

Aqua-Master

Volume 24, Number 2 February, 1997



the

WORKOUT

The workout for this month is reprinted from the Masters Coaches Manual, with permission of Michael Collins, Chair of the USMS Coaches Committee. This workout is designed for IM training.

Warm Up:

Swim 2 X 250 IM's (rest 30 seconds between the 250's) (250 IM = 25 fly, 50 back, 75 breast, 100 free)

Kick 1 X 300 using two kicks, alternate 50's

Main Set:

Swim 5 X 50

Kick 4 X 25

Swim 1 X 50 (free)

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Barnacle

reviews results records

by Earl Walter

1996 10K-2 Postal Swim

Oregon Masters and the Multnomah Club Masters did right well in this one. The swim was USMS Sponsored with Michael J Stott as the Meet Director and Virginia Masters acted as Hosts. The Relay of teams of two was held during the summer of 1996, pairs competed (2 Men, 2 Women or Man & Woman). The Official Results are in...

Men: Age 30-34: Alex Laws and Mike Healey - Gold, in at 2:45.33.

Women: Age 45-49: Kathy Young and Lorraine

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THE CHAIR'S CORNER

by Eric Guest

The flu season is here and I sincerely hope you haven't had a bout with the latest virus. I can tell you first hand that it is a weakening experience and just as you feel you have it whipped, it returns. 'With time counting down to Short Course Nationals at Federal Way in May, which is a main goal and focus for OMS, let us not overlook a stepping stone on the way...our own Association Championships in April. It is, as you know, the only meet during the year that you represent your individual team and points count in three team size categories. June Mather, the Meet Director, has promised another excellent meet. This past Aqua Master (Jan.97 Vol.24 Number 1) has been one of the best produced by our Z-Man and his crew. The articles in it were outstanding and educational, thanks to the contributors. At the Pentathlon this weekend, I had the pleasure of talking to George Thayer, who is back in the

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The people behind Oregon Masters Swimming, Inc.

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Dan Gray

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Calendar and Meet Schedule 1997-1998

Date	Event	Location
* Feb 23	Clinic	Portland, OR "BACK CARE" Clinic Matt Dishman Pool
Mar 2	SCY	Yakima, WA Lyons Pool
*Mar 8-9	SCM	Bend, OR Juniper Aquatic Center
*Mar 15-16	SCY	Gresham, OR Mt. Hood Aquatic Center
March 22	SCY	Seattle, WA Helene Madison Pool
*April 4-6	SCY	Ashland, OR Oregon Association Championships S.O.S.C.
April 12-13	SCY	Bangor, WA Bangor Naval Base
April 25-27	SCY	Boise, ID NW Zone SC Yards Championships
May 15-18	SCY	Federal Way, WA USMS National S.C. Championships
(NATIONALS ENTRY FORM / INFO IN JAN-FEB "SWIM" MAGAZINE)		
June 24-29	LCM	Maui, HI Pan Pacific Masters Championships
June 27-30	SCM	Montreal, Quebec Canadian National Championships
July 19	Open Water	So. Oregon Lake Swims 5 mile swim at Applegate Lake
July 20	Open Water	So. Oregon Lake Swims 1 and 2 mile swim at Squaw Lake
Aug 1997	LCM	Orlando, FL USMS National L.C. Championships
May 1998	SCY	Indianapolis, IN USMS National S.C. Championships
Aug 1998	LCM	Fort Lauderdale, 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 .

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.

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Furman - Gold, in at 3:17.38.

Mxd: Age 13-20: Geoffrey Young and Jody Boyer - Silver, in at 2:35.28.

Mxd: Age 35-39: Kerri Culbertson and John Zell - Gold, in at 2:11.33.96.

Mxd: Age 50-54: Ginger Pierson and Karl Von Tagen.

Mxd: Age 60-64: Lavelle Stoinoff and David Radcliff - Gold, in at 2:20.27.46.

There were 7 Age Groups for Men with 10 Teams, 5 for Women with 8 Teams and 8 Age Groups for Mixed with 10 Teams. OMS and MAC went 1 for 7 in Men, 1 for 5 in Women, and 4 for 8 in Mixed. Excellent showing and great swimming. Congratulations to each and everyone of you.

SCM at Oregon City...

70 paddlers gave it their all in the last chance splash for SCM honors. Tim Waud was our genial and most efficient Meet Director. Larry Snead and company did a great job officiating, with Dave and Roberta Cobb handling the timing and results. A BIG THANKS to these wonderful people. Highlight of the meet was a new National Record for Men in the 400m Free Relay: Tom Coffey, Doug Prentice, David Radcliff and Robert Smith turned in a sparkling 4:07.35.

Women 19-24: Laura Juckeland(MAC) spun a 50 Free in 31.92 plus a new Zone Best for 200 Back at 2:34.73, was Stalter-PNA-'91. Justine Hansen was close in the 50 and 100 Free plus winning the 200 and 400 Free.

Women 25-29: Julie Ahrendt stroked a new Zone time of 2:59.65 in the 200 Breast, was Wright from '89. Chandra Haislet had 3 OMS bests-100 Breast 1:22.44(TT4) was 1:29.75, 100 IM 1:14.72, was 1:15.68, 200 IM 2:39.03(TT6) was 2:43.02. Julie was 1/100 behind in the 100 Breast, WOW.

Women 30-34: Jeanne Thimm won all 4 events she swam in excellent times.

Women 40-44: Califf and Toole battled for the 100 Free (a tie yet!) this was not enough so they did it again for the 100 IM. Anderson was tops in the 50 Free and 50 Back.

Women 45-49: Susan Case wanted TT placings, perhaps 8's in the 50 and 200 Back, plus a 9 for the 200 Breast. Sandi Rousseau picked off 5 Golds!

Bonnie Summers looked good in the breast events.

Women 50-54: Pam Himstreet is back with a vengeance(1500Fr-TT5, 100 Breast-TT7 and 200 Breast-TT5. Jeanne Ensign swam perhaps a 1500 for TT7.

Women 60-64: Lavelle Stoinoff turned in a #1 for the 400 Free, plus new Zone at 44.72-50 Back (TT2, was 48.48 Knowles '91) also the 100 Breast 1:47.85 (TT6) was 1:57.80, McTigue from '89.

Women 75-79: Elfie picked off 2 new OMS Bests: 100 Back was 3:09.97 and the 200 Back was 6:36.76 and perhaps a TT4 for the 100 Fly.

Women 80-84: Helena swam 4 events and broke 4 Zone Records - 200 Free (5:41.60 TT2 was Bressie 7:23.69 from '91, 200 Breast (7:27.77 TT3 was Bressie 8:51.51 from '89), 200 Fly (8:44.16 TT3 was Bressie 11:38.82 from '89), 200 IM (7:20.17 TT6 was Bressie 8:54.60 from '89).

Men 19-24: Matt Boles had it all to himself and did right well: Zone Record in the 200 Back (2:22.51 TT4 was Wilkerson '86, Zone also 400 IM (5:16.57 TT3 was Wickham '90. His 100 Fly was close can be TT4, Great Job Matt!

Men 25-29: Horst Niehaus picked off the OMS best for the 100 Back (1:05.58 TT9, was 1:06.32, 50 Back close 30.97(TT7 vs 30.71, 200 Back also 2:21.58 (TT3 vs 2:21.40, with Shaevitz 2:57.02 TT10, looking good. Tim Waud's 100 Breast in 1:16.36 just misses, 1:15.48.

Men 30-34: Phil King-200 Back (2:18.74 New Zone, TT2 was 2:26.85 from '89, 400 IM New Zone at 5:04.09 TT8 was 5:17.77 from '89. Two Z's for Phil! Jeff Kaelon had a fine 1500 at 21:03.97

Men 35-39: Steve George with a new OMS at 25.87 was 26.66, Burly swam a 200 Free in 2:07.43 (TT7) 400 Free in 4:39.92 (TT10), 100 Back 1:04.81 (TT9), look at George with a 1:05.31 (TT10), David B then-gives us an OMS best in the 200 Back (2:18.91 TT3 was 2:20.22. The kid from Vancouver is a swimmer, Pat Allender new OMS 200 IM 2:23.50 was 2:25.21 could be AA #1, also swam a TT6 for the 100 and 200 Breast. Steve George swam the 200 IM in 2:28.22(TT4). Note the 100 Back: Burly at 1:04.81(TT9) and George at 1:05.31(TT10), lots of class! OB rates this bunch as best age group of the meet. John Z (Z MAN), ages up as of Jan 7th, watch

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repeat all three sets for each stroke, suggested send-offs are free :50, back, breast, fly 1:00
Rest 30 seconds between each 400 set

Kick 4 X 100 IM's continuously with no board

Swim 6 X 125 IM's - 50 yards of least efficient stroke. Rest 30 seconds between each 125

Swim Down 300 yards choice - Total 3550 yards

Starting in March Simone LaPay, the Coaches Rep to OMS, will be adding a "SWIMMING TID BITS" section to the "the WORKOUT" column

1996 CLINIC REPORT

by Chris Perret

On Sat. November 21st the T-Hill's Barracudas hosted a combination coaches/swimmers clinic. The morning session was devoted to coaches. Its purpose was to go over issues like season planning, coaching style, program building and other issues related to coaching Master's swimmers. The afternoon session was a swimmers session. Its purpose was to get a lot of information out to swimmers on specific stroke improvements.

There were approximately 65 people attending - a much larger turnout than we anticipated. The feedback we got agreed. While praising the informational content, most said they would pay more money to have a greater coach-swimmer ratio. That's good, 'cuz next year we're going to limit attendance to 40 people so that we can spend more time with each individual. The coaches we had working on deck enjoyed the clinic and the people attending. All have expressed an interest in coming up again next year.

I've already seen a number of people who have started to make improvements since the clinic. Both Ben and I have been impressed with the focus and hard work that clinic attendees are showing. It shows in an improved body position and a much longer stroke-length. It was fun for me to see Mike, Sickie and Roch

work with everyone who attended the clinic. These guys are all friends of mine. We have been on deck together at various times in my coaching career, and they're great guys to be around. Each one of the coaches at the clinic has a slightly different focus and style, from Sickie's goofiness and lifestyle focus, to Mike's steady planning and competitive focus. Every time I interact with these guys I get fired up about swimming, and get a chance to re-examine why I am on deck. It's a chance for me to refocus.

One thing that I believe in is that swimming is "fun". It's play. I'd like for each of you to think about why you are swimming. One of the problems I have with the way we describe swimming is that we are always referring to swimming "work-out". I often hear people say: I "have" to go to "workout". What I wish they would say is: "I 'get' to go 'play' at the pool."

Think about the difference. It's hard to get excited about more work, more stress, more 'have-tos'. Swimming is NOT a "have-to". It's a "get-to". It's your chosen recreation, it's the way YOU have decided to play. Have fun playing. Forget about the clock, forget about performance pressures, enjoy the feeling of swimming, enjoy swimming as an activity all on its own.

When you have to slow down to make a stroke improvement, slow down and make the stroke change. YOU HAVE TO SLOW DOWN TO GET FASTER. This is true for any skill change and improvement.

For those of you who began to make stroke changes as a result of the clinic, keep up the good work. Stay focused on your balance in the water, continued to work on your skill progressions. When you have mastered the new stroke or skill at a slower speed, then try to go a little faster while maintaining your new stroke. Don't abandon your new skill as soon as you begin to swim faster. Slow down and do it right.

See ya in the water.

Chris Perret is the Assistant Swim (Play) Coach for the Tualatin Hills Barracudas.

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water, getting into shape. He thanks swimming for helping him pull through his recent bypass surgery. It won't be long and he will be in top shape again. At the same meet, I had the opportunity to scan the two albums that Earl Walter has been slaving over. He has done a fantastic job and has much more to do. It was interesting for me to go back in time and review the past photos and notes that he has accumulated over the years. Great job Earl -- thank you. In closing, I would again like to express my appreciation to ALL THE BOARD MEMBERS, who have spent a lot of time and effort, voluntarily, to make our LMSC one of the best in Masters Swimming.

Thank you and God bless.

Open Water News

by Dan Gray

Spoke with Steve Johnson at the swim meet held recently in Eugene. The Eugene Masters are very eager to host an Open Water event this summer. Seems like Cottage Grove Lake warms up quickly in the summer (depends on the weather) and the plan is to have a 2.2—or 2.6 mile swim with a triangle course. Date will be set soon.

Matt Mercer, Bend Coach, is planning on a two day event to be held at two different lakes near Bend. I believe he is planning a 500mtr. sprint, a 1 mi. and a 2 mi. swim. perhaps a cumulative time will produce a winner?? Sounds interesting.

Dan Gray will also try to host Oregon's Masters first 5 mi. swim. If this event is to be held, it will take place July 18th at Applegate Lake. This will be the day before the Southern Oregon Lake Swim. Rumor has it that Steve Johnson wants to wear down Curt LaCount. Steve and Curt have raced for one 1 mi. event and two 2 mi. swims at Squaw Lake and there is a total of two seconds difference.

Their first tie has brought Open Water swimming a rule clarification: for an out-of-the-water finish the swimmer whose chest crosses the finish line first shall be declared the winner. No more dives, Curt!

Don't you just love flip turns?

HEY THERE.....

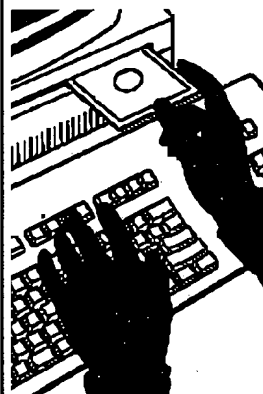
IT'S YOUR NEWSLETTER!

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



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his smoke!

Men 40-44: Andy Schrag is back! 100 Free 1:00.30 close to record at 59.22. Mark Connell's 400 Free could be TT7. Look at Schrag and Stephens in the 50 Fly, great race!

Men 45-49: Maestre and Prentice-50 Free-TT6 and TT7 in the 50 Free. Mark Worden is Back! New Zone for the 200 Fly 2:42.70 (TT5, was 2:48.08 Petersen from '88, Mark also in the 100 Free at 1:01.59 (TT9) new OMS was 1:03.52, plus the 1500 in 20:30.17 (TT8) was 21:51.75. Bob Maestre also under the old record in 21:00.25 (TT9). Tom Coffey gave us 2 new Zones: 100 Fly (1:08.54 was 1:08.84, Petersen from '86 and the 200 Back (2:33.34) was 3:18.39 from '87, now look at Tom's 400 IM(5:34.00 TT5) then Maestre's 6:04.86 (TT9), WOW and WOW ! Let's not forget Gary Hafer from PNA 50 Back (TT4), 100 Back (TT7) and the 200 Back (TT6) OB has to change his mind...this was the greatest Age Group of the meet! Rumor has Tom Coffey with a 59.14 lead off 100 in that NR Relay, which would be a New ZR, old was 1:01.11, Frank Warner, that friends would make this age group a class act bar none.

Men 50-54: Rapid Robert was looking special, TT4 in the 50 Free, TT1 in the 50 Back, TT4 in the 100 Back, and TT3 for the 50 Fly. Jon Stout in the 50 Back (TT5) Wonderful.

Men 55-59: Nakata and Petersen in the 50 Fly 33.18 vs 33.42 (TT8 and TT9). Ronald was 1/10th off the record in the 50:29.95 (TT9) vs 29.94.

Men 60-64: Dave Radcliff a new zone for 100 Free at 1:05.35 (TT2) was 1:10.19, Frederick from '85. Dave had a 1:04 plus, flying on the relay. Dick Slawson, a pretty fair day: 100 and 200 Back TT 8 and 5 plus a TT8 for the 200 Breast. Art Welch, recovering from surgery, registered a TT10 in the 200 Back.

Men 65-69: Mickey Marks showed us a TT4, TT5, and a TT7 for the 3 Breast events. Eric (The Chair) Guest gave us a TT7, TT8, and TT9 for the 100 Fly, the 100 IM, and the 200 IM. John Joens a new 65, showed us Masters True Grit, way to go.

Men 70-74: Gil Young spun a fine 1500 in 26:52.98 (TT5). Dave Bernstein is swimming faster with the new stroke.

Men 75-79: Andrew Holden, new Zone Mark for the

50 Free :35.00 (TT2) was 38.03 Odman. Walter 37.28 TT8 Joe Mallon, a new OMS 200 Free at 4:45.18, best of all a new Zone for the 1500 at 36:46.45 (TT4) was Hamilton from '92. Holden and Walter TT3 and TT4 for the 50 Back. In the 50 Breast, 4 people broke the old Zone time of 56.04 from '88. Walter and Morrison tied with a 50.18 (TT3), Holden next at 50.56 (TT5), and Fixott, 4th in 56.24 (TT7) Morrison set a new Zone for the 100 Breast (2:04.89 TT7) was Hamilton from '88. Shadbeh also registered a TT9. Holden with a new Zone for the 50 Fly in 41.61 (TT2). Walter also under in 48.25 (TT5) was Wiggin 58.77 from '91. Walter a 1:40.69 for the 100 IM, TT2. Add Gerald Huestis and Gil Young and we have a barn burner!

Men 80-84: Allan DeLay, new Zone Record for the 50 Free (TT3), and OMS best for the 100 Free at 1:43.11 (TT5) was 1:44.47.

Relays Plus: New OMS Record, Women 160 Plus - Young, Summers, Califf and Lorraine in 3:30.55 was Open.

Quality wise this was the finest SCM meet we have ever had in Oregon Masters, all kinds of new records, most important, many many Top Ten ratings should be coming our way. Thanks Tim Waud and all of you fine people Oregon City way, may we come again in 1997?

Ol Barn reviews the 1996 LC Top Ten

Women: 19-24

Kathleen Boyd	7th	800 Free	11:28.47
Laura Jukeland	8th	50 Back	:35.10
	6th	200 Back	2:48.83

Women: 25-29

Junia Calhoun	7th	1500 Free	22:07.03
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Women: 30-34

Linda Lehto	9th	200 Fly	3:17.55
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Women: 40-44

Kathi Bullock	4th	400 Free	5:24.22
	5th	200 Fly	3:08.79
Teri Hendryx	10th	200 Back	3:05.72
	6th	200 Fly	3:12.81
	5th	400 IM	6:27.19

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OREGON MASTERS SWIMMING INC.
Minutes of Board Meeting
December 18, 1996

Attendees: John Zell, Dave Radcliff, Ginger Pierson, Eric Guest, Gil Young, Dave Cobb, Tim Waud, Stephen Harger, Suzanne Rague, Teri Hendrix
 Call to Order: 7:04 PM

Secretary: Sharon Stuart - not present; John Zell acting. Minutes accepted as corrected.
 John Zell reported that Sharon Stuart and Eric Guest were unanimously re-elected as Secretary and President, respectively.

Treasurer: Roy Abramowitz - not present. Suzanne Rague read Roy's report.

Vice-Chair: Tim Waud The Board discussed holding the annual OMS Board meeting in Ashland on Saturday, April 3. The MAC Club is interested in bidding on the L.C. Zone meet. The Board discussed Hytek staffing for January meets. Dave Cobb offered input on ways to reduce stress of the Hytek operators. The Board decided that splits will be printed on results sheets at meets.

Committee Reports

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

Registration: Stephen Harger OMS registrants for 1997 is 197 to-date. The new registration has different sorting features and functions.

Membership: Phil King - not present. No report.

Aqua-Master: John Zell The current issue is at the mailing house.

Dave Radcliff reported that he was receiving some good articles.

Top Ten / Data Manager: Suzanne Rague Suzanne requests review of entry forms before publication. The Board discussed rectifying registration issues prior to the meets.

Fitness: Teri Hendrix Teri brought a pamphlet entitled "Improving Your Swimming without Getting Wet"

Officials: Larry Snead - not present. No report.

Coaches: Simone La Pay - not present, first meeting next month. Chris Perret officially resigned. Simone La Pay accepted the position.

Historian / Records: Earl Walter - not present. Dave reported that Earl is working on an article covering the first couple years of OMS.

Awards / Souvenirs: Jayne Chastain-Arvidson - not present. Jayne is interested in contributing to the work on the Top Ten Patches but does not wish to continue as Awards Committee Chair. Donna Ryan is interested in the position and Teri Hendrix is willing to help her learn.

Safety Coordinator: Sandi Rousseau

Sandi passed the shirts and instructions to Stephen Harger for the Eugene meet.

Past Chair: Dave Cobb. No report.

Ad Hoc Sunshine: Luella Peterson - not present. No report.

Open Water / Long distance: Dan Gray - not present.

Tim Waud submitted Dan's report. Kudos were sent with the Open Water Handbook written by Dan and Tim.

Old Business:

Board meetings will be changed to the third Tuesday of the month starting in January.

1998 Nike World Masters Games update. Sandi Rousseau updated the Board on committees being filled by OMS members. The budget counter proposal to Mt. Hood was reviewed. (Refer to the research proposal from June.)

Oregon City was awarded the full amount.

New Business:

none

Adjournment: 9:00 p.m.

Next Meeting: January 21, 1997, 7 p.m.

A letter from Doctor Mike

by Mike Pendleton

Dear John,

Ah, guilt. What a great motivator! I must admit that I enjoy seeing my name in issues of "Aqua Master" although usually I hope to see "me" in the meet summaries of "ol Barn". Now that the gauntlet has been thrown down, allow me, belated though it may be, to respond.

First things first: Kudos to you for your unending support and tireless energy on behalf of OMS. I don't think I can say it better (or perhaps as well) as those who have said it before me. Simply, if you would, add me to the long list of Z-man fans. We love you man!

Why do I swim? I guess because I love it. Why else would I put myself through the aggravation? OK I admit it, I also love that I can eat pretty much whatever I want when I'm training. Oh yeah, and then there're the babes! Honestly as I look back on my relationship with masters swimming, it has been universally positive. It, after all, is part of my extended family. I have fond recollections of my first meet; PSU in '89. I didn't know a soul but by the end of the weekend I had made many new friends. I even had the opportunity to hear our once and future chairman, some guy named "Z-man", ask for our support for the Matt Dishman Pool, then just a dream, now a great new facility. And I guess that's the point; family.

As a family doc I'm occasionally asked if there is any single thing that leads to a longer, happier life. People are generally surprised at my answer. What do you think? Low fat diet? Smoking cessation? Regular exercise? Safer sex? (come on it's an adult publication). Actually there is substantial evidence that, item for item, what most assures a long and happy life is the quantity and quality of our relationships. That's right our "family". In other words, if you take a clone of me and the only thing different about Mike #2 is that he has fewer and less well defined friends in his life Mike #1 will reliably out live his clone. Which is why I particularly love masters swimming and, more to the point, Portland Parks Masters.

As a resident of the Columbia Gorge and a doc I am unable to make it to many meets. Yet when I do, I am readily welcomed back into the "family" that is masters swimming. Not that I can use it to my advantage in the pool mind you. Still I continually leave these venues with a warmth that extends farther into my life than the knowledge that I may have swum my best time or finally beat another competitor.

Did I mention my own family? The license plate of our car reads "6 SWMRS". We are a swimming family. As the titular head (used very loosely, honey) masters swimming lets me "walk the walk" for my children. It shows them that swimming is truly life long and I can introduce them to some of my heroes who swim in their seventies, eighties, and nineties.

One final thing. As both my gums and my hairline recede I find that I need variety to stay focused during a work out. 10x100 @ 1:30 numbs the mind. Currently I'm enjoying "variations on a theme" of a work out that Cindy Pemberton, Head Swimming Coach at Linfield College, wrote for Eli, our freshman there:

MINI-MIND GRINDER

Warm up: 300 swim-100 kick,
200s-200k,
100s-300k. Long warm-up so

use it to your advantage, Make some of it Drill if you want. Use fins for the kicks, practice balance in the long axis.

Tune-up: 8x25s @ :50
(1:00 intermediate, 1:10 fitness).
Main set: 8x25s @ :45 (:55 int., 1:05 fit.)
6x50s @ :45 (1:10 int, 1:20 fit)
4x100s @ 1:30 (2:20, 2:40)
2x200s @ 3:00 (4:40, 5:20)
1x400s @ 6:00 (9:20, 10:40)
downshift and step on the gas!!
1x400s @ 5:10 (8:00, 9:20)
2x200s @ 2:40 (4:00, 4:40)
4x100s @ 1:20 (2:00, 2:20)
6x50s @ :40 (1:00, 1:10)
8x25s @ :30 (:40, :50)

Still breathing? Good, breathing is good.

Cool down: 200 easy
Total: 5,000 yds !

Melt down: Malted beverage of choice preceded by LOTS OF WATER.

There are many variations on the above "theme". If 5K is too much, shorten the length or the number of repeats. Whatever you do, keep thinking ahead or you'll get lost.

My best to you and Christy,

Mike Pendleton
Hood River, Oregon

ol'Barn continued from page 6

Women: 45-49

Sandi Rousseau	5th	50 Fly	:36.46
	7th	200 Fly	3:37.59

Women: 50-54

Ginger Pierson	4th	50 Free	:32.58
	7th	100 Free	1:19.00
	6th	200 Free	2:55.17
	10th	400 Free	6:22.77
	10th	800 Free	13:21.66
	9th	1500 Free	25:25.43
	5th	50 Back	:41.11
	4th	100 Back	1:30.53
	6th	200 Back	3:24.45
	2nd	50 Breast	:40.00
All American	1st	100 Breast	1:30.64
	3rd	200 Breast	3:17.72
	6th	50 Fly	:38.01
	3rd	100 Fly	1:30.39
All American	1st	200 Fly	3:16.22
	2nd	200 IM	3:07.63
	3rd	400 IM	6:52.98

OB Note: In the 23 year history of Oregon Masters we have never had anyone place in all events!

Christine Clum	8th	50 Free	:35.44
	9th	100 Free	1:20.55
	5th	50 Breast	:44.51
	6th	100 Breast	1:36.89
Jayne Chastain	10th	100 Back	1:37.95
Alice Zabudsky	9th	50 Fly	:39.13
	6th	200 IM	3:21.03

Women: 60-64

Lavelle Stoinoff	3rd	50 Free	:36.69
All American	1st	200 Free	2:54.25
All American	1st	400 Free	6:02.20
All American	1st	800 Free	12:35.81
All American	1st	1500 Free	24:19.64
	7th	50 Back	:46.16
	2nd	100 Back	1:36.78
All American	1st	200 Back	3:21.76
	6th	100 Breast	1:48.59
	5th	200 Breast	3:43.57

OB Note: Lavelle = 5 X All American, this has not been done too many times by anyone, Lavelle has done it more than anyone in the USA.

Women: 70-74

Elfie Stevenin	8th	200 Fly	8:32.18
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Women: 80-84

Ada Hebert	9th	50 Free	1:11.45
	9th	100 Free	2:39.86
	9th	50 Back	1:30.70
	9th	100 Back	3:15.82
Helena Hoffman	2nd	200 Free	5:41.01
	6th	400 Free	11:58.51
	5th	200 Breast	7:25.29
	6th	100 Fly	3:55.23
	3rd	200 Fly	8:20.07
	7th	200 IM	7:05.73
	3rd	400 IM	15:03.50
Eva Muller	5th	200 Back	5:27.98
	4th	50 Breast	1:22.39
	6th	50 Fly	1:43.41
	3rd	200 IM	6:01.70
Women: 85-89			
Patience Miller	3rd	50 Free	1:04.39
	3rd	100 Free	2:30.78
	4th	50 Back	1:33.19
	3rd	50 Breast	1:37.15
	4th	50 Fly	2:11.56

Men: 19-24

Kevin Noah	8th	100 Free	:58.54
	4th	200 Free	2:10.45
All American	1st	400 Free	4:38.91
	4th	100 Fly	1:06.18
	7th	200 IM	2:32.83

Men: 25-29

Kyle Kimball	8th	200 Free	2:06.59
All American	1st	400 Free	4:25.17
	3rd	100 Back	1:04.35
	5th	100 Fly	1:01.02
	2nd	200 Fly	2:12.95
	5th	200 IM	2:18.99
Jay O'Connor	7th	400 Free	4:35.21
	8th	1500 Free	19:52.35
	6th	100 Fly	1:01.39
	5th	200 Fly	2:24.32
	4th	50 Back	:29.86
	8th	100 Back	1:05.57
	3rd	100 Fly	:59.66
Bill Zolna	1st	200 Fly	2:10.79
All American	1st	200 IM	2:14.32
All American	1st	400 IM	4:49.49

continued on page 10

ol' Barn continued from page 9

Phillip King	6th	200 Back	2:23.02
	6th	200 Breast	2:44.24
Men: 30-34			
Phillip King	2nd	100 Back	1:06.52
	2nd	200 Back	2:24.96
Men: 35-39			
Curt LaCount	4th	50 Back	:30.01
	6th	100 Back	1:06.33
Dave Burleson	5th	200 Back	2:25.87
Pat Allender	10th	100 Breast	1:16.76
	9th	200 Breast	2:49.87
Men: 45-49			
Robert Maestre	6th	50 Free	:27.40
Trevor Charlton	9th	400 Free	4:55.17
Steven Johnson	10th	800 Free	10:18.27
Allen Stark	4th	50 Breast	:34.41
	3rd	100 Breast	1:15.83
	2nd	200 Breast	2:49.96
Men: 50-54			
Robert Smith	9th	50 Free	:28.16
	4th	50 Back	:33.39
Men: 60-64			
George Thayer	9th	100 Back	1:30.17
All American	1st	50 Free	:28.75
	2nd	50 Breast	:39.59
	9th	50 Fly	:36.25
Arthur Welch	9th	200 Free	2:46.93
	5th	400 Free	5:55.77
	5th	800 Free	12:06.15
	8th	200 Back	3:29.20
David Radcliff	9th	400 Free	6:09.51
	2nd	800 Free	11:55.95
Dick Slawson	6th	100 Fly	1:34.67
	8th	200 IM	3:13.06
All American	1st	400 IM	7:03.76
Men: 65-69			
Eric Guest	8th	100 Fly	1:42.66
Men: 70-74			
Gil Young	10th	100 Free	1:26.96
	9th	200 Free	3:17.42
	8th	400 Free	6:55.02
	3rd	800 Free	14:41.55
	3rd	1500 Free	27:13.53
Men: 75-79			
Earl Walter	9th	100 Free	1:32.29

6th	200 Free	3:27.05
3rd	50 Back	:45.23
4th	100 Back	1:44.27
4th	200 Back	3:50.21
8th	100 Breast	2:04.51
7th	200 Breast	4:24.75
2nd	100 Fly	1:50.38
4th	200 IM	3:49.19
4th	400 IM	8:36.93
9th	200 Breast	4:39.19
5th	50 Free	:40.53
6th	50 Back	:55.50
7th	50 Breast	:59.76

Khosrow Shadbeh

Men: 80-84

Allan De Lay

RELAYS

Men 400 Free 240+ 2nd 5:03.64 George Thayer, Dick Slawson, Eric Guest, David Radcliff

MXD 400 Free 160+ 1st 4:47.56 All American Andree Kraker, Robert Smith, Stephen Warner, Sandi Rousseau

MXD 400 Medley 160+ 4th 5:25.87 Robert Smith, Andree Kraker, Stephen Warner, Sandi Rousseau

In summary, OB would like to again congratulate Ginger Pierson for her most remarkable performance in making Top Ten for all events.

Also let's summarize the 7 people who made All American (#1 in the USA): Ginger Pierson, Lavelle Stoinoff, Kevin Noah, Kyle Kimball, Bill Zolna, George Thayer and Dick Slawson.

Plus the AA Relay of Kraker, Smith, Warner and Rousseau. An excellent year!

In 1997 we have Short Course Nationals at Federal Way, just a hop, skip and jump away. Let's improve on 1996!

Oregon Masters Swimming Short Course Meters Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #377-03

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

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

Bend Masters Meet

DATE: March 9, 1997

Place: Juniper Aquatic Center

Bend, OR

5 lanes competition - electronic timing / 1 lane continuous warm up/down

Meet Director: Matt Mercer 503-389-7665 work 503-388-1952 home

Directions to pool: From Hwy 97 North or South, take Hwy 20, or Greenwood Avenue, east. Turn right on 6th Street and go south 2 blocks to pool.

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

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN FEBRUARY 22, 1997

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

NAME _____ 1997 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

USMS CLUB _____ (OREG, MACO, PNA, IEM, SAWS, etc.)

Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age groups: 79-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320-359. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M., 400, & 800 Frees will be deckseeded and all events will be seeded slow to fast.

SUNDAY MARCH 9

400 FREE (1) _____:_____._____

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

BREAK BREAK BREAK

FREE RLY (3/4) XXXXXXXXXXXXXXXX

50 BREAST (5) _____:_____._____

100 FLY (6) _____:_____._____

200 FREE (7) _____:_____._____

50 BACK (8) _____:_____._____

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

MXD FR RLY (10) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 BREAST (11) _____:_____._____

50 FLY (12) _____:_____._____

100 FREE (13) _____:_____._____

200 BACK (14) _____:_____._____

MED RLY (15/16)XXXXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 BREAST (17) _____:_____._____

200 FLY (18) _____:_____._____

50 FREE (19) _____:_____._____

100 BACK (20) _____:_____._____

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

MXD MD RLY (22) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

800 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 _____

MEET ENTRY FEE: \$9.00

Send form(s) and fee(s) payable to: OMS c/o Suzanne Rague 935 N.W. 170th Place Beaverton, OR 97006

OMS ASSOCIATION CHAMPIONSHIPS

Hosted by Rogue Valley Masters

APRIL 4, 5, 6, 1997

OFFICIAL RULES AND GUIDELINES

FRIDAY, APRIL 4:

5:00 pm	Warm-ups begin
5:45 pm	Check-in ends for 400 IM and 1650 Free
6:00 pm	Meet begins

Saturday, April 5:

8:00 am	Warm-ups begin
8:45 am	Check-in ends for Free Relay
9:00 am	Meet begins
100 IM	Check-in ends for Mixed Free Relay and 1000 Free

Sunday, April 6:

8:00 am	Warm-ups begin
8:45 am	Check-in ends for Medley Relay
9:00 am	Meet begins
Awards Break	Check-in ends for Mixed Medley relay and 500 Free

Seeding for distance and relay events will end promptly at these times and entry will be closed thereafter. There will be no exceptions for late entries or check-ins.

Team Scoring: There will be three team categories based on the number of participating swimmers from each team. On Saturday morning at 8:30am there will be a meeting of all team representatives to vote on the breakdown of the teams into categories. In the past, the breakdown has been: 1-9; 10-19; and 20 or more swimmers. Swimmers for LMSC's outside of Oregon are allowed to enter but are not scored in team competition.

Team Abbreviations: Please consult the "Teams" page in the back of the Aquamaster and use the full and official team abbreviation for the team with whom you wish to compete. No changes will be allowed. If this space is left blank, you will be entered as unattached.

Team Awards: Trophies for first, second and third place will be awarded for each team category along with the trophy for Overall Team Champion.

OMS Board Meeting: At the conclusion of Saturday's events, an OMS board meeting will be held in the hospitality room adjacent to the pool. All OMS members are welcome and encouraged to attend. If you have any specific issues you'd like to see on the agenda, please contact Eric Guest, OMS Chairman: 503 668-4465; or the meet director.

Pasta Diner: Rogue Valley Masters will host a buffet dinner at the Ashland Community Center on Saturday evening, April 5, beginning at 5:30 pm. The cost is \$9.00 per adult and \$4.50 for children under 12 and includes pasta, salad, dessert and non-alcoholic beverages. If you would prefer beer or wine, please feel free to bring your own.

T-Shirts: RVM will be selling two-color T-shirts commemorating this Association Championships for \$10.00 apiece. Please indicate size (M,L, or XL) and include the appropriate amount with your entry fee.

Lodging: There are several motels within a few blocks of the pool ---Timbers Motel (541 482-42142) and the Rodeway In (541 482-2641)--- with nightly rates from \$42.00. For additional lodging and housing information, please contact the Ashland Chamber of Commerce (541 482-3486) or the meet director.

Rogue Valley Masters is looking forward to welcoming all swimmers and their families to Ashland and the SOSOC pool this April. If you have any questions regarding the rules and guidelines for this meet, please contact the meet director, June Mather, by phone: 541 482-0610, or e-mail: esmather@jeffnet.org

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #377-05

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

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

Oregon Masters Association Championships

DATE: April 4-6, 1997

Place: Southern Oregon State College

McNeal Hall - Ashland, OR

5 lanes competition - electronic timing / 1 lane continuous warm up/down

Meet Director: June Mather 541-482-0610 (home)

Directions to pool: Take exit 14 off I-5 and turn right (west) onto Ashland St. Proceed one mile to Stadium Way and turn right. Go two blocks to Webster St, turn left and the pool is directly ahead.

WARM-UPS: FRIDAY 5:00 P.M.
MEET STARTS: FRIDAY 6:00 P.M.
WARM-UPS: SAT. & SUN. 8:00 A.M.
MEET STARTS: SAT. & SUN. 9:00 A.M.

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN MARCH 22, 1997

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

NAME _____ 1997 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

Your Local TEAM _____ (USE OFFICIAL TEAM ABBREVIATION - consult "Teams" page in this issue)

USMS CLUB _____ (OREG, MACO, PNA, IEM, SAWS, 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 6 individual events plus 4 relays. You may not swim more than 5 individual events per day. Enter relays at the meet. The 400 I.M., 500, 1000, and the 1650 Free will be deckseeded and all events will be seeded slow to fast.

SEE PREVIOUS PAGE FOR THE "OFFICIAL RULES AND GUIDELINES" FOR THIS MEET

FRIDAY APRIL 4

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

1650 FREE (2) _____:_____:_____

SATURDAY APRIL 5

FREE RELAY(3 / 4) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 BACK (5) _____:_____:_____

200 FREE (6) _____:_____:_____

50 FLY (7) _____:_____:_____

200 BREAST (8) _____:_____:_____

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

30 MINUTE AWARDS BREAK

MXD FR RLY (10) XXXXXXXXXXXXXXXX

200 BACK (11) _____:_____:_____

50 FREE (12) _____:_____:_____

100 FLY (13) _____:_____:_____

BREAK BREAK BREAK

1000 FREE (14) _____:_____:_____

Oregon Masters Board Meeting after 1000's on Saturday

SUNDAY APRIL 6

50 BREAST (15) _____:_____:_____

MED RLY (16 / 17) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

50 BACK (18) _____:_____:_____

100 FREE (19) _____:_____:_____

200 FLY (20) _____:_____:_____

30 MINUTE AWARDS BREAK

100 BREAST (21) _____:_____:_____

200 I.M. (22) _____:_____:_____

MXD MD RLY (23) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

500 FREE (24) _____:_____:_____

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 T-Shirt SIZE: M _____ L _____ XL _____ each @ \$10.00 = _____

Pasta Dinner (at Ashland Community Center Sat. 4-5-96 5:30 p.m.) Adult _____ each @ \$9.00 = _____

Pasta Dinner Child under age 12 _____ each @ \$4.50 = _____

MEET ENTRY FEE + \$13.00

Total enclosed _____

Send form(s) & fee(s) payable to: Oregon Masters Swimming c/o Suzanne Rague 935 N.W. 170 Place Beaverton, OR 97006



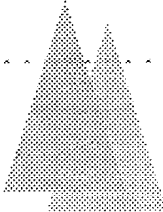
SWIM CLINIC

Back Care for Masters Swimmers

Featuring Bill Arthur and Robbie Johannesen
Physical Therapists with Over Forty Years Combined Experience in
Physical Therapy and Orthopedics for Sports

- ◆ **Date:** Sunday, February 23
- ◆ **Time:** 8:30a.m. - 12:00noon
- ◆ **Location:** Dishman Pool (503) 823-3673
77 NE Knott, Portland
The pool is in NE Portland approximately 1/2 mile north of Broadway
and is located one block west of MLK JR. Street - Near Emanuel Hospital
- ◆ **Registration & Continental Breakfast Social** begin at 8:00 a.m.
- ◆ **Cost:** \$20 includes breakfast and is limited to forty participants.
- ◆ **Special Video Taping Session:** additional \$12 - limited space

Are you interested in:

- ♣ **How to keep your back healthy for swimming?**
 - Prevent injury by learning about posture and body mechanics.
 - Increase your knowledge about basic body anatomy & swimming movement.
 - ♣ **If you injure your back, what can you do to take care of it?**
 - Learn how to keep yourself from aggravating a back injury.
 - ♣ **Swiss Ball Exercises?**
 - Experience functional exercises that promote core body strength and balance.
 - ♣ **Coaching and Demonstrations?**
 - Dry land and swimming drill practice stations facilitated by Oregon's best: Simone La Pay, Phil King, Bill Zolna, Tim Waud, John Zell and others.
 - Featuring swim drills in all four strokes that focus on proper swim posture. Additional practice stations include: Traditional Dry Land, Special Video Taping and Track Start Racing Dives.
- 



Registration & Information

Bill Arthur earned his Graduate Certificate of Physical Therapy from the University of Pennsylvania. As a multiple sport athlete, Bill has competed in the Canadian Iron Man and swims Masters in Vancouver, Washington.

Robbie Johannesen earned his Graduate Certificate of Physical Therapy from the University of Pennsylvania. Robbie favors the slopes and has extensive experience in skiing and working ski patrol.

Together with over forty years of experience in Sports Orthopedics and Physical Therapy. Bill and Robbie have treated the Portland Winterhawks, swimmers, runners, amateurs and other professional athletes.

Other Clinic Information: The clinic will be split into two parts. Part I will feature Robbie & Bill from 8:30 - 10:00 Part II will feature practice stations. You will want to bring clothes and gear for both dry land and pool activities. The stations will be 30 minutes in length with seven participants per station and you will rotate three times.
The special video tape session will be taped as follows: 75 yds swim filmed - feedback and viewing - three lengths drill - feedback - 75 yds swim filmed based on drill focus - feedback and viewing.

Return This Lower Portion

Please Send a Copy of your USMS Registration Card with this Form.

One-day registration will be available during registration for an extra fee.

NAME: _____ AGE: _____

ADDRESS _____ PHONE: _____

USMS REG.# _____

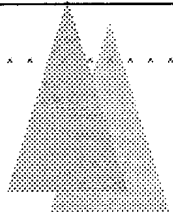
Choose your station priorities (write in the numbers 1 - 6 with 1 being your top pick. We will accommodate your choices as much as possible. If several choices are in high demand, we will duplicate stations. _____ FR _____ BK _____ BRT _____ FLY _____ TRACK STARTS _____ DRY LAND

Special Video Station _____ add \$12 to fee.

Please send your forms to: (Checks To: PPMSC c/o Linda Sharer 1232 SE 15th Ave. Portland OR 97214

Please Circle Total Enclosed: \$20 \$32(Yes! I want to participate in special taping session)

For additional information contact Simone La Pay, M.A. (503) 235-5502 ext 3



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 1997 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
Forest Grove / F.G. Dragon Masters		Chandra Haislet	359-3238
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	(360)546-0079

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #377-04

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

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

Mt. Hood Masters Meet

Place: Mt Hood Community College

Gresham, OR

5 lanes competition - electronic timing / 1 lane continuous warm up/down

Meet Director: Mike Conrath 503-669-7839 (h)

Directions to pool: Take I-5 or I-205 to I-84 east. Follow signs to Mt. Hood Community College.

DATE: March 15-16, 1997

WARM-UPS: SATURDAY 5:00 P.M.

MEET STARTS: SATURDAY 6:00 P.M.

WARM-UPS: SUNDAY 8:00 A.M.

MEET STARTS: SUNDAY 9:00 A.M.

All entrants MUST submit a PHOTOCOPY

OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARKED NO LATER THAN MARCH 1, 1997

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

NAME _____ 1997 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

USMS CLUB _____ (OREG, MACO, PNA, IEM, SAWS, 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 6 individual events plus 3 relays. You may not swim more than 5 individual events per day. Enter relays at the meet. The 400 I.M., 500, and 1000 Free will be deckseeded and all events will be seeded slow to fast.

SATURDAY MARCH 15

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

BREAK BREAK BREAK

50 FREE (2) _____ : _____ . _____

100 BREAST (3) _____ : _____ . _____

200 BACK (4) _____ : _____ . _____

50 FLY (5) _____ : _____ . _____

SUNDAY MARCH 16

1000 FREE (6) _____ : _____ . _____ *

BREAK BREAK BREAK

200 I.M. (7) _____ : _____ . _____

MIXED FR RELAY (8) XXXXXXXXXX

100 FREE (9) _____ : _____ . _____

200 BREAST (10) _____ : _____ . _____

50 BACK (11) _____ : _____ . _____

100 FLY (12) _____ : _____ . _____

BREAK BREAK BREAK

MIXED KICK RELAY (13) XXXXXXXXXX

200 FREE (14) _____ : _____ . _____

50 BREAST (15) _____ : _____ . _____

100 BACK (16) _____ : _____ . _____

200 FLY (17) _____ : _____ . _____ *

100 I.M. (18) _____ : _____ . _____

MIXED T-SHIRT RELAY (19) XXXXXXXX

BREAK BREAK BREAK

500 FREE (20) _____ : _____ . _____

*** SPECIAL IRON-MAN EVENTS Swimmers who enter and complete all three events will be eligible for special award.**

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: \$11.00

Send form(s) and fee(s) payable to: OMS c/o Suzanne Rague 935 N.W. 170th Place Beaverton, OR 97006

Coming Soon to
the *Aqua-Master!*

The Web Lane

Internet information for
Masters Swimmers

Web sites, articles,
and more.

Please help us get the ball rolling by e-mailing
your favorite swimming web sites to
the Aqua-Master editor

jzell@zephyr.net

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)

**Oregon Masters Swimming
Registration 1997**

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

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)

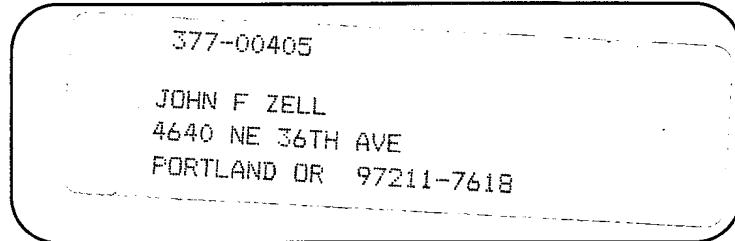
I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or 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

Aqua-Master

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Please advise the registrar of address changes

**In this issue: Back Care Clinic info, "A letter from Dr. Mike",
ol' Barn, Open Water News, & more.**

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

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