



Aqua Master

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"Swimming for Life"

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Cascade Lakes Swim Series & Festival at Elk Lake

July 29-31; Bend, OR

The Elk Lake swim series in Bend was organized by the ever-creative Bob Bruce, COMA coach. The Cascade Lakes Swim Series at Elk Lake is a sanctioned event which includes 500 meter, 1000 meter, 1500 meter, 3000 meter and 5000 meter swims with the 1500 meter distance being the NW Zone Championship. If you swim all five events over the weekend, you will receive the coveted "Survivors" award.

Those who do this series of swims have the opportunity to form close and lasting friendships with other participants over the
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Tim Waud proudly displays his 1st place ceramic coaster award for the Elk Lake Short Series



Calm prevails at Elk Lake in the early evening



Ready for the start of the 2016 NW Zone 1500-meter Open Water Championships at Elk Lake



Happy swimmers and staff after a hefty burrito lunch at Elk Lake

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Send address changes to Susie Young all other questions to Christina Fox
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Off the Block



Stronger hips and better balance with single-leg exercises

Unlock additional athletic potential and improve mobility and stability

by Chris Ritter

Improving balance and strength in a single-leg stance is vital for general health and fitness—both balance and strength play a big role in avoiding accidental falls as you age. Progress can be slow when learning to master these movements, so patience and repeated practice is needed.

Review

Here are the categories that you should train consistently if you want a balanced program with a focus on injury reduction and performance enhancement:

- Push (horizontal and vertical)
- Pull (horizontal and vertical)
- Squat (single-and double-legged)
- Hinge (single-and double-legged)
- Core (prone, supine and vertical)

In this article we'll review the fourth bullet point, specifically, hinging movements done on a single leg. I'll explain how to safely and effectively strengthen your hips while increasing mobility.

Before you begin, review all of the videos of the exercises and progressions for a clearer understanding of all of the movements and variations. (They take less than 30 seconds each.)

[Go to the web site by clicking here.](#)

If you're new to training with weights, consult a qualified trainer or strength and conditioning coach to help you determine if these exercises are appropriate for you. Always start with the lowest weight possible and increase as you get stronger.

Assessment

This assessment is done by standing on your left leg only, and bending over to touch your left foot with your right hand for six reps. Try not to touch the ground with your right foot. Perform the same test on the other side as well.

Using your worst leg as a marker, if you can perform all six reps without touching the ground, start on Level 2. If you touched the ground with your other foot once or more during the test, start on Level 1.

Level 1

These are beginner exercises to help reinforce the correct pattern that your body should be moving through when performing a hinge in a single-leg position. Emphasis should be placed on using your glutes to control your movement up and down. It takes time to make a connection and control yourself in this single-leg position. Make sure that your knee is not locked while standing on it, you want a "soft knee," one that looks straight but isn't locked.

Only perform the exercise in a range of motion that you

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Fit to Swim

Coach Aubree Gustafson
OMS Fitness Chairman

Moving On...

To the volunteers who worked tirelessly to ensure our National Championship Meet was a success, and to the swimmers young and old who continue to motivate and inspire their family, friends and each other, Thank You for continuing to prove that we are all Fit to Swim.

After a meet like Nationals it can be tough to move on and get back into training without another "big meet" on the horizon. However, there is no time like the present to start preparing for your next big race. All year we have been discussing and checking in on your goals. Now is the time for reflection. Ask yourself:

- ✓ Did you meet your goal(s)?
- ✓ Can you edit your goal(s) for further improvement or do you need to set a new goal?
- ✓ Is there something specific you could have focused on or done differently?
- ✓ Can you incorporate those changes into your regimen to improve your chances for success?

Remember that in Masters swimming, we swim for life, and your goals will modify over time. Change is good! Do not

feel discouraged if you did not meet your goal(s); more time might be needed for you to achieve them. If this was your first National meet, or your 15th, you may have set a new base line for yourself to improve upon in the future. Start thinking about areas for improvement and set new S.M.A.R.T. goals to help further your success.

At the end of this year, my fourth as Fitness Chair, I too will be moving on to focus more of my spare time on personal and professional pursuits. If you or anyone you know is interested in applying to become the next Fitness Chair, please let me or any of the other board members know of your intentions. Feel free to contact me with questions you might have about the position.

In order to give our next Fitness Chair the best possible start, I ask you the reader to write in and let us know what you would like to hear more about. Thanks for your help!

Topics of interest

- Format preference (*i.e.* relatable info or scientific articles)
- Professional interviews (*i.e.* medical or professional staff input on various topics)
- Anything else you want the next Fitness Chair to know

Recent Meets & Records

Cascade Lakes Swim Series & Festival at Elk Lake *Open Water*

July 29-31; Bend, OR

Results can be found at:

http://swimoregon.org/results_pdfs/2015-2016/2016-Cascade-Lakes-Swim-Series-Results%20FINAL.pdf



USMS Summer Nationals—LC August 17-21; Gresham, OR

Next month special! Get news, records and photos on the USMS Summer Nationals in the October *Aqua Master*. What an exciting time it was for the almost 1300 swimmers who participated!

Swimmer Spotlight

Deidra Cherzan

Work: Attorney/CPA

Age: 59

Workout Group: Central Oregon Masters Aquatics (COMA)

I love water. Ice blue water, flat turquoise water, green water, pewter gray ocean water, any color water. When I am not swimming, I am in the bathtub or a hot tub. When I visit other states or other countries, I search for a body of water in which to swim. The most delicious body of water I have experienced was a river near Coeur D'Alene, Idaho. It was 98 degrees outside, the windows were rolled down on our Subaru and my husband, dog and I were driving through gravel beside a river. I stopped the car and ran into the cool, flowing river. The river was shallow which caused me to swim properly – high elbow. As I swam I watched the fish and the blue, gray and pink river stones below me.

Wherever I go I find water... the Mediterranean sea; a swimming pool in Cardiff, Wales; the ocean in New Zealand; a swimming pool in Queenstown. I also find people — welcoming Masters groups in Boise, Chico, Wellington, Portland, Victoria.

I grew up in Newport, Oregon, where my first swimming experiences were in a neighbor's foundation after a hard rain, and the Newport Natatorium. My mother learned to swim from her father who was a Red Cross director in Portland and lived on Lake Oswego before it was anything more than a lake. My mother taught me to swim and was the first coach of the Newport, Oregon, swim team. She recruited me at 9 and my brother at 11. My brother lost interest while I concentrated on springboard diving and became a far better diver than swimmer. My daughter was also a swimmer.

I took a break from swimming for nearly 30 years. In 2003 I joined Central Oregon Masters. I compete occasionally; however, for me, swimming is about relationship with people and

water. Six years ago I wanted more mileage and more difficult, diverse workouts so I have been swimming with specific individuals rather than COMA. Jamie Proffitt is the unofficial "ring leader" of an unofficial group of swimmers who concentrate on more mileage and difficult workouts. I swim with him two days a week. Jen Baran is a swimmer who moved up from the Stanford Swim Club and I have been swimming with her for nearly two years. Kelsey Holmberg Adams has also been another steady swim partner for several years.

I find that I have unintentionally served as a metronome, or Greenwich meantime, for women starting or adding to their families. My speed does not change; however, Jen, Kelsey and Amy Imwalle-Holcomb all swam during their pregnancies. Although all are appreciably

faster than me, during their seventh month of pregnancy they began to slow slightly. In Kelsey and Jen's ninth months, I occasionally swam ahead of them; Amy Holcomb, however, had a turbo bump and only swam faster. During Jen's ninth and tenth months she was still swimming butterfly sets! And I was still behind her! A month after the birth of their various children, the world was righted again, my head shrunk back to its original size and I continue to struggle to maintain a reasonable interval behind them.



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Swim Bits

Time, at Eel Lake

by Ralph Mohr

Central Oregon Masters Aquatics (COMA)

Expositio: The poem was written after cable swims at Foster Lake in 2015. I had a discussion on the beach with a fellow swimmer who had a PhD in English Literature and whose thesis was on T.S.Eliot. Having read Eliot's "Four Quartets" in a seminar once, I was caught by the poet's use of time, and I tried to apply the motif to swimming up and back the west arm of Eel Lake on the Oregon coast near Coos Bay.

Time for open water swimmers disappears.
Distance, duration and place measure time.
Sun above the Eel Lake hills measures time,
And the black mirror of the shadows shrinks
As we enter the placid water to reach
Out for the pilings at the furthest end
Of the west arm. How long you ask?
Five thousand yards out and back, a short hour
And more when swims are measured by a clock.
We can see the sun higher above the hills.
Breathing on the right. Breathing on the left,
We can see Bench Point where race leaders slipped
And slid, and see Red Cliff where earth slipped,
A smear of red. A white snag sticking out
Above the water appears on the right,
Almost to the pilings where a short line
Train transported trees two or three cuts ago.
A flip on a dead tree stuck in the mud,
And we all turned round, halfway in the space
Of the swim, repeating the distance gone.
Fishermen gawk, kayakers pace, paddle
Boarders parallel. We encounter no

Monsters, no Scylla, no Cyclops casting
Sinful stones. Not even an eel, as the lake
Was named for its shape and grows only trout,
Bass, steelhead, waterweed and swimmers,
Who reach out, grasping the water, propelling,
Push in a spiral behind, hearing air
And the rush of the water in their ears,
Wrapped in the envelope of their passage
Through the green water. Finally the sun
Clears the hills, shadows are gone, and distance
Is measured by stroke and heart beat.
We could have swum east, another white snag,
An honest thousand yards, measured by watch,
GPS and cadence, past the wasp log,
Hidden colony who will measure time
With their lives, season short or glyphosate.
In either arm halfway is when we turn
Around and swim for where we began.
We measure time in reverse, snag, cliff, bench,
Sun high, shadows gone. We see cars glitter,
and out of the shallows, we leave footprints
In the sand of the beach. The clock is complete.



OFF THE BLOCK

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can control. Over time, you should slowly be able to increase your range of motion. Never go faster or farther than you can while maintaining proper technique. Changes will occur slowly, so patience is needed when doing these exercises.

Single-leg Balance: While standing on your right foot only, bend over and touch your left hand to your right foot. Stand back up while maintaining balance and not letting your left foot touch the ground. Perform four to 10 reps each side.

Single-leg Floor Bridge: Lie on your back with both feet flat on the ground. Push through your feet and squeeze your butt until your hips are off the ground with your back in a straight line with your head and knees. Then raise one foot off the ground and straighten that knee. Hold for 3 to 5 seconds and then switch to the other leg. Repeat for 10 to 20 total alternating reps.

Single-leg Layout to Wall Touch: While standing on your left foot, hinge forward at the waist with your arms stretched out in front of you, while maintaining tension in your back, hips, and your right leg, as it lifts behind you. Reach forward until you're able to touch the wall with your outstretched arms. You should have a straight line extending from your hands through your head, hips, and feet. Resume to the starting position and repeat. Perform five to 10 reps on one side before switching.

Level 2

These exercises add additional stability challenges, but most gains in the single-leg hinge will be with a combination of both Level 1 and 2 exercises, as appropriate for your level of competency.

Single-leg Deadlift + DB: This movement is identical to the Single-leg Layout listed above but, instead of touching a wall, you hold a dumbbell in the hand on the opposite side of the leg you're standing on. Perform five to 10 reps on each leg with an appropriate weight.

Single-leg Deadlift & Row + Cable: This movement is identical to the Single-leg Layout but, like the Single-leg Deadlift + DB, you instead hold a cable and perform a rowing motion before you stand back up. Perform 5 to 10 reps on each leg with an appropriate weight.

Single-leg Layout 3D: While standing on your left foot, hinge forward at the waist with your arms stretched out in front of you, while maintaining tension in your back, hips, and your right leg, as it lifts behind you. Through the first three reps go in three different angles: to the right, center, and left when you lean forward. You should have a straight line extending from your hands through your head, hips, and feet. Then resume to the starting position and repeat. Perform six to 12 reps on each leg.

Remember to watch the [videos of all of these exercises](#). The single-leg hinge can unlock a lot of your athletic potential as well as keep you safer from falls as you age. Proceed slowly and you'll experience success.



CASCADE LAKES SWIM SERIES AND FESTIVAL AT ELK LAKE

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weekend campout. Food is provided after each day's events. It is pleasant to eat Hardy Lussier's chicken wings Friday night as the moon comes up over Mt. Bachelor. The Saturday night party was the scene of the annual Super Bowl bet between Connie Shuman and Dan Gray. The loser cooks for everyone. Dan did a great job this year.

Wouldn't you like to be a part of that? Just join up for open water swims next year. Not only will you form lasting friendships and be challenged in many swims across Oregon lakes, but you will have a chance to participate in three open water National Championships in 2017 in the Pacific Northwest. Foster Lake will have the Two Mile Cable National Champion-

ship in June. Elk Lake will host the 5K open water championship in late July. In September, PNA will host the One Mile National Championship at Angle Lake in Tacoma.



SWIMMER SPOTLIGHT

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I swim in the same pool with several beautiful swimmers and it is a joy to watch and try to emulate their strokes. Constructive comments from coaches are helpful for stroke improvement; absent that, emulating good form is a fine second best. Hardy Lussier, Jamie Proffitt, Tom Landis, Amy Ward and Jen Baran serve as model swimmers.

I came to Masters swimming 13 years ago. I did not swim or dive after I graduated from high school. Rather, I graduated from Oregon State University after four years of learning. I loved math and languages but didn't like chemistry. I HATED Fortran (early computing language where after spending a day programming something I would receive a two foot pile of punch cards back with the mission of trying to locate a misplaced comma.) I served 4 years of active duty in the Air Force, was promoted to Captain and served another 8 years in the weekend reserves in Combat Communications, Intelligence, and Communications and Electronics. At the same time I became a Certified Public Accountant by attending night school while I worked full time in several consultancy and project management positions with Household International, Fairchild Semi-Conductor and Arthur Young. At the age of 34 I took a hiatus from a full time job and attended law school at the University of Washington. Since 1993 I have worked full time as an attorney and CPA.

I swim because I love water. I participate in Masters because I enjoy my swimming mates and I enjoy meeting new people with a common interest when I travel. I also participate in Masters because I have learned that staying fit leads to a better quality of life. My father is 95 and my mother is 91. My father still chops wood, works out on Nordic Track, hauls landscape rock, gardens and bicycles in their neighborhood. My mother still bicycles, works out on Nordic Track and also gardens. She skied until she was 88 when she did not want to risk the damage from a ski accident. My mother fell off a ladder that slipped from roof height when she was 87; she did not break any bones. At 88 she had open-heart surgery with three heart valves replaced. Less than a year later she was bicycling and working out again. Both of my parents live together, in their own home on several acres.

I have been told I have good genes. We do not; we have no better genes than most people. Our close relatives are obese and most of them died while in their 70s. The difference is that we have stayed fit. While we may not live longer, we can enjoy our life while we are alive. That is also why I swim.

I have been married, now, for 15 years, to my nemesis, my evil half, whom I married on the shortest, darkest day of the year and whose time I share with my lovely dog, Ubu. James supports my swimming probably because I tolerate his driving and because I have made room for the 626 hats he owns which are hung on the walls and sit in piles everywhere. We are, at least, never without a hat.

—submitted by Denise Stuntzner

Summary...

Records And Meet Results

Cascade Lake Swim Series and Festival at Elk Lake

Looking Ahead...

Meet Schedule

<u>Date</u>	<u>Course</u>	<u>Meet</u>	<u>Location</u>
November 19	SCM	Fall Classic	Hood River, OR

Quote for the day...

*If you're swimming in the lane next to me,
the answer is, Yes, we are racing.*