



Aqua Master

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"Swimming for Life"

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Oregon City Dual Meet Rocks Again

by Charlie Helm

The weekend of March 7th & 8th saw the popular Oregon City Dual USMS-USA swim meet rocking again with some fast swims and fun for all ages. Over 80 masters signed up to show the youngsters how it's done. Many of us liked the change to a short course meters meet this time of year. Some people even enjoyed pointing out to their rivals that the 13-15 year olds had better times than they did.

OK, let's get to the fun stuff! With the awesome sunny weather we had all weekend, it lured many swimmers from out of state to attend this meet. Per our records Guru, there were 7 Oregon, 5 Zone, 4 National and 4 World records set at this meet. One of our out-of-area guests, Richard Abrahams from Colorado Masters, was



University of Oregon Duck girls relay



Swimmers in the warm-up/cool-down lane

responsible for the 4 National and World records—so I think it would be safe to say the trip to O.C. was worth it for Richard! OMS' own Colette Crabbe decided to let us know that she has now moved back here from Belgium by setting 2 OMS and Zone records during her Saturday appearance. Janet Gettling, Sue Calnek-Morris, and Dan Kirkland also set some records while Sonja Skinner, from the host team Tankers, made a statement for the home team by setting 2 Oregon and 1 Zone record in her swims. The U of O Duck Masters had their ladies team show up in force with one of their relays setting an Oregon record in the 200 Medley Relay. There were many other great races to watch; even though they might not have set a record, they had the crowd going crazy with some close finishes. Many swimmers were happy with some good results as this was the last meet before our big OMS Championships next month. Thanks for another fun meet and good job by Meet Director & Tanker Coach Tim Waud, the Officials, and the Volunteers. See you next time in Corvallis!

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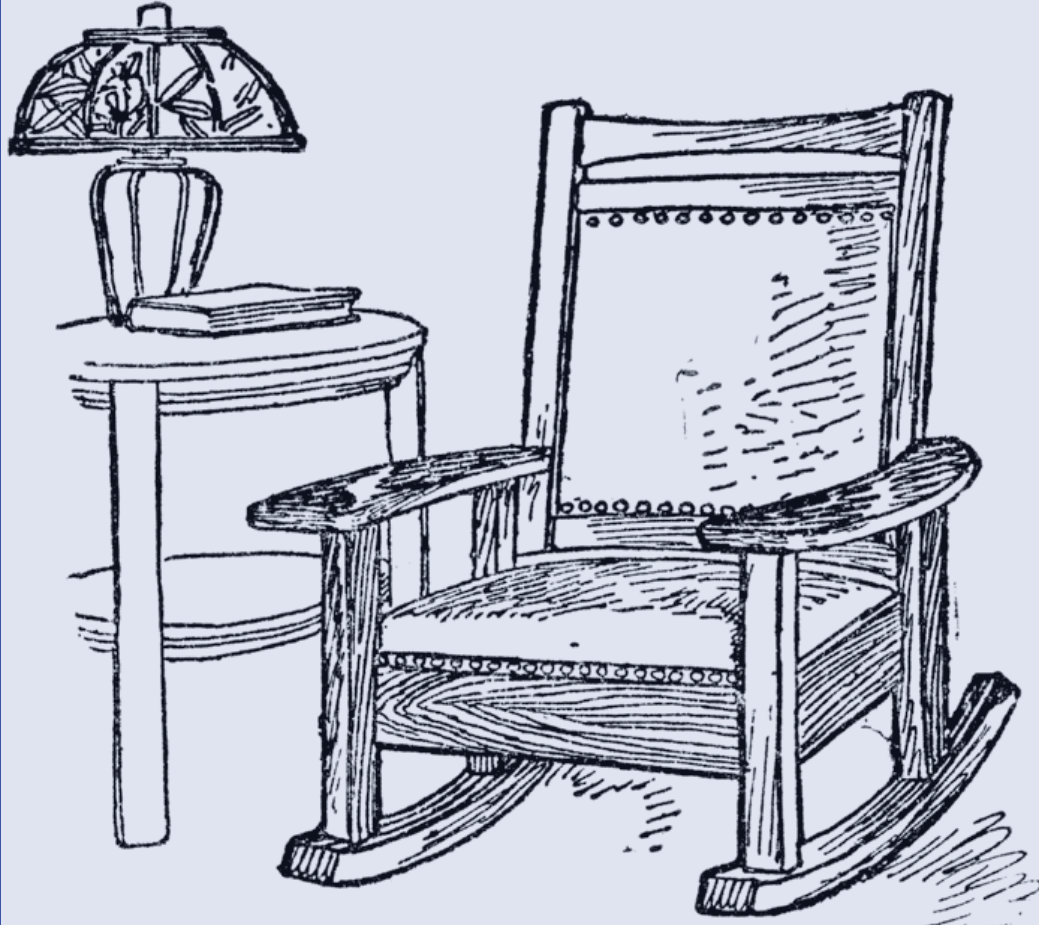
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Send address changes to Susie Young all other questions to Jackie Parker

Chair's Corner

Jeanne Teisher



We're Moving....

A few months ago I mentioned that the *Aqua Master* newsletter would be undergoing some changes. The first of the changes was the removal of the results to the OMS website. The next big change will hopefully be occurring with the May/June or the July issues. Alice Zabudsky, the *Aqua Master* editor, and our webmasters (Matt Miller and Bonnie Edwards) are in the process of setting up the OMS website in preparation for the change. The *Aqua Master* newsletter, as we know it today, will be discontinued in its current format. The monthly articles you enjoy reading and the meet entry forms will be moving directly to the OMS website. You will receive an eNewsletter with links to your favorite articles, meet or swimming competition details, latest swimming information from the OMS board, USMS, or NW Zones, etc. This will be very similar to what you receive from USMS in STREAMLINES.

We realize that change can be difficult but feel there are many benefits to moving the information that has always been located exclusively in the newsletter directly

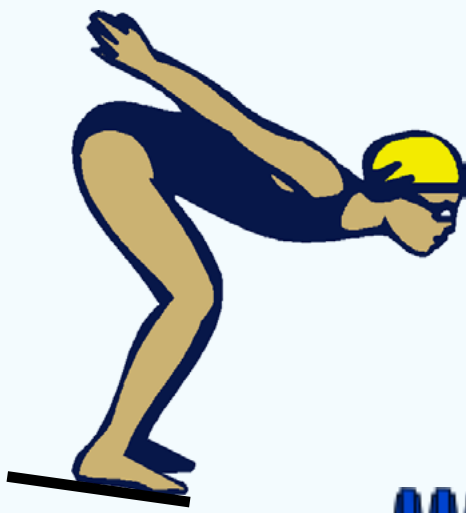
to the website. The primary benefit will be that you can locate information and articles much quicker as they will be stored in one area of the website. You will no longer need to look through numerous newsletters to find a particular article or specific information.

We do appreciate your patience as we transition from a newsletter format that has been enjoyed and appreciated by hundreds of swimmers for many years. The editors over the years have always put together our newsletters so the articles and information is pleasant to read. OMS is so fortunate in that Alice will continue to work on the new communication format.

Thank you for all your support.

Happy swimming.

Jeanne



Off the Block

[Susan Dawson-Cook](#) is a writer and fitness professional and writes regularly for *SWIMMER*, *American Fitness*, and *Tailwinds*. This article is for all those who are going to the Association Meet in Corvallis.

'Twas the Night Before a Swim Meet

A few night-before-a-big-race sleep tips to help you get some shuteye

[Susan Dawson-Cook](#)

For ultra-competitive swimmers, the night before a big race can be filled with hours tossing and turning, worrying about race execution, or having nightmares about stepping on the blocks missing goggles or even a swimsuit. Sometimes the realization that they're not sleeping causes even more anxiety and wakefulness. Will one sleepless night affect performance? And how can swimmers increase restful hours?

Most studies suggest that one night of poor sleep won't kill all chances for success. In 2007, two scientists at the Research Institute for Sport and Exercise Sciences reviewed myriad studies on the impact of sleep and performance. The data suggested that although mental cognition decreased, physiological markers were surprisingly stable after one or more days' worth of poor sleep. Leg-strength, fatigue resistance, and oxygen demand at various speeds on a treadmill were all unaffected by a single restless night.

Racing under sleep-deprived conditions might hurt more, though. Subjects rated per-

ceived efforts as higher after a sleepless night. Although the heart, lungs, and legs may still work acceptably, psychological affects, including decreased motivation, increased physical pain, and negative thinking, might be a detriment to race performance.

Forty-six-year-old All-American and Texas Masters swimmer Stephanie Stone says, "I usually don't have a hard time sleeping unless it's a taper meet because I don't get as tired when tapering. I usually watch a movie or take a bath to relax. I sometimes will just 'veg' out with relaxing songs too! I don't really have any set routines—I just try different things to see what works at the time."

Based in San Diego, nationally recognized running and fitness coach and owner of Run-Fit, Jason Karp, believes rest several nights before a race is most crucial. "Sleep is one of the biggest things that influences recovery." The night before, "Accept that you're nervous and that it may be hard to sleep. Try to get to bed earlier to compensate for the potential lack."

Fifty-three-year-old All-American distance swimmer, Eney Jones of Colorado, says she tries to, "Focus on getting a good nights sleep two nights before the event. I block out distractions, decline social activities, and create a peaceful environment. The night before is not that critical," she says. "I must trust my training and focus on taming the last frontier (my mind). I can do this through breath work, or a movie, reading, or hanging out with friends—anything to get me out of my own head."

For some, sleep aids such as Tylenol PM or Ambien are a necessary part of the picture. Most studies suggest

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Fit to Swim

Swim Meet Success

Coach Aubree Gustafson

Association Championships are just a few weeks away at the Osborn Aquatic Center in Corvallis, OR, April 10th-12th. The Association meet is a great event to see lots of fast and first time swims from swimmers of all ages and abilities, make new friends and reconnect with people you haven't seen lately, and an opportunity to learn from your fellow swimmers. Whether this is your first meet, or one of many you've attended, below is a list of reminders about swim meets that everyone can take something away from. Good luck and swim well!!!

Gear—Pack your bag ahead of time and be sure you have everything you will need for the meet, especially if you are not traveling to and from home each day. Caps and goggles are easy to come by, and sometimes even available on site for purchase, but don't forget your suit(s)! Extra towels, warm clothing in case you get cold on deck, and a deck chair or blanket can always stay in the car if you don't find you need them.

Food—Make sure you have snacks on hand in case you get hungry in-between your events. If you normally eat breakfast, eat breakfast the morning of the meet. Don't change the habits that make you feel good the day of competition. Eating normally will help ensure you have enough energy to last the entire day.

Hydration—Drink plenty of fluids before, during, and after the meet.

Warm up—A good warm up can help your swims in many ways. You'll get to feel the temperature of the pool, see where the flags are positioned for turns, note if the walls are sticky or tacky, count your strokes, and overall get your body accustomed to swimming in a new environment. Not to mention getting your heart rate up with a few sprints, or working on hitting your race pace with a few 50s or 100s. All of the training you've been doing will

take you far, but it's important to get your body ready to race the day of the meet as well.

Rules—If you have a question about a rule or regulation, ASK! There will be many coaches, officials and OMS board members at the meet to help answer your questions. You can always refer to the volunteers at the check-in table for whom to ask about your specific question or concern. Here are a few to remember:

Feet first entry only during warm up.

No diving until a sprint lane is opened, usually with 10-20 minutes left in warm up.

Clear the pool immediately at the conclusion of warm ups and breaks so the meet can stay as close to the proposed time line as possible.

No paddles, buoys, fins, kick boards or any other type of training equipment allowed in the pool during warm up or cool down.

When it comes to starts, there is a set of short whistles to call the next heat of swimmers to the blocks. Then there is one long whistle telling the swimmers to step up on the block and place at least one foot at the front of the block, or to slide into the water in the case of backstroke events, or a swimmer who is not using the block and wishes to start from in the water. The starter will state "take your mark" and all swimmers assume their starting positions. Do not get up on the block or enter the water before you are supposed to do so.

Cool down—Even if you only have time to stretch out for a quick 100 before your next event or relay, you

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Shake and Swim with "Bake"

Simulating Race Set



Coach Dennis Baker

Sometimes we get stuck either sprinting too much or doing a lot of distance sets. Here is a main set that will spice things up for you. I train my swimmers to be good 200 swimmers. In this way they can move down to sprints or go to distance with the feeling that they are in shape to do both. Simulating how you will feel in the middle of a 200 race in practice is vital. Let us look at the set then look at some pointers and why the set is so good.

150 easy: 20 seconds rest.

150 negative split to strong (remember negative split is where you cut distance in half and the second half is better than the first half): 20 seconds rest.

6 X 25s at 200 race pace or 90% :10 seconds rest.

Extra 1:00 minute between rounds; do this subset 4 times through.

The first 150 is for feel and recovery. The second negative split 150 is to get your heart rate up and fatigue you a bit to get ready to hold a 200 pace on the 25's. The first few times you do this set you will not feel that great. When your heart rate gets used to this set you will feel better and be able to hold your stroke on the 25s. Then you will know you are making progress to swim a better 200. This set will develop "easy speed". This set will also translate to better sprinting and or distance swimming, if you choose to go either way.

Try this set in any stroke you would like and do it until it starts to feel good on the 25s and you are in control, and you will be well on your way to better swimming!

SWIM MEET SUCCESS

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will feel better by the end of the meet if you take the time to loosen up after each of your swims. Cooling down helps get your heart rate and breathing back to normal and helps your muscles recover in preparation for your next race. If there are no more races, swim a little longer, you'll feel less tight the next day and ready to continue your training instead of being exhausted and ready to take a few days off. If you need the rest, take a few days off, you deserve it for swimming well at your first, or fiftieth swim meet!!



Long Distance Swimming

Coach Bob Bruce

Why Is COMA Hosting “Wonderful Water Weekend” in May?

By Bob Bruce, COMA Head Coach & Event Director

What is “Wonderful Water Weekend?” What do those crazies up in the mountains have for us this spring?

Wonderful Water Weekend—May 16-17, 2015—has four parts, in order...

1. A basic open water clinic (limited to 30 swimmers please) on Saturday morning;
2. A long course swim meet with lots of events in a nice pool;
3. A pool ‘buoy swim’ on Sunday morning; and
4. A pancake breakfast on Sunday morning after the ‘buoy swim’.

Let’s start with the swim meet. It will be held at the 50-meter pool at Juniper Swim & Fitness Center in Bend, the same pool at which COMA has hosted previous Association Championships and our annual All-Around Challenge Meet. The meet will run on Saturday afternoon, so that swimmers just planning to swim in the meet may travel that morning and return at night if they wish. The meet will include 16 of the possible 17 individual events (sorry milers, no 1500). And loving multi-stroke swimming challenges as I do, I carefully prepared an order of events that allows swimmers to tackle the stroke pentathlon challenges if they choose, without lumping all of the single-stroke events and IMs (as incentive, I note that the Oregon Pentathlon LCM record book has a lot of holes). It’s also possible to do a freestyle pentathlon. We’ll give special awards to those to complete an official five-event pentathlon—stroke or freestyle—as described in the entry info.

But as OMS Long Distance Chair, I believe that the

weekend is not complete without some preparation for a summer of open water swimming, so I scheduled an open water clinic and our annual Lake Juniper Buoy Swim to add value to your trip to Bend.

The open water clinic: The basic open water clinic will run on Saturday morning. I’ll teach the basics—swimming in crowds, swimming in a straight line, navigating, drafting, & rounding buoys—and aim it at folks with little or no experience, although it would be a great review for anyone. We always laugh at lot! And I’ll run it so that it might serve as a nice and not-too-strenuous warm-up for the pool meet.

Then there’s the Lake Juniper Buoy Swim: It’s scheduled for Sunday morning at the 50-meter pool at JSFC, known fondly as “Lake Juniper” when the lane lines have been removed. The swim will be 1200 meters, to be run as twelve 100-meter loops around buoys, organized in small seeded heats to manage crowding. This is the open water equivalent of short track speed skating. This will be a great kick-off to the Oregon Open Water Series, a fine opportunity to dust off those open water skills, and a wonderful chance to race.

Excess is not enough! No COMA event is ever complete without a social with food. After all, we’re swimmers! How about a pancake breakfast after the open water swim on Sunday? Done! Yum!

Sound attractive? If so, be there! We’re doing this for YOU! Alas, because OMS organizes pool meets and open water swims/clinics differently, you must enter them separately. Sorry, it is what it is. Enter the meet online at <http://swimoregon.org/calendar/>. Join the clinic and/or Buoy Swim by mail, finding the info & form at the same place.

Good luck and good swimming!

Records & Results

Oregon City Dual-Sanctioned Meet —SCM

March 7-8, 2015; Oregon City, Oregon
Sanction #375-S002

Results for this meet can be found at:

<http://swimoregon.org/results/>

then click on 'Results from Oregon City Spring Forward Meet'

New Records Established: 7 Oregon, 5 Zone, 4 National, 4 World

Women 35-39	100 SC Meter Fly	Skinner, Sonja	39	OREG	1:09.56	Oregon, Zone
	200 SC Meter I.M.	Skinner, Sonja	39	OREG	2:40.71	Oregon
Women 55-59	200 SC Meter Breaststroke	Crabbe, Colette	59	OREG	3:06.61	Oregon, Zone
	400 SC Meter I.M.	Crabbe, Colette	59	OREG	5:54.95	Oregon, Zone
Women 65-69	400 SC Meter I.M.	Gettling, Janet	67	OREG	7:19.33	Oregon
Women 70-74	400 SC Meter Freestyle	Calnek-Morris, Sue	72	OREG	6:41.55	Oregon, Zone
Men 65-69	200 SC Meter Backstroke	Kirkland, Dan	66	UC36	2:39.00	Zone
Men 70-74	50 SC Meter Freestyle	Abrahams, Richard	70	CMS	27.45	National, World
	100 SC Meter Freestyle	Abrahams, Richard	70	CMS	1:02.22	National, World
	50 SC Meter Fly	*Abrahams, Richard	70	CMS	30.43	National, World
	100 SC Meter Fly	Abrahams, Richard	70	CMS	1:10.50	National, World
RELAY						
Women 72-99	200 SC Meter Medley Relay			DUCK	2:28.85	Oregon
	1) Shepherd, Bridget	2) Collins, Emily	3) Miller, Lindsay	4) Jones, Erin		

*Split

Less than one-third of USMS swimmers identify themselves as “competitors” — but we all swim because we love swimming and want to be fit. Swimming is one of the most popular forms of aerobic exercise, and it is an excellent activity for anyone who wishes to get fit and stay fit. Below is the fourth of a series of articles to encourage fitness swimmers to try competition to see whether it “fits” you. You may be surprised!



Masters Swimming 101

More lingo you are likely to hear at practice

Jim Harper*

- Drill:** Stroke modification or exercise done in the water to isolate a particular body part or technique. Such as dragging fingertips in the water to promote a high-elbow recovery.
- Pull:** The arm movement, or using only arms for propulsion. A pull set will be one where you’ll use a pull buoy designed to keep your legs still so that you can focus on your pull.
- Kick:** Leg movement, which is isolated in kick sets, sometimes using a kick board.
- Glide:** The highly desirable ability to keep moving without pulling or kicking.
- Streamline:** What skinny fish have naturally, we have to achieve by squeezing our arms and legs into lines. The opposite of a streamlined position would be a “Superman” with arms spread wide.
- Catch:** The ability to “grab” and push the water with your hand/arm. The opposite is “slipping.”
- Flip turn:** Near the wall, spin 180 degrees, feet over head, feet land on the wall and push off.
- Open turn:** Touch the wall with your hand, turn around and push off.
- Push-off:** The movement from the wall until the first stroke.
- Alternate/bilateral breathing:** In freestyle, breathing on odd numbers of strokes, such as 3, 5, etc., so that you breathe equally on both sides.
- Split:** A split is your time for a segment of a prescribed swim. If you swim a 100 (four lengths) and your time at the 50 (two lengths) is 35 seconds, then that is your split.
- Swim meet:** A swim meet is a competition in a pool. Many swimmers are nervous about competing at first, but swim meets can be fun for any level swimmer. You should never feel as though you are not good enough to compete in a swim meet. In most swim meets, you will find that the same relaxed, all-inclusive attitude that you find at a practice prevails.
- Open water swimming:** Swimming in lakes, oceans, rivers—pretty much anywhere that is not a pool. There are open water races and clubs throughout the world for swimmers who enjoy open water swimming.

Words to Avoid

- Laps:** Coaches prefer to speak in yardage or in lengths, as in “50 yards” or “4 lengths of the pool.”
- Crawl:** Use “freestyle” instead. Even though technically you are “free” to perform any style, swimmers choose the fastest stroke, which is the crawl stroke. But just call it freestyle.

*Jim Harper is an All-American Masters swimmer and coach in Miami who writes about health and nature.

Swimmer Spotlight

Name/Age: Curt LaCount/56

Local Team: Portland Community College Masters (PCCM)

Fate was such that I grew up across the street from the city swimming pool in Menasha, Wisconsin. And as luck would have it, it was the first outdoor 50 meter pool built in the state. To this day, I prefer long course pools and swimming outdoors. I spent most of my summers as a kid goofing off at the pool with my friends, until one day a lifeguard suggested I join the swim team. I'm not sure why I did, but that summer in 1966 was the start of a lifelong pursuit of faster times and good friends. After a couple of years just swimming in the summer, I graduated to year-round training at the Y. I ended up getting fast enough to go to high school at Mercersburg Academy and college at the University of Wisconsin. Along the way, I ended up swimming with and racing against some of the fastest swimmers of that era. I also had the benefit of some truly great and wonderful coaches. Everyday I feel fortunate to have had the mentors I've had.

After college, I took some time off and picked up running (which I still do for fun) for a couple of years before I got back in the pool. It wasn't until I moved to Oregon in 1988 that I began competing again as a Masters swimmer. At that time, I lived in Mountain Park and was fortunate enough to train in a 50 meter pool for many years. Since it was a rather small community there, I ended up training mostly by myself with the help of Greg Cooper as my sidekick coach. It was at this time that I started open water swimming thanks to Dan Gray and the Rogue Valley Masters. The events they put on at Squaw and Applegate Lakes were so much fun that I've been hooked on open water swimming ever since. And now, thanks to Bob Bruce and others, Oregon is blessed with a real diverse and challenging open water format that is something to be proud of.

After a move to St. Louis for a few years following my wife's career and a return to Oregon following mine, I was

lucky to hook up with the fun group at Portland Community College. One of the aspects of swimming that I missed after college was a true team setting. Swimming with "CB" Dwight and the rest of the crew has made swimming so much fun. Sure, we train and compete hard, but we also take full advantage of the social side and make room for flank steak cook-offs in Bend and happy hours after practice. A good way to approach swimming as an adult is to make sure there's equal measures of work and play.

There were certainly many highlights in my career when I was younger, but I'm just as proud of my accomplishments as a Masters swimmer. In 1999, my college friends and I swam to a world record in the 200 medley relay. We've also done a couple of Maui Channel relays together, even beating the Olympic Club one year for 3rd place. As a PCCM Panther, winning a couple of small team division championships has also been gratifying.

I currently live in Lake Oswego with Robin, my wife of 23 years, and my 15-year-old daughter Annaliese. My daughter did some swimming with Cascadia Swimming and I became a Stroke and Turn judge to help support her and the team. Being on the other side of the swimming pool was a good lesson and helped me understand and appreciate all the work that goes into putting on swimming meets.

I am the Manager of Engineering for Jacobs Engineering, and have worked as a Structural Engineer since college. I enjoy the technical aspects of Engineering, but my real sense of accomplishment comes from working as a team to achieve success on big construction projects for our clients. Much like sports, success in business is much more a team than individual effort.

—submitted by Karen Andrus-Hughes



BLUE (as in Grotto)

A SWIM IN THE BAY OF NAPLES

by Joe Oakes

How can you *talk* about the color blue? You can label it cobalt blue, or teal blue, or baby blue or sky blue. But naming it can't come close to describing the emotions that a color can elicit. Let me tell you what I mean.

Every year a group of us from the South End Club in San Francisco go someplace really cool to swim, often a long open-water relay. Our relays have taken club swimmers to Lake Tahoe, Maui, around Manhattan, the English Channel, Gibraltar; many places where we could swim like crazy and have good fun with friends. On September 4, 2005, a group of six South End swimmers gathered on our pilot boat at the entrance to the Blue Grotto off the Isle of Capri, Italy. Our team captain was Bill Weigant, with his wife Dianna second in command (she is the better swimmer.) For no good reason at all, we called ourselves *The Red Hat Ladies*, but we weren't out for an afternoon of tea and biscuits: We were there to swim a relay from the romantic Isle of Capri to the Isle of Ischia, almost 20 miles away on the north side of the Bay of Naples. Gary Emich would be our leadoff swimmer, and each of us would swim 40-minute legs until we got to Ischia. Jumpin' Julie Wahlig got the brilliant idea that we should first all swim *into* the small water-level opening of the cave that the world knows as the *Blue Grotto*, along with Gary. Then we would all swim out, Gary would take off and the rest of us would climb into the escort boat while Gary swam the first leg of the relay. Salvatore, our pilot and a non-swimmer, was visibly upset. He suggested, even pleaded, that it was surely illegal and maybe unsafe to swim into the *Grott' Azure*. Sal didn't know us very well. Dianna gave us a look, like "*That's a problem?*" So in we all jumped and swam through the small opening into the cave.

To gain entry to the Blue Grotto we had to pass through the very narrow opening, one at a time as the gentle waves lifted us up and down, careful not to scrape



our bellies on the rocks under a few inches of water. Going from the bright Italian morning sunlight into the very dark arena made it difficult to see anything. We could barely make out the unlit walls, ceiling or tourist walkway, high above. As we swam into the dark cave I thought, "*What's the big deal about the Blue Grotto? You can't even see anything in here.*" After swimming 50 feet into the cave, we turned around to swim back out and we suddenly understood: the light coming through the small entrance hole was the most beautiful, brilliant blue color imaginable, unlike any blue I have ever seen. And it danced with the movement of the water. I was spellbound. Maybe it was because the light was refracted through the clear sea water as it filtered into the cave, or maybe it was just that this was the only source of light in a very dark place, but it was so dazzling and made such a deep impression on me that all I have to do is close my eyes and there it is once more. But describe it? I do not have the words for that.

The Blue Grotto extracted a blood price for our violation of its sanctity. As she exited through the opening, our number-two-swimmer, Elisa Girardelli, cut the sole of her foot on the sharp barnacles guarding the entryway.

We all swam back to the boat, with Gary starting the long process of gaining our way to the island of Ischia. Gary swam his turn brilliantly, as did Elisa, Julie, Bill Wygant and Dianna Shuster. I, being the oldest, slowest and wisest, swam last. (I figured that if there were hungry sharks, stinging jellies or other malignant critters, my teammates would bravely find them before I jumped in.) The Tyrrhenian Sea was much warmer than our home court of San Francisco Bay, and relatively calm except for an occasional blast of wind out of Africa, not far to the south. Hour after pleasant hour we swam in rotation. We talked. We ate. We drank good red Italian wine. *When in Rome, etc.*

The Bay of Naples faces west into the open sea, and

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BLUE (AS IN GROTTO)

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we were swimming from south to north, going directly across the gaping mouth of one of Europe's busiest bays. That meant that we would have to cross heavy traffic, ferries and cargo ships that feed Naples, one of the largest port cities in Italy. Capitan Salvatore did a good job of jiggering our course to keep us away from those enormous, oncoming propellers. So what if a few course adjustments meant that we would swim a little longer? Wasn't that what we were there for? After we each had done three turns in the water we found ourselves face-to-face with the steep and craggy cliffs of Ischia. But where would we come ashore? Not content with just reaching the island, we searched up and down the shoreline until we spotted an appropriate half submerged cave into which we could finish.

We were mellow on the return trip across the Bay of Napoli. Our nostalgic mood was broken by an agitated Capitano Salvatore who shouted a very unpleasant phrase, well known to those of us who grew up near Italian neighborhoods. A large sheet of heavy-duty industrial polyethylene film had entangled itself around his propeller and "the motor she no can go." Bill Weigant, our heroic and resourceful South End Club President, pulled off his hat and tee shirt, puffed out his massive chest, and dived under the water, his trusty Swiss Army knife

clenched between his pearly-whites. He seemed to be down for a very long time before he came up gasping. "With my almost dying breath, I have purchased our freedom by slaying the fierce Polymeric Dragon!" He had thus saved us from the Italian version of the fate of the Flying Dutchman, being forever adrift in the Bay of Naples.

Our great day of swimming with *simpatico* friends was capped off with a fine dinner at our hotel in Sorrento, the *Il Nido*. The mood was mellow, the wine was good, the pasta was plentiful and *al dente*, and the memories were indelibly imprinted against an aqueous Italian backdrop of a very special shade of blue. As the Neapolitano folk song goes, *Che bella cosa!* How beautiful can it get?



OFF THE BLOCK

continued from page 4

these medications do not impair performance.

Because sleep plays an imperative role in muscle recovery, swimmers should ensure temporary meet-related sleep issues don't become chronic.

"Sleep: How to Do it Right," in the March 2014 issue of *Popular Science*, offered several tips to improve qual-

ity of nightly sleep. The author suggests a dark and cool bedroom, a regular bedtime schedule, avoiding exercise four to six hours before bedtime, shunning long daytime naps, curbing caffeine after midday, and turning off the television and computer well before bedtime.

To prepare for an early morning race or a time change, swimmers can gradually shift sleep routine over the course of weeks so an earlier or later bedtime won't be problematic.

USMS Open Water National Championships

Open water season is right around the corner--plan now!

Summer will be here before you know it and with it a chance to compete in open water. Registration for several USMS Open Water National Championship events is now open. Check out the list below and start planning your summer of open water racing!

- June 13:** 10K National Championship
- June 14:** 1-Mile National Championship
- June 20:** 9+ Mile Open Water National Championship (9.3 miles)
- June 27:** 2-Mile Cable National Championship
- Aug. 29:** 1-3 Mile National Championship (1.55 miles)
- Sept. 12:** 3-6 Mile National Championship (5K)

- Del Valle Open Water Festival Livermore, Calif.
- Del Valle Open Water Festival Livermore, Calif.
- Morse Reservoir Noblesville, Ind.
- Foster Lake, Oregon
- Lake George, N.Y.
- Big Shoulders, Lake Michigan Chicago, Ill.

5 & 10 km ePostal Swim Opportunities

For Oregon Swimmers in All Areas of the State

Your OMS dues at Work!

Prepare for summer open water success! Get your 10-km ePostal done early! On behalf of Oregon Masters Swimming, coach Ralph Mohr has rented the Amazon Pool (2600 Hilliard St. in Eugene) on Sunday, May 24, 2:00-6:00 pm, to swim your 10-km in a great pool. If you plan to do an open water 10-km or longer swim later this year, this is an excellent opportunity to prepare, as well as take your shot at the 10-km ePostal National Championships, sponsored by COMA this year.

There are 7 swim spots left, but they are going fast! Remember that you need to bring your own counter/timer. To get more information or to sign up, contact Ralph at rmohr1565@charter.net or 541-269-1565. Your pool fee will be \$10, with OMS funding the rest (your OMS dues at work!). First come, first served, so don't wait. Let's fill the pool with Oregon 10-km swimmers!

If this event succeeds, OMS would consider another date for the 5-km ePostals, late in the summer after the finish of the Oregon open water season. If you are interested in this, please contact Ralph so that he can add you to the swim list for May 24.

Please note that Bob Bruce will also offer a opportunity for 5 & 10-km ePostal swims at JSFC in Bend on Sunday, May 24, starting at 9:30am—looks like a popular date for ePostal swims! Contact Bob at coachbob@bendbroadband.com to reserve your spot.



Thank you OMS Sponsors!

Julie Ahrendt
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Dick Weick
Kermit Yensen

Oregon Masters Swimming: TENTATIVE Open Water Race Schedule for 2015 (as of 25 Jan 2015)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Status
Sat 16 May	1	JFSC OW Clinic	Bend	COMA	Bob Bruce	Basic Open Water Clinic	xx	Unaffiliated
Sun 17 May	1	Lake Juniper (pool)				1200-meter	Featured	Unaffiliated
Sun 31 May	1	Hagg Lake	Forest Grove	PTriClub	Joie Matteo	2000-meter 800-meter 4000-meter	Featured Qualifying Featured	Unaffiliated
Sat 27 Jun	1	Foster Lake Cable Swims	Sweet Home	COMA	Bob Bruce	2-mile cable (Nat'l Champs) 1-mile cable	Featured Featured	Sanctioned 375-W001
Sun 12 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS,LLC	Marisa Frieder	17-km downriver	Featured	Unaffiliated
Sat 18 Jul	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Andy Gramley	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter 1500-meter 3 x 500-meter Pursuit Relay	Qualifying Qualifying Featured Featured Participation	Sanctioned 375-W004
Fri 31 Jul	3	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 500-meter 1500-meter (Ass'n Champs) 5000-meter 1000-meter	Qualifying Qualifying Featured Featured Qualifying	Sanctioned 375-W002
Sun 2 Aug								
Sat 15 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	COMA	Bob Bruce	3000-meter 500-meter Predicted Time 1500-meter	Featured Participation Featured	Sanctioned 375-W003

Swimmers must participate at three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all swims. Featured and qualifying events score points by place. Participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

Summary . . .

**Records For:
Oregon City Meet —SCM**

Looking Ahead . . .



DATE	COURSE	MEET	LOCATION
April 10-12	SCY	OMS Association Championships https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=6211	Corvallis, OR
April 23-26	SCY	USMS Spring National Championship	San Antonio, TX
May 16-17	OW*	Lake Juniper (with OW Clinic)	Bend, OR
May 16	LCM	COMA meet	Bend, OR
May 31	OW*	Hagg Lake	Forest Grove, OR
June 6	LCM	THB Pentathlon	Tualatin Hills, OR
June 27	OW*	Forest Lake Cable Swims	Sweet Home, OR
July 12	OW*	Portland Bridge Swim	Portland, OR
July 18-19	OW*	Applegate Lake Swims	Ruch, OR
July 31-Aug 2	OW*	Cascade Lakes Swim Series	Bend, OR
Aug 15	OW*	Eel Lake Swims	Lakeside, OR
August 6-9	LCM	USMS Summer National Championship	Geneva, OH

*Open Water details on page 14



**JUST KEEP
SWIMMING**

OMS Board Meetings

(contact a Board member for location)

April 11, 2015 Annual Meeting
May 11, 2015

June 8, 2015
July 13, 2015

August 10, 2015

Let's Swim