

Team Life

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Oregon Mid Valley Masters (OMVM)



OMVM has a total of 15 swimmers, most are shown in the picture

The Oregon Mid Valley Masters has been a USMS / YMCA team for almost 4 years now. A new 60,000 sq. ft. YMCA has just been opened in Albany, complete with a 3 story water slide, lazy river, kids pool, therapy pool, hot tub, and best of all, an ultra violet chlorine water filled, state of the art, 6 lane, 25yd. lap pool!

With this potential at hand, I became a USMS coach, thankful that Dennis Baker and Tim Waud had the vision to encourage more Master Swimming coaching clinics in the Pacific NW. in the past few years. They were very valuable and informative sessions, and our team is thriving.

We have 15 members now, and just hired a certified USA coach to help build the program as well. Robin Beechert is a well-known USA and HS swimming coach in our area.

Our team is comprised of WOU students, several competitive (Ironman) triathletes, fitness swimmers, and several newer swimmers, all blending and swimming with determination to complete the sets, as we only have 1 hour, 3 times a week, available for now.

I always find it fascinating to learn about Master swimmers, we are a dynamic and self-disciplined group.

I did compile what the OMVM swimmers noted was most important regarding what it is about "Masters Swimming" that they enjoy the most, and that keeps them coming back, hungry for more?!

Here are their comments: Enjoy!

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◆ “Camaraderie”. I know I am more likely to swim if people are expecting me! Swimming with a team motivates me to swim harder and longer than if I were swimming on my own. My son now swims Masters with me, it is something we can enjoy together!!”
—**Marcie**

◆ A few years before I turned 70, I realized my feet were probably not going to carry me as well as they had for 35 years of running, so I decided to try the pool.

I did not know any strokes, but took a few lessons, did a few triathlons, and then joined Masters! It has given me an opportunity to learn new things! What a treat, I’m getting my breast stroke timing down, diving off the blocks, and have won a few ribbons now. I like the encouragement, and camaraderie of the team.

I love the meets, the positive energy and encouragement that flows through ALL of the competitors makes it a real joy for me to be there!
—**Ethel**

◆ I joined Master Swimming because it gave me the ability to stay in touch with the competitive side of swimming. I also enjoy the “all ages” aspect of Masters, as it not only gives me a chance to swim throughout my life after college, but it also inspires me to pursue my passions, no matter what age!
—**Charleigh**

◆ Masters swimming has provided an opportunity to achieve a high level of fitness and the atmosphere is there to maintain that level. Our group welcomes fitness and competitive swimmers. I was terrified of swim meets in high school, and Masters has provided the opportunity to overcome those fears. Meets are positive and encouraging. I am proud to have a Masters Swimming sticker on my vehicle! I believe there is

a spot in any Masters group for any skill level. Masters has made me a better swimmer. The coaching has allowed me to make small changes in a stroke, which can make a huge difference in time or endurance. After a good workout, I feel I own the water, it is a good feeling for a person 63 years young!
—**Jerry**

◆ After many years of USA swimming, it is a great way for me to still compete, as our university does not have a team.
—**Grant**

◆ I joined Masters because I enjoy being part of a team, and love swimming. I love practices and learning how to swim faster and better. Swimming is a part of who I am, and I think it makes me a better person, because it is something I TRULY enjoy!
—**Rahevin**

◆ As a child I learned to swim in a salt water lagoon. I am still energized instantly when in water! I recently joined Masters to push myself, and push others.
—**Laurie**

◆ I enjoy the “journey of life” aspect, as seen in Masters swimmers. Everyone has similar changes, challenges, highs and lows that we often share at meets.

As a Masters swimmer for over 20 years now, I am slowly realizing that even though the times are not what I want or expect at a meet anymore, it is a great fulfillment to just be with like-minded people who enjoy fitness, friendships, and fun, along with some good competition as well, as part of their journey through life.
—**Elke**

—submitted by Elke Asleson
Volunteer Coach/PE Instructor/Western Oregon University



Six excited OMVM swimmers attended the Newberg meet on January 30. Everyone placed 1st or 2nd in their age group, a lot of fun!!