



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

Volume 36, Number 9 Published 10 Times Yearly by OMS, Inc. November 2009

"Swimming for Life"

The Non-competing Majority

by Karen Andrus-Hughes

Of approximately 50,000 USMS members, only about 30% compete on a regular basis. The same holds true for OMS members - only about 1/3 of us choose to swim in meets. This articles purpose is to put a face to a few of us who are in the non-competing majority.

Anne Thomas, 58

Occupation: Teaches 1st/2nd grade blend at Ponderosa Elementary
Local Team: COMA - Bend

Simply put she doesn't compete in pool meets because they don't appeal to her. "The competitive part has never grabbed me," she says. "The idea of swimming against someone in the next lane makes me nervous to even think about. I'm pretty sure that if I were to swim in a meet, I'm competitive enough that I'd be checking out the other swimmers and it would totally stress me out! And plus I'm a lousy diver and flip turner." So initially Anne started swimming Master's workouts for the fitness benefits, but quickly grew to appreciate the social aspects as well as the benefits of coaching. She does like to participate in the 3000 and one hour swims as personal challenges.



Fred Kawabata, 70

Occupation: Retired Electronic Engineer - Tektronics
Local Team: Tualatin Hills Barracudas - Beaverton

Fred started swimming with the Tualatin Hills Barracudas about five years ago. "I could go to the pool and swim by myself, but it gets boring on your own. And I wouldn't probably do it regularly," he said. He swam in one meet early on, and could see the advantage of having a precise, organized way to measure your times, but so far the experience wasn't pleasant enough to repeat. He does enjoy swimming coached workouts with the Barracudas three times per week. He just recently started working on his breaststroke, which he said "was terrible!" He asked Coach Jon Clark to take a look at his kick, and Jon gave him several suggestions for improvement. "Now he says my kick is legal about half the time, so that's better than zero!" Fred has volunteered his support to OMS for



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Chairs Corner by Jody Welborn

Hi Everyone:

Those of you who have read the Chairs Corner over the years have heard news and stories about my family. I have been fortunate to have 2 children who have grown to be lovely adults and proponents of a healthy lifestyle that includes swimming.

My family is fortunate to welcome another potential swimmer. My grandson, Argus, was born September 20th, a healthy 10 pounds and 21 inches and I was happy to be able to spend some time with him and his mother shortly after his birth. Looking at him, and my granddaughter Soleil, reminds me how important it is to promote a healthy lifestyle from the beginning in order to maintain healthy habits into adulthood. While swimming is a wonderful sport it is important for children to be exposed to multiple types of exercise to keep it fun.

But swimming should be an

important activity for all children. It should begin with water safety, moving eventually into organized lessons. Not only do lessons teach valuable skills, swimming competency prevents drowning.

Later, for both of my children, competitive swimming was a part of after-school life, keeping them fit and engaged. My friends and colleagues have responded positively to my enthusiasm for swimming often telling me of their children's delight and accomplishments in the pool and the valuable life lessons that swimming provides. And I remind them that swimming is a sport for life. My children have been members of the USMS community as adults and I am looking forward to registering my grandchildren.

So continue to spread the word. It is never too early to promote swimming. And remember...

Swimming is for Life,

and Life Matters.



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Photo Credit: Lorna Silver, Joe Oakes, Shay Fletcher

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Aqua-Master is the official publication of Oregon Masters Swimming, Inc., 1211 SW Fifth Ave., Portland, OR 97204-3795. It is the source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact Susie Young (Registrar) or Jackie Parker (Membership) 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. Information is also available on line at www.swimoregon.org



Off the Block

by Joe Oakes



FLORIDA IN AUGUST

No one in their right mind goes to Sarasota, Florida in August, but an unfortunate family situation made it necessary for me to be there. I had also recently read that US Masters Swimming had set up their new headquarters in Sarasota, and that they had moved into a 'historic building.' What the heck, I was in town anyway, so I decided to give it a look-see.

Laura Hamel, the new USMS Editor in Chief, answered the phone. "Come on over," she said, adding that the USMS folks had just returned from the Nationals in Indiana, and were up to their eyeballs with things to do. Laura cautioned that USMS was still in the moving-in stage as she gave me instructions to the parking lot where they were located. After several left and right turns I indeed found myself in a parking lot with two buildings in front of me. I picked up my cell phone. "Laura, I don't know if I am in the right place. There are two buildings: one looks like a museum and the other looks like a restaurant." She told me to go into the modern, Asian-looking building, the single story, blue-tiled-roof, glass-enclosed one with no visible furniture.

Inside things were busy, busy, busy: people moving in, furniture, fixtures and files going into place, the scene being set for the administration of all the programs for the many thousands of USMS swimmers throughout the USA. And even as the move was taking place, the day-to-day business of USMS had to continue uninterrupted. Considering that the entire shebang had just

moved to Florida, and that some of the key people were new to their jobs, it seemed to me that the baton was being passed without a flaw.

Why Sarasota? Because the City of Sarasota

offered Masters a very nice leasing arrangement in a beautiful setting, located where swimming takes place out of doors all year long. "Laura, this building looks rather modern, rather than historic." The building does, in fact, have a history



in that part of the world, but I chose to focus instead on its architectural values. To me it looks like a Howard Johnson's restaurant, but with a shiny, blue-tiled roof instead of orange. And instead of whitewashed walls, the entire exterior is floor-to-ceiling glass. Inside the glass walls a corridor runs the length of the building, making the inner offices easier to keep air conditioned in the hot Florida summers.

She generously took the time to show me the office space allocated to this function and that, as with any business. More important, Laura introduced me to the key personnel who make the USMS machinery work. I even had the opportunity to spend a few minutes with Rob Butcher, the person in charge of the entire operation. There was something that I wanted to say to him, and this was my face-to-face opportunity.

Here is the gist of our conversation. I pompously reminded him that only a fraction of

Shake and Swim with "Bake"

Consistency and the One

Coach Dennis Baker



I've written a few articles on being consistent in your training for Masters, Open Water, Triathlons and just general fitness swimming. It's our biggest road block to making gains in dropping time and correcting stroke technique. The dreaded "Life Stuff" gets in the way all the time because we are adults. Each time you make plans for a season it seems like something else in life gets in the way or takes a higher priority. Whether it's your kids, job or health reasons it can be very frustrating at times to get a solid season of training in.

So why do we do this sport when we really can't train like we want to? We love it that's why! Your children, employment and personal health must take priority. We still go to meets even if we feel we are not quite ready. We have fun socializing and get to head out of town once in awhile to get away from it all. Getting a little deeper into it though, I think it's more than that.

I truly believe it's the "one". What is the "one" you ask? It's the one great swim you have at a meet if you're ready or not to swim it. It's the one great practice you have that changes your whole outlook on the season or your general health. We need to look for and identify these mystical experiences when they happen. The only thing I can remotely compare it to is while you're playing golf you hit that amazing drive or putt. It keeps you coming back for more. I experience the "one" myself every year at about this time while getting back into racing shape. I see it in the athletes I train at every level. I especially love to watch the beginning swimmers cross that magical threshold to where they can actually swim smoothly and do a swim set. YOU love swimming that is a fact or you wouldn't be reading this publication. Strive to be more consistent when you can and take the time to set goals and make a plan. More importantly look for the "one", it's out there.

TIDBITS

Milestone for USMS: September 2, 2009, USMS registered its 50,000th member, making it the first time U.S. Masters Swimming has ever registered 50,000 members in a given year.

The 50,000th member is Sally Bradley. Bradley is a teacher and lives in Columbus, GA. "Swimming has been the most consistent form of fitness for me in my whole life," she says, adding, "Nothing makes me feel better than swimming. I've had to take some time away from it but I'm excited to be back."

U.S. Masters Swimming Statement on Swimsuits

The FINA Masters Committee has recommended that the FINA Bureau, meeting in mid-January, approve its recommendation that Masters swimmers be governed by the same swimsuit rules as the elite pool swimmers. If the Bureau approves the committee's recommendation, it is anticipated it would go into effect after the Bureau meeting. If this recommendation becomes policy with the FINA Bureau, USMS will implement it for our sanctioned swim meets.

For the time being and until the FINA Bureau issues its policy for Masters, the June 1, 2009, ruling that allowed technical suits in USMS swim meets is still in effect. If you choose to compete in a USA Swimming sanctioned meet, you must follow USA Swimming rules.

Last July the FINA Masters Congress passed a rule change that now allows the 400 and 800 relays to count for World Records and Top 10 times. This new rule became effective Sept 23, 2009.

Convention Reports

In Chicago, Illinois, September 16-20, 2009, U.S. Masters Swimming held their annual convention. To represent all of us, OMS sent three delegates: Dennis Baker, MJ Caswell and Tim Waud. Each of our delegates were asked to report on the activities or on programs that impressed them. Following are those reports.

Dennis Baker OMS Coaches Chair

This year's convention was an election year so there were some changes in USMS. We have a new President in Jeff Moxie and I think he will do a great job. Rob Copeland is stepping down and I will miss him, he did a great job as President. Aside from that, this was our first year of having fully paid staff and new home base in Florida to guide our membership of USMS. Rob Butcher is our Executive Director and he has done a great job in his rookie year. I hope he can find some great sponsors for USMS in the near future as the economy picks up. The elections are always fun and this year we had a tie twice over, on one election, the odds of that are astronomical.

My focus was on Coaching as I am on the Coaches Committee. Our meeting was very well attended at the convention. The coach's challenge in the near future is to come up with a solid certification program to ensure that our coaches are unified and educated about Masters Swimming.

Club development was a hot topic and Mel Goldstein gave a nice presentation on how to

further grow your club and manage it well.

Being a former meet director for Masters Nationals I am always interested in the Championship Committee and made it clear to some of the board members that Mt. Hood would make a bid for the 2012 LC Nationals if needed.

I was lucky enough to be asked to be on a panel to answer questions from delegates at the Coaches Presentation and that was really fun and great to hear about how other clubs operate.

The "Suit" issue was hotly debated and we voted in a tight race to go along with the USA Swimming point of view and ban them as we move into the New Year.

Lastly, if I have a few spare minutes I like to peek in at some of the USA Swimming technique seminars and learn what is new and exciting. I find this very helpful in my coaching and clinics.

All in all it was a great experience and I am excited for the future of USMS, which is now 50,000 strong!!!

MJ Caswell — A first-time attendee's report OMS Webmaster

I was chosen to attend the USMS convention in Chicago as a delegate for the Oregon LMSC and wanted to share my experience with other Oregon masters swimmers, in case you are interested in knowing more about how our national organization functions. The word delegate is defined as follows:

A delegate is a person representing an organization (e.g., a government, a charity, an NGO, a trade union) at a meeting or conference between organizations of the same level.

The first thing I noticed was that as a new delegate, I got quite a bit of e-mail from folks at the convention, including board of directors meeting minutes, updated rules committee proposed rules changes (about 30 pages) and a delegate packet that was more than 140 pages long. I dutifully read all of the e-mail and printed out the schedule and the proposed rules and

legislative committee changes. Most of the proposed rules and legislative changes made sense and had logical reasons listed. I packed all printed materials and my bag and flew to Chicago.

Upon arrival in Chicago, I found the hotel shuttle van, and made the short trip to the hotel. I was happy to see Tim Waud, another Oregon delegate, almost as soon as I arrived at the hotel. I went ahead and registered for the convention, got my voting cards (one red "no", one yellow "abstain", and one green "yes"), got registered for my room and unpacked. There was a Board of Directors meeting in progress and I sat in for a portion of the meeting, got a snack and went up to my room to rest prior to a reception hosted by the vendors at the convention. I was able to meet many of our Northwest zone fellow-delegates at the reception, as well as delegates from other areas. I was lucky to be sharing a room with Sandi

Rousseau and she seemed to know almost everyone at the convention, which made meeting folks much easier.

Thursday morning officially started for me at 7:30 AM with a new delegate orientation, which covered Robert's rules, which are the rules USMS uses to run meetings and the House of Delegates. The executive staff (USMS employees) were introduced as well as many of the chairpersons of the various committees. The new delegates were given an overview of how business would be conducted (advance to one of the microphones if you wish to ask a question, state your LMSC and name and then your question), told to pick up our paperwork at the back of the room in accordion files prior to each meeting of the House of Delegates, and were encouraged to go to lunch with a more experienced delegate, which would be arranged by the Secretary if we met in the hotel lobby. There was a break of about 10 minutes prior to the first House of Delegates meeting and I found Sandi and Dennis and we got seats together towards the front of the room. The house of delegates meeting honored members who died in the past year, heard and approved committee reports, and confirmed the day's schedule.

Next up - committee meetings. The Oregon group got together Wednesday night to organize who should go to the various committee meetings. Dennis, Bob and Sandi are on some committees and had to attend those meetings and Tim and I acted as floaters - attending other meetings so that we usually had one delegate in most of the meetings. I went to the Fitness Education committee meeting first and was interested in their focus. They had a report on the check-off challenge, go the distance program, and the new fitness logs or flogs on the USMS website. The flogs are the 5th most popular area on the USMS website already, although they are new, so that is a service members really seem to enjoy. Next I attended the communications committee meeting, which is a committee that is being dissolved due to the

existence of USMS staff. Most of the agenda items dealt with transitioning their remaining projects to the USMS staff.

Lunch with a more experienced delegate was my next adventure, and I got to leave the hotel and walk across the street to a cafeteria with my mentor, Lynn Hazelwood. She was very nice and had been at the USMS conventions for years. She had good tips for me and we had the fortune to bump into each other several times during the convention. After lunch, back to committee meetings - sports medicine first and then the records and tabulation committee. Both committee meetings were interesting and I learned about programs that USMS has in the works for supporting members. Following the committee meetings were meetings on the new legislation, then an opportunity to meet the candidates who were running for the various open Board of Directors positions. I ran to get a sandwich for dinner prior to attending a workshop on LMSC communications.

The schedule for Thursday ran from 7:30 AM (5:30 AM Oregon time) to 9:15 PM (7:15 PM Oregon time) with exactly 1 hour and 15 minutes for lunch, and no scheduled time for dinner. It was fun, interesting and exhausting. And it was a fairly typical day for the convention. For someone who likes meals, snacks, and caffeine on a regular basis, it was a challenge.

Contentious issues at the convention proved to be new swimsuit rules (which are still up in the air pending the FINA bureau's ruling) and the use of workout groups rather than clubs within some LMSC's. And this convention made history, in that we had a tie vote for the first time ever when voting for the new Board of Directors positions. And we had a tie vote twice, much to everyone's amazement.

I would encourage all Oregon swimmers to get involved in running your teams, your LMSC, and to participate at a USMS convention if you have the opportunity. You will learn a great deal and meet some wonderful people.

Tim Waud OMS Vice Chairperson, Sanctions

Wednesday, September 16, 2009, I arrived in Rosemont, Illinois, for the 2009 United States Aquatic Sports convention. Upon arrival we registered as USMS delegates which gave us certification to vote in the House of Delegates (HOD). Later that evening we socialized and attended a USAS Welcome Reception. I was

amazed to see many familiar faces and friends I have made through the years at USMS National competitions. It is impressive to see the passion these people have inside the pool as well as outside the pool.

Thursday, September 17, 2009, I attended a workout session at the University of Illinois

Chicago (UIC). Dr. Chris Colburn led us in a nice long aerobic set in the 50 meter Natatorium, we swam nearly 3000 meters. After an hour long bus trip, during Chicago rush hour traffic, I went to the New Delegate Orientation where we discussed convention etiquette. House of Delegates (HOD) is where the official business of USMS is conducted. Session 1 of the HOD consisted of announcements and roll call of the delegates. Information about the candidates for the Board of Directors election was discussed. Next I attended the USMS Endowment Fund Board of Directors, fund statements for the years 2008 and 2009 were discussed and the investment performance was summarized. The Board then discussed and voted on three (3) grant applications which were all declined. My next meeting, History & Archives Committee, discussed archiving historical data for USMS. The USMS Rule Book covers are to be recorded in the History & Archives and I suggested that we record the history of the USMS swimming pin. I have now taken on the task of historically documenting the USMS pin. During the afternoon session I attended Recognition & Awards Committee which speaks for itself, and then the Open Water & Long Distance Committee meeting. Later that evening I attended Meet the Candidates Forum where we were able to hear from those seeking positions within USMS Executive Committee.

Friday, September 18, we began with Session 2 of the HOD where Championship, Rules

and Finance had action items requiring approval by the HOD. I then attended Legislation Committee meeting. Since this is a legislation year the meeting consisted on amendments to parts 2, 4, 5 and 6 and appendix D of the rule book. Here discussion of amendments will be recommended to the HOD. Recommended amendments require a simple majority vote. Those amendments *not* recommended required a two-thirds majority vote. After lunch we began Session 3 of the HOD. During Session 3, we voted on officers for USMS Executive Committee and awards were given to honor USMS volunteers.

Saturday, September 19, began with Zone Meetings in the morning followed by LMSC workshops which dealt with administrative issues. Session 4, the final session of the HOD, consisted of hearing committee reports and voting on issues. Of course, the most interesting issue was FINA's stance on the tech suit regulations. Saturday evening I attended the USAS Aquatics Awards Banquet where awards and presentations were given for the USMS Coach of the Year Award, Ransom J. Arthur Award and other volunteers awards. USA Swimming, USA Water Polo and USA Diving also gave out their prestigious awards.

Sunday, September 20, consisted of an informal convention wrap-up session. For more information on the 2009 USAS Convention go to the USMS website and look for the Feature: 2009 Convention Wrap-up.

Non-competing Swimmers

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the past few years by taking pictures at local meets, including a major contribution during the 2008 long course nationals at Mt. Hood.

Lynda Christiansen, 65

Occupation: Retired ICU Nurse

Local Team: Emerald Aquatics - Eugene

Lynda began swimming masters in Vermont in 1985. As a nurse, she understands how important it is to exercise for her health, so she doesn't even consider whether to come to swim workouts or not. "Swimming is as habitual for me as eating," she says. I've remained a faithful workout participant, but no longer compete. When it comes to spending time at pool side waiting to swim a few events, she'd rather sit out - or more precisely she'd rather be on a bike or hike somewhere. "For the most part, it's the time involved that keeps me from competing," says Lynda. Except when she's traveling, she's a regular at swim workouts and enjoys the camaraderie with her teammates. "My goal before hanging up my swimsuit is to swim a good butterfly, but Coach Gina (Dohm) says I need to stay home more for that to happen." Last summer Lynda biked across the United States with a friend (a 12 week trek).



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Six from Brookings swim away from Alcatraz Island

by Dr. Mark Silver
Brookings News

There I was in the cold waters of the San Francisco Bay. I had just jumped off the Red and White Ferry which had brought us to Alcatraz Island. Was I crazy? Again?

This was the 17th annual Alcatraz Sharkfest Swim Race. On Aug. 15, nearly 900 swimmers leaped off the ferry boats and were swimming first to an imaginary starting line behind a row of accompanying kayakers. I was able to inspire five other swimmers to take the plunge with me this year.

As the horn sounded marking the start of the race, my son Zyan swimming next to me said, "Dad, I'll see you at the finish line," and off he went. Before I had a chance to tell him how much I appreciated him being there with me, he was gone.

It would take me closer to one hour (59 minutes and 53 seconds to be exact) to make it to the finish line in the Aquatic Park and the safety of dry land. As I ran up the beach and crossed the finish line, a big smile came over me; it was a great feeling. Seeing the faces of the other Brookings swimmers at the finish line was gratifying and exhilarating. We had all made it!

Later in the day we would all reflect on this incredible journey.

Sue Calnek, at 66 years of age finished first in her division at 45 minutes. She said that accomplishing this swim as a group was inspiring, and if she could she would do it every day of the week. A veteran of the Oregon Master Swimming Program, it was her first open water swim. Calnek said achieving our goal as a group was more important than her individual effort.

Ron Griswold, local triathlete in his fourth Alcatraz swim, finished eighth in his age group at 48 minutes. Naming our group the Brookings Coldwater Swim Club, he remarked that the swim was easy and fun. Griswold mostly appreciated the fellowship of the group.

Zyan Silver, my 20 year old son, beat me by 11 minutes finishing with a time of 48 minutes, securing third place in his age group. He described the race as: "...a good feeling when you get to the finish line." As for next year Zyan says he will be back (probably to beat his Dad once again).

John Herzog was pleased with his race, finishing in 51 minutes. His wife was there for support. He mentioned to me that my swim last year inspired him to do it. He found the race harder than expected with rougher waters than anticipated.



The Brookings Gang - Dr. Mark Silver, left, Ron Griswold, Zyan Silver, Sue Calnek, Dan Brattain and John Herzog - completed swim from Alcatraz Island to the mainland in San Francisco. Photo by Lorna Silver

Dan Brattain finished in 56 minutes. His wife and oldest son were there to see him cross the finish line. He was glad he did it, giving himself a real sense of accomplishment. He felt his training paid off; it taught him to keep going and never stop.

As for me, finishing at 59 minutes, the swim was another steppingstone on the path to greater fitness and health. Sure I'll be back next year and hope to bring more friends. After I wrote about my inaugural swim last year, I've spoken to hundreds of patients about the importance of regular exercise as part of an overall wellness program.

I decided that walking the walk was more important than simply talking the talk. Do as I do. There is no trying — just doing. Excuses be gone. I have used my Alcatraz swim as a springboard to encourage others to make a lifestyle change.

Exercise is medicine. Just a few of the benefits include improved cardiovascular health, weight loss, improved blood pressure and blood sugar, and the reduced risk of serious illness. Exercise enhances your mental and physical well-being.

As for the Brookings Six, the Alcatraz swim will always be a cherished memory that we will be able to share for the rest of our lives.



John Herzog crosses the finish line on San Francisco beach. Photo by Lorna Silver

What Is A Fitness Swimmer?

by Marcia Anziano

The other day I was reviewing the list of suggested topics for our Monthly Fitness articles on the web and noticed one that had not been address, it was "What is a Fitness Swimmer or Why am I a Fitness Swimmer?"

I started thinking about this, as I have never really considered myself a Fitness Swimmer, as I am a Competitive Swimmer who signed up for the Fitness Committee for a couple of reasons, one being that of trying to understand how someone gets up every morning at 4:15 a.m. (we work out early) and comes to swim with no "real" goals in mind, or any that I could see.

I know that many of the swimmers have goals - some are triathletes, some are rehabbing injuries, and some are looking for a future mate. Our workout group would probably surpass Match.com when it comes to success rates for couples, and it has now moved into the era of children, and the population is definitely on the rise.

But what else motivates these swimmers. I look at the Fitness Programs that the USMS Fitness Committee offers, and many of the participants are other Competitive Swimmers like myself. Now, as Chair of the Fitness Committee, I have to work with the committee to think about how to make these present offerings more attractive to all swimmers, evaluate the benefit of these offerings, and go forward with new and better programs.

When reviewing the Swimmer Survey conducted by USMS in 2006 (www.usms.org/admin/surveys/May2006/segments_report.pdf) found on the USMS website,, you can see that all swimmers are interested in Fitness. You should check out this survey as it is quite interesting, but briefly, swimmers were broken into 5 segments. These segments consisted of 1: Serious Competitive Swimmers; 2: Serious swimmers who are not competitive/less competitive; 3: Non-serious competitive swimmers; 4: All event participants/open water swimmers; and 5: Triathletes. Refer to the survey for details on the group breakdowns. However, of interest to the Fitness Committee, is that on a scale of 7, the groups rated the following statement "I joined to get in shape and maintain fitness" as follows: 1 - 6.5; 2 - 6.6; 3 - 5.0; 4 - 5.8; and 5 - 6.3. In all, fitness was rated fairly high in each group.

Using this survey as a tool to help determine member needs, USMS has also looked at role of the Fitness Committee and how it can meet the needs of all members. No matter why we swim, we all benefit from the good aspects of swimming, and we all improve our health and fitness. In the future, the Fitness Committee will be looking at all of USMS as its audience. We will be looking at promoting the health and fitness of all swimmers.

So, when someone asks the question "What is a Fitness Swimmer", we can now say "We are ALL Fitness Swimmers". Most of us have additional goals, be they competition, social, or whatever, but we all swim for Fitness and for Life.

Florida in August
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USMS membership races with any regularity, and that racing is of little interest to the majority of us members. Yet it seems that the main focus of USMS is on racing, with an inordinate amount of time and space spent on that pursuit. I also informed him that the term *fitness swimmer* seems a bit condescending to those of us who do not choose to race: we swim for fitness, true, but also for the joy of it, and sometimes for adventure, as in the many open water relays available to us. Rob smiled. He informed me that he agreed with me, and that the focus of USMS in the next few years would be to recognize and serve those segments of their membership. We non-racers can look forward to that.

But he reminded me of the hard work of member clubs and individuals whose energies have

been traditionally aimed at racing programs. The people in that office had just returned from the Nationals, had they not? So it looks like a balancing act is in order. With the energetic, young team in charge at USMS I have no doubt that they can handle the challenge.

As I left, the Florida skies opened up in a downpour unlike any we have on the West Coast. My wallet was missing somewhere in my rent-a-car, and for a few minutes I panicked. Try getting on a plane without proper ID these days, or paying your hotel bill. But with my butt sticking out the passenger side door into the rain, I made a proper search and found that it was hiding beneath the seat. *Whew!*

The folks at USMS HQ are accommodating and capable. Should you find yourself in the vicinity, call first: they are also very busy working hard for us.

Celebrate Your Swim Fitness

by Linda Shoenberger

Everyday your swim fitness is evident to everyone around you. Of course fitness swimmers think about being fit everyday (or every other day), but often we don't realize others are noticing our fitness too.

They don't approach you everyday and say, "Gosh you look great!" But periodically someone will come up to you and say something like, "Gosh you look great!" or "How do you stay so fit?"

I often hear people complaining about "having" to go work out. It never enters my mind that swimming is a chore or something I "have" to do. I just do it. I love it. My email address is lindaloves2swim@charter.net. I really do love to swim and every time I jump in the pool I say to myself, "this is the best part of my day!"

The idea that fitness swimming is fun was evident all around at the recent USAS convention in Chicago in September. Each day of the convention about 150 USMS swimmers climbed onto the waiting bus at 5:00 a.m. to head out to the UCI pool to be coached by some of the best Masters coaches from USMS.

Chatting, laughing, stripping off sweats and jumping into the water, one would think we were a bunch of kids off to summer camp. Racing back to the hotel with wet hair, hotel towels and a snack

provided by USMS after an hour of long course swimming, we then headed to our rooms for a quick change and off to meetings. Again, the swimming was the best part of the day.

Saturday brought a special treat when Robert Zeitner, a member of the Long Distance Committee organized an open water workout in Lake Michigan. About 40 people piled into cars and headed downtown in the dark past the towering skyscrapers to strip and wade into beautiful Lake Michigan. What a treat! We swam out and back past Lakeshore drive and the glittering buildings. People ran and biked past as we enjoyed the sunrise and the refreshing water.

Again, it was the best part of the day. And to me, it was the best part of the convention. Enjoying what I do everyday but in a different setting with new friends and old friends, swimming along, staying fit, celebrating my love of fitness swimming.

And a few days later, back home at my gym in Reno as I was walking into the ladies locker room to pull on my suit, a friend passed by and said, "Gosh you look great! How do you do it?" I said, "I just keep on swimming!" I should have added, "And I love it and thank you for noticing."

Breaststroke Evolution

The history and evolution of Breaststroke is quite interesting and perhaps worth a mention, because to a certain extent it governs the current rules on the stroke. It is the stroke that incurs the most disqualifications, particularly amongst the younger swimmers.

Many years ago swimmers discovered that they could swim faster under the water than they could on top. Indeed, the fastest Breaststrokers were those who could stay underwater the longest. The problem, however, was that races lacked interest for spectators (who had trouble seeing the action going on underwater) and dangerous for the swimmers (who sometimes blacked out, or worse, died). Rules were introduced to prevent this from happening.

In order to stop Breaststrokers from swimming underwater the rules now insist that:

A swimmer's head must break the surface every stroke, except on the start and turn, when a swimmer may perform one complete cycle underwater.

In the late 1800s we saw a revival in swimming underwater, but this time Butterfliers, Backstrokers and Freestylers had discovered that kicking underwater using Dolphin Kick was faster than they could swim on top (principally because of the resistance caused by surface waves slowing them down). Fearing a repeat of the earlier problems, the rules were changed on all three strokes to prohibit swimmers from swimming further than 15 meters (to the false start rope) underwater.

Swimmers who take advantage of these rules are more likely to be faster (if they have an outstanding dolphin kick) than those who don't.

The Greatest Performance Enhancement Supplement... Sleep

by Dr. Jim Miller

Overrated? Never! Underachieved? Almost always! Sleep is the third component to recovery and performance. This follows hydration and nutrition. Sleep is also restorative. Not only does it refresh your intellectual function, but it also allows the muscles to recharge, uninterrupted, for the next performance challenge. Sleep enhances reaction times, endurance performance, and power performance. Not too shabby when all you have to do is lay there.

There is a catch, as you would guess. You have to have quality sleep and you have to have enough of it. It is a complete myth when someone tells you that they are fully recharged after 4-5 hours of sleep. The human brain goes through sleep cycles that include several stages of sleep, including REM (dream state) and deep sleep, as well as other intermediate stages. All of them are important to improve your daytime athletic and intellectual performance.

Individuals differ as to how many cycles they ideally need and how long a full cycle takes, but each person can tell you, if they are honest. I usually ask the Masters athlete when they would wake up without an alarm at the beach without any interruptions of any kind. The answer may be alarming (pun intended). In general, it is around 8

hours, but there are some that may be as low as 7 or as high as 10. As we age, the effectiveness of our sleep cycles tends to diminish. So it may be expected that, as adults, we may need more restorative sleep.

Address the issues that awaken you with your practitioner. Common interruptions include bathroom stops and medication dosing. It is well-known that Melatonin is a common mediator of sleep in the brain and that this diminishes as we age. Many find that the use of over-the-counter Melatonin assists sleep patterns with aging. You have to give Melatonin at least 4-6 months to see if it will help you and you need to clear its use with your practitioner, to avoid a medication interaction.

Sleep problems quickly become obvious. If you are swimming multiple practices per week and going to work and you are one of those 9 hour sleep creatures, where does that fit in? The answer is planned time management. What happens if you become sleep deprived, which is really easy to do on a demanding home and work schedule? Well, let's start with poor athletic performance, poor recovery, sub-par work performance, grumpy athlete with a short temper ... and that is just for starters! Now we have the question, Is it overtraining or under-fueling or sleep deprivation? Can lack of appropriate hydration, nutrition and/or sleep result in pushing an athlete to an overtrained and unfulfilled state? You know the answer now. YES!

Non-competing Swimmers

Continued from page 7

Larry Beck, 58

Occupation: Retired Biologist, Fisheries

Local Team: Oregon Reign Masters - Gresham

"I started to swim to keep company with my wife (Jo Carney, who also swims with Oregon Reign), and to encourage her to keep swimming," says Larry. He likes to do the long distance fitness events (hour swim, 5K, etc.) because the purpose is to reach a goal, not so much to compete for a time. It's not that Larry doesn't like competition - he does! However, a leaky heart-valve makes the quick starts in pool racing extra challenging. "If I need to move quickly, I find myself gasping for air, whereas with the long stuff I can just keep going and going," he explains. He enjoys the company at the pool and getting to know a variety of people; and it's well-known in the Reign community that Larry also likes warming up and visiting in the hot tub prior to taking his first plunge in the "big pool". His goals are fitness oriented, and after spending hours at swimming pools when his children were competing - or in his exact words "torturing me by competing in swimming," he's decided so far master's meets are not for him.



A Snow Workout?

Coach and Masters swimmer Rob Higley hosted the 6000 yard Postal swim on October 4, at the Athletic Club of Bend. Don't you wish you were there?

Photos by Shay Fletcher



OMS Members

please send in pictures and articles that you think others would enjoy seeing in the Aqua Master.

The story on page 8 was sent in by Sue Calnek of Brookings, with the urging of Linda Coffeen on the Oregon Reign team. When the author of the article, Dr. Silver, interviewed Sue, he asked whether there was anything more she wanted to add, so she asked him to mention Oregon Masters Swimming in some way. Sue is trying hard to get people to join OMS down there in Brookings. She has been able to recruit two from the Alcatraz group that swam with her, and there are three more, who swim at the outdoor pool in Brookings, who say they will join OMS in the spring. Since it is an outdoor pool, it closed for the winter in September. Now there is no place to swim till spring. We in the Portland area have much to be thankful for, our pools are indoors and open year-around. If one closes temporarily, there is usually another pool within a short distance. Sue said the Crescent City pool (in California) is 35 miles south, and the North Bend pool is 3 hours north.

Deb Douglas sent in the pictures on page 12, they were taken by Shay Fletcher. How awesome, swimming in the pool when it is snowing!

Karen Andrus-Hughes will be doing the Front Page on a regular basis, and also a Swimmer Spotlight page, which will feature both competing and non-competing swimmers, with pictures to introduce them to us. So be ready to help her out when she asks to interview you. You could even volunteer, but since she can only do 2 to 4 per month, don't be disappointed if your picture doesn't appear in the first Aqua Master after the interview!

Photographers, besides the usual 'people swimming' pictures, we will be looking for unusual shots. I can't tell you what that is because, if you are looking carefully, you will only recognize it when you see it. It should be swimming related however. Please identify the main person in the photo and tell something about them that is cute or serious (i.e., they won an award for all-American, or they swim in their pajamas for drag). If photos are sent in to the Aqua Master, please identify the photographer if you would like photo credit.

This is not a promise to print everything we receive, but we will check it out for appropriateness and space.

Since you will be sending items of interest in for the Aqua Master, I would like to acquaint you with the meaning of the Aqua Master deadline. It is usually the 10th of the month, however that means everything should be to the editor on or before the 10th, preferable well before, so the pieces can be fit into the puzzle and sent to the printer on the 10th. Fitting the puzzle together takes a lot of time, so it is easier if items are received well ahead of the deadline.

This editor is hoping that there will be something of interest for every reader, and that you will continue to enjoy reading the Aqua Master. Please give me your feedback — I would love hearing from you.

Olympic Games Trivia

The Modern Olympics were a revival of the ancient Greek Games where laurel wreaths of Olive leaves were presented as prizes. One of these ancient venues, still in remarkably good condition can be seen at Delphi in Greece and dates back over 2,500 years. The original track of a similar age in Athens was renovated in the 1800s and again in preparation for the first Games of the Modern Olympiad, held in 1896. The track, in pristine condition today has sweeping marble grandstands to seat over 70,000 spectators. Although it's tight curves no longer make it suitable for running races, it is often used for special events and concerts. Swimming and Track and Field have been the mainstay of the Modern Olympics since its inception.

The "Modern" Olympics were revitalized in Athens in 1896. At the second Olympics in 1900 in Paris, swimming included such novelty events as the 200 meter obstacle race; the underwater race and the plunge dive race. In the obstacle race, swimmers had to complete the distance by going over and under a series of rowboats laid out in a straight course. The winner of the plunge dive, as its name suggests, was the person who could dive and glide the furthest in 60 seconds. The longest race ever was 4,000 meters. These events lost favor and were eliminated from the program.

Multnomah Athletic Club Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #379-11

Eligibility: Currently registered USMS swimmers, 18 years and older.

Unregistered swimmers must submit a 2010 registration form and fee with this form.

Hosted by: Multnomah Athletic Club, West Pool

DATE: Sunday December 13, 2009

Location: 1849 Salmon Street
Portland, OR

25 meters ~ 6-8 lanes competition-electronic timing
One lane continuous warm-up/down after 400 free

WARM-UPS: 7AM
MEET STARTS: 8AM

Meet Director: Laura Tyrrell • 503-704-3684 • lauratyrell@mac.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 stop light at 18th, 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, go through stop light at 18th, MAC club is on the right, and parking garage is on the left.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2010 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY NOVEMBER 27, 2009



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____
E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
2009 OR 2010 USMS # _____
USMS CLUB (OREG, MACO, PNA, ETC) _____
IS THIS YOUR FIRST MASTERS MEET? YES NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359 ETC. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC 31, 2009. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS. THE 400 FREESTYLE WILL BE DECK SEEDED. CHECK IN FOR THAT EVENT WILL CLOSE AT 7:30AM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

SUNDAY, December 13, 2009

- | | |
|---|--|
| 400 FREE (1) _____ : _____ . _____ | 100 BREAST (8) _____ : _____ . _____ |
| * break- 20 min. warm-up* (event 2 will start no earlier than 9am) | 50 FREE (9) _____ : _____ . _____ |
| 50 FLY (2) _____ : _____ . _____ | * break* |
| 200 BACK (3) _____ : _____ . _____ | 200 BREAST (10) _____ : _____ . _____ |
| 100 FREE (4) _____ : _____ . _____ | 100 IM (11) _____ : _____ . _____ |
| 200 IM (5) _____ : _____ . _____ | 50 BREAST (12) _____ : _____ . _____ |
| 50 BACK (6) _____ : _____ . _____ | 100 FLY (13) _____ : _____ . _____ |
| * break* | 200 FREE (14) _____ : _____ . _____ |
| 200 FLY (7) _____ : _____ . _____ | 100 BACK (15) _____ : _____ . _____ |

"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 of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____ DATE _____

**MEET ENTRY FEE: \$15.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072**



2009 United States Masters Swimming 3000- & 6000-Yard Postal National Championships

Hosted by Clemson Aquatic Team
Sanctioned by South Carolina LMSC for USMS, Inc. #559-004



DATE: The 3000-Yard Postal and/or the 6000-Yard Postal must be swum in its entirety on or between September 15 and November 15, 2009. **All individual entries must be received by November 25, 2009.** (See **Records** below.) **All relay entries must be received by December 5, 2009.**

OBJECTIVE: To swim 3000 yards and/or 6000 yards in its entirety in any 25-yard pool you choose. Event results are sent in electronically or by mail so you can compare yourself to other swimmers doing the same event. Some people do the 3000-yard Postal and/or the 6000-yard Postal event for competition, while others do it for fitness; all who wish to participate are welcome. The recorded time you submit determines the order of finish. If two or more swimmers report the same time, a tie will be declared.

LOCATION: You may swim the 3000-yard Postal and/or the 6000-yard Postal in any 25-yard pool, no exceptions.

ELIGIBILITY: This is a USMS-sanctioned event and all participants must be registered for 2009 with USMS (or the equivalent organization for non-U.S. swimmers). Foreign swimmers are not eligible for USMS records or All-American status. **A copy of your current 2009 registration card must accompany your entry.**

INDIVIDUAL EVENTS: Men and women compete separately in age groups of five-year increments: 18-24, 25-29, 30-34, ...100+. The swimmer's age on the day he or she actually completes his or her swim will determine his or her age group. Swimmers who change age groups during the event may enter twice, but must swim the event twice, once in each age group.

RELAY EVENTS: Relay events will be contested in three categories: 3 men, 3 women, or 4 mixed (2 men, 2 women). Each relay member **MUST** also enter the individual event and be registered with the same USMS Club. Unattached swimmers are not permitted on relays. The youngest relay member's age shall determine the relay's age group. Age groups are 18+, 25+, 35+, ...95+. The cumulative time for the individual swims will be the relay time.

CLUB EVENT: Each Club will be entered automatically in the Club event. Club point scoring will be calculated based on Quality Points, which are ratios of each individual time to the corresponding USMS Record for the gender & age group. The faster the swim the more Quality Points a swimmer earns. Club totals will be the sum of the Quality Points of its swimmers. Since every swimmer will receive Quality Points, every swimmer counts!

FEES: \$12.00 for each individual entry (\$14.00 for non-US swimmers) and \$18.00 for each relay entry. Fees are non-refundable and are payable by check or money order only – no cash. Foreign entrants must submit fees in U.S. funds via international money order or bank check drawn on a bank with a U.S. affiliate.

AWARDS: The top 10 finishers in each age group in the individual event and the top 3 relay teams in relay events will receive USMS Long Distance National Championship medals. First place finishers in each individual and relay age group will also receive a USMS championship patch. Only one patch per event per participant will be awarded.

RULES: The 2009 USMS Rules govern these events. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. No more than two swimmers may share a lane. If a lane is shared, each swimmer must stay on his or her side of the lane during the entire race (i.e. no circle swimming). An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer must have a verifier to count laps and record cumulative splits every 50 yards. The timing of the event may be done with a stopwatch or electronic timing device. Cumulative split times must be recorded to the nearest second (final times for national records to the nearest 100th). A split sheet must be kept for each swimmer and a copy included with the entry form. One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

RECORDS: If you break a national age group record and would like the time to be included in the next year's USMS Rule Book, your entry must be received no later than October 26. Indicate on the envelope that the entry is a potential USMS record.

SPLIT SHEETS: Please use the official split sheet for this event: www.usms.org/longdist/1hr_3000_6000_splits.pdf

T-SHIRTS/CAPS: The 2009 USMS 3000/6000 yards T-shirt with the LOGO design as seen above on the left is available for \$17. International orders cost \$22 per shirt.

RESULTS: Complete results will be available by mail or via the internet. Preliminary results will be posted on the USMS website at www.usms.org by 12/26/09 for two weeks. All corrections must be sent to the event director during those two weeks. Final results will be posted approximately one week later.

RELAY ENTRY FORMS: Please visit www.usms.org/longdist/dnats09/3000_6000entry_relay.pdf or ClemsonAquaticTeam.org to download forms or send a SASE to: CAT, PO Box 411, Clemson SC 29633-0411.

QUESTIONS: Contact event director: Jacque Grossman at 864-646-8836 (11-5 EST) or email to jelg@innova.net.

Staple a copy of your USMS (or equivalent) Registration Card here.

2009 USMS 3000-YARD & 6000-YARD POSTAL SWIM NATIONAL CHAMPIONSHIPS INDIVIDUAL ENTRY FORM

NAME: _____ GENDER: _____ AGE: _____ BIRTHDATE: ____/____/____
Name as it appears on Registration Card - Last, First M/W Day of swim MM DD YY

ADDRESS: _____ PHONE: _____ - _____ - _____

CITY: _____ STATE: _____ ZIP: _____ COUNTRY: _____

CLUB: _____ CLUB ABBR: _____ REGISTRATION NUMBER: _____
2009 USMS or FINA

E-Mail Address: _____

Check if you want to decline any awards you may earn. _____ Preliminary Results posted at www.usms.org by 1/5/2010

USMS LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been 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.

SWIMMER'S SIGNATURE _____ **DATE** _____

In addition, I certify that I have read the rules of this competition and that on ____/____, 2009,
 I swam ____3000 yards ____6000 yards in a time of: _____:_____:_____.
 at Pool name/City: _____

Swimmer's Signature: _____

Verifier's/Timer's Name, PRINTED: _____

Verifier's Phone Number or Email Address: _____

Entry Fee: US\$12, USMS per event
 US\$14, FINA Masters per event = US \$ _____

T-Shirts: Indicate Quantity Ordered
 Small ____ Medium ____ Large ____ X-Large ____ XX-Large ____
 US\$17 each USMS _____
 US \$22 each, international FINA Masters _____ = US \$ _____
TOTAL Enclosed US \$ _____

Include: Copy of 2009 **USMS or FINA REGISTRATION CARD**. Entry form and split sheet
Check Payable to: CAT

Send to: CAT or Clemson Aquatic Team
 PO Box 411
 Clemson SC 29633-0411

Must be RECEIVED by November 25, 2009.

FOR OFFICIAL SPLIT SHEET SEE:
http://www.usms.org/longdist/1hr_3000_6000_splits.pdf

Swimmer's Name:				Location:				Date:			
Age:		Gender:		USMS #		Event:		Timer:			
Cumulative				Cumulative				Cumulative			
Lap	Yards	50 Split	Time	Lap	Yards	50 Split	Time	Lap	Yards	50 Split	Time
2	50			82	2050			162	4050		
4	100			84	2100			164	4100		
6	150			86	2150			166	4150		
8	200			88	2200			168	4200		
10	250			90	2250			170	4250		
12	300			92	2300			172	4300		
14	350			94	2350			174	4350		
16	400			96	2400			176	4400		
18	450			98	2450			178	4450		
20	500			100	2500			180	4500		
22	550			102	2550			182	4550		
24	600			104	2600			184	4600		
26	650			106	2650			186	4650		
28	700			108	2700			188	4700		
30	750			110	2750			190	4750		
32	800			112	2800			192	4800		
34	850			114	2850			194	4850		
36	900			116	2900			196	4900		
38	950			118	2950			198	4950		
40	1000			120	3000			200	5000		
42	1050			122	3050			202	5050		
44	1100			124	3100			204	5100		
46	1150			126	3150			206	5150		
48	1200			128	3200			208	5200		
50	1250			130	3250			210	5250		
52	1300			132	3300			212	5300		
54	1350			134	3350			214	5350		
56	1400			136	3400			216	5400		
58	1450			138	3450			218	5450		
60	1500			140	3500			220	5500		
62	1550			142	3550			222	5550		
64	1600			144	3600			224	5600		
66	1650			146	3650			226	5650		
68	1700			148	3700			228	5700		
70	1750			150	3750			230	5750		
72	1800			152	3800			232	5800		
74	1850			154	3850			234	5850		
76	1900			156	3900			236	5900		
78	1950			158	3950			238	5950		
80	2000			160	4000			240	6000		



2010 Local Team Registration

This form must be postmarked by the entry deadlines of the 2010 OMS Association Championship and the 2010 OMS Open Water Championships, in order for a team to compete as a "Local Team" at those events.

Team Name _____ **Abbreviation** _____

Team Representative Information (must be an OMS member)

Rep. Name _____
Address _____
Phone # 1 _____ Phone # 2 _____
Email _____

Team Information

Approximate number of swimmers on team _____
Practice Schedule _____

Head Coach Information

Coach Name _____
Address _____
Phone # 1 _____ Phone # 2 _____
Email _____

Ass't Coach Information

Ass't Coach Name _____
Address _____
Phone # 1 _____ Phone # 2 _____
Email _____

Pool Information

Pool Name _____
Address _____
Phone _____

Mail to: Christina Fox, Membership, 30587 Stout Lane, Corvallis OR 97333
Email for Christina - foxkohnert@peak.org



OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING YEAR 2010 REGISTRATION

Renewal - 2009 USMS # _____ New Member

Last Name: _____ First Name: _____ M.I.: _____
(Please register with the name you will use for competition.)

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____ Age: _____ Sex: M F

E-mail Address: _____
(Please print carefully)

Aqua Master - Electronic delivery is automatic. Please check the box if you would prefer a paper copy. <input type="checkbox"/> Paper Copy by USPS	Club: OMS is comprised of the following clubs as of 10/14/09, or you may form a new club*, or you may register unattached (unattached members cannot swim in relays). Please select one. <input type="checkbox"/> SWMS <input type="checkbox"/> OREG <input type="checkbox"/> UNATTACHED	Do you coach a Masters Team <input type="checkbox"/> Yes <input type="checkbox"/> No
--	--	--

Local Team: Name _____ Abbreviation _____

Choose name and abbreviation from list below.

Albany YMCA Tiger Master Sharks YTSM	Klamath Basin Masters KBM	Rogue Valley Masters RVM
Baker Area Seasoned Swimmers BASS	Killer Whales Swim Club KWSC	Seaside Masters SM
Central Oregon Masters COMA	Mittleman Jewish Comm. Cntr. MJCC	Sherwood YMCA Dragons SYD
Circumnavigating Beavers Aquatic CBAT	Multnomah Athletic Club MAC	South Coast Aquatics Masters SCAM
Columbia Gorge Masters CGM	Northwest Blue Crush Aquatic Club BCAC	Southwest Wash. Masters Swimming SWMS
Columbia River Masters CRM	North Clackamas Masters NCMS	Swimmers in Sweet Home SWISH
Corvallis Aquatic Team Masters CAT	Oregon Pool-Less Elite Narwhals OPEN	Tornadoes Master Team TOR
Downtown Athletic Club DAC	Oregon Reign Masters ORM	Tualatin Hills Barracudas THB
Emerald Aquatics EA	Pendleton Masters PEND	Vancouver Swim Club VSC
Fit Athletes Swimmers & Triathletes FAST	Portland Comm. College Masters PCCM	

Registration: Valid November 1, 2009 to December 31, 2010. Make checks payable to OMS, Inc.

\$40.00 Single

\$20.00 Age Group 18 to 24 years and Seniors 65 years and older

Fee breakdown: USMS = \$27.00, Benefits of Membership include: A subscription to USMS's magazine, **SWIMMER**, during the length of the membership year. OMS = \$13.00 (OMS covers the additional cost for our younger and older members.)

Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

- I have added a contribution of \$ _____ 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 \$100 as a Diamond Medal Sponsor of Oregon Masters Swimming.
- I have added a contribution of \$1.00 (or \$ _____) 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.

Use of Image/Likeness: I grant permission to U.S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

Signature: _____ Date: _____

MAIL TO: SUSIE YOUNG, OMS REGISTRAR, 14565 NW Salvia Ct. Portland, OR 97229

This form is available on the OMS website: www.swimoregon.org

*Contact the OMS Registrar for more information on forming an OMS club. Susie Young: swim.pdx@gmail.com or 503-475-8004

Aqua Master

November 2009

Oregon Masters Swimming, Inc.
31701 SE Currin Road
Estacada, OR 97023-9737

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2010 OMS Team Registration
2010 OMS/USMS Individual Registration

2009



<u>Date</u>	<u>Event</u>	<u>Team/Location</u>	<u>Entry Deadline</u>	<u>Contact</u>
Pool Meets				
*Dec. 13	SCM	MAC, Portland	11/27/2009	Laura Tyrrell, 503-704-3684, lauratyrrrell@mac.com
Jan. 30	SCY	Chehalem, Newberg	1/15/2010	Kathleen Buck, 503-625-5747, kbuckcheney@comcast.net
Feb. 14	SCY Animal Meet	Canby	1/29/2010	DeeAnna Smith, 503-651-1543, deemarie1964@yahoo.com
May 20-23	SCY Championship	Atlanta, GA		USMS.org
Postal Championships 2009				
*Sept.15-Nov.15	3000 / 6000			USMS.org
•ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER				

Board Meetings

All Board Meetings are open and OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, or Tim Waud, OMS Vice Chair, for details.

Meeting Dates:

- Nov. 17, 2009 Oregon Clinic, 7PM
- Jan. 12, 2010 Rivermark
- Feb. 9, 2010 Oregon Clinic
- Mar. 9, 2010 Rivermark
- April, 2010 Association Meet
- May 11, 2010 Oregon Clinic
- June 8, 2010 Rivermark
- July, 2010 Gil Young Meet
- Aug. 24, 2010 Oregon Clinic

KEEP SWIMMING!