

# MOVY MINUTE

A Newsletter of the Missouri Valley Local Masters Swimming Clubs

## Mark Your Calendar

### Fitness Events

**11/1-11/30** 16th Annual Ross Yancher Brute Squad Virtual Swim (total time for a Brute 200fly+400IM+1650free or Lite 100fly+200IM+500free)

**Monthly** USMS Fitness Series offers a new challenge every month. Join at <https://www.usms.org/events/fitness-events>

### Pool Events

**11/9** 14th Annual Gladstone Masters' Meet

**12/15** MOVY at LSR7 Lee's Summit, MO

### Open Water Events

**Sept 2025** 34th Annual Chicago Masters' Big Shoulders 5K and 2.5K Open Water Long Distance Swim Classic. Check [bigshouldersswim.com](http://bigshouldersswim.com) for early registration. There is a relay component this year!



## Meet a Board Member or 2

Susan and David Orwick are the “face” of MOVY Masters in that they have served as our social media administrators for 5+ years. Susan has been a member of USMS since it’s formation in 1980. She began competing in Topeka, KS, then in OK, NC and has been with the KC Blazers Masters since 1994. Susan’s specialty is backstroke and short distances including butterfly, and she holds a variety of MOVY and KC Corporate Challenge records. Additionally, she has explored some mile races, triathlons, and 5K open water swims. You may find Susan on deck coaching Masters at the Shawnee Mission School District Aquatics Center (SMAC), or coaching young summer league, Shawnee Sharks, age group swimmers. She is obviously passionate about swimming, but that is not all...pickleball, K-State sports, Chiefs football, attending concerts and traveling are other interests that keep





Anthony Thompson and Heather Huettner qualify for the 2025 National Senior Games at the Nevada State Games in October.

## Looking Ahead

**3/02/25** SCSCM SCY

Breadbasket Zone

Championship, Papillion, NE

**4/24-27/25** 2025 USMS Spring Nationals, San Antonio, TX

**7/25-28/25** 2025 National Senior Games, Des Moines, IA

**8/6-10/25** 2025 USMS Summer Nationals, Federal Way, WA

## MOVY National SCY Top Ten Swimmers

**Madi Bryant** 1000fr #6/  
**Katharine Ross** 50br #1, 100br #2, 50fl #6, 100IM #2/**Danielle Rider** 200ba #9/**Jennifer Attig** 200fly #6(49), #9(50)/**Maureen Hosty** 500fr #8/1650fr #9, **Max Jaben** 500fr #5/**Brad Wells** 50ba #3, 200fl #6/**Bill Sherman** 50fr #10, 100fr #6, 100IM #9/**Robert Wright** 50br #6, 100br #3, 200br #5, 100fl #7/**Dave Noble** age 79) 100br #10, 200br #10, and at 80) 13 Top Tens! 500fr #7, 1000fr #1, 1650fr #1, 200ba #10, 50br #3, 100br #2, 200br #1, 50fl #8, 100fl #3, 200fl #1, 100IM #9, 200IM #6, 400IM #1/ **Laurie Benjamin** 200ba #7, 50br #7. Stay tuned for official SCM & LCM Top Ten individual and relay results.

Susan on the go with her spouse, David whom she met while swimming together at Roeland Park and Prairie Village pools. They even had a poolside wedding in 2017. (see photo above) “Diamond Dave” started Masters swimming 22 years ago when he was invited to participate in Corporate Challenge. His first practice involved swimming 200 yards which gave him serious doubts about his ability to practice, much less compete! Thanks to the support of USMS and MOVY, Dave caught the swim bug and continues to be an active swimmer and Masters advocate. His biggest accomplishments include cannonball pool entries! (Oh and a couple MOVY records and USMS top 10s). Dave and Susan recently represented MOVY at the national USMS convention in Houston. They are rejuvenated and excited for MOVY, all participants and about the future of Masters Swimming! Make sure you check out their hard work and stay up to date at <https://www.movymasters.com/>

## MOVY Records and More

A whopping 63 individual MOVY SCY and LCM records fell in 2024, and this does not include the SCM season which will wrap up after our Lee’s Summit swim meet on Dec. 15. Currently 7 MOVY records for relays have fallen as well. A shout out to these individual record-breakers: **Katharine Ross** (2), **Chelsea Spottswood**, **Ryan Smith**, **Uldis Tazans**, **Max Jaben** (3), **Danielle Rider**, **Jennifer Attig** (2), **\*Heather Huettner** (3), **\*Susan Green** (5), **\*Maureen Hosty** (6), **\*Pam Hamilton** (6), **Kit Bardwell**, **Laurie Benjamin** (4), **\*Dave Noble** (18), **Robert Wright**, **\*Keith Richey** (2), **\*Bill Sherman** (6). MOVY relay records were made by those asterisked \* together with the following swimmers: **Bob Welchlin**, **Glenn Whiston**, and **Mike Norberg**. You can find the details at <https://www.movymasters.com/>. MOVY Masters have so far posted an official 46 SCY + a preliminary 8 LCM National Top Ten individual swims for 2024, again not including SCM! 6 Top Ten SCY relays and a preliminary 10 LCM relays are also to our credit. Short course yards (SCY) Top Ten achievers are listed to the left. Congratulations Missouri Valley Masters! Well done!

