam
Sandra Frimerman-	Pete Magee	Jill Whitney
Bergquist	Krisie Melsen	Paul Windrath
Ray Hakomaki	Tom Moore	Mary Beth Windrath
Trip Hedrick	Marty Moran	Karen Zemlin
Vince Herring	Wade Mulhern	
Tom Hodgson		
Sarah Hromada		