# 墨Aqua-Master 

# "Swimming - A Life 's Passion 

## 87 Swimmers welcome 2003 at the MAC



87 Swimmers started 2003 off in grand fashion at the MAC Club when they did $103 \times 50$ (yards or meters) on New Years day. Congratulations - you are ready for the 1 Hour Postal and the February Fitness Challenge.

## Inside for You

The CHAIR'S CORNER . . . . . . . . . 2
Get Fit . . . . . . . . . . . . . . . . . . . . . . . . . . 3
Take the Plunge . . . . . . . . . . . . . . . . . 4
Long Distance . . . . . . . . . . . . . . . . . . . . 5
February Fitness . . . . . . . . . . . . . . . . . 6
Entry Blanks
Association . . . . . . . . . . . .8-10
Eugene11

Animal Meet Results . . . . . . . . .12-13
2003 Team Registration .......... 14
2003 Individual Registration . . . . . 15
Schedule . . . . . . . . . . . . . Back Cover

Valentine's Day is Coming
We tove our

swimmers
in Oregon

But if you do not RENEW your membership
this will be your last Aqua-Master

The people behind O.M.S. Inc.
Chairman of the Board
Jeanne Teisher 7305 SE Hyland Ct.
Beaverton, OR 97008-(503) 574-4557 jteisher@easystreet.com
Jeanne.Teisher@nike.com
Vice Chairman/Sanctions Sandi Rousseau 4179 Willow Flat Road Hood River, OR 97031 - (541) 354-2580. swim@gorge.net

## Secretary

 Nancy Radcliff5832 SE Woll Pond Way
Hillsboro, OR 97123-(503) 648-7141
therads@attbi.com

## Treasurer

Suzanne Rague
935 N.W. 170th Place
Beaverton, OR 97006-(503) 531-9051
Suzrague@aol.com

## Registrar

Darlene Staley
8590 SW Charlotte Drive
Beaverton, OR 97007-(503) 642-3586 dstaley@pcc.edu
Aqua-Master Editor
Dave Radcliff
(503) 648-7141
therads@attbi.com
Data Manager(for swim meets) Gary Whitman
11015 NE Mason St.
Portland, OR 97220•
(503) 255-3657
all5reds@msn.com
Officials (for swim meets)
Gary Wallis
(503) 524-3660
wallis@ci.wilsonville.or.us
Host / Social
Ginger Pierson
gingerp@qwest.net
Fitness Co-Chairs
Sara Quan
squan01@earthlink.net
Jani Sutherland
Safety
Jody Welborn
jowelb@teleport.com

## Coaches

Steph Turner (503) 223-6521 x226
STurner@themac.com
Awards
Pam Himstreet
(541) 385-7770
himstreet@bendcable.com
Historian
Earl Walter
(503) 738-3763
oldbarn@seasurf.net
Records
Bert Petersen
bert5999@msn.com
Membership
Kristin Brooks
(541) 382-3337

BendBrooks@aol.com
Long Distance
Bob Bruce bobbruce13@attglobal.net H(541) 317-4851 W(541) 389-7665

## Web Master

Rich Minter
webmaster@swimoregon.org
Top Ten
Sprint
Robert Smith
(503) 639-4505
dobbssmith@attbi.com
Past Chair
Suzanne Rague
Suzrague@aol.com

## Chair's Corner by Jeanne Teis her

## Introducing - STEPHANIE TURNER

About three months ago Bob Bruce resigned as Chair of the OMS Coaches Committee. Until four years ago there was no Coaches committee for Masters coaches in Oregon. That is, not until Bob came along. Bob has been responsible for developing the Host Coach or Coach-onDeck program, coordinating coaching clinics for our membership as well as the Coach-atNationals selection process, and writing excellent articles for the Aqua Master. Bob has done an excellent job of setting the groundwork for the Coaches Committee and a new Chair.
At the OMS board meeting in December, the board unanimously approved of Stephanie Turner as the new Coaches Chair. Steph has a long history with swimming, which includes over 20 years of coaching at every level from 8 and under kids to Olympians, Masters to Special Olympic athletes. She has coached in three different LSCs and has served as President of the USS coaches association in the Ohio LSC. Currently she coaches the Masters swim team at the Multnomah Athletic Club in Portland.

In Steph's letter of interest to the board for the Coaches Chair's position she stated she was interested in sharing, with the Oregon coaches, some of her ideas, which have been generated from her years of experience with the various LSCs. She is also looking forward to becoming more involved, not only as a swimmer, but as a volunteer to help generate interest in Oregon
 Masters swimming.
On behalf of the OMS board and membership - WELCOME, Steph!
On another topic, CONGRATULATIONS to Ken Schuh and the other Canby volunteers for organizing such a fun and well run Animal Meet, December 27. Those who participated are still talking about the great time they experienced. I hope you plan to host the event again later this year.
Also, hats off to the 87 swimmers at the MAC and 35 swimmers at COMA who brought in the New Year by swimming lots of 50s (or 25 s ). That's a lot of Oregon swimmers starting the New Years off right. Let's also not forget that a great deal of time and effort went into organizing the events. Thank you volunteers.
Until next month, happy swimming.
Jeanne
United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. lt 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 respon sibility 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 neces sarily those of United States Masters Swimming Inc. or Oregon Masters Swimming.
Aqua-Master is the official publication of Oregon Masters Swimming, Inc. 1211 SW Fifth Ave. Portland, OR 97204-3795.
It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact June Mather for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for $\$ 12.00$ payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc.


## Fast Food...if you gotta have it, have these!

The Center for Science in the Public Interest has just released a new report on the best and worst fast foods. If you find yourself traveling to a lot of pool meets this winter and need to eat on the run here are their top five choices:

1. Subway's seven low-fat subs. Calories: a 6 inch low-fat sub ranges from 200 to 300 calories including lettuce, tomatoes, onions, preen peppers, olives and pickles. The seven choices include roasted chicken breast, sliced ham, roast beef, Subway club, turkey breast, turkey breast and ham, and the veggie delight.
2. Burger King Chicken Whopper Jr. Calories: 350. Make sure it's a junior. A regular Chicken Whopper increases the calories to 580 . The junior Whopper is actually a regular size sandwich.
3. Wendy's Mandarin Chicken Sandwich. Calories: 420. Leave off the Oriental sesame dressing to lower the calorie content even more.
4. McDonald's Fruit ' $n$ Yogurt Parfait. Calories: 380 with granola, 280 without granola. You'll get plenty of nutrients in this low far vanilla yogurt and berry treat and only 2 grams of fat.
5. Burger King Veggie Burger. Calories: 330. The BK Veggie Burger is the first meatless sandwich made of vegetables and grains in the fast food market. It has only 2 grams of fat and if you hold the mayo you'll eliminate even more fat and calories.

## Carbohydrates Re-Visited!!

Once again carbs are getting a bad rap with the new message being eat more fat and protein and less carbs to lose weight. But excess carbohydrates are not to blame for weight gain. Excess calories are!! To lose weight you must burn more calories than you eat.
According to numerous studies a low calorie diet that is full of fiber rich foods such as fruits, vegetables, beans and whole grains is the key to losing weight and keeping it off. These fiber rich foods are also high carbohydrate foods and they help keep hunger away. Beware of high carbohydrate foods such as fat free cookies and other sweets. Foods with a high sugar and low fiber content can actually trigger
hunger pangs.
Arecent study verified that people who eat approximately 55 percent of their calories from carbohydrates have a lower calorie intake and weigh less than people who get just 40 percent of their calories from carbohydrates. People who eat a low carb diet tend to eat more fat. And fat has twice as many calories per gram as carbs do so it's easy to exceed your needs.
To lose weight, eat a lower calorie diet with at least half of your calories coming from high quality carbohydrates. The new government guidelines are 45 to 65 percent of calories from carbohydrates, 20-35 percent from fat and the rest from quality protein sources. The new guidelines have ranges instead of specific amounts to account for family histories (heart disease, diabetes and other chronic diseases).

An active swimmer needs 2 to 5 grams of carbohydrates for every pound of body weight.
Not all nutrients are listed on food packages. You can find out more info on 6000 different foods at the U.S. Department of Agriculture's online database at www.na.usda.gov/fnic/foodcomp/.

## February Fitness Challenge Notes



Hopefully everyone is participating in their own version of February Fitness Challenge, whether it is to swim every day or challenge yourself to a new PR for yardage. Sara and Jani are participating, each in their own way. Jani will be seeing how much she can kick due to rotator cuff/impingement surgery and Sara is swimming mega yardage/meterage at least once a week.
Don't forget other fun events, the Check Off Challenge and the Virtual Swim Series!

## "Take the Plunge" with Steph Turner, Coaches Rep

I am writing my first Aquamaster column with very little idea about what direction this column will take. I am quite certain it will transform as I get my feet wet. At the outset, I wish to thank Bob Bruce for all his help making my transition to this position a smooth one. I only hope I can enlighten and entertain you as much as Bob has with his Aquamaster column these last few years.
I will begin by introducing myself to all of you. I am the new coaches representative to the Oregon Masters Board. I am currently the Head Masters Coach at the Multnomah Athletic Club in Portland. I have been at the MAC for a little over one year. Before the MAC, I coached swimming for a year at the Eugene City Swim Club; for 6 years with the Cincinnati Marlins; and for 4 years with Swim Rhode Island at Brown University. There were some smaller stints in there too, at several high schools and a YMCA team early on. I have learned something from everywhere I have been and am enjoying learning much more about Masters Swimming in Oregon.
As I write this, many of you are readying for the upcoming association championships so I thought I would offer some "Top Tips to a Terrific Taper" for the month of February.

1. Be positive. During taper time, things will fluctuate. Your speed will vary, your energy may be erratic, and you may begin to question your training. If you have done the work, put the time in, have confidence in your taper. The most you can do right or wrong during a taper lies between your ears. Keep positive affirmations around your house. Remind yourself of the countless hours and sacrifices you have made to prepare for this meet. This is the single MOST important thing you can do for yourself during taper.
2. Do not pay to much attention to times. If necessary, take the clock or stopwatch out of the picture. Do not time yourself during taper if slower times tend to make you feel defeated. This is a very individual thing. Some are motivated by knowing times, while others feel dejected if they are not as fast as they think they should be. Use your body clock to determine the proper amount of rest or recovery it needs.
3. Taper your dryland accordingly. Last year before nationals, I had a certain "ironwoman" who continued to run, bike, and lift weights all the while she was "tapering" her pool workouts. This included running up Diamond Head the morning of her big breaststroke event! Needless to say, she did not get the results she hoped for in the meet. Your dryland needs to taper off in direct proportion to your pool workouts. Several weeks out of your meet scale back the number of reps and the amount of weight you lift. Then gradually, and that word is key, gradually drop off to no dryland at least a week to 10 days out of the big meet.
4. Do not make drastic changes to your normal routine.

This month's quote: The true definition of Determination: "There's a lot of pain and sacrifice involved in competing at this level. Many days I've felt sore, burnt out, left out socially. Sometimes it is really hard to keep pushing yourself. Then, I look at the places I've been and the things I've accomplished and I realize the only reason I've done it is because I was willing to pay the price. So I go back to the pool and I pay it again."-Tom Dolan

Taper time is not the time to take up skateboarding, begin the Zone diet, or decide to run for president. Most of that stuff can wait a few weeks until after the big meet. Your body needs to be adjusted to sleep and wake patterns. Rest and normalcy is important.
5. Pay attention to stroke work and drills. Perfecting stroke work is vital now. You should feel relaxed, smooth and automatic.
6. Starts \& Turns. A few tenths of a second can help make the difference between a medal, a place in the top 10 or a place in the stands. React quickly, think about your streamlines and get aggressive of the blocks.
7. The Bottom Line - Be Smart, There are things that coaches can control and there are things that we cannot! How much do you want to achieve your goals? The best coach in the world can have the perfect training program during the season, devise a brilliant taper plan, but if you do not do your job outside the pool during the taper then all the time and effort is wasted. Do not forget the essence of why you worked hard these last 7 months.
These are just a few tips I hope will help you achieve success in the upcoming championships. If you would like more info on taper or other aspects of training, please feel free to call me at 503-223-6251x226 or e-mail sturner@themac.com
Whew! Not too bad for my first venture at this! If you have ideas for other columns or things you would like me to write about in future columns please write at the above e-mail address. I welcome your input. Best of luck at the upcoming meets. Steph Turner

## LONG DISTANCE SWIMMING

## BOB BRUCE - LONG DISTANCE CHAIR

## New Years Day

Congratulations to all of the swimmers who started the year 2003 out with a "long distance" swim. 87 brave souls showed up at the MAC Club and did 5150 Yards or Meters. Steph Turner, the new Coaches Rep, did an outstanding job of organizing this swim. There were 20 trivia questions, one for every 5 fifties. Special music from each of the last 10 decades was played. Every 10 fifties a new musical theme from one of the decades would be played. Special thanks to all of the MAC swimmers who helped to make this a success.
Bob Bruce, the Long Distance Chair, sent this report from Bend.
"Thirty-five swimmers participated in the COMA Metric Birthday Party at the Juniper Swim \& Fitness Center in Bend on New Year's Day. Everybody has a birthday on January 1st, so naturally--in the best COMAtradition--we celebrated! Swimmers started at 10:00am with the standard $100 \times 50$ on various intervals. The cake was cut and sodas poured at noon, followed by three eagerly-awaited raffle drawings. There were ten winners in the COMAmember prize drawing (a transparent ruse to get folks to

| Oregon Postal Series Results 2002 |  |  |  |
| :---: | :---: | :---: | :---: |
| Women 35-39 |  |  |  |
| 1 Kristin Brooks | 37 | COMA | 39 pts |
| Women 40-44 |  |  |  |
| 1 Joni Young | 41 | SCC | 48 pts |
| Women 45-49 |  |  |  |
| 1 Mary Sweat | 45 | COMA | 56 pts |
| Women 50-54 |  |  |  |
| 1 Jani Sutherland | 53 | COMA | 56 pts |
| Men 35-39 |  |  |  |
| 1 Rob Higley | 37 | COMA | 37 pts |
| 2 Dave VanDerZwan | 39 | SOM | 27 pts |
| Men 50-54 |  |  |  |
| 1 Steve Johnson | 54 | EA | 56 pts |
| 2 Jim Teisher | 52 | THB | 33 pts |
| 3 Jed Cronin | 53 | THB | 27 pts |
| 4 Bob Bruce | 54 | COMA | 22 pts |
| Men 60-64 |  |  |  |
| 1 Brent Lake | 64 | COMA | 46 pts |
| 2 Tom Landis | 60 | COMA | 42 pts |
| Men 65-69 |  |  |  |
| 1 David Radcliff | 68 | THB | 56 pts |
| Men 75-79 |  |  |  |
| 1 Ray Allen | 75 | SOM | 42 pts |

pay their nominal annual membership fee on time); the hottest items were the gift certificates for the Bend Brewing Company, a very popular team sponsor! In the JSFC-participant drawing, Laura Schob \& Tom Landis won free one-month facility passes, thus obligating them to improve their recent practice attendance. The final raffle determined the winner of the Pampered Practice--on January 11 th, this lucky soul selects his or her favorite practice for everyone to do, gets chauffeured to the pool in a limo (or the Bend equivalent), is taken and treated to breakfast for two at a local fine eatery of choice, transported home, and receives a long relaxing massage. This year's deserving winner was Mike Tennant, showing once again the importance of purchasing the majority of the raffle tickets. Well done, everyone!"
Now keep this great attitude going and do the 1 Hour Postal Swim and follow this up with the February Fitness Challenge. Not only will you be ready for the Association Meet in March but you will have a great jump on the Open Water Season. Every one who swam on January 1st did 5000 , so you are all ready for the National 5 K Open Water Championship at Elk Lake this summer. Plan on being there.

| Open Water Swimming |
| :--- |
| Open water swimming is never boring. Whether you are an |
| accomplished swimmer or a first timer, there is never the |
| ssame" open water swim. Variables are always changing such |
| as water temperature, air temperature, currents, river speed, |
| wind, waves, not to mention a lot of bodies starting at the same |
| time and trying to get to the same end point. Here are a few |
| pointers, which help alleviate some of your race morning anxi- |
| eties. |
| Know how to swim correctly: Proper stroke technique can |
| only help. The more efficient you are in the water, the less ener- |
| gy you use to get to a certain point at the same rate of perceived |
| effort. |
| Know the swim course: Check out the course so you will |
| know where you are going. Warming up on the course is also |
| beneficial. Look for landmarks to help your orientation while |
| racing. |
| Pre-start: Try to get in the water to warm up and loosen the |
| muscles |
| Know where to start: Two good places are on the sides or in |
| the back. If you start in the middle at the front, then you should |
| be a good swimmer or else you are a masochist wanting to |
| "toughen up." |
| Drafting:You can save up to $30 \%$ of energy used by drafting |
| off of another swimmer. |
| Congrats...you have finished the swim! |

## Open Water Swimming

Open water swimming is never boring. Whether you are an accomplished swimmer or a first timer, there is never the "same" open water swim. Variables are always changing such as water temperature, air temperature, currents, river speed, wind, waves, not to mention a lot of bodies starting at the same time and trying to get to the same end point. Here are a few pointers, which help alleviate some of your race morning anxieties.
Know how to swim correctly: Proper stroke technique can only help. The more efficient you are in the water, the less energy you use to get to a certain point at the same rate of perceived Know the swim course: Check out the course so you will know where you are going. Warming up on the course is also beneficial. Look for landmarks to help your orientation while racing.
Pre-start: Try to get in the water to warm up and loosen the muscles
Know where to start: Two good places are on the sides or in the back. If you start in the middle at the front, then you should be a good swimmer or else you are a masochist wanting to "toughen up."
Drafting: You can save up to $30 \%$ of energy used by drafting
Congrats...you have finished the swim!

# February Fitness Challenge 2003 

Host: Tualatin Hills Barracudas, Beaverton, Oregon

Purpose: To promote fitness through aquatics by encouraging participants to visit the pool regularly and to track results over a monthly period.
Rules \& Eligibility: Use of training aids and equipment IS permitted. You must be at least 18 years of age.
Three Challenges: We have three challenges: 1) count your yardage; 2) count your days; and 3) count the number of people in your group.
Group Participation: To be eligible for one of the top Group Participation Awards, groups must send entries together, in one packet. Groups may consist of individuals who do either challenge. Please specify the group name and contact person. There is no additional fee.
Recording Results: Beginning February 1, 2003, record on the form below: either the number of yards completed each day (for lap swim, jog-a-lap, etc.), AND/OR the number of days you visit the pool for an aquatic fitness activity (e.g. water aerobics, etc.). PLEASE BE AS ACCURATE AS POSSIBLE!
Conversions: To convert meters to yards for yardage counting, add $10 \%$ to the meter distance to obtain the yard distance.
Monthly Totals: At month's end, add daily results to obtain monthly total.
Caution: Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

Age Groups: 18-24, 25-29, 30-34....etc., (in five-year increments). Age is determined by your age on February 28, 2003.
Awards \& Results: All participants receive final results and an achievement certificate. Three female and three male swimmers in each age group with the highest monthly yardage totals receive awards. A special FFC pin will be given to every swimmer who swims each day. Please allow at least 30 days after deadline for mailing of results and awards.
Group Awards: The top three groups with the largest number of participants will receive special awards. The group with the top total yardage will receive a special award.
Entry Fee: $\$ 8.00$ for one individual challenge. Select either "Counting Yardage" or "Counting Days" on the form (below). If you would like to do both individual challenges, select "Both" and add $\$ 4$ to your entry fee. All fees payable to Tualatin Hills Barracudas.
T-Shirts \& Caps: $\$ 14.00$ for short sleeve, $100 \%$ cotton T-shirts, with the 2003 Fitness Frog. Custom Latex swim caps with frog logo available for $\$ 4.00$.
Entry Deadline: Entries must be RECEIVED by March 14, 2003. Late entries will not be accepted.
Entry Procedure: Send form below and fees to:
February Fitness Challenge
16055 SWWalker Road \#126
Beaverton, Oregon 97006
e-mail: FebFitness@swimoregon.org
web page: http://www.barracudas.org
International Entries: $\$ 8.00$ additional postage fee required; mail early to ensure arrival by entry deadline.

February Fitness Challenge 2003: Entry Form (please Print)

| NAME: |  |  |
| :---: | :---: | :---: |
| ADDRESS: |  |  |
| ZIP | COUNTRY |  |
| E-MAIL |  | NAME OF GROUP |

RESULTS ___Electronic results via email address listed above
Select Your Challenge(s) (please check one): 1) Counting Yardage $\qquad$ Yards/Days

| Sat Feb 1 |  |
| :---: | :---: |
| Sun Feb 2 |  |
| Mon Feb 3 |  |
| Tue Feb 4 |  |
| Wed Feb 5 |  |
| Thu Feb 6 |  |
| Fri Feb 7 |  |
| Sat Feb 8 |  |
| Sun Feb 9 |  |
| Mon Feb 10 |  |


| Tue Feb 11 |  |
| :---: | :---: |
| Wed Feb 12 |  |
| Thu Feb 13 |  |
| Fri Feb 14 |  |
| Sat Feb 15 |  |
| Sun Feb 16 |  |
| Mon Feb 17 |  |
| Tue Feb 18 |  |
| Wed Feb 19 |  |
| Thu Feb 20 |  |

MONTHLYTOTALS = $\qquad$ YDS DAYS

Signature: Date
(I attest that the above results are accurate and true)
_AGE(as of 2/28/03) $\qquad$ SEX: STATE PHONE
P

## ___Paper results via US Postal

2) Counting Days__ 3) Both $\qquad$ Yards/Days Yard/Days
Tue Feb 25
Wed Feb 26_-_
Thu Feb 27
Fri Feb 28
 (please make checks payable to Tualatin Hills Barracudas)

## Top Ten Swimmers

As you have heard, OMS has to pay $\$ 5.00$ more to USMS this year for each member. This is due mostly to rising insurance rates. OMS has passed only $\$ 3$ of this fee on to its members. Since cuts had to be made, the Board voted to eliminate free Top Ten Patches. You will not be receiving a Top Ten patch at the banquet this year but will get a beautiful program with your name in it as a Top Ten Achiever. If you want a patch you may purchase them from USMS. The lists for SCY and LCM are on the USMS website and SCM will be out in February. To order USMS Top Ten patches, write to Thomas Gorman and give the following information: Your name, age, sex, year placed on list, the course (SCY, LCM, SCM) and the event or events. If placing in any relay event, be sure to include the above information, plus team name. Each patch comes with a stroke, or a relay, segment and costs five dollars. You may order extra segments for $\$ 1.25$ each. Make check or money order payable to "Lake Erie LMSC". Mail to: Thomas Gorman, 3369 Desota Avenue, Cleveland

Mark Your Calendar for Blossoms in the Hood River Valley!

## April 26-27, 2003

Columbia Gorge Masters and the Hood River Valley Swim Team will be hosting the Northwest Zone Masters Short Course Yards Championship April 26-27, 2003. This will be the first Masters meet in the Hood River Valley Aquatic Center pool which is 25 yards x 25 meters ( 10 lanes SCY and SCM) plus a warmer therapy pool for those aching and cold bones!
The Masters competition will be in conjunction with a USA-Swimming meet on Saturday AM with the Masters competition on Saturday afternoon and Sunday. If your Masters team is associated with a USA-Swimming team, you can bring both groups and cheer the others to great swims.
This is an exquisitely gorgeous time in the Hood River Valley with blossoms galore on the pear and apple trees. Plan to bring the family, spend the entire weekend, and enjoy some of the valley's attractions. If you need information about the meets, contact Shelly Rawding at 509-4934679 or hrvst_coach@hotmail.com. If you need information about area attractions, please contact the Hood River County Chamber of Commerce at hoodriver.org or 1-800-366-3530.

## Whose Plate?



License Plate \# 2. Last month we featured the license plate of that great flyer, Bert Petersen. Congratulations to all of you who emailed in the answer. Anne Schmidt sent in the first correct answer. Who will be first this month? Also we really need some more pictures of license plates. Please email answers and jpg pictures of license plates to the Aqua Master Editor. therads@attbi.com

## DIG DEEP

Coaches often tell their young swimmers to "dig deep" when referring to a challenging race. It is time for Masters to "dig deep." After receiving help from a few of you, back OMS records are starting to appear but several are still needed for archiving purposes. Pull out those old boxes of paper work, clean your garage/closet by donating those records to Ginger Pierson. (She will make copies if you want them returned). You can transfer those records by email at gingerp@qwest.net or forward them to 8417 NE 16th St Vancouver, WA 98664 or see her at most meets. The following is an updated listed of needed records:

| SCY | LCM |
| :--- | :--- |
| 98 | 01 |
| 94 | 97 |
| 90 | 91 |
| 81 | 90 |
| 80 | 88 |
| 78 | 86 |
| 74 and earlier | 82 |
|  | 80 and earlier |

## SCM

01

## SGO(St Games)

00
99
97
90
88
87
86 and earlier

## ASSOCIATION BANQUET

## This year's St. Patrick's Day theme banquet promises to be more than just food and awards.

- Celebrity Speaker/Video: Not only will there be a celebrity speaker, but also a video of the swimmers who swim on Friday and Saturday. That, in itself, should be entertaining!
- Door Prizes: There will be numerous "door prizes", so it is likely you will walk away from the ban quet a "winner."
- Awards: Of course, there will be the awards. If you earned All American status for 2002 or receive one of the OMS annual awards, you will be presented with the award at the banquet. If you placed in the Top Ten (individual or relay), earned All American, or broke a National or World Record, your name will be in the banquet program for you to treasure long after you go home.
- Buffet Options: Pasta Bar with meat orAlfredo sauce, chicken fajitas, salad, garlic bread, dessert, and unlimited beverage. For $\$ 15.00$, including gratuity, you get to be part of the entertainment, dinner, awards, door prizes, a keepsake program, and hear a fantastic guest speaker inspire you to great things!
- Jacuzzi: The banquet will be held at MAC after Saturday's events so there should be some time to enjoy a relaxing Jacuzzi. What a HOT idea!
- Parking: Since you will already be at the meet and will have parked your car, the elevator instructions for finding your way to the banquet room will be easy to follow from the pool.
- Prepaid Reservation: Your $\$ 15.00$ must be PREPAID with your entry, as a reservation will be held just for you. (This applies to children as well.) Sign up soon so you don't miss out on the extravaganza. It will be unforgettable!


## Association Champs Hotel Information

House Our Swimmers Tonight (HOST) - Call Ginger Pierson (360) 253-5712 or gingerp@qwest.net Stay at a swimmer's house during the meet and make a new friend. Ginger will try to line you up with another swimmer willing to host you during the meet. Leave information about yourself (name, date/time of arrival, phone number) and she will connect you with someone in the Portland area that is willing to accommodate you.

Silver Cloud Inn 2426 NW Vaughn (503)242-2400 or (800)205-6939 \$75 noc plus tx 1K/2Q beds, breakfast, parking. Identify yourself with code: OMS Champs

Holiday Inn Express 2333 NW Vaughn (503)221-0060 or (866)492-1100 $\$ 85$ noc plus tx breakfast, Jacuzzi, parking, refrigerator: Identify yourself with code: OMS Champs

La Quinta 4319 NW Yeon (503)497-9044 \$59 noc Queen / 2 beds $\$ 69$ noc. Identify yourself with code: OMS Champs

Directions to the three hotels listed: I-5 north or south // exit 302B (405) to Vaughn Street exit // Silver Cloud is on the left and the Holiday Inn is on the right. The La Quinta is a couple more blocks west on Vaughn off of Yeon.

## OMS Association Championship

March 14-16, 2003
OFFICIAL RULES AND GUIDELINES

DISTANCE EVENTS CHECK-IN DEADLINES<br>Friday, March 14, $\mathbf{4 0 0}$ I.M. - 2:30 p.m., 1650 Free - 3:00 p.m.<br>Saturday, March 15, 1000 Free - Between the start of the 100 IM and the start of the 200 Fly Sunday, March 16, 500 Free - 8:30 a.m.

RELAY ENTRIES DEADLINES
Saturday, March 15, Free Relay - 9:15 a.m.
Mixed Medley Relay - By the end of the 100 Back
Sunday, March 16, Mixed Free Relay - By the end of the 100 Fly
Medley Relay - By the end of the 100 Free

## SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY. AT THE TIMES LISTED ABOVE, THE EVENT WILL BE OFFICIALLY CLOSED. THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.

TEAM SCORING: There will be three team categories based on the number of "entered" swimmers from a team. Only teams registered by February 21, 2003, will be able to score points. There will be a meeting of all the team representatives on Saturday morning at $8: 45 \mathrm{a} . \mathrm{m}$. to vote on the breakdown of the teams into these three categories. At this meeting we announce the number of swimmers entered per team and look for the "natural breaks" in those numbers. For example, we have used as a guideline the groupings of $1-9,10-19$, and 20 or more swimmers. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. Team names and abbreviations are listed on the 2003 OMS registration form in this issue of the Aquamaster. Someone from your team must register the team for 2003.

The team registration form is included in this issue. Please make sure your team is registered.
As of January 7, 2003, there were 12 teams registered. They are:

| Albany Masters . . . . . . . . . . . . . . . . . . . . . . . ALB | Oregon Wetmasters ............................OWET |
| :---: | :---: |
| Central Oregon Masters. . . . . . . . . . . . . . . . COMA | Pendleton Masters. . . . . . . . . . . . . . . . . . . . . PEND |
| Columbia Gorge Masters . . . . . . . . . . . . . . . . . CGM | Portland Aquatics Club ..................... PAC |
| LaCamas Aqua Master . . . . . . . . . . . . . . . LCAM | Southern Oregon Masters . . . . . . . . . . . . . . . . . SOM |
| Multnomah Athletic Club. ................... MACO | Tigard Tualatin Masters . . . . . . . . . . . . . . . . . TTM |
| No. Clackamas Masters Swimming. . . . . . . . . . . . NCMS | Tualatin Hills Barracudas . . . . . . . . . . . . . . . THB |

> What you write down on your entry form is your team designation for the meet and no exceptions will be allowed.
> If you leave this Local Team space blank you will be entered as the team
> listed on your 2003 USMS card for scoring purposes.

TEAM AWARDS: Awards for First, Second, and Third Place will be awarded for each team category

## Oregon Masters Swimming Association Short Course Yards Championships

Eligibility: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 2003 registration form and fee with this form.

| Hosted by: | Multnomah Athletic Club <br>  <br>  <br>  <br> Portland, SW Salmon St. |
| :--- | :--- |
| Pregon |  |

## DATE: Fri., Sat. \& Sun.-March 14-16, 2003

## Friday: Warm-ups: 2PM • Meet Starts at 3pM

Saturday: Warm-ups: 8am • Meet Starts: 9am Sunday: Warm-ups: 8am • Meet Starts: 9am

## Meet director: Bob Kabacy•Phone: 503-245-8122•E-mail rkabacy@kelrun.com

Directions to the pool:SOUTHBOUND - Take I-5 to I-405 South. Take the Burnside exit, go straight on that street (15th) to Salmon, turn right, go through stoplight at 18 th, MAC club is on the right, and parking garage is on the left. NORTHBOUND - Take I-5 to I- 405 North, Take the Salmon

St. Exit. Merge onto 14th St. Go one block and turn left onto Taylor. Turn left onto 17th.Proceed on 17th to Salmon. Turn right onto Salmon.
All entrants must submit a photocopy of their CURRENT USMS registration card or 2003 registration form with this entry.

## ENTRY DEADLINE: POSTMARK NO LATER THAN FEbruARy 21, 2003

\& FILL IN LOWER PORTION COMPLETELY
Return lower portion
Name
Address
City
State__ ZiP
Рhone


E-mail
Age groups: $19-24,25-29,30-34$, etc. up to $100+$. Relay age groups: $19+, 25+, 35+, 45+, 55+, 65+$ and $75+$. You may enter a maximum of 6 individual events plus 4 relays with no more than 5 individual events per day. Enter relays at the meet. Only 200 yard relays will BE CONTESTED AND COUNTED FOR TEAM POINTS. THE 400IM, 500, $1000 \& 1650$ FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE REGARDING CHECK-IN CLOSING TIMES FOR THESE EVENTS AND FOR RELAYS. All EVENTS WILL BE SEEDED SLOW TO FAST. SHOULD IT BE NECESSARY, TWO PER LANE MAY BE REQUIRED FOR THE 1000 FREE DEPENDENT ON THE MEET SIZE AND TIMELINE. SEE GUIDELINE PAGE FOR MORE INFORMATION. Y OUR TEAM MUST BE REGISTERED FOR 2003 IN ORDER TO SCORE POINTS.

## Friday, March 14, 2003



200 MIXED MEDLEY REL
1000 FREE*
(13)

Association/Awards banQuet
ASSOCIATION/AWARDS BANQUET not both
, edge that I am aware of all the risks inherent in Masters Swimming (training \& 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, HOSTS 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

Association/Awards Banquet • Saturday Evening \$15.00 (all ages) ___each @ \$15.00

Date
AWARDS BANQUET MEET ENTRY FEE TOTAL ENCLOSED

Sunday, March 16, 2003
500 FREE (14)

| Break- 20 minute warm-up |  |
| :---: | :---: |
| 100 FLY | (15) |
| 200 BACK | (16) |
| 50 BREAST | (17) |
| 200 I.M. | (18) |

200 MIXED FREE RELAYS (19)

$\qquad$
 200 MEDLEY RELAYS (23-24)

* You may enter the 1650 Free or the 1000 Free, but


# Emerald Aquatics Short Course Yards Meet has been cancelled. 

Watch the calendar for a meet at the Nike Pool in Portland on April 6th

## Results - Animal Meet - Canby - December 27, 2002



| * = Oregon Record |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Women 30-34 |  |  |  |  |
| 500 Yard Freestyle |  |  |  |  |
| 1 | Smith, Rondamarie |  | PNA | 5:59.74 |
| 2 | Moore, Alison | 32 | OREG | 6:34.56 |
| 100 Yard Butterfly |  |  |  |  |
| 1 | Smith, Rondamarie | 32 | PNA | 1:08.95 |
| 2 | Moore, Alison | 32 | OREG | 1:13.57 |
| 200 Yard IM |  |  |  |  |
| 1 | Smith, Rondamarie | 32 | PNA | 2:26.28 |
| 2 | Moore, Alison | 32 | OREG | 2:41.08 |
| Women 35-39 |  |  |  |  |
| 500 Yard Freestyle |  |  |  |  |
| 1 | Collson, Anne-Mari |  | OREG | 6:38.48 |
| 2 | Brooks, Kristin | 37 | OREG | 7:00.24 |
| 3 | Shaw, Susan | 35 | OREG | 7:19.92 |
| 100 Yard Butterfly |  |  |  |  |
| 1 | Collson, Anne-Marie |  | OREG | 1:15.27 |
| 2 | Brooks, Kristin | 37 | OREG | 1:27.06 |
| 3 | Shaw, Susan | 35 | OREG | 1:35.04 |
| 200 Yard IM |  |  |  |  |
| 1 | Collson, Anne-Mari |  | OREG | 2:42.08 |
| 2 | Brooks, Kristin | 37 | OREG | 3:03.64 |
| 3 | Shaw, Susan | 35 | OREG | 3:06.79 |
| Women 40-44 |  |  |  |  |
| 500 Yard Freestyle |  |  |  |  |
|  | Foley, Sharon | 42 | MACO | 6:49.89 |
| 100 Yard Butterfly |  |  |  |  |
|  | Foley, Sharon | 42 | MACO | 1:11.95 |
| 200 Yard IM |  |  |  |  |
|  | Foley, Sharon | 42 | MACO | 2:43.36 |
| Women 45-49 |  |  |  |  |
| 1000 Yard Freestyle |  |  |  |  |
|  | Crabbe, Colette | 46 | OREG * | 11:59.75 |
| 200 Yard Butterfly |  |  |  |  |
|  | Crabbe, Colette | 46 | OREG | 2:23.70 |
| 400 Yard IM |  |  |  |  |
|  | Crabbe, Colette | 46 | OREG | 5:01.29 |
| Women 50-54 |  |  |  |  |
| 1000 Yard Freestyle |  |  |  |  |
| 1 | Buck, Kathleen | 52 | OREG | 14:03.75 |
| 2 | Asleson, Elke | 50 | OREG | 15:08.25 |
| 200 Yard Butterfly |  |  |  |  |
| 1 | Asleson, Elke | 50 | OREG | 3:07.41 |
| 2 | Buck, Kathleen | 52 | OREG | 3:25.65 |
| 400 Yard IM |  |  |  |  |
| 1 | Buck, Kathleen |  | OREG | 6:18.57 |
|  | Asleson, Elke | 50 | OREG | 6:19.51 |

Women 55-59
1000 Yard Freestyle
1 Pierson, Ginger
200 Yard Butterfly
1 Pierson, Ginger
400 Yard IM
1 Pierson, Ginger
Women 60-64
500 Yard Freestyle
1 Hodge, Peggie
100 Yard Butterfly
1 Hodge, Peggie
200 Yard IM
1 Hodge, Peggie
Women 75-79
500 Yard Freestyle
1 Wells, Margaret
100 Yard Butterfly
1 Wells, Margaret
200 Yard IM
1 Wells, Margaret 76 OREG *4:40.43
Women 80-84
1000 Yard Freestyle
1 Stevenin, Elfie
200 Yard Butterfly
1 Stevenin, Elfie
400 Yard IM
1 Stevenin, Elfie
Men 30-34
500 Yard Freestyle
1 Simpson, Jim
2 Wolf, Robert 1000 Yard Freestyle
1 Shaevitz, Alex
2 Whitlow, Scott
100 Yard Butterfly
1 Simpson, Jim
2 Wolf, Robert 200 Yard Butterfly
1 Shaevitz, Alex
2 Whitlow, Scott 32 OREG 2:46.89
200 Yard IM
1 Wolf, Robert 34 OREG 2:30.93
2 Simpson, Jim 32 OREG 2:34.53
400 Yard IM
1 Shaevitz, Alex 32 OREG 4:55.66
2 Whitlow, Scott 32 OREG 5:01.77
continued on page 13

76 OREG 11:22.64

32 OREG 11:35.36
32 OREG 11:38.69

32 OREG 2.23.45
56 MACO 15:40.03

56 MACO 2:59.36

56 MACO 6:12.64

62 OREG 9:34.87

62 OREG 1:54.56

62 OREG 3:44.43

81 OREG 34:59.00

81 OREG 9:05.22

81 OREG 15:39.22

32 OREG 6:11.70
34 OREG 6:15.48

32 OREG 1:09.35
34 OREG 1:22.05

OREG 5:01.77


Men 35－39
1000 Yard Freestyle

1 Higley，Robert
200 Yard Butterfly
1 Higley，Robert 400 Yard IM
1 Higley，Robert Men 40－44
1000 Yard Freestyle
I Downing，Greg
200 Yard Butterfly
1 Downing，Greg 400 Yard IM
1 Downing，Greg Men 45－49

1000 Yard Freestyle 1 Yensen，Kermit 200 Yard Butterfly
1 Yensen，Kermit 00 Yard IM
1 Yensen，Kermit

## Men 50－54

1000 Yard Freestyle

| Philbrick，Larry | 50 | OREG | 12：14．93 |
| :---: | :---: | :---: | :---: |
| Kralovec，Charles | 50 | OREG | 17：03．86 |
| 200 Yard Butterfly |  |  |  |
| Philbrick，Larry | 50 | OREG | ＊2：33．54 |
| Kralovec，Charles | 50 | OREG | 3：41．48 |
| 400 Yard IM |  |  |  |
| Philbrick，Larry | 50 | OREG | ＊5：07．78 |
| Kralovec，Charles | 50 | OREG | 7：20．82 |
| Men 55－59 |  |  |  |
| 500 Yard Freestyle |  |  |  |
| Juhala，Richard | 59 | OREG | 8：21．98 |
| 100 Yard Butterfly |  |  |  |
| Juhala，Richard | 59 | OREG | 1：39．96 |

200 Yard IM
1 Juhala，Richard 59 OREG 3：23．56

## Men 65－69

500 Yard Freestyle
1 Radcliff，David 100 Yard Butterfly
1 Radcliff，David 200 Yard IM
1 Radcliff，David Masters I－Women Rondamarie Smith Alison Moore Anne－marie Collson Sharon Foley Kristin Brooks Susan Shaw Peggie Hodge Margaret Wells Masters I－Men Jim Simpson Robert Wolf Dave Radcliff Richard Juhala Masters II－Women

| Colette Crabbe | OREG | $19: 24.74$ |
| :--- | :--- | :--- |
| Kathleen Buck | OREG | $23: 47.97$ |
| Elke Asleson | OREG | $24: 35.17$ |
| Ginger Pierson | MACO | $24: 52.03$ |
| Elfie Stevenin | OREG | $59: 43.44$ |
| Masters II－Men |  |  |
| Alex Shaevitz | OREG | $11: 35.36$ |
| Scott Whitlow | OREG | $11: 38.69$ |
| Larry Philbrick | OREG | $12: 14.93$ |
| Robert Higley | OREG | $12: 15.39$ |
| Greg Downing | OREG | $12: 42.03$ |
| Kermit Yenson | OREG | $13: 58.64$ |
| Charles Kralovec | OREG | $17: 03.86$ |

OREG 10：29．21
OREG 10：35．83
MACO 10：45．20
OREG 11：30．94
OREG 12：01．75
OREG 15：13．86
OREG 18：39．85

OREG 9：55．58
OREG 10：08．46
OREG 11：08．37
OREG 13：25．50
$19: 24.74$

OREG
MACO 24：52．03

OREG 11：35．36
11：38．69

OREG 12：15．39
OREG 13：58．64
OREG 17：03．86


## 3昰


smile after do

n g 200 F l y

## Local Team Registration

This form must be postmarked by the entry deadlines of the 2003

Oregon
Masters
Swimming OMS Association Championship and the 2003 OMS Open Water Championships, in order for a team to compete as a "local team" at those events.
(see list of teams and abbreviations on next page)
TEAM REPRESENTATIVE INFORMATION (must be an OMS member)
Rep. Name
Address
Phone 1 Phone 2
Email

## Coach Information

Coach Name
Address
Phone 1
Phone 2
Email

## Pool Information

Pool Name
Address
Phone 1
Workout Schedule

Mail to: Kristin Brooks, OMS Membership Chair, 1567 NW Elgin Ave. Bend, OR, 97701-3033

Address:

| City: | State: | Zip: |  |  |
| :--- | :--- | :--- | :--- | :--- |
| Phone: | Date of Birth: | Age: | Sex: | $\square \mathbf{M}$ |

E-mail Address:
(I would be willing to receive the Aqua Master electronically rather than by postal mail.)

| Do you coach a | Yes $\square$ |
| :--- | :--- |
| Masters Team | No $\quad \square$ |

Club: OMS is comprised of two clubs or you may register unattached.
$\square$ OREG
$\square$ MACO $\quad \square$ UNATTACHED
(Unattached members cannot swim in relays)

Local Team: Choose name and abbreviation from list below (Name)
(Abbreviation )

| Registered for 2003 |  |
| :---: | :---: |
|  |  |
|  |  |
| Columbia Gorge Masters |  |
| LaCamas Aqua Master . . . . . . . LCAM |  |
| Multnomah Athletic Club. . . . . . . . MACO |  |
| No. Clackamas Masters Swimming. NCMS |  |
| Oregon Wetmasters . . . . . . . . . . . . OWET |  |
| Pendleton Masters . . . . . . . . . . . PEN |  |
| Portland Aquatics Club . . . . . . . . PAC |  |
| Southern Oregon Masters. . . . . . . SOM |  |
| Tigard Tualatin Masters. . . . . . . . TTM |  |
| Tualatin H |  |
|  |  |
|  |  |

Chehalem Masters - CMST
Circumnavigating Beavers - CBAT
Club Sports Sea Lions - CSSL
Columbia River Swim Team - CRST
Columbia-Willamette YMCA - CWY
Corvallis Aquatic Masters - CAT
Downtown Athletic Club - DAC
Emerald Aquatics - EA
Eugene Nomads - EN
Fish Stick Masters - FISH
Grants Pass YMCA - GPY
Health Experience Ath. Club - HEAC
Klamath Falls Masters - KLF
Lincoln City Masters - LCM
McMinnville Masters - MCM

Mittleman Jewish Comm. Ctr-MJCC
Mt. Hood Masters - MHM
Mountain Park Masters - MPM
Oregon City Swim Team - OCST
Parkrose Masters - PMST
Portland Masters Swimming - PMS
Portland Upstream - PUP
Riverplace Athletic Club - RAC
Rogue Valley Masters - RVM
Salem Courthouse Crew - SCC
South Coast Aquatic Masters - SCAM
Steelheads - STHD
Umpqua Valley Masters - UVM
Willamette Athletic Club - WAC
No Local Team - NLT
\$38.00 Single Registration: Valid November 1, 2002 to December 31, 2003. Make checks payable to OMS, Inc.
\$66.00 Joint registration: Two members at one address/One Aqua-Master. One Registration Form per member please. Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.
$\square$ I have added a contribution of \$ $\qquad$ for Oregon Masters Swimming. We value your support!
$\square I$ have added a contribution of $\$ 50$ as a Gold Medal Sponsor of Oregon Masters Swimming.
$\square$ I have added a contribution of $\$ 1.00$ (or \$ $\qquad$ ) to the United States Masters Swimming Foundation.

[^0]Signature: $\qquad$ Date:
MAIL TO: DARLENE STALEY, OMS REGISTRAR, 8590 SW CHARLOTTE DRIVE, BEAVERTON, OR 97007
This form is available on the OMS website: www.swimoregon.org

## 2003 SwinSCREDULE



Aqua-Master
Attn. Roy Lambert
1211 SW Fifth Avenue
Portland, OR 97204-3795

| Nonprofit |
| :---: |
| Organization |
| U.S. Postage |
| Paid |
| Portland, Oregon |
| Permit No. 1292 |

Inside : Results - Canby, "Animal"Meet


[^0]:    "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."

