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Animals Swim at Bend and Canby

by Claudia Daly

Central Oregon Masters Pentathlon

Where were the wild creatures in December? The answer is, they were in Canby and Bend, Oregon, as two fun meets brought swimmers together to vie for all-around titles and coveted Gargoyle trophies. Both meets, the Canby Animal Meet and the COMA Short Course Meters Pentathlon, measured swimmers' versatility.

Central Oregon Masters in Bend hosted the Pentathlon on December 9, 2017 where swimmers competed in triathlon, and long, medium and short distance pentathlons. In all the events, the champions were those who accrued the least time swimming all the events in their categories. The events for the triathlon swimmers, known as the Brute Squad, competed in the 200 meter Butterfly, 400 meter IM and 1500 meter Free in the same day, which would tire even the most trained athlete. Hanging in there for the win in the women's triathlon were Baldy Ozawa, 30-34 age group, with a combined time of 37:57.28, Stacy Kiefer, (35-39), 29:52.99, Cherie Touchette, (50-54), 31:31.92, and Ginger Pierson, (70-74), 46:46.83. For the men, Kermit Yensen finished first in the 60-64 age group with an overall time of 34:44.70. Barry Fasbender, swimming in the 80-84 age group set a new zone record of 4:52.32 in the 200 M Fly as he completed all three swims in 43:07.05.

The Pentathlon competitors were no slouches either as three categories were offered — sprint (50s of each stroke plus a 100 IM), Medium (100s of each stroke plus a 200 IM) and the Long Pentathlon (200s of each stroke plus a 400 IM). In the



Sprint division, winners were: Heather Wiley, (W60-64), 4:44.38, Sam Bruce, (M30-34), 3:43.81 and Christian Tujo, (M45-49), 3:31.44. For the Medium distances, age group winners were Jeanna Summers, (W60-64), 10:43.78, Matt Miller, (M40-44), 7:19.22, Matthew Roth, (M50-54), 7:12.20 and Kris Calvin, (M55-59), 8:14.95.

For all the new pentathlon records that were set at the meet, see page 8.

Way to go everyone! This is a fun format that refreshes competitors' motivation, adding a little spice to life in the aqueous lane!

Canby Animal Meet

The Canby Animal Meet, held the next weekend, December 17, 2017, also offered variety as swimmers competed for Gargoyle statuettes, similar to an Oscar (not!). Like Bend, swimmers competed in categories based on distance, but at this meet the events went by the monikers Sprint Animals, Middle Animals and Grand Animals. Sprinters completed a 100 yd. IM, 50 yd. fly and 200 yd. free; Middle Animals swam a 200 yd.

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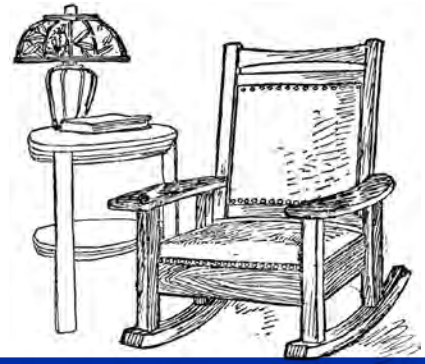
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Send address changes to Susie Young and all other membership questions to Christina Fox.

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Chair's Corner

Tim Waud
OMS Board Chairman



Greetings Fellow Masters Swimmers,

I hope your new year's goals are on pace for 2018. This is the time of year to start training hard for Championship season. There are several opportunities for you to increase your base training. The One Hour ePostal National Championship has been extended through February 28th. Also, the Tualatin Hills Barracudas are hosting their Annual February Fitness Challenge. Set a goal to swim as many yards as you can during the month of February with the ultimate challenge of swimming 100,000+ yards. You can track your daily distance and compare your progress with other swimmers. Both of these events are excellent motivators to ramp up the yardage before our Association Championship in April.

The 2018 OMS Association Championship meet will be held in Corvallis, Oregon, April 20-22, at Osborn Aquatic Center. Don't forget to sign-up for the annual OMS Awards Social on Saturday night. A light dinner will be available for purchase when you register. OMS will be hosting our annual general membership meeting before the awards presentation. Come join us and meet your fellow board members. We welcome any questions or concerns you might want to ask us. Following the short meeting, we will be presenting the Annual OMS Awards. Every year we ask our members for nominees for the five OMS Awards listed 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.

- CONNIE WILSON MEMORIAL AWARD
- OL' BARN AWARD
- HAZEL BRESSIE SPIRIT - FEMALE AWARD
- GIL YOUNG SPIRIT - MALE AWARD
- SPECIAL SERVICES AWARD

Awards will also be given to the Most Outstanding Swimmer: male and female aged 49 and under/50 and over. The Art Welch Most Splashes awards will be given for both male and female swimmers who entered the most events in 2017.

The Northwest Zone Championship schedule has been released for the year 2018. The Zone hosts four Championships each year in yards, meters, and open water.

SCY—Big Sky Montana Swim Club, April 6-8, at the University of Montana in Missoula, MT

OW—Sawtooth Masters, 1-mile OW, June 2, at Broadside Harbor in Caldwell, ID

LCM—Oregon Reign, August 24-26, at Mt Hood Aquatic Center in Gresham, OR

SCM—Puget Sound Masters, November 17-18, at King County Aquatic Center in Federal Way, WA

I hope to see you at the upcoming Oregon City Spring Ahead dual sanction swim meet March 10-11.

A big shout out to Willard "Wink" Lamb who set 32 USMS National and FINA World records in 2017.

Swimmingly,

Tim Waud
OMS Chairman





Off the Block

Since this column is “Off the Block”, whatever information is deemed of interest, by the editor, is presented.

Claire Forrest went to her first swim meet at the age of eleven on a whim. She fell in love with the sport and never looked back. Classified an S6 disabled swimmer for US Paralympics, Claire specialized in mid-distance freestyle and backstroke and made national and world rankings throughout her career. Claire is passionate about integrating disability swimming into the larger swim community, having swum for able-bodied club teams and her college's DIII team.

Ten Words That Have a Completely Different Meaning to Swimmers

by Claire Forrest

There is no doubt that swimming, like any sport, has its own specialized vocabulary. But there are also some everyday words that have a completely different meaning to swimmers:

1) Swim Cap

What most people think it means: *A silicone cap with flowers and a chin strap on it that your grandmother wears in the pool.*

What swimmers think it means: *A very trusted and necessary piece of swimming attire, with specific memories associated with each team cap, such as a hard set or incredible race tackled while wearing it.*

2) Swimsuit

What most people think it means: *A purely fashionable item of summer clothing, the cuter or more colorful the better!*

What swimmers think it means: *Something worn for much of the waking hours, chosen with complete disregard for pattern, the tighter and more water dynamic the better!*

3) Nap

What most people think it means: *A short and rare twenty-minute period of sleep, just to refresh.*

What swimmers think it means: *A sacred time of deep sleep, to be interrupted only when friends and family form a search party because they haven't seen you all day, and even then, you'll probably sleep through it.*

4) Winter Break

What most people think it means: *An awesome few weeks off from school where one is free to do whatever they want!*

What swimmers think it means: *A dreaded time of torture when swim coaches fill the swimmer's vacation with strenuous three-hour practices and training trips.*

5) Shaving

What most people think it means: *An act of grooming to remove unwanted hair from your body.*

What swimmers think it means: *An extremely high risk and meticulous pre-meet ritual to remove every last hair from your body in order to possibly remove 0.005 seconds from your race time.*

6) Taper

What most people think it means: *A verb meaning to decrease or thin out over time.*

What swimmers think it means: *The single most glorious period of time, better than all holidays or birthdays combined, when you swim increasingly less in order to rest for a meet. See also: an excuse to get out of any and every physical activity or personal responsibility.*

7) Butterfly

What most people think it means: *A winged creature that is colorful, dainty, and beautiful.*

What swimmers think it means: *The most difficult, painful, and impressive stroke that causes most swimmers—except a select few—to tremble in fear.*

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



First Part of 2018: Your Roadmap to Stay on Track Towards Your Fitness Goals

January: Join a Master swim team, a health club and/or your local pool. You still have time to do it. No excuses!

February: Fitness challenges. Friends.

During the month of February, there are a few events related to get in shape and fit:

The Winter fitness challenge which just involves a 30 minutes swim in the pool of your choice with no specific rules and with the use of any equipment allowed. If you are new to swimming I would really recommend this one, just to assess your current fitness level. The swim needs to be done between February 15 and 28th and comes with an invaluable resource for the new swimmer: the 6 weeks training plan.

The one hour e postal which involves one hour of swimming in a short course pool of your choice, to be swum between January 1st and February 28th. This event is certainly more competitive as there is a national ranking and there is no use of equipment allowed. However if you are an intermediate and/or advanced swimmer and are used to swimming laps, this is the one to assess your current fitness level.

Remember you cannot assess your improvement if you do not know what your current level of fitness is. Recognizing your improvements, however small or big they are, is your best motivator to keep going in the right direction. As I mentioned in a previous article, in addition to knowing

how far you can swim in a half hour or a full hour, you need to know your pace. What is the time you can hold per 100 or per 50 for at least 10 or 12 50s or 100s. This is a key element to be able to manage your workouts.

March: Manage your workouts. Make it a habit. Master your technique

March is the time you need to grit your teeth and stay with the program. The motivation of the new year resolutions has weaned down by now and it is time to reassess your training plan. Either you have not been realistic and set up your expectations way too high, or you have gone at it way too strongly and your body as well as your mental state are breaking down. Time to manage your workouts and readjust your goals if needed. Remember your goals needs to be SMART: Specific, Measurable, Achievable, Realistic and Time-bound.

If you are with a Masters swim team, maybe cutting one workout a week is all you need to not feel overwhelmed.

If you are training on your own, make friends with one of the other regulars at the pool and keep each other accountable. If you have access to the USMS resources, follow some of the workouts posted and/or follow the 6 weeks training plan offered with the fitness challenge. Be smart with designing your own workouts to make it fun and challenging.

My general advice is:

Do not do the same thing every-day but do repeat some set on a regular basis to check your improvements
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Coaches Chair

Coach Matt Miller
OMS Co-Coaches Chair

What are your goals for 2018?

Everyone has probably heard the old acronym adage about having SMART goals. As your Coaches Co-Chair, I'd like to encourage you to think about what your swimming SMART goals are for 2018.

Specific
Measurable
Attainable
Realistic
Time-related

The "T" (**time-related**) could be as of the end of 2018, or you could break 2018 up into any partial time segments, say from now until the OMS Championship Meet in April, for example.

As for "S" (**specific**) there are a number of **specific** goals one could have for the 2018 swim season. A few quick examples are:

- Participate in my first Masters swim meet
- Finish an open water swim
- Participate in an ePostal swim
- Swim 500 miles (cumulative)
- Earn a national top 10 time in my best event

One reason I deeply love the sport of swimming is the fact that there are a seemingly endless number of "M" **measurable** goals in the sport, whether it is maintaining a faster send-off interval in a set you regularly swim, or trying to improve your time in the 50 LCM free (just one of 53 events in Masters swimming). It's helpful to choose goals that are easily measurable, for example by time or by completion ("finishing").

Selecting goals that are "A" **attainable** and "R" **realistic** might be aided with input from coaches or teammates. I've found that people tend to doubt themselves and their abilities and often benefit from a little encouragement and confidence-building from coaches and friends. Some people are very good at understanding their bodies and abilities, and have a good internal compass for choosing attainable and realistic goals. But everyone can potentially benefit from others' input when selecting goals. So when in doubt, don't be afraid to reach out and ask someone!

Oregon Masters Swimming does a great job of enhancing our motivation to set goals for ourselves, by offering recognition and awards for participation. In particular, long-distance swimming has many opportunities for goal-setting. For example, swimmers can earn a "Oregon Postal Challenge" award patch for completing at least 3 of the ePostal National Championship swims that USMS holds each year. Long-distance chair, Bob Bruce, sends out a nice patch along with a patch "chevron" or "segment" indicating the year the 3 ePostals were completed. Each additional annual completion of this accomplishment earns another year patch segment to add to the patch. A swimmer who does all 5 of the USMS ePostal National Championship swims in the same year earns a special participation patch to honor their achievement. And don't forget about the Oregon Long Distance Top 12 Lists that are maintained for each of the 5 ePostal events. Maybe a goal to consider is to try to get your name on one or more of those lists en route to earning an OMS Postal Challenge Patch or USMS Long Distance ePostal Series Challenge patch!

Another fun goal is with the Oregon Open Water Series, where individual results from each Oregon open water swim are tabulated to create a



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Long Distance Swimming

Coach Bob Bruce
OMS Long Distance Chairman



Wrapping up the 2017 USMS Postal Championships, the Oregon LMSC capped another year with a fair showing in the USMS 3000-yard and 6000-yard Postal National Championships, but far below our usual sterling participation and club standing. Here's a quick summary:

3000-yard: 29 Oregon swimmers entered (10 women & 19 men), 20 swimmers fewer than 2016. Colette Crabbe, Matt Miller, Bob Bruce, Dave Radcliff, and Willard Lamb each won the national title in their respective age groups—great club strength at the top end! Six Oregon Club Relay teams won their events, and one was runner-up. Club scores were not yet available as I write this, but I'm not holding my breath.

6000-yard: 9 Oregon swimmers entered (2 women & 7 men), also way down from last year's entry. Matt Miller was our only National individual champion. All three Oregon Club relay teams won their events. Again, Club scores were not yet available, but nine swimmers "does not a championship team make."

Congratulations to...

- Our 5 Individual National Champions (USMS Long Distance All-Americans!)
- Matt Miller, our double National Champion
- Our 9 relay team National Champions (USMS Long Distance Relay All-Americans)—amazing considering our size of entry
- Our National Individual Record setter, Willard Lamb, continuing to go where no man has gone before!
- Our 2 Oregon Individual Record breakers—Willard Lamb and Matt Miller (twice!)
- Our National Relay Record breakers—Men's 75+ 3 x 3000-yd Relay of Barry Fasbender, Ralph Mohr, and Dave Radcliff
- Our 3 Oregon Relay Record breakers
- Those swimmers who accounted for 16 new listings

- on the All-Time Oregon Top Twelve in these events
- Everyone who participated. The Oregon LMSC generally does well in overall participation, which is ultimately the bottom line, but didn't do so well this year. Obviously, I'd like to see many, many more Oregon swimmers participating in these excellent fitness events.

Look for the full Oregon results in this Aqua Master. See page 17.



Now it's time for a new year of Postal Swims, which starts with the One-Hour Swim. This event answers the basic question, "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; more than 2000 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?

How have Oregon swimmers and the Oregon Club fared in the past? Although Oregon Club swimmers have done very well recently, this is one of the few Overall 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

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Records & Links to Results

Records set by only Oregon Swimmers

COMA All-Around Challenge — Pentathlon/Brute Squad — SCM

December 9, 2017; Bend, OR; Sanction #377-S007

Results: http://swimoregon.org/results_pdfs/2016-2017/ResultsCOMAPent_SCM_20171209_Splits.htm

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

Individual Records

Age Group	Event	Name	Age	Time	Record set
Women 75-79	100 SC Meter Freestyle	Ward, Joy	75	1:39.32	Oregon, Zone
Women 75-79	200 SC Meter Butterfly	Ward, Joy	75	4:51.64	Oregon, Zone
Men 80-84	200 SC Meter Butterfly	Fasbender, Barry	80	4:52.32	Oregon, Zone
Men 80-84	400 SC Meter IM	Fasbender, Barry	80	9:00.44	Oregon
Men 95-99	100 SC Meter IM	Lamb, Willard	95	2:39.39	Oregon, Zone, National, World

Relay Records

Age Group	Event	Time	Record set
Women 240-279	400 SC Meter Free Relay	5:45.52	Oregon
1) Gettling, Janet 69 2) Fox, Christina 57 3) Wiley, Heather 60 4) Summers, Jeanna 63			

Pentathlon Records

Mid-Distance – 600 meters [100 fly, 100 back, 100 breast, 100 free, 200 IM]

Age Group	Name	Time	Record set
Men 40-44	Matt Miller	7:19.22	Oregon
Men 50-54	Matthew Roth	7:12.20	Oregon

Long Distance – 1200 meters [200 fly, 200 back, 200 breast, 200 free, 400 IM]

Age Group	Name	Time	Record set
Women 35-39	Stacey Kiefer	17:48.87	Oregon
Women 50-54	Cherie Touchette	19:21.83	Oregon
Women 70-74	Ginger Pierson	25:50.37	Oregon
Men 60-64	Kermit Yensen	20:23.11	Oregon

Canby Animal Meet — SCY

December 17, 2017; Canby, OR; Sanction # 377-S008

Results: http://swimoregon.org/results_pdfs/2017-2018/ResultsCanbyAnimal_Splits.htm

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

Age Group	Event	Name	Age	Time	Record set
Women 60-64	200 Yard Freestyle	Andrus-Hughes, Karen	60	2:18.65	Oregon
Women 60-64	50 Yard Butterfly	Andrus-Hughes, Karen	60	31.72	Oregon
Women 75-79	200 Yard Butterfly	Ward, Joy	75	4:01.59	Oregon, Zone
Women 75-79	400 Yard IM	Ward, Joy	75	7:31.13	Oregon, Zone

Swimmer Spotlight

—submitted by Karen Andrus-Hughes

Name: Francie Haffner
Age: 50
Team: Stafford Hills Club
Occupation: Swim Coach/Instructor and Family Programming Manager at Stafford Hills Club

I grew up in Tucson, Arizona, with my mom, dad, older brother Bill, and younger sister Judi. My mom always tells the story about how she threw us in the pool when we were two-years-old because there were pools everywhere and she didn't want us to drown!

I joined my first swim team when I was five, along with my brother and sister. My mom and dad were on deck at every swim meet as a stroke & turn judge, a timer or running the snack bar. It was a family affair nearly every weekend throughout my childhood. We travelled near and far to swim and have fun with all of our best friends. We were pretty successful as a swimming family, and brought home plenty of medals and trophies. The funny thing is, however, if you asked my mom what my best time was in an event, she had no clue. She just knew we were winning, and having the time of our lives. My dad knew our times, but too, really just wanted to make sure we were having a good time. Don't get me wrong, as kids we were just as competitive as the next guy (maybe a little more at times). It is just so great to remember that we were the competitive ones, not our parents!

I had fun swimming through high school, earning All American honors all four years as well as being a four-time State champion in the 100 and 200 free. One great memory was breaking the National record with my club teammates in the 200 medley relay (13-14 age group), only to be disqualified because of a false start. My teammate was changing age groups in two weeks so we had to find a meet fast! We drove

up to Phoenix and broke the record (again). Phew! You've never seen four young swimmers so relieved.

I qualified for the 1984 Olympic Trials where I had no expectations to do anything except watch my teammates kick butt; which they did! When I think back on it, I really didn't realize how cool it was to be a part of that as a junior in high school. I earned a swimming scholarship to University of Arizona, following my brother, Bill, there. And, yes, my sister, Judi, joined us as well. I swam for Dick Jochums and Frank Busch

while there, and earned All American honors. I was PAC 10 Champion in the 200 free and an NCAA finalist in the 200 free a couple of times. I was the National Champion in the 200 free in 1987 and a finalist in the 200 free at the 1988 Olympic Trials. I was fortunate to travel around the world on the USA National Swim Team throughout my college career. Again, working hard, but mostly having fun with the best of friends.

I moved to the Portland area with my husband, Scott, where I taught Preschool, Kindergarten, and soon became the Director and Administrator for all five Northwest Montessori Schools. This career lasted 25 years. I tried to swim a few times at local indoor pools, but could never stick with it. I suppose growing up with outdoor pools in Arizona spoiled me. In January, 2016, we closed our last

Montessori school, and suddenly I was 49 and "retired". What was I going to do?

Well, I found an outdoor pool (Stafford Hills Club) five minutes away from my house! I decided I would figure out my new life while swimming . . . slowly swimming. So, while there, mind-ing my own business swimming . . . slowly, this guy (Mike Self) tells me I should join the Master's team. Ha-ha, I laughed ... I'm way too slow and haven't swum in 26 years! Well, after a few

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Swim Bits

by Ralph Mohr — COMA

Easy Swimming

An interesting article on NPR talks about the difference between the perceptions of experts and novices when they do something like playing the piano or basketball. Novices focus much more on the mechanics of an action, and experts focus on the whole picture, the piece or game to be played. NPR, May 12, 2017, 7:39 AM.

I've run into this in swimming. Beginners in the sport, defined as someone with less than ten years' swimming experience, seem to focus on hand position, body level, even how far the head turns to take a breath, among many other facets of swimming easily. As a coach I have been guilty myself in instructing other swimmers in small incremental changes in strokes, rather than the idea of "make it easy."

The problem is that swimming "easy" is hard. There are basics: body position in the water; flexibility of hands and feet; the position of hands and arms in the pull stroke; breathing

ease. The hard part is putting all of these together at the same time, while going length after length.

One solution to problems with swimming "easy" is time. Have you put in ten years in the pool yet? I've been swimming competitively for 64 years, so I guess I have some experience in this, but the years have allowed me to relax in the water without worrying about the basics and simply to keep going. Most Masters swimmers I know with a competitive background swim the same way.

Take your time, and do the time in the pool. There is no substitute for time in the water. The goal is not to be fussy about the entry angle of the hand into the water, or if the hand goes past the suit line on the push. The goal is to finish the race or workout as easily as possible, but fast, and do it again and again every time you are in a pool.



ANIMALS SWIM IN BEND AND CANBY

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IM, 100 yd. fly and 500 yd. free; and Grand Animals finished a tough triad of a 400 yd. IM, 200 yd. fly and 1000 yd. free. For the women, Gargoyle recipients were Sara Shepard in the Sprint division, Emily Medina in the Middle, and Mattie Fowler in the Grand Animal category. Emily and Mattie were repeat winners from past years. For the men, Igor Bruzual topped the Sprint division, Matthew Roth the Middle and Matt Miller, the Grand Animal.

Oregon and Zone records were set in several individual events in the meet. Karen Andrus-Hughes set two Oregon records in the Women's 60-64 age group, swimming a 2:18.65 200 yd. free and a 31.72 50 yd. butterfly. Joy Ward followed suit in her age group with new standards in the Women's 75-79 age group with a 200 yd. butterfly, 4:01.59 and 400 yd. IM, 7:31.13.

Both of these meets are full of friendly competition and fun results. Next year, bring out your inner grow!!!!

LONG DISTANCE

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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 (and ultimately the most important one): 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. Not to mention that the best build-up for a long and satisfying life is to do the same. The One-Hour Swim is one of the best tools to develop and measure your aerobic capacity. Use it that way!

Team Life

Southern Oregon Masters Aquatics (SOMA)

by Matt Miller

Southern Oregon Masters Aquatics (SOMA) is the newest workout group in Oregon Masters Swimming, officially registered in January 2018. We have been working out as a group for well over two years now and finally made it official this year! There are currently about 50 people on the SOMA e-mail list, which is growing rapidly, and most of us swim at the Superior Athletic Club in Medford. Also included are swimmers who live in Klamath Falls, Coos Bay, Grants Pass, Jacksonville, Talent, Shady Cove, Phoenix, and other parts of southern Oregon. Many who are part of SOMA are brand-new to Masters swimming, or have only been swimming with Masters for a few years, and there are others like Alice and Barry Fasbender who recently relocated to the Medford area from northern California and have been active in US Masters Swimming for over 40 years!

The core of the group formed in 2015 after the Southern Oregon University pool closed permanently, leaving the Rogue Valley Masters (RVM) swim group without a designated workout pool. Three of us who had been swimming with RVM (Frank Philipps, Charles Roome and Matt Miller) decided at that time to join Superior Athletic Club. That's when we fortuitously met Mark Hageman! Mark is a natural-born coach and has been vital to the formation of SOMA. Mark provides the vast majority of the workouts for our group, planning them in advance for those of us with target events, and also offering coaching tips while doing the workouts with us. As a testament to Mark's coaching ability, in 2016, before the formation of SOMA, Rebecca Kay came to swim and train with us on her way to setting a new National record in the 50 meter LCM free (women 70-74) and win that event at the 2016 USMS Summer Nationals. Wow! To say that Mark Hageman was integral to Rebecca's success would be an understatement.



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SOMA swimmers at Klamath Falls

TEAM LIFE—SOMA

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A pretty good-sized group of SOMA swimmers plans on attending the OMS Association Champs in April, 2018, to compete for the first time as an official Masters team. We're hoping to make some noise in the medium-sized team category!

SOMA also has a number of members with a keen interest in open water and long distance swimming. We are planning to host two open water events in 2018 and strongly assist with a third. SOMA swimmers Matt Miller and Mike Servant will be race co-directors for the USMS 10K National Championship Applegate Lake Swim, hosted by Rogue Valley Masters. Many SOMA swimmers plan to come to volunteer and swim at the event.

The Eel Lake swim over on the coast was in jeopardy of getting canceled this year until SOMA stepped up and agreed to run the swim. We're currently working on securing the venue on August 11th and hope to put on a great event. Also, SOMA is working with Rogue Valley Race Group to add a new open water swim to the Oregon Open Water Swim Series this



Outdoor swimming in January at Redkey pool

year at Lake of the Woods between Medford and Klamath Falls. Planned for September 8th, this event will be a part of the Lake of the Woods Tri-Sport Weekend with lots and lots of events to choose from! These last two events (Eel Lake and Lake of the Woods) are still tentative, but are looking good to happen in 2018.

SOMA is a regional Masters Swim team consisting of sub-groups around the southern part of the state. Up the hill from Medford in Klamath Falls, swimming at the Ella Redkey Municipal Pool, is the Klamath Falls swim group, which is now a SOMA Masters satellite group. The Klamath Falls SOMA Masters crew is a fun, supportive, quick-witted group of about 20 swimmers of varying abilities and swim interests. They enjoy swimming year-round in their unique geothermally heated, outdoor pool. There are several different coaches and swimmers who lead the workouts, allowing for ample variety. The group welcomes people of all ages, abilities, and skill levels who want to develop or improve their technique, health, and mood.

The Klamath Falls swimmers say it's not uncommon to see bald eagles or red tail hawks fly over while doing backstroke, or to gaze at the full moon through the steaming water on a frigid, 10-degree morning swim. In the summer the group organizes open-water swims in the higher elevation Cascade Lakes nearby. Visitors and locals alike are invited to join the group at the Ella Redkey Municipal Pool on Monday, Wednesday, and Friday mornings from 5:30 am - 7:00 am, Tuesdays and Thursdays from 11 am-12 pm, and Saturdays from 8 am - 9 am.

Over on the coast and also new to SOMA, a great group of swimmers in the Coos Bay/North Bend area enjoy swimming outdoors together year-round, at Mingus Park Pool in Coos Bay. Masters



SOMA Swimmers at Mingus pool —L to R - Rod Cook, Jayna Tomac, Jen Feola, Chris Cook

and triathlete groups at this 25-yard, 6 lane pool, can often be found joining each other's workouts and visiting with one another, in and out of the pool. The Mingus group varies in ages and abilities, and they share the coaching and workout preparation for each day. The main competition-focused group works out T-Th 6:00-7:00 am and Sa/Sun 7-9 am or 12-1:30 pm.

Mingus, and now-SOMA swimmer, Denise Stuntzner swam NCAA D-I at Michigan and holds several Oregon Masters Swimming records. Rod Cook, turning 60 years old this year, also swam in college, and in high-school he was one one-hundredth of a second from making Junior Nationals. Rod's younger brother, Chris Cook, is swimming superbly and interested in attending a meet this year. Mingus swimmer Jen Feola likes to swim for fun, and she is still found on the 4th all time 6000 yard ePostal top 12 list for Oregon women aged 40-44. Irena is the youngest one of the group, a new mom, and a previous NCAA D-III swimmer. Jayna Tomac is the de facto leader of the SOMA Mingus group and her name should be familiar to most people in Oregon Masters swimming. In 2015, Jayna won the 10K Open Water National Championship and all 5 of the USMS ePostal National Championships on her

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TEAM LIFE—SOMA

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way to earning USMS Long Distance All-Star honors. That same year she traveled to FINA Worlds in Montreal and placed in the top 10 in all of her events. In 2017 she traveled to FINA Worlds in Budapest, and placed 14th or higher in all of her events, medaling in two events (200 breast and 200 IM).

As for those of us at Superior Athletic Club in Medford, though some of us are old friends or have been swimming

Medford group as very fun, kind, welcoming, motivated, hard-working, positive and supportive of all things aquatic and each other. I very much look forward to swimming with my SOMA friends at Superior every day!

We SOMA members at Superior are largely focused on working hard every day, doing quality workout sets, and using those workouts to prepare ourselves for competition. As such, we do a lot of high-intensity training and tempo sets, trying to balance them with conditioning sets for distance swimmers. However,

one that, going forward, will show up at many meets, open water events, and ePostals for years to come!

We have already made some trips as a group in 2017 and posted some really good results, proving that our workouts are achieving the intended goals of swimming fast while having fun. Our hard work has already paid dividends, as SOMA swimmers have claimed a number of Oregon pool records in 2017! Barry Fasbender led the way with 4 Oregon records (200 fly and 400 IM in SCM and 200 back and 200 fly in SCY) and 3 North-



SOMA Swimmers at Superior pool

left to right, is Charles Roome, Frank Philipps, Barry Fasbender (front), Mark Hageman, Yeonjoo Lee (front), Matt Miller, Connie Wilson (front), Andrew Barrow, Mike Dix, Maggie Trujillo (front), Erinn Stefanich and Lisa Ross.

together for at least several years, the group is newly-formed and still growing quickly, including people who historically weren't Masters swimmers and/or weren't previously connected. We're just beginning our journey in getting to know each other well, as the group continues to work out and compete together, with plans for future social events. I would describe the overall culture of the

we do have a number of mostly-fitness swimmers and they are happy to swim with us and always eagerly ask about our competition endeavors and cheer on those of us who compete at our events. We are pretty much always able to work everyone into the same workout so that we're all swimming together. But given the primary focus on competition, I would predict that our group will be

west Zone records (same as Oregon records minus the 400IM), all in the men 80-84 age group. Also, Mark Hageman and I both got our first Oregon records in 2017! Mark's came in the 200 SCM freestyle for men 55-59 and mine was in the 1500 SCM free for men 40-44. Additionally, new SOMA swimmer Maggie Trujillo, who was a nationally ranked age

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TEAM LIFE—SOMA

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group swimmer, attended her first swim meet in 17 years where she posted the 8th fastest time (2:45.07) in the history of Oregon Masters Swimming in the 200 SCM back for women 30-34. Wow! And after only a few weeks of training!!!

SOMA swimmers also made a strong showing in the 3000 and 6000 yard ePostals. Of particular note was Leah Harris's swim in the 6000. Leah is new to Masters swimming but has a background in competitive running, and ran at the Division I collegiate level for Stanford University. In her 6000 ePostal, she posted a very respectable time of 1:41:35 which was good enough for 7th in her age group. Thanks to her swim, Oregon was able to put together a 25+ mixed 6000 yard relay composed of Hardy Lussier, Arlene Delmage and Matt Miller which took 1st in the age group, earning National Champion honors. The 3000 ePostal was the very first USMS sanctioned event in which Connie Wilson has participated and she did amazingly well, earning 8th out of 19 in a highly competitive field for



Leah Harris after her one-hour swim

women 65-69. And Jan Hildebrandt, as usual, had an amazing swim in the 3000, earning 6th in her age group (60-64) out of 34 entrants. Jan is also a National Champion swimmer, earning 1st as part of a medley relay this summer at the USMS Summer Nationals in Minneapolis. She was also recently featured in the Swimmer Spotlight, where you can read more about her and her long list of accomplishments.

I'm very proud to be a part of SOMA, and look forward to many workouts and competitions with this great group of people, who have been able to connect over various parts of southern Oregon. SOMA is a great positive addition to Oregon Masters swimming, and we look forward to many good workouts and meets, and great friendships!



Friendly team revelry?! After the meet... out in the parking lot, James Adam threatened Matt Miller for the Gargoyle trophy that Matt had won at the Canby Animal meet.



Matt Miller, author of the above article, decorates the cover of the January, 2018, issue of "Oregon Healthy Living" magazine.

COACHES CHAIR

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composite score for each swimmer and results are tabulated based on those composite scores. If you can commit to doing all of the Oregon open water swims, you'll have a very good chance of winning your age group or possibly even earning the title of "Oregon Open Water Series Champion."

For those who are primarily pool swimmers, there are the Oregon Swimming All-Time Top 12 Lists for each gender, age-group, event and course (all 53). And the Oregon Pool Records might provide some goal ideas for those very high-level swimmers. There are also awards offered by OMS that are both participation-based and performance-based and could be a good goal fit for pool swimmers.

Our parent organization, U.S. Masters Swimming (USMS), has done a very, very good job creating all sorts of opportunities for recognition or achievement to motivate people to participate and set goals. Listed here are some of these high-level achievements offered by USMS, in order of perceived difficulty of achievement. Competition for USMS events is divided into 5 year age groups, with the exception of the youngest age group, 18-24, which is a 7 year age group. Age groups start with 18-24 and then go up by 5 year increments thereafter: 18-24, 25-29, 30-34, 35-39, 40-44, etc. Each of the below listed points of recognition are awarded to each age group, for both men and women.

USMS Open Water & Long Distance All-American: A swimmer earns the honor of a USMS Long-Distance National Champion by winning their age group (either individual or relay) in any Long Distance National Championship event, including open water and ePostal events. The award for this honor is a Long Distance National Champion patch (for individuals and relays) and a Long Distance All-American patch (for individuals only) and a certificate of honor (for individuals only) stating the swimmer's name, year, All-American status, and a signature of the USMS president. USMS holds eleven Long Distance National Championships. The championships are open water as well as postal events and placing in the top 10 at each event accumulates points toward USMS All-Star Status. The list of yearly USMS National Long Distance Championships is as follows:

Sprint-Distance Open Water (1 mile)

Middle-Distance Open Water (greater than 1 and less than or equal to 3 miles)

2-Mile Cable Open Water (quarter-mile straightaway)

Long-Distance Open Water (greater than 3 and less than 6 miles)

Marathon-Distance Open Water (greater than or equal to 6 miles and less than 9 miles)

Ultramarathon-Distance Open water (greater than or equal to 9 miles)

ePostal 1 hour

ePostals 5 and 10 kilometer (in 50-meter pool)

ePostals 3000 and 6000 yard (in a 25-yard pool)

U.S. Masters Swimming Top Ten (pool): Each year, U.S. Masters Swimming publishes a list of the Top 10 times that have been swum in every individual and relay event for each of the three pool courses (Top 10 publication schedule). Recognition of all Top 10 times, both individual and relay, is posted on each swimmer's USMS Swimmer Info Page on USMS.org with a link to all of those swims and published in the Printed Top 10 listings booklets. Additionally swimmers are eligible to purchase Top 10 Patches to commemorate their achievement.

USMS National Champion (pool): A swimmer earns the honor of a USMS National Champion by winning their age group in any event at either the USMS Spring National Championships (SCY) or the USMS Summer National Championships (LCM). In recognition of National Champions status, a swimmer receives a USMS National Champion patch and a 1st place national championship medal.

USMS All-Star: USMS has been naming Pool All-Stars since 1987 and starting in 1995 USMS began naming Long Distance All-Stars as a separate category. Pool All-Stars are those who have achieved the most first place finishes in their age group during the year in Top 10 competition. Long Distance All-Stars are named on a total point basis from the results of all Long Distance National Championships. To be considered for the Long Distance All Star Team, a swimmer must compete in at least three National Championship Long Distance Events, of which one must be an open water event and one must be a postal event. Points are awarded for 1st through 10th place as follows:

1st place = 22 points

2nd place = 18 points

3rd place = 16 points

4th place = 14 points

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FITNESS

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(Is it getting easier on the same sendoff? Am I going faster?) Celebrate your improvements! Do include slow and fast swims, some kicking, some different strokes.

Work on your technique: there are a lot of videos of different drills on the internet but not all of them are good and address your own weaknesses. My philosophy is "Drills are good if you can transfer the benefit of the drill into your swimming. Do not do drills, just to do drills." If you learn a drill, know what part of your swimming it should help and ask yourself: Do I have that problem? If yes, do it, and right after, swim the whole stroke while consciously thinking about that part of the swimming. Personally, I love to do "thinking swimming", especially when warming up and/or doing some technique set in any stroke. What I mean by "thinking swimming" is while swimming the complete stroke, I consciously think on **one and only one** single part of my stroke I need to improve on such as: Where do my hands enter? How is my catch? Am I in alignment and stable or do I wiggle? How is my kick? Am I on top of the water? If you are a complete novice swimmer and do not have a coach, take a swim lesson at your local pool. Your instructor should be able to let you know what to focus on and in what order. In the December issue of Aqua-Master, I touched on that subject in "Freestyle: Find your balance in the water".

April: Association Meet in Corvallis on April 20 to 22th, 2018

April is the month of our annual Oregon Masters Swimming Championship meet. It is one of the most fun meets with a lot of relays, and where you will represent and help your local swim team. Everybody is contributing, no matter what your fitness level is. This should be one of your goals of the season if you want to truly experience the spirit and support of Masters swimming. In addition to the swim meet, this is the opportunity to really meet and get to better know some of your teammates from your local and far away Oregon team.

For novice, intermediate and advanced swimmers, the Association meet should be part of your SMART goals (specific, measurable, achievable, realistic and time-bound).

COACHES CHAIR

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5th place = 12 points

6th place = 10 points

7th place = 8 points

8th place = 6 points

9th place = 4 points

10th place = 2 points

In recognition of earning USMS All-Star status, the swimmer receives a USMS All-Star certificate of honor and a small gift from USMS. In recent years, the gift for All-Star status was a TYR Micro Pique Polo embroidered with the year and USMS Long Distance or Pool All Star.

So what are your goals for this swimming season?! There are it seems a nearly infinite number of SMART goals to choose from within the sport of swimming. I hope that some of these ideas resonate with a few of you and you choose something to pursue. It's really all about finding some motivation to keep yourself in the water, active and healthy. Pick something and go for it! And feel free to reach out if you want personalized ideas for you.



Multnomah Athletic Club Masters swimmers gather for the 100 x 100 in the long course pool. The Tri team joined the fun

ePostal National Championship Results

3,000-Yard ePostal National Championships Oregon LMSC Results 2017

Place numbers are national places

OR = Oregon Record; NR = National Record

* = Oregon All-Time Top Twelve Time

Place	Age	Team	Time	Points
Women 30-34				
11	Harris, Leah	32 SOMA	48:30.85	674
Women 45-49				
5	Salton, Gillian	49 COMA	43:41.00	776
Women 55-59				
5	Delmage, Arlene	55 ORM	40:01.81*	889
9	Hanson, Betsy	56 COMA	41:34.99*	856
Women 60-64				
1	Crabbe, Colette	61 ORM	39:28.74	950
5	Summers, Jeanna	63 ORM	45:19.04*	828
6	Hildebrandt, Jan	60 SOMA	47:46.38*	785
24	White, Sue	62 COMA	58:58.99	636
26	Shuman, Connie	62 COMA	1:02:56.00	596
Women 65-69				
8	Wilson, Kate	69 SOMA	1:03:13.02*	612
Men 35-39				
2	Crandall, Brett	35 COMA	36:14.99*	835
Men 40-44				
1	Miller, Matt	40 SOMA	33:45.56* OR	901
4	Palma, Rudolfo	40 EA	38:24.42*	792
Men 45-49				
9	Tujo, Christian	46 COMA	42:23.01	734
Men 50-54				
3	Lussier, Eilhart	52 COMA	33:42.31	938
Men 55-59				
11	Hathaway, David	57 ORM	40:55.50*	795
19	Calmels, Patrice	57 COMA	45:25.37	?
15	Voeller, Jan	56 COMA	43:37.00*	
Men 60-64				
13	Fadeley, Chuck	61 COMA	53:57.99	629
16	Lane, Mark	60 COMA	59:22.99	571
17	Carter, Walt	62 COMA	1:03:26.68	535
Men 65-69				
1	Bruce, Bob	69 COMA	42:03.54	856
4	Henderson, Matt	68 COMA	47:46.99	754
11	Tudor, Jim	66 COMA	55:56.99	644
Men 70-74				
7	Foges, John	73 COMA	1:00:43.39	630
Men 75-79				
2	Mohr, Ralph	77 COMA	49:42.26	792
Men 80-84				
1	Radcliff, David	83 THB	46:46.70	898
2	Fasbender, Barry	80 SOMA	52:45.86*	796
Men 95-99				
1	Lamb, Willard	95 ORM	1:04:02.08* NR	1000

RELAYS

Women 45+: 3 x 3000

4 OREG (Hildebrandt, Summers, Salton) 2:16:46.42

Women 55+: 3 x 3000

1 OREG (Hanson, Delmage, Crabbe) 2:01:05.54 OR

Men 35+: 3 x 3000

1 OREG (Crandall, Miller, Lussier) 1:43:42.86 OR

Men 45+: 3 x 3000

1 OREG (Tujo, Bruce, Hathaway) 2:05:22.05

Men 55+: 3 x 3000

5 OREG (Fadeley, Calmels, Voeller) 2:23:00.36

Men 65+: 3 x 3000

3 OREG (Foges, Tudor, Henderson) 2:44:27.37

Men 75+: 3 x 3000

1 OREG (Fasbender, Mohr, Radcliff) 2:29:14.82 NR

Mixed 35+: 4 x 3000

1 OREG (Hildebrandt, Summer, Crandall, Miller) 2:43:05.97

Mixed 45+: 4 x 3000

2 OREG (Salton, Hanson, Tujo, Lussier) 2:41:21.31

Mixed 55+: 4 x 3000

1 OREG (Delmage, Crabbe, Bruce, Hathaway) 2:42:29.82

Combined National Club Scores:

Not yet available

Club scoring: Club point scoring is calculated based on Quality Points, which is the ratio of each individual time to the current USMS Record for the gender & age group and expressed as the three-digit number following each individual time in the results. The faster the swim the more Quality Points a swimmer earned. Club totals are the sum of the quality points of its swimmers. Since every swimmer receives quality points, every swimmer counts!

Top Twelve: To help settle the side wagers concerning who had the best 3000 swim—across gender and age group lines—here is the list of the top 12 swimmers by Quality Points:

Place	Name	Points
1	Willard Lamb	1000
2	Colette Crabbe	950
3	Hardy Lussier	938
4	Matt Miller	901
5	Dave Radcliff	898
6	Arlene Delmage	889
7t	Betsy Hanson	856
7t	Bob Bruce	856
9	Brett Crandell	835
10	Jeanna Summers	828
11	Barry Fasbender	796
12	David Hathaway	795

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**6,000-Yard ePostal National Championships
Oregon LMSC Results 2017**

Place numbers are national places

OR = Oregon Record; **NR** = National Record

* = Oregon All-Time Top Twelve Time

Place	Age	Team	Time	Points	
Women 30-34					
7	Harris, Leah	32	SOMA	1:41:35.31*	664
Women 55-59					
3	Delmage, Arlene	55	ORM	1:25:32.15*	862
Men 35-39					
2	Crandall, Brett	35	COMA	1:16:38.56*	810
Men 40-44					
1	Miller, Matt	40	SOMA	1:09:16.42* OR	889
Men 45-49					
3	Tujo, Christian	46	COMA	1:27:28.01	729
Men 50-54					
4	Lussier, Eilhart	52	COMA	1:09:45.25	933
9	McNamara, Tank	54	COMA	1:29:17.16	729
Men 60-64					
7	Carter, Walt	62	COMA	2:04:22.99*	553
Men 65-69					
2	Bruce, Bob	69	COMA	1:25:19.83	866
RELAYS					
Men 35+: 3 x 6000					
1	OREG (Crandall, Miller, Lussier)			3:35:40.23	
Men 45+: 3 x 6000					
1	OREG (McNamara, Tujo, Bruce)			4:22:05.00	
Mixed 25+: 4 x 6000					
1	OREG Harris, Delmage, Miller, Lussier)			5:26:09.13	

**Combined National Club Scores:
Not yet available**

Club scoring: Club point scoring is calculated based on Quality Points, which is the ratio of each individual time to the current USMS Record for the gender & age group and expressed as the three-digit number following each individual time in the results. The faster the swim the more Quality Points a swimmer earned. Club totals are the sum of the quality points of its swimmers. Since every swimmer receives quality points, every swimmer counts!

Top Twelve: To help settle the side wagers concerning who had the best 6000 swim—across gender and age group lines—here is the list of swimmers by Quality Points:

Place	Name	Points
1	Hardy Lussier	933
2	Matt Miller	889
3	Bob Bruce	866
4	Arlene Delmage	862
5	Brett Crandall	810
6t	Chris Tujo	729
6t	Tank McNamara	729
8	Leah Harris	664
9	Walt Carter	553

OFF THE BLOCK

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8) Dry land

What most people think it means: *Any part of the earth that is not a body of water.*

What swimmers think it means: *A pre- or post-swim practice exercise regimen created to inflict additional demands of time and physicality on the swimmer.*

9) Sleeping in

What most people think it means: *Waking up when your body feels naturally rested and revitalized, without the demands of a schedule or an alarm.*

What swimmers think it means: *When your alarm for morning practice is set to six o'clock in the morning instead of five.*

10) Swimming

What most people think it means: *A rare and fun activity that involves relaxing near a pool or just splashing around in one.*

What swimmers think it means: *My life.*

SWIMMER SPOTLIGHT

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weeks, I gave it a try, and the next thing I knew they wanted me to swim in a meet - the State Association Meet in three months! What? I have not been swimming in 26 years! Do I have to dive off a block? Well, long story short, I did it, and had a blast! I'm hooked! Get me back in the pool! I am so fortunate that it was the year that Oregon was holding Long Course Nationals. I love long course! (I never had good flip turns, and I still don't!) I trained hard with my new teammates and we swam pretty fast at the meet. But mostly, I had a great time! I loved competing and couldn't wait for the next meet!

In the meantime, I need to work again, right? I am fortunate enough to teach swim lessons, coach the age group team, the Master's team and recently, became the manager of Stafford Hills Club's family programming. I am so lucky to swim and work at the SHC!

I live in Tualatin with my husband, Scott, who is my number one fan, my number one coach, and supports me and my crazy swimming ethics! I couldn't do it without him. I am proud to be a part of Oregon Masters Swimming, and hope to keep improving my times, but mostly, have a good time with my new best friends!

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2018 (as of 7 Jan 2018), OR Series

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Status
Sun 20 May	1	Lake Juniper (pool)	Bend, as pool event	COMA	Bob Bruce	1200-meter	Featured	Sanctioned
Sun 8 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS, LLC	Marisa Frieder	17-km downriver (Nat'l Champs)	Featured	Sanctioned 378-W001
Thu 12 Jul	1	Foster Lake Cable Swims	Sweet Home	COMA	Bob Bruce	2-mile cable (Nat'l Champs) 1-mile cable (Ass'n Champs)	Featured Featured	Sanctioned 378-W002
Sat 14 Jul	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 (Nat'l Champs) 1500-meter 3 x 500-meter Pursuit Relay	Qualifying Qualifying Featured Featured Participation	Sanctioned 378-W003
Fri 27 Jul	3	Cascade Lakes Swim Series	Bend	COMA	Bob Bruce	3000-meter	Qualifying	Sanctioned
Sat 28 Jul		& Festival at Elk Lake				500-meter 1500-meter 5000-meter 1000-meter	Qualifying Featured Featured Qualifying	378-W004
Sun 29 Jul								
Sat 11 Aug	1	Central Oregon Coast Swims at Eel Lake	Lakeside	SOMA	Matt Miller	3000-meter 600-meter Agility Swim 1500-meter	Featured Qualifying Featured	Sanctioned not yet
Sat 8 Sep	1	Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	? ?	? ?	Sanctioned not yet

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

Summary

Records & Results

COMA Pentathlon and Brute Squad — SCM
Canby Animal Meet — SCY

Looking Ahead. . .

Pool Schedule

<u>Date</u>	<u>Course</u>	<u>Swim</u>	<u>Venue</u>	<u>Location</u>
March 10-11; Sat.-Sun.	SCM	OCST-Dual Sanction Meet	Oregon City Pool	Oregon City
April 20-22; Fri.-Sun.	SCY	Association Meet	Osborn Aquatic Center	Corvallis
May 19-20; Sat.-Sun.	LCM	Wonderful Water Weekend	Juniper Aquatic Center	Bend
Aug. 24-26; Fri.-Sun.	LCM	Gil Young Meet	MHCC Pool	Gresham
Nov. 10; Sat.	SCM	Hood River Fall Meet	Hood River Pool	Hood River
Dec. 8; Sat. (tentative)	SCM	COMA All-Around Challenge	Juniper Aquatic Center	Bend
Dec. 16; Sun.	SCY	Animal Meet	Canby Pool	Canby,

Open Water Schedule (see page 19)

Quote for the month. . .

Don't stop when you're tired,
stop when you're done.