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## National Record for Steve in 5 K

 in the 5K Postal. This summer Steve was first in his Age Group in every open water swim. He won the USMS 1 Mile National Championship. He just broke the National Record in the 3000 Postal swim and we hope it holds up.

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## Chair's Corner by Jody Welborn

Hi, everyone.
Fall is one of my favorite seasons. As a life-long Oregonian, I welcome the rainy season, the change in temperature, and the colorful leaves, along with the upcoming holidays.
With the changing seasons, I hope your training is going well. As we point to the OMS Association meet in April, and the World Masters Championships in August we have a great swim meet coming up in Portland this month, the Northwest Short Course Meters Zone Championships at David Douglas High School in Portland, Oregon. Get your entry in! It will be a fun meet!
So practice hard, avoid injury and stay well. Why do I bring that up?
Along with autumn and the holiday season, a less welcome season is "flu season" which occurs along with and increase in other respiratory illnesses. We will all wake up one morning with that scratchy throat and runny nose and wonder, "Should I exercise?"
It is hard for many of us to interrupt our exercise routine fearing loss of fitness. But when we are ill the body is not able to perform at peak levels due to various changes associated with fighting infection such as increased heart rate, dehydration, and increased metabolic rate. And the brief break from exercise when you are sick will not significantly affect fitness.
There is a slight possibility that exercising will worsen an existing illness. Typically I tell my patients that if you have symptoms restricted to the head and neck (congestion, sore throat, headache) you are not likely to make things worse. However, if you have a fever or symptoms below the neck (cough, nausea, diarrhea) then exercise may pose a risk, and not only to you but to your lane-mates. The risk of passing the illness on should be a consideration when you make the decision. But if your symptoms are getting better you are no longer contagious.
If you decide to workout, start slow and don't exercise at your highest level. Make sure you drink plenty of fluids, even more than usual, out of your own water bottle. If you feel worse when you exercise, stop!
Have a Happy, Healthy Thanksgiving and

## Remember,

## swimming is for life and life matters.

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. or Oregon Masters Swimming.
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## Revelers \& Resolutions - MAC's Annual New Year's Day Swim

After partying away the last hours of 2005, revelers can roll into the pool and start their New Year's resolutions.
The annual New Year's Day swim will take place on Sunday, January 1 from 10:00 a.m. - 1:00 p.m. at the MAC's 50m pool. Pool will open at 9:30. Participants will swim, kick, or pull 106 x 50's (or 25's) on a minute send-off. There will be music from every decade, a 2005 trivia contest, prizes, comraderie,commemorative swim caps, and lots of food after the swim. Come ring in the New Year and shake off the previous nights celebrations. Fitness swimmers, triathletes, and competitive swimmers welcome. You can use fins too!
Bring your friends. Cost is \$5 Please contact Sharon Foley @ SFEnrich@ATT.net for information or to preregister.


As a result of recent FINA rule changes, USMS has made the following rule change.
For breaststroke kick the rule reads as follows:
"After the start and each turn, a single downward butterfly (dolphin) kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without any alternating movement. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly (dolphin) is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly (dolphin) kick."
What this means is that a swimmer may elect to do a single downward butterfly kick after the start and each turn. This must be followed by a breaststroke kick. This must also occur while the swimmer is wholly submerged. The butterfly/breaststroke kick must still be performed as a cycle with an arm pull (pullout) first.
There will be growing pains for both swimmers and officials as this change is implemented.

##  <br> Natural Order within Swimming Strokers (submitted by Bert Petersen)

Lotta people are unaware of the natural order within swimming strokers......(sometimes referred to as a "pecking order")..........here it is : At the bottom of the barrel: the "dorsalists".......poor confused souls who do not know up from down and are in love with clouds and ceilings. Next up are the "froggers", to be pitied for having legs and arms that work in ways not usually found in humankind. Distance freestylers are not much farther up. Definitely caused by the littleknown fact that too much water time erodes brain cells. Next are the freestyle sprinters, free in spirit and in stroke. Some of these strive mightily to be known as..........The next class; the creme-de-la-creme of aquarians, the butterflyers. Top of the heap, Lords of the pool! ${ }^{* * *}$ footnote ${ }^{* * *}$ Sometimes 200 flyers are sub-grouped with the distance freestylers.

## F itclll



## Sports Psychology

Sports psychology isn’t just for the elite athlete. It's for all of us!! Sports psychology deals with our mental skills. We train our physical skills when we are in the pool so why not our mental skills too?
Anxiety is a big piece of sports psychology and it can affect all of us from the swimmer ready to move to a faster lane to those individuals going after national or world records. And it can affect those of us in between: should I swim in my first meet at my local pool,
can I qualify for Worlds at Stanford?
One of the best definitions of anxiety is "a threat by uncertainty multiplied by importance." We usually don’t get anxious if the outcome of an event is unimportant or if the outcome is certain. Anxiety isn't necessarily a bad thing, it shows we care about our performance. It is part of being human. The attempt to resolve uncertainty is part of our mission in life. Many are drawn to sport because of this uncertainty - how fast can I go, can I win?
There are 2 kinds of anxiety: physical (somatic) anxiety:
 increased heart rate and butterflies in the stomach. The other is mind (cognitive) anxiety: low self-esteem and negative thoughts. And no matter which type of anxiety you experience, how you react to it can be more important than the anxiety itself. In any performance an athlete will experience some anxiety (we're swimming how much fly?). The athlete's interpretation of anxiety is what's important and for each of us there is an optimum level of anxiety. We need to find that level. Finding the right level leads to confidence! A confident athlete uses their anxiety positively and that often leads to better performance.
How can we use sports psychology to improve our performance? There are no general rules and everyone is different. Self-analysis is a good start - is your anxiety physical or mental? For most people it is cognitive (the mind): will I look ridiculous doing this IM set, will I get lapped in the

1000? A primary cause of cognitive anxiety is the tendency to focus on results. We think about outcomes and these are powerful thoughts. Louise Friend, one of Britain's top sports psychologists, suggests event goals rather than outcome goals. Provide goals you can control: I will keep my head down when I am doing butterfly, I will be streamlined off the wall after my turns. Attention is taken away from the outcome of the race or event, which cannot be controlled.

Some athletes with cognitive anxiety use pre-race mental routines, visualizing a calm place or themselves executing a flawless stroke. Other people respond well to mantras - a word or phrase repeated over and over that blocks out other thoughts.
If your problem is somatic or physical anxiety, relaxation techniques are recommended. Deep breathing, stretching, shaking loose your muscles and meditation are all ways to reduce physical anxiety. Some people find chatting with friends reduces this type of anxiety.
Reducing anxiety is only half the battle. The crucial thing is to channel that anxiety positively into confidence. Confidence comes with experience and learning from past situations. When we train anxiety is usually low, and we gain confidence just by performing. Racing frequently will build confidence, again through experience. Find out what works for you, then go for it: move up a lane, swim a 200 IM, go to Worlds.


## Long Distance Swimming



## Bob Bruce <br> Long Distance Chair



Let's finish our long distance year by recognizing and honoring the 2005 winners of the Mike Morehouse Spirit Award, the most prestigious of all of our annual awards for long distance swimming in Oregon. This year the Oregon Long Distance Committee chose another two worthy honorees, joining fourteen previous Award winners. According to the Award description, the Mike Morehead Spirit Award is given annually to a person or persons who display the highest character of sportsmanship during the Oregon Open Water Series, past and present. A sportsman is defined as one who engages in sports, a person who is fair and generous, and a good loser and graceful winner.
Let's remember Mike Morehouse himself, was all of the above and more. A true gentleman, Mike was always thoughtful of others; wishing everyone well was his trademark, as well as enjoying his friendships. First a movie star, then a successful attorney, and finally a noted judge, Mike was also an avid open water swimmer in Southern Oregon who everyone would have wanted to be a teammate.
Our Award winners this year are Lynn Sacks from Rogue Valley Masters and Rob Higley from Central Oregon


Lynn Sacks of RVM

Masters. Although we have known Lynn for years from her involvement in swimming and her able assistance of RVM events, she has come only recently to swimming in open water herself. She is a great example of a fitness swimmer who was tempted by and was finally hooked by the open water lure. Lynn is characterized by her friendly and smiling demeanor and quiet confidence, which has grown enormously with each success in her swims. Was anyone watching as she skipped forward to receive her awards at Dorena Lake? In her civilian life, Lynn is a long-time teacher with more than 30 years service, the last 18 in Ashland, currently working with first and second graders.

Everyone knows Rob Higley. From the day that I enticed him out of lap swim to join our team, he has been a bundle of positive energy. Showing rabid enthusiasm and rapid improvement, Rob has progressed to the upper level of OMS open water swimming, placing among the top five overall in nearly all OMS races in 2005. But more importantly, Rob was honored for his outgoing attitude, his radiant smile, and his friendly attention to all other swimmers. How does he know everyone by name? And who can forget Rob's annual birthday bash at Applegate Lake in midJuly every year? Rob is also a swimmer in his real life, working in a variety of capacities-instructor, lifeguard, coach, and supervisor-in the Aquatics Department at the Athletic Club of Bend, and has served several terms as a creative and heavily contributing member of the COMA Board.
Of course, Lynn and Rob personify the spirit of open water swimming. continued on page 6


Rob Higley (and Quinn) in front of former Mike Morehouse award winners. Back Row - Mary Sweat, Dave Radcliff, Peggy Whiter, Jani Sutherland, Keith Dow and Dave Van Der Zwam

## Long Distance continued from page 5

They can be my teammates anytime! Congratulations to our new Mike Morehouse Spirit Award winners!
Good luck and good swimming!
News Flash! The results of the USMS 5 and 10-km. Postal Championships are here. The Oregon Club had nine swimmers complete the $5-\mathrm{km}$ event, and finished in fourth place in the combined (men and women) national team standings (up from 7th last year). Mary Sweat, Steve Johnson, and

Dave Radcliff won their respective age groups to become National Champions and All-Americans. Mary and Chris Gaarder established set new Oregon marks, while Steve set a new National Record. Steve Johnson was Oregon’s only participant in the 10-km. swim (this was Oregon's worst turnout in years), but what an effort! Not only did he win by a comfortable margin, but he set another Oregon Record in doing so. Congratulations to all participants and to our champions and record-holders!


New 50 meter pool under construction in Bend. Bob Bruce, Long Distance Chair, is happy to announce that a new long distance pool is being built where he coaches at the Juniper Aquatic and Fitness Center. The old 40 yard pool is being demolished. Next year we can look forward to an increase in numbers for the $5 / 10 \mathrm{~K}$ Postal.


Results continued from page 7
200 SC Meter Freestyle

1 Krehbiel, Joanie 400 SC Meter Freestyle 1 Jenkins, Valerie 2 Snider, Pam 3 Krehbiel, Joanie 800 SC Meter Freestyle
1 Krehbiel, Joanie 44 OREG 12:10.71
2 Snider, Pam 44 OREG 12:26.44 100 SC Meter Backstroke 1 Jenkins, Valerie 42 OREG 1:18.82 100 SC Meter Breaststroke
1 Jenkins, Valerie 42 OREG 1:28.22 100 SC Meter Butterfly 1 Jenkins, Valerie 42 OREG 1:18.10 200 SC Meter IM
1 Jenkins, Valerie Women 45-49
50 SC Meter Freestyle
 200 SC Meter IM

1 Straley, Deidre Women 50-54
50 SC Meter Freestyle
1 Budd, Elizabeth
2 Cardwell, Diane
3 Peterson, Connie
100 SC Meter Freestyle
1 Budd, Elizabeth
2 Peterson, Connie
3 Cardwell, Diane
200 SC Meter Freestyle
1 Budd, Elizabeth
2 Peterson, Connie
3 Cardwell, Diane
400 SC Meter Freestyle
1 Budd, Elizabeth
2 Peterson, Connie
800 SC Meter Freestyle
1 Budd, Elizabeth
2 Peterson, Connie
50 SC Meter Backstroke
1 Cardwell, Diane 54 OREG 54.23
50 SC Meter Butterfly
1 Asleson, Elke
100 SC Meter Butterfly
1 Asleson, Elke
100 SC Meter IM
1 Asleson, Elke
200 SC Meter IM
1 Asleson, Elke
Women 55-59
50 SC Meter Backstroke
1 Pierson, Ginger 59 MACO 47.16
50 SC Meter Breaststroke
1 Pierson, Ginger 59 MACO 41.74
50 SC Meter Butterfly
1 Pierson, Ginger
100 SC Meter Butterfly
1 Pierson, Ginger
200 SC Meter IM
1 Pierson, Ginger
Women 60-64
50 SC Meter Freestyle
1 Whiter, Peggy
100 SC Meter Freestyle
1 Whiter, Peggy

49 OREG 3:03.85

51 OREG 36.13 54 OREG 46.48 50 OREG 48.02

51 OREG 1:18.59
50 OREG 1:42.73
54 OREG 1:45.22
51 OREG 2:49.47
50 OREG 3:40.12
54 OREG 3:51.15
51 OREG 6:00.66
50 OREG 7:39.88

51 OREG 12:23.58
50 OREG 15:09.74

53 OREG 42.69
53 OREG 1:33.80
53 OREG 1:39.03
53 OREG 3:32.24

59 MACO 43.91

59 MACO 1:33.56
59 MACO 3:20.52

62 OREG 48.08

| 62 OREG | 1:42.49 |  |  |
| :---: | :---: | :---: | :---: |
| 200 SC Meter Freestyle |  |  |  |
| 1 Whiter, Peggy | 62 | OREG | 3:48.38 |
| 400 SC Meter Freestyle |  |  |  |
| 1 Whiter, Peggy | 62 | OREG | 7:50.40 |
| 800 SC Meter Freestyle |  |  |  |
| 1 Whiter, Peggy | 62 | OREG | 16:06.63 |
| 100 SC Meter Backstroke |  |  |  |
| Ward, Joy | 63 | OREG | 1:31.97 |
| 100 SC Meter Butterfly |  |  |  |
| 1 Ward, Joy | 63 | ORE | :35.82 |
| 200 SC Meter IM |  |  |  |
| 1 Ward, Joy | 63 | OREG | 3:24.91 |
| Women 65-69 |  |  |  |
| 400 SC Meter Freestyle |  |  |  |
| 1 Hodge, Peggie | 65 | OREG | 7:53.33 |
| 50 SC Meter Breaststroke |  |  |  |
| Hodge, Peggie | 65 | OREG | 58.84 |
| 100 SC Meter Breaststroke |  |  |  |
| Hodge, Peggie | 65 | ORE | 2:03.72 |
| 100 SC Meter Butterfly |  |  |  |
| 1 Hodge, Peggie | 65 | OREG | 1:58.96 |
| 100 SC Meter IM |  |  |  |
| 1 Hodge, Peggie | 65 | OREG | 1:56.80 |
| Women 90-94 |  |  |  |
| 50 SC Meter Freestyle |  |  |  |
| 1 Buel, Hilda | 91 | OREG | 3:12.12 |
| 50 SC Meter Backstroke |  |  |  |
| Buel, Hilda | 91 | OREG | 2:31.96 |
| 50 SC Meter Breaststroke |  |  |  |
| Buel, Hilda | 91 | OREG | 3:05.54 |
| 100 SC Meter Breaststroke |  |  |  |
| Buel, Hilda | 91 | OREG6 | 6:29.78 Z |
| 100 SC Meter IM |  |  |  |
| 1 Buel, Hilda | 91 | OREG | 6:17.85 |
| Men 35-39 |  |  |  |
| 50 SC Meter Freestyle |  |  |  |
| 1 Branaugh, Barry | 36 | OREG | 35.02 |
| 100 SC Meter Freestyle |  |  |  |
| 1 Branaugh, Barry | 36 | OREG | 1:36.13 |
| 200 SC Meter Freestyle |  |  |  |
| 1 Branaugh, Barry | 36 | OREG | 2:56.59 |
| 400 SC Meter Freestyle |  |  |  |
| 1 Branaugh, Barry | 36 | OREG | 6:26.80 |
| 800 SC Meter Freestyle |  |  |  |



Meet Director, Mary Sweat, at the start and finish of her record setting 800 Meter Swim.

1 Branaugh, Barry Men 40-44

50 SC Meter Freestyle

1 Ivelich, Jim
Parmentier, Steve
Gaarder, Chris
4 Wursta, Steve
100 SC Meter Freestyle
1 Butcher, Gano
Gaarder, Chris
Ivelich, Jim
Wursta, Steve
200 SC Meter Freestyle
Butcher, Gano
Gaarder, Chris
3 Wursta, Steve 400 SC Meter Freestyle
1 Gaarder, Chris
2 Wursta, Steve
800 SC Meter Freestyle
1 Gaarder, Chris
2 Wursta, Steve
50 SC Meter Backstroke
1 Parmentier, Steve
2 Butcher, Gano
3 Ivelich, Jim
100 SC Meter Backstroke
1 Butcher, Gano
50 SC Meter Butterfly
1 Parmentier, Steve
2 Ivelich, Jim
100 SC Meter IM
1 Ivelich, Jim
Men 45-49
50 SC Meter Freestyle
1 Fairhurst, Jon
100 SC Meter Freestyle
1 Fairhurst, Jon 47 OREG 1:08.12
200 SC Meter Freestyle
1 Fairhurst, Jon
400 SC Meter Freestyle
1 Fairhurst, Jon 800 SC Meter Freestyle
1 Fairhurst, Jon
Men 50-54
50 SC Meter Freestyle
1 Schwetz, James 54 OREG 35.89

36 OREG 14:13.24

43 OREG 27.96
40 OREG 28.38
40 OREG 29.17
40 OREG 31.86
41 OREG 1:00.95
40 OREG 1:03.41
43 OREG 1:03.99
40 OREG 1:10.11
41 OREG 2:19.20
40 OREG 2:24.81
40 OREG 2:41.81

40 OREG 5:15.67
40 OREG 5:52.75
40 OREG 11:05.89
40 OREG 12:36.05
40 OREG
41 OREG 33.63
43 OREG 41.87

41 OREG 1:09.51

40 OREG 30.27
43 OREG 33.70
43 OREG 1:19.09

47 OREG 31.06

47 OREG 2:38.12
47 OREG 5:43.71

47 OREG 11:44.08

1 Schwetz, James 54 OREG 1:19.78
200 SC Meter Freestyle
1 Schwetz, James
400 SC Meter Freestyle
1 Schwetz, James
800 SC Meter Freestyle
1 Schwetz, James
Men 55-59
100 SC Meter Freestyle
1 Jenkins, James
200 SC Meter Freestyle
1 Jenkins, James
58 OREG 3:47.88
400 SC Meter Freestyle
1 Jenkins, James 58 OREG 8:13.25
100 SC Meter Backstroke
1 Bruce, Bob 57 OREG 1:19.09
50 SC Meter Butterfly
1 Bruce, Bob 57 OREG 32.81
100 SC Meter Butterfly
1 Bruce, Bob
57 OREG 1:21.77
200 SC Meter IM
1 Bruce, Bob
57 OREG 2:54.32 O

## Men 60-64

50 SC Meter Freestyle
1 Landis, Tom 63 OREG 30.27
2 Rudolph, Roger 62 OREG 40.96
100 SC Meter Freestyle
1 Landis, Tom
2 Rudolph, Roger
200 SC Meter Freestyle
1 Landis, Tom
63 OREG 2:26.06
400 SC Meter Freestyle
1 Landis, Tom
800 SC Meter Freestyle
1 Landis, Tom
63 OREG 10:45.50
50 SC Meter Butterfly
1 Rudolph, Roger 62 OREG 42.16
100 SC Meter IM
1 Rudolph, Roger
Men 65-69
50 SC Meter Freestyle
1 Thayer, George
2 Lake, Brent
69 OREG 33.48
100 SC Meter Freestyle
1 Thayer, George
67 OREG
39.44

2 Lake, Brent
69 OREG 1:22.48

200 SC Meter Freestyle
63 OREG 1:07.65
62 OREG 1:26.97

63 OREG 5:10.25

62 OREG 1:47.49

1 Lake, Brent
100 SC Meter Freestyle 1 Lake, Brent 67 OREG 3:00.28

SC Meter Freestyle
1 Lake, Brent 67 OREG 6:16.32
800 SC Meter Freestyle
1 Lake, Brent
50 SC Meter Breaststroke
1 Thayer, George 69 OREG 46.37
Men 70-74
50 SC Meter Freestyle
1 Radcliff, David 71 OREG 30.64
100 SC Meter Freestyle
1 Radcliff, David 71 OREG 1:08.46
2 Norton, Nick $\quad 71$ OREG 1:28.17
200 SC Meter Freestyle
1 Radcliff, David 71 OREG 2:34.81
2 Norton, Nick $\quad 71$ OREG 3:18.42
400 SC Meter Freestyle
1 Radcliff, David 71 OREG 5:32.76
2 Norton, Nick 71 OREG 7:10.06
800 SC Meter Freestyle
1 Radcliff, David 71 OREG 11:27.62
2 Norton, Nick 71 OREG 14:38.38
Men 75-79
50 SC Meter Freestyle
1 Guest, Eric 76 OREG 43.62
100 SC Meter Freestyle
1 Guest, Eric
76 OREG 1:42.13
2 Weber, George 75 OREG 1:46.15
200 SC Meter Freestyle
1 Weber, George 75 OREG 4:11.34
100 SC Meter IM
1 Guest, Eric
76 OREG 2:03.05

## Relays

Women 120-159 400 SC Meter Free Relay
1 OREG 5:02.81 O

1) Lewis, R. $38 \quad$ 2) Zigler, P. 45
2) Krehbiel, J. $44 \quad$ 4) Marine, J. 30

Women 160-199 200 SC Meter Free Relay
1 OREG 2:36.14

1) Cardwell, D. $54 \quad$ 2) Gorman, S. 39
2) Gabbard, E. 30
3) Sweat, M. 48

Women 200-239 200 SC Meter Free Relay
1 OREG 3:03.39

1) Gaskin, D. 36
2) Peterson, C. 50
3) Hodge, P. 65
4) Whiter, P. 62


Jenny Marine, Miss Halloween spirit
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Results continued from page 9
Men 280-319 200 SC Meter Free Relay

1 OREG
2:46.43

1) Weber, G. 75
2) Guest, E. 76
3) Norton, N. 71
4) Thayer, G. 69

Mixed 160-199 200 SC Meter Free Relay
1 OREG
2:10.80

1) Ivelich, J. 43
2) Lewis, R. 38
3) Zigler, P. 45
4) Wursta, S. 40

Mixed 160-199 400 SC Meter Free Relay
1 OREG
5:33.60

1) Branaugh, B. 36
2) Rudolph, R. 62
3) Austin, C. 37
4) Krehbiel, J. 44

Mixed 240-279 400 SC Meter Free Relay
1 OREG
6:16.68

1) Lake, B. 67
2) Hodge, P. 65
3) Whiter, P. 62
4) Landis, T. 63

Shauna Simpson and Tom Landis enjoyed the Redmond Meet. In fact everyone had a great time. Thanks Redmond and COMA for sponsoring the meet.


## Freestyle Pentathlon Result

| Pl | Category | Swimmer | Total | 100m Free | 800m Free | 200m Free | 50m Free | 400m Free |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | Women 30-34 | Marine, Jenny | 20:57.65 | 1:10.59 | 11:10.49 | 2:34.85 | 32.67 | 5:29.05 |
| 1 | Women 35-39 | Moore, Alison | 21:55.14 | 1:15.01 | 11:38.29 | 2:45.13 | 36.19 | 5:40.52 |
| 2 | Women 35-39 | Austin, Connie | 22:54.65 | 1:17.86 | 12:14.04 | 2:51.29 | 35.62 | 5:55.84 |
| 3 | Women 35-39 | Singer, Shannon | 25:10.47 | 1:21.47 | 13:29.08 | 3:04.20 | 37.79 | 6:37.93 |
| 4 | Women 35-39 | Gaskin, Dara | 26:00.38 | 1:27.91 | 13:42.59 | 3:16.75 | 40.40 | 6:52.73 |
| 1 | Women 40-44 | Krehbiel, Joanie | 23:07.13 | 1:16.60 | 12:10.71 | 2:50.29 | 39.04 | 6:10.49 |
| 2 | Women 40-44 | Snider, Pam | 23:24.64 | 1:20.40 | 12:26.44 | 2:55.18 | 36.31 | 6:06.31 |
| 1 | Women 45-49 | Sweat, Mary | 20:02.38 | 1:10.92 | 10:32.95 | 2:31.97 | 33.65 | 5:12.89 |
| 2 | Women 45-49 | Foley, Sharon | 23:00.77 | 1:15.81 | 12:25.00 | 2:49.06 | 31.72 | 5:59.18 |
| 1 | Women 50-54 | Budd, Elizabeth | 23:08.43 | 1:18.59 | 12:23.58 | 2:49.47 | 36.13 | 6:00.66 |
| 2 | Women 50-54 | Peterson, Connie | 29:00.49 | 1:42.73 | 15:09.74 | 3:40.12 | 48.02 | 7:39.88 |
| 1 | Women 60-64 | Whiter, Peggy | 30:15.98 | 1:42.49 | 16:06.63 | 3:48.38 | 48.08 | 7:50.40 |
| 1 | Men 35-39 | Branaugh, Barry | 25:47.78 | 1:36.13 | 14:13.24 | 2:56.59 | 35.02 | 6:26.80 |
| 1 | Men 40-44 | Gaarder, Chris | 20:18.95 | 1:03.41 | 11:05.89 | 2:24.81 | 29.17 | 5:15.67 |
| 2 | Men 40-44 | Wursta, Steve | 22:52.58 | 1:10.11 | 12:36.05 | 2:41.81 | 31.86 | 5:52.75 |
| 1 | Men 45-49 | Fairhurst, Jon | 21:45.09 | 1:08.12 | 11:44.08 | 2:38.12 | 31.06 | 5:43.71 |
| 1 | Men 50-54 | Schwetz, James | 24:17.65 | 1:19.78 | 13:02.15 | 2:59.09 | 35.89 | 6:20.74 |
| 1 | Men 60-64 | Landis, Tom | 19:59.73 | 1:07.65 | 10:45.50 | 2:26.06 | 30.27 | 5:10.25 |
| 1 | Men 65-69 | Lake, Brent | 24:04.44 | 1:24.66 | 12:43.74 | 3:00.28 | 39.44 | 6:16.32 |
| 1 | Men 70-74 | Radcliff, David | 21:14.29 | 1:80.46 | 11:27.62 | 2:34.81 | 30.64 | 5:32.76 |



## Tom Jager:

Tom Jager is a five-time Olympic gold medalist in the sprint freestyle events and held the 50 m freestyle World Record of 21.81 for over a decade. The first swimmer to break the five miles an hour barrier, they were calling Tom Jager the "fastest human in the water." Tom's trademark racing starts, in which he was first off the blocks using clean powerful strokes, catapulted him into the international spotlight. He is one of four swimmers to win gold medals in three Olympic Games (1984,1988,1992). Tom's first World Record came in 1985, swimming a 22.40 for 50 meters. Between 1987 and 1990, he lowered the record another five times to his best of 21.81, lasting an unprecedented ten years. He was national team captain for ten years. Records may fall, but Tom Jager's accomplishments and records will never be forgotten. Jager's induction into the International Swimming Hall of Fame immortalizes him as one of our sport's great


## CLINIC REGISTRATION FORM

## for USA-SWIMMING ATHLETES and US MASTERS SWIMMING Participants

This Clinic is a USA Swimming Approved Event (Approved by Oregon LSC for USA-S, Approval PENDING) and a US Masters Swimming Recognized Event (Recognized by Oregon LMSC for USMS, Inc. Recognition PENDING). USA Swimming or US Masters insurance will cover all participants with active USA-S or USMS Registration. All Participants agree by signing below to waive any and all rights to claims for loss, damage, or injury against all parties associated with running this event. Non USA-S and USMS participants must have their own insurance. A maximum of 54 Swimmers will be allowed to register for the In-Water portion of the Clinic. Full Clinic includes one talk time and the in-water session. Talk time includes an autograph and personal moment with Tom. He will have his Olympic medals for you to view. Autographed professional 8X10 Photo (taken and printed during talk time) available at additional cost. Please check the appropriate boxes and fill out the blanks below. Payment must accompany the completed registration form. Teams may pay for their swimmers with one check (separate from the meet entries) but an individual registration form must be received for each clinic participant.

Non-prepaid $8 \times 10$ 's will be available for clinic participants to purchase during the talk time.
SCHEDULE: AM Talk 10:30-12:00 PM, In-Water 12:40-2:40 PM, PM Talk 3:00-4:30 PM
(\$20) SIGN ME UP FOR THE MEET TALK and SWIM (FULL CLINIC-REGISTERED SWIMMER IN CANBY OPEN or ANIMAL MASTERS) (USA-S swimmers will be in PM Talk-USMS swimmers will be in AM Talk)
$\qquad$ (\$30) SIGN ME UP FOR THE TALK and SWIM (FULL CLINIC-NOT REGISTERED IN SWIM MEET) PICK ONE TALK TIME: AM $\qquad$ PM $\qquad$
OR PICK ONE TALK TIME: AM $\qquad$ PM $\qquad$
(\$10) SIGN ME UP FOR JUST A TALK TIME- $\qquad$
AND
I WANT TO BUY (QTY)___ $8 \times 10$ AUTOGRAPHED PHOTO'S with TOM @ \$20 each. ( $\$ 25$ at the clinic)
Please make your CHECK for the total payable to the CANBY SWIM CLUB and mail it with the completed form to:

Entry must be received by January $16^{\text {th }}, 2006$.

```
CANBY GOLD CLINIC CANBY SWIM CLUB PO BOX 21 CANBY OR 97013
```

[^1]Name: $\qquad$ Phone: $\qquad$ E-Mail:
Address $\qquad$ Signature (Parent or Guardian if under 18)

## Fourth Annual Animal Masters Meet

Oregon Masters Swimming Short Course Yards Meet Eligibility: Currently registered USMS swimmers, 18 years and older.
Sanctioned by Oregon LMSC for USMS, Inc. • Sanction \#376-01
Location:
Canby Municipal Pool
1150 S Ivy
Canby, Oregon 97013

Date: Saturday, January 21, 2006
Positive Check-in at Clerk of Course: 3 PM
Warm-ups: $2: 45 \mathrm{PM}-3: 35 \mathrm{PM}$
Meet Starts: $3: 45 \mathrm{PM}$
Hosted by: Canby Swim Club "The GATORS"
Meet director: Kenneth Schuh • Phone: 503-266-1345•E-mail kdschuhmeister@aol.com
Directions to the pool: Southbound- I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto HWY 99E (Oregon City, Canby). continue south on 99E, turn left on Ivy ( 7 -Eleven on corner), go $121 / 2$ blocks, pool is on the left and shares parking with Adult Center • Northbound- I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn right on Ivy (7-Eleven on corner), go $121 / 2$ blocks, pool is on the left and shares parking with Adult Center
Lodging: Holiday Inn Wilsonville, 24525 SW 95th Ave, Wilsonville (North Wilsonville exit off I-5) 503-682-2211
Ask for the Canby Swim Club preferred rate
Swimmers will receive one basic Heat Sheet upon completion of final seeding. Commemorative Heat Sheets with color logo will be available for purchase. An ample assortment of refreshments, including espresso will be available for purchase throughout the meet.
J.D. Pence will be on-site to fill your swimwear and swim gear needs.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2006 USMS REGISTRATION CARD OR 2006 REGISTRATION FORM WITH THIS ENTRY ENTRY DEADLINE: POSTMARK NO LATER THAN Tuesday, January 10, 2006


Animal Sprint Masters
 All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 5 seconds for Disqualifications, Slowest time of all swimmers plus 20 seconds for no show


All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 15 seconds for Disqualifications, Slowest time of all swimmers plus 60 seconds for no show



#### Abstract

"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 \& competition), including possible permanent disability or death, and agree to assume all 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
Date

|  |  |  |  | DATE |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Shirt size (circle) | S | M | L | XL | 2XL |

MEET ENTRY FEE: $\$ 26.00$ • Make checks payable to Oregon Masters Swimming.
Mail form(s) and fee(s) to: OMS Data Manager, PO Box 1072, Camas, WA 98607-1072

## Hurricane <br> Katrina <br> Relief

## 2006 USMS One Hour Postal Swim National Championship <br> Sanctioned by Lake Erie LMSC, Sanction \# 18-200601

## The Event: One Hour Postal

Date: All swims must take place during the month of January 2006.
Objective: To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.
Venue: Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards.)
Eligibility: Each participant must be USMS registered for the year 2006 or if non-US swimmer you must be registered with a USMS recognized body. A COPY OF YOUR 2006 REGISTRATION CARD MUST ACCOMPANY YOUR MAIL IN ENTRY!
Individual Events: Men and women!will compete separately as individuals in the following age groups: 18-24, 2529 .......100+. The swimmer's age on the day the event is swum determines the entrant's age for the One Hour Swim.
Relay Event: Two team relay events will be contested: 1) a 3 swimmer, same gender team and 2) a mixed 4 person team ( 2 men \& 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: $18+, 25+, \ldots ., 95+$. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached teams are not permitted. Team relay entries must include copies of the individual entry forms if they are not submitted with the originals.
Club Event: Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in division will receive an award. Three divisions will be recognized based on the number of swimmers entered in the event from each club, as determined by the event host and the USMS Long Distance Committee Chairman. Relay yards will not be counted.
Awards: USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top three relay teams in each age group relay team event. First place finishers in individual and team relay events also receive USMS Champion patches. Distinctive awards will be given to the top three Clubs in each division of the Club event.
Rules: Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet-suits, etc. ) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they should each swim on one side of the lane during the entire race (i.e. no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count laps, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 to 2760). (See Venue section for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group.
Fees: Individual entry fees are US $\$ 6$ per swimmer! $\$ 10$ for non-US Swimmers). Team entry fees are US $\$ 18$ per relay ( $\$ 18$ for non-US entries). All fees are non refundable. Make checks payable to OHIO Masters Swim Club and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. ENTRIES MUST BE RECEIVED by February 17, 2006. Swimmers submitting incomplete entries will be contacted by collect phone call or e-mail. T-Shirts: A 2006 USMS One Hour Postal National Championship t-shirt is available at a cost of \$17. (International orders please add US $\$ 5$ postage for each shirt).

PLEASE ENTER ON-LINE www.ohiomasters.com/ohprules.htm Save time and money!! Please join $0^{*} H^{*} I^{*}$ O Masters (donating $\$ 1$ per swimmer) and give to Hurricane Katrina Relief

## 2006 USMS ONE HOUR POSTAL CHAMPIONSHIP OFFICIAL ENTRY FORM

## PLEASE STAPLE OR TAPE A COPY OF YOUR 2006 USMS CARD

## INTO THIS SPACE

Entries without a copy of the 2006 USMS card will:
Be treated as "unofficial" and NOT be eligible for awards NOT be tabulated in the final results

## LEGIBLY PRINT all of the following information . . . PLEASE!



## ENTRIES MUST BE RECEIVED BY FRIDAY, FEBRUARY 17, 2006. - NO EXCEPTIONS!

Entries NOT RECEIVED by the deadline will be returned to the sender, unopened.
WAIVER: 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.
$\qquad$

## 2006 USMS ONE HOUR POSTAL CHAMPIONSHIP - OFFICIAL SPLIT FORM

Pool length (check):
25 yards 25 meters 50 meters (If left unchecked, distance will be yards). For meter pools, convert meter times to yards: meter distance swum $\times 1.0936=$ $\qquad$ yards. NAME (print): $\qquad$ I certify that I have read the rules of this competition and that on $\qquad$ (date), I swam a total of $\qquad$ yards at $\qquad$ (pool).

## SWIMMER'S SIGNATURE

## LAP COUNTER'S SIGNATURE

Record splits using CUMULATIVE split times to the nearest second and tenth or hundredth. Entries without splits will be treated as UNOFFICIAL and will not be eligible for awards or tabulated in the final results.

| 50 | 1550 | 3050 | 4550 |  |
| :---: | :---: | :---: | :---: | :---: |
| 100 | 1600 | 3100 | 4600 |  |
| 150 | 1650 | 3150 | 4650 |  |
| 200 | 1700 | 3200 | 4700 |  |
| 250 | 1750 | 3250 | 4750 |  |
| 300 | 1800 | 3300 | 4800 |  |
| 350 | 1850 | 3350 | 4850 |  |
| 400 | 1900 | 3400 | 4900 |  |
| 450 | 1950 | 3450 | 4950 |  |
| 500 | 2000 | 3500 | 5000 |  |
| 550 | 2050 | 3550 | 5050 |  |
| 600 | 2100 | 3600 | 5100 |  |
| 650 | 2150 | 3650 | 5150 |  |
| 700 | 2200 | 3700 | 5200 |  |
| 750 | 2250 | 3750 | 5250 |  |
| 800 | 2300 | 3800 | 5300 |  |
| 850 | 2350 | 3850 | 5350 |  |
| 900 | 2400 | 3900 | 5400 |  |
| 950 | 2450 | 3950 | 5450 |  |
| 1000 | 2500 | 4000 | 5500 |  |
| 1050 | 2550 | 4050 | 5550 |  |
| 1100 | 2600 | 4100 | 5600 |  |
| 1150 | 2650 | 4150 | 5650 |  |
| 1200 | 2700 | 4200 | 5700 |  |
| 1250 | 2750 | 4250 | 5750 |  |
| 1300 | 2800 | 4300 | 5800 |  |
| 1350 | 2850 | 4350 | 5850 |  |
| 1400 | 2900 | 4400 | 5900 |  |
| 1450 | 2950 | 4450 | 5950 |  |
| 1500 | 3000 | 4500 | 6000 |  |

## Oregon Masters Swimming

## OMS Coach at the XI FINA World Championship Meet

## Head Coach:

OMS will supply a qualified swimming coach, to assist all OMS-registered swimmers, at the XI FINA World Masters Championships at Stanford University in August 2006 if 15 or more OMS-registered swimmers plan to attend.
OMS will pay this coach a stipend upon his or her satisfactory completion of all responsibilities.
OMS will reimburse this coach for reasonable expenses related to travel, lodging, and team communications.

## Assistant Coach:

OMS will supply a qualified Assistant Coach for this meet if 40 or more OMS-registered swimmers plan to attend. The Assistant Coach shall share the coaching responsibilities listed below as determined by the Head Coach.
OMS will pay this coach a stipend upon his or her satisfactory completion of all responsibilities.
OMS will reimburse this coach for reasonable expenses related to travel, lodging, and team communications.
Qualifications: The OMS Coach(s):
Is currently coaching a USMS registered club or OMS local team.
Has extensive knowledge of swimming technique.
Has demonstrated ability to work effectively with athletes of all masters ages \& abilities in a competitive environment.
Has demonstrated ability \& willingness to perform similar responsibilities, through either the OMS Host Coach program or the USMS On-Deck Coach program.
Has demonstrated appropriate organizational skills.
Has an enthusiastic \& positive demeanor.
Responsibilities: The OMS Coach(s) shall:
Prepare \& send a pre-entry letter or e-mail to all OMS swimmers planning to enter the meet, outlining the details of coaching assistance \& soliciting information for the development of relay lineups.
Attend the Swimming Technical Meeting if possible. If unavailable, the Coach shall designate a person to represent OMS and report back to coach.
Develop relay lineups and enter them in a timely manner [see OMS policy on reimbursement for relays at national meets].
Designate an OMS seating area \& hang the OMS banner.
Offer guidance \& splits during warm-up to those who desire it.
Offer pre-race guidance \& post-race comments throughout the meet to those who desire it.
Offer encouragement as needed.
Serve as advocate for OMS swimmers regarding protests \& administrative problems.
Distribute a brief evaluative survey to swimmers at or after the meet.
Prepare a written report on the Meet for the OMS Board, including pertinent information from the meet, results of the evaluative survey, and recommendations for future coaching assistance.
Behave in a professional manner at all times.

## Selection:

Applicants for these positions will apply by sending a completed application to the OMS Board Chair before the application deadline.
The OMS Board will review the applications, and select and notify the Coach promptly.
The selected Coach will sign an agreement with the OMS Board to perform the listed responsibilities.

# Application for OMS Coach at the XI FINA World Masters Championship Meet 

Meet: XI FINA World Masters Championships, Stanford University, Palo Alto, CA
Dates: August 4-11, 2006
Deadline: Application received no later than December 15, 2005.
Selection: Coach(s) selected at the OMS Board Meeting, January 25, 2006.

Name: $\qquad$
Address: $\qquad$
City: $\qquad$ State: $\qquad$ Zip: $\qquad$
Phone (h): $\qquad$ Phone (w): $\qquad$ Phone (c): $\qquad$
E-mail (required): $\qquad$ Fax: $\qquad$
Which OMS Local Team or Club are you currently coaching?
List all qualifications you would like to be considered in applying for this position (education \& swim coaching certification level, experience, achievement \& awards, etc.):

List all experience you have coaching in a similar situation (for example, the OMS Host Coach or USMS On-Deck Coaching programs, All Star, Zone or National Team Coach):

List the qualities and strengths that will make you successful in this position:

Why do you wish to be selected to this position?

If selected, are you prepared to fulfill all of the responsibilities listed on the attached sheet?
Signed: $\qquad$ Date: $\qquad$
Please return your completed questionnaire by the above deadline to:
Jody Welborn, OMS Board Chair
6687 SW Canyon Dr., Portland, OR 97225
Phone: (503) 297-5889
E-mail: jowelb@teleport.com


## Local Team Registration

This form must be postmarked by the entry deadlines of the 2006 OMS Association Championship and the 2006 OMS Open Water Championships, in order for a team to compete as a "local team" at those events.

Team Name $\qquad$
$\qquad$
TEAM REPRESENTATIVE INFORMATION (must be an OMS member)
Rep. Name $\qquad$
Address $\qquad$
Phone 1 $\qquad$ Phone 2
Email $\qquad$
Team Information
Approximate Number of swimmers on team $\qquad$
Practice Schedule $\qquad$
$\qquad$
$\qquad$

## COACH INFORMATION

Coach Name $\qquad$
Address $\qquad$
Phone 1 $\qquad$ Phone 2
Email $\qquad$

## Pool Information

Pool Name $\qquad$
Address $\qquad$
Phone $\qquad$

Mail to: Tia Sitton, Membership Chair, 42455 N River Dr. Sweet Home, OR 97386 email - sweethomebuilders@centurytel.net

$\$ 38.00$ Single Registration: Valid November 1, 2005 to December 31, 2006. Make checks payable to OMS, Inc. (Fee breakdown: USMS $=\mathbf{\$ 2 0 . 0 0}$, (Includes $\$ 8.00$ for USMS Swimmer Magazine), OMS $=\$ 18.00$
\$66.00 Joint registration: Two members at one address/One Aqua-Master. One Registration Form per member please. $\$ 28.00$ Senior Registration ( 65 Years or older): Valid November 1, 2005 to December 31, 2006.
$\$ 46.00$ Two Seniors ( 65 years or older) 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!I have added a contribution of $\$ 50$ as a Gold Medal Sponsor of Oregon Masters Swimming.I have added a contribution of $\$ 1.00$ (or $\$$ $\qquad$ ) to the United States Masters Swimming Foundation.
"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:

$\qquad$ Date: $\qquad$
MAIL TO: DARLENE STALEY, OMS REGISTRAR, 16903 SW Whitley Way, Beaverton, OR 97006 This form is available on the OMS website: www.swimoregon.org


| Date | Event | Location | Contact |  |
| :---: | :---: | :---: | :---: | :---: |
| Pool Meets |  |  |  |  |
| Nov. 19-20 | NW Zone SCM Championships | Portland, OR <br> David Douglas High School | Dennis Baker | bakeswim@yahoo.com |
| *Jan. 21 | Animal Meet | Canby, OR | Ken Schun | kdschhuhmeister@aol.com |
| March 11 | Pentathlon | THB - Beaverton | Jeanne Teisher |  |
| April 21-23 | SCY Association | Corvallis, OR | Mark Worden | marklauraworden @comcast.net |
| July TBA | State Games | Mt. Hood Com. College |  |  |
| Sept. 9 | Patriot Games | Camas, WA | Bert Petersen | petersen@exchangenet.net |
| Open Water |  |  |  |  |
| June 11 | 2k \& 4 K | Hagg Lake | Jim Teisher |  |
| June 24 | $1 \mathrm{k}, 2 \mathrm{k}$ and pursuit relay | Foster Lake |  |  |
| July 15-16 | TBA | Applegate Lake |  |  |
| July 29-31 | Fri. - 3000 <br> Sat. - 500 and 1500 Associati <br> Sun. - 5000 and 1000 | Elk Lake Champs |  |  |
| Aug. 20 | 1500, 1000 anything goes 500 kicking | Dorena Lake |  |  |
| National Championships |  |  |  |  |
| May 11-14 | USMS - SCY | Coral Springs, Florida | www.us |  |
| Postal Championships 2005 |  |  |  |  |
| *January 1-31, 2006 | One Hour Postal |  | Laura Kessler | swimlaura@ameritech.net |
| International Championships |  |  |  |  |
| FINA World Masters | ionship - August 4-11, 2006 | Stanford, Ca | fornia | http://www.2006finamasters.org/ |
| * ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER |  |  |  |  |


| Board Meetings |  | April 22 | General Membership. Meet | Corvallis |
| :--- | :--- | :--- | :--- | :--- |
| All Board Meetings are open. OMS members are encouraged to | May 24 | 7 PM | Rivermark - Beaverton |  |
| attend. Contact Jody Welborn, OMS Chair, for details | July 9 | 10 AM | Mt. Hood CC - Gresham |  |
| Nov. 16 | 7 PM | NIKE Campus - Beaverton | Aug. 23 | 7 PM |
| Jan. 25 PM Rivermark - Beaverton Sept. 29-30 | Board Retreat | NIKE - Beaverton |  |  |
| March 11 | After Meet | THB - Beaverton |  |  |

Oregon Masters Swimming, Inc.
5832 SE Woll Pond Way

Hillsboro, OR 97123-6970 | Nonprofit |
| :---: |
| Organization |
| U.S. Postage |
| Paid |
| Portland, Oregon |
| Permit No. 1292 |


[^0]:    Jody Welborn Honored
    Jody Welborn honored with the Dorothy Donnelly USMS Service Award

    As a volunteer-driven organization, USMS is forever grateful to the hundreds of talented volunteers who give their time, talent, and expertise to help all phases of our programs. Among those volunteers there are some whose service stands out in its scope, its impact on the program, and the numbers of USMS members who have benefitted from their efforts on the local, regional, and national level.
    Jody is one whose service stands out. At the recent USMS National Convention, Jody was presented with this Award. The Award states that it was presented to Jody whose service has been outstanding in its scope, its impact on the program, and the number of members who have benefited from your efforts on the local, regional, or national level.

    Jody - thanks for all you do for OMS and USMS. Congratulations on this Award!

[^1]:    Entry confirmation will be made by e-mail or telephone. Maps and directions available on request. Talk times will be held at the Canby Adult Center adjacent to the Canby Swim Center. Please check in with the Clerk Of Course on the Pool Deck prior to your first session (AM Talk, In-Water, or PM Talk depending on what you have signed up for). Questions? Call 503-266-1345!

