

"Swimming for Life"

Aqua Master

Award-winning newsletter of Oregon Masters Swimming



*Volume 49 • Number 8
September 2022*

Applegate Lake Swims

by Todd Lantry, Event Director

On July 16 and 17, 2022, after a two year hiatus due to Covid restrictions and uncertainty, Rogue Valley Masters, based in Ashland, was excited to host 50 swimmers from Oregon, Washington, California, Nevada, and Michigan at Applegate Lake! This event has been hosted at a number of Southern Oregon lakes since 1985; the last 20 years or so have been at Applegate. On Saturday, were concurrent 10K, 5K and 2.5K swims, and Sunday was the OMS open water Association Championship, a 1500 meter swim, followed by the ever popular and exciting 3 x 500 M pursuit relay, where teams are randomly drawn from the entrants and seeded, based on their 1500 times, slowest to fastest to ideally all finish at the same time! Thanks go to Bob Bruce for organizing the relay and handling the seeding. Following the swims each day, lunch was served at the group campsite, provided by Auntie Carol's Hawaiian Cafe, based in Medford.

In the 10K, Scot Sullivan and Ilsa Feierabend of the MAC were the top male and female finishers. They were awarded pottery donated by Frank Philips Pottery; Frank is a longtime RVM swimmer and career potter, now based in McMinnville. 5K top overall finishers received handcrafted wooden cutting boards by John Weston, also a longtime RVM swimmer. Those were won by Katlynn Emaus, who was visiting a friend in the area all the way from Michigan and decided to swim, and Evan Edwards, from Corvallis (CAT). Ed Ramsey of Tualatin Hills and Molly Gramley of RVM were the top overall finishers in the 2.5K and received stemless wine glasses. Full results for Saturday can be found here: <https://www.webscorer.com/race?raceid=283582>



Applegate Lake Swims, 2022 (For more pictures see page 10)

On Sunday, the overall top prizes for the 1500 were handcrafted hardwood clipboards, again donated by John Weston. Scot Sullivan and Ilsa Feierabend were the top finishers again: I guess that 10K didn't take that much out of them! As it was the Association Championship, team banners were won by the large and small teams that accumulated the most points in the 1500. In the large team category, COMA and RVM duked it out, with COMA finishing just ahead by four points. In the small team category, there were a handful of teams, with three or less swimmers. That banner was won by the MAC team. The full 1500 results can be found here: <https://www.webscorer.com/race?raceid=283581>

It was great to be hosting an event in Southern Oregon again, and see familiar and new faces in the lake and the campground overlooking the water! And a reminder, RVM and OMS are looking forward to hosting the USMS 10K National Championship next summer, one week after the Portland Bridge Swim hosts the USMS ultra-marathon distance open water National Championship. The Bridge Swim will be July 8, and the Applegate 10K will be July 15, with a 2-mile National Championship cable swim at Foster Lake in between them on July 13. Come for the Oregon National Championship Swimcation 2 next summer, and we'll see you in the lakes soon!

Oregon Masters Swimming, Inc. Board Members

CHAIRMAN OF THE BOARD

Tim Waud • timpwaud@gmail.com

VICE CHAIRMAN

Robbert van Andel • swimmer1974@gmail.com

SECRETARY

Kristina Franklin • kristina.l.franklin@gmail.com

TREASURER

Kermit Yensen • kermit.yensen@gmail.com

AQUA MASTER EDITOR

Alice Zabudsky • aasunnyday@outlook.com

AWARDS — ANNUAL

Sara Shepherd • ssobx5@yahoo.com

COACHES CHAIR

Kevin Cleary • kcswimmin@hotmail.com

DATA MANAGER — SWIM MEETS

Gary Whitman • all5reds@comcast.net

FITNESS CHAIR

Colette Crabbe • colettecrabbe@hotmail.com

SOCIAL

Michelle Jacobs-Brown • goblin34.mjb@gmail.com

LONG DISTANCE CHAIR

Bob Bruce • coachbobbruce@gmail.com

MEMBERSHIP PROMOTION

Carolyn DeMarco • adairpete@msn.com

MEMBERSHIP COORDINATOR

Christina Fox • foxkohner@peak.org

OFFICIALS — SWIM MEETS

Jacki Allender • jacki.allender@gmail.com

OMS EMAIL GROUP MAINTENANCE

Susie Young • swim.pdx@gmail.com

PAYMENTS ADMINISTRATOR

Ginger Pierson • gingerpierson7857@comcast.net

ADULT LEARN TO SWIM (ALTS)

Marlys Cappaert • m.cappaert@comcast.net

RECORDS

Stephen Darnell • financialwizard2@comcast.net

SAFETY

Joy Ward • silenteclipse1210@hotmail.com

OREG CLUB REP

Nancy Vincent • ncsvincent@comcast.net

USMS REP

Sandi Rousseau • swim@gorge.net

TOP TEN

MJ Caswell • mjcaswell@earthlink.net

WEB MASTER

Matt Miller • matt@flytrapcare.com

CONTENTS

Regular Board Articles

3 Fitness

4 Coaches Chair

Records and Links to Meet Results

5 Pacific Masters Championships— LCM

5 USMS Summer Nationals — LCM

5 Oregon Senior Games — SCY

Articles & Announcements

6 Swimmer Spotlight

7 USMS Summer Nationals, 2022

8 Pacific Masters LCM Championships

9 SPMS and Southwest Zone Summer Championships 2022

10 Applegate Lake Photos

10 79th Annual Roy Webster Cross Channel Swim

10 Sensational Wink!

11 USMS Clinics at Hood River

Event Schedule — Back Page

United States Masters Swimming, Inc. (USMS), can not and does not accept responsibility for the content of any information or material not authorized by USMS. All opinions stated in any such material are solely those of the author(s) and not necessarily those of USMS or Oregon Masters Swimming. *Aqua Master* is the official publication of Oregon Masters Swimming (OMS). OMS is a Local Masters Swimming Committee (LMSC) and part of USMS. Information is also available online at www.swimoregon.org.

Fitness

Coach Colette Crabbe
OMS Fitness Chair



How To Design Your Own Workout

Part 3

After reading the last two articles about creating fun and meaningful workouts, I am sure you have experience with various sets, and maybe you have changed your routine of strictly swimming a certain number of laps, without stopping and without looking at the clock. If you have designed a very fun workout, please send it along and I certainly will enjoy doing it and sharing it with the group.

Here are a few specific examples of sets: remember the framework is the same for everybody but the distance, send-offs and strokes will vary according to your level.

Warm-ups: 100 to 600 swim/50 to 300 Kick/50 to 300 Pull (optional)

Pre-sets: 4 to 8 x 50 (25) drill/swim or “thinking” swim (focusing on one part of your stroke you need to improve such as no splash, entering with fingers (not thumb), keeping kicks small and steady, keeping your alignment, etc.), preferably in the stroke you are going to do in your main set, and going one to four (easy, mod, strong, fast) to slowly get your speed up. If you are a novice swimmer, your main set should really look like the pre-set with short distances focusing on technique, drill, kick and taking enough rest to be able to really focus and swim as efficiently as possible.

Main sets: here are a few examples:

Long distance aerobic sets: 10 x 300 free (mod, strong, fast) + last one easy. According to your level, it can be 4 or 7 X 300 free, you can also change the distance from 10 x 50

to 10 x 500 free. Send off should give you about 10 sec per 100, based on the first moderate speed. Example I swim my 300 in about 4 min, therefore my sendoff should be about 4:30. If you want to be more creative, you can add some equipment as you swim, but still go by sets of three and make sure you are going faster (one to three).

Medium distance set: you are practicing for the 200 and 400/500 free. You will slightly decrease the distance, but increase the speed and the rest. A main set could be 12 X 200 and/or 150. You want to start pushing some of the 200s (either 1 to 4, 1 to 3, or one fast, one slow, or all of them very strong). You can also build within the 200, increasing your speed by 50s within each 200, or going by group of 4, (1st- last 50 fast, 2nd- last 100 fast, 3rd-last 150 fast, 4th-all 200 fast). Sendoff should be increased if you are pushing it hard, and will depend on your own level. You are going strong and should be huffing and puffing but you are not going all out.

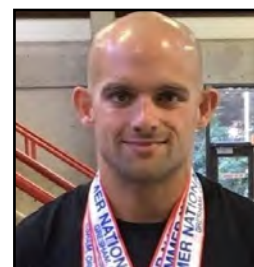
Speed set: Nothing is much longer than a 100 but are mostly 25 and/or 50. You want to go as fast as you can, and you are taking a lot of rest. Often you do a small set such as 4 X 50 at race pace (pace of your 100) with a sendoff that gives you a minimum of 30 sec rest or 4 x 100 at your 200 pace with at least 1 minute rest. In between sets, you swim at least a 100 easy. You repeat the whole set between 2 to 4 times. Another option for speed workout is the broken swims. For example, you swim the 200 as 4 X 50 with 10 sec rest in between or 8 X 25 with only 5 sec rest in between, and you try to swim your best time.

Specific stroke set: In this case, you are mostly doing speed, and/or medium distance set in one specific stroke. Could be your best stroke, or your worst stroke. In this case your pre-set should include some drills and/or kick sets in that specific stroke to get ready for it. If you are just learning

continued on page 12

Coaches Chair

Coach Kevin Cleary
OMS Coaches Chair



Trust the Process

In the world of club swimming in Oregon, we just wrapped up another long course season. Many teams and athletes take the next few weeks off, to rest and prepare for both the new school year and upcoming short course season.

As a coach, I like to reflect on what I have learned, and what I can use to help my athletes attain even greater levels of success next season. A concept that is constantly being reinforced to me is to simply Trust the Process. For swimmers (as well as any other athlete), this involves the usual things: consistent training, proper diet, adequate sleep, etc.

It really is that straightforward, but for some reason, the brains and/or emotions of athletes have an annoying tendency to get in the way. For example, someone who tends to overthink things might be doing everything they can to achieve success, but if they nitpick their training and preparation too much, they are inevitably going to find something that they think they can do better, and let that get to their head. They'll think that, because they may have overlooked something, it spells certain doom for their focus event. For a more emotional individual, any time they don't quite perform the way they want to, be it in training or in a preparatory event, they let the inevitable frustration get the better of them.

In either case, the consequences can be bad, but likewise for both, the solution is to Trust the Process.

This past short course season, I had a swimmer set

a goal to qualify for the state championship meet in the 100-breast. His best time was a 1:23. The state cut is 1:11. He was one of the hardest and most dedicated workers I've ever coached, the kind that every coach wants to work with. He did everything asked of him, and over the course of the season, he set a new PR every time he dove in for a 100 breast - both club and high school meets. That's quite an impressive accomplishment, and well deserved, but it came with a price and a risk: any time that he didn't do as well in practice as he would have liked, or even failed to drop time in a different event, he thought that all was lost.

I told him that he simply needed to Trust the Process, that all was well, and the world wasn't ending.

To his great credit, and despite his frustrations and misgivings, he never gave up. Not only did he end up reaching his goal, but ultimately went a 1:05 at the state champs meet - that's an 18-second drop in a 100-yard race over the course of a few short months! And in the process, he easily qualified for state in the 200-breast and nearly did so in the 50-free and 100-free, as well. Come summer, he also made it into the long course state championship meet to round out a great swimming career.

Your goal(s) can be anything, from athletic to job or health related. No matter the area, there will be a Process involved if you want to achieve success. The best thing you can do is find someone who knows that Process and can help you achieve it, be it a coach, supervisor, doctor, etc. From there, just put in the necessary efforts and take care of your mind and body.

You'll like the results!

Recent Records

Records are for Oregon LMSC Swimmers Only
* = split

Pacific Masters Championships—LCM

July 29-31, 2022; Novato, California

Age Group	Name	Age	Event	Time	Record set
Women 80-84	Ward, Joy	80	400 Meter IM	9:38.03	Oregon, Zone
Men 60-64	Hathaway, David	62	200 Meter IM	2:48.66	Oregon

USMS Summer Nationals—LCM

August 3-7, 2022; Richmond, Virginia

Age Group	Name	Age	Event	Time	Record set
Men 100-104	Lamb, Willard J	100	50 Meter Freestyle	57.42	Oregon, Zone, National
Men 100-104	Lamb, Willard J	100	100 Meter Freestyle	2:15.99	Oregon, Zone, National, World
Men 100-104	Lamb, Willard J	100	200 Meter Freestyle*	5:18.86	Oregon, Zone, National, World
Men 100-104	Lamb, Willard J	100	400 Meter Freestyle*	10:55.25	Oregon, Zone, National, World
Men 100-104	Lamb, Willard J	100	800 Meter Freestyle*	22:15.67	Oregon, Zone, National, World
Men 100-104	Lamb, Willard J	100	1500 Meter Freestyle	42:27.06	Oregon, Zone, National, World
Men 100-104	Lamb, Willard J	100	50 Meter Backstroke	1:09.17	Oregon, Zone, National, World
Men 100-104	Lamb, Willard J	100	100 Meter Backstroke	2:29.17	Oregon, Zone, National, World
Men 100-104	Lamb, Willard J	100	200 Meter Backstroke	5:12.53	Oregon, Zone, National, World

Oregon Senior Games—SCY

August 21, 2022; Corvallis, Oregon

Age Group	Name	Age	Event	Time	Record set
Women 65-69	Laura Worden	65	50 Yard Backstroke	35.77	Oregon
Women 65-69	Laura Worden	65	100 Yard Backstroke	1:20.19	Oregon
Women 65-69	Laura Worden	65	50 Yard Fly	33.66	Oregon
Women 65-69	Laura Worden	65	100 Yard Fly	1:21.47	Oregon
Women 70-74	Janet Gettling	74	200 Yard Fly	3:33.20	Oregon, Zone
Women 80-84	Joy Ward	80	100 Yard Backstroke	1:37.31	Oregon, Zone
Women 80-84	Louise Wise	80	50 Yard Breaststroke	59.67	Oregon
Women 80-84	Louise Wise	80	100 Yard Breaststroke	2:09.27	Oregon
Women 80-84	Joy Ward	80	50 Yard Fly	51.37	Oregon, Zone
Women 80-84	Joy Ward	80	100 Yard I.M.	1:43.23	Oregon, Zone
Men 80-84	Chris Hiatt	82	50 Yard Backstroke	40.00	Oregon
Men 80-84	Chris Hiatt	82	200 Yard Backstroke	3:10.14	Oregon, Zone
Men 85-89	Barry Fasbender	85	200 Yard Breaststroke	5:06.34	Oregon

Congratulations Barry Fasbender!

At the 2022 Oregon Senior Games in August, Barry Fasbender broke one of the oldest Oregon Masters Swimming Association records on the Oregon SCY books — the 200 yard breaststroke in the 85-89 age group. The previous record was set by Roy Webster in May 1987, so that record stood for more than 35 years. Roy Webster also founded the annual 'Roy Webster Cross Channel Swim', a swim across the Columbia River in Hood River for years, and now in Cascade Locks, and is named in his honor.

Swimmer Spotlight

—submitted by Arlene Delmage

Name: Matthew Gilman
Age: 46
Occupation: Real estate agent in Central Oregon
Team: Central Oregon Masters Aquatics (COMA) satellite member; lives in Redmond

There is a new name making its way onto the Oregon top 12 list in the mens 45 – 49 age group and it's Matthew Gilman. It's hard not to notice times like these swum at Short Course Yard Spring Nationals in San Antonio:

200 free 1:51 (4th)
500 free 5:05 (3rd)
100 breast 1:02
100 fly 0:56 (swum at Association Meet)
100 IM 0:56
200 IM 2:02 (3rd)
400 IM 4:25 (3rd)

Between his job as a real estate agent, promoting a bond measure in Redmond, and raising a family, Matt found the time to chat with me about his life and the role swimming has played in it.

I have had a whole life of swimming. I have not really taken much time off since age six, and I am still super involved with it on a day to day basis. It is hard to get my swimming life into a paragraph!

I was born in Boston, but moved to Oklahoma at a very young age, so I do consider myself an Oklahoman. I started swimming with the Sooner Swim Club in Norman, OK, at the age of 6 and continued through high school. Due to my asthma, I decided early on that swimming was a better sport for me than soccer or t-ball. Interestingly, Scot Sullivan of the Mac Club was also a member of this team, although he is a few years ahead of me.

After high school, I attended Columbia University in New York and swam there all four years. I can't say that I loved it. The pool was dark and cold with no windows. I was tired all the time, and didn't have time to do much studying. I just kept swimming because I really didn't know anything else!

I graduated with a degree in film studies, but ended up coaching the age group swimmers at Asphalt Green Unified Aquatics. In my time there, I built up a good age group program and learned a lot about coaching and parents! The problem was that my paycheck could not keep up with the cost of living in Manhattan, so I moved on.



I decided to get my MBA in Marketing at Indiana University in Bloomington, where I swam with a rec team and a Masters team, and did my best to emulate Mark Spitz being coached by Doc Counsilman. After that I moved to Palo Alto to work for start-up company Xfire, which specialized in communications in on-line gaming apps. While there I swam and coached with the Stanford Masters Team. These were some of the best workouts I can remember, and I swam with many swimming greats such as Jodi Smith and Susan Preston, not to mention several other Olympic level and gold medal swimmers we had on our team. Xfire was later sold to MTV Viacom, and after a few other start up jobs, my wife and I decided it was time to get out of the rat race.

I met my wife in 2003 at Indiana University. We instantly became a blended family because she had a daughter, Jasely, who at the time was six. Jasely just graduated from Oregon State University – Cascades (Go Beavs!). Our son Ike was born in 2009 and is now 12 years old. In 2015 we saw a house on Zillow in Redmond, which further confirmed that we had to get out of the unaffordable California (rent was over \$4300!) with the long commutes and jobs we were tiring of. Our home in Redmond provides a friendlier environment for raising a family, and easy access to the swimming treadmill that is the Deschutes River.

Currently in Redmond I am promoting a bond measure to get a new pool/recreation center built. The Redmond pool (aka Cascade Swim Center) was built in 1979 for a population of 6,500. Today the district serves a population of more than 45,000 and is still growing. The old pool is small and crowded, and kept at a sweltering 84 degrees. The Redmond community severely lacks healthy lifestyle choices, as there are no indoor facilities for citizens in the winter.

continued on page 12

USMS Summer Nationals, 2022

Blog and photos by Valerie Jenkins

Day 1 at #USMS Nationals and Wink has set the national and world record for the 1500 m freestyle! An amazing swim where he led off with a 1:07 first 50, averaged 1:25 to 1:30 throughout the race and brought it home in a 1:11 final 50! He broke his own 200, 400 and 800 records en route to the 1500.

Cheers and cameras everywhere - everyone wanted their photo with Wink! The local NBC station interviewed him! Great job Wink!

Day 2 from #USMS Nationals and Wink broke two World records in one swim today by my calculations. He went a 2:29.17 in the 100 meter backstroke which broke his own record of 2:47.35. His first 50 was a 1:12.33, which I show crushes the record of 1:29.13.

Day 3 at #USMS Nationals is a wrap-up and another World record for Wink! Today he swam the 200 meter backstroke and

what was most impressive is that he actually negative split the race! For non swimmers, that means the second half was faster than the first half, which is really hard to do! Total time of 5:12.53, beating his old world record by almost 15 seconds.

Afterwards, he had a video interview with SwimSwam.

When he walks the pool deck, people stop him asking for their photo with him. He shared with me that he is not used to all of this attention!



Willard "Wink" Lamb



The local NBC station interviewing Willard



Valerie Jenkins helping Willard "Wink" Lamb before his 1500 LCM race.



Team OREG, Christian Tujo, Willard "Wink" Lamb, and Valerie Jenkins



Wink's backstroke start

Pacific Masters LCM Championships

Novato, CA

by Arlene Delmage

Seven Oregon swimmers made the trek to Novato, CA, about an hour north of San Francisco to participate in the Pacific Masters LCM Championship meet. They were treated to a brand new facility that opened in February 2022. Everyone agreed the pool was top notch and it has been a while since a pool has been constructed with diving platforms.

Arlene Delmage, Janet Gettling, David Hathaway, Beth Martell, Christine McClafferty, Michael Power, and Joy Ward represented Oregon in this meet. Everyone had fast swims and two of them resulted in records:

Joy Ward (Women 80 - 84) set an Oregon and Zone record in the 400 LCM IM with a time of 9:38.03.

David Hathaway (Men 60 - 64) set an Oregon record in the 200 LCM IM with a time of 2:48.66.

Christine McClafferty scored the most points of any female in the meet but we are waiting to hear if an out-of-state swimmer can have the high point award.

Over 300 swimmers entered this meet and it was great to see familiar faces again after such a long break. For me personally, I have not been in a LCM pool since 2019! The meet warm-ups started at 7:00 a.m. both days and the first race was at 8:00 a.m. The meet concluded by 2:30 on both days which gave participants time to rest or explore the surrounding area.



Beth Martell ready for her backstroke start



Arlene Delmage, Christine McClafferty and David Hathaway

*Marin County
Aquatic Center,
Novato, CA*



SPMS and Southwest Zone Summer Championships 2022

Mission Viejo, CA

by David Hathaway

This team photo was taken on the last day of the Mission Viejo Zone Championship meet (run by Southern Pacific Masters Swimming – SPMS) and held August 12-14, 2022. Unfortunately, Arlene Delmage had left before we got around to taking the picture.

The small Oregon team, only 5 swimmers, out of the 325 swimmers entered, placed 10th in the overall team scores. The team of Oregon women placed 7th. The accomplishments of such a small team, is quite spectacular!

Two swimmers earned high point honors in their respective age group — Christine Mcclafferty & David Hathaway.



The Oregon team at the Mission Viejo, CA meet. Alexis Higlett, Rick Howell, Christine Mcclafferty, David Hathaway and Arlene Delmage (not shown)

Sex	Age Group	Swimmer	Individual Events Swum	Points
Women	35-39	Alexis Higlett	8	52
Women	45-49	Christine Mcclafferty	8	63
Women	60-64	Arlene Delmage	6	23
Men	60-64	David Hathaway	8	65
Men	60-64	Richard Howell	5	33
TOTAL		5	35	236

Applegate Lake Photos

July 16-17, 2022



Scot Sullivan, mens winner, with his 10K pottery award



Ilsa Feierabend, female winner, with her 10K pottery award



Small Team champs—MAC—Bob Bruce (swim co-host) with Ilsa Feierabend and Scot Sullivan



Large Team Champs—COMA—Bob Bruce, Steve Wursta, and Ron Thompson



Three generations of Del Carlo swimmers: Bob Del Carlo, his son Andrew, daughter Natalie, and Andrew's son Nico - (who is still a little young for masters at age 4!).

79th Annual Roy Webster Cross Channel Swim

September 5, 2022

8:00 am

Location: 299 NW Portage Rd
Cascade Locks

REGISTRATION LINK—Sign Up here

Get ready for the 79th Annual Roy Webster Cross Channel Swim. We are excited to bring this time honored tradition back!

Registration: \$75

Register HERE!

**Parking Pass: \$5/\$10 Day Of
Ages 10 & up may participate.**

Ages 10-14 must be accompanied by a parent or guardian.

If you registered in 2020, please email lee@truewestpresents.com.

<https://visithoodriver.com/event/roy-webster-cross-channel-swim-2/>

Sensational Wink!

Arlene Delmage sent this link, along with the information for the article in the **Seattle Times** about Wink. Arlene reports that Valerie Jenkins worked hard to make this article happen, and Mitchell Delmage (Arlene's son) did the photo shoot! They used 9 of his photos, but you have to arrow through at the top to see them all.

<https://www.seattletimes.com/life/outdoors/world-war-ii-derailed-wink-lambs-uw-swimming-career-now-nearly-100-hes-setting-new-swim-records/>

Swimming World also had an article about Wink! You can read it at this link.

<https://www.swimmingworldmagazine.com/news/99-year-old-willard-lamb-shreds-record-book-at-usms-summer-nationals-breaks-several-marks-in-single-swim/>

continued on page 13

USMS Clinics at Hood River

Level 3 Coach Certification, Clinic Course for Coaches, Stroke Development Clinic, and Adult Learn-to-Swim Certification

Oregon Masters Swimming will be hosting several educational clinics in Hood River, Oregon, the weekend of October 29-30, 2022. United States Masters Swimming Level 3 Coach Certification, Clinic Course for Coaches, Stroke Development Clinic, and Adult Learn-to-Swim Instructor Certification Courses will be available. Oregon Masters coaches and athletes are encouraged to take advantage of this opportunity to be certified as a Level 3 Coach or an Adult Learn-to-Swim Instructor or participate in a Stroke Development Clinic. Scholarships are available for current Oregon Masters Swimming members and coaches.

USMS Level 3 Master Coach Certification

U.S. Masters Swimming is hosting a USMS Level 3 Masters coach certification course on Saturday, October 29, 2022, in Hood River, Oregon. You must have completed Levels 1&2 of the USMS Masters coach certification program and be a current USMS Member to participate in the course.

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=93268>

Clinic Course for Coaches

The USMS Clinic Course for Coaches, offered by USMS Club and Coach Services, instructs the Masters coach or adult learn-to-swim instructor how to conceptualize, organize and deliver a stroke development clinic (SDC). The course consists of both a classroom and on-deck component. The registration for the clinic course is limited to 12 coaches per class. More information about the [USMS "How-to" Clinic Course for Coaches](#), including the course outline, can be found on the USMS website.

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=92973>

Stroke Development Clinic

USMS is sponsoring a USMS stroke development and improvement clinic for swimmers of all abilities. All four strokes will be evaluated and corrected with the use of drills and coach instruction. Bill Brenner and local Masters coaches will be on hand to help you improve your technique and teach you drills that will enable you to continue to refine your stroke. Swimmers are not required to swim all strokes and may work on only those strokes they choose. All swimmers must be able to swim a minimum of 200 yards comfortably.

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=92974>

ALTS Certification

More than a third of adults in the United States can't swim the length of a pool, according to the [Centers for Disease Control and Prevention](#), which puts them at risk of being one of the 10 people who drown every day in this country. U.S. Masters Swimming's Adult Learn-to-Swim initiative is on the front lines to change this statistic. With education, outreach, and financial support, USMS is making more adults safer around water.

USMS's [Adult Learn-to-Swim Instructor Certification Program](#) trains and educates swim instructors in the methods and techniques that work best for adult learners.

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=92971>

FITNESS

continued from page 3

a new stroke, the pre-set should be considered as your main set with some drills, kicks and focus swim. Do not practice bad stroke.

Individual medley set: the purpose of an IM set is to work on transition, as the rhythm of each stroke is different and your body must learn to adjust to it. Here is one of my favorite IM set:

- 8 x 25 fly
- 4 x 50 fly-back by 25
- 8 x 25 back
- 4 x 50 back-breast
- 8 x 25 breast
- 4 x 50 breast-free
- 8 x 25 free
- 4 x 100 IM (descend 1 to 4)

Again, adjust to your current level. It could be 2 X 25 and 1 X 50 of each and 1 x 100 IM, up to 12 x 25 and 6 x 50 of each and 6 x 100 IM to finish. Adjust the sendoff to your level, so it is an aerobic set at a strong steady pace.

Kick set: kick is very important. It is your turbo to go fast, and for the novice swimmer it is your buoy to keep you afloat in a horizontal position. Flutter kick needs to be small, fast and start from the hips, not the knee. Dolphin kick needs to start from your core and breaststroke kick needs to be legal and powerful with the feet turned out. Have you ever done your full main set kicking? If not, why? If you hate kicking, start with a very small set, but make sure you do some kicking at each practice.

Turns and streamlines: Underwater streamline is the key to very fast swimming, as you have noticed if you watch some international competitions on TV. As you get older, you will not be able to achieve the same 15 meters underwater, but trying to streamline can help with each turn. If you are a novice, why not start with good habits? Practice the fifth stroke with flippers: a few 25s with 5 to 12 meters underwater streamline dolphin kick.

Hope this will help you challenge yourself and improve your swimming while having fun and enjoying your improvements. Practice both your strengths and your weaknesses and you will be rewarded.

SWIMMER SPOTLIGHT

continued from page 6

The bond measure proposes to keep Cascade Swim Center, and build a brand new recreational community center, with a walking track, indoor gym, and a 25 meter pool with 8 lanes. The indoor gym would provide opportunities for basketball, volleyball, and pickleball to name a few. A similar measure was unsuccessful in 2019, but we are very optimistic that it will



Matthew Gilman (red hat) with college roommate Louis DeLeon at spring Nationals. Matthew went to San Antonio because Louis lives there, and they motivated each other to train for this meet.

be successful in November 2022. We are better organized this time around, and several members of the City Council are in favor of the project. Our goal is to have both political parties endorse this bond. One of

the things I have really appreciated about living in a small town is just how involved you can be and how you can make a difference if you are willing to put in the work.

I have to say that my love for swimming has continued to grow my whole life. Since college I have been mature enough to actually work on and understand technique much better, and I have invented a few drills that I give to our small group of Masters that I coach in Redmond. In Redmond I have been lucky to find a great community, including ultra long distance hounds Mike Carew and Mary Sweat, not to mention local legends Kevin Palmer, Darren Kling, and Jefferey Anspach. In Bend I have found a group of pro triathletes and uber talented swimmers that I swim with on Saturdays. Occasionally I make an appearance in Bend to swim with COMA and Coach Bob Bruce. Bob Bruce is passionate and organized like nobody I've ever been around in swimming. I also play a ton of pickleball. I use my swimming as a physical and mental meditation, whereas pickleball is all about having fun and being social. It sure is weird how having your head in the water all the time makes socializing difficult. And last but not least, my lifetime swimming goals are to swim my age in the 100 yard free (I figure I'm about 14 years away), and to one day finally beat Jamie Proffitt in the 1500 at Elk Lake.

SENSATIONAL WINK

continued from page 10

Wink sent an article from **SwimSwam** and another article from **NBC 12**. First, the article from **Swim Swam**.

When 99-year old Willard Lamb was born, only two men had ever set the World Record in the 1500-meter freestyle: Henry Taylor at the 1908 Olympics, and George Hodgson at the 1912 Olympics.

Now, Lamb has written his own name into the record book in the event. Since he aged up this year, he competes in the 100-104 age bracket. At USMS Summer Nationals, Lamb took on the 1500-meter freestyle, clocking 42:27.06 to set a world record and U.S. Masters Swimming record. As of May 31, 2022, FINA had no record ratified for Lamb's age group, meaning that this is the first recorded swim ever by a man his age.

He set multiple records during the race, including USMS records in the 50-meter and 100-meter freestyle. His splits at the 200-meter, 400-meter and 800-meter are new world and USMS records, even though they came during a longer race. They still can be ratified as official records since they are timed from his start.

This isn't Lamb's first record, though. That came in 1940, when he broke the Washington 220-yard freestyle record as a senior at L.A. Long High School. Lamb said it was that record that made the University of Washington head coach approach him about joining the Huskies' swim team. Lamb was undefeated in his first semester, but that first semester was his last, as he was drafted into service for the ongoing World War II.

At 83, Lamb returned to the pool and picked up right where he left off. He currently owns eight world records in the 95-99 age group. In his new age group, he owns 5 records. He has even more USMS records in both those age groups, and was inducted into the International Masters Swimming Hall of Fame in 2019.

In January, at the Bellevue Club Masters Mile, Lamb also set the first recorded FINA world records in the 400-, 800- and 1500- short course meter freestyle events for his age group. In the SCM 1500 free, he went 38:32.90.

NBC 12: Chesterfield County, WA (WWBT) -- Willard Lamb stands out as the oldest swimmer at the U.S. Masters Swimming Summer Nationals Championship hosted at SwimRVA.

At 99-years old, he glides through the water with ease.

"An activity like this keeps you busy, and I am as surprised as anybody else would be, you know," Lamb said.

The crowd and swimmers cheered him on as he finished 15 laps in about 45 minutes. He received 4 FINA Masters World Records for his age group, competing against himself.

To keep coming out on top, he trains three days a week with his teammate Valerie Jenkins, while at home in Oregon. He looks at Jenkins as his coach.

"So, earlier this summer, he had swum the 800 freestyle. So, I was comparing how he was swimming compared to that race, and actually, he was going a little faster," Jenkins said.

The world record holder grew up out west in Washington, where he fell in love with the water at the tender age of 12.

"We have a lake in Long View - Lake Sacajawea, and I was swimming along the edge of the lake, and I was dog paddling, and I thought I'd see what I could do with overhand," Lamb said.

He spent many summers practicing, which later landed him a spot on the swim team at the University of Washington. That came to an end when he was drafted into the military. After years, the World War II veteran worked as a carpenter until he retired in 2002.

"In 2006 I started getting in shape, I mean, I did have to get in shape for swimming again. After a couple of months, I felt pretty good," says Lamb.

He caught on rather quickly, started competing in the Nationals in 2010 and hasn't stopped since. He says the secret is to keep moving your body. "We all need exercise, and you'd be surprised how fun swimming is," he said.

Lamb turns 100 on Christmas Eve and has no plans of slowing down.

Summary

New Records . . .

Pacific Masters Championships—LCM
USMS Summer Nationals — LCM
Oregon Senior Games — SCY

Looking Ahead. . .

Pool Schedule

Date	Course	Swim	Location
November 12; Saturday	SCM	Hood River SCM Meet	Hood River, OR
December 10; Saturday	SCM	COMA All-around Challenge (Pentathlon) Meet	JSFC; Bend, OR

Registration for all events can be found at <http://swimoregon.org/events/>

Quote for the Month. . .

“The pain of regret, of the what-if’s, of wondering what may have been had you made a better effort, will always be worse than the strife you will face in the middle of a workout.” —Michael Phelps

From your USMS login, you can:

- Update your own USMS registration information—<https://www.usms.org/reg/member/updateinfo.php>
- Print Your Own USMS Membership Card—<https://www.usms.org/reg/getcard.php>

If you swim in any meet outside of Oregon and want your time considered for a record, you are the one who is responsible for notifying the OMS Records-keeper, Steve Darnell, at financialwizard2@comcast.net.