

Aqua-Master

Volume 23, Number 11 November, 1996



the WORKOUT

Are you ready for a good Mickey Mouse workout? Scott Rabalais, coach of the Crawfish Masters, Michael Collins, coach of the Davis Aquatic Masters and Don Mehl, coach of the Border Masters created this fun and challenging Disney theme workout for Master swimmers at the recent Orlando USMS convention. This workout is reproduced with their permission.

"101 DALMATIANS 'WHISTLE' WARM-UP

swim free for 101 seconds,
dog paddle for 101 seconds,
swim back for 101 seconds,
dog paddle for 101 seconds,
swim breast for 101 seconds,
dog paddle for 101 seconds,

continued on page 4

Barnacle

reviews results records

by Earl Walter

Long Course Nationals at Michigan

Some 1120 Masters answered the call from Ann Arbor. Of that number, Oregon was ably represented by 6 men and 2 women. The Multnomah Club showed off two of its stars, in Ginger Pierson and Lavelle Stoinoff.

This writer must acknowledge the brilliant swimming of WILLIAM ZOLNA, leading off with a 4th in the 50 Fly, followed by a Silver for the 100 Fly, losing the Gold by 1/2 second, then winding up with 3 Golds and 3 Zone Records. Bill won the 200

continued on page 3

ROSLYN LAKE SWIM '96

by John Zell

With the success of the Roslyn Lake Swim of 1995 after Long Course Nationals at Mt. Hood, our team thought we'd try hosting a swim here again this year. We learned a lot about staging an open water event and will try some new things next year. Roslyn is an outstanding park and Portland General Electric, who owns and operates it, is great to work with and very supportive.

Of the 35 people entered, 32 showed up and swam, braving the chilly 62 degree water on a sunny and clear September day. Most used wet-suits, but there were a few who went for it without. We had 11 "One-Day Registrations", so we hope we will get these people interested in OMS on a year round basis. Everyone who swam got a T-shirt, a commemorative desk clock, and was fed following the race. There were lots of smiles, positive comments, praise, and thanks. And everyone had FUN!

Roslyn Lake, being part of the Bull Run water shed, is typically on the cool side (60 to 70 degrees). How the summer temperatures go will dictate the water temp on the day of the race. We hope to have next years race in August. With a water temp in the low 60's we have found that a 1500 without a wetsuit is okay for most people, but a 3000 without can be a challenge if your not use to swimming in cool water for over 30 minutes.

continued on page 4

INSIDE FOR YOU

Ol' Barnacle

Michigan meet reviewpage 1

Our SCY Top 10 and All Americans.....page 3

Chair's Corner

Eric Guest says.....page 6

What day is that meet?

The 1996 / 97 schedule of events.....page 2

I'd like to make a motion

Minutes of the OMS Board meeting.....page 7

The people behind Oregon Masters Swimming, Inc.

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Open Water Events

Dan Gray

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Past Chair

David Cobb

(503) 282-0472

Calendar and Meet Schedule 1996 - 97

Date	Event	Location
Dec 7-8	SCM	Sand Point, ID Sandpoint West Athletic Club
*Dec 15	SCM	Oregon City, OR Oregon City Municipal Pool
Dec 15	SCY	Bellingham, WA
Jan 1997	Postal	USMS One-Hour Postal Championships
*Jan 4	SCY	Eugene, OR Echo Hollow Pool
*Jan 18	SCY	Beaverton, OR Barracudas Pentathlon
Jan 19	SCM	Anacortes, WA Fidalgo Pool
Feb 1-2	SCM	Spokane, WA Fairchild Airforce Base
Feb 14-15	SCY	Anchorage, AK Alaska Masters State Championships
Feb 14-16	SCY	Federal Way, WA PNA Championships
Feb 24-25	SCY	Yakima, WA Lyons Pool
March 22	SCY	Seattle, WA Helene Madison Pool
April 4-6	SCY	Ashland, OR Oregon Association Championships
April 12-13	SCY	Bangor, WA Bangor Naval Base
April 19-20	SCY	Boise, ID NW Zone SC Yards Championships
May 15-18	SCY	Federal Way, WA USMS National S.C. Championships
June 24-29	LCM	Maui, HI Pan Pacific Masters Championships
June 27-30	SCM	Montreal, Quebec Canadian National Championships
Aug 1997	LCM	Orlando, FL USMS National L.C. Championships
Aug 1998	LCM	Gresham, OR Nike World Masters Games

* Meet entry form enclosed in this issue

For info on swim meets in western Washington contact... Jan Moore: 1867 - 58th St. NE, Tacoma, WA 98422 (206) 925-0803 - or -
Suzie Ness: 3613 Wallingford Ave. N, Seattle, WA 98103 (206) 547-3309

For info on swim meets in eastern Washington contact... Elin Zander: S. 13927 Traver Lane, Valleyford, WA 99036 (509) 448-5250.

United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc.

Aqua-Master is published monthly by John Zell, 4640 N.E. 36th Avenue, Portland, OR 97211-7618. It is the official publication of Oregon Masters Swimming, Inc. It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. See the last page for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$7.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc.

ol Barn' continued from page 1

Fly in 2:10.79, followed by the 200 IM at 2:14.32, old Zone was Crawford from '86. Last but not least, a 4:49.49 for the 400 IM, a new Zone mark over Erwin's from '92. Zolna is on track for three #1's in the Top Ten.

PHIL KING was outstanding in the 100 and 200 Back, winning Golds in 1:06.52 and 2:24.96, missing local records of 1:05.12 and 2:23.30. Phil followed these events with a 5th in the 50 Breast at 35.12, and a 6th for the 100 at 1:17.24.

JOHN ZELL was specially requested by the meet hosts to do the announcing, and did a great job, plus swimming for a 9th and a 7th, in the 100 and 200 Back.

ALLEN STARK picked off 2 Golds in the 100 and 200 Breast, missing his Zone Records by a second in both cases. Add to these heroics, a Silver in the 50 Breast.

ART WELCH grabbed a Silver in the 800 Free, and a Bronze for the 200 Back, followed by an 8th in the 100 Free and 7th for the 200. Art continues his record setting ways, having competed in each and every USMS National Championships ever held.

HORACE KNOWLTON of Utah broke 4 of his NW Zone Records-a Silver in the 100 Back in 1:24.62, Silver for the 200 at 3:10.06, followed by Bronzes for the 200 and 400 IM's at 3:14.76 and 7:04.21.

GINGER PIERSON of MAC was classy with a Zone Record Gold, in the 200 Fly at 3:16.22, plus near misses, a Silver 100 Breast, and Bronze 200 Breast. Add to that a 4th in the 100 Back and a Silver in the 50 Breast.

LAVELLE STOINOFF also of MAC, brought home 4 Golds and a Bronze: winning the 200, 400 and 800 Free, plus the 200 Back, and a Bronze for her efforts in the 200 Breast. All of her wins were way out in front.

JUNIA CALHOON, swam for a 13th in the 200 Free, an 11th for the 400, a 4th at 1500, plus an 11th in the 50 Back. OB has it on good authority, that these times were PR's, way to go, Junia!

Our SANDI ROSSEAU, while working the deck, dove in a few times, for a Bronze, a 6th, and a 5th in the 50-100 and 200 Fly. Plus an 8th-50 Free, and 11th-50 Breast.

Small group, but VERY strong. Now let's go for it ALL in Short Course Yards.

Barnacle

GO! reviews results records

1995-96 USMS TOP 10 Short Course Yards

Here's the TOP TEN in SCY for Oregon in 1995-1996. More at Fed. Way in May of '97 is our goal.

WOMEN ...

Christy Ryerson(23) ALL AMERICAN: 100 Back, plus 7-500, 3-1000 and 3-50 Back.

Ellen Ferguson(33): 6-200 Free, 10-500, 7-1000, and 6-200 Breast.

Simone Lapay(35): 3-50 Free, 2-100 Free, 4-1000, 3-1650, 7-50 Back, 4-100 IM and 5-400 IM.

Suzanne Rague(45): 8-1000 and 9-200 Fly

Suzanne Cooper(46): 5-50 Back and 3-50 Fly

Sandi Rousseau(48): 9-100 Fly

Ginger Pierson(49) ALL AMERICAN: 200 Breast, 4-50 Back, 9-200 Back, 2-50 Breast, 2-100 Breast, 8-100 Fly, 6-200 Fly, 4-100 IM, 9-200 IM and 6-400 IM WOW !

Ginger Pierson(50) ALL AMERICAN: 50-100-200 Breast, and the 200 Fly, 6-50, 100 and 200 Free, 7-1000, 2-50, 100 and 200 Back, 4-50 and 100 Fly, and 2-100, 200 and 400 IM WOW and WOW! OB Note: This is BEST showing ever by an Oregon and/or MAC Swimmer !!!

Jayne Chastain-Arvidson: 6-50 Back, 8-100 Back and 6-200 Back

Lavalle Stoinoff(63) ALL AMERICAN: 200-500-1000-and 1650 Free, 7-50 Free, 2-100 Free, 10-50 Back, 3-200 Back and 3-200 Breast

Elfie Stevenin(74): 7-200 Fly

Judy Melcher(75): 10-1000 Free

Evelyn McKeon(81): 7-50 Free, 6-100 Free and 9-50 Breast

Eva Muller(83): 3-200 Free, 3-500 Free, 2-100 Back, 5-200 Back, 4-50 Breast, 7-50 Fly and 3-200 IM

Helena Hoffman(80): 8-200 Free, 8-50 Breast, 5-100 Breast, 5-200 Breast, 8-50 Fly, 4-100 Fly, 4-200 Fly, 8-100 IM, 7-200 IM and 5-400 IM

Patience Miller(85): ALL AMERICAN: 100-200 Free, and 50-100 Breast 2-50 Free, 5-50 Back, 3-100 Back, 2-100 Fly and a 3-100 IM

ol' Barn continued on page 6

"the workout" continued from page 1

WALT DISNEY DRILLS

Each set 4 x 25/:30 or 3 x 25/:40
 Little Mermaid - underwater dolphin kick
 Mickey Mouse Ears - one arm back
 Hunchback of Notre Dame - breast shoulder
 shrug
 Sleeping Beauty - flutter kicking on side

BEAUTY AND THE BEAST MAIN SET

Alternate the following:
 150 free of "beast swimming" (very fast)
 100 choice of stroke of "beautiful swim
 ming" (moderate effort)
 Interval for 150 and 100 is the same
 16 reps/2:00 or 14/2:15 or 13/2:30 or
 12/2:45 or 11/3:00 or 10/3:15 or 9/3:30

SNOW WHITE SPRINTS

8 x 25 all-out / choice of stroke
 special "Seven Dwarfs Awards" after each 25
 (hint- Wimpy is for swimmers with
 zoomers)
 Estimated interval- 1:00 rest

GOOFY SWIM DOWN

200 of unconventional strokes"

Michael Collins, one of the creative coaches of this workout, will be one of the featured presenters at the November 23rd Master Swimmers / Coaches clinic at Tualatin Hills. Look for details in this edition of the Aqua Master. Remember Federal Way in May. Swim Hard!

Got Swimmers Tooth? Don't panic!

In a recent article in the "Journal of the American Dental Association," a small amount of brown staining may be caused in swimmers' mouths by the combination of pool chemicals and saliva. The pH in a pool averages 7.5, but a mouth's pH is 6.5. Despite good dental hygiene, professional cleaning is usually required to eliminate the accumulated "swimmers calculus."

Reprinted from "Waterlines" newsletter for Iowa Masters Swimmers

"Roslyn Lake Swim" continued from page 1

Along with a 1500 and a 3000 meter swim, we offered a 3000 meter 2 person relay. The results for the day are as follows.

			Overall
1500 Women	Age group	Time	Place
Angie McColly	(19-24)	26:53.	3rd
Anna Brockmeyer	(25-29)	24:32.	2nd
Kerri Culbertson	(35-39)	23:34.	1st
1500 Men			
Brian Wannamaker	(30-34)	25:06.	4th
Stephen Harger	(35-39)	23:30.	3rd
John Ridenour	(40-44)	30:24.	8th
Sam Cooley	(40-44)	28:44.	7th
Charlie Swanson	(40-44)	22:10.	1st
Galen Albertson	(45-49)	32:03.	9th
Gary Beckley	(45-49)	27:02.	6th
John Fogus	(50-54)	32:45.	11th
Dan Gray	(50-54)	25:58.	5th
David Radcliff	(60-64)	23:22.	2nd
William Holman	(65-69)	32:32.	10th
3000 Women			
Chris Lindstrom	(19-24)	56:00.	4th
Shauna Simpson	(25-29)	49:57.	2nd
Linda Sharer	(25-29)	50:33.	3rd
Judi Sheridan	(30-34)	47:24.	1st
3000 Men			
Richard Wood	(30-34)	1:01:24.	4th
David Fryefield	(40-44)	44:23.	1st
Dan Gray	(50-54)	49:43.	3rd
Tom Giesen	(55-59)	49:25.	2nd
Brain Shepherd	(60-64)	1:10:02.	5th
3000 Relay			
Women			
Brenda Knutson	(30-34)		
Becky Lowe		54:09.	1st
Men			
Greg Whitely	(25-29)		
Charlie Swanson		45:14.	1st
John Zell	(35-39)		
Mark Wren		46:44	2nd
Joe Ruwitch	(35-39)		
Walt Blumerg		59:02.	3rd
Mixed			
Tom Kahl	(30-34)		
Suzanne Cooper		54:08.	1st

continued on page 5

"Roslyn Lake Swim" continued from page 4

Portland Parks Masters Swim Club wishes to thank the following people for their help in staging this race: **Phil King** and his wonderful crew of life-guards from Mt Hood for providing the safety aspects. **Dan Gray** and **Stephen Harger** for help in set-up of the course. **Simone LaPay**, **Bill Zolna**, **Nancy Helget**, **Christy Zell**, **Shirley Wren**, **Tim Waud**, and **Sean Gutman** for helping with registration, starting, and timing. We had a number of friends and family, that came to watch the race, step forward to help and we appreciate their lending a hand. And of course the people at Portland General Electric for support and the use of their park.

Oregon Masters Swimming's involvement with Open Water swimming events is still in it's youth as compared to our experience with hosting swim meets. But it's alive and well. With more thought and work it will grow in popularity. It is an outstanding source for new members for our organization as seen by our turnout of first timers at Roslyn.

This fall **Dan Gray** has agreed to take over as **Chair of the Open Water Committee** and work to build this part of our program. He brings some great experience to this position and has plenty of good ideas. If you have any input or questions about Open Water, Dan is the man. If you or your group would like to host an open water event, please contact Dan. OMS would like for firm up it's Open water schedule in early 1997.

You can reach Dan at 541-944-0529. *Dan asks that you call between 7 and 9 p.m. only.*

We hope that many and more of you will enter and support these types of events in the summers to come.

HEY THERE.....

IT'S YOUR NEWSLETTER!

If you enjoy reading things other than meet results and entry forms, then it's time for you to step up to blocks and contribute. We except articles of any nature that would be of interest to our members.



Oregon Masters Swimming has a wealth of knowledgeable and very talented individuals. It's time to share. If a dozen people sat down and wrote an article we'd have the minimum for a years worth of issues.

For those of you who coach, writing an article should be a snap. If you are a member A.S.C.A., then writing can add to your point total moving you up the ladder of certified levels.



Please make a contribution to something you and your fellow members enjoy reading each month.

Our preference is that articles are submitted on a 3.5" computer disk along with a printed copy. Most word processing programs will work, but our preferences are Microsoft Word, Microsoft Works, Microsoft Write, Word Perfect, WriteNow, or Mac Write. If you don't have one of these programs, then your text saved as a standard ASCII text file will probably work.

The monthly deadline for articles is the 15th of each month for publication in the next months issue. You'll be surprised how easy it is and how much it is appreciated. If you have questions contact John Zell at 503-282-9347. Mail your articles to: Aqua-Master, 4640 N.E. 36th Ave., Portland, OR 97211-7618



ol' Barn continued from page 3

MEN ...

Luke Williams(23): 6-200, 5-500, 3-1000 Free and 5-200 Fly

Matt Boles(23): 10-200 Back

Jay O'Connor(27): 5-1000 and 9-400 IM

William Zolna(26): 6-1000 Free, 9-100, 3-200 Fly, 8-200 and 5-400 IM

Phil King(29): 7-200 Breast

Curt LaCount(37): 9-50 Back

Robert Smith(52): 4-50 Free, 2-50, 2-100, 6-200 Back, 3-50, 3-100 Breast, 7-50 Fly and 3-100 IM.

Bert Petersen(57): 3-50 and 10-200 Fly

David Radcliff(62): 7-50, 5-100, 3-200, 3-500 and 2-1000 Free

George Thayer(60): 10-50 Free, 8-50, 10-100 Back, 8-50 and 10-100 Breast plus 10-100 IM

Art Welch(63): 10-1000 and 7-1650 Free

Dick Slawson(60): 9-200 Fly and 9-400 IM

Milton Marks(65): 5-50, 8-100, 9-200 Breast and 6-400 IM

Gil Young(74): 10-200, 7-500, 7-1000 and 4-1650 Fr.

Earl Walter(74): 9-50 Back, 8-50, 8-100 Fly, 6-100 and 8-200 IM

Allan DeLay(80): 4-50, 7-100 Free, 7-50 Back and 8-50 Breast

Relays:

Women 200 Free 45+ 7th (Chastain, Whiter, Rague, Rousseau)

Women 200 Free 65+ 6th (Hughes, Stevenin, Hoffman, Melcher)

Women 200 Medley 45+ 6th (Chastain, Rousseau, Rague, Whiter)

Men 200 Free 65+ 7th (Mallon, Guest, Popovich, Young)

MXD 200 Free 25+ 8th (King, Ferguson, Lapay, Zolna)

In summary OB's hat is off to Cristy Ryerson, Ginger Pierson, Lavelle Stoinoff and Patience Miller for making ALL AMERICAN this past year. We all need to be reminded that Short Course Nationals will be at Federal Way this coming May 15 thru 18. It is a great pool, we even have a chance to practice, by attending the PNA meet there on Feb 14th thru 16th. Okay, let's go, pile on the yards, Swim as if your life depended on it, it does to a great degree, see you later alligators.

CHAIR'S CORNER

By Eric Guest

Much water has passed over us Masters since I was elected to this position almost two years ago. It has been a wonderful learning experience. With a great board of officers and committee chairs, I have managed to complete my term as chair of the finest group of Masters in the Nation. I sincerely hope I served you all as I was expected. I appreciate all the help and input I have received. I hope you will all continue to participate as you have. I understand John Zell is receiving more response from his plea for articles and my thanks go out to you who have written. Please continue. Dave Radcliff is doing a fine job as asst. editor and has been a big help to John. Earl Walter, our historian, has been doing a lot of work on the history of Oregon Masters dating back to the first meet held at MAC in 1972. I really appreciate all the work this involves and contributions you have made to OMS Earl - thank you very much. Sandi Rousseau is up to her ears with the 1998 Nike World Masters Games as the swimming Commissioner. She is looking for volunteers to step forward as there are many positions open for the taking. Please contact her if you would like to get involved. Her phone number is listed in the Aqua Master. She is also the chair of the OMS Safety committee as well as chair of the USMS Championship Committee. She is one of the most dedicated Master Swimmers I have had the pleasure to know and work with. The OMS INC. representatives attended the USMS convention in Sept. and are working diligently preparing a report on their trip. Speaking to Tim, Dave and Sandi, the convention went well and much work was accomplished. It was a learning experience for Tim and Dave. They returned with a lot of information. Hopefully, we will get an article from them next month. I received a phone message from Sharon Stuart in Holland and she is looking forward to returning to the U.S. We will welcome her return as the Secretary and fellow Master. We have had a few board members fill in for her in her absence and they have done a great job - my thanks to Sabine, Suzanne, Tim and John. I will end my 'rambling' by saying - stay fit and wet. Our meetings continue on the third Wednesday of each month, 7PM at the Multnomah Club. You are all encouraged to attend. Our 1997 swim year has started and most are pointing to the Short Course Nationals in Seattle. I am sure Oregon Inc. will be well represented. Good luck and good swimming.

**Oregon Masters Swimming, Inc.
Minutes of Board of Directors meeting
September 18, 1996**

Call to order: 7:06 pm

Attendees: John Zell, David Radcliff, Phil King, Chris Perret, Gil Young, Eric Guest, Larry Snead

Secretary's report: Sharon Stuart on leave. M.S.C. approved August minutes as corrected. M.S.C. that OMS registration fees remain unchanged for 1997.

Vice Chair's report: Tim Waud not present. Eric reported the following meets: NW Zone SCY in Boise on April 18-20, USMS SC Nats in Indianapolis in 1998 and USMS LC Nats in Fort Lauderdale in 1998. OMS meet possibilities: November at North Clackamas and December at Oregon City.

Treasurers report: Roy Abramowitz not present, no report.

Committee reports

Host/Social: Jayne Chastain-Arvidson not present, no report.

Registration: Steve Harger not present. Eric reporting that we currently have 547 members.

Membership: Phil King. Still gathering information for the OMS brochure. Somewhat difficult getting info from some of the team contacts.

Officials: Larry Snead. Larry commented on comments made at last meeting. He reviewed his job description per the OMS bylaws and made some suggestions. He does not think the idea of him sending "Thank You" cards to officials following meets is necessary. Any thank you should come from OMS officers when the Board thinks it necessary.

AquaMaster: John Zell. John reviewed the bulk mailing situation and using an outside service. Sept issue is in the mail as of Sept 17.

Top Ten / Data Manager: Suzanne Rague not present, no report.

Coaches: Chris Perret. Chris attended the ASCA Convention and was not as impressed with the amount of information presented as in years past. Looking at Nov 23/24 as possible dates for clinic at T-Hills featuring Mike Collins, Ron Marcicke, and Roch Frei. Two sessions, one for coaches and one for swimmers, with classroom and water time. Hopes for minimum of 40 people with a cost around \$20 to \$25.

Fitness: Teri Hendryx not present, no report.

Historian / Records: Earl Walter not present. Eric reported that records are up to date.

Awards / Souvenirs: Jayne Chastain-Arvidson not present, no report.

Safety: Sandi Rousseau not present, no report.

Past Chair: David Cobb not present, no report.

Ad Hoc Sunshine: Luella Petersen not present, no report.

Open Water: Position currently vacant. Dan Gray is a willing and good candidate for this job.

OLD Business: No Nike Games update. Top Ten patches are still in the works.

NEW Business: None

Meeting adjourned at 8:43 pm

Respectfully submitted by John Zell (subbing for Sharon Stuart)

Oregon Masters Swimming Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #376-12

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1996 registration form and fee with this form.

Oregon City Short Course Meters Meet DATE: DEC 15, 1996

Place: Oregon City Municipal Pool
1211 Jackson Street

5 lanes competition - electronic timing

1 lane continous warm up/down

Host: Oregon City Swim Team Meet Director: Tim Waud phone: 503-656-2661 w 503-655-7131 h

Directions to Oregon City pool: Take I-205 North or South to Park Place exit. Go West on Hwy 213. Take right at Washington St. and continue approx one (1) mile to 12th Street. Go left at 12th Street up to Jackson St.

WARM-UPS: 7:00 a.m.

MEET STARTS: 8:00 a.m.

ENTRY DEADLINE : POSTMARKED NO LATER THAN Dec. 7th, 1996

**All entrants MUST submit a PHOTOCOPY
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.**

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

NAME _____ 1996 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

CLUB (OMS, PNA, IEM, Snake, etc.) _____ Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age

groups: 67-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359. You may enter a maximum of 5 individ-

ual events plus 4 relays. Enter relays at the meet. The 400 I.M., 400 and 1500 Freestyles will be deckseeded and all events will be

seeded SLOW TO FAST.

SUNDAY DEC 15

400 I.M. (1) _____:_____._____

1500 FREE (2) _____:_____._____

BREAK BREAK BREAK

FREE RELAY (3 / 4) XXXXXXXXXXXXXXX

50 FREE (5) _____:_____._____

100 BREAST (6) _____:_____._____

200 BACK (7) _____:_____._____

50 FLY (8) _____:_____._____

200 I.M. (9) _____:_____._____

MIXED FR RLY (10) XXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 FREE (11) _____:_____._____

200 BREAST (12) _____:_____._____

50 BACK (13) _____:_____._____

100 FLY (14) _____:_____._____

MEDLEY RLY (15/16) XXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 FREE (17) _____:_____._____

50 BREAST (18) _____:_____._____

100 BACK (19) _____:_____._____

200 FLY (20) _____:_____._____

100 I.M. (21) _____:_____._____

MXD MED RLY (22) XXXXXXXXXXXXXXX

BREAK BREAK BREAK

400 FREE (23) _____:_____._____

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 _____

ENTRY FEE: \$9.00 Make checks payable to: OREGON MASTERS SWIMMING

Mail form(s) and fee(s) to: Suzanne Rague 935 N.W. 170 Place Beaverton, OR 97006

MAKE A COPY OF YOUR COMPLETED ENTRY FORM FOR YOUR RECORDS

Post meet Social @ Tim Waud's House...get directions and details at meet.

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon Association for USMS, INC. Sanction # 377-01

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1997 registration form and fee with this form.

Eugene Masters Meet

DATE: SATURDAY January 4, 1997

Place: ECHO HOLLOW POOL

1655 Echo Hollow Road (West Eugene)

6 LANES COMPETITION - ELECTRONIC TIMING

SEPARATE CONTINUOUS WARM UP/DOWN POOL

HOST: Eugene Masters Meet Director: Lynda Christiansen 541-687-8379 (h)

DIRECTIONS TO POOL: From I-5 north or south take the Beltline freeway exit and head west into Eugene. The Beltline freeway heads west for a few miles and then bends to your left and heads south. Take a left at Barger heading east until you come to Echo Hollow road. Turn right and pool will be on your left.

WARM-UPS: 9:00 A.M.

MEET STARTS: 10:00 A.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN December 21, 1996

**All entrants MUST submit a PHOTOCOPY
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.**

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

NAME _____ 1997 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

CLUB(OREG, MACO, PNA, IEM, etc.) _____ Age Groups: 19-24, 25-29, 30-34 etc up to 95+

Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet.

The 400 I.M., 500 Free, 1000 Free, and 1650 Free will be deckseeded and all events will be seeded slow to fast.

500 FREE (1) _____:_____:_____

400 I.M. (2) _____:_____:_____

BREAK BREAK BREAK

FREE RLY (3-4) XXXXXXXXXXXXXXXX

100 BACK (5) _____:_____:_____

200 FREE (6) _____:_____:_____

50 FLY (7) _____:_____:_____

200 BREAST (8) _____:_____:_____

100 I.M. (9) _____:_____:_____

MXD FR RLY (10) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 BACK (11) _____:_____:_____

50 FREE (12) _____:_____:_____

100 FLY (13) _____:_____:_____

50 BREAST (14) _____:_____:_____

MED RLY (15-16) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

50 BACK (17) _____:_____:_____

100 FREE (18) _____:_____:_____

200 FLY (19) _____:_____:_____

100 BREAST (20) _____:_____:_____

200 I.M. (21) _____:_____:_____

MXD MD RLY (22) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

1000 FREE (23) _____:_____:_____

---- OR ----

1650 FREE (24) _____:_____:_____

(You may enter the 1000 or 1650, but not both)

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: \$9.00 Make checks payable to: OREGON MASTERS SWIMMING

Mail form(s) and fees(s) to: Suzanne Rague 935 N.W. 170 Place Beaverton, OR 97006

MAKE A COPY OF YOUR COMPLETED ENTRY FORM FOR YOUR RECORDS

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 1996 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 MEMBERSHIP CHAIR: Phil King at 503-241-9091 (home) or 503-667-7243 (work)

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 Eric Guest or Phil King

A Team Contact / Representative must be a current member of Oregon Masters Swimming to have a vote in OMS elections or at the annual OMS Board meeting.

CITY / TEAM NAME	ABRV.	CONTACT/REP	PHONE
Albany / Albany Masters	ALB	Pauline Stangel	926-0468
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	Judy Belford	244-6245
Beaverton / Tualatin Hills Barracudas	THB	Sandi Rousseau	642-3679
Bend / Central Oregon Masters	COMA	Matt Mercer	389-7665
Coos Bay / Bay Area Masters	BAM	Alice Parsons	267-7860
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 / Sloths 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
Hood River / Hood River BALD Eagles	HRBE	Micheal Pendleton	386-5421
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
Lk Oswego / Mountain Park Masters	MPM	Dana Walling	635-3561
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 / Yaquina Bay Family YMCA	NEWP	Russ Eidman	265-7770
Portland / Pride of Oregon Masters	PRID	Don King	768-7060 x 7189
Portland / Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111
Portland / Multnomah Athletic Club	MAC	Ginger Pierson	244-7706
Portland / Metro YMCA	MY	Paula Brunsman	294-3366 x 13
Portland / North Clackamas Aq. Park	NCAP	Tim Waud	655-7131
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	Aquatic Dept	221-1212 x 417
Portland / Team Portland Aquatic Club	TPAC	Jill Schuldt	228-1596
Portland / Willamette Atheletic Club	WAC	Marty Popp	225-1068
Redmond / Cascade Aquatic Masters	CAM	Greg McPheeters	546-3677
Roseburg / Umpqua Valley MaBters	UVM	Judy McCurdy	679-8144
Salem / Mid-Willamette Valley Masters	MWVM	Elfie Stevenin	363-1403
Salem / WH20 Masters	WH20	John DeJarnatt	588-2060
Sweet Home / Sweet Home OR Masters	SHOM	Liz Church	367-3191
Vancouver, WA / Vancouver Old Timers	VOT	Andy Schrag	(206) 254-9661

MASTERS CLINIC FOR COACHES AND SWIMMERS

November 23, 1996

FEATURING :

MIKE COLLINS, RON MARCICKE ("SICKIE"), AND ROCH FREI

- Mike is the head coach of Davis Aquatic Masters, the largest masters program in the US and is currently the President of MACA (Masters Aquatics Coaches Association) and the Chair of the USMS Coaches Committee.
- "Sickie" is the head coach of UCSD masters, a 300 person club who coaches Mark Allen, Scott Tinley, and several other internationally renowned athletes. His program has been featured in swim magazine and fitness swimmer.
- Roch is a former professional triathlete who is the head coach of the UCSD Masters Triathlon program, one of the nations finest. They will be speaking at the mentor coaches clinic as well as working with swimmers and coaches during the swimmers clinics.

Cost : \$20/session, 2 sessions for \$35

Session I - "Mentor Coaches Clinic" 8:30am-12:00 noon cost: \$20

(includes ASCA's "MASTER'S SCHOOL" textbook)

Building a program · Seasonal planning

Making your workouts fun, keeping them fun and useful

Starting with a plan, or how to make your workouts count

Triathletes, where they fit in your program, and their special needs

Responsibilities of coaches throughout clinic

Roundtable discussion with all speakers on issues related to Masters swimming

(Coaches will be requested to help out during the Swimmers clinics-

if you're not helping, then you're taking the clinic! Lunch for coaches will be provided)

Session II - "Freestyle/Backstroke Clinic" 1:00pm-5:00pm cost: \$20

Session will include the following:

2 video sessions (before and after drill work)

Classroom lecture on principles of freestyle propulsion, common faults and corrections.

Pool time: Freestyle drill progressions working with all coaches

We expect a coach to swimmer ratio not to exceed 1:10

"Triathlon Training" - Classroom lectures :

Balancing your training,

Seasonal planning: how much/when?

Return this lower portion

Name _____ Age _____

Address _____ phone _____

Number of sessions attending: (1) (2) Clinic sessions (please circle) I II

Are you a swim coach? (Y) (N) Will you be helping out in the swimmers clinic (Y) (N)

Total enclosed _____

Please send your completed form to: (checks payable to Tualatin Hills Barracudas)

Chris Perret- Tualatin Hills Barracudas 17072 SW Ivy Glenn St. Aloha OR. 97007

1997 OREGON MASTERS SWIMMING REGISTRATION FORM

The registration year runs from January 1, 1997 through December 31, 1997.

Registrations are accepted for 1997 beginning November 1, 1996 and for 1998 on November 1, 1997.

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 Oregon Masters Swimmers at the annual United States Aquatic Sports 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 United States 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
1997**

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 living at one address.
Please mail both registrations at the same time to qualify. Only one Aqua-Master will be mailed to that address.
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 be 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

(JANUARY 1st to DECEMBER 31, 1997)

_____ This is a *NEW* registration. _____ Renewal (registered in 1996)

**Oregon Masters Swimming
Registration 1997**

Did you swim in any meet in the 1995/96 season? Yes _____ No _____

NAME _____ Reg. Fee (\$28.00) _____
(Last name) (First) (M.I.) ---- OR ----

ADDRESS _____ Joint Registration (\$49.00) _____

(Joint Registration = two members at one address)

CITY _____ STATE _____ ZIP _____

() - _____ - _____ / _____ / _____

Your Phone number

Born (MM/DD/YY)

AGE

SEX

USMS Club: () OREG () MACO () UNATTACHED

ARE YOU A MASTERS COACH? YES _____

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 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 P.O. BOX 4856 PORTLAND, OR 97208 - 4856

Tualatin Hills Pentathlon

"One of the most fun, highly competitive, and best attended meets in the O.M.S. schedule year."

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon Association for USMS, INC. Sanction # 377-02

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1997 registration form and fee with this form.

TUALATIN HILLS PENTATHLON

DATE: January 18th, 1997

Place: TUALATIN HILLS REC. CENTER POOL

BEAVERTON, OREGON

6 LANES COMPETITION - ELECTRONIC TIMING

SEPARATE CONTINUOUS WARM UP/DOWN LANES

HOST: Tualatin Hills Barracudas

Meet Director: Michelle Brown-Reichelderfer 503- 848-9847 home

DIRECTIONS TO POOL: Hwy 26 west to the Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Avenue. Pool will be on your left.

**WARM-UPS: 8:00 A.M.
MEET STARTS: 9:00 A.M.**

ENTRY DEADLINE : POSTMARKED NO LATER THAN: January 4th, 1997

**All entrants MUST submit a PHOTOCOPY OF THEIR
CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.**

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

NAME _____ 1997 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

USMS CLUB _____ (OMS, PNA, IEA, ETC.) Age Groups: 19-24, 25-29, 30-34 etc up to 100+

EVENT

TIME *

50 -- FLY

1) _____:_____._____

*** Enter best time or
estimated time.**

50 -- BACK

2) _____:_____._____

50 -- BREAST

3) _____:_____._____

50 -- FREE

4) _____:_____._____

Please do not enter "N.T."

100 -- I.M.

5) _____:_____._____

("N.T." = No Time)

*Please enter your best time or estimated times. Entering "sandbagged" times to get added
rest time between events or calm water is discouraged. Please be fair to all....Thanks*

Rules: A 10 second penalty will be added to your time for any stroke/turn infraction. A false start eliminates you from the 5 event competition, but not from swimming any other races. Your total time for the five events determines your final placing.

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 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**
c/o SUZANNE RAGUE 935 N.W. 170th Place BEAVERTON, OREGON 97006



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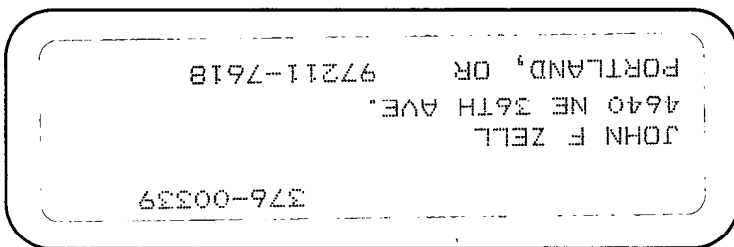
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916 S.W. 4TH AVE / PORTLAND, OR 97204 / (503) 223-3137

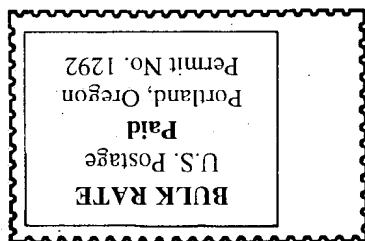
Printing of the Aqua-Master is provided by the fantastic crew of STEVENS-NESS LAW PUBLISHING CO.

In this issue: Roslyn Lake Swim results, Ol Barn,
"The Workout", Chair's Corner, & more.

Please advise the registrar of address changes



1997 Registration form enclosed



Aqua-Master