



AQUA-MASTER

VOL. 9 No. 12 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE Sept. 1983

Arthur H. Smith, Chairman
Oregon Masters Swimming
6225 S.W. Canyon Ct.
Portland, Oregon 97221
Bus. - 297-8065

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Secretary - Sandi Rousseau
Treasurer - Roy Abramowitz
Past Chairman - Earl Walter
Records - Pat Caudill
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Social Chrnm. - Jayne Chastain
Membership - Nancy McKenzie

Connie Wilson, Admin. Chrnm.
Oregon Masters Swimming
8383 S.E. Battin Road #1
Portland, Oregon 97226
Home - 771-1663

Special Report - Ol' Barn Long Course Nationals - Indianapolis -

GINGER SNAPS !!!!! - National Records	50 m Breast	:37.04
	100 m Breast	1:24.02
	200 m Breast	3:05.72

Our gal from Vancouver just about did it all, 3 National Records in 3 days, now folks that's 3 Golds, how about adding 2 more in the women's relays - 200 Medley with a great breast leg, and then a tremendous free leg on the 200 Free Relay, add to all of that - a 2nd in the 50 Back, a 4th in the 400 I.M., and a 5th in the 200 I.M.

This performance caps one of the greatest seasons ever in Masters Swimming, Ginger Pierson had already set 3 National records in the breaststroke 50-100-200 Short Course, which have been confirmed as the standing records for Short Course for 1983 - JUST FAB - JUST FAB !!!!!

Barbara Frid - Check this lady out and you will find that she is swimming faster than ever, and garnered a GOLD in the 50 m Back, plus Silvers in the 50 Fly and 100 Back, a BRONZE in the 200 Back, with 4ths in the 200 IM and 400 IM -
NOW - add 2 GOLDS for the Relays !!!!

Susan Rittenhouse - This great lady from Lake Oswego did a tremendous job, swam a leg on relays which brought home - 2 GOLDS - then let's add SILVERS in the 100 and 200 Fly plus the 200 IM, plus BRONZES for the 50 Fly and the 400 IM, capped with a 5th in the 50 free.

Tanya Mansigh - 3 SILVERS in the 50, 100 and 200 Back plus a 4th in the 200 IM, and a 7th in the 400 Free.

Great Job Tanya, 3 Silvers in your age group are something else !!

Sandi Rousseau - 2 GOLDS, with super legs on the 200 Medley and Free Relays, cap this with PR's in everything she swam, let Ol'Barn repeat PR's in everything she swam - SILVER in the 50 Fly, BRONZES in the 100 and 200 Fly, 4th in the 50 Free, 6th in the 100 and 9th in the 200 Free.

OVERALL TEAM PERFORMANCE - COUNT THE RELAYS - 5 Oregons are 5/6th in TEAM !!!!!



Barbara Frid

1st 50 Back 37.76
2nd 100 Back 1:24.09
3rd 200 Back 3:05.2
2nd 50 Fly 34.01
4th 200 I.M. 3:04.98
4th 400 Free 5:44.16
1st 200 M.R. 2:23.18
1st 200 Fr.R. 2:09.18



Ginger Pierson

1st 50 Breast 37.04
1st 100 Breast 1:24.02
1st 200 Breast 3:05.72
2nd 50 Back 38.14
5th 200 I.M. 2:59.47
4th 400 I.M. 6:39.1
1st 200 M.R. 2:23.18
1st 200 Fr. R. 2:09.18



Susan Rittenhouse

3rd 50 Fly 37.5
2nd 100 Fly 1:28.72
2nd 200 Fly 3:25.22
5th 50 Free 34.1
2nd 200 I.M. 3:17.4
3rd 400 I.M. 7:01.17
1st 200 M.R. 2:23.18
1st 200 Fr.R. 2:09.18



Tanya Mansigh

2nd 50 Back 36.14
2nd 100 Back 1:19.62
2nd 200 Back 2:49.08
4th 200 I.M. 2:54.00
7th 400 Free 5:22.99



Sandi Rousseau

4th 50 Fly 32.71
3rd 100 Fly 1:17.42
3rd 200 Fly 3:05.27
4th 50 Free 31.36
6th 100 Free 1:10.59
9th 200 Free 2:42.27
1st 200 M.R. 2:23.18
1st 200 Fr.R. 2:09.18

"They emerged from Henry Hagg Lake, jogged up the cement boat ramp, climbed onto racing bicycles and attacked the hills of southwestern Washington County.

The two-kilometer(1.2 mi.)lake swim and 40-kilometer(24.8 mi.)bike ride, though, was only two-thirds of Saturday's, July 30 brutal physical test...Still to come was the 15-kilometer(9.3 mi.)run, on one of the hottest days of the year."

Local Master Swimmer Participants

DARLENE POHL(33) - 2 children; participated for the exercise; she swam 1-2 times weekly; bike 20 miles; ran 15 miles weekly. She was unable to finish due to a flat tire 12 miles out.

Dale Vaughn(38) - married, 2 children; participated in a triathlon in Medford(52 degree water temperature). Since May: swam 10 miles weekly, biked 100 miles weekly, ran 25 miles weekly. Finished.

Ali Savage(37) - married, children; started swimming in January; swam, biked and ran 70 miles total weekly. Finished.

Bob Kaires(29) - single; trained for many months but was unable to finish the run due to a previous injury.

Jim Bigler(47) - married, children; swam on relay; biker Peter Thompson(66)(gold medal bike club winner); runner Tom Boylen(61). That totals 174 years young folks!

Joan Whiseman(47) - married, 2 children; she swam on the relay(51 minutes); her husband Jack, biked; Jim Bailey ran. They finished 14th over all (out of 41 teams).

Carl Yates(55) - master swimmer from Santa Clara; trained less than a year for the triathlon(check the record books, though, for swimming)

**Board Meeting - TUESDAY, September 13
7:30 P.M.**

----- CLIP AND MAIL -----

UNITED STATES MASTERS SWIMMING, INC.
MEMBERSHIP APPLICATION FORM

FOR 1983



PLEASE PRINT OR TYPE INFORMATION - THANK YOU

last name first name middle date mo. day yr
street address phone sex age birth date mo. day yr
city state zip club name - **OREGON MASTERS SWIMMING**

I hereby agree to abide by and be governed by the rules and regulations of USMS and the Local Masters Swim Committee listed below.

signature:

Name of Local Group →

MAKE CHECK PAYABLE TO: OREGON MASTERS SWIMMING FEES

Send to Local Masters Sports Committee: →

Connie Wilson, Reg. Chrm.
OREGON MASTERS SWIMMING
8383 S.E. Battin Rd.
Portland, OR 97266

Registration (\$8.00) _____

Newsletter (\$4.00) _____

TOTAL _____

\$

SEPTEMBER HAPPY BIRTHDAYS

September		September		September	
Eileen Savage	2	Michael Bettancourt	14	Stan Carper	22
Courtney Rogers	7	James McMaster	14	Jayne Chastain	22
Donna Algie	8	Scott Steingraber	15	Kay Christopher	22
Jean Kinzey-Lee	8	Eric Guest	18	Alan Cardwell	26
Cathy Zagunis	9	John Hoey	19	Catherine Homenyk	27
Patrick Alderin	10	Don McCrea	19	Allan Zacharda	27
Allyn Lien	11	Debra Hardmeyer	20	Kay Bartholomew	29
Laura Sherar	12	William Palmer	21	Robert Emahiser	29
				Nancy Ross	29
				Josef Merz	30

Happy Birthday

Oregon Master Swimmers wish you all a very Happy Birthday!

QUIPS AND QUOTES

The Northwest Open Senior Sports Festival that took place June 18 - 27 in Eugene, Oregon involved many of our master swimmers: Jane Brown, Eric Guest, Harriet Lynch, Joe Mallon, Don Van Rossen, Elfie Stevenin, Roy Webster, Margaret Wells.

Sue Snyder Finally took that step to say "I do" and is now Sue Case. The new Mr. and Mrs. honey-mooned in the San Juan Islands.

Masters Picnic a Blast!

The first annual Oregon Masters Picnic, piloted by Jayne Chastain was a real blast. Leading the bomb attack (water balloon "toss") was Brett Arvidson and Gayle Pohl (Darlene's daughter). No one escaped the dousing - Sandi R. made sure of that - didn't she Vern?

There were many new faces that could hold off anyone in a baseball game. (Andre, Ali, David). It was nice to see familiar faces too: Judy B. at first base, Doug H. on the mound, Bob N. at the bar, Arthur S. refereeing at third, Dr. Steve and Dace C. the permanent batters, Kay - the fly catcher (butterfly), Robert S. the team calculator (kept trying to figure which was shorter: from 1st to 2nd then 3rd or from 3rd to 2nd then to 1st - efficiency you know), Ginger P. outfield (way out), Barbara F. - cheerleader, Susan R. - winetaster, Brian F. - catcher. Roy W./Darlene P. - capture the log champs. Elfie and Sue came from Salem - what neat wedding pictures!

Plan on attending next year - it's a function you won't want to miss. The food was fabulours. The friends were funny. The picnic was popular.

Congratulations to Arthur Smith for placing FIRST in a contest involving his insurance business. Now he has a tough decision - diciding on the prize: a trip to Lake Tahoe or a cash equivalent. Way to go!

**"I think people
who see us, how
well we feel, how
well we are,**

**should
involve themselves
in a program of
swimming."**

HOT TIP from Ol' Barn -

Don't miss this clinic, Bob and Jan Miller are recognized nationally as two of the finest in the swimming coaching world - Totem Lake was the BEST in the West, producing Olympic Medalists and qualifiers !!!!!.

MASTERS SWIM CLINIC
LAKE OSWEGO HIGH SCHOOL

Sept 24, 1983

Registration: 9-10 A.M. Lake Oswego High School Pool, 2400 Hazel Road
Location-Boones Ferry & Country Club Road corner

Pool Side: Underwater video tape each registered master swimmer on all four competitive strokes
Stroke work at various stations around the pool (rotate to ea station)
Push-offs, starts & turning stations

Luncheon: 12:00-1:30 P.M. Ginger Jar (15480 Boones Ferry Rd)
Guest Speaker: Bob Smith (The Mental Side of Swimming)
Cost: \$4.75 (includes sandwich, salad bar & beverage)

Lecture: 2:00-4:00 P.M.
View video tape session (review your under-water film on TV)
Latest information on stroke changes, rules & training for master swimmers direct from the ASCA Annual Swim Clinic at Las Vegas 1983.
by Bob Miller
Varying programs for different levels of master swimmers by Jan Miller
Guest speaker on Nautilus & Dryland Training for swimmers

Back in the Water: Exposure to the various types of workout series designed for the different seasons of the year (pre-season, intensive training, competitive season)
Skill Drills-designed to improve your stroke
Split swims, broken swims, warm-up procedures

For more information, please call Jan & Bob Miller at 503/636-5325

MASTERS SWIM CLINIC
APPLICATION FORM

NAME _____ AGE _____ SEX _____
ADDRESS _____ CITY _____, STATE _____ ZIP _____

ADVANCED CLINIC RESERVATION FEES: \$10.00
(received no later than Sept 20) 4.75 (optional)

check enclosed \$.
(make out to Bob Miller)

Mail application form
and check to:

Bob Miller
131 Del Prado
Lake Oswego, Or 97034

Special recognition and thanks goes to Jean Kinsey-Lee
for typing the meet results.

Portland, Oregon 97204

916 S.W. Fourth Avenue

STEVENS-NESS

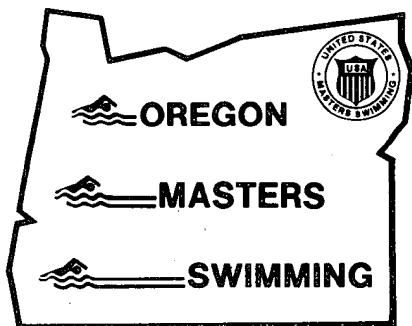
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For your PRINTING and OFFICE SUPPLY needs call

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This issue of your AQUAMASTER was donated through



Connie Wilson
8383 S.E. Battin Road #1
Portland, Oregon 97226

first class mail



AQUA-MASTER

QUESTIONNAIRE

PROBLEMS?



COMPLAINTS?



IDEAS?



COMPLIMENTS?



OREGON MASTER SWIMMERS - here is the opportunity you have been waiting for. We, your elected board, need to know what we as an association can offer you, as a member, to make our program more enticing and interesting than it already is. We need some positive, constructive input from you so we may review, evaluate and act on your problems, suggestions, complaints or ideas. We really need to know what you as an individual think of the current program. Now, please sit back, take a moment and answer the following questions.

1. How would you evaluate our current meets? (circle appropriate number)

- 1. excellent
- 2. good
- 3. o.k.
- 4. needs improvement
- 5. poor

Any Comments:

2. Do you have any concerns about the way meets are conducted?

- 1. not enough timers
- 2. officiating
- 3. starting/warm-up times
- 4. meet format
- 5. number of meets
- 6. nothing

Any Comments:

3. Would you participate in a clinic this coming year?

Yes _____ No _____ (If yes, continue)

A. What type _____ stroke _____ training technique _____

B. How long should the clinic last?

C. Best day of week for clinic? _____

D. Other comments:

4. Would you like additional social events throughout the year?

Yes _____ No _____ (If yes, continue)

What types? ski trips _____ after meet function _____
 picnics _____ other: _____
 outings _____

Any Comments:

5. What can be done to gain more interest among potential Master Swimmers?



QUESTIONNAIRE CON'T

6. What can you do to help our association continue to grow, improve and become more exciting?

Historian _____ Help with meets _____ Aquamaster _____

Publicity _____ Membership _____ Welcoming Committee _____

Other(I would like to help) _____

One answer to this last question is - respond to this request for your input ----- PARTICIPATE!

Please feel free to add any other comments/suggestions to this questionnaire. Submit your response as soon as possible. If you wish, include your name, address and phone number ... this is your option.

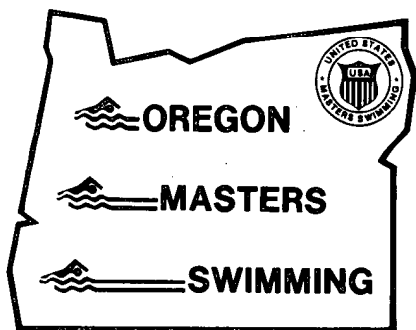
Name _____ Address _____ Phone {Bus.} _____
(Hm.) _____

SECOND REQUEST

In September, we will be well represented at the National Convention by Connie Wilson, Earl Walter and Arthur Smith. Prior to departure, they would like to be armed with areas you may feel worth discussing, improving and/or changing on the National level. They can't represent you if they don't know how you feel. Please communicate - let them know how you feel.

Comments:

Send to: Arthur H. Smith
6225 S.W. Canyon Court
Portland, Oregon 97221



Special Edition

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Portland, Oregon 97226