

Member News

To report an activity in the "Aqua Master", send an email and picture to the Editor: azabudsky@msn.com



Christian Tujo, Alexis Tujo and Lee O'Connor (not in picture) logged roughly 20,000 Meters of swimming over the July 4 weekend, and Alexis completed her first 4,000 meter open water swim!! Lee and Christian are training for a 21.2 Mile swim, the length of "Big Blue" aka Lake Tahoe, on September 11, 2020!!!

Today the coach in me was in charge and I had a planned set.

Warm up 200 swim, 200 kick and 200 pull. Main set 3 X 300 speed play on 5:30 (just a little over 30 seconds rest). 300 I.M. kick, followed by 2 X 25 fly, 2 X 25 back and 2X 25 breast on 40 seconds and finished with 4 X 75 pull 3 pattern breathing, 5 pattern breathing and 2 breaths by 25 in each 75 and that was the 45 minutes and 2250 yards.

Looking forward to Wednesday and my next swim.

Here and There

- Columbia Gorge Masters are back in the water
- Corvallis Masters (CAT) are back in the water.
- Southern Oregon pools are open [Mingus, etc.]
- The YMCA and the LaCamas pool in Vancouver, WA, are open
- Juniper aquatic center in Bend is open
- Chehalem aquatic center in Newburg is open
- McMinnville's pool is open



MJ Caswell's kitchen and living room remodel started July 8. "We are all moved over to the guest unit for the kitchen and living room. Lots of work to empty all three rooms so the walls can come down. Walls between living room and dining room are coming out." How exciting!



All-around coach Tim Waud

There is almost nothing Coach Tim wouldn't do for his Tankers. Whether he is poolside babysitting, providing post-workout coffee and treats or checking in on an ill team member, Tim goes far beyond his job as merely our swim coach. I love this photo! It was taken pre-C-19 — Oregon City pool is still closed.

Allen Larson says:

Oh happy days! Today was my second swim. My first 45 minute swim I only got 1800 yards, but that was more just getting the feeling of the water and where I was at.