



Aqua Master

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Instructors Colette Crabbe, Karen Andrus-Hughes, and Dan Kirkland give pointers to the recent swim clinic participants.

Upcoming Events

- March 11-12
Oregon City Spring Ahead Meet
- April 27-30
USMS Spring Nationals/Irvine, CA
- May 19-21
Oregon Association Champs

Chair's Corner

Tim Waud

OMS Board Chairman

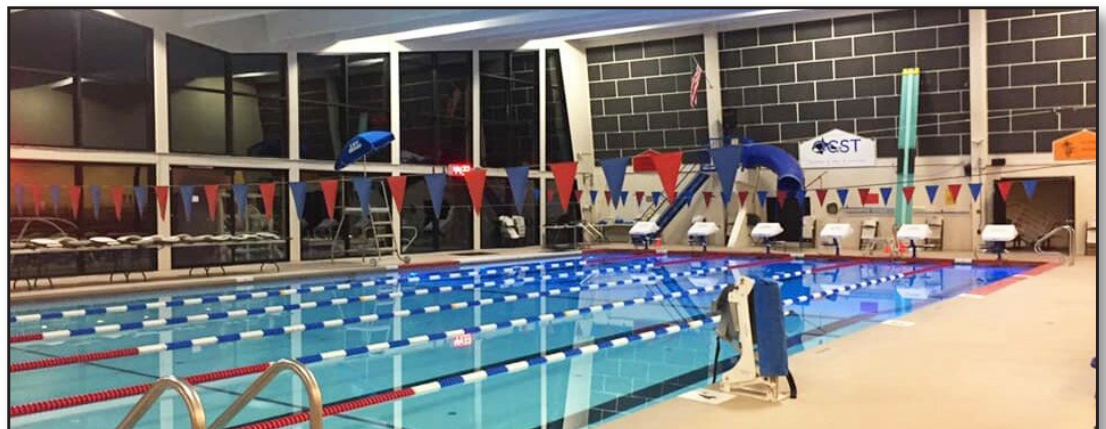


It's that time again! The 2023 **Oregon City Spring Ahead Short Course Meters** swim competition will

be held March 11- 12 at the Oregon City Municipal Swimming Pool. The two-day event will be hosted by the Oregon City Tankers Masters Swim Team.

Since 2011, 32 National and 28 World Records have been established in the Tank. Come join us for a weekend of fast swimming! Hope to see you there.

The entry for this meet is now live at [clubassistant](#).





Fitness Center

USMS Replaces "Postal" with "Virtual"

Has anyone else noticed that recent "postal" events have been replaced with the term "virtual"?

Gone are the days of asking your swim teammates if they'd submitted their "postal results" in time to make the deadline. If you've ever wondered why they were called that, the timeline goes back to 1977 when Masters swimmer Dale Petranec founded the 1-Hour Postal Championship. Because this was before the internet was widely available, entry forms were snail-mailed in to a host team who manually grouped, recorded, and ranked the results.

Last fall, the postal language was officially replaced by "virtual" in the USMS rule book, marking the end of an era. You may still hear these events referred to by their old nomenclature, and now you know the history behind it.

Interested in participating in a virtual championship? Your next opportunity will be the 5K/10K from May 15-Sept 15, and the 3000/6000K from Sept 15-Nov 15.

Your Health is Your Biggest Asset

Coach Colette Crabbe
OMS Fitness Chair



As we are heading into February, this is the time of year to hang tough and keep those resolutions and your fitness program alive. Here

are a few thoughts:

1. Your health is your only asset which matters. If you are not healthy, you will not be able to enjoy all the pleasures that life may bring.
2. Daily exercise is good for both your physical and emotional health.
3. Your teammates are your best friends. Master swimming is about friendship and not competition. We all care about each other.
4. Swimming teaches you discipline.
5. Swimming different strokes, different distances at different speed will help you train more efficiently and stay injury free.
6. Make sure your goals are **SMART**:
 - **Specific:** What do I want to accomplish?
 - **Measurable:** How will I know when it is accomplished?
 - **Achievable:** How can the goal be accomplished?

- **Realistic:** Does that seem worthwhile?
 - **Timeline:** When can I accomplish the goal?
7. It is Ok to dream big, but it is important to take it step by step. Re-adjust those achievable steps if you need to and make sure to reward yourself when you have reached them.
 8. Expect setbacks, they will come. Life will throw things at you. Learn from them, re-adjust, and mostly be resilient.
 9. "You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of."
~Jim Rohn
 10. If you are already the competitive swimmer, February is the month you need to build your endurance and increase your training for the competitions coming up in the Spring: Oregon City in March, Nationals in Irvine in April and of course our Oregon Association Championship in Bend in May.
 11. It is a never-ending process, so keep at it and enjoy the journey. Your fitness and health are on the line.

2023 USMS Spring Nationals

Entries are now open for the 2023 USMS Short Course National Championships that will be held in Irvine, California. Competition dates are April 27-30, and the pool will also be open for warm-up on Wednesday April 26, 2023.

The meet will be held at the William Woollett Jr. Aquatics Center, which was completed as a major renovation of the original Heritage Park Aquatics Complex – site of the 1980 USA National Championships, the 1990 Junior Nationals West Championships and the 1981 USMS Short Course National Championships. The newly renovated pool was completed in September of 2004. The center is an outdoors facility consisting of one constant depth (7 feet) competition pool (50 meter by 25 yard) and variable depth warm-up pool (50 meter x 25 yard). In addition, a 25 yard by 25 meter teaching pool will be available for additional warm-up space. Expansive locker room facilities for both men and women are adjacent to the warm-up pool.

For more information, please visit [the official USMS meet webpage](#).



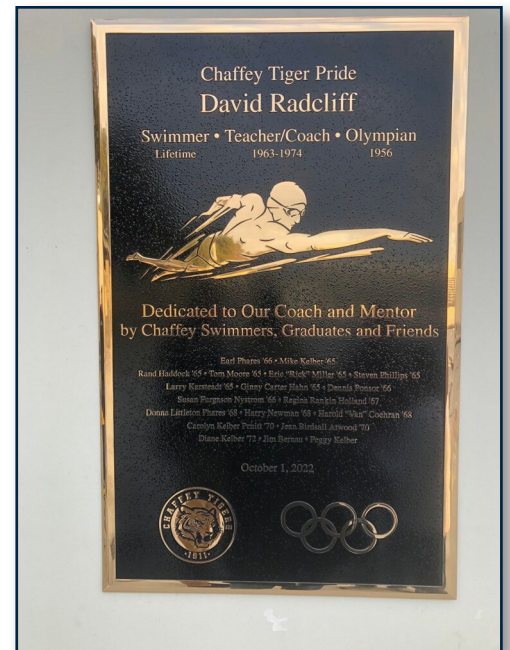
Off the Block

Plaque Dedicated to David Radcliff

by Mike Kelber, Salem Kroc Masters
Aqua Master Contributor

Dave Radcliff came to Ontario, California in 1963 as a history teacher at Chaffey High School. His Olympic credentials more than qualified him to coach the swim team and start a new water polo team. Prior to Coach Radcliff, the swim team coaching job was a faculty default position. The team that Dave inherited consisted mainly of surfers and beach bums trying to maintain their tans through the winter months. What better way to do that than swimming daily in an outdoor pool.

The pool at Chaffey was built in the early 30s as a WPA project and was affectionately known as “The Plunge”. The plunge was opened as a public pool every summer and multiple generations of Ontario kids learned to swim there. For some reason, a 50 meter Olympic pool was built instead of the standard 25 yard high school competition pool. This turned out to be a nice advantage for the Chaffey swimmers when meets were held at our pool. Most of the other Southern California schools had never swum in an LCM pool. Their fatigue and awe of that long pool worked to the advantage of the Chaffey swimmers. But none of that would have mattered



if it wasn't for Coach Radcliff.

Somehow, this young, unassuming, bespectacled coach instilled a sense of respect, teamwork and competition to a rather rowdy, unmotivated group of swimmers. In his first 3 years of coaching, Dave took his team to win the Citrus Belt League Championship. I believe that every kid who had the honor of swimming under Dave left with a lifelong gift of what sportsmanship was, as well as a never-ending respect and love for our Coach. He continued building on his legacy through 1974 when he was tapped for more administrative duties.



Swimmer Spotlight Nominations

We are looking for swimmers to spotlight! If you would like to tell your swimming story in an issue of the Aqua Master or would like to nominate someone else, please send an email to Karen Andrus-Hughes at blueheron83@comcast.net and Arlene Delmage at swimvancouver@gmail.com.

Being an OMS member & having a love for swimming is the only criteria!

Submitted by Arlene Delmage

- Name:** Michael Power
- Age:** 54
- Occupation:** Retired from Santa Barbara County Sheriff and University of CA Santa Barbara Police, currently doing some limited flight instruction
- Team:** COMA (but also represent Santa Barbara Masters depending on the season)

I met Mike Power this summer at the Marin County Meet in Novato, CA. He was talking to a mutual friend of ours and she introduced me to him as my Oregon teammate. Mike used to swim for Santa Barbara Masters but moved to Bend in January 2022. I found Mike interesting to talk to but what really grabbed my attention was that he had flown himself to the meet from Bend! Also, he is a very fast swimmer so it was hard to ignore his times.

Michael grew up in Santa Barbara but didn't swim as a youngster. He was born in Toronto, Canada, but moved to Santa Barbara at the age of 4 when his family purchased a Volkswagen camper van and drove across the United States to California. He started playing water polo in high school where he admits he was a pretty decent sprinter. He began to supplement his water polo training with swimming and quickly realized that he was faster and better in this sport. He stuck with swimming and before he knew it he was on a plane to Junior Nationals. "My 100 yard free was starting to come together whereas my 50 was still a chop fest."



Michael swam two years at Lewis and Clark College in Portland (with current COMA teammate Cheryl Morgen) where he was an NAIA All-American in 1987 and 1988. The 100 and 200 free were his best events in those years. He took a year off to train for Senior Nationals in Santa Barbara and then transferred to Wheaton College in Illinois. During his junior and senior year he specialized in the 50, 100 and 200 free and 100 butterfly. At Wheaton he swam two years NCAA Division III where he was All-American both years 1990 and 1991. Wheaton College placed 3rd as a team in 1990 and 4th in 1991. Mike says his two years at Wheaton College are some of the best memories he has. "I would never trade that time. Our men's team was so bonded and we were there to

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Reporters Needed!

If you love to compete and attend swim meets and open water events around the world, please consider sharing your experiences with your fellow Oregon Masters Swimmers via the Aqua Master! We would love to receive meet and event reports no matter how long or short, as well as accompanying photos of the city you visited, people who attended, the venue, and anything else you'd care to share! Submit your stories to the AM editor at pdxbon@gmail.com. We look forward to reading about your swim adventures.



February Fitness

by Sara Shepherd

OMS Awards Chair

Are you looking for some long distance swimming opportunities? Great news! The **February Fitness Challenge** is back!

This international long distance postal swimming event is held by the Tualatin Hills Barracudas. The Challenge has always focused on promoting health and physical fitness but also adds a fun competitive edge. Swimmers set a goal to swim as much yardage as possible during the month of February with the ultimate challenge of swimming 100,000 yards or more, and there are some that have taken that goal to the extreme! There are swimmers that have swum more than 600,000 yards in one month.

This year's Challenge will be solely online and will continue with an interactive platform in which you can enter your results daily and compare them to other swimmers based on age or gender groups. You can also keep up with daily rankings, like who swam the most on a certain date in February. Now you can turn this event into an even more challenging swim or use the interactive platform to help you stay on track with your goals. The interactive calendar is very useful - it is an easy tool to track yardage and is fun to be able to compare progress with others



on the real-time leaderboard as the month goes on.

So join the February Fitness Challenge mascot, the frog, and jump into the pool in February! Challenge yourself, your friends, and your team to see how far you can swim and improve your fitness abilities. We look forward to having you join the Tualatin Hills Barracudas in this great event.

For more information, please visit: <https://februaryfitnesschallenge.azurewebsites.net>

Stroke Development Clinics

by Arlene Delmage

Aqua Master Contributor

Oregon Masters Swimming, along with USMS, sponsored two stroke development clinics which were held on consecutive weekends at the beginning of January. The events took place at the Clark County YMCA in Vancouver and were hosted by Colette Crabbe, an Olympian and the current OMS Fitness Chair. Stroke development clinics are for swimmers of all abilities who would like to improve their stroke technique.

The format involved one hour of classroom instruction and two hours of personalized coaching in the water. Assisting Colette in the backstroke/freestyle clinic were Karen Andrus Hughes, Valerie Jenkins, Dan Kirkland, and Tom Phipps. In the breaststroke/butterfly clinic assistants were Karen Andrus-Hughes, Arlene Delmage, Rick Howell, and Dan Kirkland. Drills were taught that enabled participants to continue the refinement of their strokes. At their request, participants were also filmed allowing for further evaluation and feedback.

Both sessions proved to be very popular with each one selling out. Participants came from as far away as Sunriver, Klamath Falls, and Lincoln City. Participants from the north came from Puget Sound and Olympia. Both the attendees and the volunteer coaches enjoyed the sessions and learned a lot. It was nice to have classroom sessions where it was much easier to hear, ask questions and mingle with one another.

Common feedback from attendees was that more stroke development clinics are needed in a variety of locations throughout Oregon. Some would also love to have a turns and dive clinic. If anyone is interested in hosting a clinic at their local pool please send an email to Colettecrabbe@hotmail.com and she will help you set it up. Also, if you would like to help as a volunteer instructor send an email to Colette and she will let you know when there is an opportunity. The goal is to have a clinic at least 3 or 4 times a year.

Here is an example of a feedback received through emails:

From: Tom, Puget Sound Swimming:

Colette,

Let me say this stroke clinic was absolutely great. Thanks to you & all your instructors. The lightbulb has turned on in many of my movements. You had me at "swim in a rectangular box and kick in a bucket." Brilliant. Look forward to seeing you around the pool. I may surprise you w/a video clip of my practice.

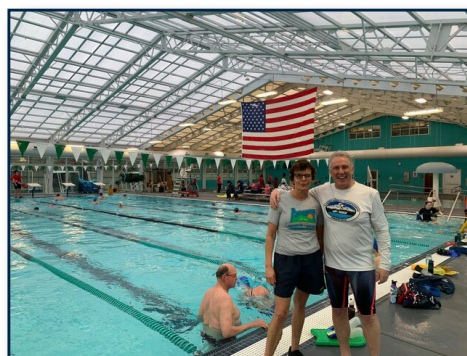
A Bientot,
Tom



Colette Crabbe with some hands-on instruction at the YMCA.



Colette Crabbe during the classroom instruction portion of the clinic.



Colette Crabbe and assistant Rick Howell at the Clark County YMCA.

Swimmer-Induced Pulmonary Edema - a Potential Concern for Open Water Swimmers

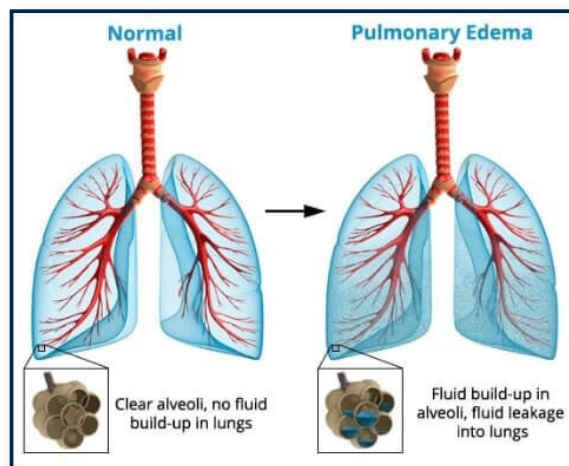
by Tom Phipps

Aqua Master Contributor

Swimming-Induced Pulmonary Edema (SIPE) is an uncommon condition that is associated with abnormal fluid collection in the lungs, in the absence of actually breathing in water, that occurs during or shortly after swimming. First described in 1989, it is a subtype of immersion pulmonary edema, which is more typically associated with SCUBA diving.

The true incidence of this condition is hard to judge, and it is probably under-reported. The problem may occur in as many as 1.4% of triathletes and as many as 1-2% of competitive open water swimmers. I did not find any reference to this condition in pool swimmers. Many of the case reports seem to describe triathletes and some wonder if the deaths in triathlons (which almost always occur on the swim portion) may be related to this condition. It is difficult to know because the fluid filled lungs of a drowning victim and those with pulmonary edema may appear rather similar.

SIPE frequently occurs in fit and healthy individuals, the information I could find did not seem to differentiate experienced swimmers



from the population as a whole. Risk factors include advanced age, female sex, high blood pressure, longer swimming distance, cooler water temperature and pre-existing heart or lung disease.

The exact cause is uncertain but likely involves increased pressure in the arteries of the lung. Factors include an increase in central blood volume due to blood vessel constriction in cold limbs, which causes the heart to pump against

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higher pressure. At the same time the heart is trying to pump more associated with exercise and the air pressure in the lungs may be lower associated with inspiration. Add in some external pressure on the chest from the water and perhaps a tight fitting wetsuit and the stage is set for fluid to leak from the blood vessel of the lung into the air spaces.

Symptoms and signs typically include shortness of breath, cough that may be productive of sputum that may be frothy or blood-tinged, and low blood oxygen levels that occur during or shortly after swimming. Often these symptoms are mild and easily discounted if not recognized for what they represent but occasionally they may be more severe and may even require hospitalization. The problems generally resolve in 24-48 and leave no apparent trace although heart and lung testing may remain abnormal for some time.

Findings on testing may include evidence of heart muscle strain. A recent report described evidence of edema in the heart muscle associated with the typical lung findings. Those lung findings on exam and imaging are typical of any cause of fluid on the lungs.

Treatment is supportive and includes removal from the water and from exercise and placement in a seated position. Oxygen is sometimes required and EMT care should be obtained if this condition is suspected.

It is important to recognize this condition in yourself or others. Unusual or unexpected shortness of breath or cough during or shortly after swimming that lasts longer than expected but resolves in a day or two should not be ignored. Some people turn out to have underlying heart, lung or blood pressure issues that need to be addressed. Between 13 and 22% of people experience recurrent episodes, which may be more severe.

While there is some guidance for divers there are no specific guidelines, especially for swimmers, It is felt that return to swimming should be gradual beginning with shorter, less intense swims in warmer water and without a wetsuit. Non-steroidal anti-inflammatory drugs like ibuprofen should be avoided. Sildenafil (yes, the generic form of Viagra) appears to be an effective preventative drug for those with recurrent SIPE. If you experience this condition you should talk to your medical provider. Be prepared to educate your provider as this uncommon condition is likely to be unknown to them. Up To Date (a common medical database used by many doctors) has a brief description of Immersion Pulmonary Edema in the Section on Complications of SCUBA Diving. Wikipedia has a fairly detailed and accurate description of the condition.

As always, know yourself and your situation in the water and be safe.

Reference: Oldman J, et al. *BMJ Case Rep* 2023; 16:e251274. Doi:10.1136/bcr-2022-251274

What Are the Symptoms?

- **a cough which may lead to frothy or blood-tinged sputum**
- **shortness of breath**
- **difficulty breathing**
- **chest pain or tightness**
- **crackles, rattling in breathing**
- **confusion**

Continued from Page 2, Swimmer Spotlight
(Michael Power, COMA)

race. We didn't mess around. All business."

"I wouldn't call myself a gifted swimmer. I think my work ethic is what got me to that level especially in college and with Senior Nationals. What drove me was my frustration watching the swimmers who made it look so easy, who never came to practice and would go fast all the time; the "naturals." I just had to work hard to get up to their level or close to their level."

To this day the 100 free is still his favorite event. His first club coach was really good about getting swimmers to understand the importance of a well split swim. Mike says he is patient in going out in his races and always has a good back half. "I've developed a good feel for the water by watching "gifted" swimmers. As a result, I learned to swim with a very long, smooth stroke."

After college Michael worked at the Santa Barbara County's Sherriff Office and later for the University of CA Santa Barbara police. He was also an LA County Lifeguard from 2001-2016. Never one to sit around, Michael is taking a year off before he begins his full time aviation career. He admits he is not starting until after ski season! At the age of 8 he learned to ski in Brianhead, Utah where his grandfather was a ski instructor. For his entire life he has skied at least once a year. Having become exposed to Mt. Bachelor, he has increased his skiing days significantly. Last year he skied 29 days and this year his goal is 40 days. "One unfortunate thing about living in a mountain town is there isn't any surf nearby. I do miss surfing a lot."

Michael also spends time standup paddling (spring/summer/fall), flying airplanes (he currently owns a 2004 Cessna turbo 182T), making flying videos on YouTube (H Mitch), and cooking for his wife Heather since she is still working full time.

"Flying has taken up a lot of my time too. I didn't want to retire from law-enforcement and not have something to fall back on. My love of flying

has pushed me to go way beyond my private pilot certificate." He is currently a commercial-rated pilot certified to fly multi-engine aircraft. He also has an instrument rating and endorsements to fly high-performance, tailwheel and float planes. He is an instructor for single engine land airplanes and hopes to start a career flying in 2023 when he is done playing. "I'm really lucky my wife isn't afraid of flying in smaller planes. We've taken some great trips to USMS nationals in our plane, once to Mesa, Arizona, once to Riverside, and once to Mission Viejo. I've had the pleasure of having Jeff Farrell (1960 Olympic Gold medalist) as a passenger in my plane for 2019 LCM Nationals in Mission Viejo. "

Michael would like to give a shout out to his COMA lane mates Susie Rabiah, Gary DeFrange, Stacey Kiefer, Cheryl Morgen, Amy Ward, and Jacob Swinn. Michael admits that he can be pretty immature at swim practice. "It's my social outlet where I feel comfortable being a goofball. I love racing and always believe I can do better." Michael would like everyone to know he beat Stacey Kiefer in the 200 IM SCM by one second at the Hood River meet! Nothing like a little rivalry among teammates!



Michael and his wife, Heather

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MEMBERSHIP COORDINATOR

Christina Fox • foxkohnert@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

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OREG CLUB REP

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USMS REP

Sandi Rousseau • swim@gorge.net

TOP TEN

MJ Caswell • mjcaswell@earthlink.net

WEB MASTER

Matt Miller • matt@flytrapcare.com

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