

Team Life

If you would like your team featured in "Team Life" please send information in an email to the Editor at azabudsky@msn.com



Oregon Reign Masters — ORM



- Oregon Reign Masters is a team of over 100 adult swimmers – ages 18-70
- Two pools – 13 coached practices per week
- Skills – from beginners to world record holders
- Compete, or not – includes pool, open water, tri and distance
- Social activities – includes parties, meets, and new friends
- The 2015 Holiday party was a White Elephant Party and Pot Luck. White Elephant was a gift around \$10 for exchange and stealing! Awards were given for Most Valuable — Bonnie Edwards; for Most Inspirational — Ken Myers; and for Most Improved swimmer — Torrie Timbrook.
- Coaches: Dennis Baker, Aubree Gustafson, Dawn Markell



Vicky Buelow



Laura Chan



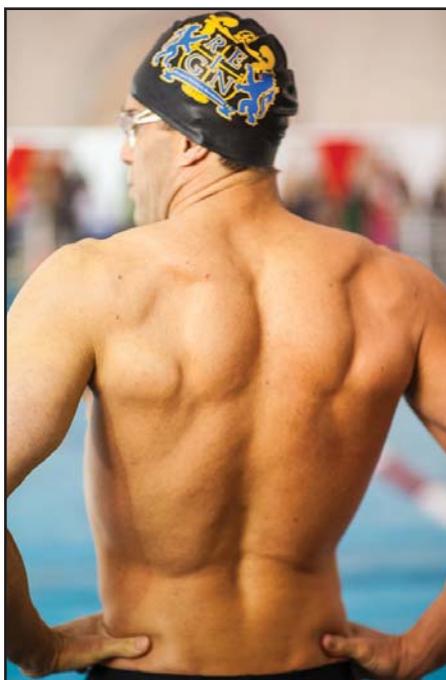
Karon Rakoz



Laura Miller



Jeanna Summers



Gabe Duus



Mary Anne Royle



Take your mark!



Sue Calnek

Team Life — continued

Rogue Valley Masters — RVM



- Rogue Valley Masters had 32 USMS-registered swimmers in 2015

- The team has existed since at least 1985

- They have been hosting the Southern Oregon open water swim (Applegate Lake Swim) since 1985



Setting up for Applegate Lake Swim that RVM hosts

- RVM has some swimmers that have been on the team since inception, and a good mixed group of long-time and newer swimmers that like to swim together

- In 2016 they are hosting the USMS 10k National Open Water Championship again

- Since Southern Oregon University does not want to run a pool, the pool will be demolished and a gymnasium will be put in its place. RVM is essentially pool-less.

- Usually at the awards party, there is a slide show (Animoto) that has photos from throughout the year of all members “with our clothes on,” with our families at special events, our trips both near and far, other pools where we swim, team events and more. It’s a lot of fun to see what our fellow swimmers are doing when they are not swimming with us

- RVM has an annual tradition of giving out awards — the prior years’ awardee makes up a diddy, poem, and presentation to bestow the current years’ awardee with the accolade.

- The awards given are:

- ☞ **Princess Award** — Actual award is a well-loved Barbie doll that has her own mermaid suit, flippers, paddles and goggles. Lately we have added a tiara and boa.

This award goes to anyone who exhibits princess-like behavior during the year (water temp always not right, parties with the best of them, treats themselves royally, etc.)

- ☞ **The Reveille** — Actual award is an engraved bugle



We swim early in the morning and this award is given to the person who embodies the wake-up-and-do-it attitude, and can rally team spirits that early in the morning, etc.

- ☞ **The Punisher Award** — This coveted award is a vintage lunchbox and matching thermos from the Marvel superhero, the Punisher.

The Punisher is awarded to the person who “punishes” the rest of us by making us work hard.

- ☞ **The Wooden Spoon** — Recently introduced, this is a hand-crafted wooden spoon made by one of our team members, John Weston. Each year it is engraved with the recipient’s name.

The wooden spoon basically goes to a person who “stirs it up!”



- Like any Master's team, we are a diverse group who truly enjoys our time together. You can see that by the fact that we're swimming wherever we can until the Rogue Valley realizes (through our hard efforts) that we need a competitive facility in the region.
- Fridays are Coffee Days for the team to go out and spend time together
- Club President is Todd Lantry. He also is the swimming coach (boys/girls) at Ashland High School. Other swimmers on the team (Matt Miller, Shannon Keegan) assist him (or have assisted him) this year and last year.
- All RVM swimmers are the coaches, so all swimmers take their turns on deck.
- Jocelyn Wilkie-Sanford, an RVM swimmer, has been a volunteer coach for the Ashland Water Polo teams (boys/girls) for over 10 years and also coach for United States Water Polo/ODP

Weather conditions on New Years Day; during morning workout



New Years Day Swim

This is RVMs current swimming facility. It is heated but the water splashed on the deck New Years day, froze, making an ice rink between the pool and the locker rooms! The parks department opened it up for the high school swim season. After that season is over (Feb 20) we'll be homeless again until summer when they reopen this pool. We're working on future options but nothing is in motion at the moment.



Andy Gramley, his wife Molly and sons Riley and Owen at Applegate Lake



Annual Lake of the Woods swim



Janice Tacconi and her sister at Applegate Lake