



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

Volume 44, Number 1

Published 10 Times Yearly by OMS, Inc.

January 2017

World Record Swimming at Hood River — Exciting!

by Jill Marie Asch

There were 77 swimmers registered in the Fall Classic at Hood River. This pool has 10 lanes, and a nice warm (93°) hydrotherapy pool! Thank you, Sandi, for hosting this meet.

Here are some highlights, comments and fun notes about the meet:

- This was Mirjana Prather's (MVA) first meet in 15 years. She's been doing open water swims in Australia before this.
- Joy Ward's first SCM meet since her surgery. She's so thankful to be back racing!
- Charlie Helm crushed it in the 100 free.
- USMS National Record; Women's SCM 200 Free relay; 280+; with Joy Ward, Sandi Rousseau, Janet Gettling and Rececca Kay in 2:30.72
- World Record in the 280+ Women's 200 SCM medley relay with Joy Ward, Sandi Rousseau, Janet Gettling and Rebecca Kay. 2 :46.92 SO EXCITING!!!
- Willard Lamb is thrilled to be back racing and looking forward to racing in the 95-99 age group. He's a Christmas Eve baby (that means — for meter meets he is considered a year older (95) than he really is (94), because one's age is determined by the age you will be on December 31, of that swimming year, no matter when your birthday is). This meet was his 71st since he started competing in Masters.
- Collette crushed it with 5 new State SCM Women's 60-64 records in the 100 back, 50 fly, 100 IM, 100 fly and 800 free.
- Reign swimmer Cliff Stephens got a 200 SCM Fly re-



World Record 200 Medley Relay; Age group 280-319; Joy Ward, Rebecca Kay, Janet Gettling, Sandi Rousseau

cord previously held by Allen Stark who swam it with a breast stroke kick. WHOOP WHOOP!

- Karen Andrus-Hughes says she loves coming to Hood River! So many lanes to warm down and a heated pool to relax in!
- Oregon Ducks were represented with several first time swimmers. Their first meet of the season. Team Captain Michael Loyd got a State record (18-24) in the 100 SCM breast.
- Caesar Bernardo (ORM) swam in his first Masters meet EVER!
- Sarah Leary, with VSC, swam in her first meet in 17 years, winning 1st in all of her 30-34 age group races. GO SARAH!
- MAC swimmer Scot Sullivan earned State records in the Men's 50-54 100 SCM IM and 800 SCM free. (see photo, page 14)
- Jordan Porter with the MAC earned himself ALL THREE MENS 18-24 MAC RECORDS in the backstroke events.
- Mike Self, Mark Frost, Brent Washburne and Scot Sullivan earned a Zone record in the 4 x 100 Free Relay in the 200-239 age group. (see photo, page 12)

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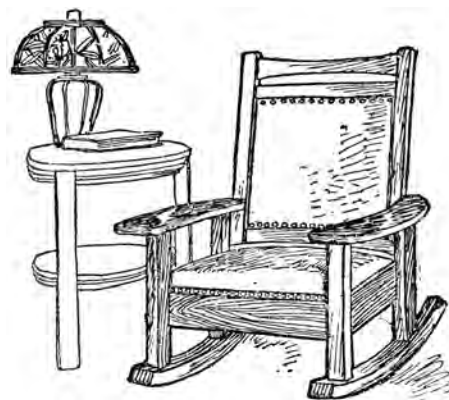
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Chair's Corner

Jeanne Teisher
Retiring OMS Board Chairman



Dear Fellow Swimmers:

After 12 years (off and on) as the OMS Chair I am handing over the gavel, so to speak, to Tim Waud. It has been an honor and privilege to serve the OMS Masters swimmers as Chair for the past few years. It has also been an honor to work with such an active and passionate team of volunteers who devote so much of their time, expertise, and wisdom to serve as the LMSC's officers and committee chairs.

Over the past 12 years I have seen the LMSC membership grow; new teams start up and some teams fold; more meets being hosted by various teams/groups; new swim programs introduced for coaches, swimmers, and officials; the Open Water program become legendary both nationally and internationally; OMS host 2 well-organized, very successful National LCM meets at Mt. Hood Community College; new committee chairs added to the Board; Board meetings go from meeting in person to conference calls; the once-a-year (in the fall) for a 1-2 day Board retreat to discuss ways to improve and strengthen the LMSC for all swimmers; our communication to the membership improve dramatically via email blasts, website, newsletter (*Aqua Master*), and Facebook; many of our swimmers getting involved administratively at the Zone and National levels; the Board spend many, many hours developing the organization's By Laws and Policies... I can go on and on as we have done so much over the years to make OMS one of the top LMSCs in the country.

I have worked with Tim Waud for many years. If you don't know Tim, I can tell you he is one person who is very, very dedicated to swimming both for fitness and competition. He will definitely be a great Chair as he has proven his ability to lead through his coaching and building of his local team, co-chairing the National meet last August, chairing numerous committees on the OMS Board, and chairing the NW Zone committee, just to name a few areas he has successfully led. Tim loves swimming and OMS! He will work hard to continue building Masters swimming around our LMSC and at the Zone and National level.

Thank you for your support over the years. I'm not going anywhere, though. As past Chair I will continue to serve on the OMS board offering my support and assistance as needed. See you at future swim events.

Best regards

Jeanne Teisher



Off the Block



Aileen Riggin-Soule ***Olympic Diver and Swimmer***

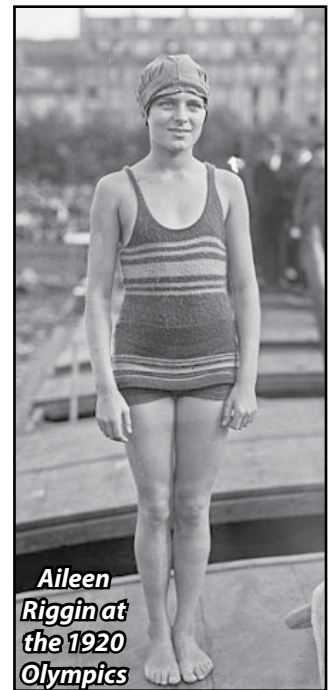
Tiny Aileen Riggin of Newport, Rhode Island, was only 14 years old when she won her Olympic gold medal in springboard diving. At 4 feet 7 inches tall and weighing 65 pounds, she was the smallest athlete at the 1920 Olympic Games in Antwerp, Belgium.

She was born May 2, 1906, in Newport, R.I., and reared in New York City. Her father was a Navy paymaster, and she traveled extensively with her parents.

She learned to swim at age 6, in Manila Bay, Philippines. In 1918, she came down with influenza during the epidemic that swept the United States during World War I. On her doctor's recommendation that she swim for her health, she joined the celebrated Women's Swimming Association team in New York.

L. de B. Handley, the volunteer coach of the small group, introduced her to the American crawl, which he had perfected. Aileen progressed rapidly. However, weighing only 65 pounds, she was not yet strong enough to compete with the best swimmers in the New York area. Having studied ballet at the Metropolitan Opera House in New York, she saw much the same discipline in diving, so she took up diving in 1919. There were no indoor pools with diving boards available to women. Many people thought women should not dive at all because it would injure their health.

The men had places like the New York Athletic Club and some private clubs, but there weren't many pools in New York, especially for women. Most of the time, the women went to the beach and dove off the planks. There was a tidal pool on Long Island, an hour from the city. When the tide rose, the board was about 10 feet above the surface, about the height of a 3-meter springboard. When the tide was out, the drop was 14 feet, so the divers tried to time their practices for high tide in warm weather on weekends. They finally found a pool over in New Jersey that had a 10-foot board. But the pool was only 6-feet deep, so it was very dangerous.



***Aileen
Riggin at
the 1920
Olympics***

The 1920 Olympics at Antwerp, Belgium, was the first Olympics in which women officially competed. Since Aileen was only 14 years old and weighed 65 pounds, she was at first turned down by the 1920 selection committee for being too young. But a team manager, who promised to look after Aileen, persuaded the group to change their thinking. She was one of only 15 American women who attended the Antwerp Games.

To get to Antwerp, they sailed on a battered military transport ship for 13 days, where training was a nightmare. The javelin throwers could tie a rope around their javelin, throw them out to sea and pull them back. The shooters used clay pigeons until they ran out. In a tiny canvas tank filled with seawater, the swimmers, one at a time, swam 5 to 10 minutes, held in place by a belt around the waist. Divers could not train at all.

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Setting the Pace with Coach Tim

Coach Tim Waud
OMS Coaches Chairman



2016 U.S. Masters Swimming National Coaches Clinic—San Mateo, California

U.S. Masters Swimming held the National Coaches Clinic (NCC) in San Mateo, California, November 11-13, 2016. This was the 2nd Annual NCC with over 130 USMS Coaches in attendance. Guest speakers included: Dr. Ernest Maglischo, Steven Munatones, Cokie Lepinski, Olympian Sheila Taormina, Dr. Rod Havriluk, and Coach Ronald A. Marcikic. I had the opportunity to attend this three-day clinic, and would like to share some of the wisdom that was shared by the Masters Swimming coaches' community.



College of San Mateo pool

Dr. Ernest Maglischo

Dr. Ernest Maglischo has authored or co-authored seven textbooks and three booklets on various aspects of competitive swimming. He also co-authored two booklets on nutrition for athletes. His latest publications are Volumes 1 and 2 of, *A Primer for Swimming Coaches*, which were

released in late 2015, and early 2016. Volume 1 is titled *Physiological Foundations*, and the title for Volume 2 is *Biomechanical Foundations*. One of my first textbooks as a new coach was *Swimming Faster*, which I had Dr. Maglischo sign. I also have his two revisions: *Swimming Even Faster* and *Swimming Fastest*. *Swimming Even Faster* was once selected as the best competitive swimming manual by members of USA Swimming.

Dr. Maglischo explained that the same principles used for training elite competitive swimmers can be adapted and applied to the training of Masters swimmers of all ages and ability levels, if you understand the relationships between time, intensity, and energy metabolism. Some observations of the effectiveness of HIT (Hi Intensity Training) and USRPT (Ultra Short Race Pace Training) were also discussed. My biggest take-away from the presentation was the importance of recovery, and the quality of swim training. Recovery includes: lactate clearance sets, and post workout recovery, including hydration and nutrition.

Steven Munatones

Steven Munatones is the founder of "The Daily News of Open Water Swimming" that has covered open water races in 159 countries and published nearly 15,000 articles on the trends, technology, and tactics of open water swimming. He has been the race director for the Waikiki Roughwater Swim, USA Swimming National Open Water Swimming Championships, and the Pan Pacific Swimming Championships 10K. He created Openwaterpedia, World Open Water Swimming Awards, Oceans Seven, and the World's Top 100 Open Water Swims.

Steven's presentation was "Open Water, From Start to Finish." Section 1, for the enthusiast, was an overview of the previous 100 years of the sport and predictions for the next

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Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman

What is the One-Hour Swim? This event resolves the basic question of how far can you swim in one hour. It's the first USMS postal swim each year, done only during the months of January & February. It's the largest stand-alone participation event on the USMS calendar, as more than 2500 swimmers across the nation swim it every year. It's the oldest of the USMS postal swims, started in 1977. It's not only a spirited competition, but also an excellent post-holiday, early-in-the-year fitness event suitable for EVERYONE. I repeat: EVERYONE! Did everyone hear me say EVERYONE?

Two changes in the One-Hour Swim for this year:

- The time frame for swimming the event has doubled! For 40 years, the swim had to be completed in January; now we have January and February to get this done. Enjoy!
- The USMS birthday rule for postals (and open water swims too) now lists your age on December 31 as your age for the year, just like the rules governing pool meets held in metric pools. As a result, many of you will jump into a new age group for this swim. Enjoy!

How have Oregon swimmers and the Oregon Club fared in the past? Oregon Club swimmers have done very well recently, winning several individual titles and many relays. But this is one of the few Overall (Extra-Large Team) club championships that we have never won before! But our club history shows good involvement and placement

in previous years, including a second place in the Large Team category last year.

Is a championship run feasible? We've won loads of national postal championships in recent years, but never the One-Hour Swim. What about it? We have the pools. We have the swimmers. We have the experience. Do we have the will? Can we do it? Of course...if we want! We rallied to crush the rest of the nation when we hosted the Summer Pool Championships in 2008 and 2016, and we have dominated the other postal championships in the past ten years. But I estimate that it will take 400 swims to win this thing. That's right, 400! Sure, that's way more than we've ever had before, but think big—that's less than half of our club membership. Together, we can do it...if we choose to do it!

Bonus thought: The best build-up for a successful spring and summer season is to develop your aerobic swimming capacity early next year so that you can then do your race training on a solid base. The One-Hour Swim is one of the best tools to develop and measure your aerobic capacity. Use it that way!

Oregon Club Participation: As OMS Long Distance Chair, I plan to send information packets to each team before Christmas. These packets will include...

- An information letter to Coaches, Team Reps, and One-Hour Swim Captains;
- A copy of the event information;
- Instructions on how to run a successful group postal swim;
- Our current OMS One-Hour Swim Top Twelve; and
- A large-print copy of the "Top Ten Reasons to Do the One-Hour Swim", suitable for posting.

Ideally, I would like to see a swimmer from each local team with four swimmers or more to step forward to be Team

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Recent Meets & Records

MSABC Provincial Championships—SCM

April 22-24, 2016; Richmond, British Columbia, Canada

Results-<http://mymssc.ca/Results.jsp>

| | | | | | |
|-------------|--------------------|-----------------|------|---------|--------------|
| Women 50-54 | 50 SC Meter Free | Jill Marie Asch | OREG | 28.51 | Oregon, Zone |
| Women 50-54 | 50 SC Meter Breast | Jill Marie Asch | OREG | 38.62 | Oregon |
| Women 50-54 | 50 SC Meter Fly | Jill Marie Asch | OREG | 31.69 | Oregon |
| Women 50-54 | 100 SC Meter Fly | Arlene Delmage | OREG | 1:11.83 | Oregon, Zone |
| Women 50-54 | 200 SC Meter Fly | Arlene Delmage | OREG | 2:41.51 | Oregon, Zone |
| Women 50-54 | 100 SC Meter I.M. | Jill Marie Asch | OREG | 1:13.45 | Oregon |

Hood River Fall Classic — SCM

November 19; Hood River, OR

Results: http://swimoregon.org/results_pdfs/2015-2016/ResultsHoodRiver_SCM_20161119_Splits.htm

| | | | | | |
|-------------|---------------------------|-----------------|------|----------|--------------|
| Women 60-64 | 800 SC Meter Freestyle | Crabbe, Colette | OREG | 10:56.23 | Oregon, Zone |
| Women 60-64 | 100 SC Meter Backstroke | Crabbe, Colette | OREG | 1:20.03 | Oregon, Zone |
| Women 60-64 | 50 SC Meter Butterfly | Crabbe, Colette | OREG | 34.19 | Oregon |
| Women 60-64 | 100 SC Meter Butterfly | Crabbe, Colette | OREG | 1:14.77 | Oregon, Zone |
| Women 60-64 | 100 SC Meter IM | Crabbe, Colette | OREG | 1:17.34 | Oregon, Zone |
| Women 70-74 | 50 SC Meter Freestyle | Kay, Rebecca | OREG | 35.82 | Oregon, Zone |
| Women 75-79 | 50 SC Meter Freestyle | Nichols, A Jane | OREG | 43.84 | Oregon |
| Women 75-79 | 100 SC Meter Freestyle | Nichols, A Jane | OREG | 1:40.18 | Oregon |
| Women 75-79 | 200 SC Meter Freestyle | Nichols, A Jane | OREG | 3:51.33 | Oregon |
| Men 18-24 | 100 SC Meter Breaststroke | Loyd, Michael | DUCK | 1:11.43 | Oregon |
| Men 45-49 | 50 SC Meter Backstroke | Self, Mike | OREG | 28.50 | Oregon, Zone |
| Men 45-49 | 100 SC Meter Backstroke | Self, Mike | OREG | 1:01.70 | Oregon, Zone |
| Men 45-49 | 200 SC Meter Backstroke | Self, Mike | OREG | 2:18.66 | Oregon, Zone |
| Men 50-54 | 800 SC Meter Freestyle | Sullivan, Scot | OREG | 9:44.35 | Oregon |
| Men 50-54 | 100 SC Meter IM | Sullivan, Scot | OREG | 1:06.68 | Oregon |
| Men 60-64 | 200 SC Meter Butterfly | Stephens, Cliff | OREG | 2:56.30 | Oregon |

RELAYS

Women 280-319 200 SC Meter Free Relay OREG 2:30.72 Oregon, Zone, National
1) Ward, Joy 74 (41.22) 2) Rousseau, Sandi 69 (38.67) 3) Gettling, Janet 68 (35.62) 4) Kay, Rebecca 70 (35.21)

Women 280-319 200 SC Meter Medley Relay OREG 2:46.92 Oregon, Zone, National, World
1) Ward, Joy 74 (46.54) 2) Gettling, Janet 68 (43.78) 3) Rousseau, Sandi 69 (42.37) 4) Kay, Rebecca. 70 (34.23)

Men 72-99 200 SC Meter Free Relay DUCK 1:59.23 Oregon
1) Bontz, Cooper 19 (31.01) 2) Ilgenfritz, Luke 19 (28.88) 3) Dubovoy, Dmitry 20 (28.21) 4) Shadron, Keanu 20 (31.13)

Men 200-239 400 SC Meter Free Relay OREG 3:56.31 Oregon, Zone
1) Self, Mike 46 (54.73) 2) Frost, Mark 49 (1:00.80) 3) Washburne, Brent 55 (1:01.73) 4) Sullivan, Scot 50 (59.05)

Southern Pacific Masters — SCM

December 2-4, 2016; Commerce, CA

Results: <http://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20161202SCMCHAS>

| | | | | | |
|-------------|---------------|----------------|------|----------|--------------|
| Women 60-64 | 200 SCM Free | Colette Crabbe | OREG | 2:29.23 | Oregon, Zone |
| Women 60-64 | 1500 SCM Free | Colette Crabbe | OREG | 20:39.25 | Oregon, Zone |

Continued on next page

Continued—Meets & Records

| | | | | | |
|-------------|----------------|----------------|------|---------|-------------------------------|
| Women 60-64 | 50 SCM Breast | Colette Crabbe | OREG | 38.87 | Oregon, Zone, National |
| Women 60-64 | 100 SCM Breast | Colette Crabbe | OREG | 1:24.39 | Oregon, Zone, National, World |
| Women 60-64 | 200 SCM Breast | Colette Crabbe | OREG | 3:08.21 | Oregon |
| Men 50-54 | 400 SCM Free | Scot Sullivan | OREG | 4:33.53 | Oregon |
| Men 50-54 | 800 SCM Free | Scot Sullivan | OREG | 9:43.84 | Oregon |
| Men 50-54 | 200 SCM I.M. | Scot Sullivan | OREG | 2:24.48 | Oregon |

COMA Pentathlon — SCM

December 10, 2016; Bend, OR

Results: http://swimoregon.org/results_pdfs/2015-2016/ResultsCOMAPent_SCM_20161210_Splits.htm

* = split

| | | | | | |
|-------------|-------------------------|---------------|------|-----------|--------------|
| Women 40-44 | 400 SC Meter Freestyle | Nelson, Sara | OREG | *4:57.19 | Oregon |
| Women 40-44 | 800 SC Meter Freestyle | Nelson, Sara | OREG | *10:04.07 | Oregon |
| Women 40-44 | 1500 SC Meter Freestyle | Nelson, Sara | OREG | 19:02.10 | Oregon, Zone |
| Men 55-59 | 50 SC Meter Butterfly | Uebele, Keith | OREG | 29.18 | Oregon |

RELAYS

| | | | | |
|--|-------------------------|------|---------|--------------|
| Men 160-199 | 800 SC Meter Free Relay | OREG | 8:30.69 | Oregon, Zone |
| 1) Marceau, Matthew 34 2) Miller, Matt 39 3) Lussier, Eilhard 51 4) Sullivan, Scot 50 | | | | |

PENTATHLON RECORDS

SPRINT DISTANCE PENTATHLON RECORDS

| | | |
|-------------|----------------|---------|
| Women 45-49 | Gillian Salton | 3:53.04 |
| Women 70-74 | Ginger Pierson | 5:06.22 |
| Men 55-59 | Keith Uebele | 3:16.22 |

MID-DISTANCE PENTATHLON RECORDS

| | | |
|-------------|-----------------|---------|
| Women 35-39 | Stacey Kiefer | 8:06.46 |
| Men 30-34 | Matthew Marceau | 7:09.10 |
| Men 35-39 | Matt Miller | 7:23.38 |

Puget Sound— SCM

December 10, 2016; Federal Way, WA

Results: <https://www.clubassistant.com/c/D63FBF8/file/results/2016/Results%20-%202016%20PSM%20SCM%20Championships.pdf>

| | | | | | |
|-------------|----------------|--------------|------|---------|--------------|
| Women 40-44 | 50 SCM Breast | Sarah Rogers | OREG | 38.07 | Oregon, Zone |
| Women 40-44 | 100 SCM Breast | Sarah Rogers | OREG | 1:22.31 | Oregon, Zone |
| Women 40-44 | 200 SCM Breast | Sarah Rogers | OREG | 2:58.88 | Oregon, Zone |

LONG DISTANCE

Continued from page 6

Captain for this event and help your coach coordinate this effort and rally the troops. Coaches, get on board—this is a great team building opportunity! After all, the most powerful motivation and group effort is local. Please work it out within your team structure, then tell me who you are (contact me at coachbob@bendbroadband.com). This would be an enormous help!

But a one hour swim is so long...: Balderdash! No whining or flimsy excuses! Your typical practice lasts for one hour, if not longer. Just consider that single continuous swim lasting one hour as your practice for that day.

Note to swimmers from other clubs in Oregon: If swimmers representing these clubs—the other clubs in our Oregon LMSC—are feeling a bit left out in this effort, please don't be! Commit to the strategies listed above, and go for it this year!

Good luck and good swimming in your One-Hour Swim!

Stiff Competition and Sunny Warm Days in SoCal

by Matt Miller

Winter in Oregon can be long, gray, cold, and wet with very little sunshine throughout most of the state. Some Oregon Masters swimmers have discovered that there is an amazing event in southern California that not only provides a chance to escape the dreary winter weather in Oregon and get some sun and warm weather, but also offers the opportunity to compete with and watch some of the fastest Masters swimmers in the nation. That event is the Southern Pacific Masters Swimming (SPMS) SCM Championships, which took place this year December 2-4, 2016.

Annually, USMS holds two national championship pool meets. One in spring - USMS Spring Nationals - and one in summer - USMS Summer Nationals. USMS Spring Nationals are short course yards (SCY) format, while USMS Summer Nationals are long course meters (LCM). There are, however, three distinct seasons within US Masters swimming; the third being short course meters (SCM), for which USMS does not hold a national championship. The absence of a USMS SCM Championship meet has led to a few very large regional meets occurring each year in fall or early winter. One of these meets is the SPMS SCM Championships held annually in the Los Angeles area by the Long Beach Grunions Masters team.

Drawing somewhere around 500 swimmers each year, the meet begins on Friday with the 1500 free, 200 IM, 100 free and 200 back, with the rest of the events taking place on Saturday and Sunday. Talent is deep at this event, so the quality of the competition rivals that which would be found at a USMS National meet.



Kevin Cleary with his 2 silver medals and 1 bronze medal

There were seven swimmers who made the trip down from Oregon: Kevin Cleary, Colette Crabbe, Arlene Delmage, David Hathaway, Matt Miller, Allen Stark and Scot Sullivan. While just seven swimmers strong, Oregon had a great showing, cracking the top 10 in the team scores without doing any relays!

The most notable Oregon swim was by Colette

Crabbe, who set a new world record for women age 60-64 in the 100 meter breaststroke with a 1:24.39! Colette also snagged national records in the 50 breast (38.89) and 200 breast (3:08.21). Additionally, Colette got the Oregon and Northwest Zone records in the 200 free (2:29.23) and 1500 free (20:39.25). Great swimming, Colette!



Colette Crabbe - 1976 Olympian in the 400 IM and 200 breast

Scot Sullivan was able to eke out a new Oregon record in the 200 IM with a 2:24.48, besting the previous record of 2:24.49 held by Phillip Djang by just one one-hundredth of one second! Scot also bested his own records in the 400 free and 800 free, lowering the mark in the 400 by over 5 seconds to 4:33.52 and downing his previous time in the 800 by about a second, to 9:43.84.

Both Kevin Cleary and Allen Stark swam the trio of breaststroke events (50, 100 and 200). Allen took 1st in all three of his events. Congrats Allen! Kevin came home with two 2nd place finishes (50 and 200) and one 3rd place finish (100), while setting lifetime bests in the 100 and 200 breast, thanks to his new training regimen. Atta boy Kevin!

David Hathaway, Arlene Delmage and Matt Miller all had very good swims, with each of us placing as high as 2nd in our age group in at least one event.

If you're looking for a meet to stay motivated to train hard going into the fall and winter, put this one on your calendar. It's definitely worth the trip! Bring the family and make it a swim-cation, as there is a lot to do in the area including Disneyland, Knott's Berry Farm, Universal Studios and other amusement and theme parks.



David Hathaway in Lane 3 with the sunshine spotlight as he is about to launch

Swimmer Spotlight

Rebecca Kay

Age: 70; Workout Group: Rogue Valley Masters; Ashland, OR
submitted by Denise Stuntzner

I got a late start in competitive swimming – I was 32 when I participated in my first USMS Nationals in 1978, and actually back then it was known as USA/AAU Masters Swimming. I learned how to swim from my father, who threw me into a pool at a young age (maybe 4 or 5) with the command “Kick and move your arms around!” Other than that, I had no formal stroke training until I took a “Swim for Fitness” class at Monterey Peninsula College (MPC) in California, in 1976. I loved that class, and just getting in the water, so much that I took that class 2 or 3 semesters in a row. Then one day the MPC Swim Coach, Ted Trendt, invited me to start working out in the mornings with the MPC Swim Team; he said I could work out with them even though I wasn’t a full-time student. That introduced me to what a real swim workout feels like, and the results that can be achieved with regular training and proper attention to swim stroke techniques. I started participating in swim meets in the California Central Coast area, usually placing in the Top Ten for my age group, and getting to know some of the swimmers in the area, like Nancy Ridout and others. At this time I swam unattached, as there was yet no Masters team in my immediate area to join. With the encouragement of my MPC Swim Team coach and buddies, I worked up enough courage to take myself to Nationals in San Antonio, 1978. What a fun experience! I placed in the Top Ten in 5 of my events! I was absolutely thrilled, and also absolutely hooked on swimming from then on.

2002 I changed direction entirely, went to school to learn how to be a massage therapist, and then operated my own practice from 2002 – 2010. I have been retired since then.

So, my competitive swimming stopped after that first Nationals in 1978, but I did not stop swimming. I continued to work out in a pool on my own from 1978 – 2007. For approximately 29 years I religiously did my own workouts 3 times a week, in whatever pool I could find, no matter if it was in the good ol’ USA, Seoul, South Korea; Budapest, Hungary, or wherever! My life was busy with career, husband, and raising our two kids, and I had no time for swim meets, but I sure loved getting in the pool to workout 3 times a week.

In 2007 we were living in Henderson, Nevada, and I joined the Las Vegas Masters, coached by Vic Hecker. I feel so fortunate to have benefitted from his expert coaching. Vic is a dynamic coach, always positive and upbeat, and motivates his swimmers in a very positive way. Under his coaching I started competing again, after such a long break. As a member of Las Vegas Masters, I competed in the 2008 Nationals in Austin, TX, and the 2009 Nationals in Fresno, CA. I placed in the Top Ten in several events at these meets also, which served to build my self-confidence and self-esteem, as swimming has done all my life.

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Rebecca in front yard, Carmel, CA, home from 1978 Nationals in San Antonio, TX

At that point in my life (1978) I was married, had two young children, and had just started working outside the home. I hired on with Pacific Bell as a cable splicer. My career with them continued on until 1994, where I held various positions: cable splicer, Outside Plant Engineer, and Long Range Planning Engineer. From there I continued on in the cellular field as a Project Manager, working in several international and domestic projects until 2002. In



2008 Nationals, Austin, TX, Top Left: Rebecca Kay with LVM Golden Girls and Coach Vic Hecker

SWIMMER SPOTLIGHT

Continued from page 10



Rebecca at the 2008 Nevada Senior Olympics

Another fun event I entered was the Nevada Senior Olympic Games, in 2008. I took first place in 6 different events, and got to experience first-hand what Michael Phelps must feel like with all that gold hanging around my neck!

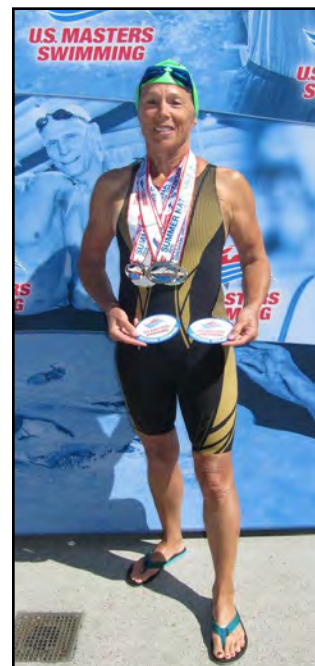
In 2010 my husband and I retired in Ashland, OR, and I joined the Rogue Valley Masters Swim Team (in choosing a town to retire, at the top of my priority list, it had to have an active Masters swim team!). So then I started competing in meets sanctioned by Oregon Masters Swimming, and I have met even more wonderful, friendly folks who like to swim. In addition to competing in various local and state meets, I also participated in the 2012 and 2016 Nationals at Mt. Hood Community College, again placing in the Top Ten in several of my events.

I have 3 huge highlights so far in my competitive swimming career. They all occurred at the 2016 Nationals this past summer. The first was setting a new National record in the Women's 50M Freestyle (LCM), in my age group (70 – 74). I trained for four months with the coaching and encouragement of Dr. Mark Hageman (my present unofficial swim coach; and he is such a good coach he should seriously consider earning his coaching certification, hint, hint!) and my good friend and RVM teammate Matt Miller. I was able to grab that goal and hang on to it for only a few moments. I swam a :33.95 (the old record was :35.22). In the very next heat after mine, Diann Uustal set a new record of :33.52 (great swim Diann!), so I literally held that record for just minutes. The second highlight of my swimming career was helping to set a new relay World Record: I was invited by David Radcliff (1956 Olympic swimmer) to swim a leg in the 200M Mixed Freestyle Relay, with him, Willard Lamb, and Barbara Frid making up the rest of the relay team. We won it in a time of 2:35.97, breaking the previous Japanese record of 2:37.10 (no picture!). The third major highlight of my swimming career was another relay – the Women's 200M Medley, made up of myself, Joy Ward, Sandi Rousseau, and Janet Gettling. We

set a new national record in that event with a time of 2:53.85, the old record being 2:54.81. I am thrilled to have these wonderful experiences, and my husband still teases me about having to make the doorways in our home wider just so I can get my head through!

And, I can't end the story there – since the 2016 Nationals in August my OMS Women's relay teammates and I have also set new national records in the 200M Women's Medley Relay in 2:46.92 and the 200M Women's Freestyle Relay in 2:30.72, (both SCM at the Hood River meet in November, 2016). The 200M Women's Medley Relay was also a new World Record! We are quickly becoming known as the "Fearsome Four!"

In conclusion, in reflecting on my almost 40 years of swimming, I have to say it just keeps getting better and better as the decades go by! The physical and emotional benefits are priceless, I still love getting that wonderful endorphin rush after each workout, I love the camaraderie with fellow swimmers on deck and in the pool, and I still very much appreciate and value all the friendships made with coaches and swimmers through the years.



Rebecca at the 2016 USMS Nationals, Portland, OR



Hood River 200M Medley Relay Team, 2016; the "Fearsome Four" L to R: Joy Ward, Rebecca Kay, Janet Gettling, Sandi Rousseau

Witches of the Northwest



*Karen Andrus-Hughes, Colette Crabb,
Arlene Delmage, Valerie Jenkins*

The "Northwest Witches" got together and shared a lane during a recent workout. The above picture of that workout was posted on Facebook, so Karen Andrus-Hughes shared the history behind the title.

About 6-7 years ago, Karen, Colette, Arlene and Valerie swam on several relays together – and broke several National and World records (they still hold the National 400 yard Medley Relay record for 45+; SCY; 4:12.53; set 4/11/2010). This caught the attention of a Northern California Masters Swimmer in the same age group who posted a message on Facebook asking if the "Witches of the Northwest" were coming to USMS Nationals in Clovis, CA? "So," as Karen tells it, "over the years we'll chuckle about this, and re-use this 'Term of Endearment'". The California swimmer meant it in good way ... and in fact "Liked" the FB post with the above picture.



Scot Sullivan, Mike Self, Mark Frost & Brent Washburne; Zone record; Men's 200-239 4x100 SCM Free Relay



Major Changes for 2017

by
Rules Committee

Several rules were changed by the House of Delegates during the USMS Annual Meeting in Atlanta in September. A summary of the major changes that will take effect on January 1, 2017, can be found at: http://forums.usms.org/entry.php?39868-Major-Changes-for-2017&utm_source=SL+Nov+2016&utm_campaign=SL+Nov+2016&utm_medium=email

Below are selected rules.

Event Limits: A swimmer may compete in not more than six individual events per day.

Fresh Water: USMS records and top 10 times can only be made in fresh water. No records or top 10 times will be recognized in any kind of sea or ocean water.

Age Determining Date for Open Water and Postal Swims: "In open water and postal swims, the eligibility of a swimmer shall be determined by the age of the swimmer on December 31 of the year of competition, except for 18-year-olds, who must be 18 on the day that they swim." The relay age rules for open water and long distance/postal swims remain unchanged.

Water Conditions: Temperature guidelines have been amended for swimmer safety in swims with very warm water. "A swim of 5 kilometers or greater shall not begin if the water temperature exceeds 29.45° C. (85° F.). A swim of less than 5 kilometers shall not begin if the water temperature exceeds 31° C. (87.8° F.)."

Swimwear: For Category I open water swimwear, clasps and zippers are now excluded. This will make it easier for event staff to identify legal swimwear at each venue.

1-Hour ePostal (OHeP): The closing date for the 2017 and future OHeP events to be the last day of February. This will give more people a chance to swim.

Columbia Gorge Masters Oregexit

by Mark Frost (CGM)

Columbia Gorge Master Swimmers headed toward the end of the Open Water Swimming season with the 3rd Annual "Escape to Washington" swim. Now retitled "Oregexit" (*in solidarity with our European Channel-Crossing friends), ten souls and five support craft set off in the morning on October 23rd.

The 8 am Sunday Morning swim is religiously attended, starting in May, and going as far towards Turkey Day as possible, by members of the CGM Swim Team and the local Columbia Gorge Triathlon Club. Through the summer, the crowds swell to twenty who make the 1,500m swim around-the-Red-Buoy, at the lift span of the Hood River Bridge. But at the Oregexit-end of the season, just a few diehards make the 3,000m trek to the Washington shore and back.



The few Diehards who were willing to swim 3000 meters

current is a welcome change from the early season conveyor belt. River temperatures hovered around 58 degrees – down from the summer high in the mid 70s. Mid-summer swims feature rolling swell, chop, and glorious views up and down the Gorge and Mount Hood.

Through social media, the weekly event has now reached Portland, and brought Oregon Wild Swimming (OWS) and River Hugger members to make the Sunday swim at the Hood River's Best Western Hotel. Portland-ites even joined the Gorge crew for the Annual 5.3 mile upstream "Salmon Swim" from Hood River to Mosier held last month. Easier swims are also held in the downstream direction throughout the year.

Stay tuned to the OWS Facebook page for upcoming Open Water Swim events next summer. We look forward to seeing you. <https://www.facebook.com/groups/935442929833353/>



Inflatable, orange safety buoys

This year, Mark Frost led the event with swimmers Toni Hecksel, Sue Harrington, Larissa Lodzinski, Rutger Engbersen, Patrick Hiller, Alon Bacharach, Bart Hunter, Mark Ribkoff, and (making a comeback from retirement) All American Swimmer, Terri Tyynismaa. To increase visibility, the swimmers wear inflatable orange swim buoys. And extra thanks this year goes out to Heidi Ribkoff, Yvonne Wakefield, Ty Tyynismaa, and John Fine for providing reassuring kayak support. Following the swim, the group gathered for waffles (nutella and banana - clyclocross style - in solidarity with our Cross Crusade friends) and blueberry French toast.

Fall provides the ideal swimming conditions, as the normally blustery Columbia River calms to glass. The lack of river



Mission Accomplished!



Try a Relay

Relays are fun! And OMS is allowing members to sign up with club OREG for free this year! You read correctly — it is FREE! That would make more fast swimmers available for relays. All members of the same club can swim in a relay. Since Club OREG has a lot of swimmers, it makes it easy to find a relay team to swim with. If you sign up as 'Unattached', however, you cannot swim on any relay team.

There are several ways to swim on a relay team, you can choose one below that works for you.

1. Attend the meet and hope to find some swimmers who want to swim a relay
2. Look on line at those registered in the meet to find who is in your age group that you can swim with
3. Swim a relay with your own team members
4. Let Brent Washburne find a relay for you that would be in your age group
5. Plan a relay, with the purpose to break a record

For some meets, Brent Washburne has used a computer program that he wrote to get people on relays with the fastest potential times in their age group. He may be able to help you get started with a relay group.

The relay team that broke the World record at Hood River on November 19, 2016, was a planned relay. They swam a Long Course 200 Medley relay together at the USMS Summer Nationals in August, and their time of 2:53.85 set Oregon, Zone, and National records, and made them realize that a world record was possible. The standing world record in Short Course was 2:51.17 by a GBR team . . . just 2.68 seconds faster than their LC time at Nationals!

Excitement ran high in Hood River when the team got on the blocks. They had to beat the time of 2:51.17. When all was over, they had swum a 2:46.92! Awesome!

If you average the times on their swims, it would be, for 50 meters, 41.73 seconds (of course, you can't average a medley relay), but this gives you an idea of how fast these ladies were swimming!

So, set up some relays with your friends, or with new friends, and have some fun!

Local USMS Classes for 2017

Coach Certification Course Schedule

| | | |
|---------------------|--------------|---------------------|
| March 4, 2017; Sat. | Level 3 | Seattle, Washington |
| May 13, 2017; Sat. | Levels 1 & 2 | Portland, Oregon |

Contact Marianne Groenings for more information.
(mgroenings@usms.org)

Adult Learn-to-Swim Instructor Certification Course Schedule

| | |
|------------------------|---------------------|
| January 28, 2017; Sat. | Seattle, Washington |
| April 22, 2017; Sat. | Spokane, Washington |

Contact Holly Neumann for more information.
(holly.neumann@usms.org)

USMS Stroke Development Clinics

| | |
|---------------------|---------------------|
| March 5, 2017; Sun. | Seattle, Washington |
| May 14, 2017; Sun. | Portland, Oregon |

Contact Marianne Groenings for more information.
(mgroenings@usms.org)



Scot Sullivan after setting a State Record in the Men's 50-54 SCM 800 Free

Call for Nominations for Annual OMS Awards

Every year we ask our members for nominees for the five OMS Awards described below. This is your opportunity to give recognition to a worthy individual, organization, business or group that has contributed outstanding service to a team or to OMS.

Awardees are announced and celebrated at the social held during the Association Championship meet. This year's meet will be held in Bend on April 7-9, 2017. With that date just around the corner, **we need all nominations to be submitted by January 31, 2017.**

How to submit your nomination(s):

1. Read through the award descriptions shown here.
2. Look through the list of [past OMS Award Recipients](#) to assure that the awards go to different nominees each year.
3. Submit the name of the award, the nominee's name and a brief explanation of why you think your nominee is deserving of the award. If you can, we would appreciate a photograph of the nominee for publication later.
4. Email/mail your nomination information by Tuesday, January 31, 2017 to:

Susan Albright (OMS Awards Chair)
albright.becker@gmail.com
10750 SW Wedgewood St, Portland, OR 97225

Nominees will be reviewed and voted on in mid-February, 2017, by the OMS Board and two persons from the general membership.



Connie Wilson Award: Given to an individual who has made an outstanding, long-term leadership contribution to OMS and to Masters swimming.

Ol' Barn Award: Given to the individual who has shown outstanding leadership, dedication, and devotion throughout the past year, to OMS and Masters swimming.



Hazel Bressie Award: Given to the female who has shown enthusiasm and spirit to her team and/or other Masters swimmers during the past year.

Gil Young Award: Given to the male who has shown enthusiasm and spirit to his team and/or other Masters swimmers during the past year.



Special Service Award: Given to an individual, organization, business, or group that has gone the extra mile by contributing outstanding service to a club or to OMS.

Premier SCM Event in the Pacific Northwest - Puget Sound Masters SCM Championships in Federal Way, WA

by Matt Miller

Given the absence of a USMS Short Course Meters (SCM) National Championship, several regional meets have arisen to fill this void, blossoming into large events stacked deep with serious competition and lots of fast swimming. Unfortunately, in the Pacific Northwest a void still exists for a large SCM event. However, the Puget Sound Masters (PSM) SCM Championship meet has the right qualities to grow into just such a larger premier event.

The PSM SCM Championship is hosted at the impressive King County Aquatic Center (KCAC) in Federal Way, Washington. The competition pool at this facility is widely regarded as one of the fastest pools in the nation, offering a great opportunity for swimmers to post very fast times. Each year, numerous world and national records have been set during the PSM SCM Championships at this facility. This meet has taken place for two years running, and is conducted very smoothly and efficiently.

The PSM SCM Championship takes place the week before Thanksgiving, and was well-attended this year, with nearly 150 swimmers registered. Unfortunately however, attendance at the meet was slightly down this year, possibly due in part to two other SCM meets being held within a week of the PSM SCM meet. The NW Zone Championship meet was held in Coeur d'Alene, Idaho, the previous weekend, and Columbia Gorge Masters hosted their SCM meet in Hood River, Oregon, on the same day as the PSM SCM meet. Last year, there were 22 Oregon swimmers registered for the PSM SCM meet. This year, just 10 swimmers made the trip to KCAC, as some chose to attend the Hood River meet.

Among the 10 Oregon masters swimmers in attendance was Sarah Rogers (LaCamas HeadHunters), who is relatively new to Oregon Masters Swimming and is already making a name for herself! Sarah swam the trio of breaststroke events at the meet and in doing so set two Northwest Zone records and three Oregon records in the women's 40-44 age group. The

two zone records were achieved in the 50 breast (38.07) and 100 breast (1:22.31) events, while the Oregon record was set in the 200 breast (2:58.88) event, narrowly missing the NW Zone record by just a few seconds.

In addition to Sarah's great swims, there were 12 world records set at the PSM SCM event (by my count), as well as numerous national and Northwest Zone records.



Sarah Rogers and Matt Miller

All of the high point winners in each age group were awarded custom-made chamois towels, with background art from a local artist and text that read "High Point Winner Puget Sound Masters Swimming SCM Championship." Oregon swimmers Ava Williams, Matt Miller, and David Radcliff swam well enough to take home one of these custom towels!

The PSM SCM Championship meet is again scheduled to take place next year at KCAC, on November 18-19, 2017. This meet has the potential to become the premier annual SCM meet in the Northwestern U.S. - let's help this superb meet grow! Put this first-rate meet on your calendar for next year, fellow swimmers. See you at the PSM SCM Championship meet in 2017!



PSM SCM Champs High Point winners

Convention Reports

by the Delegates

The United States Aquatic Sports Convention was held September 21-25, in Atlanta, Georgia. OMS sent 6 delegates to the convention. Each of them wrote a report of their experience and below are some of the highlights of the meetings they attended. The delegates were Christina Fox, Susie Young, Tim Waud, Sandi Rousseau, Ginger Pierson and Bob Bruce. Bob Bruce's report was in the November/December, 2016, "Aqua Master" in the Long Distance section. Minutes for these meeting can be found on the USMS web site at: <http://www.usms.org/admin/conv/2016/>

House of Delegates Meetings

Thursday, the first meeting was the House of Delegates meeting, and it primarily introduced folks to the current president, Pattie Miller and our new CEO Dawson Hughes, and presented the schedule for the convention.

The Dot Donnelly awards were presented and Jacki Allen-der and Gary Whitman were awarded this service honor.

Saturday we were in the HOD first thing and the committees gave their reports. Motions were made and seconded to approve the various committee reports. We then went over the budget in greater detail and the one item that drew the most attention was an increase in the fee for recognized events, which was increased from \$35 to \$100 in the proposed budget. After much discussion, the fee which is charged to the LMSC was to be decided in the budget process.

Notably, the House voted to accept the recommendation of the rules committee regarding bulkhead measurements, so folks who set world records in FINA events will not have those swims count in USMS unless they personally do the bulkhead measurements. The sentiment of the house is that we should hold a higher standard than FINA and try to get them to change (fat chance reports Walt Reid). Donn Livoni then presented the long distance rules. We voted to approve the proposals not pulled and then discussed the pulled items. Biggest issue was the age determination – do we go real age at the time of the event or age at the end of the year? The committee's recommendation to have the age of swimmer be based on your age on December 31st of the event year passed. Meg Smath presented the legislation proposals and all rec-



Oregon Masters Swimming delegates at the United States Aquatic Sports Convention in Atlanta, Georgia. Christina Fox, Susie Young, Tim Waud, Sandi Rousseau, Ginger Pierson and Bob Bruce

ommendations were followed. Jeanne Ensign presented the budget. After approving the majority of the budget, spirited debate was held on the charge for one-time event registrations. The amount was changed from the proposed \$25 to \$15. The recognized event fee was debated and ultimately, an increase to \$100 as recommended in the budget was approved. We then held a feedback session and adjourned the HOD for the final time.

North West Zone Meeting Summary

- The NW Zone is the biggest zone, there were 35 delegates from the NW Zone -- a great turnout
- A small committee was established to develop a high-level financial policy and create/adjust any existing policies that may be impacted
- SCM Zone champs coming up in Coeur D'Alene in a beautiful pool
- Steve Darnell has been doing a great job keeping track of the Zone records
- Sara Welch endorsed as our USMS NW Director.
- Brief reports were given from each LMSC.
- We supported Sarah Welch for the NW Zone Director to the USMS BOD
- Discussed possible future sites for our Zone meets. Hood River is possibly interested in SCM Zones in Fall 2017.
- A subcommittee is to reevaluate fees paid by the LMSC to the Zone, i.e. too much, too little, etc.. Tasks for the upcoming year include getting the Zone jet from

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CONVENTION REPORTS

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Breadbasket Zone and budgeting for a pilot, flight attendant, and fuel.

- Discussed the reasoning behind the increase in the Workout Group and Club fees from \$25 to \$41. The board of directors made this increase. The Finance committee was discussing their position on the increase.

Long Distance

It was announced during the Long Distance Committee Meeting that OMS will play host to three USMS Open Water National Championships in 2018.

Legislation

Spent nearly the entire meeting discussing the meaning of 508.2, which says (in its entirety) "**508.2 Fees** Fees shall be established by the House of Delegates."

Registration

For consideration:

- Pro-rate month by month
- Date-to-date registration (rolling registration)
- Future changes: online transfer forms
- Open water system integration so swimmers can know when they last competed in open water and meets

Championship Committee:

- 2017 Spring Nationals in Riverside, CA, April 27-30
- 2017 Summer Nationals in Minneapolis, MN, August 2-6
- 2018 Summer Nationals was awarded to Indianapolis May 10-13
- 2018 Summer Nationals will not be held in order to fully support the UANA Masters Pan American Championships in Orlando from July 28-August 3
- Relay fees will go up to \$16 per relay for nationals.

Adult Learn to Swim Workshop:

Both Corvallis and Hood River found out we have received a grant for this program in 2017.

Key happenings in 2016

- Increase in National Office efficiencies with office move in January (employees had been separated for 18 months)
- Hiring of the CEO, Dawson
- Creation of two new reserves
- 6 months of operating costs opportunity – to fund projects
- The Finance Committee chair and USMS Controller presented an overview of how the financial decisions are made
- Finance overview is available in the Finance Committee HOD Budget

Fitness

Meeting started with participation in an interactive fitness education activity ("Swimmer Jeopardy") which had interesting facts/statistics about USMS and fitness swimmers

Other topics discussed included

- Implementation of the proposed "Half Hour Swim Postal Event"
- A specific path for disseminating fitness plans and ideas
- Challenges (decreased registration) with the "Check Off Challenge"

Workshop #1 – Turning Resources into satisfied Swimmers

Primary focus of this workshop was using LMSC financial reserves for swimmers ("Spend on Swimmers")

Suggestions included identifying and implementing programs (high impact; appropriate to resources – volunteer effort and budget), using money to fix volunteer deficits (e.g. website services) and spending money versus time.

Ended with brainstorming session with ideas for programming.

Sports Medicine

We must continue to train and stay active. The decline in performance over age is much less than researchers expected. Swimmers are harder for researchers to study than runners are.

OFF THE BLOCK

Continued from page 4

On the ship at night they would all go up onto the deck, play ukuleles and dance the hula. It was just so beautiful and balmy at night when these wonderful Hawaii people were out there singing. This is when Riggan fell in love with Hawaii and their culture. She moved to Hawaii in 1957 and lived there the rest of her life.

At the 1920 Olympics in Antwerp, a city still recovering from World War I, the competition was held outdoors in a moat filled with cold, muddy water. The water was deep and dark brown, and you couldn't see a thing. It was so cold that about half of the water polo players were pulled out due to hypothermia. The stress of competing was the least of Aileen's worries. She had another mental block about sticking in the mud at the bottom. She thought, The water is black and nobody could find me if I really got stuck down there. And if I were coming down with force, I might go up to my elbows and I'd be stuck permanently, and nobody would miss me and I'd die a horrible drowning death.

The diving board was a plank with no spring. Even without a coach there, the American women swept the medals. After that, American women won every gold medal in Olympic springboard diving until 1960.

Conditions improved for the 1924 Olympics in Paris; the swimming events were actually held in a modern pool. However, Aileen found practicing for both swimming and diving events to be impossible. The U.S. swimming and diving teams were given one hour to practice - in the same pool. So, using lookouts, the divers plunged into the few gaps between lap-swimming teammates.

She came back from the 1924 Olympics to become the first woman to win medals in swimming and diving in the same Olympics, taking the silver medal in springboard diving and the bronze medal in the 100-meter backstroke.

In 1967, Aileen Riggan was inducted into the International Swimming Hall of Fame, in Fort Lauderdale, Florida, as an Honor Diver and Swimmer.

Aileen Soule started Masters Swimming in the mid-1980s when she was 80 years old. She swam freestyle and backstroke events in the W80-84, W85-89 and W90-94 age groups, and set 35 National Records; was All-American 10 times, and has 76 Individual Top-10 times.

She was very competitive and would say, "I can't wait until I reach 90. I will have all these young 80-year-old whippersnappers at my heels."



Joy Ward getting ready to set a World Record at the Hood River meet



Willard Lamb loving the warm water in the hydrotherapy pool at the Hood River meet

COACHES CHAIR

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100 years of open water swimming, from the Olympics to ice swimming. Section 2, for the swimmer, discussed the Pyramid of Open Water Swimming Success, and seven key steps to swimming well in the open water races and solo swims. Section 3, for the race director and kayaker, focused on the ideal open water race from the perspective of event organizers and volunteers.

The Pyramid of Open Water Success: The Base + Details + Intelligence

1. Base Training: 10 x 400
2. Speed Training: 10 x 50
3. Distance Tolerance: 8,000
4. Fine-tune with Race Specific Training:
 - Pace-line
 - Deck-ups
 - Positioning
 - POW (Pool Open Water)
5. Fine-tune with Skill Training:
 - Navigation
 - Sighting
 - Feeding
 - Drafting
6. Open Water Acclimatization:
 - Cold and warm water
 - Saltwater and freshwater
 - Calm and rough water
 - Fog and night swimming
 - In-the-water finish
 - Body surfing
7. Tactical Education:
 - Packs
 - Drafting
 - Competition

Seven key steps to swimming well in Open Water races and solo swims.

1. Power of the mind: Think positively and practice relaxed breathing.
2. Strategies: Plan for the unexpected.
3. Drills and skills: Train your open water skills all year round.
4. Pool versus open water: Get the right mix of training.
5. A general training week has 3 main components: fitness, technique, and Open Water.
6. Consistency: The key to success.

7. Enjoyment: The most important part of Open Water swimming.

Open Water swimming is on the verge of exploding in America. There are over 25,000 events in the world each year with the largest event being the Midmar Mile with over 19,000 entries. Ice swimming is an event that is becoming more popular, and the Beijing Swimming Association is applying for inclusion in the Winter Olympics beginning in 2022.

I had the pleasure of talking with Steven at the NCC and we discussed the upcoming "2018 Oregon Swimcation," which will feature OMS hosting three Open Water National Championships in 2018. Read the "Daily News of Open Water Swimming" featuring the "[Oregon Swimcation](#)".

Cokie Lepinski

Cokie Lepinski is Head Coach and founder of Swymnut Masters. She writes regularly for SWIMMER Magazine and U.S. Masters Swimming, and was the 2014 USMS Coach of the Year. She is a Level 4 coach, passionate about technique and committed to making sure swimming is fun and sustainable as a lifelong pursuit for her swimmers. She has authored an e-book, "There's A Drill for That."

Cokie discussed top notch turns, while challenging to Masters, they have tremendous benefits as turns, and can account for a significant percentage of a race. Using pictures, videos, and audience feedback, she was able to explain how you can begin to shave off big chunks of time with very small moves. We were able to draw out ideas from each other on tips and tricks when teaching turns and had the opportunity to apply these concepts and techniques in our Sunday morning water session on turns. I had the honor of working with Cokie on deck while we coached the "Crossover Turn" from backstroke to breaststroke. We also learned a new skill called the "[Tennessee Turn](#)", which allows a swimmer to use both arms to break out of a streamline swimming backstroke.

There are 8 common factors for each turn progression:

- 1) Make adjustments early in the turn.
- 2) Use the momentum from the turn to get you into and



Cokie Lepinski at the Turns Clinic

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COACHES CHAIR

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out of the wall with speed.

- 3) Maintain a level plane, especially with the arms.
- 4) Stay low in the water.
- 5) Be quick with the head, feet, and knees.
- 6) Get compact.
- 7) Use core strength to drive into and out of the turn.
- 8) Make sure you have a firm foot plant pushing off the wall.

There are also 3 common elements to each turn:

1. The approach: Be aware of the wall and the momentum you bring with you.
2. The execution: Wall contact, pivot, and foot plant.
3. The breakout: Push off, streamline, underwater, and breakout.

Every day in practice we have the opportunity to practice turns. One of the best ways to practice turns is to always be in the ready position for every repeat. Having one hand on the wall, one arm forward, and both feet planted on the wall, is a great way to practice open turns repeatedly. Practice swimming through your turns by swimming at race speed going into and out of the wall. Practice flip turns in the middle of the pool during your warm up. Practice makes permanent.

Sheila Taormina

Sheila is the only woman in history to have competed at the Olympics in three different sports: swimming, triathlon, and modern pentathlon, and at 5' 2 1/2" she is the smallest swimmer to win gold in the last 100 years. Sheila is as much a student of the semantics and the teaching process as she is to the mechanics and science of swimming. Sheila credits her Olympic swimming success to her tempo training, which helped her maintain the stroke tempo needed to make the US Olympic Team.

Sheila's presentation, "Beyond Mechanics: Coaching a propulsive freestyle stroke," coupled the science of swimming with photos, and videos of Olympic champions, and world record holders to give coaches a solid foundation and confidence for teaching the propulsive aspects of the freestyle stroke. Sheila addressed such topics as the S-pull versus straight-back pull, hand speed change, the details of 'rotation,' the kick, and kick-timing.

Sheila also had a session on Halo tubing training. Halo tubing gives a swimmer a huge competitive edge with respect to muscle tone, muscle endurance, pull path memory, and rate of turnover training. In this session, Sheila detailed the proper pull-path technique, specifically the unique rotational movements of the upper arm that propulsive swimming requires.



Dr. Rod Havriluk

Dr. Rod Havriluk is a biomechanist who specializes in swimming technique instruction and analysis. Dr. Havriluk has coached swimming at all levels, from age group to NCAA Division I. He serves on the advisory board for the Councilman Center for the Science of Swimming; the educational committee of the International Swim Coaches Association; the editorial board for the Journal of Swimming Research; and the review board of numerous sport science journals. Dr. Havriluk's research focuses on three primary areas: optimizing technique, preventing shoulder injuries, and accelerating skill learning. He has presented his findings at many conferences and published in many journals. He has conducted clinics in many countries and has worked with thousands of swimmers and triathletes, including Olympians and world record holders. "Swimming World," magazine named Dr. Havriluk as one of the top ten people with the greatest impact on swimming in 2015.

Dr. Havriluk's presentation, "Swimming Science: Technique Misconceptions," described how much of the conventional wisdom about swimming technique is based on modeling top swimmers. He explains how this approach is seriously flawed because even the fastest swimmers have technique limitations and often excel because of their size, strength, and physiology. Dr. Havriluk's presentation discussed many of the common technique misconceptions, the science behind effective technique elements, and the learning strategies that accelerate skill learning.

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COACHES CHAIR

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Dr. Havriluk's presentation was based on the scientific modeling of "Mona." Using a computer-generated model, Dr. Harviluk was able to show the ideal entry, catch, and pull path for each competitive stroke. The model for each stroke detailed the technique misconceptions held by conventional coaching styles. Through the discussion phase of this presentation I found that some of the science behind his swimming research is up for debate. For example, Michael Phelps arm entry for the butterfly stroke is 220 degrees versus Mona's ideal arm entry of 150 degrees. Herein lies the debate about modeling top swimmers and swimming science.

Coach Ronald A. Marcikic (a.k.a. Sickie)

Sickie is the founding Director and Head Coach of the University of California, San Diego (UCSD) Masters Sports program. This long standing Southern California program includes 300 plus athletes in 25 weekly swimming, running, and triathlon workouts, with a coaching staff of 13 professional coaches. Ron has been coaching Masters swimming for over 33 years.

The Coach's Philosophy and Personality as Building Blocks to Success. "It's what you do every day that brings them back!"

- Do you have a vision for the future of your team ... tomorrow and beyond?
- Do you have team goals? Are they specific and shared with your swimmers?
- Do you encourage individual goals? How do they mesh with your team goals?
- Do you have daily/monthly/weekly goals? How are they shared?
- Does every coach share your vision to make every swimmer part of it?
- What is your long-term vision for yourself and your team?
- Who are you as a coach? Serious, demanding, free-wheeling, outspoken...or?
- Do you interact with your swimmers on a personal level, each and every day?
- Do you as the 'Coach,' and you as the 'person' share the same characteristics?
- Who is your go-to personality each and every day?
- Are you consistent?
- Are your workouts fresh, relevant, informative, reactive, and challenging?

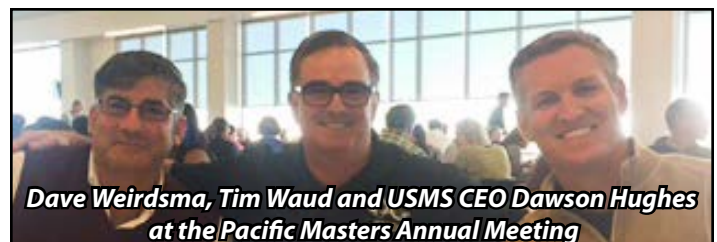
- Do you need to include everyone in the program?
- Does it exclude anyone from participating?
- Does everyone feel the love?
- Do you go out of your way to create the mood you want at your workout?
- How different do you want to be and can you sustain it over time?

Coach Sickie shared with us the importance of team building within a workout group, and the cohesiveness that becomes a byproduct of such activities. Activities include: dancing in the morning before workout, "Swimmer of the Week," homemade trophies for awards, weekly chips and salsa parties on deck, and memorials for swimmers who have passed away. Coach Sickie is best known for his mismatched socks and the multitude of crazy Hawaiian shirts he wears on deck.

On Sunday, I was invited to the Pacific Masters Annual meeting. Lunch was provided and guest speaker, Olympian Dana Vollmer, shared the highlights of her swimming career. Lookout 2020 Olympics, Dana is on a quest to be the first female to break the :55 barrier, having been the first female to break the :57 and :56 barriers in the 100-meter Butterfly.

I hope you can use some of these ideas to better your coaching abilities and add some excitement to your workout group. The wealth of information shared was exciting and a bit overwhelming. I am grateful to have had an active part in this clinic, and am in the process of coordinating swimming and coaching clinics for our membership in 2017.

(Information for this article was gathered from the 2016 National Coaches Clinic presentation packet.)



Dave Weirdsma, Tim Waud and USMS CEO Dawson Hughes at the Pacific Masters Annual Meeting

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2017 (as of 10 Oct 2016)

| Date(s) | Days | Event/Venue | OR Location | Host | Event Director | Swims | OR Series Category | USMS Status |
|------------|------|--|--------------|----------|----------------|---|---|--------------|
| Sat 20 May | 1 | JSFC OW Clinic | Bend | COMA | Bob Bruce | Basic Open Water Clinic | xx | Unsanctioned |
| Sun 21 May | 1 | Lake Juniper (pool) | Bend | COMA | Bob Bruce | 1200-meter | Featured | Unsanctioned |
| ??? | 1 | Hagg Lake | Forest Grove | PTriClub | ? | 2000-meter 800-meter 4000-meter | Featured Qualifying Featured | Unsanctioned |
| Sat 24 Jun | 1 | Foster Lake Cable Swims | Sweet Home | COMA | Bob Bruce | 2-mile cable (Nat'l Champs) 1-mile cable | Featured Featured | Sanctioned |
| Sun 9 Jul | 1 | Portland Bridge Swim in the Willamette River | Portland | PBS,LLC | Marisa Frieder | 17-km downriver | Featured | Sanctioned |
| Sat 15 Jul | 2 | Southern Oregon Swims at Applegate Lake | Ruch | RVM | ? | 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 |
| Sun 16 Jul | | | | | | | | |
| Fri 28 Jul | 3 | Cascade Lakes Swim Series & Festival at Elk Lake | Bend | COMA | Bob Bruce | 3000-meter 500-meter 1500-meter 5000-meter (Nat'l Champs) 1000-meter | Qualifying Qualifying Featured Featured Qualifying | Sanctioned |
| Sat 29 Jul | | | | | | | | |
| Sun 30 Jul | | | | | | | | |

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, and participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

Summary

Records & Results...

MSABC Provincial Championship — SCM
Hood River — SCM
Southern Pacific Masters — SCM
COMA Pentathlon — SCM
Puget Sound — SCM

Looking Ahead...

Long Distance Schedule (see page 23)
Pool Schedule

Date March 4-5; Saturday - Sunday
Course SCM
Meet Oregon City Spring Ahead Dual Sanction Meet
Pool Oregon City Municipal Pool
Location Oregon City, OR

Date April 7-9; Friday - Sunday
Course SCY
Meet Association Championships
Pool Juniper Swim and Fitness Center
Location Bend, OR

Date April 27-30; Thursday - Sunday
Course SCY
Meet USMS Spring National Championship
Pool Riverside Aquatics Complex
Location Riverside, California

Date June 17; Saturday
Course LCM
Meet Oregon Senior Games
Pool Juniper Swim and Fitness Center
Location Bend, OR

Date August 18-20; Friday - Sunday
Course LCM
Meet Gil Young/NW Zone
Pool Mt. Hood Community College
Location Gresham, OR

Quote for the month...

If it doesn't challenge you, it doesn't change you.