



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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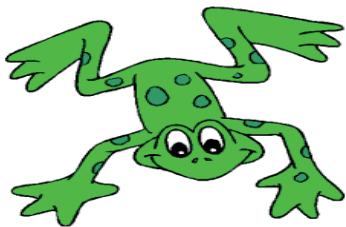
January 2009

“Swimming for Life”

Start 2009 With A Double Bang! Swim the 1 Hour Postal and the FFC



**32nd Annual
2009 United States Masters Swimming
One Hour Postal
National Championship**
Sanctioned by Pacific Northwest Association
For USMS, Inc
Sanction Number 369-01



18th Annual February Fitness Challenge

Hosted by the Tualatin Hills Barracudas

This Annual event promotes fitness through swimming by encouraging swimmers to visit the pool regularly and to track their results over a monthly period.

Bob Bruce, the OMS Chair of Long Distance Swimming writes about these two National events in his Long Distance Column on page 7. You will find the Entry Blanks for both of these events in this issue of the Aqua Master. The 1 Hour Postal and The FFC (February Fitness Challenge) are great swims for all levels of swimmers whether you are mainly a Competitive swimmer or a Fitness swimmer. Do yourself a favor this year and participate in these swims. You'll be glad you did.

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Happy New Year!

Some ideas from this issue of the Aqua Master to help make 2009 a “Happy One”:

1. Swim the 1 Hour Postal and the February Fitness Challenge - see Long Distance
2. Keep your shoulders fit - see Fitness
3. Disease prevention through swimming - see Chair's Corner
4. Turning to One Another - see Off The Block
5. Having a great swim meet after a long airplane flight - see Shake and Swim
6. Increase foot flexibility - see Swim Bits



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Come gather 'round people

Wherever you roam

And admit that the waters

Around you have grown

And accept it that soon

You'll be drenched to the bone.

If your time to you

Is worth savin'

Then you better start swimmin'

Or you'll sink like a stone

For the times they are a-changin'. Bob Dylan

This swimming year has been exciting with the Olympics and Masters Nationals. It has also been challenging, personally, economically and politically. "For the times they are a changing".

I am a physician and healthcare will be hotly debated over the next year. The population is aging and as we age chronic disease and treatment becomes a huge issue, personally and economically. As I have mentioned before, swimmers are at the forefront of what I hope is a healthcare revolution: Disease Prevention!

What is the best prevention? Exercise!

And what is the best exercise? Swimming!

With a decrease in incidence of chronic disease health care costs will naturally decrease. But more importantly, we will stay healthier and active longer.

Just 30 minutes of aerobic exercise daily will:

Reduce the risk of developing diseases such as hypertension, diabetes, heart disease and certain types of cancer.

Helps manage chronic diseases such as hypertension, diabetes and coronary artery disease.

Keeps your arteries clear by increasing good cholesterol and decreasing bad cholesterol.

Keeps extra pounds at bay.

Strengthens normal hearts and improves stamina.

Strengthens muscles and helps maintain mobility which becomes important to maintaining independence as we age.

Improves mood and decreases stress.

Decreases risk of heart attacks.

And generally people who exercise regularly live longer than people who don't.

Keep healthy. Keep exercising. Keep swimming.

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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Off the Block

Doug Brockbank

Doug Brockbank, the creator and moderator of the web site 'Watering Hole', takes the dive Off the Block this month.



Turning to One Another: The Watering Hole for OMS

It's a perfect time of year to think about our community ("common unity" as the root suggests).

I don't know about you, but I feel no shortage of individual expression and freedom in our lives. What seems more rare--and therefore precious--is a deep sense of belonging. Those of us with some grey hair often look back to days of real neighborhoods, front porches, and town squares with nostalgia. For all the magic of technology and instant personal entertainment, meaningful relationships within a larger community can easily come up short.

It is in this context that we are so privileged to be part of the Oregon Masters Community. It's leadership, communication (like this newsletter), and all of the interests and activities that we have in "common" create "unity" of immeasurable value. And because technology is also a great enabler, The Watering Hole was created as way to get even more of a good thing.

For those unfamiliar with it, The Watering Hole is an online social network for Oregon Masters Swimmers. It has about 230 members and is growing daily. It's mostly a series of conversations, which is the life blood of any community. It can't replace the physical gatherings and connections that we love and need, but rather creates more of them, and makes them even better. And, it keeps us connected during the times that we are otherwise occupied with the business of life.

It can also be more. Much more. Like the fax machine, it's value grows exponentially with every new member. In addition to the 100+ videos and 300+ photos of all of you in action, The Watering Hole makes it easy to coordinate attendance at workouts, plan meets or social functions (including invites and RSVPs), share health and training resources, better prepare for competition, etc. It's newest features include the ability to do live chat, and most notably: anyone can now form private sub-groups to coordinate anything from carpools, to running the activities of a large local OMS team. A lot of this is happening already, and if the majority of OMS members were to join the network, it could take this already great community to another level.

I get particularly excited about it's ability to contribute to our emergence as a dominant force in US Masters Swimming. The better we are connected, the more motivated and informed we are, and the better we swim. I can't let go of a persistent feeling that we in OMS are already raising eyebrows in the world of Masters Swimming, yet have barely scratched the surface of what we are capable of.

Whether it's the competitive edge that excites you, or getting new ideas, coordinating activities, or simply having easier ways to connect with friends, I think you'll find The Watering Hole to be well worth your time and attention. If you haven't already, please join at:

<http://oregonmasters.ning.com>

It's free, of course, and the web software used to create it is also free (courtesy of a few google ads that I barely notice). There's plenty to read, but I invite you to contribute as well. Technical skill is not required. Just follow simple links, and be willing to experiment. You can always "delete".

Finally, a special thanks to the early founders and supporters for getting The Watering Hole off the ground: Wes Edwards, Karen Andrus-Hughes, Bert Petersen, and Dave Radcliff.

FITNESS



Rachel
Skoss



Shoulder

Injury Prevention Part 1

(Presented by USA Swimming and the *Network Task Force on Injury Prevention*. April 2002)

A series of exercises for the UN-injured athlete.

Pain in the shoulder is common in swimmers. Shoulder function is highly dependent on the coordinated function of many muscle groups. These include the muscles around the shoulder, those that control the scapula or shoulder blade, muscles in the upper and lower back, as well as abdominal and pelvic muscles.

Since the shoulder is an inherently unstable joint, muscle forces are critical for maintaining stability, proper motion, and painless function. The repetitive overhead activity of the swimming stroke can result in fatigue of these muscles. This in turn can lead to distinct changes in the function of the shoulder, resulting in the pain that is commonly known as “swimmer’s shoulder”.

One of the major factors causing shoulder pain is overuse and subsequent fatigue of the rotator cuff muscles, scapular muscles, and muscles of the upper and lower back. Consequently, this fatigue can lead to shoulder instability and predispose a swimmer to shoulder pain. The risk of injury and pain is especially true for swimmers who swim with poor technique.

It is well established that a comprehensive program to develop strength, endurance, balance, and flexibility of the muscles is the most important way to prevent “swimmer’s shoulder”. The exercises described in this review were chosen to develop these characteristics based on a sound knowledge of the muscles that are most important for optimal shoulder function.

THE EXERCISES

These exercises were chosen and reviewed by a panel of physicians, therapists, biomechanists, trainers, and coaches from USA Swimming’s Sports Medicine Society. These exercises have been proven to be effective in improving shoulder function for swimmers. These exercises address the three important areas:

- 1) the rotator cuff,
- 2) the muscles that stabilize the shoulder blade, and
- 3) the muscles of the low back, abdominal, and pelvis that make up the “core” of the body – the

abdominal and lower back muscles.

It is important to note that these exercises should only be performed by the uninjured athlete. Injured athletes may need to modify the exercises in duration and/ or range of motion depending on the level of pain or impairment the athlete is experiencing.

In doing these exercises, keep in mind that the shoulder does not act by itself when you swim. You use your back, trunk and even your legs to help stabilize the body and help in the pulling movement. You will use many of these same muscle groups as you perform these exercises. Also, these exercises should be performed **AFTER** practice or several hours before you practice. **DO NOT do these exercises right before your workout** since you do not want to fatigue these muscles before you swim.

Practical Tips

1. While it is beneficial to complete each of the exercises presented in this review each week, it is unlikely that the athlete will complete all of them every day, due to the amount of time it would take. If time is an issue, try the “Light Version” by alternating days with the different groups of exercises. For example, complete the three Rotator Cuff exercises on Monday, the Shoulder Blade Stabilizing exercises on Tuesday, the Core Strength exercises on Wednesday and the Stretching exercises on Thursday. Then start the cycle from the beginning.
2. While it is best not to perform these exercises before practice, we realize that for some programs this may be the only time your group is together. If this is the case, it will not hurt to complete the exercises before the water workout, but realize that in doing so the athlete may experience some degree of fatigue in the targeted muscles during practice.

Primary Rotator Cuff Exercises

The first group of exercises we want to describe is designed to strengthen the rotator cuff muscles in the shoulder. The rotator cuff is made up of four small muscles deep in your shoulder. When these muscles contract they cause the shoulder to:

1. Rotate the arm away from the body (external rotation)
2. Rotate the arm towards the body (internal rotation)
3. Lift the arm away from the body (shoulder abduction)

Exercise #1 - External Rotation

Equipment: To perform this exercise you will need a light to moderate resistance Theraband or surgical tubing. How do you determine what strength Theraband is right for you? Pull on it and if it feels like the resistance is too light – you

probably have the right level of resistance. You will be performing many repetitions so a resistance that feels too easy will probably be just right as you start to fatigue.

The Movement: The External Rotation exercise focuses on strengthening the muscles that externally rotate the shoulders. The muscles that perform this motion usually are weak in swimmers. You are going to strengthen both sides of your body in this exercise. Start by cutting the Theraband and tying it into a loop. The loop should be big enough so that your hands are 6-8 inches apart when your elbows are at your sides and your forearms are parallel to the floor.

Stand up straight with good posture. Do not hunch your shoulders forward. Lift your sternum and your chest towards the ceiling to help set your shoulder blades in the proper position. Your elbows should be at your sides and should be bent 90 degrees so your forearms are parallel to the floor and your thumbs are pointing towards the sky. Perform the exercise by trying to rotate your hands away from your body like you are pulling taffy apart. Focus on squeezing your shoulder blades together before you start this exercise. Feel this squeeze through the ENTIRE exercise. If you do not focus on squeezing the shoulder blades you will be exercising the wrong muscles.

You should take about two seconds to complete each repetition – 1 second as the muscles contract and you externally rotate the shoulders. Then take 1 second as you return to the starting position. Count 1-and-2-and, 1-and-2-and as you perform the exercise to get the correct timing. You should perform 3 sets of this exercise, resting 30 seconds between each set. Each set should end after 2 minutes or when you are no longer able to maintain correct form. It is time to end the set if:

- the shoulders start to roll forward,
- you use your upper body or wrists to help the motion or,
- you are unable to keep your shoulder blades squeezed together.

It is okay if you are only able to complete a few repetitions at first, but strive for completing 3 sets of 2 minutes. When you can do this, move up to a higher resistance Theraband.

Exercise #2 – Full Can Scaption/ Full Can Straight Arm Lifts

Equipment: You do not need equipment to perform this exercise, but as you get stronger, you can use some very light weights. You can make your own weights by filling two small water bottles with sand.

The Movement: The Full Can Scaption Exercise gets its name because performing it is like lifting a can without spilling its contents. The exercise strengthens the part of your rotator cuff that lifts the arm. Start this exercise using no weight. As you progress and get stronger you can use very light weights with this exercise, but even the strongest athletes should not

lift more than 5 extra pounds. Stand upright with your feet shoulder width apart and do not allow the shoulders to slump forward. Lift your chest towards the ceiling to help set the shoulder blades in the proper position. Focus on pinching your shoulder blades together and you should feel tension in these muscles for the entire exercise. Raise your arms so that they extend straight out to your sides. Move your hands forward about 1-2 feet so they are now slightly ahead of your shoulders to get in the proper exercise position. This will actually allow you to perform the movement in the same plane of the shoulder blade. Keep your thumbs turned up so they are facing the sky. Lower your hands to your side and then lift them up again so your hands end up level with the top of your head.

Maintain a steady cadence – Take 1 second to lift your hands to head level and one second to lower the hands back to your sides. As you raise and lower your hands, count slowly 1-up-2-up, 1-down-2-down... Remember to keep your hands and arms ahead of your shoulders and keep your shoulder blades together. Continue this exercise for 2 minutes or until you are unable to lift your arms while keeping your shoulder blades pinched together. Perform 3 sets in this way taking 30 seconds rest between each set.

Exercise #3 - Ball on the Wall

Equipment: One tennis ball or light medicine ball.

The Movement: The Ball on the Wall exercise is designed to strengthen the muscles that stabilize the shoulder blade (scapula) as well as those that internally and externally rotate the shoulder. You will need a tennis ball or a light medicine ball to perform this exercise.

Facing the wall, stand up straight with one arm extended in front of you so that your palm almost touches the wall. Keeping the elbow straight, “pin” the ball between your hand and the wall. Pinch your shoulder blades together and feel that contraction through the entire exercise. Roll the ball in small circles in a counter-clockwise motion for 15 seconds. Each circle should take about 1 second to complete. Without stopping, switch directions and make small circles in a clockwise direction.

Control the cadence so that you make one circle each second. Continue this exercise, switching between making clockwise and counter-clockwise circles, until you become fatigued, or 2 minutes, whichever comes first. You know you are fatigued if you can not keep your shoulder blades squeezed together, if you hunch your shoulders, or if you can not hold the ball against the wall. Perform 3 sets, but do not go longer than 2 minutes for each set. Repeat this procedure for the other arm.

Next month, part 2 of this article from USA Swimming – exercises for the scapula (shoulder blade).

Shake and Swim with “Bake”

Don't Let “Jet Lag” Get You Down Coach Dennis Baker

During most of my swimming years I have had a real problem with traveling back east and being able to swim to the best of my ability. Jet Lag is a real problem for many business travelers and athletes. Recently, I did some research and found some interesting and helpful tips to help with Jet Lag and they have helped me a great deal in my last couple of swim meets. I have also added a few of my own tips after trying many different methods to help remedy the fatigue of flying eastbound across many time zones. Try these helpful tips and you will be well on your way to swimming better in far away destinations. This list is in time order of how I attack Jet Lag. This list is based on giving yourself at least two days at your destination before you start to swim.



swimgraphics.com

cabin to save money. While you are stretching and walking in the back of the plane take some nice long deep breaths the air is often better back there.

- 5) Your first swim when arriving at the pool after the flight should be easy and smooth and not too far in yardage, just get wet and become familiar with the pool.
- 6) The next morning when you wake up you must eat immediately!!!! This is a big one gang. By eating early you will take a valuable step in re-setting your inner clock, so you must eat



- 1) Two weeks before the trip up your vitamin B intake for a little extra energy boost. I take B-1 and B-12.
- 2) Three days before the trip switch to whatever time zone you will be competing in. For example for my last trip to Atlanta I woke at 3:30am.
- 3) While in the airplane get up and walk and stretch whenever possible.
- 4) Regulate and watch your breathing while flying. Many of us don't like to fly that much. Your breathing tends to become short and shallow. You continue this even when you are off the plane and is a big energy drain. Many of the airlines don't pump that much oxygen into the
- 5) even if you are not hungry. This tip helps the blood flow in your body start at the proper time each day in your new surroundings.
- 7) The second time you get in the water swim a longer aerobic set. For example 12x100's with 10 seconds rest in between. You want to feel a little aerobic burn in your body. This will help your blood flow and clean out some of the aches from the long plane trip.
- 8) From here on you can do your normal pace sets and sprinting to prepare you for your race. Do some good race pace sets and fast dive 25's to get your heart rate up. Have fun and swim great!!!

Long Distance Swimming



**Bob
Bruce**



The USMS One-Hour Swim is a great fitness event and a wonderful way you and your team to start 2009. Put your New Year's fitness resolutions into action! Intending to boost Oregon involvement in this event, I am asking for your support in getting your local team to participate fully in this year's One-Hour Swim during January.

As a coach, I have found that the national postal swims provide excellent fitness opportunities, work very well within a seasonal & overall training plan, help to learn pacing, provide unerring measurement of swimmer progress, and can (for most of you) be done in your home pool. They can serve as strong confidence-builders for timid swimmers. They are even good for sprinters, although invariably they protest. I have also found that turning postal swims into group events are great team builders, and the One-Hour Swim can provide a great team start to the new year.

We have extra, new motivation this year! As you know, USMS offers a special patch for those who participate in all five national postal championships in a calendar year. This is a serious challenge, and only about 50 swimmers in the nation meet the challenge each year (among them five Oregon swimmers last year!). To help Oregon swimmers step towards this challenge, the OMS Board has recently authorized a new participation award for completing three postal swims. Starting this year, every Oregon swimmer who completes and enters the USMS Postal Championships in the One-Hour Swim (held in January), the 5 or 10-km

Swim (held May 15-September 15), and the 3000 or 6000-yd Swim (held September 15-November 15) in a calendar year will receive this award. This requires some planning and dedication over time, so start preparing now for 2009 now by planning for the first leg—the One-Hour Swim!

The Oregon Club is nearly always in the hunt for National club honors in the One-Hour Swim. Last year, we placed third overall in the Extra-Large Club category, with 114 Oregon swimmers entering the event. The scoring is unique, as club placement is determined by total yardage. Everyone counts! I would love to see 150 or more OMS-registered swimmers participate this year, and see us vault upward in the club standings.

You may find the event information & entry form for the One-Hour Swim in this *Aqua Master* (or online at www.usms.org/longdist/ldnats09/1hentry.pdf). You may also find the all-time Oregon Records & Top Twelve for the One-Hour Swim and information about the year-long Oregon Postal Series on the OMS website at www.swimoregon.org/longdistance/.

What do we do when the One-Hour Swim is done? Let's remember that we also have the February Fitness Challenge, sponsored each year by the Tualatin Hills Barracudas. Maintain and improve your hard-earned fitness by doing the swimming and entering this event as well. The February Fitness Challenge is composed of three different challenges. You can accumulate yardage, with awards given to the top three in each age group (Note: this yardage is also eligible for the Go-the-Distance program). Or you can see how many days that you swim, with special pins for those who make 20 or more days during the month. Or you can maximize the number of people in your training group, with awards going to the top three groups. This sounds like good motivation! Find full info, entry form, and split sheet at www.barracudas.org/pool/febfitness/ffc.htm.

Organize, swim well, and have fun! Good luck and good swimming!

Editor's Note: Entry blanks for the 1 Hour Postal and the February Fitness Challenge are in this issue.

10 Reasons to do the One-Hour Swim

- | | |
|--|--|
| 10. Start your fitness year right. | 5. Make your team stronger. |
| 9. Feel confidently smug. | 4. Feel great when you're done. |
| 8. Groove your beautiful stroke. | 3. Improve your aerobic capacity. |
| 7. Earn bragging rights with your sorry lane-mates. | 2. Qualify for the Oregon & USMS Series & Awards. |
| 6. Enjoy a big dessert afterwards (or before, if you're so inclined). | 1. Because it's there. |

SCM MAC Meet - Portland - December 7, 2008

W = Breaks listed World Record, N = Breaks listed National Record, Z = Zone Record O = Oregon Record (N & W includes Zone, Oregon, - Z includes Oregon,)

Women 18-24

50 SC Meter Freestyle
1 Esser, Elizabeth 22 OREG 32.41
100 SC Meter Freestyle
1 Esser, Elizabeth 22 OREG 1:07.99
200 SC Meter Freestyle
1 Esser, Elizabeth 22 OREG 2:30.57
100 SC Meter IM
1 Esser, Elizabeth 22 OREG 1:22.52

Women 25-29

50 SC Meter Freestyle
1 Gustafson, Aubree 27 OREG 30.96
50 SC Meter Breaststroke
1 Gustafson, Aubree 27 OREG 39.67
2 O'Neill, Kristin 27 OREG 47.39
100 SC Meter Breaststroke
1 Gustafson, Aubree 27 OREG 1:26.68
2 O'Neill, Kristin 27 OREG 1:43.84
200 SC Meter Breaststroke
1 Gustafson, Aubree 27 OREG 3:08.76
50 SC Meter Butterfly
1 Gustafson, Aubree 27 OREG 34.02
100 SC Meter IM
1 O'Neill, Kristin 27 OREG 1:41.25

Women 30-34

50 SC Meter Freestyle
1 Kirkwood, Erin 31 OREG 29.05
100 SC Meter Freestyle
1 Kirkwood, Erin 31 OREG 1:03.40
2 Krupp, Katy 33 OREG 1:19.48
200 SC Meter Freestyle
1 Krupp, Katy 33 OREG 2:51.23
400 SC Meter Freestyle
1 Krupp, Katy 33 OREG 5:58.38
50 SC Meter Backstroke
1 Kirkwood, Erin 31 OREG 32.05 Z
100 SC Meter Backstroke
1 Kirkwood, Erin 31 OREG 1:12.12 O
100 SC Meter Breaststroke
1 Krupp, Katy 33 OREG 1:54.57
50 SC Meter Butterfly
1 Kirkwood, Erin 31 OREG 34.59

Women 35-39

50 SC Meter Freestyle
1 Wulff, Tasha 35 OREG 33.44
100 SC Meter Freestyle
1 Wulff, Tasha 35 OREG 1:14.66
400 SC Meter Freestyle
1 Frieder, Marisa 39 OREG 6:13.77
100 SC Meter Backstroke
1 Wulff, Tasha 35 OREG 1:28.01
200 SC Meter Backstroke
1 Lassen, Megan 38 UNAT 2:50.76
50 SC Meter Breaststroke
1 Frieder, Marisa 39 OREG 43.91
100 SC Meter Breaststroke
1 Frieder, Marisa 39 OREG 1:35.74
50 SC Meter Butterfly
1 Wulff, Tasha 35 OREG 40.63

100 SC Meter IM
1 Lassen, Megan 38 UNAT 1:18.32
2 Wulff, Tasha 35 OREG 1:28.92
3 Frieder, Marisa 39 OREG 1:30.78
200 SC Meter IM
1 Lassen, Megan 38 UNAT 2:56.85

Women 45-49

50 SC Meter Freestyle
1 Lamoureux, Lori 49 OREG 33.34
50 SC Meter Backstroke
1 Lamoureux, Lori 49 OREG 44.14
50 SC Meter Breaststroke
1 Lamoureux, Lori 49 OREG 43.21
100 SC Meter Breaststroke
1 Lamoureux, Lori 49 OREG 1:35.47
200 SC Meter Breaststroke
1 Caswell, Mary 47 OREG 3:10.54
100 SC Meter IM
1 Caswell, Mary 47 OREG 1:17.27
200 SC Meter IM
1 Caswell, Mary 47 OREG 2:49.55

Women 50-54

50 SC Meter Freestyle
1 Andrus-Hughes, Karen 51 OREG 29.39 Z
2 Summers, Jeanna 54 OREG 36.58
3 Budd, Elizabeth 54 OREG 36.72
100 SC Meter Freestyle
1 Andrus-Hughes, Karen 51 OREG 1:04.25
2 Summers, Jeanna 54 OREG 1:21.75
200 SC Meter Freestyle
1 Budd, Elizabeth 54 OREG 2:49.25
50 SC Meter Backstroke

1 Andrus-Hughes, Karen 51 OREG 32.13 W

100 SC Meter Backstroke
1 Crabbe, Colette 52 OREG 1:20.23
100 SC Meter Breaststroke
1 Crabbe, Colette 52 OREG 1:26.10
50 SC Meter Butterfly
1 Summers, Jeanna 54 OREG 46.02
100 SC Meter IM
1 Crabbe, Colette 52 OREG 1:18.42
2 Budd, Elizabeth 54 OREG 1:31.99
3 Summers, Jeanna 54 OREG 1:34.95
200 SC Meter IM
1 Crabbe, Colette 52 OREG 2:47.44
2 Budd, Elizabeth 54 OREG 3:11.51

Women 55-59

50 SC Meter Freestyle
1 Gray, Jane 57 OREG 38.36
100 SC Meter Freestyle
1 Gray, Jane 57 OREG 1:26.52
200 SC Meter Freestyle
1 Gray, Jane 57 OREG 3:12.87

Women 60-64

1 Pierson, Ginger 62 OREG 3:47.69
400 SC Meter Freestyle
1 Pierson, Ginger 62 OREG 7:30.90
50 SC Meter Breaststroke
1 Pierson, Ginger 62 OREG 44.19

100 SC Meter Breaststroke
1 Pierson, Ginger 62 OREG 1:37.67
200 SC Meter Breaststroke
1 Pierson, Ginger 62 OREG 3:40.54

Women 65-69

50 SC Meter Freestyle
1 Ward, Joy 66 OREG 37.51
100 SC Meter Backstroke
1 Ward, Joy 66 OREG 1:32.33
50 SC Meter Butterfly
1 Ward, Joy 66 OREG 39.95
100 SC Meter IM
1 Ward, Joy 66 OREG 1:37.36

Women 85-89

50 SC Meter Freestyle
1 Stevenin, Elfie 87 OREG 2:05.83
50 SC Meter Backstroke
1 Stevenin, Elfie 87 OREG 1:50.15
50 SC Meter Breaststroke
1 Stevenin, Elfie 87 OREG 2:49.19
50 SC Meter Butterfly
1 Stevenin, Elfie 87 OREG 2:46.04
100 SC Meter IM
1 Stevenin, Elfie 87 OREG 4:44.96

Men 25-29

200 SC Meter Breaststroke
1 Cleary, Kevin 25 OREG 3:07.71
50 SC Meter Butterfly
1 Cleary, Kevin 25 OREG 30.04

Men 30-34

50 SC Meter Freestyle
1 Bateman, Nick 31 OREG 27.74
100 SC Meter Freestyle
1 Wiepert, Bryan 30 OREG 1:02.96
2 Berebitsky, Jeff 33 OREG 1:04.54
200 SC Meter Freestyle
1 Parker, Aaron 31 OREG 2:14.38
2 Berebitsky, Jeff 33 OREG 2:28.60
400 SC Meter Freestyle
1 Parker, Aaron 31 OREG 4:52.81
100 SC Meter Backstroke
1 Bateman, Nick 31 OREG 1:09.71
100 SC Meter IM
1 Bateman, Nick 31 OREG 1:11.50
2 Wiepert, Bryan 30 OREG 1:13.48

Men 35-39

50 SC Meter Freestyle
1 Bynum, Andrew 38 OREG 31.90
400 SC Meter Freestyle
1 Lassen, Jason 36 UNAT 6:55.30
50 SC Meter Backstroke
1 Bynum, Andrew 38 OREG 39.69
50 SC Meter Breaststroke
1 Bynum, Andrew 38 OREG 42.69
100 SC Meter Breaststroke
1 Lassen, Jason 36 UNAT 1:29.69
200 SC Meter Breaststroke
1 Lassen, Jason 36 UNAT 3:17.01
100 SC Meter IM

1 Lassen, Jason 36 UNAT 1:28.30
200 SC Meter IM
1 Lassen, Jason 36 UNAT 3:10.50

Men 40-44

50 SC Meter Freestyle
1 Wan, Eric 42 OREG 25.99
2 Larsen, Jon-Erik 41 OREG 27.62
3 Karyukin, Andrei 43 OREG 31.81
4 Brinster, Michael 44 OREG 41.56

100 SC Meter Freestyle
1 Wan, Eric 42 OREG 56.86
2 Waud, Timothy 41 OREG 1:07.21
3 Karyukin, Andrei 43 OREG 1:08.07
400 SC Meter Freestyle

1 Wan, Eric 42 OREG 4:49.10
2 Waud, Timothy 41 OREG 5:13.15
3 Brinster, Michael 44 OREG 8:04.99
200 SC Meter Backstroke

1 Mccarthy, Darren 42 OREG 2:38.19
50 SC Meter Breaststroke

1 Corbeau, James 44 OREG 31.26
2 Larsen, Jon-Erik 41 OREG 34.98
3 Mccarthy, Darren 42 OREG 35.42
4 Brinster, Michael 44 OREG 1:00.06
100 SC Meter Breaststroke

1 Corbeau, James 44 OREG 1:09.52 Z

200 SC Meter Breaststroke
1 Mccarthy, Darren 42 OREG 2:50.09
50 SC Meter Butterfly

1 Larsen, Jon-Erik 41 OREG 31.08
2 Karyukin, Andrei 43 OREG 31.83
100 SC Meter IM
1 Karyukin, Andrei 43 OREG 1:16.85
2 Brinster, Michael 44 OREG 1:57.14

Men 45-49

50 SC Meter Freestyle
1 Washburne, Brent 47 OREG 26.14
2 Redfield, Douglas 45 PNA 32.33
3 Ribkoff, Mark 48 OREG 34.47
4 Lamoureux, Ric 47 OREG 36.18
100 SC Meter Freestyle

1 Sumerfield, Bill 48 OREG 1:01.78
2 Palladino, Doug 45 UNAT 1:05.57
3 Redfield, Douglas 45 PNA 1:13.10
4 Ribkoff, Mark 48 OREG 1:17.13
5 Lamoureux, Ric 47 OREG 1:26.62
200 SC Meter Freestyle

1 Hathaway, David 48 OREG 2:16.61
2 Redfield, Douglas 45 PNA 2:49.44
400 SC Meter Freestyle
1 Redfield, Douglas 45 PNA 5:45.48
2 Ribkoff, Mark 48 OREG 6:34.88
100 SC Meter Backstroke

1 Djang, Lincoln 49 OREG 1:03.21 Z

2 Hathaway, David 48 OREG 1:17.56
200 SC Meter Backstroke
1 Hathaway, David 48 OREG 2:50.84
50 SC Meter Breaststroke

1 Sumerfield, Bill 48 OREG 35.48
2 Washburne, Brent 47 OREG 37.65
3 Palladino, Doug 45 UNAT 37.69
4 Hathaway, David 48 OREG 39.92
5 Ribkoff, Mark 48 OREG 46.99
100 SC Meter Breaststroke

1 Djang, Lincoln 49 OREG 1:09.20 Z
2 Sumerfield, Bill 48 OREG 1:21.11
3 Culbertson, Scott 46 OREG 1:21.55
4 Ribkoff, Mark 48 OREG 1:46.82
200 SC Meter Breaststroke

1 Hathaway, David 48 OREG 3:04.34
2 Culbertson, Scott 46 OREG 3:06.11
50 SC Meter Butterfly

1 Washburne, Brent 47 OREG 28.76 O

2 Westlake, Robert 46 OREG 32.27
3 Palladino, Doug 45 UNAT 32.53
100 SC Meter IM
1 Palladino, Doug 45 UNAT 1:13.33
2 Sumerfield, Bill 48 OREG 1:16.14
200 SC Meter IM

1 Djang, Lincoln 49 OREG 2:20.24 Z**Men 50-54**

50 SC Meter Freestyle
1 Metzger, Peter 53 OREG 28.20
2 Dwight, Charles 53 OREG 28.82
3 Mann, Edward 51 OREG 29.63
4 Morita-Mcvey, T. 51 UNAT 30.58
100 SC Meter Freestyle

1 Mann, Edward 51 OREG 1:04.78
2 Peyton, Mike 53 OREG 1:07.22
3 Morita-Mcvey, T. 51 UNAT 1:10.70
4 Gilberg, Jay 50 OREG 1:12.90
200 SC Meter Freestyle

1 Goodman, Doug 52 OREG 2:13.04 O

2 Mann, Edward 51 OREG 2:26.56
3 Peyton, Mike 53 OREG 2:35.57
400 SC Meter Freestyle
1 Goodman, Doug 52 OREG 4:45.96 O

2 Ramsey, Ed 52 OREG 5:26.18

50 SC Meter Backstroke
1 Metzger, Peter 53 OREG 31.64
2 Mann, Edward 51 OREG 36.73
3 Morita-Mcvey, T. 51 UNAT 38.17
100 SC Meter Backstroke

1 Metzger, Peter 53 OREG 1:07.56
2 Mann, Edward 51 OREG 1:17.81
3 Morita-Mcvey, T. 51 UNAT 1:26.52
4 Gilberg, Jay 50 OREG 1:32.26
200 SC Meter Backstroke

1 Metzger, Peter 53 OREG 2:38.88
2 Ramsey, Ed 52 OREG 2:53.32
200 SC Meter Breaststroke
1 Oliver, Gary 51 OREG 2:53.06
50 SC Meter Butterfly

1 Dwight, Charles 53 OREG 31.73
2 Gilberg, Jay 50 OREG 37.01
100 SC Meter IM
1 Oliver, Gary 51 OREG 1:10.12
2 Morita-Mcvey, T. 51 UNAT 1:18.05
3 Gilberg, Jay 50 OREG 1:27.72
200 SC Meter IM

1 Oliver, Gary 51 OREG 2:31.09 O

2 Gilberg, Jay 50 OREG 3:11.01
Men 55-59
50 SC Meter Freestyle

1 Edwards, Wes 55 OREG 26.44
2 Dasch, Vern 59 OREG 29.53
3 Limoges, Craig 55 OREG 30.39
4 Sherwood, Reggie 57 OREG 32.54

100 SC Meter Freestyle
1 Dasch, Vern 59 OREG 1:05.15
2 Sherwood, Reggie 57 OREG 1:11.54
3 Larson, Allen 55 OREG 1:13.84
4 Butler, James 56 OREG 1:29.78
200 SC Meter Freestyle

1 Dasch, Vern 59 OREG 2:30.47
2 Larson, Allen 55 OREG 2:49.23
400 SC Meter Freestyle
1 Larson, Allen 55 OREG 6:01.85
2 Sherwood, Reggie 57 OREG 6:03.28
3 Butler, James 56 OREG 7:14.67
50 SC Meter Backstroke

1 Limoges, Craig 55 OREG 34.84
2 Butler, James 56 OREG 50.40
100 SC Meter Backstroke
1 Limoges, Craig 55 OREG 1:15.59
50 SC Meter Breaststroke

1 Sherwood, Reggie 57 OREG 42.52
100 SC Meter Breaststroke
1 Sherwood, Reggie 57 OREG 1:31.92
50 SC Meter Butterfly
1 Edwards, Wes 55 OREG 29.88
2 Limoges, Craig 55 OREG 32.40
3 Butler, James 56 OREG 48.44

Men 60-64

50 SC Meter Freestyle
1 Prentice, Douglas 60 OREG 27.85
2 Cronin, Jed 60 OREG 29.99
100 SC Meter Freestyle
1 Bruce, Bob 60 OREG 1:07.26
2 Cronin, Jed 60 OREG 1:08.84
400 SC Meter Freestyle

1 Cronin, Jed 60 OREG 5:43.82
2 Silvey, Michael 63 OREG 5:52.24
3 Bruce, Bob 60 OREG 5:56.09
50 SC Meter Breaststroke
1 Prentice, Douglas 60 OREG 38.27
100 SC Meter Breaststroke

1 Bruce, Bob 60 OREG 1:26.14
50 SC Meter Butterfly
1 Prentice, Douglas 60 OREG 32.46
2 Cronin, Jed 60 OREG 34.48
200 SC Meter Butterfly

1 Bruce, Bob 60 OREG 3:13.82 O

Men 65-69
50 SC Meter Freestyle
1 Juhala, Richard 65 OREG 40.99
100 SC Meter Freestyle
1 Juhala, Richard 65 OREG 1:33.98
200 SC Meter Freestyle
1 Juhala, Richard 65 OREG 3:26.88
400 SC Meter Freestyle

1 Juhala, Richard 65 OREG 7:23.82
50 SC Meter Breaststroke
1 Keudell, David 68 OREG 46.27
100 SC Meter Breaststroke
1 Keudell, David 68 OREG 1:43.56
200 SC Meter Breaststroke
1 Keudell, David 68 OREG 3:45.84
50 SC Meter Butterfly
1 Juhala, Richard 65 OREG 47.18

Men 70-74

50 SC Meter Freestyle

1 Bigler, Jim 73 OREG 40.94
Men 75-79
 100 SC Meter Backstroke
 1 Marks, Milton 78 OREG 1:47.20
 200 SC Meter Breaststroke
 1 Marks, Milton 78 OREG 4:04.66
 50 SC Meter Butterfly
 1 Marks, Milton 78 OREG 49.86
 200 SC Meter IM
 1 Marks, Milton 78 OREG 3:53.06
Men 80-84
 50 SC Meter Breaststroke

1 Miesen, Lee 81 OREG 56.28
 100 SC Meter Breaststroke
 1 Miesen, Lee 81 OREG 2:20.77
 200 SC Meter Breaststroke
1 Miesen, Lee 81 OREG 5:21.92 O
 100 SC Meter IM
 1 Miesen, Lee 81 OREG 2:18.47
Men 85-89
 50 SC Meter Freestyle
 1 Bushey, Charles 87 OREG 59.63
 200 SC Meter Freestyle
 1 Lamb, Willard 86 OREG 3:26.54

2 Bushey, Charles 87 OREG 5:15.25
 400 SC Meter Freestyle
1 Lamb, Willard 86 OREG 7:17.57 W
 2 Bushey, Charles 87 OREG 10:43.44
 50 SC Meter Backstroke
 1 Lamb, Willard 86 OREG 49.52
 2 Bushey, Charles 87 OREG 1:22.10
 100 SC Meter Backstroke
 1 Lamb, Willard 86 OREG 1:52.44
 2 Bushey, Charles 87 OREG 3:06.68
 200 SC Meter Backstroke
 1 Lamb, Willard 86 OREG 4:05.26

Candid Shots of the MAC Meet by Doug Brockbank



Swim Bits # 17 - Feet by Ralph Mohr

How flexible are you in your feet? I have been running some clinics for beginning Masters swimmers, and again and again I see poor kicking. When I look at the feet of these swimmers underwater, I notice that they do they have much flexibility in their ankles.

There is a simple test for ankle flexibility. Get out of the pool and kneel with your hands on the deck directly in front of your knees. Point your toes, preferably on a kick board if the deck surface is hard or rough. Putting your weight on your hands and toes, lift your knees off the deck.

Your legs and ankles should be at an angle more than 180 degrees. If not, you have poor ankle flexibility, and you probably do not kick very well.

How can you increase this ankle flexibility? Use fins more

during kicking. I use Churchill Boogie fins, a body surfing style, that are stiffer than most, and I do all of my kicking with them. Zoomers are good, too, as they do not bend much.

Do the stretching test above in the shower or bathtub with hot water running over your ankles, before and after practice. Massage your feet at home and stretch your toes hard past 180 degrees. Don't run a lot, as running makes the Achilles tendon tight. If you are a runner, be sure to stretch your ankles as described afterwards.

Keep in mind that if you have poor ankle flexibility, you will not change it overnight. However, using fins and stretching your ankles regularly will go a long way to make kicking, and therefore, swimming easier.



Here are my WOWs from the SW SCM 100 BR-1.14.66-ZR
Zone meet in Long Beach. 200 BR-2:46.29-ZR
50 M BR-34.05 100 IM-1.14.01-age group PB

It was a great meet and I saw a lot of my California friends (and competition.)
From Allen Stark



Update on Mike and Lynne Pendleton

Many thanks to MJ Caswell for this information on Mike and Lynne and their new life in Botswana, Africa

Mike is enjoying his work, although it is not without frustration at times. He is impressed with the medical problems he sees. In his city hospital almost everyone admitted is HIV+ with various complications. The HIV rate in the country is 40%.

They lived in the house of a man who is visiting England for 4 months their first 3 months in the country. They were robbed, with a burglar taking the laptop and cell phone on the night stand while they slept. Lynne woke up and chase ensued, but the thief got away. They are now setup in a townhouse much closer to the hospital where Mike works and he is riding a bike to work. They are making friends and adjusting to a very different lifestyle - driving on the right, being expected to have a maid if you are middle class, everything being metric, it's really hot, lots of bugs, zebras by the roadside, etc.

Overall, I think they are now getting into a groove and they are going to South Africa for the weekend tomorrow and have made plans to spend Christmas at a beach in the far south. I think it takes 6 months to really adjust to a new place, and they are just over 3 months into things. Lynne will be back in the area in March for the birth of a new grand

daughter and they both will be back in July for a wedding.

Lynne has been teaching folks to swim and they are working on getting into a pool on a regular basis.

A fun paragraph from Lynn:

"We have had wonderful Northwest weather for the past week, much to the Batswana's dismay. They are freezing to death, while Mike and I are quite happy, thank you very much! It started raining Thursday a week ago and literally rained most of the following week, every day. Sure makes it hard to do laundry! I'd just get it out on the line, and the rain would start up again. Damp stuff hanging all over the house! Since then, we have had sunny, hot, and humid days, but almost every afternoon the clouds pile up and we get a storm. Last night we had a big storm that probably lasted for at least 45 minutes - almost constant lightning, various rolling thunders, and pouring rain. The thunder is interesting to listen to because it doesn't really boom the way I think it should, it is more of a rumbling, ongoing thunder. On occasion we will get a loud clap, but it sort of warns with a 'ca-crack' and then the rumbling. And then this morning it was lovely and clear at 6am, so I did the laundry, and got ready to hang it out, but by 7:30 we were surrounded by clouds and thunder again. It has settled down now, though is still cloudy, so the laundry is out on a dare!"



**32nd Annual
2009 United States Masters Swimming
One Hour Postal
National Championship**
Sanctioned by Pacific Northwest Association
For USMS, Inc
Sanction Number 369-01

DATE: All swims must take place during January 2009.
All individual entries must be received by February 10, 2009. **NEW Late entry for relays (see FEES).**

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 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 selection. ***A copy of your 2009 registration card must accompany your entry.***

INDIVIDUAL EVENTS: Men and women compete separately in age groups: 18-24, 25-29, 30-34...100+. The swimmer's age on the day he or she actually completes his/her swim will determine his or her age group. Swimmers who change age groups during January may enter twice but must swim the event twice, one time 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). The age of the youngest relay member determines the age group of the relay: 18+, 25+, 35+, 45+ ... 95+. Each relay member **MUST** also have entered the individual event. All members of a relay must be registered with the same club. Unattached swimmers are not permitted on relays. The relay with the greatest total yardage will be declared the winner.

CLUB EVENT: Each club will be entered automatically in the club event. At least three divisions will be recognized, based on the number of individual entries from each club, as determined by the event host and the Long Distance Committee chair. Relay yards will not be included.

AWARDS: The top 10 finishers in each age group in the individual event and the top 6 relay teams in each relay age group will receive USMS Long Distance National Championship medals. First-place finishers in each individual and relay age group will also receive USMS championship patches, no more than one per event/participant. Awards

will be presented to top 3 clubs in each division of the club event.

RULES: The 2009 USMS Long Distance Rules govern these events. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Only two swimmers may share a lane, and they shall each swim on one side of the lane during the entire race (i.e. no circle swimming). An adult "Verifier," acting as a starter/head timer/counter/referee, must be present at all times during the swim. Each swimmer must have a verifier to time the event with a stop watch, count laps, and record cumulative (running) 50 splits. Split times must be recorded to the nearest second **and** tenth (or hundredth) of a second. A split sheet must be kept for each swimmer and a copy included with the entry form. Distances are to be rounded **down** to the nearest completed five yard increment (i.e., round 2764 yards to 2760). See Venue section for conversion from meters to yards. One person may serve as a counter/verifier for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

T-SHIRTS: Athletic Grey t-shirts with various stamp images from the States. See t-shirt design at swimrna.org. Cost \$17 for USMS and \$22 for other FINA masters. We also will have caps available: lime green with Ohana Turtle \$6.

FEES: Individual entry fee is US \$6 for each individual entry; US \$10 for other FINA Masters (non-USMS). Relay fees are US \$15 per entry if received by February 10. Late relay entries will be accepted at a fee of \$25 each but must be received by February 17. All fees are non-refundable. and are payable by check or money order only—no cash. International entrants must submit US funds via international money order or bank check drawn on a bank with a U.S. affiliate.

RESULTS posted at www.usms.org by March 15, 2009.

RELAY ENTRY FORMS: To download forms, please visit <http://www.usms.org/longdist/ldnats09#postals> or send a SASE to: Ohana Swim Team, c/o Janae McCullough, 6204 43rd Ave. NW, Gig Harbor, WA 98335.

QUESTIONS: Contact event host: Ohana Swim Team 253-228-5947, ohanaswimteam@gmail.com.

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

2009 USMS ONE HOUR POSTAL NATIONAL CHAMPIONSHIP INDIVIDUAL ENTRY FORM

NAME: _____ GENDER: M or W AGE: _____ BIRTHDATE: ____ / ____ / ____
 Name as it appears on Registration Card - Last, First Circle one 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 here if you want hard copy of results

Results posted at: www.usms.org by 3/15/09

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 January _____, 2009, I swam _____ yards
 OR _____ meters at

Pool name/City _____

Swimmer's Signature _____

Verifier's/Timer's Name, PRINTED _____

Verifier's Phone Number or Email Address _____

Entry Fee: US\$6, USMS, or
 US\$10, other FINA Masters US \$ _____

T-Shirts: Indicate Quantity Ordered

Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____

US\$17 each, USMS _____ OR

US\$22 each, other FINA Masters _____ US \$ _____

TOTAL: US \$ _____

Include: Copy of 2009 USMS or FINA
 REGISTRATION CARD, Entry form and split sheet

Check Payable to: Ohana Swim Team

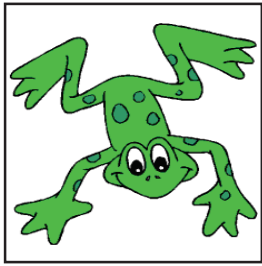
Send to: Janae' McCullough

6204 43rd Ave NW

Gig Harbor, WA 98335

Must be RECEIVED by February 10, 2009.

FOR SPLIT SHEET SEE: http://www.usms.org/longdist/1hr_3k_6k_splits.pdf



February Fitness Challenge 2009

Host: Tualatin Hills Barracudas, Beaverton, Oregon

Purpose: To promote fitness through aquatics by encouraging participants to visit the pool regularly and to track results over a

monthly period.

Rules & Eligibility: Use of training aids and equipment **IS** permitted. You must be at least 18 years of age.

Three Challenges: We have three challenges: 1) count your yardage; 2) count your days; and 3) count the number of people in your group.

Group Participation: Group Participation Awards, please (when possible) send entries together, in one packet, to the Barracudas. Groups may consist of individuals who do either challenge. Please specify the group name and contact person. There is no additional fee.

Recording Results / Excel FFC Tracking Log and Entry Form: Beginning February 1, 2009, record on the form below: either the number of yards completed each day (for lap swim, jog-a-lap, etc.), AND/OR the number of days you visit the pool for an aquatic fitness activity (e.g. water aerobics, etc.). Check the Barracuda Web Page for a special February Fitness Challenge Excel Tracking Log and Entry Blank. (Can be downloaded as a pdf file and/or Excel file) web page:

<http://www.barracudas.org> (click on February Fitness Challenge on the Menu Bar

PLEASE BE AS ACCURATE AS POSSIBLE!

Conversions: To convert metres to yards for yardage counting, add 10% to the metre distance to obtain the yard distance.

Monthly Totals: At month's end, add daily results to obtain monthly total.

Caution: Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

Age Groups: 18-24, 25-29, 30-34...etc., (in five-year increments). Age is determined by your age on February 28, 2009.

Awards & Results: All participants receive final results and an achievement certificate. For the Counting Yardage Challenge, the three female and three male swimmers in each age group with the highest monthly yardage totals receive awards. For the Counting Days Challenge a special Gold FFC pin will be given to swimmers who swims 27/28 days. A Silver FFC pin will be given to swimmers who swims 20 - 26 days. Please allow at least 8 weeks after deadline for mailing of results and awards.

100,000 Award: The Barracudas will be giving a complimentary FFC pin to any swimmer who swims 100,000 yards during the Challenge.

Group Awards: The top three groups with the largest number of participants will receive special awards.

Entry Fee: \$10.00 for one individual challenge. Select either "Counting Yardage" or "Counting Days" on the form (below). If you would like to do both individual challenges, select "Both" and add \$5 to your entry fee. All fees payable to **Tualatin Hills Barracudas**.

T-Shirts & Caps: \$15.00 for short sleeve, 100% cotton T-shirts, with the 2009 Fitness Frog (front and back design this year). Custom Latex swim caps with frog logo available for \$5.00.

Entry Deadline: Entries must be RECEIVED by March 12, 2009. Late entries will not be accepted.

Entry Procedure: Send form below and fees to:

February Fitness Challenge
16055 SW Walker Road #126.
Beaverton, Oregon 97006

e-mail: dave@theradcliffs.com

web page: <http://www.barracudas.org>

International Entries: \$10.00 additional postage fee required; mail early to ensure arrival by entry deadline.

February Fitness Challenge 2009: Entry Form (please Print clearly/or use a return mail label for name/address)

NAME _____ AGE(as of 2/28/09) _____ SEX _____
 ADDRESS _____ CITY _____ STATE _____
 ZIP _____ COUNTRY _____ PHONE _____
 E-MAIL _____ NAME OF GROUP _____

RESULTS: Electronic results via email address listed above Paper results via US Postal
 Achievement Certificate: I want one sent to me I do not want one
 MEDALS: YES NO

Select Your Challenge(s) (please check one): 1) Counting Yardage _____ 2) Counting Days _____ 3) Both _____

Yards/Days		Yards/Days		Yards/Days		Yard/Days	
Sun	Feb 1	Thu	Feb 12	Mon	Feb 23	Thu	Feb 26
Mon	Feb 2	Fri	Feb 13	Tues	Feb 24	Fri	Feb 27
Tues	Feb 3	Sat	Feb 14	Wed	Feb 25	Sun	Feb 28
Wed	Feb 4	Sun	Feb 15				
Thu	Feb 5	Mon	Feb 16				
Fri	Feb 6	Tues	Feb 17				
Sat	Feb 7	Wed	Feb 18				
Sun	Feb 8	Thu	Feb 19				
Mon	Feb 9	Fri	Feb 20				
Tues	Feb 10	Sat	Feb 21				
Wed	Feb 11	Sun	Feb 22				

MONTHLY TOTALS = _____ YDS _____ DAYS

Signature: _____ Date _____

(I attest that the above results are accurate and true)

Fees:	Entry Fee	\$10.00	(required)
	2nd Challenge	\$5.00	(optional)
	T-Shirt _____ x	\$15.00	(optional)
	(XXL T Shirt add \$2 dollars)		
	Circle T-shirt size (s):	S M L XL XXL	
	Swim Cap _____ x	\$5.00	(optional)
	International Fee	\$10.00	(Outside US)
Total:	_____ (US funds only)		
(Please make checks payable to Tualatin Hills Barracudas)			

The 2009 Check Off Challenge!

Sanctioned by Florida Gold Coast Masters LMSC for USMS, Inc. # 509-001

It's time to make some waves in the pool. The new swimming season is approaching quickly so it's time to think about your fitness goals for 2009. Challenge yourself to swim all the pool events whether in practice or in meets including that dreaded 200 butterfly! This is a great way to stay focused in practice and to join in the camaraderie at the local swim meets.

PLEASE PRINT CLEARLY:

NAME _____ SEX _____ AGE 1/1/09 _____ BIRTH DATE ____/____/____
 ADDRESS _____ CITY _____ STATE ____ ZIP _____
 PHONE (_____) _____ - _____ EMAIL _____
 TEAM OR CLUB _____ USMS# _____

T-shirt Qty: _____ S _____ M _____ L _____ XL @ \$20 ea. = \$ _____ TOTAL = \$ _____

Liability Release 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, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

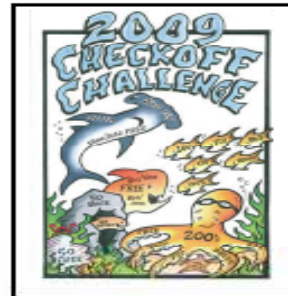
SIGNED: _____ DATE: _____

Please visit www.usms.org/fitness for additional entry forms, and feel free to distribute copies.

Mail this form and your check payable to "Hammerhead Aquatics" to: Larry Caldwell – Attn: "Check off Challenge" 3230 NE 15th Avenue, No. 1, Oakland Park, FL 33334.
 Questions? Call Larry at (954) 682-7220 or email larrycaldwell01@msn.com

COACHES: Sign up your entire team and use the event as a team challenge. Spread out the events over a period of time during practice sessions, progressively building up to the tougher events. The entire team can work together, completing all of the events. The event is open to registered Masters swimmers. Enter by filling out the entry form above.

Entries that are received by the 15th of each month, shirts will be mailed at the end of that month. T-shirts are custom-designed by California cartoonist, Chris Aubin.



Event	Date Complete	Time	Location	Comments
50 Freestyle				
100 Freestyle				
200 Freestyle				
400/500 Freestyle				
800/1000 Freestyle				
1500/1650 Freestyle				
50 Backstroke				
100 Backstroke				
200 Backstroke				
50 Breaststroke				
100 Breaststroke				
200 Breaststroke				
50 Butterfly				
100 Butterfly				
200 Butterfly				
100 IM				
200 IM				
400 IM				

Chehalem Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #379-01
 Eligibility: Currently registered USMS swimmers, 18 years and older.
 Unregistered swimmers must submit a 2009 registration form and fee with this form.

Hosted by: Chehalem Swim Team

DATE: Saturday January 31, 2009

Location: Chehalem Aquatic Center
 1802 Haworth
 Newberg, OR 97132

25 yards ~ 6 lanes competition-electronic timing
 separate warm-up/down area

WARM-UPS: 8AM
MEET STARTS: 9AM

Meet Director: Kathleen Buck • Phone 503-625-5747 • e-mail kbuckcheney@comcast.net

Directions to Pool: Take I-5 (North or South) to the Tualatin/Sherwood Exit (289). Turn West onto Nyberg Road, which becomes the Tualatin/Sherwood Road. Proceed through the community of Tualatin until you reach Sherwood (5 miles). In Sherwood, immediately past the Albertson's shopping complex, take a left (South) onto Hwy 99W. Continue on 99W to Newberg. In Newberg, turn Right onto Villa Road (Walgreens will be on your left). Turn right onto Haworth, and the pool is on your right.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT 2009 USMS REGISTRATION CARD WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY JANUARY 16, 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 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: 18+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). THE 500 & 1000 FREESTYLES & 400 IM WILL BE DECK SEEDED. **CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM.** ALL EVENTS WILL BE SEEDED SLOW TO FAST.

SATURDAY, January 31

- 400 IM (1) _____ : _____ . _____
- 100 FLY (2) _____ : _____ . _____
- 200 FREE (3) _____ : _____ . _____
- 50 BREAST (4) _____ : _____ . _____
- MIXED FREE RELAYS (5-7)**
- * break*
- 100 BACK (8) _____ : _____ . _____
- 200 BREAST (9) _____ : _____ . _____
- 50 FREE (10) _____ : _____ . _____
- MEDLEY RELAYS (11-14)**
- * break*
- 500 FREE (15) _____ : _____ . _____

- 200 IM (16) _____ : _____ . _____
- 100 BREAST (17) _____ : _____ . _____
- 200 BACK (18) _____ : _____ . _____
- 50 FLY (19) _____ : _____ . _____
- FREE RELAYS (20-25)**
- * break*
- 100 IM (26) _____ : _____ . _____
- 100 FREE (27) _____ : _____ . _____
- 200 FLY (28) _____ : _____ . _____
- 50 BACK (29) _____ : _____ . _____
- MIXED MEDLEY RELAYS (30-31)**
- * break*
- 1000 FREE (32) _____ : _____ . _____

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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

Seventh 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 #379-02



Location: Canby Municipal Pool
 1150 S Ivy
 Canby, Oregon 97013
 5 lanes competition-electronic timing
 1 lane continuous warm-up/down lane

Date: Sunday, February 15, 2009

Positive Check-in at Clerk of Course: 3PM
 Warm-ups: 2:30PM
 Meet Starts: 3:30PM

Hosted by: Canby Swim Club "The GATORS"

Meet Director: DeeAnna Smith. Phone: 503-651-1543. Email: deemarie1964@yahoo.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 12 1/2 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 12 1/2 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.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2009 USMS REGISTRATION CARD OR 2009 REGISTRATION FORM WITH THIS ENTRY
ENTRY DEADLINE: POSTMARK NO LATER THAN Friday, January 30, 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 USMS # _____
 USMS CLUB (OREG, MACO, PNA, ETC) _____
 IS THIS YOUR FIRST OREGON MASTERS MEET? ____ YES ____ NO

TWO OPTIONS: Enter meet only (no T-shirt) **OR** Enter meet and receive a cool T-shirt

(If entry is received after January 12th, a T-shirt is not guaranteed).

Trophy for lowest cumulative Male and Female times for each session. Chose **only one:** Sprint, Animal or Animal Grand

Animal Sprint Masters
100 I.M. (1-2) _____ : _____ . _____
50 FLY (7-8) _____ : _____ . _____
200 FREE (13-14) _____ : _____ . _____
 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.

Animal Masters
200 I.M. (3-4) _____ : _____ . _____
100 FLY (9-10) _____ : _____ . _____
500 FREE (15-16) _____ : _____ . _____
 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.

Animal Grand Masters
400 I.M. (5-6) _____ : _____ . _____
200 FLY (11-12) _____ : _____ . _____
1000 FREE (17-18) _____ : _____ . _____
 All swimmers must enter the 3 events to the left to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 30 seconds for Disqualifications. Slowest time of all swimmers plus 2 minutes for no show.

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SIGNATURE _____ DATE _____

Shirt size (circle) S M L XL 2XL

MEET ENTRY FEE: WITH T-SHIRT \$27.00 OR WITHOUT T-SHIRT \$15.00

MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072



**2009
Local Team Registration**

This form must be postmarked by the entry deadlines of the 2009 OMS Association Championship and the 2009 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 _____

Coach Information

Coach Name _____

Address _____

Phone # 1 _____ **Phone # 2** _____

Email _____

Pool Information

Pool Name _____

Address _____

Phone _____

Mail to: Tia Sitton, Membership Chair, 42455 N. River Dr. Sweet Home, OR 97386

Email for Tia - sweethomebuilder@centurytel.net



OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING YEAR 2009 REGISTRATION

Renewal - 2008 USMS # _____
 New Member

Last Name:	First Name:	M.I.:
<small>(Please register with the name you will use for competition)</small>		

Address:

City: _____ **State:** _____ **Zip:** _____

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

E-mail Address:
(Please print carefully)

Aqua Master - Check one box <input type="checkbox"/> Electronic Delivery <input type="checkbox"/> Postal Delivery	Club: OMS is comprised of one club OREG <input type="checkbox"/> or you may register unattached. *UNATTACHED <input type="checkbox"/> (Select one) *(Unattached members cannot swim in relays)	Do you coach a Masters Team Yes <input type="checkbox"/> No <input type="checkbox"/>
--	--	--

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

Albany YMCA Tiger Master Sharks	YTSM	Emerald Aquatics	EA	Multnomah Athletic Club	MAC	Rogue Valley Masters	RVM
Baker Area Seasoned Swimmers	BASS	Fit Athletes Swimmers & Triathletes	FAST	Newport Masters	NST	Salem YMCA Masters	SYM
Canby Masters	CBM	Fishsticks	FISH	Nike Masters	NIKE	Sherwood YMCA Dragons	SYD
Central Oregon Masters	COMA	Grass Valley Masters	GVAM	North Clackamas Masters	NCMS	Southern Oregon Masters	SOM
Chehalem Masters Swim Team	CMST	Klamath Basin Masters	KBM	Oregon City Swim Team	OCST	Swimmers in Sweet Home	SWISH
Circumnavigating Beavers	CBAT	LaCamas HeadHunters	LH	Oregon Pool-Less Elite Narwhals	OPEN	Tornadoes Master Team	TOR
Columbia Gorge Masters	CGM	Lebanon Masters	LM	Oregon Reign Masters	ORM	Tualatin Hills Barracudas	THB
Columbia River Masters	CRM	Lincoln City Masters	LCM	Portland Comm. College Masters	PCCM	Umpqua Valley Masters	UVM
Corvallis Aquatic Masters	CAT	JMasters	MJCC	Pendleton Masters	PEND	Western Oregon Univ.	WOU
Downtown Athletic Club	DAC	Mittleman Jewish Comm. Cntr.	MJCC	Riverplace Ath. Club (Tsunamis)	RAC		

Registration: Valid November 1, 2008 to December 31, 2009. Make checks payable to OMS, Inc.

\$38.00 Single

\$28.00 Senior Registration (65 to 74 years)

\$10.00 Age Group 18 to 24 years and Seniors 75 years and older

Fee breakdown: USMS = \$25.00, Benefits of Membership include: A subscription to USMS's magazine, *USMS 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.

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Signature: _____ **Date:** _____

MAIL TO: DARLENE STALEY, OMS REGISTRAR, 17720 NW Autumn Ridge Dr, Beaverton, OR 97006
 This form is available on the OMS website: www.swimoregon.org

2009



Date	Event	Location	Contact
Pool Meets			
*Jan. 31, 2009	SCY	Chehalem (Newberg)	Kathleen Buck - kbuckcheney@comcast.net
*Feb. 15, 2009	SCY	Animal Meet (Canby)	DeeAnna Smith - deemarie1964@yahoo.com
Open Water Swims			
June 6, 2009	800, 2000, 4000	Hagg Lake	
June 28, 2009	1 mile	Foster Lake	
July 18-19, 2009	1500, 5 K	Applegate Lake	
July 31-Aug. 2, 2009	3000, 500, 1500, 5 K	Elk Lake (Cascade Lake Swim)	
Postal Championships 2009			
*1 Hour		January 2009	www.usms.org
*February Fitness Challenge		February 2009	dave@theradcliffs.com
*Check Off Challenge		2009	Larry Caldwell - larrycaldwell01@msn.com
* ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER			

Board Meetings All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details. Jan. 13 Feb. 17 March 17	April 18 (contingent upon Association Meet date) May 19 July 12 (contingent upon Zone LCM Meet date) Aug. 18 Oct 9-10 Retreat (tentative)
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Aqua Master
January 2009

Oregon Masters Swimming, Inc.
 5832 SE Woll Pond Way
 Hillsboro, OR 97123-6970

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 Permit No. 1292

Inside: Results - MAC Meet and Entries