

## Clinician Bios



**Dick Sidner - USMS Certified Coach, Noblesville Adult Swim Team.** Dick is an impassioned open water swimmer, enthusiast, race director and coach from Noblesville, Indiana. Dick is a certified USMS and USA Coach for Team NASTI, the USMS Club of the Year in 2009. Dick served as Event Director for the 10K Open Water National Championships in 2010 and the 25K National Championships in 2008 and 2011. He has established himself as an expert in the sport and was a presenter and panelist at the USMS Open Water Safety Conference in 2011. While his administrative resume is extensive, Dick still finds time to compete in various open water swims, including Big Shoulders, La Jolla Rough Water and St. Croix Coral Reef Swims. Dick created <http://swimopenwater.net/>, a website devoted to open water swimming news, workouts and video stroke analyses. Dick also has served as Chairman of Indiana Masters Swimming and as Vice President of the Friends of Central Pool, Inc. (Forest Park Aquatic Center). His real job is Assoc. Professor (Transplant Immunology/Dep't of Surgery) at Indiana Univ. School of Medicine.



**Kris Houchens** - Level 5 Certification from the American Swim Coaches Association (ASCA) and USMS Certified Coach Level 4. Masters Degree in Biomechanics from Ball State University 2007 Speedo/USMS Coach of the Year. Head Coach of Lawrence Masters Swimming, and Age Group Coach for Lawrence Swim Team. Kris has been coaching Masters Swimmers and Triathletes since February 1997 and has coached hundreds of Masters athletes to National and World Class rankings, as well as, countless Ironman finishers, Long Distance Open Water swimmers and Channel swimmers. Her strengths and specialties include: Teaching easy and comprehensible methods for stroke technique and swimming efficiency; Goal specific training for fitness, competition, open water and triathletes; Motivating athletes of all abilities to perform to their potential; Train to race, that is, train for your race; Quality over volume, quality in training not just technique; And, teaching how to train in different energy systems for optimal performance.



**Victoria Rian** is an open water swimmer from Indianapolis, IN. Her open water swimming experience includes Big Shoulders in Chicago 5K, St. Croix 5 mile, USMS 10K Nationals, Swim to the Moon/MI 10K, Bermuda 10K, Swim the Suck/Chattanooga 10 mile, USMS 25K Nationals/Noblesville, Long Island Sound 25K, Catalina Channel 21 miles, Manhattan Island Marathon Swim (MIMS) 28.5 miles. Victoria is passionate about open water swimming, an astute student of the sport, always willing to share her knowledge and help others enjoy open water swimming.



**Lisa L. Brown - USMS Certified Coach, Zionsville Aquatic Masters.** Lisa Brown began as a competitive swimmer at the age of 6. After taking a few years away from competitive swimming for career and family experiences, Lisa is back in the pool full time and brings her swimming and corporate training together to help swimmers achieve their fitness and competitive goals. Lisa has competed in five Big Shoulders swims as well as the 25K and 10K Championships held at Morse Reservoir over the past several years. A graduate of Michigan State Univ., Lisa recently formed a Masters team in Zionsville and serves as its Head coach and as Aquatics Manager of the Zionsville Aquatic Center. Lisa holds several certifications in training and development, as a Senior Human Resource Professional and an Indiana Real Estate License. Lisa is involved in the community holding leadership positions on PTO Boards, Homeowners Association Boards as well as Coach and Manager for youth sports. Lisa has resided in the Indianapolis area for the last 20 years with her husband and two children.



**Dean Hawks** - Began coaching in 1975. Asca level 4 and USMS level 3 coach. Open water enthusiast since 1978. Favorite races were Waikiki Rough Water, Maui Channel Swim. Dean is currently coaching for Indy Aquatic Masters.



**Jeff Maydak:** Currently in his 12th season as the head coach at Pendleton Heights High School, Jeff has 20 years of swim coaching experience across a wide spectrum of ages (USA Swimming, high school, and masters swimming). He also started the Ball State Water Polo Club in college where he served as a player/coach and led the team in scoring, assists, and steals in each of his three seasons. Jeff started swimming competitively at the age of five and swam for 14 years at the YMCA, USA Swimming, and high school levels breaking two school records. After a short break from aquatic sports after college, he joined United States Masters Swimming (USMS) and the Noblesville Adult Swim Team in 2002 and competed in his first open water competition in 2003. He has since completed numerous open water swims between 1 mile and 25K in seven states (including a 5K backstroke!). He has 37 Top Ten USMS times, is a six-time USMS national champion, a three-time USMS Long Distance All American, and was twice a USMS Long Distance All-Star.



**Debbie Pfladderer - Level 2 USMS Certified Coach.** Debbie started swimming competitively at the age of 7. She is a graduate of Eastern Illinois University where she was a member of the Men's and Women's Swim Team. During her time at Eastern, she was MVP and Co-Captain her senior year as well as a record holder in 800 Women's Freestyle Relay. To this day she is still a Top 10 All Time Performer in the 1650 Freestyle. After graduation from college and taking several years off from swimming to have a family, Debbie began doing triathlons in 2004 and open water swimming in 2011. She has numerous Top 5 performances including the Fishers Triathlon (1<sup>st</sup> in 2012 & 2<sup>nd</sup> in 2011) and Powerman Muncie (1<sup>st</sup> in 2011). She was 2<sup>nd</sup> in her age group for the swim at Muncie 70.3 and is a 2012 Ironman Louisville Finisher (2<sup>nd</sup> in age group in the swim). Upcoming races in 2013 include Muncie 70.3, Ironman Louisville and Swim the Suck.



**Marty Spees:** Competitive swimming since 1977, High School State Champion 1987, High school Runner-up State Champion 1987, All American Swimming 1987, All State Swimming 1985-1987, 4-year Collegiate Letterman Swimming 1991, Captain WKU Swim Team 1991, Triathlons 1986-present, Open Water Swim Events-Big Shoulders 5k, Island Lake 1.5k, Coaching: 1993-2001 Middle School Swim Coach, Swim Official: MHSAA 1993-present, IHSAA 2010-present, CSOA 1999-present, YMCA 1998-2000, USA 2008-present.



**Brian Cummings** has 15+ years as a masters coach. Level 3 certified masters coach. Coaches chair for Indiana LMSC. Currently serving on the USMS Coaches Committee. Able to leap tall buildings in a single bound. Faster than a speeding bullet. Stronger than a locomotive.



**Herman Arrivillaga** is a Level III USMS certified coach. Herman's counseling background has enabled him to coach experienced and novice open water swimmers of all ages. He has helped his wife and fellow open water swimmer and coach, Victoria Rian, achieve her marathon swimming goals. Herman has several open water swims to his credit, including the Big Shoulders swims in Chicago, Bermuda's Swim Around the Sound, Michigan's Swim to the Moon and the Planet Adventure Swim Series in Morse Reservoir. Since his last open water swim clinic he has completed another Swim to the Moon 5K and another 5K at Lake Michigan's Big Shoulders event. He has also given private less for up and coming open water swimmers. For personal contact with this dynamic coach, he can be reached by email at [hmccrae@gmail.com](mailto:hmccrae@gmail.com).