



Aqua Master

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"Swimming for Life"

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Oregon Swimmers ROCK Riverside

by Jill Marie Asch; MAC Masters Swimming

Twenty-two Oregon swimmers made the journey to Riverside, California, to compete in the Spring SCY Nationals, April 27th-30th. After the long Oregon winter, it was energizing to swim outdoors in the 80-90 degree weather. Instead of wanting to feel the sun on our skin, we were all doing our best to stay in the shade and not get burned. The brother of MAC swimmer George Dingeldein saved our pasty white hides with a canopy we could all sit under between our races. THANKS DOUG!

Twenty-year-old Jennifer Sprueill and 22 year old Rahevin Potter-Clark¹ both expressed how much they enjoyed racing on the relays our coach Brent Washburne put together, and cheering for their new OREG friends.

Whipper-snappers Hailey Bambusch and Jessica Stacy² had HUGE smiles watching Olympian Nathan Adrian race. We learned that Hailey Bambusch yawns before a race she is about

to crush, and is still young enough to dine on Snickers and Twix during a meet. Jess swam her 100 breast faster than she did as a kid and was inspirational with her perfect streamline and underwater fly kick that propelled her to a 1st place finish in her Womens 25-29, 200 fly³.

Oregon City Tankers Tom Phipps, Britta Daubersmith, Tessa Reeves, Alex Crooks and Sonja Skinner were inseparable. Tom dropped 18 seconds in his 400 IM. His secret...BEER!

Britta Daubersmith crushed it in all of her backstroke events and Tessa Reeves dropped 8 seconds in her 200 fly. Sonja Skinner raced to a 1st place finish in her Womens 40-44, 100 fly. Can I get a "What! What!?" The Oregon City swimmers did an amazing job cheering for all their OREG teammates⁴.

Dave Radcliff negative split his 1000 free, going 50 seconds faster than he did a few weeks earlier at Associations. Dave said "Elevation sucks, but Bend is wonderful!" Karen Andrus-Hughes⁵ won her Womens 55-59, 50 back and Janet Gettling won her Womens 65-69, 200 fly.

continued on page 14



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CONTENTS

Regular Articles

- 3** Chair's Corner
- 4** Off the Block
- 5** Fit to Swim
- 6** Coaches Chair

Records and Links to Meet Results

- 7** USMS Spring Nationals—SCY

Articles & Announcements

- 8** OMS Records Trivia
- 9** Swimmer Spotlight
- 10** A Perfect Partnership
- 10** 2017 World Masters Championships
- 11** Adult Learn-To-Swim
- 13** Behind the Scenes at Lake Juniper
- 13** Roy Webster Cross-Channel Swim
- 14** Open Water USMS National Championships

Event Schedule — Back Page

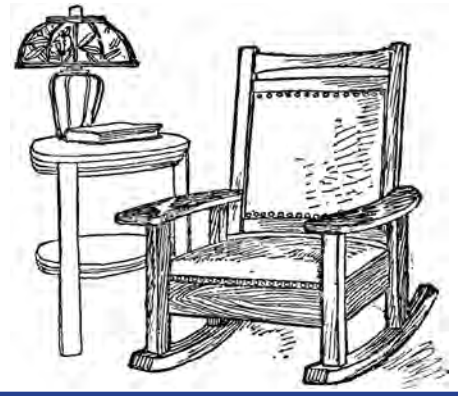
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Send address changes to Susie Young and all other membership questions to Christina Fox.

Volume 44 • Number 6 • July 2017

Chair's Corner

Tim Waud
OMS Board Chirman



Where Have All the Swimmers Gone?

In reviewing attendance numbers from our past Association Championship events, participation has dropped significantly. We have seen this trend in our monthly pool competitions as well. Three years ago, we were able to offer pool competitions on a monthly basis but we have seen pool events decline in numbers.

When planning the annual competitive schedule, several factors play a key role in how we determine dates for pool and open water events. Our biggest challenges are holidays, school calendars, pool availability, and USMS and USA Swimming events that conflict with the OMS event schedule. In order to have a USMS sanctioned event we must follow strict rules and regulations. The biggest concern is having enough Officials to meet all of the requirements. During the month of February, many of our

Officials are busy with high school districts and state championships. USA Swimming usually has the majority of their championship events during the month of March. This in turn, limits the availability of swimming pools and volunteer resources. Another issue we face is the increasing cost of swimming pool and facility rentals.

The Oregon LMSC is willing to work with event hosts in order to ensure a profit from hosting events. We can help offset the cost of running your event. Event hosts may submit financial information regarding pool rental fees and request financial assistance. If you would like to host an event but feel you do not have enough volunteers, maybe you could work with another team or workout group and co-host a pool event. Working together, we can find a solution to meet the needs of our membership.





Off the Block

Since this column is called "Off the Block", whatever information is deemed of interest, by the Editor, is presented.

The End of an Era

Adolph "Sonny Boy" Kiefer 1918 – 2017

Adolph Kiefer, the legendary backstroker who won gold in the 100-meter back at the 1936 Berlin Olympics, died on Friday, May 5, 2017, at his home in Wadsworth, Ill. He was 98. He was America's oldest living Olympic champion.

By Kiefer's account, his swimming life began with a near-drowning. Falling by accident into an ice-cold Chicago drainage canal as a child, and not knowing how to swim, he instinctively rolled onto his back and began kicking his feet furiously until he reached dry ground. He promptly took swimming lessons at a YMCA and became devoted to the sport, swimming in Lake Michigan and entering competitions that would carry him to the Olympics.

His father, a German-born candy-maker, died when he was only 12, but had encouraged his son to be the "best swimmer in the world". Working furiously to make this a reality, he swam in any pool he could find. On Sundays, when the Wilson Avenue YMCA was closed, he would hop onto trucks, jump streetcars, anything to get to the only available pool, which was at the Jewish Community Center. He firmly believed that the reason he became a world champion was simple: he loved swimming more than anyone else.

At the 1933 World's Fair, he worked as a lifeguard in the Baby Ruth pool, which hosted exhibitions by swimming champions. Kiefer pestered one recognizable figure in attendance, Tex Robertson, captain of the University of

Michigan swim team, until Tex finally agreed to coach him. That Thanksgiving, Adolph, then 16 years old, hitchhiked to Michigan where Robertson coached him. "Who's that kid in the pool?" asked Michigan's legendary coach, Matt Mann. Robertson replied, "Kiefer, I'm helping him." Taking out his watch, Mann said, "Let's see that kid swim a hundred". Kiefer swam it. Mann looked at his watch and said -- "I don't believe this ... do it again!" Kiefer did. Dumbfounded Mann replied, "You just broke the world record -- twice!" At the age of 17, his time became official at a meet, and he became the first man to swim the 100-yard backstroke in less than one minute, according to the International Swimming Hall of Fame, which inducted him in 1965.

Sonny Boy Kiefer, as he was widely known in later life, won a gold medal at the 1936 Olympics in Berlin, setting a record which would remain unbeaten for 15 years.

There was some doubt though, as to whether Adolph Kiefer and the other athletes would go to the Berlin Olympics at all. Both the United States and England were



Adolph Kiefer after winning the 100-meter backstroke at the 1936 Olympics in Berlin with a world record time

Continued on page 15

Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Swimming and the Aging Process

So you are taking a year every year? Well, everybody does and the process of aging is well known, thoroughly studied by the medical field and is something you cannot deny. I am sure you all have heard that expression, "It is not fun to get old!!" Indeed, it is not fun but let's focus on the positive.

Through the aging process, you will slowly and progressively lose some strength, size and endurance of your muscle, but numerous studies show that "sitting around accelerates muscle loss". Stay active!

Your bone density will decrease. What about regularly performing weight-bearing exercise such as walking and lifting weight to reduce the risk of osteoporosis. In this case, you do not need to do heavy lifting. Please note that swimming is not a weight-bearing exercise. It will help for building muscle but not to strengthen your bones. In other words, do cross train.

As you age, you will also lose some flexibility, tone and cushion of all your joints (knees, hips, shoulders, etc...). Keep working on your flexibility thru yoga and stretching. In swimming, pay attention to your technique. Most of the shoulder problems and/or other joint problems in swimming were initially rooted in a movement performed not quite in alignment and repeated again and again (such as in freestyle, crossing over or entering with your thumbs first). A few lessons with an experienced swim coach might cost you less than years of pain and physical therapy.

Your lung capacity and function drop off with time. Swimming is one of the best sports to increase your lung

function and aerobic capacity. The required breathing control and pattern is the best teacher. Regular swimmers have lung capacity way above people their age.

Older people take longer to recover from stress. After exertion, such as exercise, more time passes before your body returns to its resting heart rate and blood pressure. This is a fact you cannot ignore. Listen to your body. Take a little more rest between sets if needed. Take a day off, cross train, enjoy.

What else is it to take from that gloomy prospect?

Mostly the loss does relate to your 100% potential. I do not know any Masters swimmers who are at their maximum potential, which would mean you constantly have the perfect balance of training, technique, rest and nutrition. If you do, get a life! You are way too focused on swimming or triathlon. The psychological effect of aging will definitely hit the top performers first. They are closer to their potential both physically and technically and in general have a stronger competitive spirit. In that case, make sure you reset your mind and time every five years as you move up age groups. Look forward to your next age group and forget about your past performances. Admire swimmers like William Lamb or David Radcliff who are amazing in their age group.

For all the other swimmers and triathletes (especially if you are relatively new to the sport) there is a lot of room for improvement whatever your age, mostly by increasing your fitness level and by improving your technique. The more you are fit, the more you will fight off and slow down the aging process.





Coaches Chair

Tim Waud
OMS Coaches Co-Chairman

U.S. Masters Swimming Coaches Level 1 & 2 Certification Course; Clinic Course for Coaches; and Stroke Development and Improvement Clinic for Swimmers May 13 & 14, 2017, in Portland, Oregon

The USMS Coaches Committee and Education Services have developed four levels of Masters coach's certification. The courses for Levels 1 and 2 were recently taught in Portland, and several Oregon Masters swimmers participated in this level certification.

Congratulations to the newest Level 1 & 2 USMS

Certified Coaches:

Cemil Atay	Drew Ibarra
Patrice Calmels	Ben Karlin
Tim Cespedes	Michelle Macy
Terrance Coughran	Sue Phillips
Michael Hamilton	Sara Shepherd
Leanne Hensley	Jim Teisher

Current Level 1 & 2 USMS Certified Coaches:

Marcie Aldeman	Robert Maestre
Elke Asleson	Murphy McFarland
Brad Bachulis	James Mosely
Christopher Bragg	Tom Phipps
Therese Bradford	Annamaria Picollo
Colette Crabbe	Helen Thurlow
Francie Haffner	Jackie Wheatley
Allen Larson	

Current Level 3 USMS Certified Coaches:

Fred Anderson	Aubree Gustafson
Marlys Cappaert	Dana Jewell
Gina Dhom	Matt Miller



Current Level 4 USMS Certified Coaches:

Bob Bruce Tim Waud

Clinic Course for Coaches

Several of the Level 1 & 2 coaches participated in the USMS Clinic for Coaches which was held immediately following the certification course for Level 1 & 2. This course for coaches instructed the Masters coach in conceptualizing, organizing, and delivering a stroke development clinic.

In the classroom, the course instructors Mike Hamm and Bill Brenner taught the Masters coaches how to structure a stroke development clinic based on the type of clinic, length of time of the clinic, swimming pool configuration, lane space availability, and number of swimmers attending. The Masters coaches were also instructed on how to deliver a drill/swim progression for each



Continued on page 16

Recent Meets & Records

USMS Spring National Championships — SCY

April 27-30 (Thursday - Sunday); Riverside, CA

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

Age group	Event	Name	Age	Time	Record set
Women 25-29	50 Yard Freestyle	Bambusch, Hailey	26	24.40	Oregon
Women 25-29	50 Yard Breaststroke	Stacy, Jessica L	27	31.14	Oregon
Women 25-29	100 Yard Breaststroke	Stacy, Jessica L	27	1:06.29	Oregon
Women 40-44	100 Yard Butterfly	Skinner, Sonja	40	1:00.97	Oregon
Women 50-54	50 Yard Breaststroke	Asch, Jill M	50	34.24	Oregon

Age group	Event	Relay name	Time	Record set
Women 25+	200 Yard Freestyle Relay	OREG "A"	1:40.71	Oregon,Zone
	1) Stacy, Jessica L F27	2) Skinner, Sonja F40	3) Asch, Jill M F50	4) Bambusch, Hailey F26
Women 25+	200 Yard Medley Relay	OREG "A"	1:51.82	Oregon,Zone
	1) Andrus-Hughes, Karen F59	2) Stacy, Jessica L F27	3) Skinner, Sonja F40	4) Bambusch, Hailey F26



Record-setting Freestyle relay at Nationals
I to r: Jill Marie Asch, Hailey Bambusch, Jessica Stacy, Sonja Skinner

OMS Records Trivia

by Stephen Darnell

Now that we are early in the 2017 LCM season, I thought it would be fun to look at some data/trivia in the Oregon LCM Records for Individual events. (I'm working on some Oregon Relay data for the next issue of *Aqua Master*, so be sure to tune in again next month.)

Current Oregon LCM records that have stood the longest:

Date	Age Group	Event	Name	Time
8/26/82	Men 25-29	1500 Free	Alan Cardwell	17:14.33
6/08/86	Women 18-24	400 Free	Denise Stuntzner	5:03.07
6/08/86	Women 18-24	200 Fly	Denise Stuntzner	2:45.04
6/08/86	Women 85-89	800 Free	Martha Keller	29:14.16
8/24/86	Women 85-89	1500 Free	Martha Keller	57:03.68
8/24/86	Men 85-89	200 Breast	Roy Webste	7:20.23
8/24/86	Men 30-34	50 Breast	Roy Clark	31.25
8/24/86	Men 30-34	100 Breast	Roy Clark	1:09.44
8/24/86	Men 30-34	200 Breast	Roy Clark	2:36.07
6/14/87	Men 80-84	200 Back	Herb Eisenschmidt	4:04.79
7/09/88	Men 95-99	50 Free	Collister Wheeler	1:06.06

Events with Women's record time Faster than Men's record time:

Age Group	Event	Name	Time
60-64	400 I.M.	Colette Crabbe	5:56.40
85-89	200 Breast	Pauline Stangel	6:58.82
85-89	400 I.M.	Eva Muller	14:57.79
90-94	200 Breast	Eva Muller	8:30.18
90-94	200 I.M.	Hilda Buel	12:03.55

Women with the most Records and the Year of their Earliest Record which is still standing

# of Records	Name	Year
25	Colette Crabbe	2001
15	Lavelle Stoinoff	1993
15	Eva Muller	1995
12	Joy Ward	2002

11	Karen Andrus-Hughes	2007
10	Arlene Delmage	2006
09	Jerri Kawabata	2011
09	Pauline Stangel	1998
08	Ginger Pierson	2008
08	Sara Nelson	2001
06	Leissa Mills	1990
06	Jayna Tomac	2014
05	Margaret Wells	2001
05	Janet Gettling	2013
05	Valerie Jenkins	2003
05	Kristine Senkier	2008
04	Hailey Bambusch	2016
04	Norma Bernardi	1998
04	Shannon Heringer	1992
04	Robin Parisi	2002

Men with the most Records and the Year of the Earliest Record which is still standing

# of Records	Name	Year
20	Dennis Baker	2000
18	David Radcliff	2004
18	Andrew Holden	1992
16	Willard Lamb	2007
12	Tom Landis	2002
11	Wes Edwards	2008
10	Patrick Allender	1998
09	Allen Stark	2005
08	Jeff Stiling	1994
07	Mike Tennant	2003
06	Robert Smith	1995
06	Bill Zolna	1996
06	John Keppeler	1992
05	Steve Johnson	2003
05	Chris Hiatt	2010
05	Milton Marks	2005
04	Ronald Nakata	2009
04	Mike Self	2016
04	James Corbeau	2008
04	Terry Rolfe	2012
04	Greg Cooper	1992



Swimmer Spotlight

submitted by Karen Andrus-Hughes

Joy Ward—Age: 74 - Workout Group: Oregon Reign Masters

Joy learned to swim in the Clackamas River. As a youngster she took swimming lessons in the river, and later in her early teen years would swim there on her own. Her goal was to swim across the river to a spot called “Monkey Rock” – climb up on the rock, and then turn around and swim back. At times the current would carry her quite a ways past her mark. And if swimming in a cold river and with strong currents weren’t enough, to build up endurance she started swimming with sweat pants, sweat shirt, gloves, shoes and socks on. (Author’s Note: Joy explains this as if it were no big deal, while I listen in wide-eyed astonishment)

She lived in Gladstone, prior to the high school being there, so went to West Linn High School. Her high school coach also coached at the YMCA in Northeast Portland and her first “club swimming” experience was at the YMCA. During that time her swimming success caught the eye of the Multnomah Athletic Club and she won an athletic scholarship there. Every weekday after school she would commute by bus to swim at the MAC – leaving about 3pm and not arriving back home until after 10pm. Because she arrived several hours before the 7:30pm



practice, she started working out with weights at that time. At the MAC she had the opportunity to train with the likes of Don Schollander, Carolyn Wood and Lynn Burke -- all U.S. Olympians. Joy relished the opportunity! “To be able to swim with them, and keep up with them ... that was my motivation!” she says. Joy was a high school state champion in several events – freestyle, butterfly and backstroke. In 1960, the year she graduated from high school, she competed in the short course and long course U.S. National Championships.

After high school, Joy gave up competitive swimming – worked and raised a family. It wasn’t until about 38 years later, in 1998 that she started competing again when Kaiser sponsored the World Masters Games held in Oregon. She almost immediately posted top USMS times, and has been doing so ever since. In her Masters swimming career she’s posted more than 400 individual and 100 relay U.S. Top Ten times. She earned U.S. Pool All-Star status in 2007, 2012 and 2013 by posting more U.S. #1 times in her age group than anyone else! And she’s set many National and World records along the way.

Despite swimming fast times, Joy’s biggest motivation in swimming can best be summarized by the USMS. tagline, Swimming for Life. “Just keep swimming your whole life,” she says, “it will keep you strong and healthy!”

A Perfect Partnership

Adult Learn-to-Swim — Corvallis 2017

by Marlys Cappaert

The Adult Learn to Swim event just concluded its third year in Corvallis. With the support of an annual grant from the Swimming Saves Lives Foundation we found a perfect partnership between USMS, and the Oregon State University Faculty/Staff fitness program. OSU's commitment to public health and focus on creating a water-safe community has made this a very popular spring event.

This year we had assistance from three certified ALTS instructors (Marlys Cappaert, Joyce Federuik, and Drew Iberra) along with additional Masters Swimming volunteers (this year Christina Fox (CAT Masters)) and student interns from OSU (Kevin and Zoe). The program offered a one-hour session twice per week for three weeks in April. We had attendees from the University as well as the Corvallis community. Attendees represented a wide range of experience; from wanting to learn how to blow bubbles, to wanting to tune up their stroke skills. Each attendee received goggles, a t-shirt, and a small swim-bag

at the end of the sessions.

The partnership with OSU has allowed this to become a yearlong event. In addition to the spring ALTS event, OSU offers



learn to swim class using the ALTS curriculum. Over the course of the April 2017 event, along with winter and spring term classes, over 50 swimmers have passed through the program.

In addition, swimmers that participate in the April event are offered continuing instruction in a Faculty-Staff Fitness aquatics class for the remainder of the spring term. This is special offering that is made possible by our partnership with OSU. In 2017, 100% of the students have chosen to continue swimming. The commitment and determination of the new students, conquering fears, makes this one of the most rewarding events of the year.



2017 World Masters Championships — Budapest, Hungary

Richard Garza, currently the Vice-Chair of the North Texas LMSC, will be the Head Coach for USMS at this year's World Masters Championships in Budapest Hungary. He needs to contact every swimmer who is entering the meet. Please go to this web site to contact him.

Go to the USMS forums > General > Nationals > , there is a post titled 2017 World Masters Champs in Budapest, info for USMS Or go to: <http://forums.usms.org/showthread.php?27725-2017-World-Masters-Champs-in-Budapest-info-for-USMS> Facebook page & Facebook group

<https://www.facebook.com/2017WorldMastersUSMS/>

Adult Learn-To-Swim

Hood River 2017

Photos by Vince Ready of Lasting Light Photography



Adult Learn-To-Swim — Oregon City 2017

by Tim Waud

This April, I taught an Adult Learn-to-Swim class at the Oregon City Municipal Swimming Pool. The class met for a half hour on Monday and Wednesday evenings for four weeks.

We had a total of eight classes and I had four adults participate in the class. My first class had three women:

Bonnie, Mary Jo (Mo), and Christine, and my second class had one male, Aldo. Not one of these participants had

any prior swimming experience and they were reluctant to even put their faces into the water. The progression of the ALTS program works perfectly to ensure a smooth transition into the water, and the skills taught allow anyone to become familiar with the water.

The first few classes were spent on getting comfortable putting our faces in the water and then transitioning into a streamline position on our front and back sides. The remainder of the classes we worked on incorporating our arms and legs into the freestyle and backstroke. The overall goal of the class was to become familiar and comfortable in the water. I also expressed to all of the participants that each of them would be able to swim to the end of the pool before the end of our class. In the first few weeks, several of the participants were doubtful that they would be able to overcome their fear of the deep water, and in turn, not be able to swim the length of the pool. However, on the last day of class, all four swimmers were able to swim the entire length of the pool.

This is Christine's story as she kept a diary of her class experience.

"On the first lesson I was nervous and couldn't stop shaking in the water. I have never put my face in the water on purpose. It's not stressful as long as my

"I can't figure out the breathing. I can focus and move my arms and think about moving my feet. But when I try to leap forward and move forward my

head goes down, the water comes over and when I try to breathe to the side my head is sometimes still under water and I inhale water. I drop my feet to the bottom of the pool and try again.



feet are on the ground. I was relieved the class was the only one in the pool and that there are just a few of us.

"It's all about the goggles. The goggles make all the difference. The goggles help me focus and I don't think I could learn without them.

"Tim's perspective on the water is relaxing. I think of the water as dangerous and uncomfortable. But Tim is all about how peaceful the water can be, and it is helpful.

"I don't mind holding my breath for streamline.

"We used flippers and kick boards (really fast and confidence building). I can't imagine going to the deep end without the kick board.

"Mo had a scare in the deep end and it was frightening to watch. She got tired with the kick board and instead of floating on it she started to let it go and struggled in the water. I pulled the lane line over as far as I could toward her and she grabbed it. Tim swam up and helped her get back to the kick board.

"Until I can figure out breathing I don't think I can swim. Theoretically I understand it is possible to float. I understand I can move forward in the water, but if I can't breathe I will flip out and not be able to move forward and I will drop below the water and without help that will be terrifying.

"I am supposed to try to swim to the red line. I am so nervous about it I don't want to go to lessons. I don't think I am ready for it." – Christine

The following comments are from Christine, after having completed the ALTS class.

"When you spend 40 years thinking of yourself as someone who doesn't know how to swim it becomes a part of who you are. It takes a huge shift in thinking to change that and the fear of it still being true that I am not a swimmer has been hard to shake—even if it is possible that it is not true in the same way that it was before. May has been insanely busy with travel and work but I have time to practice again and wanted to let you know the biggest change is that I am looking forward to getting in the water.

Continued on page 16

Behind the Scenes at Lake Juniper

by John Spence (COMA)

COMA runs an event called Beautiful Lake Juniper Buoy Swim once a year. This year it was conducted on May 21. The lane lines are removed, the center pontoon is moved to the end, and one buoy is anchored near each corner of the pool. The race is a USMS sanctioned event run by our Coach Bob Bruce. It is a 1200 meter race via 12 laps of the pool swimming around the buoys. It is a fun race for us.



After the race is completed we (COMA) provide a breakfast of eggs, pancakes, and sausages. COMA buys the breakfast food. The Chef is Kevin, from the homeless shelter in Bend called Shepherd's House*. Kevin has cooked for us for the last four years; each time we have held the race. Any left-over food goes back to the House with Kevin.

I have been Kevin's mentor** during his time at Shepherd's House. I meet with Kevin once a week to coach him in life skills. Kevin enjoys cooking for people who love to eat after an event. He has also cooked for us at the Elk Lake Swim. He thoroughly enjoys the event.

*Shepherd's House Ministries provides meals, and overnight housing. Services include hot showers, clothing, and medical care. The individuals who come to Shepherd's House Ministries vary in age from 18 to 70, and the length of stay varies according to needs, with both short-term and long-term programs.



**One of the cornerstones of the long-term program are the mentors from the Central Oregon community who are friends walking along side those who are served. Lifelong relationships are built based on time together, trust, and authenticity.

75th Anniversary — Roy Webster Cross-Channel Swim

This is the annual Labor Day swim across the Columbia River. On the day of the swim, swimmers board the famous Sternwheeler paddleboat on the south shore of the Columbia, at the Hood River Port, and are ferried across the river to the Washington shore. When signaled, swimmers jump off the Sternwheeler into the "refreshing" Columbia and head back for Hood River. To help them find their way, a special swim-lane lined with volunteers in sailboats, kayaks and paddleboards are there to guide, encourage, and protect swimmers as they cross the channel. To enter, or for more information: <http://events.eventzilla.net/e/75th-anniversary--roy-webster-crosschannel-swim-2138889424>



Topless at Hood River — and what a beautiful view of the mountain!

Open Water USMS National Championships

USMS Middle Distance and Ultramarathon Distance Open Water National Championships, Chattanooga, Tennessee, June 3-4, 2017

Blurb by Matt Miller

Arlene Delmage swam all 3 races: 1-mile, 2.4-mile, and 9.2-mile. She won her age group in both the 2.4-mile and 9.2-mile, making her a double National Champion. Lisa Gibson and I swam the 2.4-mile and 9.2-mile races. Lisa had an amazing swim in the 2.4-mile event but got disqualified for using physio tape on her reconstructed shoulder (photo page 16). She would have been 2nd overall female and won her age group if she had not been DQd. She did the 9.2-mile swim without the tape and won her age group making her a national champion there. And there was also another swimmer from Oregon, Margot McKirdy, who swam the 2.4-mile swim and placed 9th in her age group and also paddled for Lisa in the 9.2-mile race. I swam well in the 2.4, finishing 7th overall, 2nd in my age group. My goal on the 9.2-mile swim was just to finish, so I didn't race it terribly hard. I finished 4th in my age group and 7th overall again in that swim.

The current in the river was extremely fast. The leaders in the 2.4-mile swim were averaging under 13 minutes per mile! And in the 9.2-mile swim, the winner averaged 13:38 minutes per mile! I was lucky to have chosen this swim for my first (and likely only!) ultramarathon distance swim. It took me less time to complete the near 15-kilometer swim than it took me to do the ePostal 10K the previous weekend!

I got really lucky on that 9.2 mile swim with the current being so fast! I finished the swim in 2:13:43, averaging 14:32 per mile for the 9.2 miles. That's 50 seconds per 100 yards!!! Was



Lisa Gibson, Arlene Delmage, and Matt Miller after finishing the 9.2 mile swim

fun moving so fast, but some of the competitors didn't like that it was over so quickly. It effectively changed the race from ultramarathon distance to marathon distance, so the true distance freaks didn't get as much time to overtake people who would have tired out had the race been an hour or more longer.

OREGON SWIMMERS ROCK RIVERSIDE continued from page 1

Multnomah Athletic Club men Scot Sullivan, George Dingeldein, Eric Meier, Mike Peyton, and Brent Washburne were all racing at Nationals. Coach Brent Washburne medaled with a great race in his Mens 55-59, 50 back. Scot Sullivan medaled in both his Mens 50-54, 500 free and 1650 free. One of the OREG team highlights was watching brothers George and Doug Dingeldein, duke it out in the pool. Scot managed to capture a great shot of Ryan Lochte before a race.



Jill Marie Asch sprinted to 1st place finishes in both her Womens 50-54, 50 free and 100 free. Only 8 100ths second separated the top 3 finishers in her 50 free. SO CLOSE! Jill Marie's favorite Nationals memory was the GIANT hug she received from her swim daughter Jessica Stacy after her race.



Brent Washburne did a great job as our OREG Nationals Coach, making sure everyone made it to their relays and cheering us all on. THANKS BRENT!



Mark Frost and friends celebrated his birthday with 50 x 100s, then FOOD

OFF THE BLOCK

continued from page 4

considering a boycott of the German Olympics — “the Nazi Olympics.” In the end though, the U.S. team did go.

In Berlin, Adolf Hitler sought to exploit the Games as a showcase of Aryan athletic superiority — a plan that would be undermined by the success of the African-American sprinter and long-jumper Jesse Owens. Kiefer never tired of talking about the Berlin Olympics, where he befriended Owens, who won four gold medals.



heritage and wanted to meet him.

“I remember him being a small man with a small hand,” Kiefer told the Times columnist Ira Berkow in 2000, “and his handshake wasn’t a firm one. Then he spoke to the interpreter, and I was told he said something like, ‘This young man is the perfect example of the true Aryan.’”

Kiefer told the University of Texas in 2014, if he had known then what he knows now, “I would have thrown him in the pool and drowned him. But how do you know?” He also said, “...I even can’t stand the name Adolph now. But I’m stuck with it.”

Finishing in first place awarded Kiefer a gold medal and a new Olympic record. Although Adolph was just reaching his peak in swimming, the start of World War II, which cancelled the Olympic Games in 1940 and 1944, sent him on a different path. If the war denied Kiefer a chance for more Olympic gold, it nevertheless gave him, in his view, his greatest satisfaction.

After the 1936 Olympics, Kiefer swam professionally for years, losing only twice in numerous competitions.

Kiefer continued to improve in swimming, reaching his peak about a decade later, when he was in his 20s. Tall and good-looking, Kiefer was courted by Hollywood and drew comparisons to matinee idols.

Kiefer went on to college — actually three universities: Texas, Columbia and Northwestern — but did not earn a degree.

He married his wife Joyce, who would be his business partner and his partner in life for more than 73 years, until her death in 2015. His grandson says, the couple opened their backyard swimming pool in Northfield, Ill, so that the neighborhood kids could learn to swim.

He entered the Navy in 1942 as a specialist in the physical fitness and swimming division. In the Navy, he rose to the rank of Lieutenant. After joining the U.S. Navy, Adolph saw the greatest loss in lives was due to drowning; the Navy was losing more lives to drowning than to gunfire. With his superiors’ approval, he set about planning swimming and lifesaving instruction for the entire Navy. He called it his “greatest thrill.”

With this knowledge, he formed a committee and helped to implement a training program that taught the “victory backstroke” to over 2 million troops, saving many lives in the process.

“No one could get on a ship without taking a 21-hour course in swimming,” Kiefer said. “We designed lifesaving equipment and taught them what we called the victory backstroke” — which began with the arms extended over the head forming a V.

After World War II, Hollywood producers wanted Kiefer to try the movies, in one case offering him the role of Tarzan. And Bob Kip-huth, the celebrated coach at Yale, wanted him to become an assistant coach. But Kiefer turned them all down and began manufacturing swimming pool and lifesaving equipment under the name Adolph Kiefer and Associates.

His passion to continue helping people all over the world with water safety is seen in the products he invented and supported. To this day, Adolph’s famous words, “Let’s keep ‘em



READY FOR PLUNGE
Adolph Kiefer, backstroke champion, and Joyce Kainer, member of his club’s water ballet, appropriately pose on diving board prior to their marriage in Chicago

OFF THE BLOCK

continued from page 15

swimming” can be heard through the halls of his company, where up to a week before his death he was calling in with new ideas to bring to the swimming world.

Together, Adolph and Joyce Kiefer built Kiefer Swim, a swimming equipment company that he is said to have joked sold “everything but the water.” They developed the nylon swimsuit, and the first non-turbulent racing lane, which helped to level the playing field by making it harder for swimmers to “ride the wake” of a swimmer in another lane.

Adolph’s love for swimming has reached so many and that passion will be remembered forever.

COACHES CHAIR

continued from page 6

of the four competitive strokes. The purpose of the drill/swim progression is to help swimmers of all abilities improve stroke technique during the clinic and the ability to self-improve beyond the clinic into the future.

Stroke Development and Improvement Clinic for Swimmers

USMS mentor Coaches Mike Hamm and Bill Brenner hosted a USMS Stroke development and Improvement Clinic for swimmers of all abilities on Sunday, May 14, following the Level 1 & 2 and Clinic Course for Coaches. Over 35 swimmers participated in the clinic and the majority of recently certified Level 1 & 2 Coaches were on deck, giving them real-time experience in practicing the skills learned in the classroom while under the guidance of the newly certified stroke development course instructors.



Lisa’s physio tape that got her disqualified; tape is not legal in Masters swimming competitions.

ADULT LEARN TO SWIM—OREGON CITY

continued from page 12

Thanks for teaching me to want to swim!” – Christine

The following comments are from Bonnie.

“For years I had talked about learning how to swim, but never saw a class for adults. I didn’t want to be in a class where I was the only adult in a group of children. My husband Nick and I had planned a trip to Hawaii in July with our friend Kathy. Kathy texted me the advertisement for adult beginner swim class and said, ‘It might make you feel more comfortable in Hawaii.’

“I decided to join but with a lot of apprehension. Would I feel comfortable? Who would our instructor be? Would I feel safe? I was pleasantly surprised as I met our swim instructor, Tim, who was not a teenager but a grown man who appeared to be in his 40s. Being in my mid 50s, I was not sure I could relate to learning from a young teen, though I know there are many talented swimmers of all ages. The two other students in my class are lovely women who also share the desire to learn to swim but had not learned as children.

“Each week we have been learning the basics of swimming. Becoming comfortable with the water, breathing, arm movements, etc., even when we have not done well, or become fearful, Tim is encouraging and patient, making us feel comfortable and safe to try again.

“I am so happy I made this step. It has been fun and I have learned an important skill that could save my life. Learning to swim has opened up opportunities for me that I had not been able to do. Many times in my past I was on the sidelines, watching my husband and friends swim while I would wave and smile at them from the shore or a lounge chair besides the pool. Now I can participate! It is my goal to continue to practice and learn more about swimming.” – Bonnie

I really enjoyed teaching this class. To witness first hand their fear of the water and the final triumph of being able to overcome their fear, and to finally swim a length of the pool was incredible. Christine, Mo, and Bonnie continue to meet at the pool and practice their skills. Aldo and I have met once, so far, to refresh his swimming skills. The best part of teaching this class is knowing that all four of these swimmers will now be participants and not spectators. They will embrace the water with courage and be able to enjoy the peace and solitude the water offers to all of us.

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2017 (as of 11 May 2017)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	OR Series Category	USMS Status
Sun 9 July	1	Portland Bridge Swim in the Willamette River	Portland	PBS, LLC	Marisa Frieder	17-km downriver	Featured	Sanctioned (377-W001)
Sat 15 July	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Matt Miller	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 (377-W004)
Sun 16 July								
Fri 28 July	3	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 500-meter 1500-meter (Ass'n Champs) 5000-meter (Nat'l Champs) 1000-meter	Qualifying Qualifying Featured Featured Qualifying	Sanctioned (377-W003)
Sat 29 July								
Sun 30 July								
Sun 13 Aug	1	Central Oregon Coast Swims at Eel Lake	Lakeside	COMA	Bob Bruce	3000-meter 600-meter Agility Swim 1500-meter	Featured Qualifying Featured	Sanctioned (377-W005)

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. . .

USMS Spring Nationals—SCY

Looking Ahead. . .

Long Distance Swimming Schedule (see page 17)
Pool Meet Schedule Below

Date	August 25-27; Friday - Sunday
Course	LCM
Meet	Gil Young/NW Zone
Pool	Mt. Hood Community College
Location	Gresham, OR

Date	November 11-12; Saturday-Sunday
Course	SCM
Meet	Northwest Zone Championship
Pool	Hood River Aquatic Center
Location	Hood River, OR

Quote for the month. . .

Swimming: From the outside looking in, you can't understand it. From the inside looking out, you can't explain it.