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*Aqua-Master* is the official publication of Oregon Masters Swimming, Inc. (OMS) It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. See the last page for membership and subscription information. OMS is part of United States Masters Swimming Inc.

## **CALENDAR & MEET SCHEDULE 1993/94**

**NOV 20-21 PORTLAND, OR LEWIS & CLARK COLLEGE S.C.Y. #2**

**\*DEC 4-5 GRANTS PASS, OR GRANTS PASS YMCA S.C.Y. #3**

**\*JAN 16, 94 PORTLAND, OR DISHMAN POOL TRI-M IV + FREE**

**JAN, 94 U.S.M.S. NATIONAL ONE HOUR POSTAL SWIM CHAMPS**

**FEB 5 BEAVERTON, OR BARRACUDA PENTATHLON**

**FEB 12 SEATTLE, WA GLAD DISTANCE MEET S.C.Y.**

**FEB 13 SEATTLE, WA ORCA SHORTER EVENTS MEET S.C.Y.**

**MARCH 5-6 BEND, OR JUNIPER AQUATIC CENTER S.C. M. #2**

**MAR 20 BANGOR, WA SHORT COURSE YARDS MEET**

**MAR 25-27 ROSEBURG, OR ROSEBURG Y.M.C.A.**

## **OREGON MASTERS ASSOCIATION CHAMPIONSHIPS**

**APRIL 8-10 FEDERAL WAY, WA P.N.A. ASSOCIATION CHAMPS**

**MAY 13-16 U.S.M.S. SHORT COURSE NATIONALS**

**A.S.U. TEMPE, ARIZONA**

**JULY 4-10 WORLD MASTERS CHAMPIONSHIPS**

**MONTREAL, CANADA**

**AUGUST, 94 U.S.M.S. LONG COURSE NATIONALS**

**ERIE C.C. BUFFALO, NY**

**AUGUST, 1995 U.S.M.S. LONG COURSE NATIONALS**

**MT. HOOD COMMUNITY COLLEGE GRESHAM, OR**

**\*MEET ENTRY FORM ENCLOSED IN THIS ISSUE**

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# Z-Man says---

by John Zell

**T**ime to renew. Renew your membership in one of the finest organizations around. Welcome to the annual registration issue of the Aqua-Master. This issue (and next month) goes out to all of our members. You can renew your membership in United States Masters Swimming for next year in the month of November. The new registration form for 1994 is in its usual spot, the back page. Get your pen and check book and get busy.

***Check out the new form... it looks different.***

This year's registration form comes with some changes from Oregon Masters. In the past our registration fee was \$21.00 plus \$7.00 for the Aqua-Master. *Our fee is now \$28.00 and a subscription to this newsletter is no longer an option.* It always left me wondering why our organization offered its newsletter as an option. This is our only means of communication to our members. I have looked at the subscription totals over the past few years and saw that 25% weren't receiving this publication. I know of no other organizations that communicate with their membership through an optional newsletter. This is the end of an era. There is an option though. If you are part of a household (husband and wife) with two members of OMS, then you can submit a joint registration and receive only one newsletter. The joint registration is \$49.00 (\$28.00 for the first person plus \$21.00 for the second) and must be filed for by both husband and wife at the same time to be eligible.

The other change in our annual registration dues will take place each year in September. Thanks to a legislation change within U.S.M.S., we can now offer a reduced rate registration for new members joining in September and October. This registration runs until the end of the year and costs a mere \$15.00. September and October is the traditional start of the new Short Course season and we have teams who

pick up new swimmers who want to swim in a meet in the fall or winter. The registration fee of \$28.00 plus meet fees have been a deterrent for some of those new prospective members who want to try one meet and see what Masters is all about. Now it will be a little more attractive. They will receive the Aqua-Master until the end of the year and hopefully will renew. The Board of Directors of OMS and I honestly feel that all of these changes are for the good of our membership and organization.

This month we bring you the results from the Mt. Hood meet held last month and Ol' Barn gives us his review. You will also find an excellent article from a friend of mine and fellow backstroker, Bill Tingley from Lakeside Masters in Kentucky. "Teaching Backstroke" is a great article for both swimmer and coach. I think you'll enjoy it. Remember to ***keep your head still*** while you read it.

You'll find the debut of a new column in this issue. "Meet Directions" will come to you in the Aqua-Master quite frequently and will keep you informed as to what's going on in our preparations to host Long Course Nationals at Mt. Hood in 1995. As the meet director for '95 Nationals, I will use this column to communicate to you news pertaining to this meet over the next two years. The next few months will be the formation of the backbone of our organizing committees. Stay tuned to "Meet Directions" for the latest info.

You'll also find a more detailed review of the U.S.M.S. Convention in this issue. This report comes courtesy of P.N.A.'s newsletter.

I hope you are all coming along well with your training plans and goals. Stay with it.

Have a good Thanksgiving,

**DO YOUR PART TO SPREAD THE WORD OF OREGON MASTERS SWIMMING...  
RECYCLE THIS ISSUE OF THE Aqua-Master BY SHARING IT WITH A FRIEND !!**

# OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED by OREGON ASSOCIATION FOR USMS, INC. SANCTION # 373-13

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1993 registration form and fee with this form. **All Entrants from outside of Oregon Masters (PNA, IEA, SNAKE RIVER, PMS, etc.) must submit a COPY OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.**

**MEET: G.P. "Y" Masters S.C. Meet**

**DATE: December 4th & 5th, 1993**

**PLACE: GRANT PASS FAMILY YMCA**

1000 REDWOOD AVENUE

GRANTS PASS, OR

5 LANES COMPETITION

MANUAL TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: Grants Pass Y Masters Meet Director: Lisa Glen 503-474-0001 work

DIRECTIONS TO POOL: From I-5 Southbound take exit 58. South Street South to Hwy 199. Turn right onto 199 to Redwood Avenue frontage road (on right side). YMCA is on right just past Fairgrounds.

**ENTRY DEADLINE : POSTMARKED NO LATER THAN Nov. 20th, 1993**

FILL IN COMPLETELY-----RETURN THIS LOWER PORTION-----FILL IN COMPLETELY

NAME \_\_\_\_\_ 1993 USMS # \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ASSOCIATION \_\_\_\_\_ Age Groups: 19-24, 25-29, 30-34 etc up to 100+. Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 6 individual events plus 4 relays. You may swim a maximum of 5 events per day. Enter relays at the meet. The 400 I.M., 500, and 1650 Free will be deck seeded. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

## SATURDAY DEC 4

400 I.M. (1) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

1650 FREE (2) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

## SUNDAY DEC 5

FREE RLY (3) XXXXXXXXXXXXXXXX

200 FLY (4) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

200 BACK (5) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 BREAST (6) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 FREE (7) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

MXD FR RLY (8) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 I.M. (9) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 FLY (10) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 BACK (10) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

200 BREAST (11) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 FREE (12) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 FREE (DISABLED) (13) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

MED RLY (14) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 FLY (15) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 BACK (16) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 BREAST (17) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

200 FREE (18) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 I.M. (19) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

MXD MD RLY (20) XXXXXXXXXXXXXXXX

500 FREE (21) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MEET ENTRY FEE: \$10.00

SEND FORM(S) & FEE(S) PAYABLE TO:

OREGON MASTERS SWIMMING P.O. BOX 40313 PORTLAND, OREGON 97240

# Barnacle

by E. Walter

reviews results records

## Mt Hood Meet - November, '93

**U**nder the guidance of Eric Guest, Mt Hood Masters hosted this very fine meet. We have come to expect super support from Oregon Swimming...but...we must remember that without these people, there is no meet. So, thanks to these great officials; Tom Speakman, Bob Godley, John Oxendine, John Weiler and old friend Larry Snead...plus the work of Alan Smith on the console and Gayle Miller, compiling results...with the support staff under Phil King, timers out of the ranks of Mt Hood Aquatics, we had ourselves a small but very excellent meet.

We also need to thank Dr Richard Allen, from the Cascade Wellness Clinic, for his on deck massage and chiropractic expertise, with no charge to the recipients.

Excellent early season performances were the order of the day, with two people showing the way.

**Leissa Mills** (30-34) set the only new record, with a 2:20.30 in the 200 I.M., knocking some 9 seconds off the old standard. Take a look at her 200 Free in 1:58.71, barely a second over her Zone best of 1:57.24.

**Bert Petersen** (50-54) for now...ages up Dec 6th... gave us a sparkling 100 Fly in 1:02.60, his record set in early 1990 stands at 1:02.58. Bert's goal is "under a minute, at 55."

**Pam Himstreet** (45-49) will be 50 on Nov 11th. She is taking dead aim at quite a few of the 50-54 records...50, 100 and 200 Breast, :42.56 vs :42.69, 1:30.03 vs 1:28.65, and 3:11.87 vs 3:07.73. Good Luck Pam, on your quest.

**Sue Calneck** (50-54) Continues to show she has what it takes.

**Petey Smith** (65-69) Coming back after a long lay off, will age up early next summer.

**Kazuhiro Yamashita** (19-24) 50 Free in :23.75 and the 50 Fly in a :25.56 close to the record of :24.94. Welcome to OMS !!!

**Angels Schuerman & Jeanna Bennett**, are two new swimmers who are looking good in the 19-24 group.

**Jeffrey Anspach** (30-34) Another newcomer will stand watching in all events. **Hunter Graham and Steve Harger** (30-34) locked horns in the 200 Free and 200 IM, showed excellent early season form.

**Andrew Holden** (70-74) Will age up in May, is looking forward to next year with a terrific start already.

**Take Hirayaia** (25-29) A fine breaststroker, welcome to OMS.

**Deborah Heim** (19-24) ages up in May, will be a factor.

**Phil King** (25-29) is off to a great start with three fine swims.

**Teri Hendryx** (40-44) just missed the 100 Fly (1:10.27 vs 1:09.41). Teri continues to look better and better.

### Hats Off...

Before the meet **Bert Petersen** put on a clinic for "Stroke Drill Techniques", this was very well received—Thanks Bert!!!

Following the meet, **Larry Snead** gave us some pointers on what the starter looks for when you are up on the blocks. Bright colored hats and yes-bright red toenails and fingernails stick out and are noted for motion, etc. Thanks to **Ginger Pierson**, we will be having clinics at all of our meets this year. Show up and get smarter to swim faster.

A most welcome person at the meet was **Petey Smith's** side kick "TOOTS". She was in good spirits and told Eric her treatments were getting her in league with Eric's bald pate.

That's it for this time...see you at the next one...Lewis and Clark & Pride Masters will be our hosts on Palatine Hill in late November.

*Stay with it and Stay fit !*

## ---- 19-24 WOMEN ----

50 FRE DEBORAH E HEIM 24 OREG :27.82  
 SANDI L HYDE 24 OREG :28.00  
 JEANNA BENNETT 19\*OMS :29.93  
 SUSSETTE SOHODSKI 23\*PNA :33.91  
 100FRE JEANNA BENNETT 19\*OMS 1:06.82  
 ANGELA SCHUERMAN 20\*OMS 1:06.84  
 SUSSETTE SOHODSKI 23\*PNA 1:18.18  
 200FRE JEANNA BENNETT 19\*OMS 2:29.37  
 SUSSETTE SOHODSKI 23\*PNA 2:57.58  
 50 BAK JEANNA BENNETT 19\*OMS :35.56  
 ANGELA SCHUERMAN 20\*OMS :36.70  
 CHRISTY DAVIS 24\*PNA :39.25  
 100BAK CHRISTY DAVIS 24\*PNA 1:26.29  
 100BRS DEBORAH E HEIM 24 OREG 1:17.18  
 ANGELA SCHUERMAN 20\*OMS 1:27.64

200BRS DEBORAH E HEIM 24 OREG 2:46.63  
 50 FLY CHRISTY DAVIS 24\*PNA :37.35  
 100FLY DEBORAH E HEIM 24 OREG 1:09.88  
 100 IM ANGELA SCHUERMAN 20\*OMS 1:17.39  
 CHRISTY DAVIS 24\*PNA 1:26.30  
 200 IM DEBORAH E HEIM 24 OREG 2:30.47

## ---- 25-29 WOMEN ----

50 FRE TAKA HIRAYAMA 25 OREG :32.26  
 50 BRS TAKA HIRAYAMA 25 OREG :39.36  
 100 IM TAKA HIRAYAMA 25 OREG 1:18.00

## ---- 30-34 WOMEN ----

50 FRE BETH ANNE BEADLING 32 OREG :31.33  
 DARCY GUEST 31\*OMS :50.36  
 100FRE LEISSA K MILLS 33 OREG :55.51  
 200FRE LEISSA K MILLS 33 OREG 1:58.71  
 50 BAK BETH ANNE BEADLING 32 OREG :38.90  
 100BAK LEISSA K MILLS 33 OREG 1:06.83+

Record= TANYA MANSIGH 1:07.87

50 BRS DARCY GUEST 31\*OMS :55.82  
 50 FLY BETH ANNE BEADLING 32 OREG :39.33  
 100 IM LEISSA K MILLS 33 OREG 1:07.33  
 BETH ANNE BEADLING 32 OREG 1:24.59  
 200 IM LEISSA K MILLS 33 OREG 2:20.30+

Record= ANDREE D KRAKER 2:29.28

## ---- 35-39 WOMEN ----

50 FRE GAYLE D MILLER 37 OREG :31.74  
 100FRE GAYLE D MILLER 37 OREG 1:14.15  
 50 BAK KRISTI K GUSTAFSON 38 OREG :35.06  
 200BAK KRISTI K GUSTAFSON 38 OREG 2:40.02  
 50 FLY GAYLE D MILLER 37 OREG :37.47  
 100 IM GAYLE D MILLER 37 OREG 1:29.91  
 200 IM KRISTI K GUSTAFSON 38 OREG 2:48.42

## ---- 40-44 WOMEN ----

50 FRE KATHY M YOUNG 44 OREG :43.54  
 100FRE KATHY M YOUNG 44 OREG 1:37.75  
 50 BAK KATHY M YOUNG 44 OREG 1:00.31  
 100BRS TERI HENDRYX 40 MACO 1:21.24  
 50 FLY TERI HENDRYX 40 MACO :31.70  
 100FLY TERI HENDRYX 40 MACO 1:10.27+

Record= SANDI ROUSSEAU 1:11.68

200 IM TERI HENDRYX 40 MACO 2:38.08+

Record= BARBARA FRID 2:38.63

## ---- 45-49 WOMEN ----

100FRE SANDI ROUSSEAU 46 OREG 1:10.24  
 200FRE PAMELA HIMSTREET 49 OREG 2:42.79  
 100BAK SANDI ROUSSEAU 46 OREG 1:28.93  
 50 BRS GINGER L PIERSON 47 OREG :38.54  
 PAMELA HIMSTREET 49 OREG :42.56  
 100BRS GINGER L PIERSON 47 OREG 1:20.79+

Record= NANCY J BROOKS 1:26.88

PAMELA HIMSTREET 49 OREG 1:30.03  
 SANDI ROUSSEAU 46 OREG 1:36.15  
 200BRS GINGER L PIERSON 47 OREG 2:56.80+

Record= PAMELA HIMSTREET 3:08.65

PAMELA HIMSTREET 49 OREG 3:11.87  
 50 FLY PAMELA HIMSTREET 49 OREG :39.32  
 100FLY SANDI ROUSSEAU 46 OREG 1:20.27  
 100 IM GINGER L PIERSON 47 OREG 1:16.74  
 200 IM GINGER L PIERSON 47 OREG 2:49.68

## ---- 50-54 WOMEN ----

50 FRE SUE CALNEK 50 OREG :31.97  
 PEGGY S WHITER 50 OREG :33.87  
 100FRE SUE CALNEK 50 OREG 1:10.86  
 PEGGY S WHITER 50 OREG 1:16.15  
 200FRE SUE CALNEK 50 OREG 2:36.87  
 50 BAK PEGGY S WHITER 50 OREG :44.56  
 SUE CALNEK 50 OREG :45.04

50 BRS PEGGY S WHITER 50 OREG :47.49  
 50 FLY PEGGY S WHITER 50 OREG :42.88

## ---- 55-59 WOMEN ----

50 FRE GEORGIA R RYAN 59 OREG :57.37  
 100FRE GEORGIA R RYAN 59 OREG 2:10.24  
 50 BAK CHAYA AMIAD 55\*PNA :47.25  
 100BAK CHAYA AMIAD 55\*PNA 1:47.00  
 200BAK CHAYA AMIAD 55\*PNA 3:42.28  
 100 IM CHAYA AMIAD 55\*PNA 1:51.97  
 200 IM CHAYA AMIAD 55\*PNA 3:58.74

## ---- 65-69 WOMEN ----

50 FRE PETEY MH. SMITH 69 OREG :34.48  
 100FRE PETEY MH. SMITH 69 OREG 1:17.21  
 200FRE PETEY MH. SMITH 69 OREG 2:54.92  
 100 IM PETEY MH. SMITH 69 OREG 1:42.79

## ---- 70-74 WOMEN ----

50 FRE JUDY M MELCHER 73 OREG 1:00.33  
 100FRE ELIZABETH C KING 70 OREG 2:15.75  
 200FRE ELIZABETH C KING 70 OREG 4:51.75  
 50 BRS JUDY M MELCHER 73 OREG 1:12.15  
 ELIZABETH C KING 70 OREG 1:35.24  
 100BRS JUDY M MELCHER 73 OREG 2:31.58  
 100 IM JUDY M MELCHER 73 OREG 2:35.85

## ---- 19-24 MEN ----

50 FRE KAZUHIRO YAMASHITA 21\*OMS :23.75  
 50 FLY KAZUHIRO YAMASHITA 21\*OMS :25.56

## ---- 25-29 MEN ----

50 FRE ERIC TOOLEY 25 OREG :27.24  
 50 BAK TIMOTHY P WAUD 26 OREG :29.60  
 50 BRS TIMOTHY P WAUD 26 OREG :32.02  
 100BRS TIMOTHY P WAUD 26 OREG 1:08.92  
 200BRS PHILLIP T KING 27 OREG 2:24.99

50 FLY PHILLIP T KING 27 OREG :25.37

TIMOTHY P WAUD 26 OREG :28.11  
 ERIC TOOLEY 25 OREG :30.60

100 IM PHILLIP T KING 27 OREG :58.96  
 TIMOTHY P WAUD 26 OREG 1:02.14

ERIC TOOLEY 25 OREG 1:11.43

## ---- 30-34 MEN ----

50 FRE STEPHEN F HARGER 34 OREG :24.33  
 100FRE STEPHEN F HARGER 34 OREG :55.35

DAVID M COBB 33 OREG :57.94  
 JEFFREY E. ANSPACH 32\*OMS :59.49

200FRE STEPHEN F HARGER 34 OREG 1:58.08  
 HUNTER S GRAHAM 30 OREG 1:58.42

BILL KLINE 31 OREG 2:09.75  
 50 BRS DAVID M COBB 33 OREG :32.93

100FLY HUNTER S GRAHAM 30 OREG :59.57  
 JEFFREY E. ANSPACH 32\*OMS 1:01.88

100 IM HUNTER S GRAHAM 30 OREG 1:01.78  
 JEFFREY E. ANSPACH 32\*OMS 1:06.74

STEPHEN F HARGER 34 OREG 1:07.39  
 200 IM HUNTER S GRAHAM 30 OREG 2:14.91

STEPHEN F HARGER 34 OREG 2:19.83  
 DAVID M COBB 33 OREG 2:26.39

JEFFREY E. ANSPACH 32\*OMS 2:27.67

## ---- 35-39 MEN ----

50 BAK JOHN F ZELL 36 OREG :29.63  
 100BAK JOHN F ZELL 36 OREG 1:02.82

200BAK JOHN F ZELL 36 OREG 2:16.27  
 50 BRS THOMAS CHUN 37 OREG :33.54

100BRS THOMAS CHUN 37 OREG 1:14.63  
 200BRS THOMAS CHUN 37 OREG 2:46.99

## ---- 40-44 MEN ----

50 FRE JAMES K ROBBINS 42 OREG :25.74  
 100FRE JAMES K ROBBINS 42 OREG :58.19

200FRE JAMES K ROBBINS 42 OREG 2:13.63  
 50 FLY JAMES K ROBBINS 42 OREG :30.93

100 IM JAMES K ROBBINS 42 OREG 1:12.23

## ---- 45-49 MEN ----

100FRE STEVEN L BARRETT 46 OREG :56.53  
 200FRE STEVEN L BARRETT 46 OREG 2:09.25

50 FLY STEVEN L BARRETT 46 OREG :30.30

## ---- 50-54 MEN ----

50 FLY BERT L PETERSEN 54 OREG :27.76  
 100FLY BERT L PETERSEN 54 OREG 1:02.60+

Record= BERT L PETERSEN 1:02.86

100 IM BERT L PETERSEN 54 OREG 1:08.88

## ---- 60-64 MEN ----

50 FRE ERIC GP. GUEST 64 OREG :29.42  
 100FRE ERIC GP. GUEST 64 OREG 1:08.03

200FRE ARTHUR C WELCH 61 OREG 2:29.42  
 100BAK ARTHUR C WELCH 61 OREG 1:28.25

200BAK ARTHUR C WELCH 61 OREG 3:02.64  
 50 FLY ARTHUR C WELCH 61 OREG :35.52

100FLY ARTHUR C WELCH 61 OREG 1:21.01+

Record= EARL WALTER 1:21.07

## ---- 65-69 MEN ----

50 FRE MIKE POPOVICH 66 OREG :32.99  
 100FRE MIKE POPOVICH 66 OREG 1:19.29

200FRE MIKE POPOVICH 66 OREG 3:02.51

50 BRS MIKE POPOVICH	66 OREG :50.59	50 FLY ANDREW W HOLDEN	74 OREG :34.93	---- 80-84 MEN	---
---- 70-74 MEN	---	100 IM KHOSROW SHADBEH	72 OREG 1:49.91	50 FRE SYD C HENDY	80 OREG :44.90
50 FRE JOSEPH A MALLON	72 OREG :47.00	---- 75-79 MEN	---	JACK HOEY	84 OREG :47.64
100FRE JOSEPH A MALLON	72 OREG 1:45.73	50 FRE ALLAN DELAY	78 OREG :35.10	100FRE SYD C HENDY	80 OREG 1:46.87
200FRE KHOSROW SHADBEH	72 OREG 3:43.00	MEL W ANDERSON	75 OREG :49.39	JACK HOEY	84 OREG 1:47.35
JOSEPH A MALLON	72 OREG 3:59.62	50 BAK ALLAN DELAY	78 OREG :52.71	50 BAK JACK HOEY	84 OREG :50.84
50 BAK ANDREW W HOLDEN	74 OREG :37.88	50 FLY MEL W ANDERSON	75 OREG 1:26.54	SYD C HENDY	80 OREG :52.49
100BAK ANDREW W HOLDEN	74 OREG 1:25.42	100 IM MEL W ANDERSON	75 OREG 2:26.98	100BAK JACK HOEY	84 OREG 1:54.14
100BRS KHOSROW SHADBEH	72 OREG 1:48.54	200 IM MEL W ANDERSON	75 OREG 6:15.67	SYD C HENDY	80 OREG 2:00.66
200BRS KHOSROW SHADBEH	72 OREG 3:57.86			200BAK JACK HOEY	84 OREG 4:05.25

19+	MIXED	20	200 MEDLEY RELAY	
ANGELA SCHUERMAN,20 ***	TAKA HIRAYAMA,25 ***	KAZUHIRO YAMASHITA,21 ***	ERIC GP. GUEST,64 ***	OREG 2:11.05
JEANNA BENNETT,19 ***	BETH ANNE BEADLING,32 ***	PHILLIP T KING,27 ***	JAMES K ROBBINS,42 ***	OREG 2:14.03

19+	MIXED	9	200 FREE RELAY	
KAZUHIRO YAMASHITA,21 ***	ANGELA SCHUERMAN,20 ***	JEANNA BENNETT,19 ***	JAMES K ROBBINS,42 ***	OREG 1:48.89

25+	MIXED	9	200 FREE RELAY	
ERIC GP. GUEST,64 ***	TAKA HIRAYAMA,25 ***	GAYLE D MILLER,37 ***	PHILLIP T KING,27 ***	OREG 1:57.72

## '93 O.M.S. Mini-Clinic Series

Oregon Masters Swimming is proud to announce a new addition to our meet schedule offering. We have launched a mini-clinic series in conjunction with our swim meets. These clinics will take place either before, during, or after each meet. *This adds greater value to attending a meet.*

There is a wealth of knowledge of swimming, related topics, and expertise in various skills among our fellow masters swimmers. The following is the subject schedule for the upcoming meets.

**November 21 Lewis & Clark - Dr. Sprint "Training Philosophies"**  
Robert Smith will review energy systems for events, muscle requirements, and training in corresponding workouts. Special emphasis on sprinting. Snacks provided for those who attend. (after the meet - 1 hour)

**December 4-5 (during meet) Grants Pass "The New Backstroke Turn"**  
A continuous videotape of the new backstroke turn will be played throughout the meet. Charts, handouts, and narration should provide you with enough information to understand what a legal turn is.

Ginger Pierson is the coordinator of the mini-clinic series. If you have an idea for or would like to put on a clinic at an upcoming meet, please give Ginger a call at 503-244-7706 or you can drop her a line at 7675 S.W. Cedar Crest St. Portland, OR 97223

# OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED (374-01) by USMS, INC. and LMSC for OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1994 registration form and fee with this form. *All Entrants from outside of Oregon Masters (PNA, IEA, SNAKE RIVER, PMS, etc.) must submit a COPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.*

**MEET: TRI-M IV + FREE**

**DATE: SUNDAY JANUARY 16th, 1994**

**PLACE: MATT DISHMAN COMMUNITY CENTER**

77 N.E. KNOTT STREET

PORTLAND, OREGON

5 LANES COMPETITION - MANUAL TIMING

SEPARATE CONTINUOUS WARM UP/DOWN LANE AND SHALLOW POOL *PLUS LARGE HOT-TUB*

HOST: Portland Parks Masters and Portland Parks Swim Team Meet Director: John Zell 503-282-9347 eves

**DIRECTIONS TO POOL:** I-5 Southbound, take exit #302A (Broadway / City Center), off exit cross Broadway and take a left at Weidler St. Take another left at Williams Ave. Proceed north on Williams and take a right on Knott St. I-5 north bound, take exit #302-A (Coliseum / Weidler), off exit cross Weidler and take a left on Broadway, get into your right-hand lane and take right on Williams Ave. Proceed north on Williams and take right on Knott St.

**WARM-UPS: 7:30 A.M.**

**MEET STARTS: 8:30 A.M.**

**ENTRY DEADLINE : POSTMARKED NO LATER THAN JANUARY 1st, 1994**

FILL IN COMPLETELY-----RETURN THIS LOWER PORTION-----FILL IN COMPLETELY

NAME \_\_\_\_\_ 1994 USMS # \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ASSOCIATION \_\_\_\_\_ TEAM \_\_\_\_\_ Age Groups: 19-24, 25-29, 30-34 etc up to 95+

100 I.M. (1) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_ (heats for event 1 begin at 8:30 am) 100 FREE (2) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 I.M. (3) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_ (heats for event 3 begin at 9:30am) 200 FREE (4) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

400 I.M. (5) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_ (heats for event 5 begin at 10:30am) 500 FREE (6) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

\*I.M. PREDICTED TOTAL \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_ \*FREE PREDICTED TOTAL \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

## RULES:

You may enter either the three I.M. events or the three Free events. Entrants must swim all three events to be eligible for an award. Please enter your best time or your best estimated time. Entering "sandbagged" times to get added rest between events or calm water is discouraged. A 10 second penalty will be added to your time for any stroke/turn and/or false start infractions.

## AWARDS:

\*The swimmer who's total time comes closest to his/her total predicted time wins a \$15.00 gift certificate to a local Portland restaurant. For those swimmers who competed in last years TRI-M meet, we have added a new award for "Most Improved." The swimmer who's total time is the most improved over last years total time wins a \$15.00 gift certificate to a local Portland restaurant.

## T-SHIRTS:

All entrants receive a custom designed multi-colored printed t-shirt. Cost of T-shirt is included in entry fee.

PLEASE CIRCLE YOUR SIZE: SMALL MEDIUM LARGE X-LARGE

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MEET ENTRY FEE: \$14.00

SEND FORM(S) & FEE(S) PAYABLE TO:

OREGON MASTERS SWIMMING P.O. BOX 40313 PORTLAND, OREGON 97240

# TEACHING BACKSTROKE

by Coach Bill Tingley  
Head Coach, Lakeside Masters

In my experience with Masters, backstroke is a stroke that swimmers like to do but have trouble swimming properly. Many novices think they'll sink. Others feel they can't go fast enough. Both assumptions are correct. If all parts of the backstroke are done correctly, the stroke will seem easy. If any part of the stroke is out of sync, then the entire stroke will fall apart. The synchronization of all components of the backstroke are what make it so important to learn.

I teach Body Position first, starting with the head. During backstroke, the head **MUST BE KEPT STILL**. This can be hard for Masters because they like to know where they're going. After all, it's the only one of the four competitive strokes in which you move through the water upside down and backwards. In order to keep the head still, swimmers must master the art of keeping their head and eye movements to an absolute minimum. The body has a tendency to follow the movements of the head and the head will follow the eye movement. A still head will keep the body from wandering all over the lane and keep the arms and legs working together instead of against each other.

The other important component of backstroke body position that Masters Swimmers have a hard time grasping, is that backstroke is ***SWUM ON THE SIDE AND NOT ON THE BACK***. The most streamlined position for backstroke is on the swimmers side. It also creates the most leverage so the swimmer can maintain pressure on the water during the arm stroke. A large body roll, as the arms recover, will reduce resistance and allow the swimmer to keep a low stroke count and high efficiency. The swimmer should remember that the more time spent on his back rather than on his side, will increase the resistance of the water against the body.

Some swimmers, when swimming backstroke, will lean their head back too far where it appears below the surface of the water. This should be worked on in conjunction with all body position work.

In teaching backstroke pull for the first time, I like to use this technique:

Have the swimmer push off the wall. As he slows to swimming speed, lift one arm over the head, not across or outside the body. As the arm is lifted, the shoulder should roll out of the water creating the desired body roll. As the arm drives into the water, the hand should enter, little

finger first, directly above the shoulder, with the least possible splash. As the hand moves to a deep "catch" position, the other arm should start its recovery. The body should have rolled down toward the arm in the water. As the hand catches the water, the hand movement sweeps wide and deep. Emphasize that the elbow is pointed toward the bottom of the pool and the fingers are pointed away from the body. As the hand presses the water, make sure the elbow does not lead the hand. If this occurs, water will slip from the hand and the arm will just slide through the water. Once the hand reaches the shoulder, the hand should sweep upward toward the surface and then press down toward the bottom of the pool. The hand finishes the press below the hip and is then lifted out of the water thumb first. The arm stroke is then repeated.

Backstroke kick is similar to freestyle kick. These points can help your swimmers kick more efficiently. Kick from the hip and not just from the lower leg. Point the toes in a loose and relaxed position. The water should feel as if it is being tossed off the ends of the toes. The swimmer will kick more efficiently if he kicks a bit deeper than freestyle and kicks with his pointed slightly inside. A six-beat kick keeps the rhythm of the stroke more efficient. One common error in backstroke kicking is attempting to bicycle the legs rather than kick. To correct this cycling, have the swimmer lift the hips and keep the kick small and fast. The swimmer should try to kick the water into the air without lifting the feet out of the water. To have an efficient kick, the swimmer must kick water, not air.

While the swimmer's face is out of the water during the backstroke, this does not mean that the breathing pattern should be ignored. Inhaling and exhaling all each arm recovery is a simple way to a breathing rhythm. Backstroke is the only stroke where the swimmer can maintain better oxygen intake and if a slow and full breathing pattern can be established, the overall rhythm of the stroke may improve.

Backstroke is not a stroke of choice in competition by most swimmers, however if your swimmers are willing to work on the precision that backstroke demands, you may have more backstrokers than you think. Master Swimmers have a tendency to expect immediate gratification from a change in stroke. Change comes slowly and only with constant reminders and a commitment from the swimmer. Proper stroke technique does translate to faster swims.

*Reprinted from the Spring '93 Masters Aquatic Coaches Association Newsletter.*



# **1993 USMS LONG DISTANCE NATIONAL CHAMPIONSHIP 6000 YARD POSTAL SWIM &**

## **1993 MCCM MASTERS 1000 YARD POSTAL SWIM Sponsored by the MCCM Masters Swim Team**

### **6000 CHAMPIONSHIP POSTAL SWIM**

#### **AWARDS**

- USMS Championship medals will be awarded to the top three finishers in each category. Patches will go to all winners.

#### **COURSE**

- 6000 yards (240 lengths) in any pool 25 yards in length.

#### **RELAYS**

- Relay times shall consist of the cumulative time of three swimmers entered in the individual 6000 event.

#### **SANCTION**

- Sanctioned by Niagara District Masters Swimming for USMS, 1403 Victor Holcomb Road, Victor, N.Y. 14564 # ND93/94 1 SC.

### **1000 YARD POSTAL SWIM**

#### **AWARDS**

- Ribbons will be awarded to the top three finishers in each category.

#### **COURSE**

- 1000 yards (40 lengths) in any pool 25 yards in length.

#### **RELAYS**

- Relay times shall consist of the cumulative time of six swimmers entered in the 1000 swim event.

#### **SANCTION**

- Sanctioned by Niagara District Masters Swimming for USMS, 1403 Victor Holcomb Road, Victor, N.Y. 14564 # ND 93/94 2 SC.

### **AGE GROUPS**

- **INDIVIDUAL:** Male and female in five year age groups 19-24, 25-29, etc. to 95+.
- **RELAYS:** 19+, 25+, 35+, etc. to 95+ with teams composed of competitors who have entered the individual event. Age of the youngest swimmer determines age of relay. Relay members must be registered with the same club, no unattached relays.

### **DATES**

- Swim must be completed between September 1, 1993 and November 31, 1993. Entries must be postmarked no later than December 15, 1993 and received by December 26, 1993.

### **ELIGIBILITY**

- Open to all currently registered Masters swimmers nineteen years of age and older as of November 30, 1993. Swimmers who change age groups during the event may enter twice but must swim twice (before and on or after the birth date).

### **ENTRY FEES**

- **INDIVIDUAL:** \$8.00 U.S. funds -- **RELAYS:** \$12.00 U.S.funds.

### **OBJECTIVE**

- To determine the top three finishers in each category by time. Should more than one swimmer complete the event in the same time, a tie will be declared.

### **RELAYS**

- Must be submitted on a separate form which includes relay member's names and cumulative time and mailed with the individual entries or a photocopy of members' individual entries.

### **RESULTS**

- Results will be compiled and distributed to all participants.

### **RULES**

- Current USMS rules will govern the conduct of the meet. No drafting.
- Results must be submitted with 100 yard splits (form attached).
- A starter/referee and timer/recorder/witness to count laps/record splits/final time must be present.
- Swimmer, witness and official must sign the official entry form.
- Copy of current USMS registration card must accompany entry.

### **T-SHIRTS**

- Commemorative t-shirts may be ordered. MCCM Masters reserves the right to return orders if there are insufficient numbers.

**OFFICIAL ENTRY FORM -- 6000 NATIONAL CHAMPIONSHIP/1000 POSTAL SWIM**

(Legible photocopies of this form are acceptable)

**RELAYS MEMBERS**

RELAY ENTRY TIME 6000 X 3 swimmers \_\_\_\_\_ \$12.00 \_\_\_\_\_  
RELAY ENTRY TIME 1000 X 6 swimmers \_\_\_\_\_ \$12.00 \_\_\_\_\_  
  
INDIVIDUAL ENTRY TIME 6000 \_\_\_\_\_ \$ 8.00 \_\_\_\_\_  
INDIVIDUAL ENTRY TIME 1000 \_\_\_\_\_ \$ 8.00 \_\_\_\_\_  
  
T-SHIRT S-M-L-XL (circle size) \_\_\_\_\_ \$10.00 \_\_\_\_\_  
TOTAL ENCLOSED \$ \_\_\_\_\_

NAME \_\_\_\_\_  
NAME \_\_\_\_\_  
NAME \_\_\_\_\_  
NAME \_\_\_\_\_  
NAME \_\_\_\_\_

- \_\_\_\_ CHECK (U.S. FUNDS) payable to MCCM Masters Swim Team.  
\_\_\_\_ COPY OF USMS/CASA REGISTRATION CARD must be included.  
\_\_\_\_ WAIVER must be signed.  
\_\_\_\_ WITNESSING SIGNATURES & SPLIT SHEET must be completed.

**MAIL ENTRIES TO:**  
MCCM Masters Swim Team  
C/O Betty J. Barry  
1403 Victor Holcomb Road  
Victor, New York 14564-9310

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, the meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. In addition, I agree to abide by and be governed by the rules of USMS.

Competitor's Signature \_\_\_\_\_ Date \_\_\_\_\_

Counter/Verifier's Signature \_\_\_\_\_ Date \_\_\_\_\_

Official's Signature \_\_\_\_\_ Date \_\_\_\_\_

NAME: \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ USMS# \_\_\_\_\_ CLUB \_\_\_\_\_

ADDRESS: \_\_\_\_\_

	City	State	Zip	Phone #
50 _____	1050 _____	2050 _____	3050 _____	4050 _____
100 _____	1100 _____	2100 _____	3100 _____	4100 _____
150 _____	1150 _____	2150 _____	3150 _____	4150 _____
200 _____	1200 _____	2200 _____	3200 _____	4200 _____
250 _____	1250 _____	2250 _____	3250 _____	4250 _____
300 _____	1300 _____	2300 _____	3300 _____	4300 _____
350 _____	1350 _____	2350 _____	3350 _____	4350 _____
400 _____	1400 _____	2400 _____	3400 _____	4400 _____
450 _____	1450 _____	2450 _____	3450 _____	4450 _____
500 _____	1500 _____	2500 _____	3500 _____	4500 _____
550 _____	1550 _____	2550 _____	3550 _____	4550 _____
600 _____	1600 _____	2600 _____	3600 _____	4600 _____
650 _____	1650 _____	2650 _____	3650 _____	4650 _____
700 _____	1700 _____	2700 _____	3700 _____	4700 _____
750 _____	1750 _____	2750 _____	3750 _____	4750 _____
800 _____	1800 _____	2800 _____	3800 _____	4800 _____
850 _____	1850 _____	2850 _____	3850 _____	4850 _____
900 _____	1900 _____	2900 _____	3900 _____	4900 _____
950 _____	1950 _____	2950 _____	3950 _____	4950 _____
1000 _____	2000 _____	3000 _____	4000 _____	5000 _____

1993 USMS CONVENTION REPORT  
Los Angeles, CA Sept. 23-26

Compiled by Kathy Casey (NW Zone Rep), Phyllis Gill (PNA Delegate), Jan Kavadas (Rules Committee), Hugh Moore (Planning Committee Chair), Jane Moore (Sports Medicine Chair), Frank Newquist (PNA Delegate), and Walt Reid (Records and Tabulation Chair)

### Significant Events

Kathy Casey, along with Gail Dummer, received the Ransom Arthur award for their work in developing the USMS Rule Book. The award is given annually to a person or persons who contribute greatly to the development of Masters swimming. The new National Officers are President, Mel Goldstein from Indianapolis, Indiana; Vice-President, Jim Miller from Midlothian, Virginia; Secretary Suzanne Rague from Beaverton, Oregon; and Treasurer Lucy Johnson Trapp from Long Beach, California. Hugh Moore was the silver medalist for Treasurer. 1995 USMS National Championships will be in Fort Lauderdale, FL, for short course and Mt Hood Community College in Gresham, OR, for long course. Atlanta will be allowed to bid for the 1996 Short Course Championships at the Olympic Pool event though it is out of rotation. USS meets are recognized for records and top ten and no longer will require a USMS observer. USMS will partially subsidize LMSC purchases of HYTEK Meet Manager Software. John Zell is the new Northwest Zone representative.

The following is a summary of the significant events from each committee.

**Championship:** The results of a survey regarding National Qualifying Times showed that the vast majority of respondents felt that NQTs were desirable and well received. They will be instituted at Tempe, AZ for 1994 SC. NQTs will also be developed for Long Course. The House of Delegates voted to consider a bid from Atlanta (out-of-rotation) with equal weight to in-rotation bids. The meet would be held in the Olympic Pool approximately three months prior to the Olympics. This significantly effects the PNA's intent to bid for '96 SC Nationals. We should know by April of '94 if Atlanta will be able to host the meet in the Olympic Pool. It was obvious from the showing at the House of Delegates that Atlanta would be the overwhelming choice if they bid. Under the current rules, if Atlanta wins the bid, the West coast will not be able to host a Short Course Nationals until 1999. Therefore, the PNA delegation strongly feels that the PNA must propose a rule change that will allow the West Coast region to bid for 1997 instead of 1996.

**Coaches:** Coach of the Year was presented to Emmett Hines of Houston, TX. Teams are encouraged to nominate worthy coaches. Criteria include publications and articles written, contributions to USMS and LMSCs, club and individual accomplishments, letters of support (4 max), and long term contributions. The Coaches Committee has numerous videos available for rental (\$50 deposit + \$4 postage).

**Finance:** A budget of \$487,197 was approved for 1994. A revised Financial Operating Guidelines (FOG) was approved. Included in the FOG is a requirement that each LMSC's financial records be reviewed annually by someone other than the LMSC's Treasurer.

**Fitness:** February Fitness Challenge and 2000 Yard Swim will continue. A summer open water fitness swim will be held next summer. A postal fitness event will be hosted to encourage non-USMS participation in swimming a continuous 500 yards.

**Insurance:** Insurance premiums are remaining relatively constant. 1994 projected total insurance bill is \$111,039 for liability, \$22,500 for accident, \$3850 for directors & officers, \$250 for equipment, and \$1300 for crime. Since the title "Approved Meet" can be interpreted as obtaining USMS approval of meet conduct and safety, the title will be changed to "Recognized Meet". The release of liability statement was revised.

**International:** "Unattached" swimmers will not be permitted in World Championship meets. 1994 World Championships are in Montreal July 4th -9th.

**Legislation:** USS meets are recognized for records and top ten and no longer will require a USMS observer. One event registrations may be accepted at the discretion of each LMSC. Rule Book and Fitness committees were added as standing committees.

**Long Distance - PNA** will "host" the 1995 10K Postal Swim. The event can be swum in any 50 meter pool from May 15th to September 30th. Each swimmer sends their time to us and we compile the results.

Other 1995 meets awarded include 1 Mile (June 18, Virginia Masters), 2 Mile (July 22, Ohio LMSC), Open Water 1.5 to 3 mile (July 23, Long Beach, CA), Open Water 3.5 to 5 mile (May 22, Ft. Lauderdale, FL), Open Water 6+ mile (mid August, Coronado, CA), 1 hour postal (Jan. 1 - Jan. 31, Georgia Masters), and 6000 yd postal (Sept. 1 - Nov. 30, Gulf Masters)

Marketing: The USMS Planner will be sent to each USMS member if adequate corporate sponsorship can be obtained. SWIM magazine subscriptions will follow the USMS registration year instead of being valid for one calendar year. Results of the SWIM magazine survey were presented. This included numerous demographic data as well as reasons people swim, number of swims/week, why they joined USMS, etc.

Planning: The committee recommended that the Executive Committee establish an ad hoc committee to work on development of a USMS Foundation. A three year agreement with SWIM magazine on similar terms to those currently in effect will be pursued. The committee recommended that the President establish an ad hoc committee to develop and implement the goal times project.

Records and Tabulation: The Top Ten Publication will be sent to the Top 10 Recorder of each LMSC instead of the LMSC Chairman. Subscribers to the publication will be invoiced for renewal. Certificates are available through MSI for World Records held between June, 1985 and May, 1992. FINA will provide certificates for records set after May, 1992.

Registration: National Registration fees will be reduced from \$15 to \$10 for swimmers registering in September and October, beginning in 1994. The national registrars now have an 800 phone #. They are also providing a new service of sending renewal invoices to USMS members.

Rules: Since this was a Legislation year, no significant rule changes were adopted.

Sports Medicine and Research: The committee name will be changed to Sports Medicine, Health, and Safety and the description revised accordingly. For supervised workouts, it is recommended that at least one individual on deck maintain certification in CPR, first aid training, and one of the following: coaches safety training, emergency water safety training, lifeguard training, or other equivalent training. For Masters swimmers in unsupervised workouts, it is recommended that there be a certified lifeguard on the pool deck at all times. The committee recommended to the Championship Committee that the no-diving cautions on the entry forms and each page of the heat sheet for 1994 National Championships include "subject to disqualification".

ad hoc One-Event Registration: One-event registrations will be allowed at the discretion of each LMSC. Such registrants are considered unattached. They will be designated as 1 EVT and must agree to be governed by USMS rules and regulations. Their times will not be considered for top ten or records.

ad hoc Officials: A revamped certification manual and video was prepared by San Diego-Imperial. The materials need expansion, revision, and review of rule citations. Concerns about lack of no-diving enforcement at meets and workouts was expressed.

USS meetings: The club development committee recommended that their extensive packet of materials for LSCs and clubs include information on USMS for parents. The Safety committee reported on their relationship with the American Red Cross. USMS may want to become involved in that relationship.

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**DID YOU KNOW?? WE SWIM IN THE NORTHWEST ZONE. THERE ARE EIGHT ZONES IN THE UNITED STATES. WITHIN EACH ZONE THERE ARE LOCAL MASTERS SWIMMING CLUBS. OUR CLUB IS THE PACIFIC NORTHWEST ASSOCIATION. THERE ARE 55 LMSC IN THE EIGHT ZONES. THIS ALL MEANS THAT THERE ARE ALOT OF MASTER SWIMMERS OUT THERE, AND THAT NOT ALL OF THEM ARE COMPETITIVE SWIMMERS. IN OUR LMSC THE FITNESS SWIMMER OUT NUMBERS THE COMPETITIVE SWIMMER BY A SMALL MARGIN.**

# meet

1995 U.S.M.S. Long Course Nationals Gresham, Oregon

by John Zell  
Nationals Meet Director

# directions

Welcome to the first installment of "meet directions." The idea behind this column is to keep you informed of the preparations for our hosting of Long Course Nationals in August of 1995.

All of us who attended the U.S.M.S. Convention in Los Angeles were pretty excited when we learned we won the bid. But that party is over and another party has started. It's a work party and you're all invited.

My first task as Meet Director is to set-up the Committees necessary to run this meet. My goal is to have all of these Committees in place with Chairmen and staff by the end of February, 1994.

In Committee Chairmen, I'm looking for **the best qualified person(s) to perform the task.** They will inturn put together (with input from myself and the OMS Board) their own staff.

Listed on the right hand column are the Committees. This is by no means the final list of possibilities. We may come up with other Committees along the way or maybe combine some. Who knows what course we might take. This is just the initial list.

## Committees List

1. Officials / Officials Hospitality
2. Data Entry / Management
3. Facilities Support Services
4. Publications / Programs
5. Registration - Entry
6. Registration - Meet
7. Awards / Souvenirs
8. Housing
9. Transportation
10. Budget / Finance
11. Hopitality / Foreign Vistors
12. Publicity
13. Special Events
14. Concessions - Vendors
15. Concessions - Food
16. Meet Condiments
17. Meet Logo / Graphics support
18. Oregon Relays

Next month I will have a detailed description of Committee functions.

**I will accept applications for Committee Chairmen positions by mail. Please use the form below.**

### 1995 U.S.M.S. NATIONALS ORGANIZING COMMITTEE APPLICATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ WORK \_\_\_\_\_ HOME \_\_\_\_\_

COMMITTEE POSITION (S) DESIRED \_\_\_\_\_

SPECIAL NOTES OR COMMENTS:

# TEAMS TEAMS TEAMS

The following is a list of all the teams currently registered with Oregon Masters Swimming, Inc. Use the official team abbreviation shown when filling out your 1993 USMS registration form by placing it on the line labeled "Local Team." If you do not belong to a team, leave this line blank. If you belong to a team that does not appear on this list, you've formed a new team, or if the information shown is incorrect, please CONTACT THE EDITOR: John Zell 4640 N.E. 36th Ave. PDX, OR 97211-7618 (503) 282-9347 (evenings after 7 p.m.)

This is also a list of the current TEAM CONTACT/REPRESENTATIVE for each registered team.  
*Any changes in team contact/ reps should be made with John Zell.*

**TO BE A VOTING MEMBER OF THE OMS BOARD A TEAM CONTACT/REPRESENTATIVE  
 MUST BE A CURRENTLY REGISTERED MEMBER OF OREGON MASTERS SWIMMING.**

CITY / TEAM NAME	ABRV.	CONTACT/REP	PHONE
Albany / Albany Masters	ALB	Gus Arzner	967-4521
Ashland / Rogue Vally Masters	RVM	June Mather	482-0610
Astoria-Seaside / N.Coast Swim Club	NCSC	Steve Warner	738-6661
Beaverton / Griffith Park Ath. Club	GPA	Gabs Dries	644-3900
Beaverton / Tualatin Hills Barracudas	THB	Sandi Rousseau	642-3679
Bend / Central Oregon Masters	COMA	Matt Mercer	389-7665
Corvallis / Corvallis Aquatic Masters	CA	Judy Storie	754-9624
Creswell / Bohemia Swim Assoc.	BSA	Mike Dirksen	895-3594
Eugene / Downtown Athletic Club	DAC	Jerry Andrus	484-4011
Eugene / Eugene Masters	EM	Doug Smith	687-5525
Eugene / Eugene Family YMCA	EY	Dick Moody	686-9622
Eugene / Univ. of Oregon Masters	UOM	Don Van Rossen	746-2286
Eugene / Sheldon Night Crawlers	SHNC	Chuck -----	687-5314
Eugene / Slow Masters	SLO	Robert Huizenga	485-6621
Grants P. / Grants Pass Family YMCA	GPY	Ron Jersey	479-2263
Gresham / Mt. Hood Masters	MHM	Eric Guest	668-4465
Keizer / Keizer Masters	KM	Kim Phillips	390-2567
Klamath F. / Klamath Falls Masters	KLF	Bev L'Esperance	884-9093
Lk Oswego / Lake Oswego Swim Club	LOSC	Sue Girard	697-8257
Lincoln C. / Lincoln City Masters	LCM	Gail Kimberling	994-8423
Medford / Southern Oregon Swimmers	SOS	Dorcas Phelan	826-3864
McMinnville/ McMinnville Masters	MM	Judy Rex	472-0765
Newberg / Chehalem Masters	CMST	Bruce Cheney	625-5747
Newport / Newport Curmudgeons	NEWP	Petey Smith	265-3885
N. Bend / North Bend Masters	NBM	Alice Parsons	756-4915
Portland / Pride of Oregon Masters	PRID	Don King	768-7060 x7189
Portland / Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111
Portland / Multnomah Athletic Club	MAC	Skip Runkle	223-6251 x 226
Portland / Multnomah Metro YMCA	MY	Rob Romancier	294-3366
Portland / Parkrose Masters	PKRS	Bert Peterson	252-6081
Portland / Portland Comm College	PCC	Karl Von Tagen	244-6111 x 4201
Portland / Portland Parks Masters	PPM	John "Z-Man" Zell	282-9347
Portland / Princeton Athletic Club	PAC	Mark Williams	294-1426
Portland / RiverPlace Athletic Club	RAC	Ron Allen	221-1212
Portland / Team Portland Aquatic Club	TPAC	Jill Schuldts	228-1596
Portland / Viking Masters Swimming	VMS	Bob Morrison	244-1927
Portland / Willamette Atheletic Club	WAC	Marty Popp	225-1068
Redmond / Cascade Aquatic Masters	CAM	Joan Markham	548-6066
Roseburg / Umpqua Valley MaBters	UVM	Judy McCurdy	679-8144
Salem / Willamette H-2-0 Masters	WHOM	John DeJarnatt	588-2060
SweetHome / Sweet Home OR Masters	SHOM	Liz Church	367-3191
Tigard / Tigard Sharks	TS	Steve Dunne	692-2766
Vancouver, WA / Vancouver Old Timers	VOT	Andy Schrag	(206) 254-9661

# 1994 OREGON MASTERS SWIMMING REGISTRATION FORM

*The registration year runs from January 1, 1994 through December 31, 1994.*

Registrations are accepted for 1994 beginning November 1, 1993 and for 1995 on November 1, 1994.

OMS is a non-profit organization **supported totally by volunteers**. Officers are chosen by *you* in elections.

Your registration fee enables OMS to provide you with:

1. Local Masters Swimming meet support.
2. National representation for all of Oregon Masters Swimmers at the annual United States Masters Swimming Convention.
3. Promotion of Masters Swimming and social events.
4. Our monthly publication, the AQUAMASTER, enables you to get final meet results and find out what's happening in Masters swimming. The AQUAMASTER is the *ONLY* source of meet entry forms.

*If you move, let the registrar know so that you continue to receive this valuable publication.*

\$15.00 of your \$28.00 registration is sent to the US Masters Swimming, Inc. (USMS)

USMS provides the following for you:

- Personal accident insurance when competing in OMS or USMS sanctioned / recognized meet or coached practice session.
- "Swim Magazine" subscription for one year "The Official Magazine of USMS" Bi-monthly 6 issues 48+ pages of informative articles of all types covering training techniques, nutrition, meet results, etc.
- National championships held each May and August.

Your Club designation affects eligibility to swim on relays at any National or International Championship. Regardless of your local team, anyone within the Club OREG can swim on relays with other OREG swimmers. MACO (Multnomah Athletic Club) swimmers can swim relays with those registered with MACO. If you register "unattached", you are ineligible to swim on relays. You shall be registered for OREG, unless you specify otherwise.

## INSTRUCTIONS FOR FILLING OUT THIS FORM:

- 1) All fields must be filled out.
- 2) Check the appropriate Club.
- 3) Local Team is the team you swim with (leave blank if you do not swim with an organized team.)
- 4) Make check payable to Oregon Masters Swimming (OMS).
- 5) Sign the form and mail with your payment to address indicated on the form. You are considered registered as soon as the registrar receives your correctly filled out application with payment. *It may be up to 1 month before you receive your registration card back.* Until this time you can enter your registration number on meet entry forms as 'applied for'. You may enclose the registration form with your meet entry when entering a meet, but in this case send both to the address on the meet entry form and NOT TO THE REGISTRAR LISTED BELOW.

**New  
info for  
1994**

1. Subscription to the Aqua-Master is no longer an option. All members will receive this excellent publication.
2. A "Joint-Registration" fee is available for two O.M.S. members (husband & wife) living at one address. Please mail both registrations at the same time to qualify. Only one Aqua-Master will be mailed to this couple
3. A reduced registration rate will be offered for new members who join beginning in September. This new registration will run from September thru December 31st of that year. This new reduced rate form will in the Aqua-Master beginning with the August issue.

-----CUT HERE-----RETURN ONLY THIS LOWER PORTION-----CUT HERE-----  
Only the first 20 characters of your name will appear on heat sheets and results. **PLEASE PRINT**

\_\_\_\_\_This is a *NEW* registration. \_\_\_\_\_Renewal (registered in 1993)  
*Did you swim in any meet in the 1992/93 season?* Yes \_\_\_\_\_ No \_\_\_\_\_  
**Oregon Masters Swimming  
Registration 1994**

NAME \_\_\_\_\_ Reg. Fee (\$28.00) \_\_\_\_\_  
(Last name) (First) (M.I.) ---- OR ----  
ADDRESS \_\_\_\_\_ Joint Registration (\$49.00) \_\_\_\_\_  
(Joint Registration = Husband + Wife members at one address)  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

( ) - \_\_\_\_\_ - \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Your Phone number Born (MM/DD/YY) AGE SEX

Oregon Club: ( ) OREG ( ) MACO ( ) UNATTACHED

Local Team (if any) \_\_\_\_\_ (PLEASE USE OFFICIAL TEAM ABBREVIATION)

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature \_\_\_\_\_ Date: \_\_\_\_\_

**MAIL TO: STEPHEN HARGER 9312 N.W. SKYLINE BLVD. PORTLAND, OR 97231-2613**

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# Aqua-Master

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**To Famous Masters Swimmer:**

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**In this issue: Mt. Hood Short Course meet results, Ol' Barnacle, "Teaching Backstroke", "meet directions", & meet entry forms.**