



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

Volume 38, Number 1 Published 10 Times Yearly by OMS, Inc. January 2011

"Swimming for Life"

SPECIAL SERVICE

AND THE AWARD GOES TO

OMS members prepare annually for the Association Championships where not only a team is crowned #1, but a **VOTE BY YOU** selects individuals for various awards.

The following are the awards in which you should nominate someone you feel worthy:

CONNIE WILSON MEMORIAL

CONNIE WILSON MEMORIAL AWARD:

This award is given annually to an individual who has made an outstanding, long-term leadership contribution to this organization and to Masters Swimming.

HAZEL BRESSIE SPIRIT

OL' BARN AWARD:

This award is given annually to the individual who has shown outstanding leadership, dedication, and devotion throughout the year to the organization and to Masters Swimming.

HAZEL BRESSIE SPIRIT - FEMALE AWARD:

This award is given to the female who has shown enthusiasm and spirit to her team and/or other Masters swimmers during the past year.

GIL YOUNG SPIRIT

GIL YOUNG SPIRIT - MALE AWARD:

This award is given to the male who has shown enthusiasm and spirit to his team and/or other Masters swimmers during the past year.

SPECIAL SERVICE AWARD:

This award is given to an individual, organization, business, or group that has gone the "extra mile" by contributing outstanding service to a team or OMS.

OL' BARN

The time is NOW to submit your vote for any of the awards listed for an individual you feel worthy (be sure to tell **WHY** the individual is worthy). Send votes to Ginger Pierson (awards chair):

gingerp@qwest.net or 8417 NE 16th St. Vancouver, WA 98664 or call (360)253-5712.

Make someone proud that you thought enough of him/her that you made a nomination. It will be much appreciated.

What's Inside

Chair's Corner	2
Off The Block	3
Fitness	4
Shake & Swim/Swim Bits	5
Long Distance	6
Results:	
COMA Pentathlon	7
Articles:	
California Meet	10
Swimmer Spotlight	12
Nessie	13
Entry Forms:	
Chehalem Meet	16
Canby Animal Meet	17
Team Registration Form	18
Individual Registration Form	19
Schedule of Events	Back Cover

Board Members of Oregon Masters Swimming, Inc.

Chairman of the Board

Jeanne Teisher
7305 SW Hyland Ct.
Beaverton, OR 97008 503-574-4557
Jteisher97007@yahoo.com

Vice Chairman - Sanctions

Tim Waud
989 NW Sequoia Avenue
Corvallis, OR 97330 503-341-3152
Tward@aol.com

Secretary

Bonnie Edwards
2825 NE 38th Ave
Portland, OR 97212 (503) 288-5140
pdxbon@comcast.net

Treasurer

Mark Braun
21601 NE Willow Glen Rd
Fairview, OR 97024 971-533-5264
nyurfacelabs@gmail.com

Registrar

Susie Young
14565 NW Salvia Ct.
Portland, OR 97229 503-475-8004
swim.pdx@gmail.com

Aqua Master Editor

Alice Zabudsky 503-630-7499
azabudsky@msn.com

Awards

Ginger Pierson 360-253-5712
gingerp@qwest.net

Coaches

Dennis Baker 503-679-4601
bakeswim@yahoo.com

Data Manager (for swim meets)

Gary Whitman 360-896-6818
OMS Data Manager, PO Box 1072
Camas, WA 98607-1072
all5reds@comcast.net

Fitness Chair

Helen Thurlow
hjthurlow_28@hotmail.com

Host/Social

Ginger Pierson 360-253-5712
gingerp@qwest.net

Long Distance

Bob Bruce W 541-389-7665 H 541-317-4851
coachbob@bendbroadband.com

Membership

Christina Fox (Database) foxkohnert@peak.org
Jackie Parker (Promotion) parkejac@ohsu.edu

Officials (for swim meets)

Jacki Allender 541-753-5681
seewun@proaxis.com

OMS E-mail Group Maintenance

Susie Young 503-475-8004
swim.pdx@gmail.com

Records

Stephen Darnell 360-834-6020
financialwizard2@comcast.net

Safety

Joy Ward 503-777-5514
silenteclipse1210@hotmail.com

Souvenir

Briana Willia 541-223-2367
williab@onid.orst.edu

Sunshine

Sue Calnek 541-254-1150
squeegybug60@yahoo.com

Top Ten

Susan Shaw 360-254-3951
Susan.M.Shaw@comcast.net

Web Master

MJ Caswell
mjcaswell@earthlink.net

Founders of OMS

Karl Von Tagen - Founder
Connie Wilson - Founder
Earl Walter - Historian

Chairs Corner

by Jody Welborn

Hi Everyone:

It is with great pleasure that I announce your newly elected Board members:

Congratulations to:

Chair: Jeanne Teisher
Vice Chair: Tim Waud
Treasurer: Mark Braun
Secretary: Bonnie Edwards.

We also welcome Esther Ellis to the board as the club representative for SWMS.

And the remainder of the board remains to continue their work for Oregon Masters Swimming.

I have so many great memories. It has been an honor to serve.

But most importantly:

Swimming is for Life,

and Life Matters.



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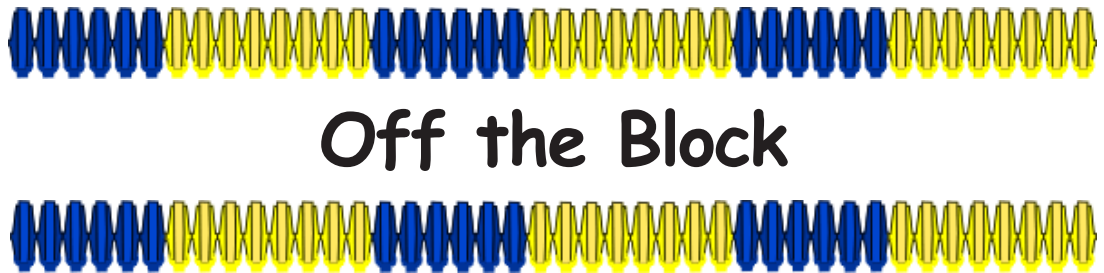
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Send address changes to Susie Young, swim.pdx@gmail.com.

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Off the Block

The Mind Matters

by Robert Vervloet

Robert Vervloet is an athletic trainer who specializes in High Performance Maneuverability. His passions are teaching distance, sprinting, and sport court running and maneuverability skills with an emphasis on increased performance through teaching injury prevention skills. The training models he uses for coaching were tested, verified, and supervised by Nike's Sports Research laboratory. He is the only true barefoot running coach in the US, with many years spent in studying the running techniques of cultures that haven't worn shoes and why they're less prone to injury than we are. Contacts: 503-226-4500 and http://aic-pdx.com/custom_content/c_144896_for_the_athlete.html

I guess that one of the most telling aspects of coaching any sport is the cliché statement that sports is "90% mental and 10% physical." So why is it that so very few athletes even consider the admittedly largest component to exploiting our optimum performance capabilities? How many mental coaches have you ever had in your own history of athletic training? And I'm not talking sport psychologists.

What most people ignore, is my passion. I can say that mental training isn't really 90% for importance, but to ignore its impact is akin to trying to cut a piece of meat with a dull knife. You can spend lots of time cutting with the knife you've got, or choosing with a few quick passes across a sharpening stone, that same blade will slice meat like a hot blade through butter. How many athletes consider the time saving sharpening your mental knife can save you in competition?

Pounding the pavement, swimming for hours in the pool, or riding hours on a saddle in training is what I'd refer as the dull knife perspective toward improving your racing times, if you don't spend any time in focus to mental training. It's not a common thing to do, or even well understood. And it doesn't help that many of the marketed programs proclaiming to train one's brain have no connection to the actual sciences involved.

To illustrate my point, a favorite question I like to ask athletes is how two racers moving at the exact same speed can cross a finish line at significantly different times. What primary variable distinguishes their time differences if they're moving at the same speed physically?

How many of you know that it's biologically impossible for human beings to walk straight, run straight, ride a bicycle straight, drive a car straight, or swim straight? At two exact same speeds of travel, the straighter-moving athlete will cross the finish line before the other. Ever look at the path of a runner in the sand at the coast? A straight line is the last thing

you'll ever see.

It's called your drift rate. Ever hear of it? Ever measure yours? A marathon runner can add three meters in extra distance traveled for every 20 seconds of running if they have poor drift control. A 100 meter race in a 50 meter pool can add 2-6 meters of increased distance when a swimmer's drift rate is calculated.

And for open water swimmers, a street running marathon, or street bicycle racing, that drift rate is much higher without any lane markers on the ground to physically guide you forward. An athlete will always run, swim, or cycle faster if they have marked lanes defined for them in competition. That's not a physical component of speed, it's a mental one.

Known in training as side dominance, your stronger body side will slowly push yourself in direction to your weaker side. Ever wonder why track and field events are conducted in a counterclockwise rotation instead of the other way around? It's to reduce the negative impact of the natural drift to the left as a right handed athlete runs.

Drifting, regardless to sport is natural. The choice is how much attention you pay and train to eliminate it. The typical athlete will think that moving in a straighter path is correctable through strength and technique adjustment. I call that a dull-knife-approach to addressing the issue. Multiple training models focus on physically swimming and training to swim, run, or cycle as straight as possible, yet how many mention the mental skills involved? That's the sharpening stone approach.

Side dominance can be trained with the goal of physical equality through technique improvement; however it cannot be fully eliminated; that's biology. The missing training component is what role the brain plays in controlling your drift measurements. Do you train for it?

The ability of one's brain to recognize your

Continued on page 9



Fitness

New Years Exercise Myths Debunked!

by Helen Thurlow



When my parents gave me a complete set of yoga equipment* for Christmas 15 years ago I loved it! When I received a body fat scale from my boyfriend this year, I broke up with him. Are you being supported by your family and friends of your fitness goals, or do you have insomnia and are ordering P90X or the G-Force Ball from Mitch Gaylord at all hours of the night? Before you get out your credit card, let me shed some light on some exercise myths that are as true as Suzanne Summers leg warmers and pigtails.

1. **"Five million crunches a day will get you killer abs!"**

True, but no one will see them if there are 5 million pounds of fat around your mid-section. Those buns of steel and abs of steel videos are a joke. Target-specific areas are hard to, well, target. If you want to reduce fat do an all-over body program; exercise and include a diet rich in fiber and protein.

2. **"Stick to the same routine!"**

Well, if you really don't want to see any improvement at all, keep doing what you are doing. Muscles doing the same movement get bored. Have you heard of the plateau effect? The muscles in your body simply plateau, because they have become accustomed to the routine they have been performing and will simply stop working and start conserving energy. So, MOVE IT! Change exercises every so often, keep your muscles guessing.

3. **"Productive workouts last about 1 hour"**

Sometimes my best workouts have been the 15 minutes I squeezed in between jobs and meetings. Even an early morning sun salutations set will boost my metabolism for the day and I feel pretty good. Use your time wisely and work it. Only have 15 minutes; go for a brisk walk. If you have stairs at work, use them. Park farther away from your destination so you could walk more. Do lunges and squats while making dinner. If you've got more time, great, here is what the American Heart Association recommends: 65 years of age and younger: go for 30 minutes of moderate exercise 5 days a week. Want more and can do it, the AHA says 20 minutes of

vigorous exercise 3 days a week, plus 2 days of strength training.

4. **"No pain, no gain"**

If you are limping back home or secretly crying in the locker room so no one sees you, you are injured! And you need to stop working out. Don't let that nagging pain, become chronic or you could be laid up for weeks or even months. Take rest days, change from high impact to low impact, and see a doctor if you really need to.

5. **"Swimming provides all the exercise a body needs"**

Sorry folks, if you need to shed fat, swimming is not going to do it. Fewer calories are burned due to the body being supported by water - so it doesn't have to work hard against gravity as in land exercises like running or aerobics classes (Zumba anyone?) But don't throw your goggles away or at me just yet. Because it is low impact; it's

great in reducing stress on our joints and a good swim utilizes all the major muscle groups; as well as training us to use our lungs more efficiently by increasing it's capacity.

6. **"Treadmills are the equivalent of running outdoors"**

Hmm? The smell of big sweaty men, heavy breathing and groaning from the steroid popping weightlifters; or the softness of the trails underfoot, the smell of just fallen rain, the beauty of the wildflowers besides you, cute little kittens (oops, you know what I mean). People have their preferences on this one. The comfort of temperature control and the TV in front of them, or running on trails or on the streets. However, if you are injured the tread on the treadmill offers less impact than on concrete, and your feet feel like they're just "gliding off" instead of pounding the pavement. Still I prefer running outside and cute little kittens.

*Yoga equipment does exist for those who think I'm crazy; my set includes a mat, block, strap and bolster pillow. Available everywhere and in every color.

Namaste friends!



Shake and Swim with "Bake"

Swim Silent Kick Silent

Coach Dennis Baker



swimgraphics.com

Every once in a while I come across some great drills that wow me and make me really think about what I or my swimmers are doing in the water. Here are a few drills and concepts I think you will like and implement into your routines for the New Year.

1. **Swim Silent:** You can do this drill with three strokes, Butterfly, Backstroke and Freestyle. Start out by doing a small set of 25s with a medium amount of rest. Try to not make a sound when swimming. Keep your kick underwater and have your hands enter very slow and precise. You will need a coach or a friend to make sure they can't hear anything while you swim. This drill will make you use your core to hold everything together. It will also give you time to realize where exactly your hands are entering. As you get used to this drill bump up to a set of 8 x 50s.
2. **No Splash Kicking:** Kicking with a kickboard on your stomach or on your back without a board using the same three strokes, Butterfly,

Backstroke and Freestyle. Keep your kick totally underwater and don't break the surface with your feet. This drill is tough and fatiguing, however it will make you realize that you have to kick up and down with your legs and feet. Many swimmers, when they kick Butterfly and Freestyle, just use the front part of their legs and kick down, down, down. In Backstroke we think up, up, up and this is wrong. Up AND down is the key to kicking in these strokes. Again you will need to tighten up your core to do this. You must realize that the bottom part of your foot has a greater surface area than the front part of your foot.

Try these drills and concepts and you will be well on your way to improving these three strokes. (Note: Breaststroke is not mentioned, obviously because the kick is different, and if you're making noise or sounds in Breaststroke you're grunting out loud in pain like I do, because I can't swim this stroke.)

WISHING YOU A SWIMMING-LY GREAT NEW YEAR

Swim Bits

by Ralph Mohr

Pickle Juice and Chocolate Milk

If you are planning to swim the Hour Swim this January, you might consider drinking pickle juice beforehand. I know, it sounds weird, but a number of marathon runners have found that eating dill pickles and drinking the juice will lessen or even stop cramps.

Pickle juice has a high dose of sodium along with potassium and magnesium. There is some evidence that the acidity of the vinegar may help also.

All I know is that I am susceptible to cramps in long workouts, and the night before the Postal 6000 I

drank about a half cup of dill pickle juice. The next morning I tossed down another half cup about an hour before swimming. I had no cramps in more than an hour and a half.

Chocolate milk has been promoted recently as a post-race drink. It provides both carbohydrates and protein to replace fuel stores and fluids and to provide protein to repair muscle damage. Milk also has sodium, potassium and magnesium, as well as calcium and vitamin D.

So, pickle juice a day or two before the Hour Swim and chocolate milk after, and you'll be set! There is no excuse now for Oregon Masters swimmers to skip this postal event.





Long Distance Swimming

by Bob Bruce



400 Hundred Swimmers! 1.25 Million Yards!

This is what I think it will take for the Oregon Club to win the USMS National Club Championship in the One-Hour Swim. Are we ready to put it on the line this January to win the granddaddy of all of the postal championships? Are we ready to challenge for the big one?

What is the One-Hour Swim? The basic premise—how far can you swim in one hour? It's the first USMS postal swim each year, done during the month of January only. It's the largest stand-alone participation event on the USMS calendar, as more than 3000 swimmers across the nation swam it last year. It's the oldest of the USMS postal swims, started in 1977. It's not only a spirited competition, but also an excellent early-in-the-year fitness event suitable for EVERYONE.

How has the Oregon Club fared in the past?

This is one of the few club championships that we have never won before! But our club history shows improving participation and improving club placement. Here's a summary of our past five years.

- 2006—81 swimmers & 283,985 yards, 1st place in the Large club category
- 2007—127 swimmers & 474,320 yards, 4th place in the Extra Large club category
- 2008—114 swimmers & 422,102 yards, 3rd place in the Extra Large club category
- 2009—156 swimmers & 568,465 yards, 3rd place in the Extra Large club category
- 2010—228 swimmers & 830,595 yards, 2nd place in the Extra Large club category

What will it take to win the Club

Championship? COMMITMENT & MASSIVE PARTICIPATION. There are several other huge clubs in the nation whose single main goal each year is to win the One-Hour Swim, so winning this event will never be easy. To beat these other clubs and pull this off, we will need:

- A commitment from EVERYONE to join OMS/USMS, a prerequisite for entering the event. Don't wait—do it now. And I invite those swimmers who have previously joined OMS/USMS as

"unattached" to consider joining the Oregon Club (there's no extra charge or obligation and no disadvantage to being "Oregon" rather than "unattached"). Participate in this group effort.

- A commitment from EVERYONE to prepare for the swim. Spend time at practice to prepare for your swim and to improve your distance.
- A commitment from EVERYONE to seize the opportunity and do it when the time comes. Club score is determined by adding everyone's total yardage in the swim. EVERYONE COUNTS! Even a 1500-yard performance will help. 4000 & 5000-yard performances will really help—never let your teammates who are capable of big yardage duck this swim!
- A commitment from EACH LOCAL TEAM to schedule opportunities for swimmers to swim it. Schedule several sessions if possible so that nobody is excluded due to personal schedule conflicts.
- A commitment from EACH LOCAL COACH & CAPTAIN to encourage and motivate teammates to swim it. This is the key! Plan and do the swim as a group effort, and you may be surprised at the symbiotic power of such an effort.
- A commitment from EVERYONE to enter the National event when you finish. We had forty-five (yup, 45!) swimmers complete the swim in 2010 yet not enter the event. Now I love the aesthetic of doing the One-Hour Swim for its own sake, yet I'd also love to see everyone who did it pitch in for the larger team effort by entering the event. If the Oregon Club is to have any chance of winning the club championship, we cannot afford to leave all of those uncounted swims on the table.

Is a championship run feasible? In 2009, the Oregon Club won the National Club Title in the 5-km, 10-km, 3000-yd, and 6000-yd Postal Championships. And we dominated these four events again in 2010! We certainly have the swimmers. We certainly have the experience. Do we have the will?

Can we do it? Of course ... if we want! We rallied like crazy to crush the rest of the nation when we hosted the Long Course Pool Championships in 2008, and

Continued on page 12

COMA Pentathlon SCM - November 13, 2010

W = Time breaks listed World Record (includes National, Zone & OR)

O = Oregon Record

N = Time breaks listed National Record (includes Zone & OR)

* = Split

Z = Zone Record, (includes OR)

Women 18-24

50 SC Meter Back
1 Schane, Olivia 22 OREG 36.73
50 SC Meter Fly
1 Schane, Olivia 22 OREG 33.53
100 SC Meter IM
1 Schane, Olivia 22 OREG 1:19.42

Women 25-29

50 SC Meter Free
1 Gustafson, Aubree 29 OREG 29.81
2 Szper, Courtney 29 OREG 38.84
100 SC Meter Free
1 Holmberg, Kelsey 29 OREG 1:07.70
50 SC Meter Back
1 Gustafson, Aubree 29 OREG 37.88
100 SC Meter Back
1 Holmberg, Kelsey 29 OREG 1:19.51
50 SC Meter Breast
1 Gustafson, Aubree 29 OREG 38.57 O
2 Szper, Courtney 29 OREG 50.50
100 SC Meter Breast
1 Holmberg, Kelsey 29 OREG 1:27.91
50 SC Meter Fly
1 Gustafson, Aubree 29 OREG 33.76
2 Szper, Courtney 29 OREG 45.38
100 SC Meter Fly
1 Holmberg, Kelsey 29 OREG 1:16.80
100 SC Meter IM
1 Gustafson, Aubree 29 OREG 1:16.77
2 Szper, Courtney 29 OREG 1:38.66
200 SC Meter IM
1 Holmberg, Kelsey 29 OREG 2:49.53

Women 30-34

100 SC Meter Free
1 Melina, Emily 30 OREG 1:05.17
2 Pryor, Evelyn 33 OREG 1:15.69
100 SC Meter Back
1 Melina, Emily 30 OREG 1:15.41
2 Pryor, Evelyn 33 OREG 1:29.33
100 SC Meter Breast
1 Melina, Emily 30 OREG 1:28.15
2 Pryor, Evelyn 33 OREG 1:41.98
100 SC Meter Fly
1 Melina, Emily 30 OREG 1:12.35 O
2 Pryor, Evelyn 33 OREG 1:30.40
200 SC Meter IM
1 Melina, Emily 30 OREG 2:39.83
2 Pryor, Evelyn 33 OREG 3:10.84

Women 35-39

100 SC Meter Free
1 Criscione, Anicia 37 OREG 1:15.48
2 Sandoval, Lisa 38 OREG 1:19.96
100 SC Meter Back
1 Criscione, Anicia 37 OREG 1:24.99
2 Sandoval, Lisa 38 OREG 1:27.52
100 SC Meter Breast
1 Criscione, Anicia 37 OREG 1:34.99
2 Sandoval, Lisa 38 OREG 1:35.84
100 SC Meter Fly
1 Criscione, Anicia 37 OREG 1:32.14
2 Sandoval, Lisa 38 OREG 1:32.79
200 SC Meter IM
1 Criscione, Anicia 37 OREG 3:06.38

2 Sandoval, Lisa 38 OREG 3:12.31

Women 40-44

100 SC Meter Free
1 Salton, Gillian 42 OREG 1:10.74
100 SC Meter Back
1 Salton, Gillian 42 OREG 1:20.43
2 Gorman, Susan 44 OREG 1:40.65
100 SC Meter Breast
1 Salton, Gillian 42 OREG 1:41.44
2 Gorman, Susan 44 OREG 1:43.89
100 SC Meter Fly
1 Salton, Gillian 42 OREG 1:25.59
200 SC Meter IM
1 Salton, Gillian 42 OREG 3:07.73
2 Gorman, Susan 44 OREG 3:32.89

Women 45-49

50 SC Meter Free
1 Schmidt, Sandra 46 OREG 36.68
50 SC Meter Back
1 Schmidt, Sandra 46 OREG 45.55
50 SC Meter Breast
1 Schmidt, Sandra 46 OREG 51.28
50 SC Meter Fly
1 Schmidt, Sandra 46 OREG 45.21
100 SC Meter IM
1 Schmidt, Sandra 46 OREG 1:39.83

Women 50-54

100 SC Meter Free
1 Fox, Christina 50 OREG 1:28.25
200 SC Meter Free
* Sweat, Mary 53 OREG 2:39.80
400 SC Meter Free
* Sweat, Mary 53 OREG 5:23.22
800 SC Meter Free
* Sweat, Mary 53 OREG 10:47.18 Z
1500 SC Meter Free
1 Sweat, Mary 53 OREG 20:12.88 Z
100 SC Meter Back
1 Fox, Christina 50 OREG 1:38.77
100 SC Meter Fly
1 Fox, Christina 50 OREG 1:50.46
200 SC Meter IM
1 Fox, Christina 50 OREG 3:35.97

Women 55-59

100 SC Meter Free
1 Summers, Jeanna 56 OREG 1:22.21
100 SC Meter Back
1 Summers, Jeanna 56 OREG 1:32.73
100 SC Meter Fly
1 Summers, Jeanna 56 OREG 1:46.56
200 SC Meter IM
1 Summers, Jeanna 56 OREG 3:38.00

Women 60-64

50 SC Meter Free
1 Gettling, Janet 62 OREG 36.00
2 Rousseau, Sandi 63 OREG 39.55
50 SC Meter Back
1 Gettling, Janet 62 OREG 45.28
2 Rousseau, Sandi 63 OREG 48.42
100 SC Meter Breast
1 Gettling, Janet 62 OREG 44.74
2 Rousseau, Sandi 63 OREG 55.46
50 SC Meter Fly

1 Gettling, Janet 62 OREG 40.46
2 Rousseau, Sandi 63 OREG 42.01
100 SC Meter IM
1 Gettling, Janet 62 OREG 1:32.56
2 Rousseau, Sandi 63 OREG 1:45.61

Women 65-69

100 SC Meter Back
1 Ward, Joy 68 OREG 1:35.64
100 SC Meter IM
1 Ward, Joy 68 OREG 1:40.97
200 SC Meter IM
1 Ward, Joy 68 OREG 3:40.71

Women 70-74

100 SC Meter Free
1 Schroder, Kaleo 74 OREG 2:25.61
50 SC Meter Back
1 Schroder, Kaleo 74 OREG 1:10.89
200 SC Meter Back
1 Schroder, Kaleo 74 OREG 5:30.93
50 SC Meter Breast
1 Schroder, Kaleo 74 OREG 1:25.96
200 SC Meter Breast
1 Schroder, Kaleo 74 OREG 6:28.77

Men 18-24

50 SC Meter Free
1 Esser, Thomas 22 OREG 30.79
50 SC Meter Breast
1 Esser, Thomas 22 OREG 38.74
50 SC Meter Fly
1 Esser, Thomas 22 OREG 33.06
100 SC Meter IM
1 Esser, Thomas 22 OREG 1:18.33

Men 25-29

50 SC Meter Free
1 Cardone, Erik 25 OREG 26.95
50 SC Meter Back
1 Cardone, Erik 25 OREG 33.29
50 SC Meter Breast
1 Cardone, Erik 25 OREG 43.19
50 SC Meter Fly
1 Cardone, Erik 25 OREG 33.07
100 SC Meter IM
1 Cardone, Erik 25 OREG 1:12.25

Men 30-34

100 SC Meter Free
1 Atay, Cemil 32 OREG 1:00.44
100 SC Meter Back
1 Atay, Cemil 32 OREG 1:12.16
100 SC Meter Breast
1 Atay, Cemil 32 OREG 1:17.06
100 SC Meter Fly
1 Atay, Cemil 32 OREG 1:07.90
200 SC Meter IM
1 Atay, Cemil 32 OREG 2:36.15

Men 35-39

50 SC Meter Free
1 Singer, Andrew 37 OREG 27.65
200 SC Meter Free
1 Tujo, Christian 39 OREG 2:19.19
50 SC Meter Back
1 Singer, Andrew 37 OREG 38.82
200 SC Meter Back
1 Tujo, Christian 39 OREG 2:55.08

The Mind Matters

Continued from page 3

lateral drift at a subconscious level before your conscious decision-making processes adapt is what separates an average from elite level athlete. The quicker the brain recognizes displacement, lessens one's drift measure obviously through faster correction. And yet brain training is a skill the vast majority of athletes misses, and unknowingly pays for with unnecessary time added to any of their racing events.

Along with drift is not only how well you recognize your off-course direction, but with how quickly your brain can process such visual input. Increasing your physical speed is usually on one's training plate, but how many competitors train to improve their thinking speeds?

It's referred to as your DPM rate. Do you know how fast you can think? If you're average, you think at a speed of 60-70 Decisions per Minute. In contrast, an elite fighter pilot or soldier thinks at a 400 DPM rate. Not only can the brain be trained to understand and control one's linear drifting rates, but with increasing your brain's processing speed, your mental skills will have much sharper control of how your body physically responds and moves.

It's said that an athlete can recognize a competitive issue in 300 milliseconds. The fastest thinking athletes on record can recognize a competitive issue as well as respond to the issue in 270 milliseconds. To the average athlete, such time differences are too small for them to consider for training. With the true competitor, recognizing with such quickness in brain function translates into having that .01 second advantage, and therefore a gold rather than silver medal on the winner's podium.

Of course the idea of brain training isn't new. Google the term and you'll get plenty of programs more than willing to take your money claiming to improve your brain in skills. Most of them are pure quackery to the subject. What you'll never see in any gimmick program from fitness snake oil salesmen is mention of the actual science involved.

The most important words in training vocabulary is one few ever have, recognize, or comprehend; it's Binocular Rivalry. A quack program can be quickly recognized because they'll never mention BR function in their training models or sales pitch.

BR is the science and measurement to how an athlete's two eyes with two distinctly different visual perspectives of any competitive environment coagulate in the brain to form one image within for you to respond to. And that skill is fully taken for granted and ignored by the vast majority of athletes at amateur and elite levels of competition.

We're right and left handed, and we're right and left eyed for dominance as well. Unfortunately, the dominant eye is about 80% of the visual input into the brain. The weaker or passive eye is not only a much smaller input to visual balance of the remaining 20%, but its limited input is crucial in function as it determines your depth perception processes as well as physical

motor control.

The goals to training your brain isn't in what it thinks, but how it thinks. The skill of increasing your athletic performance and speed as a primary training step requires learning to balance the visual input of both eyes. Described as Binocular Rivalry Equilibrium, training for both eyes to offer an equal 50-50 split of visual information for your brain's natural decision making process reaps exponential rewards toward improved skills in spatial awareness, depth perception, speed perception, decision making confidence, and improved reaction times, to list a few of the reasons BR training is vital to any competitive athlete.

And if you're a left-handed athlete, then your drift rate adjustment skills are naturally superior than that of a right-handed athlete. Left handed athletes have visual dominance with the right side of the brain, which controls one's spatial ability. That is why any college art program will have the highest percentage of the school's left-handed students enrolled.

Right-handed athletes are at a severe disadvantage in spatial awareness skills, because the dominant left brain side controls logic and functional processes, not movement. Luckily the world of sports is geared to the right-handed athlete and thus an unfair physical advantage is imposed upon the better functioning left-hander's spatial brain skills.

One of my favorite games to play with clients is introducing them to how out of balance in visual skill they truly are. I use eye bandages and place one over the dominant eye of the athlete to eliminate its visual input into the brain. You can use an eye patch or other means to shut down your dominant eye visual function. And for legal disclaimer, please don't do this operating any machinery, or driving any sized vehicle.

What you'll notice is how physically inept you are using your passive eye to guide you through your world. Even picking up a glass, brushing your teeth, walking down a hallway, or my personal favorite, trying to shoot a basketball, illustrates how such loss of visual balance and motor control will render you feeling like a toddler in physical skill.

Spending time with only one eye in function will quickly point out how out of balance your visual perception skills are and what role they play in guiding how accurately your body moves.

Visual and brain skill training to be a true competitor is a vital yet missed component with any level of athlete. I would hope that ignored component won't be your biggest training mistake. What I hope this exercise does do for you is open both of your eyes to a world of training that has been in front of you your entire athletic career, and yet you didn't see it at all.



Oregon Swimmers at California Championship Meet

by Brent Washburne

After the long course and open water seasons ended in late summer, the fall season was fairly quiet. There weren't as many swim meets in September, October and November as in prior years. A few swimmers stayed with their training to get ready for the last big meet of the year.

OMS swimmers Arlene Delmage, David Hathaway, Brendan Lyons-Keefe, Ginger Pierson, Allen Stark, Lauren Thies, Eric Wan and Brent Washburne competed in a three day swim meet in Long Beach, California. The Southern Pacific Masters Association (SPMA) Short Course Meters Championships were held December 3-5, 2010 at the Belmont Plaza Olympic Pool. This meet has become a national level competition, drawing hundreds of swimmers from across the country and even from nearby countries.

This year, there were 543 swimmers from 52 clubs. Although the combined Oregon team was small, it placed 11th overall and was the third highest scoring team from outside of California.

Results

Thies came in first place overall (out of 22) in the Womens 30-34 age group by winning all of her six events!

She even set Northwest Zone and Oregon state records for each event: 50 and 100 Butterfly, 100, 200 and 400 Freestyle and 200 Individual Medley. The oldest record was set 22 years ago in 1988, and Thies broke that 100 Butterfly time by over three seconds. The next oldest record was set in 1990, and she shattered that 200 Freestyle record by over nine seconds. She broke a fifteen-year old 50 Butterfly record by over two seconds, demolished the six-year old 400 Freestyle record by about twelve seconds and smashed a two-year old 200 Individual medley record by over eleven seconds.

She even broke her own 100 Freestyle Zone record, set last year, by over two seconds. In all, she took over 40 seconds off of the SCM Zone records!

Delmage came in fourth place overall (out of 22) in the Womens 45-49 age group by winning the 200 Butterfly and 400 Freestyle, placing second in the 100 Butterfly and 200 Freestyle and placing third in the 100 Freestyle and 200 Individual Medley. She set the Zone and Oregon records for the 200 Freestyle, breaking the six-year old record by about 1.5 seconds, and she also broke the two-year old Oregon record for the 400 Freestyle by almost six seconds.

Lyons-Keefe came in fifth place overall (out of 20) in the Mens 25-29 age group, winning all three of his events: 200, 400 and 800 Freestyle.

Hathaway came in sixth place (out of 39) in the Mens 50-54 age group. He placed second in the 200 Backstroke and the 200 and 400 Individual Medley. He placed fourth in the 200, 400 and 800 Freestyle, and broke Oregon records in all three of these events. The three Freestyle records were all set two years ago, and

he broke the 200 by just a quarter-second, the 400 by over four seconds, and he destroyed the 800 record by over fourteen seconds. (Hathaway was the lone Oregon swimmer at the Whidby Island meet on November 21, where he broke the 200 Butterfly Oregon record by about 8.75 seconds.)

Wan came in seventh place overall (out of 36) in the Mens 40-44 age group. He placed second in the 50 Freestyle and third in the 50 Butterfly and the 100 and 200 Freestyle.

Washburne came in ninth place overall (out of 36) in the Mens 45-49 age group. He placed third in the 200 Individual Medley and fourth in the 50 Backstroke, 100 Butterfly, 200 Backstroke and 400 Freestyle.

Pierson came in tied for tenth place overall (out of 16) in the Womens 60-64 age group, winning all three of her events: 50, 100 and 200 Breaststroke.

Stark came in tied for thirteenth place overall (out of 29) in the Mens 60-64 age group, winning the 50 Breaststroke, placing second in the 200 Breaststroke and placing third in the 100 Individual Medley. He broke his own Zone records, set last year, in both Breaststroke events by a quarter-second in the 50 and by about 1.75 seconds in the 200.

MAC Masters in 2011

The Oregon Masters now turn their sights towards the 2011 swim seasons. The short course yards season starts with meets in Chehalem and Canby in January and February and it will end at Spring Nationals in Mesa, AZ, on May 1. The long course season follows immediately and ends at Summer Nationals in Auburn, AL, on August 6. The pool season wraps up the year with



Oregon Swimmers at SPMA Championship. Front row: Allen Stark, Ginger Pierson and David Hathaway; back row: Eric Wan, Brent Washburne, Brendan Lyons-Keefe, Arlene Delmage and Lauren Thies.

the short course meters season, which is again at the SPMA meet in December.

The distance swimmers start 2011 with the January 1-Hour Postal Championships and the February Fitness Challenge. The USMS 5- and 10-Kilometer Postal Championships run from May 15 to September 15, and the USMS 3000/6000 yard Postal Championships run from September 15 through November 15. Open water season starts in May and goes through August.

Penthalon Results

November 13, 2010
Bend, Oregon

Sprint-Distance

50 Free; 50 Back; 50 Breast; 50 Fly; 100 IM

Women

Gustafson, Aubree	29	03:36.79	... O
Schmidt, Sandra	46	04:38.55	
Gettling, Janet	62	04:19.04	
Rousseau, Sandi	63	04:51.05	

Men

Cardone, Erik	25	03:28.75	... O
Singer, Andrew	37	03:30.78	
Hay, David	40	03:15.68	
La Count, Curt	52	03:24.72	
Sumerfield, Bill	50	03:42.36	
Powell, Frank	50	03:46.52	
Powell, John	54	04:13.03	
Lane, Mark	53	05:48.78	

Mid-Distance

100 Free; 100 Back; 100 Breast; 100 Fly; 200 IM

Women

Holmberg, Kelsey	29	08:01.45	... O
Melina, Emily	30	07:40.91	... O
Pryor, Evelyn	33	09:08.24	
Criscione, Anicia	37	08:53.98	... O
Sandoval, Lisa	38	09:08.42	
Salton, Gillian	42	08:45.93	... O

Men

Atay, Cemil	32	07:13.71	
Miller, Scott	45	08:17.48	
Carter, Walter	55	13:22.52	
Landis, Tom	68	08:51.66	... O

Long-Distance

200 Free; 200 Back; 200 Breast; 200 Fly; 400 IM

Men

Tujo, Christian	39	16:43.25	... O
Lussier, Hardy	45	15:23.43	... O
Calvin, Kris	48	16:26.61	
Amperse, David	56	20:37.95	



In A Nutshell

These are Oregon and Zone records set by Oregon swimmers at the Long Beach, California, SCM meet. December 05, 2010

Women 30-34 — Lauren Thies

1	100 SCM Free	58.55	Oregon, Zone
1	200 SCM Free	2:06.39	Oregon, Zone
1	400 SCM Free1	4:31.63	Oregon, Zone
1	50 SCM Fly	29.23	Oregon, Zone
1	100 SCM Fly	1:04.31	Oregon, Zone
1	200 SCM I.M.	2:22.68	Oregon, Zone

Women 45-49 — Arlene Delmage

2	200 SCM Free	2:19.30	Oregon, Zone
1	400 SCM Free	5:02.48	Oregon

Men 50-54 — David Hathaway

4	200 SCM Free	2:12.76	Oregon
4	400 SCM Free	4:41.61	Oregon
4	800 SCM Free	9:47.21	Oregon

Men 60-64 — Allen Stark

1	50 SCM Breast	33.99	Oregon, Zone
2	200 SCM Breast	2:50.28	Oregon, Zone



Swimming Pool anyone?

Swimmer Spotlight

Compiled by Karen Andrus-Hughes

Anicia Criscione,

Age: 37

Occupation: 4th and 5th grade teacher

Local Team: Corvallis Aquatic Team (CAT)

Some say love is in the air. But as Masters Swimmers, we know Love can be in the Water. Fifteen years ago I met my husband swimming on a Masters team at a YMCA in Chicago. We were NOT the only couple to fall in love. Many of the swimmers were triathletes and would plan road trips together ... and when you are piled in a VW bus, magic happens.

We decided to head out to Oregon shortly after we were married and I have been an OMS swimmer ever since. I love the camaraderie Masters Swimming provides. Plus, with a great coach, I keep improving! Since moving to Corvallis I have met several couples that have confirmed there must be love potion in the H2O. Five thirty AM practices bring the committed together.

Once we started our family, swimming in "Lover's Lane" came to a halt. Cock-a-doodle-swim..., I workout Monday through Friday, at 5:30 am, and my husband exercises in the evening. My coach, Rick Guenther, is amazing. He tailors workouts for everybody. I tend to like a lot of variety (some of my closest friends prefer 8 x 400 as a main set). Rick accommodates everybody. Plus, if I mention my goals early in the season, he keeps them logged in the back of his big brain and helps me achieve them.

My friends on the swim team are some of my favorite people ... in the world! They are very inspirational, from the spry 27 year old distance freestyler, to the master flyer who does not have the word "C-A-N-'T" in her vocabulary. Talk about some serious Girl Power. I love it!

I like swimming venues, and attend a couple of meets (minimum) every year. With young children I have found this to be tricky, so this past year has been the year of the "Postal Events" for me. Having a goal keeps me motivated, as swimming is my main exercise. Swimming is the BEST exercise!

My husband tries to encourage me to lift weights, but leaving the water in lieu of dumbbells is not my cup of tea. Swimming is a very important part of my life. It keeps me balanced. I also enjoy knitting (which I learned several years ago from a friend on the swim team) and quilting with my daughters. In fact, we have been working on a Mother/Daughter quilt this summer.

Other than falling in love in a VW bus as we headed to the "Memphis in May" triathlon, my favorite swimming memories continue to be the personalized workouts our coach writes on our birthdays. They are very creative and fun!



Long Distance

Continued from page 6

we have dominated all of the other postal championships in the past two years. But I estimate that it will take 400 swims to win this thing. That's right, 400! Sure, that's way more than we've ever had before, but that's still well under half of our membership. Together, we can do this!

As OMS Long Distance Chair, I have put together information packets for each team. These packets include:

- An information letter to Coaches, Team Reps, and One-Hour Swim Captains
- A copy of the event information and entry form
- Instructions on how to run a successful group postal swim
- Our current OMS One-Hour Swim Top Twelve, and
- A large-print copy of the "Top Ten Reasons to

Do the One-Hour Swim", suitable for posting.

Ideally, I would like to see a swimmer from each local team with eight swimmers or more to step forward to be Team Captain for this event and help your coach coordinate this effort and rally the troops. After all, the most powerful motivation and group effort is local. Please work it out within your team structure, then let me know who you are at coachbob@bendbroadband.com. This would be an enormous help!

Note to SWMS: If swimmers representing Southwest Washington Masters—our other Club in the Oregon LMSC—are feeling a bit left out in this effort, please don't be! I have been thrilled by your commitment to participation and excellence in the postal swims during 2010, and urge you strongly to keep the ball rolling. Last January, you were second in the nation in the Medium Club size category. Commit to the strategies listed above, and move up a place this year!

Good luck and good swimming.

Nessie

by Joe Oakes

There is a tattoo just below my left shoulder, a poorly executed picture of the Loch Ness Monster, looking like a demented, intoxicated dinosaur, swimming along blithely, with a little man riding on her head like an aquatic rodeo bronco rider, or maybe one of the trainers at Sea World entertaining the crowd by perching atop Shamu. The little man precariously balanced on Nessie's cranium is none other than myself, and I will tell you the story behind that tattoo, the only one to be found on me so far.

THE ENGLISH CHANNEL

It is extremely difficult to swim across the English Channel. Far fewer people have accomplished a solo swim across that malevolent body of water than have reached the summit of the world's highest peak, Mount Everest: *Swimming the Channel is that hard*. There are several reasons for this. First, it is quite a long swim: the distance is comparable to the length of a marathon, but a swimmer moves at about one fourth of the speed of a runner. In a marathon the ground stays in one place; in the Channel the sea is constantly shifting far to the north and south with the tides, so swimming in a straight line is simply not a possibility. Second, there are big waves constantly being churned up by the ever present wind, usually about two to three feet high, but often as big as six feet. (My friend Christine Buckley did the Channel swim a few years ago. Towards the end, the weather turned sour, with six-foot waves and gale force winds. When her pilot urged her to get out of the water, she refused and plodded on, finishing her ordeal in over 17 hours. Christine was honored by the Channel Swimming Association as the most inspirational swimmer of the year.) Not only do the waves make swimming harder, but being bounced up and down in the water all day brings on seasickness. (You never thought about swimmers getting seasick, did you? What you do is puke, then you continue swimming, hoping that there are no puke-loving sharks in the vicinity.) Third, think about the fact that the Channel is one of the busiest shipping lanes in the world. When a sea captain is hauling a load of



market goods from Singapore to Stockholm, he is not about to stop and twiddle his thumbs waiting for a swimmer to pass in front of his bow. And as he steams past, his passage will generate a rather large wave to let the swimmer know who is bigger. Dealing with traffic has caused many swim-ruining delays.

Enough? Have we mentioned that the water is always quite cold, usually in the low 60's or upper 50's Fahrenheit in the summer? Or that most swimmers will be in that cold water for over twelve hours? But isn't that why God invented wetsuits, for the long exposure to the cold? Well, yes, but God did not speak to the English Channel Swimming Association, the monarchial group that sets the rules for Channel swimmers. This venerable ruling body tells us that Captain Matthew Webb, the first gent to successfully swim from England to France many, many years ago, did it without a wetsuit, and so shall we do it today, technology be damned. Oh, no insulated swim caps, either. Think of the tedium of taking stroke after stroke, over 25,000 strokes to get there, and without even a wee break aboard the boat (or even a wee-wee break, for that matter). The CSA rules stipulate very clearly that the swimmer is not allowed to even *touch* the boat.

To make sure that the rules are scrupulously followed, a swim does not count as official (nor can it even legally take place at all) unless: the swimmer hires one of the very few approved boats, with an approved Captain, mate and official observer. So another obstacle is the high cost of getting to England, hiring a boat and crew, and waiting in a hotel in Folkestone for the weather to break. As an example of how rigidly the rules are applied, I was told the following story. A few years back a swimmer from Texas showed up for his appointed Channel swim on Reggie Brickell's boat. He was wearing a wetsuit. Reggie took one look at him and told him that his money would be better spent back in Texas learning how to swim instead of float, and sent him packing.

There are a couple of other factors to consider: the weather and the phase of the moon. Because the moon makes its orbit around the earth once every 28 days, and because the strength of the tides running up and down the Channel are controlled by the phases of the moon, the narrow windows of time in which to make a Channel attempt are at the 'neap tides' which occur only for a few

days twice each lunar month. Even with these good tides, if the weather is not just right, there will be no swim: you sit in your hotel room and wait for a call from your captain saying that you will (or will not) be getting up at three the next morning to immerse your arse in the Channel's icy water for as long as it takes you to get across. Many attempts do not succeed, and more than a few have resulted in much more serious consequences.

So why in blazes would anyone want to do that? If I may borrow Mallory's much abused quote regarding Mount Everest, "*Because it's there.*" It is the ultimate challenge for swimmers who want to be able to say, for the remainder of their lives, "*I swam across the English Channel!*" For them (us) it is a magnetic draw, Mecca, Hollywood and the moon, all rolled into one. And *that* is why I, along with five of my mates, was in England on the sixth of August, 2000. Gary Emich, Jumpin' Julie Wahlig, Danny Needham, Elisa Girardelli, Chuck Edwards and I were in Folkestone, England, to swim across the English Channel. You might say, "Now, Joe, you are not that good of a swimmer," and you would be correct. Nor, for that matter, were the rest of our entourage that good. We were all reasonably good sea swimmers, but not a one of us was up to the challenge of a full Channel swim. We *could*, however, share the fun by swimming as a six person relay, and that is what we were up to. "Many hands, etc."

Wouldn't that make us Channel Cheaters? Maybe, but wouldn't it be nice if we could just get a taste of what swimming the Channel is like? Anyway, here is how it worked out. We all piled onto Reggie Brickell's *Viking Queen* fishing boat at an ungodly hour and motored up the coast to Shakespeare Beach near Dover. There, before God turned on His morning lights, Gary Emich jumped from the stern of the *Viking Queen*, swam about 200 yards to the rocky beach and waited for the scrupulous observer on the boat to give him the signal to start. After Gary swam in the dark in an easterly direction for exactly one hour, Danny Needham jumped in, tagged Gary and took over as the designated swimmer. Now Gary could rest and stoke up on grub for five hours while the rest of us each took our one hour turn in the water. My first one hour swim was cold and rough, but not terribly difficult. The second hour, even with a five hour rest in between turns, was quite a bit harder. Elisa, who has no excess meat on her bones, came out of the water shivering like a tuning fork after her first swim. We were sure that she would not be able to go back in, but when her turn came again, in she went without a whimper, swam for an hour, then she reverted to her tuning fork behavior for another hour.

After twelve hours we had each been in the water for two hours and we still had quite a ways to go. In the distance we could make out the shape of Cap Gris Nez, France. It was late afternoon when Gary eagerly jumped back in and battled an increasingly rough sea to complete his third hour in the frigid water. We were getting so close that we could now make out teeny people on the beach, and through the binoculars there was no shortage of attractive, topless French ladies waiting for us. (Maybe binoculars also magnify imaginations.) Now it was

Danny's turn. With a great show of bravado, he jumped into the water, stroked majestically toward the cheering crowd lining the beach, and emerged arms aloft amid the dotting throng, not at all disabusing them of the notion that he had just finished a *solo* swim from England. *May I feel your biceps, Mssr?* As he strutted among his fan club on the beach, an annoyed Captain Reggie tooted the horn to indicate that it was time to go. Reluctantly Danny swam away from his admirers and back to the boat, where he was greeted by the rest of us mooning him over the transom. In all it took six of us 13 hours and 23 minutes to swim from Dover to Cap Gris Nez. Am I a real Channel swimmer? Well, not really, but maybe just a little bit. Would you believe a sixth of one?

What did Sylvia, Peg Emich and Helen Edwards do while we were heroically swimming across the grim-and-life-threatening English Channel? They took a high-speed ferry across to France, had a gourmet lunch, a few glasses of wine, did some shopping and were back in Folkestone before us. What dedication!

YOU TAKE THE HIGH ROAD

What were we talking about? Oh, yes, the Nessie tattoo. After our glorious Channel swim we still had a few days before our flights home, so my English friend Mike Banks suggested that we drive up to Scotland and see if we could conjure up a swim across Loch Ness. Why not? Weren't we veterans of the English Channel? After a few phone calls we piled into two cars and headed north, our destination a bed-and-breakfast in the village of Drumnadrochit, not far from Loch Ness.

If you do not take breakfast at a bed-and-breakfast, is it really a B & B? We were all up and out by the time owlish Mrs. MacTavish got around to heating up the oatmeal. In the gloom and dank of a very dark Scottish morning we all boarded Angus MacQuarrie's boat for the swim across Loch Ness to Urquhart Castle, a ruin on the north side of the Loch. MacQuarrie, our grumpy pilot insisted that if we waited until daylight the boat traffic would make our swim impossible, so here we were in the wee hours of the morning, the only boat on the Loch. Into the Loch we all jumped, including Leo Lake, Chuck's teenaged son. (Today Leo is an officer in the U S Coast Guard, a recent Academy graduate.)



Loch Ness Photos © Loch-Ness-Monster.com



Urquhart Castle

Sylvia and Peg Emich stayed in the boat to serve as lifeguards. How would they have reacted to a visit from Nessie?

Cold, so cold is the water of Loch Ness, colder than the English Channel. "Aye, lad," MacQuarrie told us, "Nessie loves the cold. You might see her this morning if you are lucky." We swam, not as a relay, but in a tight bunch, crossing the Loch at the pace of the slowest swimmer, and you can guess who that might be. Looking straight down, the water was pitch black, not because of poor visibility, but because it was extremely deep. With the boat's spotlight to guide us and keep us together, we swam north. The spotlight also attracted a multitude of hungry-looking fish, and with the clarity of the water we were all too aware of our finned companions.

It wasn't a very long swim, a couple of miles or so, and it was too soon finished. What was beautiful about that adventure was the 'where' and the 'what' of it, a rare opportunity to do a thing to be long stored in ever-evolving memories, maybe even more memorable than the Channel swim. Did we see Nessie? I am sworn to secrecy. After we explored the ruined castle for a few minutes, we all got back into the boat for the trip back to Drumadrochit and our waiting bowls of oatmeal.

So there we were in Mrs. MacTavish's B & B, talking about our experience and it was not yet ten in the morning. What should we do with the rest of the day? Drive back to England? Our proud highland hostess was appalled at that prospect. "Oh, dinna leave Scotland yet. Bide a wee bit longer here. Do you not know that you are just a short ride from the highest mountain peak in all of Britain? Ben Nevis is an hour from here, near Fort William. You can go up and down it in about four hours." So we did. We drove to Fort William, and went up and down Ben Nevis on the same day that we swam Loch Ness. Now *that* was a day to remember. (What did we see from the top of Ben Nevis? Not a thing. Not only is Ben Nevis the highest point in Britain: it is probably the wettest and foggiest, too.)

Someone (was it Jumpin' Julie?) suggested that we celebrate our series of successes. "I have heard a rumor that there is a lot of Scotch whiskey here in Scotland." Imagine that! So we celebrated.

The tattoo? It would be too embarrassing and undignified for me to go into details about how our

celebrating with Scotch whiskey might have resulted in me getting tattooed. As you try to conjure up the situation, be kind to me. And remember that I will always bear the burden of having Nessie looking over my left shoulder.

FYI: Loch Ness is the largest of three lochs (lakes) located in the Great Glen which divides the North of Scotland along a line from Fort William to Inverness. The loch is large by British standards, being 23 miles long and a mile in width, and averaging 600 feet in depth. Its catchment is hilly and wet, and is drained by 6 major rivers which flow into the loch. It contains over 2 cubic miles of fresh water, and the River Ness outlet, although only 5 miles long, is one of the greatest in Britain for average flow.

http://www.nessie.co.uk/html/about_loch_ness/nessgeo.html
Ben Nevis is 4,408 ft

Potpourri

The Chehalem Meet in Newberg (January 29) is on the website: https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=2801

The Canby Animal Meet (February 13) is on the website: https://www.ClubAssistant.com/club/meet_information.cfm?c=1352&smid=2763.

OMS is now on Facebook: <http://www.facebook.com/pages/Oregon-Masters-Swimming/154420757934635>

To register your team for 2011 or for individual 2011 registration go to <http://www.swimoregon.org>

Fitness Swimmers — Challenge Yourself

You are not a competitor but maybe, you need a little challenge. One that is not timed, just one that says, "yeah, I really did finish the 200 fly". No one was present with a stopwatch to know how long it took, so they can't prove how fast or slow you were for 8 lengths, and no officials were on top of you to tell you that you forgot to touch the wall with 2 hands. You did it all by yourself, one 25 at a time, until you got to 8. Resting on the wall for 2 seconds or 1:45 is allowed. Just do 8. 200 fly, DONE.

The USMS Check-off Challenge is just for that - it is the time to say you swam something for the first time and want more, or a time to set a stretch goal for swimming events you may never have done otherwise...all on your time.

You can swim the 18 pool events in one workout, or one per workout, or as races during meets. You can take a full year to complete the events. There is 1 open water swim though...how about hitting the ocean on your next vacation?

This year the USMS Check-off Challenge is being run by Maryland Masters. Look for details at <http://www.usms.org/fitness/content/checkoff>

Chehalem Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #371-01
 Eligibility: Currently registered USMS swimmers, 18 years and older.
 Unregistered swimmers must submit a 2011 registration form and fee with this form.

Hosted by: Chehalem Swim Team

DATE: Saturday January 29, 2011

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 2011 USMS REGISTRATION CARD WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY JANUARY 14, 2011



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY



NAME _____
 ADDRESS _____
 CITY _____
 STATE _____ ZIP _____
 PHONE _____
 E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
 2011 USMS # _____
 USMS CLUB (OREG, SWMS, PNA, ETC) _____

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 29

- 500 FREE** (1) _____ : _____ . _____
- 100 BACK** (2) _____ : _____ . _____
- 200 FLY** (3) _____ : _____ . _____
- 50 BREAST** (4) _____ : _____ . _____
- * break*
- MIXED MEDLEY RELAYS (5-6)**
- 100 FREE** (7) _____ : _____ . _____
- 200 BREAST** (8) _____ : _____ . _____
- 50 FLY** (9) _____ : _____ . _____
- * break*
- FREE RELAYS (10-15)**
- 400 IM** (16) _____ : _____ . _____

- 100 BREAST** (17) _____ : _____ . _____
- 200 FREE** (18) _____ : _____ . _____
- 50 BACK** (19) _____ : _____ . _____
- 200 IM** (20) _____ : _____ . _____
- * break*
- MEDLEY RELAYS (21-24)**
- 100 FLY** (25) _____ : _____ . _____
- 200 BACK** (26) _____ : _____ . _____
- 50 FREE** (27) _____ : _____ . _____
- 100 IM** (28) _____ : _____ . _____
- * break*
- MIXED FREE RELAYS (29-31)**
- 1000 FREE** (32) _____ : _____ . _____

"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 & 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."

SIGNATURE _____ DATE _____

**MEET ENTRY FEE: \$18.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
 SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072**

Eighth 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 #371-02



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 13, 2011

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: Shelly Hester • Phone: 503-263-8813 • Email: hestershelly@canby.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.

You can also register on line at https://www.ClubAssistant.com/club/meet_information.cfm?c=1352&smid=2763

Swimmers will receive one basic Heat Sheet upon completion of final seeding.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2011 USMS REGISTRATION CARD OR 2011 REGISTRATION FORM WITH THIS ENTRY

ENTRY DEADLINE: POSTMARK NO LATER THAN Friday, January 28, 2011

✂ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY ✂

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____
E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
2011 USMS # _____
USMS CLUB (OREG, SWMS, PNA, ETC) _____

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 \$30.00 OR WITHOUT T-SHIRT \$18.00

MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

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



2011

Local Team/Workout Group Registration

This form must be postmarked by the entry deadlines of the 2011 OMS Association Championship and the 2011 OMS Open Water Championships, in order for a team to compete as a "Local Team" at those events.

Team Name _____ **Abbreviation** (up to 4 letters) _____
Website _____

Team Representative Information (must be an OMS member)

Rep. Name _____
Address _____
Phone # 1 _____ **Phone # 2** _____
Email _____

Team Information

Approximate number of swimmers _____
Practice Schedule (attach additional sheet if necessary)
Mon _____ Tues _____
Wed _____ Thurs _____
Fri _____
Sat _____ Sun _____

Coaches Information

Head Coach _____
Address _____
Phone # 1 _____ **Phone # 2** _____
Email _____

Assistant Coach _____
Address _____
Phone # 1 _____ **Phone # 2** _____
Email _____

Pool Information

Pool Name _____
Address _____
Phone _____

Mail to: Christina Fox, Membership, 30587 Stout Lane, Corvallis OR 97333
foxkohnert@peak.org

Aqua Master

January 2011

Oregon Masters Swimming, Inc.
31701 SE Currin Road
Estacada, OR 97023-9737

Place
Stamp
Here

Results: COMA Pentathlon

2011 Meet SCHEDULE



Looking Ahead . . .

Date	Type	Meet	Location
*January 29	SCY	Chehalem	Newberg, OR
https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=2801			
*February 13	SCY	Canby Animal Meet	Canby, OR
https://www.ClubAssistant.com/club/meet_information.cfm?c=1352&smid=2763			
March (tentative)	SCY	Mt. Hood	Gresham, OR
April 1 - 3	SCY	OMS Association Championships	Gresham, OR
April 9-10	SCY	NW Zone Championships	Federal Way, WA
April 28 - May 1	SCY	Spring Nationals	Mesa, AZ
May 15	SCM	Hood River	Hood River, OR
June 12	LCM	Corvallis	Corvallis, OR
July (tentative)	LCM	Gil Young Meet	Gresham, OR
August 3 - 6	LCM	Summer Nationals	Auburn, AL
Sept 10-11 (tentative)	SCM	LaCamas Patriot Games	Camas, WA

*ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER

Oregon Masters Swimming entry forms are available online at <http://www.swimoregon.org>
USMS entry forms are available at <http://www.usms.org>

Board Meeting Schedule (Location to be announced later)

January 16, 2011 (Sunday), 6 PM
February 20, 2011 (Sunday), 6 PM

