



Aqua Master

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"Swimming for Life"

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Applegate Lake Swims in Photos

Photos taken by Karen Andrus-Hughes

The Southern Oregon swims at Applegate Lake were held July 16 & 17, in Ruch, Oregon, with Andy Gramley the meet director. The weather was beautiful; what more could a person ask. It was a weekend filled with great swimming and with great fellowship!

Swims were 2500 meter, 5000 meter and 10,000 meter (all within the 10,000 meter swim); 1500 meter; and a fun 3 x 500 meter Pursuit Relay. The 10,000 meter swim was the National Championship, and the 1500 meter swim was the Association Championship. Then there was the Pursuit Relay, which always has a lot of spirit and excitement.

Photos of the event tell the rest of the story!

More on page 9



Applegate Lake



Large Team Champions: COMA



Small Team Champions: RVM



Matt Miller (RVM) is chasing Lisa Gibson (NIKE)



Bob Bruce (COMA & Open Water Chair) talking to Lynn Sacks



Todd Lantry (RVM) relay tagging Pat Allender (CAT)

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Send address changes to Susie Young all other questions to Christina Fox
Volume 43, Number 7, August 2016



Just 17 days remain before the 2016 Summer National Championship and we have over 500 volunteer slots waiting to be filled!!

We NEED the help of OMS members, family and friends now!

We literally can't run this meet without you,

This is a great opportunity to give back to your organization, connect with fellow OMS members, and watch some great swimming.

Signing up is easy. Just click [Volunteering for Summer Nationals](#)

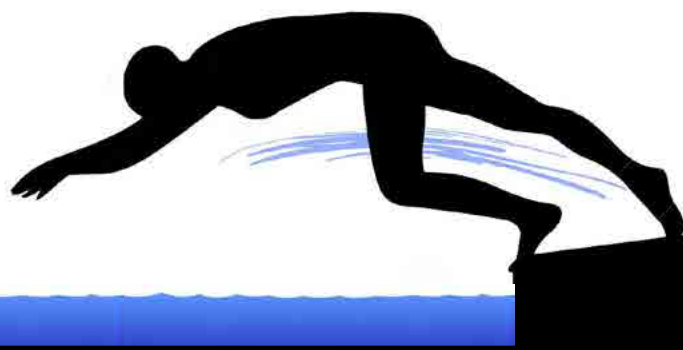
Questions? Email us at 2016volcomm@gmail.com

Thanks in advance from your Volunteer Co-Chairs -

Susan Albright, Jenn Pidkowicz and Jeanne Teisher



Off the Block



Aquatic Anxiety

Managing feelings of anxiety and panic in open water

by Elaine K. Howley

Although open water swimming can be one of the most calming, cathartic, and tranquil sports you can take part in, not everyone feels comfortable in the open water. Even experienced pool swimmers sometimes find they experience panic while swimming in open water. Not being able to see the bottom and the feeling of being far from the safety of land can contribute to the anxiety some swimmers feel when swimming in open water.

Rest assured that this is a normal response to a perceived danger, and many of the world's top open water swimmers have also experienced sensations of fear while out in the open. The key is to keep the panic from getting the better of you. Easier said than done, perhaps, but regular exposure to open water—particularly when done safely in a group context—should help. Over time, you'll become accustomed to the quirks of open water.

So what do you do if you start to feel panic in the open water?

Roll on your back. Sometimes just flipping on your back and floating for a moment, where you can breathe as much as you want, can help you over-

come the beginnings of a panic attack. One of the first symptoms of a panic attack is hyperventilation, so allowing yourself access to unrestricted breathing may help subdue your fear. Watch the clouds flitting by overhead, or just shut your eyes and focus on relaxing. This may be enough to get your head back into the “now” so you can continue swimming along.

Call for help. If you're swimming with a group, even just having a buddy come alongside to swim with you may make a big difference. Ask that person to stay with you as you head back to shore. If you have a kayaker shadowing you, even better. Wave them over and hang onto the kayak for a moment. See if you can calm yourself down and catch your breath. Just having a quick chat with someone may help bring you back from the brink. Once you're feeling calmer, you can resume swimming.

Head to shore. It's OK to say you're scared and get out. Especially if this is your first time in open water, getting out before you get into trouble is infinitely wise. Just remember, the best way to beat a fear is to face it head-on. If you have a difficult outing, don't be scared to try again. Stay close in to shore where you can stand up if you need to, and just keep trying. Eventually, you can get used to it.

Talk to someone. If your panic attacks are particularly scary, you might want to talk to a mental health professional. There could be an underlying issue contributing to the way you're feeling, and exploring those concerns may help you learn to enjoy open water more with the added benefit of releasing whatever root problem could be at work.

If it's really bad, head back to the pool. It's OK to say, “I tried it and it's just not for me.” Not everyone is cut out to be an open water swimmer, and knowing yourself is important. There's no shame in trying open water and deciding that you just prefer pool swimming.



Fit to Swim

Coach Aubree Gustafson
OMS Fitness Chairman

National Meet Success

As I type, USMS LCM Nationals is only 37 days away, and counting. Any National event is a great chance to see lots of fast swims from swimmers of all ages, make new friends and reconnect with people you haven't seen lately, as well as an opportunity to learn from your fellow swimmers. Whether this is your first National meet, or one of many you've attended, below is a list of reminders about swim meets that everyone can take something away from.

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 there will be vendors with swim-wares available on site for purchase, but don't forget your racing 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. Pack sunscreen, sunglasses and a large brimmed hat to keep you out of the sun. There isn't much shade outside at the Mt Hood Aquatic Center. Retreat indoors to get a break from the heat as needed.

Food—Make sure you eat well and have snacks on hand in case you get hungry in-between your events, volunteer activities and days of the meet. 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. There will also be concessions available for purchase at the meet, but only you know the food(s) that make you feel best, and those items might not be available; pack accordingly. There are also grocery stores very close to the aquatic center in case you forget something important. Ask any volunteer for directions.

Hydration—Drink plenty of fluids before, during, and after the meet. Assume that it will be hotter than usual this year so bring a cooler to keep your drinks cold. Take advantage of the water coolers placed around the pool deck and refill your water bottle regularly.

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. Take advantage of being able to use the indoor pool for quick warm-ups and cool-downs but definitely spend some time in the competition pool whenever you have the chance over the course of the meet to keep the feeling of a LCM pool fresh, especially if you do not train in one regularly.

Rules—If you have a question about a rule or regulation, ASK! There will be many on-deck coaches in brightly colored shirts, officials and familiar-faced 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 rules to remember:

- Only feet-first entry during warm-up.
- No diving until a sprint lane is opened.
- Clear the pool immediately at the conclusion of warm ups and breaks so the meet can stay as close to proposed time line as possible.
- No paddles, buoys, fins, kick boards or any other type

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Setting the Pace with Coach Tim

Coach Tim Waud
OMS Coaches Chairman



Coaches at Summer Nationals

The Oregon Club will have six coaches for this year's Summer National Championship being held August 17-21, 2016, at Mt. Hood Aquatic Center. The Coaching Staff was announced July 26, 2016.

The Head Coach is the contact person for the Head Relay Coach, Relay Coaches, and Oregon Club athletes throughout the event. The Oregon Club has reserved three pop-up tents for Oregon Club swimmers which will be located in the Vendor Village at the Start end of the competition pool.

The Head Relay Coach creates the best possible relay line-ups for the Oregon Club. Once the Head Relay Coach has established the relay line-ups, the Relay Coaches will then com-

municate with the relay participants and confirm their availability. The Relay Coaches are responsible for confirming relay line-ups with the Head Relay Coach.

Relay Coaches are responsible for confirming swimmers participation in each relay event and to ensure that relays will not be disqualified. Relays will be disqualified if a swimmer does not show up, the relay age group designation is incorrect or the swimmers do not follow the relay lineup. There are four relay coaches: Men's Relay Coach (200 Medley and 200 Freestyle Relays), Women's Relay Coach (200 Medley and 200 Freestyle Relays), Mixed 200 Medley Relay Coach, and a Mixed 200 Freestyle Relay Coach.

Coaches chosen for Nationals are:

Robert MaestreHead Coach
 Brent WashburneHead Relay Coach
 Matt Miller Women's Relay Coach

Allen LarsonMen's Relay Coach
 Al Capron Mixed Relay Coach

FIT TO SWIM

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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 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.

There is not much that beats a National meet at home. Good luck and swim well while representing the Pacific Northwest!!

Recent Meets & Records

Foster Lake Cable Swim

June 25; Sweet Home, OR

CANCELLED DUE TO NOT ENOUGH SWIMMERS REGISTERED FOR THE EVENT



June Krauser Summer Splash—LCM

June 25-26; Florida

RECORDS ESTABLISHED BY OMS SWIMMERS:

Age Group	Event	Name	Time	Record
Women 70-74	50 LCM Breast	Ginger Pierson	47.18	Oregon, Zone
Women 70-74	200 LCM Breast	Ginger Pierson	3:55.22	Oregon, Zone



Portland Bridge Swim

July 10; Portland, OR

NO RESULTS POSTED YET



Southern Oregon Applegate Lake Swims

July 16-17; Ruch, OR

NO RESULTS POSTED YET

Semper Paratus

Joe Oakes, Oregon LMSC, Unattached

You have surely heard the Marine Corps motto, *Semper Fidelis*, or *Semper fi*. But do you know the similar sounding motto of the US Coast Guard? It is *Semper Paratus*, meaning 'always ready'. And they are. There are times, though, when maybe the coastal guardians are a bit too ready.

We have often been told that we should never swim alone, especially in the ocean, and even more so in unguarded waters. And, as a Water Safety Instructor and an event director, I have passed on that same good advice to many swimmers for many years: it remains an excellent rule for all of us to abide by. *But what about those times when there is no one to swim with?* What do you do then?

I travel a lot, six months or more a year, normally on board cruise liners, sometimes as a passenger and sometimes as staff. One of the great things about ships is that they are always near the water, hopefully on top of it. Oh, how I love the sea! If there is anything that I love better than being on a ship, it is immersing my ancient body in Mother Nature's healing briny waters. Thankfully, it has been my good fortune to have swum on every continent and in over a hundred ports.

Let me tell you about a couple of recent swimming experiences in the Azores, a group of mid-Atlantic Portuguese islands. Our first stop was at *Punta Delgada* on the main island, *Sao Miguel*. The first thing I do in any port is to look for a place to swim. At *Punta Delgado* it was easy: Within sight of the ship was a protected cove with a big swimming area marked off by a string of orange buoys. Adjacent to the cove were salt water and fresh water pools, and what looked like changing rooms and showers. *Voila!* With my trunks under my trousers I ap-



The swimming cove in Punta Delgado; the awning in the background is the locker-shower room.

proached the lifeguard and asked, in my bad mix of Portuguese and Spanish, how much it would cost (in Euros) to use the facilities. In perfect English he chuckled and told me that I looked old enough to be a senior citizen, so it was all free: pools, cove, showers and lockers. (There are more Azoreans in North America than in the Azores, so most people speak English.) It was a wonderful swim, with the April Atlantic temperature feeling like San Francisco Bay. After a half hour of wet bliss, a hot shower and a cold beer with the local swimmers, I knew that it was a very good day.

The following day we sailed west to *Horta* on the island of *Faial*. What a difference! The population of *Faial* is only about ten thousand. Alas, there is no sheltered cove. Big breakers were hammering the steep, rocky shore. In fact, it looked like there might not be a place to swim. Determined, I took a walk to the east, where I found a long breakwater running straight out into the sea. The breakwater's sheltered 'armpit' looked less

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The swimming cove In Punta Delgado from another angle



Just outside the swimming cove

SEMPER PARATUS

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threatening, so I sat and studied the wave sets to plan my entry. Shoes, towel and clothing hidden on the beach, with my valuables inside my swim suit, it was no big problem getting past the breakers. Once outside it was a little bumpy, but definitely swimmable. I swam parallel to the beach, staying away from the rocks, communing with the fish, fulfilling my need to be in the water. All of a sudden a big orange zodiac roared up to me with two guys screaming at me, "You must get into the boat: it is dangerous here." Someone on shore, fearing that I was in mortal danger, had called the Coast Guard to rescue me. "I am okay, let me swim." "No, it is too dangerous here." "Then I'll swim back to the beach where my clothing is." "No, you cannot. Too dangerous. Get in the boat." "I do not want to."

Finally they relented and told me that if I would not get into the boat, I would have to swim to the end of the breakwa-

ter and swim back to the shore on the other side. Yeah, yeah, yeah, so I swam out to the end of the breakwater, another hundred yards or so, and did a u-turn to the other side. And what did I find on the other side? It was the outlet of a river coming down from the mountains. My mind conjured up two problems. First, I was swimming in one direction and the river was flowing in the opposite direction. *Shite!* My second problem was wondering just what kind of detritus might be floating with me in that river. I put my head down and pushed my way through the colder, fresh mountain water, trying not to take any in. I swam to where I could climb out, and realized that I had a third problem: my shoes were a quarter of a mile away and I had to walk back over rough ground barefoot.

The Coast Guard guys were waiting for me. Were they going to arrest me? Give me a citation? Instead, they laughed, handed me a beer and suggested that I do not do that again. I promised that I wouldn't, not there, anyway. "Semper Paratus, amigos!" And thank you.



Horta Faial, Azores, Portugal: The orange boat is my Coast Guard escort into the river mouth. Note the breakers on the rocks where I entered.

Applegate Lake



**Todd Lantry tagging
Connie Shuman**

Swim Bits

Bring Swimming Back to UO

by Ralph Mohr
Central Oregon Masters Aquatics (COMA)

In the fall of 1961 I walked on to the UO Swim Team coached by Don Van Rossen. I was lucky. No one else on the team wanted to swim the 200 butterfly. After two years of trips to Hawaii, water shows, and beating Washington for the first time since WWII, I realized I had found the right place to swim in college.

Later my relationship to the UO Swim team went downhill when the athletic director abolished the UO swimming program because the football team needed the money. At a reunion of UO Swim Team members near Cottage Grove, swim alumni were told by a former athletic department member that we should never expect to see swimming back at the UO.

I'd like to change that, but I do not know how. The easiest way is for me to donate \$15 million dollars for a new 50 meter pool near the campus and to establish a foundation to support a new swimming program at the UO. It worked for baseball. It should work for swimming. One problem: I don't have \$15 million dollars.

Mike Merrell, someone I coached on the UO Frosh team in 1966-67, has summed up the situation very well in an article for [FishDuck.com](http://fishduck.com). Go to <http://fishduck.com/2015/01/ducks-chance-for-directors-cup-goes-swimmingly/> to read his account.

Mainly, Mike says that the Oregon Athletic Department will never be recognized as an overall excellent athletic department as it does not support enough sports. At the moment Oregon has eight men's sports and ten women's that count, not enough. Stanford, for instance, supports 29, and regularly wins the overall championship, called the Director's Cup.

Oregon could restart college swimming in Eugene very easily. First, hire some young coach who wants to be in the Pac-12 even though the team will be a shoe-string operation. Second, use Amazon Pool all year around. UO would have a 50 meter pool for practice and provide a lap swimming venue 12 months of the year for Eugene residents.

I can hear people right now saying, "Swim outdoors in Eugene in the winter?" As someone who has been swimming and coaching outdoors on the Oregon coast since 1969, I say, "Provide the pool. They will come."

Third, recruit the Pacific Northwest, especially in guys. At the moment there is no NCAA Division One Men's swimming program in Washington, Oregon and Idaho. Offer such a men's program, and they will come.

Fourth, offer no scholarships at all. Just provide expenses for the pool, equipment, coach(es) and travel. Guarantee a meet schedule with at least one weekend of meets in California, the Pac-12 Championships, and, if anyone qualifies, the NCAA Championships. The rest would have to be raised by the teams or from a benefactor.

And that's why I am writing this. Is there some one out there, perhaps not with \$15 million, but willing to cover yearly expenses as outlined above? If baseball can lose \$1.7 million last season and still be a viable sport at UO sports, why not have a true Olympic sport that costs a lot less.

I hope, with this, to start a discussion on having swimming back at the UO. It will take more than a swimming alum on the Oregon coast to make this work, even though Steve Prefontaine and Mark Helfrich came from the high school I taught and coached at.

Note: the UO Swim emblem I had made up can be purchased from Maya Graphics, Coos Bay, OR. 541-269-9280 or danica@maya-graphics.com. Tell Danica what year you graduated and how many letters you won, and she'll make suitable changes. Minimum order is three of the vinyl decals for \$3 each. If three of you go together, the decals can be different.



Swimmer Spotlight

Oregon's Golden Girl

by Karen Andrus-Hughes
in honor of her best friend and Olympian—Kim Peyton

A swimming documentary was just released this past June called "The Last Gold," about an American women's relay team that raced just over 40 years ago in Montreal, Canada, at the XXI Olympiad. The story focuses on what we now know was an unfair competition between the drug-enhanced East German women and the rest of the world. It is a story of both triumph and tragedy, as the East German women swimmers were victims as well.

There is an Oregon connection in this story. Kim Peyton, who grew up in southeast Portland, was lead off on this remarkable 4 x 100 freestyle relay. Truly amazing swimming, and against all odds they swam to Gold.

Kim was a close childhood friend of mine, both in and out of the pool. She was born in Hood River, and moved to Portland early in life and learned to swim at the David Douglas High School pool. She excelled in school as well as in the pool. We became friends when I joined DDSC in 8th grade. We swam a lot, back in the days of massive yardage and little to no talk about swimming technique or swim drills. No goggles or cap either. Outside of the pool we learned to sew in Home Economics (Wood Shop was just for the boys), and grew to love making clothes for ourselves – including hip-hugger bell-bottom pants that were a thing back then. Boys were a big topic of conversation. During the summers when yardage bumped up considerably we'd spend time together between morning and afternoon practices, eating, sewing, resting, eating and talking about boys. Swimmers can be ferocious eaters and so this story comes to mind. One day after morning practice we decided to go to Dunkin' Donuts and buy a dozen each. Always the competitor, Kim finished her twelve and went on to help me with one of mine for a total of 13, versus my nine (we couldn't get through the last two). Afternoon practice was a particularly tough one for us both!



In 1972 we both qualified for the Olympic Trials held in Chicago. My time in the 200 free barely made the cut, but Kim's freestyle times were fast and in the mix to make the team, particularly in the 100 and 200. In those days there wasn't a 4 x 200 women's relay, so the 100 free was the event where at least four swimmers would make the team. Kim didn't finish in the top four, but made the team as an alternate on the fifth double (extra team spots made available when other swimmers make the team in more than one event). We were so excited!! In Munich, Kim swam the 100 free in prelims to help the U.S. women make it to finals, where they did win Gold. The East Germans took Silver and West Germany Bronze. Though the East Germans had a good showing in the 1972 games, their prowess evolved rapidly in the years that followed leading up to the 1976 games.

At the Santa Clara International meet in June, 1973, I remember seeing the East German girls swim for the first time. Kim and I were intrigued by their different look, but honestly I'm not sure either one of us knew anything about anabolic steroids or doping. We were likely most taken aback by the fact the East German girls didn't shave their arm pits.

To dive forward to 1976, Kim made the U.S. Olympic team in the 100 free. In Montreal she set the American Record in the 100 free in finals, but was clearly disappointed at the wall with a fourth place finish. East German swimmers took 1st and 2nd place, and a Netherlands swimmer won the bronze. The physical changes the East German women exhibited, including exceptional muscle mass and low voices, were observed by other swimmers and coaches in Montreal, but for the most part not outwardly spoken about.

The performances of the East German women swimmers reached a pinnacle at these Olympics. They not only won their first swimming gold medal in Montreal, but they also won Gold in all but one individual event – and Silver as well in several others. They were annihilating their competition, and crushing world records at every turn. The American women were frustrated. Going into the final women's event, the 4 x 100 free relay, television commentators speculated about which team might get the Silver, assuming it was a foregone conclusion the East Germans would win Gold.

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USMS Adult Learn-to-Swim Lessons in Hood River, Oregon

by Sandi Rousseau

Photos Courtesy of Lasting Light Photography

Hood River Valley Parks and Recreation District (HRVPRD) and Columbia Gorge Masters (CGM) received a \$3,000 grant from U.S. Masters Swimming 'Swimming Saves Lives' foundation to fund an Adult Learn to Swim program during the month of April, 2016. The governor of Oregon declared April as 'Adult Learn to Swim Month'. The money funded five free lessons for any adult who chose to participate, as well as providing participants with a cap, goggles, certificate at the end of the program, and a free swim pass to the aquatic center, as well as scholarships for adult swim lessons.

HRVPRD and CGM partnered to apply for this grant because learning to swim can not only save a life, but it has a multitude of positive effects on an individual's health and well-being. Additionally, our community's direct exposure to water in the Columbia River Gorge makes it so important for everyone to have the opportunity to learn how to swim, especially for those who have little experience with swimming or have a fear of water. Because we live in a recreational area with multiple opportunities for water sports, we felt there were many adults who would benefit from learning basic water safety, as well as becoming stronger swimmers.

The response in our community was huge. Within two weeks of posting flyers and writing an article in the local newspaper, the class maxed out at 52 registrants with a waitlist.

Our goal was to reach out to the Hispanic community, and we were successful in doing this. We had 42% Hispanic, 56%



Caucasian, and 2% Asian attend classes. 79% were female and 21% were male. 44% attended 4 or 5 classes, and 71% attended 3 or more classes. Students came from the Hood River Valley, White Salmon, WA, and as far east as The Dalles and as far west as Stevenson and Carson. We had several Spanish speaking instructors for those students who were not bilingual, and we made a laminated list of common swim terms in Spanish.

Columbia Gorge Masters provided 25 volunteer instructors and six instructors from the HRVPRD staff also participated. The aquatic director provided an orientation class for all instructors, and 90% of the instructors attended that class. There was an average of 20 instructors at each class. The classes were divided into four different categories of swimmers. The first group consisted of persons with little to no experience in the water with fear of the water. The second group was persons who did not have a fear of the water but had little experience in the water. The third group was for swimmers who could swim some but needed to work on breathing. The fourth group was swimmers who wanted to refine their freestyle and begin working on other strokes. The vast majority of swimmers were at levels 1 and 2 at the beginning of the classes.

We found that swimmers did well when they saw success with actual movement and swimming. Students were often very excited as they achieved a new skill, and this was reward-



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SWIMMER SPOTLIGHT
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My family watched the relay at our house on TV, a few blocks down the street from the David Douglas pool where Kim had logged 100s of training miles. Though we had already received a phone call that Kim and “her” relay had won, we watched with tremendous excitement and anticipation!



A greatly enlarged photo of Kim Peyton covers a large wall (floor to high ceiling) at the David Douglas pool. Karen is standing in the foreground.

About 10 years ago Kim’s parents, Barb and Gene, brought a very old VHS tape to my house. Barb said it had been sitting up on the shelf in their closet for the past 30 years and she couldn’t bear to watch it. We watched in tears 30 years later as the U.S. Women were (again) victorious!

After the Olympics Kim went on to Stanford University where she swam and earned a degree in Journalism. She met her husband Drew McDonald at Stanford, who was a member of the 1984



Kim Peyton, Karen Andrus and Kelly Peyton

Olympic Water Polo Team. On December 13, 1986, a month shy of her 30th birthday, she died as a result of an inoperable brain tumor she’d battled since 1979. In 1989 she was inducted into the Oregon Swimming Hall of Fame.

You can find several postings of the 1976 — 4 x 100 women’s free relay and “The Last Gold” movie trailer on YouTube.

Editor’s note:

1976 Olympics — 4 x 100 women’s free relay:

<https://www.youtube.com/watch?v=LinqPGZPqUw>

“The Last Gold” movie trailer:

<https://www.youtube.com/watch?v=3gk4vDiBRvQ>

East German Doping documentary link:

<https://www.youtube.com/watch?v=VvKQ2kVBwTU>

“The Last Gold” will air in Portland, Monday, August 1st, at 5:30 PM on NBCSN (NBC sports network)



Beast mode in the boys’ lane ... one paddle destroyed! Nice work Colin! — John McComish, Colin Wallace, Carl Eriksson and Karen Andrus-Hughes at ClubSport Oregon



CGM just after a hard IM workout of 3+km

HOOD RIVER ALTS PROGRAM

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ing for both the students and instructors. The aquatic director developed lesson plans for each level that incorporated USMS skills and competencies, while also providing swimmers with strategies for survival, building skills, and building endurance. We made laminated sheets of the outline for skills for each instructor to have his/her own copy on the pool deck.

We found that 33% of the participants achieved all 5 of the American Red Cross competencies. Many were able to successfully swim a 25 meter freestyle or more by either side breathing or flipping over to their back for air and rest. Most of our fearful swimmers were able to swim a short distance independently and found many of the tools they needed to feel more comfortable in the water. Every swimmer left the program feeling like they had accomplished valuable skills.

We hope to offer a similar program in 2017, as it became obvious to us that there is interest in learning basic swimming skills and a need for adult lessons in our community.

Photos are Courtesy of Lasting Light Photography



Mark Frost (CGM)—2016 US Masters 10km Open Water National Champion in 45-49 Age group, and 3rd overall Male. In a time of 2hrs 29 mins. Congratulations Mark!



Ginger Pierson (center; ORM) received the High Point award at the June Krauser meet in Florida with 9 firsts and 1 second. June Krauser has been nicknamed "the Mother/Queen of Masters swimming," since she was one of the original founders. The towel says "June Krauser Summer Splash Age Group High Point." Congratulations Ginger!



CGM Birthday Coffee Klatch

Summary...

Records And Meet Results

June Krauser Summer Splash—LCM

Looking Ahead...

Meet Schedule

<u>Date</u>	<u>Course</u>	<u>Meet</u>	<u>Location</u>
August 17-21	LCM	USMS Summer Nationals	Gresham, OR
November 19	SCM	Fall Classic	Hood River, OR

Quote for the day...

No matter how slow you go, you are still lapping everybody on the couch.