



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

Volume 42, Number 10

Published 10 Times Yearly by OMS, Inc.

Nov/Dec 2015

Volunteer Awards

At USMS Convention this year, Susie Young received the USMS Dot Donnelly Service award and Jacki Allender received a lifetime membership in USA Swimming.



Susie Young

We are pleased to announce that Susie Young is a recipient of the 2015 USMS Dorothy Donnelly Service Award. This Award recognizes those whose contributions stand out in service to local, regional, and national programs.

Susie Young has guts. In one of the toughest, most time-consuming volunteer positions, she has been Oregon registrar for almost eight years. With a smile on her face, Susie has improved the registration and record keeping to a point where the membership of Oregon Masters now runs more smoothly. There is not a question asked, from new members needing directions to long time members who need assistance, that Susie can't answer.

She takes her position seriously, regularly keeping up with USMS updates and communicating with her local membership and Board. Serving on past National USMS committees, she recently participated in the registrars' Peer-to-Peer session to be sure Oregon Masters can take advantage of what other groups around the country are doing, and to add her experience for others to emulate.

She is a regular National Convention delegate and an active contributor to Oregon Masters with her expertise, earning her the recognition of this award.

Jacki Allender

Jacki was awarded a USA Swimming Lifetime membership at the Convention. She was present to receive her award and the OMS delegates were there to see her receive it. She was surprised and very appreciative. The photo shows MJ Caswell, Ginger Pierson, Tim Waud, Jacki Allender, Sandi Rousseau, and Michelle Jacobs-Brown.



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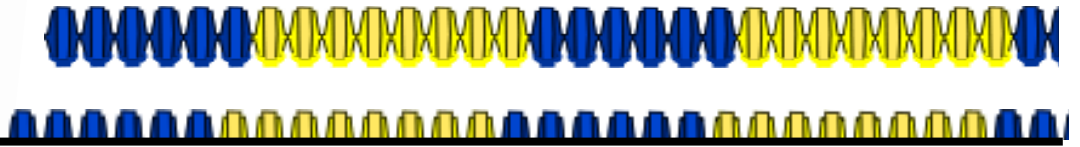
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Aqua-Master is the official publication of Oregon Masters Swimming. It is a source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. A subscription is part of membership in OMS. Contact Susie Young or Jackie Parker for membership information. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming, Inc. Information is also available on line at www.swimoregon.org.

Send address changes to Susie Young all other questions to Jackie Parker
Volume 42, Number 10, November/December 2015



Off the Block



Dan McCrady: Overweight, Athlete

An Accidental McDougaller

It never occurred to me to that I might someday become a Star McDougaller. I'm still not positive that I am. But my wonderful wife, who led me kicking and screaming into the McDougall lifestyle, believes that my story may give reluctant spouses a little more incentive to get with the program.

In 2003, I thought I was in pretty good shape for a man 46 years old, weighing 175 pounds, and fairly active. I rode my bike 16 miles a day commuting to the shop and took one or two long walks a day with my family. Sure, I had a fair amount of joint pain, and a prominent belly, but that's "normal" for a middle-aged guy. I didn't feel any pressure or need to alter the way I ate. I rarely ate meat, but I used a lot of cheese, oil, and margarine in my food. All my life I had a very oily complexion that I simply attributed to "bad genes."

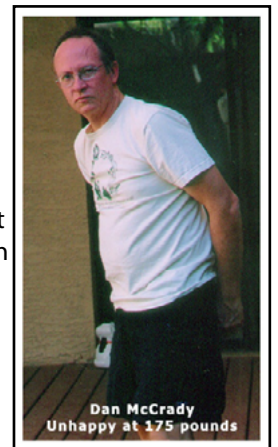
My beautiful wife, Wendy, however, did have a weight problem. For years she had struggled with trying to lose weight without doing crazy diets and had even tried to stay on the McDougall plan. But, with a spouse who wasn't willing to give up the "good" foods, she simply could never stay on track. We finally agreed that she needed the boost of attending the 10-day program in Santa Rosa, California – and that I would follow whatever diet plan she needed. I hadn't read any of Dr. McDougall's books, and had only a vague idea of what the diet was about, but it was important to Wendy, and I was willing to go along with it for her sake.

She came back from the program a little over a year ago with an enthusiasm and energy that was very contagious. She brought back the DVD set, "Dr. McDougall's Total Health Solution for the 21st Century," and I watched it with her. Of course, it took a while, since she would pause it and interject personal observations and insights she had learned at the program. It also took a while for me to get used to eating pasta that wasn't glistening in a sea of olive oil, and potatoes that weren't drowning under a very large scoop of margarine. We ate very little

meat anyway, so giving that up wasn't a problem. I wasn't very happy to learn that peanut butter and avocados were off the approved list for weight loss. It didn't take long to get used to a healthy way of eating, and since I was fairly ignorant about nutritional needs, I didn't have too many ingrained beliefs to get in the way.

My "Normal" Life

I grew up accepting the fact that a "normal constitution" meant cycling between diarrhea and constipation. I knew there was a link between what I ate and my elimination needs; getting over a bout of constipation was as simple as eating a greasy hamburger. Of course, that led to the opposite problem... It was a vicious circle, but one that I never thought to seek a cure for, since it was apparently "normal." Even if nothing else about the McDougall plan did me any good, getting off of that "not so merry-go-round" was a huge improvement in my life. In addition there have been many more good things. One of the first things we noticed was that my pillowcase didn't look dirty the day after washing it. My "genetic" oily skin and scalp were drying to a healthy and natural state. My joints started to hurt less as well, although that change was a much more subtle process. I didn't see a rapid weight loss, even though the pounds started to come off slowly. We were living in Eugene, Oregon at the time and the winter darkness was not good for our exercise program – while I continued to commute by bicycle, the walks got shorter and it was very hard to find much enthusiasm for doing anything outdoors. My activity level dropped a great deal until April 1st (2004) when we moved back to sunny, warm (but it's a dry heat!) Arizona. I immediately started riding my bike a great deal more. In May, I got a used road racing bike and the wild idea that I would ride a 157 mile race in October, even though I hadn't ridden seriously since the mid 80s. I started to lose weight again, partly from the biking and partly



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Fit to Swim

Coach Aubree Gustafson

Nutrition Labels

The holidays are quickly approaching and you plan to stay on track and eat healthy throughout the season. Limiting portion sizes, avoiding over-indulging and continuing your established workout regimen are the key to maintaining your fitness level during this part of the year. With all the additional cooking and baking, there are bound to be times when you are wondering if there is a healthier option to use in your recipes or to serve guests. Understanding the nutrition label on the side of food containers can assist you in making healthy choices.

1. **Serving Size:** The serving size is the item's recommended serving amount for one sitting. It may state a certain number of pieces (12 crackers) or be listed as a weight measurement (1 cup). Regardless, paying attention to this amount can help you keep track of calories consumed and help you keep from over-indulging.
2. **Servings per Container:** This is the approximate amount of servings in the container. If the servings per container are 6, but you eat the entire box of cookies in one sitting, you've actually consumed 6 times the recommended amount. That's also six times the calories and six times the fat.
3. **Calories (and Calories from Fat):** This is a measurement of how much energy you get from consuming one serving of the product. Managing your caloric intake can help you maintain a healthy weight, and appropriate caloric intake is different for each individual and depends on many factors. It is good to note how many calories come directly from fat. For example, if the total calories per serving are 180 and the calories from fat is 100, that means 56% of the calories of this

example food product come from fat alone. Based on a 2,000 calorie per day diet, the FDA's General Guide to Calories states that products with 40 calories is considered low, 100 calories is considered moderate, and 400 calories or more is high. Avoiding foods high in calories will help you maintain your fitness not only during the holiday season, but year round.

4. **Nutrients:** Try your best to *limit* the following in your diet as they may contribute to heart disease, high blood pressure and even some cancers; fat, saturated fat, trans fat, cholesterol and sodium. The following can improve your health and help reduce the risk for certain diseases and conditions; look for foods high in dietary fiber, vitamin A, vitamin C, calcium and iron.
5. **Daily Value vs % Daily Value and Dietary Guidance:** The daily value is the amount (usually in grams) based on a 2,000 calorie per day diet that health experts advise you to eat. Nutrients at the upper limit are listed first and it is advised that you consume "less than" the daily value each day. For nutrients at the lower limit, it is advised that you consume "at least" that amount daily. The % daily value helps you determine if a serving of a particular food is high or low in a particular nutrient. According to the FDA, 5% or less daily value is considered low, while 20% daily value or more is considered high.

These are just a few things to keep in mind while doing your holiday shopping. All things considered, it's tough during the holiday season to stay on track. Especially when Grandma's cookies don't come with a serving size, but baked goods made with love rarely do. Enjoy the extra sweets and treats...just don't eat them all in one sitting. Have a safe and Happy Holiday season!!

Some information adapted from www.fda.gov



Shake and Swim with 'Bake'

Top Ten List

Coach Dennis Baker

Over the thousands of hours of private swim lessons I do there are certain things that keep coming up with all levels of swimmers doing Freestyle. Here is the top 10 list with a few tips to help.

1. **Middle Finger In First.** I see so many swimmers in Freestyle enter with the index finger. This causes crossover and bad body movement.
2. **Pull Straight Down.** Related to number 1. Scientifically proven to enter straight in with middle finger, anchor hand at shoulder width and pull straight down along the side of the body for best forward velocity.
3. **Hunch Shoulders To Ears.** Shoulders need to be high for maximum power. Never drop shoulder below chin.
4. **Head Down.** Usually keep the water just above the scalp line. Don't look forward underwater.
5. **Fingers Together.** At least 3 fingers together to create your own paddle in the water.
6. **Keep Legs Close Together.** If your legs are coming

apart especially when you breathe you are creating a parachute effect and too much resistance.

7. **Point Your Toes.** Especially if you aren't a leg driven swimmer. If your toes are pointing down it's another parachute effect.
8. **Pull Down Around The Barrel.** In other words a high elbow underwater recovery.
9. **Breathe Into Your Armpit.** Don't look at the swimmers ahead of you look at the swimmers behind you. Looking forward when you breathe takes your body out of optimal position.
10. **Don't Blow All Of Your Air Out Underwater Right Away.** Be in control of your breathing. Blow out when you start to turn your head to breathe. Continue to breathe out as your mouth comes out of the water. This will ensure that water won't come into the mouth and regulates your breathing.

Try the top 10 and you will be well on your way to being a better Freestyler.

OFF THE BLOCK

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from getting a job as a bicycle mechanic. I ramped up to riding four or more hours at a time in only a few months. Even with this aggressive training program, I experienced none of the joint pain I had since the age of 20 years. I got sore, of course, but it was a healthy response to exercise and not a plea from inflamed knees and ankles, like before.

A week before the race in October of 2004, I was feeling stronger than I had ever felt in my life. I was down to 145 pounds and 10% body fat. The night before the race, we went

to the pre-ride party. The main dish was pizza. There was also pasta with a little olive oil on it. I just stared at the pizza and shook my head. It absolutely boggles my mind how anyone can eat that, much less a room full of endurance athletes. Granted, a little over a year ago, I would have loaded up my plate too, and then raced to a bathroom. I suppose it was just as strange to them that I would pass up a chance to down all that delicious, and "body-building," protein and calcium.

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Long Distance Swimming

Coach Bob Bruce



Believe it or not, we are deep into the fall. Here is a reminder of Oregon swim meets and the NW Zone SCM Championship Meet that will occur before the holidays. Check out your fitness and skills by entering one or more of these local events. Entry deadlines are coming at you!

1. NW Zone SCM Championship MeetFederal Way Saturday-Sunday November 21-22

- ✓ Info & Registration: https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=6393
- ✓ Entry Deadline: Wednesday, November 25.

2. All-Around SCM Meet (Pentathlon & Brute Squad format) Bend Saturday December 5

- ✓ Info & Registration: https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=6966
- ✓ Entry Deadline: Saturday, November 28.

3. USMS 3000 & 6000-yard ePostal Championships, your home pool, real soon!

- ✓ Info & Registration: https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=6620
- ✓ Swim Deadline: Sunday, November 15.
- ✓ Entry Deadline: Wednesday, November 25.
- ✓ Note that the Oregon Club is defending the National Club titles in both events, and we need your help to do so!

4. Renew your USMS Membership: Registration for 2016 starts on November 1, 2015

- ✓ Info & Registration: <http://www.usms.org/reg/>
- ✓ For most of you, your WORKOUT GROUP is the team with which you usually swim and your CLUB is "OREG". Please avoid registering as "Unattached" - even though you might save \$5 - because unattached swimmers cannot represent teams at scored meets and open water swims, and cannot swim on relays!
- ✓ Check out USMS membership benefits: <http://www.usms.org/reg/content/benefits>

See you around the pool!

Peripatetic Quintet

by Ralph Mohr

Summer open water swimming was coming to a close, and five OMS swimmers spent a week traveling all over the north-west to celebrate with one last swim. The catalyst was two swims at Whiskeytown Reservoir near Redding, CA, a One and Two Mile, on Sunday, September 13th.

Mike Carew had swum there before, and Ralph Mohr had been the Redding Swim Club's coach 50 years before, so they thought it was a good idea to go this year, even though it was a 620 mile round trip from Coos Bay. Besides, the awards for the races were big mugs that were perfect for coffee and tea in the morning.

Then Carew noticed that the Lake of the Woods Tri-Sport Weekend would be held on Saturday, Sept. 12, with a 3K for open water swimmers. Mohr wanted to add the lake to his Oregon Lake list, and Carew said, "Why not?" So off they went.

Sixty-two degree water in a lovely setting at Lake of the Woods necessitated wet suits. Eight open water swimmers set off with 20 triathletes doing Olympic distances, including a 1500 meter swim. The first five swimmers past the 1500 meter mark were all OMS swimmers, half way to the 3K. Todd Lantry won the 3K in 45:18, Carew was 2nd, going 48:00, Jane Anderson was 3rd in 51:42, and Mohr was 4th, 53:54. Mohr and Carew then drove back to Ashland and continued on to Redding that afternoon. The week of swimming was just starting.

At Whiskeytown, Sunday, they were joined by Ben Hopkins from Bend, 380 miles away, and Suzy Jajewski who came 445 miles from Vancouver, WA, and who swims for Oregon Reign. All four were faced with two races through lots of stringy water weed due to the lower levels of Whiskeytown Reservoir.

The triangular One Mile course was conquered easily by Jajewski, who won her 40-44 Women's age group in 26:59. Hopkins was 5th for the Men's 60-64 in 29:06. Carew was 2nd in 65-69 Men in 30:24, and Mohr was 2nd for 70-74 Men, going 31:13.

Twenty minutes later the quartet was up again for the Two Mile swim. Standing in line waiting for the longer race to start, the quartet suffered guillotine humor. "It is a far, far better place I go to than I have even known." "Into the lake, dear friends," and so on.

The two mile course went out 1000 yards and then east behind two islands for 1200 more yards. When the penultimate turn buoy finally came in sight, the return was between an island and the shore, leading to a 900 yard straightaway to the finish.



Mike Carew, Ralph Mohr and Ben Hopkins at Whiskeytown

Jajewski again won the 40-44 Women, going 54:50. Hopkins was 4th for 60-64 Men in 59:15. Carew was 2nd again with 1:08.13 in 65-69 Men, and Mohr finished second for 70-74 Men with the time of 1:02.18. All four gleefully picked up their mugs, packed up and left for their long trips home.

The longest trip of the week, however, was spent by Matt Miller of Ashland, who flew to Chicago for the Big Shoulders 5K, the last 2015 National Championship USMS open water swim. He had originally entered the Whiskeytown races, but the lure of a big-time swim in the Windy City was stronger.

Unfortunately the 5K was canceled due to high winds, high waves and water spouts. Safety boats could not get out, though Matt said after, "I've swum in worse conditions."

To make up for the cancellation Miller flew home to Ashland and then two days later drove to Coos Bay to swim the ePostal 6000 on Sept. 15, the first day possible. He said, "Why waste a taper." He ripped the swim, going 1:11.16.78 for a BT and a new Oregon record for 35-39 men.

Suzy Jajewski then ended the novena by swimming in the "Last Gasp of Summer" open water meet in Angle Lake near Sea-Tac in Washington, adding another 600 miles to her odometer. She was 8th overall in 52:55.8 and placed 2nd in the 40-44 Women. Jajewski drove over 1500 miles to swim three open water races on the two weekends. A tough performance.

I also want to end with praising Suzy Jajewski, one of the few Portland area swimmers who does open water. We need more like her.

Swimmer Spotlight

Chris Hiatt: 75

Aquaducks

Occupation: ENT Physician (retired)

I started competitive swimming as a skinny 13-year-old, and while my coach was usually a kind person as I recall, she entered me in the 400 IM in my first event. My legs were rubber afterward. High school and college swimming were rather mediocre. At Oberlin College (Ohio) we worked out four days a week for 90 minutes with no interval training, no stroke work, no goggles and no swim suits. There must have been some sort of weird Greek Olympic or YMCA tradition because we only wore suits in competition (no racing dives in practice!) Without goggles I saw halos around lights for about an hour after practice due to chlorine irritation.

Before medical school (Chris went to Ohio State Medical School with ENT training in Milwaukee, WI) I went on a canoe trip with my brother to Minnesota and fell under the spell of conifers and clear water. Big trees and clear rivers, plus steelhead fishing, skiing, backpacking and the beach all within two hours eventually led Chris to the Willamette Valley & Eugene. I could practice Ears/Nose/Throat stuff and I could be on a river each week. Sometimes I am actually in the river snorkeling down the McKenzie in a wet suit watching trout.

Five years of running and two marathons led my knees to tell me it was time to start Masters Swimming at 40. Good

coaches helped me get slow more slowly over the next 20 years and by 60 I was still within 2 seconds of my middling 1:07 college 100 back time. Jerry Andrus (Karen Andrus-Hughes' brother) and recently Trevor Hoke at Eugene DAC have aided with stroke work. After thirty years of perseverance I was lucky enough to make All-American in backstroke.



Masters swimming needs to be fun to keep at it and I have been fortunate enough to have a workout group with good camaraderie four days a week. I do weight work twice a week and 15 minutes of abs three times a week. Stretching is a constant co-feature of reading the paper or watching TV. Nevertheless, I have strained my rotator cuff twice recently and need to listen to my body as my connective tissue ages. Overall the best thing about Masters is staying fit enough to still get outdoors and enjoy this beautiful state with my wife, two children and five grandchildren.

Chris has earned 36 USMS top ten times, a number which is sure to go up when the 2015 results are in! He also was #3 on the FINA top ten list, M 70-74, in the 200 backstroke. David Radcliff is his "hero of aging up" as David posted faster times at 75 than he swam at 70.

—submitted by Karen Andrus-Hughes

OFF THE BLOCK

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Race day found me ready and eager. I took off with the main pack, but quickly dropped back to my pre-planned pace as dictated by my heart rate monitor. The first half of the race was much easier than I had anticipated, but the second half turned out to be much harder. Five and a half hours of riding into a headwind, but I never seriously considered quitting. Turns out I couldn't have; Wendy had planned on refusing to give me a ride in the car. So, nine and a half hours and over 6000 calories after the starting bell, I crossed the finish line.

Here I was, 47 years old, with less than six months of training, finishing in the top half of the field in an event that very few cyclists even attempt. My food intake on the ride was water, Gatorade, and brown rice syrup. No protein bars or high-fat sandwiches, the traditional foods of endurance cyclists. I had kept my heart rate at an average of 147 BPM for almost ten hours. Post ride, I ate lots of oatmeal, some bagels, bananas, and a couple of Clif Bars. That evening I ate lots of Indian food with rice. I went to work the next morning, sore and tired to be sure, but not done in. I have my wife, Wendy, to thank for my renewed youthful and healthy life – I am an innocent, but very grateful bystander.

Team Life

Corvallis Aquatic Team

- CAT has 48 registered USMS swimmers
- The team came very close to winning 1st place in the open water small team category. Just a few more swimmers were needed to do it.



Columbia Gorge Masters

- CGM has 76 registered USMS swimmers
- Every Wednesday CGM has a Lunchtime Power Hour with Coach Marcie Wily. It is a class designed to increase strength, endurance, and improve your stroke technique
- Ladies Track is on Tuesdays
- In mid-September they had a "Forever Summer Party"
- Photo is CGM Coach Shelly Rawding with Katie Ladecky of USA-S fame.



Katie was awarded the best female swimmer for the third year in a row, in August. See <http://reachforthewall.com/2015/10/05/katie-ledecky-tabbed-usa-swimmings-top-athlete-for-third-straight-year/> For one of her world-record-breaking 1500 meter swims, see <https://search.yahoo.com/yhs/search?p=katie+ledecky&ei=UTF-8&hspart=mozilla&hsimp=yhs-002>. She lapped her competition in a World Championship meet!



OPEN Narwhals

- OPEN has 10 registered USMS swimmers
- They are a versatile team; they swim both Open Water and pool events.



TEAM Club Sport Oregon

- TCSO has 6 registered USMS swimmers
- Here is a picture of the Team at OMS SCY Championships in April, 2014
- Showing off the team's new swim suits
- Celebrating September birthdays. Birthday person has to wear the fancy cap!



Lake Oswego Masters

- LOM has 4 registered USMS swimmers
- Here is a picture of the Team one day when they all arrived at the pool and the door was locked.



Salem Kroc Masters Swimming

- KAM has 8 registered USMS swimmers
- They post pictures of the whiteboard of each workout, for those who missed the workout.
- KAM works out 3 days per week at 5:30 AM.



Tualatin Hills Barracudas

- THB has 114 registered USMS members
- Dave Radcliff was recognized for being inducted into the 2015 International Masters Swimming Hall Of Fame
- Michelle Macy was recognized for completing the prestigious 'Oceans Seven' swims. "Ocean's Seven consists of seven long-distance open-water swims, and is considered the marathon swimming equivalent of the Seven Summits mountaineering challenge. It includes the North Channel, the Cook Strait, the Molokai Channel, the English Channel, the Catalina Channel, the Tsugaru Strait and the Strait of Gibraltar.

"Stephen Redmond of Ireland was the first person ever to complete all seven swims. Since then, five others have completed the septuplet: Anna-Carin Nordin (Sweden), Michelle Macy (United States), Darren Miller (United States) Adam Walker[1] (United Kingdom) and Kimberley Chambers (New Zealand)." *Wikipedia*



Dave Radcliff



Michelle Macy



Oregon City Tankers

- Tim Waud was inducted into La Salle Catholic College Preparatory "Wall of Champions" this Fall. He attended La Salle from 1981-1985 and was a four year Letterman. He was honored for being a 1985 AA State High School Champion in the 100 Breaststroke and for his continued contribution to the sport of swimming. Post high school honors are: USMS National Champion in 2008 and being the 2014 USMS World Championship Team Head Coach in Montreal. Tim's family attended a pre-game BBQ and a football game where Tim was inducted during half time. Parents, Patrick and Suzan Waud, are in the picture with Tim's fiance Jill Shrake.



AquaMusements

by Jackie Parker (OPEN)

NOW THAT OPEN WATER SEASON IS OVER,
LET'S MAKE A FESTIVE
SWIM CAP WREATH FOR THE HOLIDAYS!

TOO MANY RACE CAPS? NOT ENOUGH FESTIVE DECOR? LET JACKIE HELP!



1 Gather swim caps into large pile. Leave for approximately one day. Use the obscured counter space as an excuse to not make dinner that evening. Or ever again.



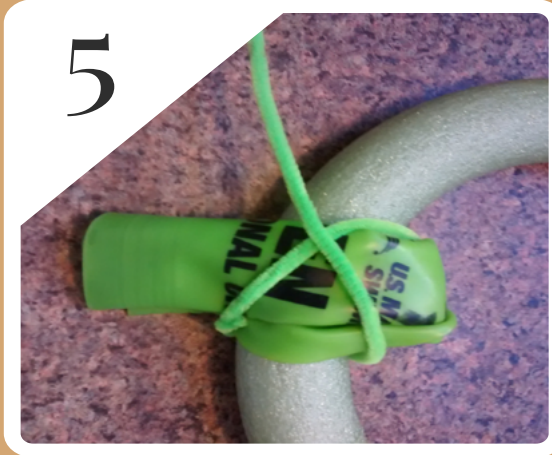
2 Get your supplies! You will need your swimcaps, a Dollar Tree foam wreath and some pipe cleaners!



3 Take a swim cap, roll it up, and wrap a pipe cleaner around the closed edge (the top of the cap), leaving the bottom open. Add a second pipe cleaner to the first one so you have enough length to wrap around your foam wreath.



4 Now, wrap the cap part way, so that the open side is facing out. Wrap the pipe cleaner around the cap and wreath to hold it all together. It doesn't really matter how you do this. I've set the bar very low for you.



5
The back might look like this! Confused? Me too!



6
Keep attaching swim caps! The ones on the right are before I fanned out the open end. The ones on the left are open and pretty! Once you have all your caps attached, fan them out and voila! Your husband thinks you're crazy!



7
Hang and enjoy your beautiful and festive swim cap wreath. Your neighbors will be green with jealousy. Or confusion. Whatever color confusion is. A nice purple. Or mauve? Doesn't matter. Enjoy your wreath!



Yucky flavors of Gu sitting at the bottom of your swim bag? I'll show you some desserts you can make with the "Blackberry Blast" or "Vanilla Sadness Paste" that are always included in those value boxes.

The 2017 National Championships Have Been Awarded

The 2017 Nationwide U.S. Masters Swimming Spring National Championship will be held April 27 through 30 at the Riverside Community College in Riverside, Calif.

The 2017 U.S. Masters Swimming Summer National Championship will be held August 3 through 6 at the University of Minnesota in Minneapolis, Minn.

USMS Convention Ramblings

By MJ Caswell

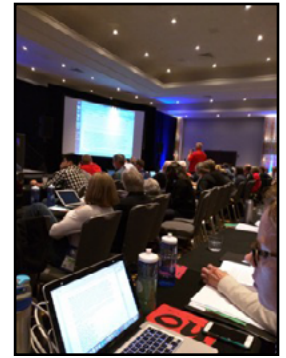
I went to this year's USMS convention in Kansas City, and thought I would write a bit about the experience in the hopes that more OMS swimmers might consider serving on the OMS Board and possibly attending the USMS convention. Convention is where much of the business of running USMS takes place. We make decisions on Legislation, Rules and meet in various committees (Long Distance, Registration, Competition, Awards, etc.).

Most of the time in Convention is spent either in the House of Delegates or in meetings. It's common for the meetings to start at 8:00 AM and run until 7:00 PM. There are a few 15 minute breaks throughout the day and sometimes an hour off for lunch. The House of Delegates is much like congress where each LMSC has an allotted number of delegates that are apportioned according to the size of the LMSC. Our job as delegates is to study the pre-convention packet (148 pages) which contains the convention schedule, meeting agendas, election packets for each candidate, legislation proposals and then discuss this information with fellow delegates and fellow Masters swimmers. We then vote throughout the convention to support or reject various ideas, candidates for office, or pieces of legislation. As Delegates, we are supposed to keep in mind the Mission of USMS (To promote fitness and health in adults by offering and supporting Masters swimming programs) and vote accordingly. We listen to presentations and recommendations from the USMS director, committee chairs, and invited speakers. During discussions, del-

egates have the opportunity to ask questions or suggest amendments to proposals.

This year, several items were newsworthy or hotly debated. Rob Butcher, our executive director has resigned to follow a different passion, so recruiting the next executive director was a common topic of discussion. One of the contentious pieces of legislation was a change to sanction fees for open water and swim meets to better cover the increased cost of insurance for Open Water events. The USMS organization would like to hold more sanctioned Open Water events and was looking for a model that would be revenue-neutral and encourage more sanctioned participation. Discussion was lengthy and lively and the final result made most of the delegates happy. Also, a proposal was made to make Rules and Legislation changes every year instead of alternating years, with only emergency changes considered in the off-years. I made a point of talking to several members of both the rules and legislation committees to see what impact they thought that would have on their committee. In the end, the House of Delegates voted to include both Rules and Legislation changes every year.

I continue to be impressed by the commitment of our USMS volunteers and staff. We may hotly debate policies but all wish for the organization to thrive. If you have been considering volunteering for OMS or have any feedback for your OMS board, please email or chat with any of the OMS board members. We exist to serve our members and to fully support the USMS mission.



Some Achievements of OMS, 2015

- Central Oregon Masters hosted the 2-mile Cable Swim National Championship at the annual Foster Lake Cable Swims on June 27. NW Zone athletes showed prominently,



winning 15 individual and 12 relay national titles. Dan Kirkland set the USMS record in the men's 65-69 age group and three Oregon club relays set new USMS records. Foster Lake has the only cable swim course in the nation west of Indiana; if you're interested in a new kind of open water challenge or testing yourself on a truly measured open water course, reserve next year's date of June 25, 2016.

- OMS has applied for 2 'Adult Learn-to-Swim' grants from USMS
- Oregon and Washington governors were petitioned by OMS, and they declared April, 'Adult Learn-to-Swim' month.
- OMS is busy planning for next summer's LCM Nationals at Mt. Hood Community College.
- Photos are of your OMS Board at their annual retreat. Lots of business was accomplished in planning a great year for your 2016 swimming enjoyment.

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 eighth of a series of articles to encourage fitness swimmers to try competition to see whether it “fits” you. You may be surprised!

Taken from the USMS web site at www.usms.org



Masters Swimming 101

How do I learn the four strokes? Why do I want to?

Jim Harper*

Some swimmers and many triathletes only want to swim freestyle, the fastest stroke. But for anyone inspired by Michael Phelps and other true masters of the pool, there are four techniques to conquer on the road to becoming an all-around swimmer. And it really is all about technique. There are huge advantages to everyone—triathletes included—in learning all four swimming strokes.

Butterfly, backstroke, breaststroke, freestyle. Or for short: fly, back, breast, free. This order comes from the individual medley, also known as the IM. This order also represents the typical order, in reverse, of how people acquire new strokes. If you have to choose a second stroke to learn, start with breaststroke. Then add backstroke, and finally, conquer the “fear factor” of the butterfly.

Learning a new stroke is like learning a new language. Swimmers who learned other strokes as kids have a huge advantage over adults learning them for the first time (note: send your children to a swimming program!). But just like learning a new language, the acquisition of new strokes will challenge

your brain and your body and bring benefits well beyond the techniques themselves.

Instead of expecting an overnight miracle, set your expectations on the long-term framework of months and years to acquire a new stroke. Do not become discouraged after a few weeks if you still struggle with the basics of a new stroke. Even very experienced swimmers continually practice basic drills, and the very best swimmers always, always think about technique.

Books and videos will only help so much; you need to get in the water and move in new ways. Most learners will benefit hugely from one-on-one or small group instruction. Club coaches with large programs can only provide limited help during a practice, because the club experience takes priority over any one individual’s needs. However most USMS coaches are happy to set aside some time for you—they want you to improve and most get a huge amount of satisfaction from helping swimmers improve—that’s why they coach.

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

Summary . . .

Looking Ahead . . .



DATE	COURSE	MEET	LOCATION
November 21-22	SCM	SCM Zone Championship	Federal Way, WA
December 5	SCM	COMA All Around Challenge: Pentathlon & Brute Squad	Bend, OR
December 20	SCY	Canby Animal Meet	Canby, OR
January 30, 2016	SCY	Chehalem Meet	Newberg, OR



Let's Swim

JUST KEEP SWIMMING