



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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“Swimming for Life”

It’s Swimming Season Again!

by Charlie Helm



I mentioned last month it was then the “season of change”. Now, with the beginning of the Fall SCM swim meets, it’s swimming season again! By the time you read this, the Multnomah Athletic Club meet will be over and the competitors will be excitedly talking how their races went, how good Charlie swam, and what events they’ll be doing at the T-Hills Zone meet in November. At least I’m pretty sure what they’ll be talking about, based on my past experience.

For us pool competitors, this begins our new year for the 2011-2012 season. Many of us try to attend

every pool meet as we work towards the big meet in the spring, our Association Championships. The way each of us approaches the competition each year is as individual as we are, so I’d like to touch on a few items that we “regulars” deal with as each new pool season begins.

Many of you work closely with your coaches and often establish a plan and set goals for each pool season. Others, like me, don’t have a regular coach and work on our own with our goals for the upcoming meets. I’ve always been one who tries to attend every pool meet, as I enjoy the competition and hanging out with fellow Masters swimmers. I also need the practice, as a many of you will confirm. Each new season I try to do an event I’ve never done before and/or work on events I rarely do to improve my technique and times. These are ideas I picked up from other swimmers back when I first started out — have a goal each year and try something new to keep swimming fun and fresh. If you’re really into the competition, the other thing you do each year is check to see who has aged up out of your age group and who has just joined your age group. My biggest competition secret is something I learned at my very first Masters meet: “if you can’t swim a good race, then talk a good race”. In other words, you don’t want to miss an opportunity to trash-talk someone who just joined your age group, or rivals in any age group, either. Plus if the person you’re trash-talking is a lot faster than you, it really confuses them. Hey, if they’re laughing on the starting blocks, that can cost them a couple of tenths off their time!

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Chair's Corner

by Jeanne Teisher

On Saturday, October 15, the OMS board met for 7 hours in Portland for their annual retreat. We've been doing this for many years. Meeting for an extended time once a year provides us opportunity to brainstorm ways to better OMS, delve into topics that may have been raised by board or OMS members, discuss and set future goals, etc. As long as I have been on this board, there has never been a lack of topics, ideas, or issues to discuss.

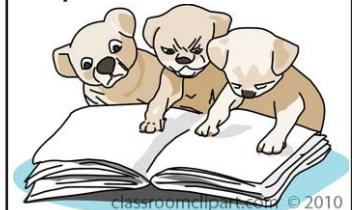
So, what were the key topics or issues we discussed at the retreat this year?

- A common topic is around finances, including the budget for the next year. Mark Braun, the treasurer, reviewed the current year-to-date financial situation for this year and what he is projecting for 2012. Since he is projecting a deficit, the board spent a good deal of time discussing ways of adding more revenue to the budget as well as reducing expenditures. Without going into details of the budget, the one area that we were losing money is with meets. OMS has some of the lowest meet fees in the country. With the cost of meets increasing every year due to pool rental fees, it was decided to increase the meet fees beginning January 1, 2012. Even with the increase for a one day meet to \$20 (2 day meet - \$22; 3 day meet including Association Championship - \$28), OMS continues to charge one of the lowest meet fees.

Another line item we reviewed in depth is the registration fee. The USMS portion of the OMS annual fee will increase another \$2 per swimmer in 2012. After reviewing and discussing 6 different options, it was decided to keep the current fee of \$45 for the 25-74 age group and increase the registration fee for the 18-24 and 75+ age groups to \$36. The primary reason

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Quote of the month, which best represents the OMS Board:



"I wouldn't say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it."

—Michael Phelps

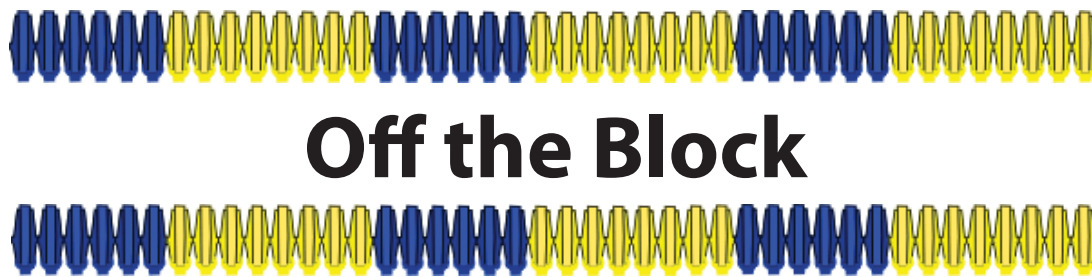
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Send address changes to *Susie Young*

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Off the Block

The Return of the USMS High Performance Camp

by Glenn Gruber, Ventura County Masters

The wait was six years. The place was no longer the Olympic Training Center in Colorado Springs, but the brand-new Greensboro Aquatic Center in Greensboro, N.C. The USMS High Performance Camp returned with 15 swimmers from around the country and five top-tier USMS coaches.

The USMS High Performance Camp is an intense five-day training camp for Masters swimmers who are committed to improving their skills and speed. USMS standout coaches included Kerry O'Brien of Walnut Creek Masters, Stu Kahn of Davis Aquatic Masters, Craig Keller of Asphalt Green United Aquatic Masters, Frank Marcinowski of Curl Burke Masters, and Nadine Day of the Danville Y Silver Dolphins. Also on staff was Dr. Genadijus Sokolovas, formerly USA Swimming's director of physiology and sports science.

The first evening was spent touring the beautiful new Greensboro Aquatic Center, which will be the site of the 2012 USMS Spring Nationals. An excellent meal at the Atlantic Coast Conference Hall of Champions next door to the pool followed. In attendance

were members of the USA Synchro National Team and Olympian Katie Hoff. After dinner the group gathered at the hotel where camp director Hill Carrow facilitated introductions.

Day One

On Sunday morning by 6:15 a.m. everyone was eating a hearty breakfast at the Doubletree Hotel, headquarters for the camp. Soon swimmers gathered their gear, boarded the vans and left the parking lot for the brief ride to the aquatic center. From that moment on and during the next four packed days, the coaches and other specialists provided demonstrations, lectures, and discussions showcasing the latest scientific thinking in the sport of swimming.

The first pool practice covered about 3500 yards and included basic body posture, alignment, balance, general conditioning and flexibility. The first classroom session included a one-hour freestyle stroke seminar and a one-hour backstroke seminar. In the freestyle seminar, Coach Kahn made a very convincing case for not only the concept of EVF (early vertical forearm), but of LVF (late vertical forearm) and what he calls ELVP (even later vertical palm). He showed that the angle of the upper arm and forearm and the position of the palm at the point near the swimmers' hips is similar to the position at the catch. Swimmers who do this include Cullen Jones, Grant Hackett and Karlyn Pipes-Neilsen.

During that first full morning, in addition to the stroke seminar, trainer Elizabeth Hibbard, a doctoral student in Human Movement at the University of North Carolina, spent one-on-one time with each swimmer to assess flexibility. Each swimmer received a written report of the results, along with recommendations for improvement.





Fitness

Strength Training Mistakes

Trainer Helen Thurlow



There are a lot of myths out there about strength training that can really hurt, both mentally and physically, the human body. Am I going to get big, will it slow me down in the water (or any other sport), do I have to do it every day or can I skip workouts and still see benefits. Well, here is a list my colleagues and I came up with that will answer any question you might have.

Not training for strength: many individuals think strength training is counter productive: "I will become too big, too slow, I will look like Arnold when I swim". But properly designed programs improve strength, speed, agility, and endurance. Make sure when hiring a personal trainer that you tell him/her what your goals are and be specific. If the trainer has no clue what you are talking about, keep searching.

Training for the wrong kind of strength: all movement requires strength (from getting up from bed to walking to work), therefore, athletes should concern themselves with developing their levels of strength with specifics to their sport.

There are 2 types of strength: Maximal strength: the amount of force you generate in an all out effort (the foundation of athletic strength). In the gym, one needs to develop maximal strength for all muscle groups. Think, exploding from the blocks, powerful breaststroke kick, wicked turns, and so forth. The other is relative strength: person "A" weighing in at 175 and person "B" weighing in at 220 both squat 250 lbs, both using equal amounts of maximal strength, but person "A" has more relative strength. Why? The formula is this: relative strength = a person's strength per unit of body weight. Still confusing? There are 2 formulas trainers use when developing a program for athletes. One being putting intense stress on the muscle cells themselves; by lifting using high repetitions (around 12 to 20) resulting in large muscles (body builders) and the other formula is high intensity, but low repetitions (around 4 to 6), resulting in the ability to recruit

more of the muscle fibers/motor units (lean muscle definition).

Training like a body builder: do you want muscle mass or strength? The myth is that when you are in the gym, you must grunt, sweat, and lift very heavy weights along with high repetitions. Great if you want to look like Lou Ferrigno, but I don't know if he can swim. I opt for strength. And go ahead and grunt, bodybuilders usually bow to us when they find out we are swimmers.

Intensity that is insufficient: Drop and do 100 push ups and 100 crunches, followed by 2 minutes of jump rope. Awesome if the form is still correct. My trainer tells me to do as many shoulder presses with correct form. Once the form goes, I have to stop. You don't swim for an hour with bad technique, why should you lift with bad form.

Lack of periodization: planning the training process. Doing it on our own is intimidating, thus hiring a trainer or coach who will plan out weekly, monthly, or year long training that incorporates variation, correct intensity, and training for the right level of strength, will make it easier. But you are still accountable for the process.

Excessive use of machines: At the gym, those machines don't work our stabilizer muscles. These muscles anchor one part of the body, to allow another part; usually the limbs, to exert force. Think of your core muscles during freestyle.

Ignoring the antagonists: Our muscles work in pairs. For every muscle exerting force there is another muscle that is capable of opposing it's force. If we focus on one set of muscles to strength train and ignores the other set, the entire pair of muscles suffers during output. Think of our quadriceps (agonists), to the eye looks nice when well defined, but the quads antagonists is the hamstrings and the majority of us forget to strengthen them. With weak hamstrings, the antagonists in kicking movements,

Continued on next page

Shake and Swim with “Bake”

Look What Where?

Coach Dennis Baker



I get so many questions about where to look when you are swimming that it's time for the annual "where to look" article. In Pool swimming and Open Water swimming, your eyeballs direct where your head goes and your head directs where your body goes. Sounds simple right? Here are some tips on where to look and where your head should be when swimming all four strokes.

1. Freestyle — Looking straight down at the black line is the key in Freestyle. This is one of the hardest things to do. Keeping the head as still as possible is so important. If you have the chance to get a snorkel I highly recommend it. Have your coach help you with the snorkel as it is the fastest way I know of to correct head movement.

When you breathe in Freestyle, make sure you are turning directly to the side or towards your armpit. This will allow your body to stay in line and go forward. Try not to roll the head around and forward. A good mental imagery to think of when you breathe in Freestyle is always look at the swimmer behind or right beside you, not the swimmer ahead of you. For the Open Water swimmer this proves to be a tough task as you have to sight yourself many times over. It is crucial that when not sighting that you use the tips mentioned above.

2. Backstroke — This is similar to Freestyle in that you should flip over and look straight up in the air. Again keeping the head as still as possible. A great drill for this is swimming Backstroke with

a paper cup on your forehead. Try to keep the cup from falling off. Whichever way the cup falls is the way your head is moving too much. Slight glances to the lane lines are permitted while swimming Backstroke as not to run into them.

3. Breaststroke — When taking a breath in Breaststroke your eyes should be looking down at the water. This again will allow for the best body position to move effectively in a straight line. When your head goes down in the water it is again time to look at the black line and streamline your body out. Minimal head movement is important as you should try and not use your neck too much in an up and down fashion. A lot of neck movement will tire you out quicker.
4. Butterfly — Butterfly is similar to Breaststroke in that you don't want to be lifting your head up and down too much with your neck. Fatigue will surely set in quicker. When breathing, look down at the water with your eyes. When you put your head under the water look at your old friend "the black line". If you're a side breather in Butterfly see the Freestyle tip mentioned above.

If you see some common threads with all the four strokes you are right on. Remember, head still, black line or straight up in Backstroke, and you will be well on your way to solving the LOOK WHAT WHERE Question.

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the power declines.

Think of these little tips when you are in the gym strength training. It's not that scary, once you know what to look out for. And it's always best to ask questions and if need be to hire a trainer who

can develop a sport specific program. Good luck and happy lifting.

References:

Charles Staley, B.Sc, M.S.S., Staley Training Systems
Charles Poliquen, Strength Coach, Poliquen Performance



Long Distance Swimming

Coach Bob Bruce



In the Northern Hemisphere, this is usually a quiet time in the world of open water, as the days get shorter, the water gets colder, and most of us move inside for the winter. But the long distance world never stops, and here's what's happening as we go to press this month.

1. Another postal challenge is now under way! October and early November is the season for **USMS 3000-yard & 6000-yard National Postal Championships**. These swims must be completed on or before November 15th. As a coach, I believe strongly that these swims provide solid early season training swims, great conditioning benchmarks, fun team-building events, and are a must for aspiring distance swimmers. As the OMS Long Distance Chair, I would like to see you participate, and would love to see the Oregon Club successfully defend the National Club Title in both 3000 and 6000-yard events. The 3000 team title has been hotly contested in the past few years, and we'll need a lot of swims. And don't forget the 6000! See <http://www.usms.org/longdist/ldnats11/3k6kpostalentry.pdf> for info & entry blanks, and get to it!

FLASH! There's a new twist to these postal swims, brought to you by a proposal from yours truly. For the first time ever, you can swim these events in a 25-meter pool by doing a 3000 or 6000-meter swim and converting the time to yards. I know, I know, you gotta swim a bit further, but it finally allows those who only have access to 25-meter pools to participate. Do it!

2. I attended the recent **USMS Convention**. I sit on the USMS Long Distance Committee—chairing the Legislation & Rules Subcommittee—and the USMS Open Water Committee. In Oregon,

I chair the OMS Long Distance Committee in which the local functions of these two national committees are combined. I spent my three full days at Convention running from one meeting after another of the two committees and the Legislation Committee and pounding the keyboard trying to keep up. This was a 'legislation year', in which the rulebook activity mostly focuses on the legislation that runs the national organization; next year will be a 'rules year', in which the focus will be on pool & long distance competitive rules. Here's a quick summary of the doing at Convention from these committees which will affect us most:

- a. **Legislation:** The USMS House of Delegates passed new sanction legislation which may make it possible or easier to jointly sanction open water events with USA-Swimming and USA-Triathlon. Many details need to be clarified—particularly insurance—but this should help us locally, particularly for the Hagg Lake open water swims. This legislation may also make it possible to sanction events that include both USMS members and non-members—much like pool events that are 'recognized' such as the old State Games—but the process must also be developed.
- b. **Long Distance Rules:** The House of Delegates passed four new long distance rules (rather than the 102 long distance rules changes last year!), mostly clarifying some of those changes from a year ago. Most important for us was the clarification that swimmers in postal events must be USMS members at the time that they do their swims. In the past this was not so clear, but it will now be enforced strictly beginning with

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Multnomah Athletic Club, Portland, OR — October 16, 2011

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

N = National Record (includes Zone & OR)

Z = Zone Record, (includes OR or PNA)

⊙ = Oregon or PNA Record

* = Split

Women 18-24

50 SC Meter Free			
1 Corbitt, Holly	22 UNAT	31.86	
100 SC Meter Free			
1 Corbitt, Holly	22 UNAT	1:10.36	
100 SC Meter Back			
1 Lampman, Elizabeth	23 OREG	1:24.79	
200 SC Meter Back			
1 Lampman, Elizabeth	23 OREG	3:03.56	
100 SC Meter Breast			
1 Corbitt, Holly	22 UNAT	1:29.53	
2 Lampman, Elizabeth	23 OREG	1:35.29	
50 SC Meter Fly			
1 Corbitt, Holly	22 UNAT	38.32	
200 SC Meter IM			
1 Lampman, Elizabeth	23 OREG	2:58.16	

Women 25-29

50 SC Meter Free			
1 Mejia, Denise	29 OREG	35.87	
50 SC Meter Breast			
1 Mejia, Denise	29 OREG	47.94	
100 SC Meter IM			
1 Mejia, Denise	29 OREG	1:32.37	

Women 30-34

50 SC Meter Free			
1 Thies, Lauren	32 OREG	27.42 Z	
* Thies, Lauren	32 OREG	28.08	
2 Bascue, Tracey	32 OREG	31.67	
3 Clark, Molly	30 OREG	33.78	
4 Polisky, Candice	30 OREG	34.97	
100 SC Meter Free			
1 Clark, Molly	30 OREG	1:15.61	
200 SC Meter Free			
1 Thies, Lauren	32 OREG	2:08.31	
2 Polisky, Candice	30 OREG	2:48.27	
50 SC Meter Back			
1 Bascue, Tracey	32 OREG	36.92	
50 SC Meter Breast			
1 Thies, Lauren	32 OREG	38.90	
100 SC Meter Breast			
1 Clark, Molly	30 OREG	1:32.16	
50 SC Meter Fly			
1 Thies, Lauren	32 OREG	30.85	
2 Bascue, Tracey	32 OREG	37.10	
3 Polisky, Candice	30 OREG	45.38	
100 SC Meter IM			
1 Thies, Lauren	32 OREG	1:10.11 Z	
2 Bascue, Tracey	32 OREG	1:21.39	

Women 35-39

50 SC Meter Free			
1 Shindel, Marci	37 OREG	31.07	
2 Winter, Neva	38 OREG	42.49	
3 Harrison, Elizabeth	37 OREG	45.95	
100 SC Meter Free			

1 Harrison, Elizabeth	37 OREG	1:38.39	
200 SC Meter Free			
1 Winter, Neva	38 OREG	3:19.51	
50 SC Meter Breast			
1 Shindel, Marci	37 OREG	38.38	
100 SC Meter Breast			
1 Shindel, Marci	37 OREG	1:25.97	
50 SC Meter Fly			
1 Winter, Neva	38 OREG	54.20	
2 Harrison, Elizabeth	37 OREG	57.29	
100 SC Meter IM			
1 Shindel, Marci	37 OREG	1:22.54	
2 Harrison, Elizabeth	37 OREG	2:09.95	
200 SC Meter IM			
1 Winter, Neva	38 OREG	4:00.18	

Women 45-49

200 SC Meter Free			
1 Ferguson, Ellen	49 OREG	2:23.33	
100 SC Meter Back			
1 Daubersmith, Britta	46 OREG	1:27.13	
200 SC Meter Back			
1 Daubersmith, Britta	46 OREG	3:07.79	
100 SC Meter IM			
1 Daubersmith, Britta	46 OREG	1:27.14	
200 SC Meter IM			
1 Daubersmith, Britta	46 OREG	3:10.89	

Women 50-54

50 SC Meter Free			
1 Foley, Sharon	51 OREG	33.72	
2 Grunwald, Dawn	53 OREG	38.03	
100 SC Meter Free			
1 Foley, Sharon	51 OREG	1:18.60	
50 SC Meter Back			
* Andrus-Hughes, Karen	54 OREG	33.85	
1 Andrus-Hughes, Karen	54 OREG	34.32	
2 Goodman, Ann	52 OREG	38.54	
3 Grunwald, Dawn	53 OREG	48.29	
100 SC Meter Back			
1 Andrus-Hughes, Karen	54 OREG	1:15.38	
2 Goodman, Ann	52 OREG	1:22.62	
200 SC Meter Back			
1 Andrus-Hughes, Karen	54 OREG	2:49.40	
2 Goodman, Ann	52 OREG	2:59.83	
50 SC Meter Breast			
1 Andrade, Julie	50 OREG	47.64	
2 Grunwald, Dawn	53 OREG	49.90	
100 SC Meter Breast			
1 Andrade, Julie	50 OREG	1:38.75	
200 SC Meter Breast			
1 Andrade, Julie	50 OREG	3:31.20	
50 SC Meter Fly			
1 Foley, Sharon	51 OREG	39.68	
2 Rakoz, Karon	51 SWMS	42.98	
3 Grunwald, Dawn	53 OREG	44.60	

4 Andrade, Julie	50 OREG	44.72	
100 SC Meter IM			
1 Andrade, Julie	50 OREG	1:35.40	
2 Grunwald, Dawn	53 OREG	1:42.40	

Women 55-59

100 SC Meter Free			
1 Summers, Jeanna	57 OREG	1:17.56	
50 SC Meter Fly			
1 Summers, Jeanna	57 OREG	45.05	

Women 60-64

50 SC Meter Free			
1 Gettling, Janet	63 OREG	35.87	
100 SC Meter Free			
1 Gettling, Janet	63 OREG	1:22.54	
50 SC Meter Back			
1 Gettling, Janet	63 OREG	45.76	
200 SC Meter IM			
1 Gettling, Janet	63 OREG	3:31.82	

Women 65-69

50 SC Meter Free			
* Ward, Joy	69 OREG	38.27	
200 SC Meter Back			
1 Ward, Joy	69 OREG	3:15.06	
50 SC Meter Breast			
1 Pierson, Ginger	65 OREG	45.04	
2 Frid, Barbara	69 OREG	48.49	
100 SC Meter Breast			
1 Pierson, Ginger	65 OREG	1:37.88	
2 Frid, Barbara	69 OREG	1:47.09	
200 SC Meter Breast			
1 Pierson, Ginger	65 OREG	3:35.83	
100 SC Meter IM			
1 Ward, Joy	69 OREG	1:41.11	
200 SC Meter IM			
1 Ward, Joy	69 OREG	3:30.78	

Women 90-94

50 SC Meter Free			
1 Stevenin, Elfie	90 OREG	2:14.88	
50 SC Meter Breast			
1 Stevenin, Elfie	90 OREG	3:12.72	
100 SC Meter Breast			
1 Stevenin, Elfie	90 OREG	7:11.92	
100 SC Meter IM			
1 Stevenin, Elfie	90 OREG	5:18.50 Z	

Men 18-24

50 SC Meter Breast			
1 Wood, Nick	23 OREG	34.80	
100 SC Meter Breast			
1 Wood, Nick	23 OREG	1:14.11	
200 SC Meter Breast			
1 Wood, Nick	23 OREG	2:43.59 ⊙	
200 SC Meter Fly			
1 Wood, Nick	23 OREG	2:36.13 ⊙	
100 SC Meter IM			

1 Wood, Nick	23 OREG	1:10.72	O
Men 25-29			
50 SC Meter Free			
1 Mitchell, Michael	26 UNAT	25.31	
2 Schopmeyer, Mark	29 OREG	27.39	
3 Le, Quynh	28 OREG	34.63	
100 SC Meter Free			
1 Mitchell, Michael	26 UNAT	58.75	
2 Schopmeyer, Mark	29 OREG	1:02.10	
50 SC Meter Back			
1 Le, Quynh	28 OREG	47.37	
50 SC Meter Breast			
1 Le, Quynh	28 OREG	41.19	
50 SC Meter Fly			
1 Mitchell, Michael	26 UNAT	27.80	
2 Cleary, Kevin	28 OREG	30.37	
3 Schopmeyer, Mark	29 OREG	30.93	
100 SC Meter Fly			
1 Mitchell, Michael	26 UNAT	1:06.57	
Men 30-34			
50 SC Meter Free			
1 Weston, Benjamin	30 OREG	24.94	
2 Parker, Aaron	34 OREG	27.16	
100 SC Meter Free			
1 Weston, Benjamin	30 OREG	54.33	
2 Mosher, Ian	31 PNA	55.29	
200 SC Meter Free			
1 Adams, James	34 HMS	2:08.35	
2 Parker, Aaron	34 OREG	2:12.62	
3 Jones, Brock	30 OREG	2:34.23	
100 SC Meter Back			
1 Mosher, Ian	31 PNA	1:04.96	
2 Jones, Brock	30 OREG	1:18.96	
200 SC Meter Back			
1 Jones, Brock	30 OREG	2:45.41	
50 SC Meter Breast			
1 Weston, Benjamin	30 OREG	33.62	
2 Thorpe, Nick	32 OREG	34.14	
3 Atay, Cemil	33 OREG	34.18	
4 Parker, Aaron	34 OREG	36.12	
100 SC Meter Breast			
1 Thorpe, Nick	32 OREG	1:14.33	
2 Jones, Brock	30 OREG	1:23.03	
200 SC Meter Breast			
1 Atay, Cemil	33 OREG	2:42.47	
2 Thorpe, Nick	32 OREG	2:50.59	
3 Adams, James	34 HMS	2:51.55	
50 SC Meter Fly			
1 Weston, Benjamin	30 OREG	26.83	O
100 SC Meter Fly			
1 Mosher, Ian	31 PNA	59.33	
2 Weston, Benjamin	30 OREG	1:00.21	
3 Adams, James	34 HMS	1:05.95	
100 SC Meter IM			
1 Adams, James	34 HMS	1:07.09	
2 Parker, Aaron	34 OREG	1:09.02	
3 Thorpe, Nick	32 OREG	1:12.08	
4 Jones, Brock	30 OREG	1:17.45	
200 SC Meter IM			
1 Mosher, Ian	31 PNA	2:18.47	Z
2 Adams, James	34 HMS	2:26.48	
3 Atay, Cemil	33 OREG	2:27.97	
Men 35-39			
50 SC Meter Free			
1 Slotemaker, Paul	37 OREG	26.76	
2 Lantry, Todd	36 OREG	29.89	
100 SC Meter Free			
1 Slotemaker, Paul	37 OREG	59.47	
2 Kurian, Jason	36 UNAT	1:19.39	
100 SC Meter Back			
1 Jelen, Doug	38 PNA	1:06.35	
50 SC Meter Breast			
1 Lantry, Todd	36 OREG	37.92	
2 Jelen, Doug	38 PNA	38.16	
100 SC Meter Breast			
1 Lantry, Todd	36 OREG	1:20.22	
2 Kurian, Jason	36 UNAT	2:06.74	
50 SC Meter Fly			
1 Jelen, Doug	38 PNA	29.25	
2 Lantry, Todd	36 OREG	31.14	
3 Slotemaker, Paul	37 OREG	31.85	
100 SC Meter Fly			
1 Jelen, Doug	38 PNA	1:05.64	
100 SC Meter IM			
1 Jelen, Doug	38 PNA	1:09.38	
2 Lantry, Todd	36 OREG	1:11.50	
Men 40-44			
50 SC Meter Free			
1 Ferguson, Scott	43 OREG	31.65	
100 SC Meter Free			
1 Ferguson, Scott	43 OREG	1:11.39	
100 SC Meter Back			
1 Maclaren, Colin	43 UNAT	1:20.08	
50 SC Meter Breast			
1 Waud, Timothy	44 OREG	37.61	
2 Ferguson, Scott	43 OREG	42.27	
100 SC Meter Breast			
1 Waud, Timothy	44 OREG	1:21.12	
200 SC Meter Breast			
1 Waud, Timothy	44 OREG	2:56.28	
50 SC Meter Fly			
1 Maclaren, Colin	43 UNAT	30.99	
2 Ferguson, Scott	43 OREG	40.36	
100 SC Meter IM			
1 Waud, Timothy	44 OREG	1:14.16	
200 SC Meter IM			
1 Waud, Timothy	44 OREG	2:46.36	
2 Ferguson, Scott	43 OREG	3:11.06	
Men 45-49			
50 SC Meter Free			
1 Baele, Michael	47 OREG	25.95	
2 Wan, Eric	45 OREG	26.52	
3 Miller, Brett	47 OREG	29.44	
4 Karyukin, Andrei	46 OREG	32.64	
100 SC Meter Free			
1 Baele, Michael	47 OREG	56.96	
2 Wan, Eric	45 OREG	57.24	
3 Miller, Brett	47 OREG	1:04.77	
50 SC Meter Back			
1 Sullivan, Scot	45 OREG	34.47	
200 SC Meter Back			
1 Mccarthy, Darren	45 OREG	2:39.48	
100 SC Meter Breast			
1 Mccarthy, Darren	45 OREG	1:17.32	
50 SC Meter Fly			
1 Baele, Michael	47 OREG	27.20	O
2 Wan, Eric	45 OREG	29.79	
3 Sullivan, Scot	45 OREG	32.23	
4 Karyukin, Andrei	46 OREG	34.23	
100 SC Meter IM			
1 Mccarthy, Darren	45 OREG	1:12.38	
2 Sullivan, Scot	45 OREG	1:16.39	
3 Miller, Brett	47 OREG	1:17.30	
4 Karyukin, Andrei	46 OREG	1:18.39	
Men 50-54			
100 SC Meter Free			
* Washburne, Brent	50 OREG	1:00.77	
200 SC Meter Free			
1 Hathaway, David	51 OREG	2:19.48	
100 SC Meter Back			
1 Washburne, Brent	50 OREG	1:11.84	
50 SC Meter Breast			
1 Howell, Richard	52 UNAT	37.43	
100 SC Meter Breast			
1 Howell, Richard	52 UNAT	1:21.82	
200 SC Meter Breast			
1 Howell, Richard	52 UNAT	3:08.61	
100 SC Meter IM			
1 Howell, Richard	52 UNAT	1:18.11	
200 SC Meter IM			
1 Howell, Richard	52 UNAT	2:59.34	
Men 55-59			
50 SC Meter Free			
1 Gudman, Jon	56 OREG	29.46	
2 Peyton, Mike	56 OREG	32.02	
3 Phipps, Tom	58 OREG	33.47	
4 Helm, Charlie	55 OREG	40.12	
100 SC Meter Free			
1 Gudman, Jon	56 OREG	1:06.57	
2 Peyton, Mike	56 OREG	1:06.86	
3 Larson, Allen	58 OREG	1:12.93	
4 Phipps, Tom	58 OREG	1:14.44	
200 SC Meter Free			
1 Gudman, Jon	56 OREG	2:28.71	
2 Phipps, Tom	58 OREG	2:37.88	
50 SC Meter Back			
1 Helm, Charlie	55 OREG	57.96	
50 SC Meter Breast			
1 Helm, Charlie	55 OREG	59.89	
100 SC Meter Breast			
1 Larson, Allen	58 OREG	1:49.67	
200 SC Meter Breast			
1 Larson, Allen	58 OREG	3:51.66	
50 SC Meter Fly			
1 Helm, Charlie	55 OREG	53.16	
100 SC Meter Fly			
1 Phipps, Tom	58 OREG	1:27.79	
2 Larson, Allen	58 OREG	1:42.47	
200 SC Meter IM			
1 Phipps, Tom	58 OREG	3:09.05	
2 Larson, Allen	58 OREG	3:23.97	
Men 60-64			
50 SC Meter Free			

1 Kelber, Michael	64 OREG	32.00
50 SC Meter Back		
1 Kelber, Michael	64 OREG	45.41
50 SC Meter Breast		
1 Stark, Allen	62 OREG	36.37
2 Cotter, Pat	61 OREG	37.66
3 Kelber, Michael	64 OREG	44.55
100 SC Meter Breast		
1 Stark, Allen	62 OREG	1:19.07
2 Cotter, Pat	61 OREG	1:24.19
200 SC Meter Breast		
1 Stark, Allen	62 OREG	2:52.73
2 Cotter, Pat	61 OREG	3:01.11
100 SC Meter IM		
1 Stark, Allen	62 OREG	1:20.48
2 Cotter, Pat	61 OREG	1:21.20
200 SC Meter IM		
1 Cotter, Pat	61 OREG	3:06.44
Men 65-69		
50 SC Meter Free		
1 Smith, Robert	68 OREG	31.21
2 Kehoe, Bob	65 OREG	31.31
100 SC Meter Free		
1 Kehoe, Bob	65 OREG	1:10.11
200 SC Meter Free		
1 Kehoe, Bob	65 OREG	2:41.32
50 SC Meter Back		
1 Smith, Robert	68 OREG	36.47
50 SC Meter Breast		
1 Smith, Robert	68 OREG	41.37
100 SC Meter Breast		
1 Smith, Robert	68 OREG	1:35.00
Men 75-79		
50 SC Meter Free		
1 Thayer, George	75 OREG	35.82
200 SC Meter Free		
1 Radcliff, David	77 OREG	2:35.78
100 SC Meter Breast		
1 Thayer, George	75 OREG	1:55.15
100 SC Meter IM		
1 Thayer, George	75 OREG	1:48.99
Men 80-84		
100 SC Meter Free		
* Marks, Milton	81 OREG	1:37.54
50 SC Meter Back		
1 Marks, Milton	81 OREG	48.99
50 SC Meter Breast		
1 Marks, Milton	81 OREG	48.51 Z
100 SC Meter Breast		
1 Marks, Milton	81 OREG	1:51.63 Z
200 SC Meter Breast		
1 Marks, Milton	81 OREG	4:22.63 Z
Men 85-89		
50 SC Meter Free		
1 Lamb, Willard	89 OREG	42.72
100 SC Meter Free		
1 Lamb, Willard	89 OREG	1:40.07
50 SC Meter Back		
1 Lamb, Willard	89 OREG	56.47
100 SC Meter Back		
1 Lamb, Willard	89 OREG	2:04.00

Men 90-94

50 SC Meter Free		
1 Fixott, Rupert	90 OREG	1:07.80 O
100 SC Meter Free		
1 Fixott, Rupert	90 OREG	3:01.70 O
50 SC Meter Breast		
1 Fixott, Rupert	90 OREG	1:28.29 O
100 SC Meter Breast		
1 Fixott, Rupert	90 OREG	3:20.46 O

Relays

Women 160-199 200 SC Meter Medley Relay

1 OREG	2:15.62	Z
1) Goodman, Ann	2) Shindel, Marci	
3) Thies, Lauren	4) Asch, Jill	

Women 240-279 200 SC Meter Free Relay

1 OREG	2:13.64	N
1) Ward, Joy	2) Andrus-Hughes, Karen	
3) Frid, Barbara	4) Ferguson, Ellen	

Women 240-279 200 SC Meter Medley Relay

1 OREG	2:32.04	N
1) Andrus-Hughes, Karen	2) Frid, Barbara	
3) Ward, Joy	4) Ferguson, Ellen	

Men 160-199 200 SC Meter Free Relay

1 OREG	1:48.81	
1) Baele, Michael	2) Slotemaker, Paul	
3) Atay, Cemil	4) McCarthy, Darren	
2 OREG	2:02.58	
1) Karyukin, Andrei	2) Miller, Brett	
3) Waud, Timothy	4) Ferguson, Scott	

Men 240-279 800 SC Meter Free Relay

1 OREG	9:51.35	
1) Gudman, Jon	2) Radcliff, David	
3) Peyton, Mike	4) Hathaway, David	

Men 320-359 400 SC Meter Free Relay

1 OREG	7:11.61	W
1) Marks, Milton	2) Lamb, Willard	
3) Fixott, Rupert	4) Smith, Robert	

Mixed 100-119 400 SC Meter Free Relay

1 OREG	4:49.68	
1) Jones, Brock	2) Lampman, Elizabeth	
3) Polisky, Candice	4) Wood, Nick	

Mixed 100-119 200 SC Meter Medley Relay

1 OREG	2:27.75	
1) Jones, Brock	2) Wood, Nick	
3) Polisky, Candice	4) Lampman, Elizabeth	

Mixed 120-159 200 SC Meter Free Relay

1 OREG	1:48.93	Z
1) Thies, Lauren	2) Wan, Eric	
3) Asch, Jill	4) Weston, Benjamin	

Mixed 120-159 200 SC Meter Medley Relay

1 OREG	2:02.95	Z
1) Thies, Lauren	2) Thorpe, Nick	
3) Weston, Benjamin	4) Ferguson, Ellen	

Mixed 200-239 400 SC Meter Free Relay

1 OREG	4:16.26	Z
1) Washburne, Brent	2) Hathaway, David	
3) Andrus-Hughes, Karen	4) Ferguson, Ellen	

Mixed 280-319 200 SC Meter Free Relay

1 OREG	2:24.11	Z
1) Thayer, George	2) Frid, Barbara	
3) Ward, Joy	4) Smith, Robert	



CHAIRS CORNER

Continued from page 2

for the increase for these two groups is that at the current fee rate we will not be collecting enough to cover the USMS and club fees. Currently the LMSC does not profit from these age groups and will continue to not profit from these two groups.

- The meet entry deadlines are changing from the current 2 weeks prior to the meet to 10 days. This for online entries and receipt of postal entries only. For paper entries, the deadline will remain 2 weeks prior to the meet.
- MJ Caswell, our web chair, shared with us some of the work she is doing on our website and her future plans. Be watching for some changes in the near future. Also, she has posted the annual committee reports and is in the process of posting all the minutes for 2011. Check them out...
- Other topics we discussed included the USMS Swimming Saves Lives Foundation and how OMS can become more involved at the LMSC and local levels; recognition of LMSC and Club volunteers at the USMS level; pool, open water and postal events that are scheduled for 2012; COMA and the neat programs they are working on for their swimmers; marketing ideas to educate and inform more adults about Masters swimming.

As you can see, we covered a number of topics, and I didn't even include all of them. Your board works hard for you, the OMS member, and is dedicated in providing our membership with the best events and services. You may not always agree with the direction we may have taken or a decision we made, but please know that a great deal of discussion and research was done prior to the final outcome.

Retreat Photos

by Mark Braun



Very Special Mention

This relay team set a WORLD record at the MAC Meet. A round of applause! Great swim! To get the record on the list, make sure your age is verified with the USMS; contact Wes Edwards for information on how to do that.

Men 320-359 400 SC Meter Free Relay

1) Marks, Milton 81
2) Lamb, Willard 89

7:11.61

3) Fixott, Rupert
4) Smith, Robert

World Record

90
68

Swim Bits — Fall Into 2012

by Ralph Mohr

Oregon Masters Swimming seems to be on the cusp of a new expansion. There are two more meets this fall to swim in. Choose one at least to get final times in for short course meter lists.

Multnomah Athletic Club will be done by the time this article is printed. Tualatin is great for those in the north and who can stand the air. I'll be in Bend so I can swim a 200 fly first, and I also like tents.

Then we have the One Hour Swim to look forward to in January. Start with it, and plan to do all five Postal swims in 2012. To help you get ready for a 10K in a 50 meter pool during the summer, sign up for the "Go The Distance" program for 2012 through the USMS website. I found it to be a great incentive to keep swimming all year.

Then we have the Spring State Championships at Hood River, a great facility. I swam there this past May and loved it. The people of Hood River put on a great meet, and the town is interesting with lots to do, including getting that new Promotion wetsuit for open water swimming.

That leads to another 10K and a National

Championship to boot at Applegate Lake. I honestly think a 10K open water swim will be easier than one in a pool — no turns. I'll find out in July. Preceding that open water National Championship will be another at Foster Lake, this time a Two Mile Cable Swim. What a relief not to have to worry about navigation!

There also may be up to ten open water swims next summer for the masochistically inclined. I won't hit them all, but I have already started to look ahead for 2012 and altered my fall training to be sure I'm ready for the challenges.

Last, the Gill Young Memorial meet is tentatively proposed to close out the summer 2012 season in late August. I think this is a great idea, as before I had to choose to travel to it or to the Elk Lake Open Water Series in Bend. I could afford only one five-hour drive, three day meet near the end of July.

Whatever you plan to do in 2012, plan now and get ready now for all of the meets you choose to go to next year. 2012 promises to be a wizard year of OMS.



Bob's Pumpkin Patch!

Swimmer Spotlight

by Aubree Gustafson, solicited by Charlie Helm

Name: Aubree Marie Gustafson
Age: 30
Occupation: Instructor at American Red Cross National Testing Laboratory
Local Team: Oregon Reign Masters

I joined OMS in August of 2006. I was home from graduate school and picked up a night a week coaching for Dennis Baker with what was then Oregon Wetmasters, so I started training again too. I started swimming when I was three and competing at seven. I swam and played water polo through high school (David Douglas High School) and college (2 years of each at Oregon State).

One of my biggest challenges with this sport was getting over my fear of open water. It sounds silly, but when I couldn't see the bottom, I would have a mini panic attack. I still get uncomfortable before a race from time to time, but it's far more fun than frightening. Now if only I could figure out a way to make lake water feel warm when it's in the low 60s.

My favorite swimming memory was when I broke a minute in the 100 fly at state as a sophomore in high school; unfortunately I also got disqualified!! At least the time still stood for USS swimming.

Other hobbies: kayaking, hiking, mountain biking, photography.

Favorite event: 200 breast.

It's very rewarding to be a part of the USMS community; a community of athletes where it really

doesn't matter if you're a beginner or an elite swimmer, there's a place for you and teammates who support and challenge you. I really enjoy coaching and getting to work with a variety of athletes. Some of my favorite experiences with Masters swimming thus far have been competing and coaching at nationals. It's so exciting to see the breakthroughs that teammates have at that level and how one person's success can help others achieve their own goals; that extra push that says If they can do it, I can do it.

I've met so many great people through this sport, made friends for life and even fell in love; I can't imagine my life away from the water. I will swim for life. Note: Aubree has often been a Meet Director or Co-meet Director at events at Mt. Hood Community College Aquatic Center the last few years and managed to swim her favorite events while staying busy running those meets.



LONG DISTANCE SWIMMING

Continued from page 6

the One-Hour Swim in January—please remember to join or renew your USMS membership before you do your swim!

3. The OMS Long Distance Committee plans to meet soon for its annual business Meeting and a workshop for event directors. However, we have already compiled a **tentative open water schedule for summer 2012**, which I brought to the OMS Board at our recent Board Retreat. The schedule looks similar to the one last summer, with a few venues still yet to commit and a few dates unresolved. Stay tuned for details!
4. I just put the **OMS open water equipment** to rest for the winter. Check out the picture of 'Bob's Pumpkin Patch' (all of our open water buoys being checked before deflation & storage) on page 11 of this *Aqua Master*.

Good luck and good swimming!

USMS Spring Nationals, 2012

The USMS Spring Nationals will be a four-day competition and will take place in the brand new Greensboro Aquatic Center in Greensboro, N.C. April 26-29, 2012

North Carolina hosted two of the most popular USMS National Championship meets of all time in 1992 in Chapel Hill (short course) and 1984 in Raleigh (long course). Masters “old-timers” still talk about these meets as they were much-praised for their strong organization, outstanding hospitality and friendly volunteers.

As USMS National Championships grew through the years, the meet literally outgrew our facilities in North Carolina — until now. After a 20-year hiatus, the 2012 USMS Spring Nationals finally return to our state where they will be held in the country’s newest major aquatic center, the Greensboro Aquatic Center (GAC).

The 80,000 square foot, 2500-seat state-of-the-art Greensboro Aquatic Center features three pools including a 50-meter double-bulkhead competition pool, full diving well and tower, and instructional pool. Spring Nationals are expected to be run in two adjacent 10-lane courses in the competition pool. The competition pool is very fast, over 9’ deep throughout. The diving well and instructional pool provide an additional 12 lanes of warmup and warm-down space.

Ribbon-cutting for the GAC was August 25, 2011. After a series of Grand Opening activities, the GAC welcomed its first official event—the 2011 US Masters Swimming High Performance Camp (see page 3 of this Aqua Master). A total of 25 participants (including swimmers and coaches) from across the country got to “test drive” the GAC. All gave the venue rave reviews and indicate they will be back (together with a number of their teammates, of course!) for a major dose of fast swimming and Southern hospitality next April for the 2012 USMS Spring Nationals.

The GAC is part of the nationally-renowned Greensboro Coliseum Complex, a multi-faceted sports and entertainment complex that includes the country’s largest arena, a 3000-seat mini-arena, exhibit space, an amphitheater, and the new ACC Hall of Champions. The adjacent hospitality and meeting space of the Coliseum Complex will enhance the Spring Nationals by adding attractive vendor, awards,

registration, and support space.

The new venue, adjoining the entertainment complex, and nearby hotels (see below) are ready for our Spring Nationals participants and guests. Our goal is to host North Carolina’s most fun, best attended and well-regarded Masters Nationals ever — and we want you to come enjoy the best possible national championships experience!

HOTELS

A wide variety of Host Hotels within 5 to 10 minutes of the GAC have been reserved for 2012 Spring Nationals accommodations. The 1000-room Sheraton Greensboro, North Carolina’s largest hotel, is serving as our Headquarters Hotel. Joining the Sheraton are an attractive selection of full-service, mid-price, and economy hotels. Throughout the meet, every Host Hotel will have a continuous shuttle service to and from the GAC, including on warmup day (Wednesday the 25th).

You may select your preferred hotel and book online via the [Greensboro hotel housing bureau website](#).

If you stay at a Host Hotel, you will not need to have a rental car. However, if you do rent a car or drive in for the meet, the parking onsite at the GAC/Coliseum Complex is paid parking. Parking at all Host Hotels, except the Greensboro Marriott Downtown, is free.

MORE INFORMATION

Co-Meet Directors for the 2012 Spring Nationals are Don Gilchrist, and Hill Carrow. For inquiries, please feel free to email Don at tomatoz@bellsouth.net or Hill at hcarrow@sportsproperties.com.



SWMS Club Report

Here is a club that has a lot of fun!

SWMS

Rep: Esther Ellis
Article by Jerri Clark



A pool in Camas, Wash., has been haunted by high-spirited swimmers. Fifteen women from the Southwest Washington Master's Swimming (SWMS) group bought witch- and pumpkin-decorated Halloween "Uglies" in a spooktacular show of solidarity for their team and for UNICEF, which received \$3 for each of the \$30 suits.

The UNICEF fundraiser was a first for Portland, Ore., swim shop owner Curtis Taylor, who says SWMS bought more Halloween Uglies, designed by Dolphin, than any other group. His store, JD Pence Aquatic Supply, has sold almost all 50 suits Taylor ordered for the season and will donate about \$150 to UNICEF, the United Nations program for impoverished children. "My kids used to always trick-or-treat for UNICEF through their school," Taylor says. "They don't do that anymore, so we're finding another way to give to UNICEF."

SWMS, formed in 2010, has 66 members registered in Oregon Masters Swimming. Members swim at varied locations but represent Southwest Washington as a team.

Among the pumpkin-splashers at LaCamas Swim and Sport was club owner Denise Croucher, who often has joked that she chases any swimmer in pink. "I want to be the fastest woman in the water," says Croucher, a 3-time Ironman finisher. In her pink and orange "Punkin" suit, she's had fun circle swimming with "twin" teammates and others in their black-and-purple "Glinda" suits, she says.

Croucher and the club's head swim coach, Justin Slade, joined 14 other swimmers on deck for a photo in early October, adding capes, pointy hats and other festive accoutrements for full fall effect. Angela Fadlovich, SWMS member who ordered the suits en masse, says the team's theme was a perfect fit. "With all the wicked workouts Coach Justin gives us," she says, "we thought it was only appropriate we dress for the occasion."

—by Jerri Clark, SWMS member

Back row from left:
Kealey Sitler, Sheri Bender,
Bill Klein, Angela Fadlovich
Next row
Dave Ashmore, Justin
Slade, Melinda
Next row
Jerri Clark, Anita Burkard,
Ami Brimhall, Denise
Croucher, Carolyn Nigro
Front row
Nancy Vincent, Serena
Johnson, Dianne Thomsen,
Christie Seumalo



HIGH PERFORMANCE CAMP

Continued from page 3

Superman vs. Streamline

Coaches frequently remind their swimmers about the importance of streamline in the start, push-off and breakout. While most swimmers know this, one can frequently see push-offs in the classic "superman" position, with head raised and arms apart. In his biomechanics discussion, Coach Marcinowski clearly demonstrated that a swimmer using a tight streamline, with head down and ears squeezed between arms, can cover more than two yards farther.

Following the stroke seminars, the group broke for lunch back at the hotel. During the ride to the hotel and all through lunch, swimmers excitedly discussed what they had learned in the first morning. The afternoon sessions included breaststroke and butterfly stroke seminars, more flexibility assessments and a two-hour pool session, with filming and drill progressions.

Back at the Doubletree hotel for dinner, Olympian Sue Walsh joined the group. She shared the triumphs and disappointments of her development as an age grouper to an Olympian, including making the 1980 Olympic team and, due to the boycott of the Games that year, not getting a chance to swim in Moscow.

The final activity of the first full day was a review of the video footage from the afternoon swim sessions, and swimmers were able to see, in detail, their technique shortcomings.

Day Two**Dr. G and the Swim Power Test**

On day two, Dr. G began the lactate and heart rate profile. Swimmers completed a set of 4 x 200 descend on five minutes. After each swim the heart rate was recorded and blood was taken from each swimmer's earlobe. Dr. G. then calculated lactate threshold heart rate and lactate clearance rate for each swimmer. This information helps plan for recovery and warm-down during multi-day, multi-event meets.

Dr. G. also administered his swim power test with each swimmer. The swimmer wears a waist belt attached by a string to a device that measures and records velocity 60 times per second. He measured two different strokes for each swimmer including kick, pull and full swim. The results of these tests show where during the stroke cycle swimmers are getting the most velocity, and where their velocity falls off.

While viewing the videos taken during the swim power test, a graph superimposed on the screen shows the swimmer's velocity during the entire stroke cycle. By following the ups and downs of the graph, the value of the early vertical forearm discussed earlier is clearly seen.

By far, the most dramatic results occur when measuring the velocity during breaststroke. Since breaststroke creates the most drag, reducing that drag becomes paramount when trying to increase speed. The swim power test is arguably the most clear and illustrative evidence on how to improve stroke efficiency.

Race Analysis

Following a race, most swimmers want to know their splits. Although this is valuable information in determining how the race was swum, there are several other parameters that now can be quantified to assist the coach and swimmer in fully analyzing the race. Coach O'Brien led a discussion on race analysis and strategy that included such measurements as distance per stroke, stroke rate, cycle count, distance per cycle and turn times. Swimmers had the opportunity to work with stroke rate and time by using a tempo trainer, a metronome that slips under the cap and acts as an audible pacing device while swimming.

Day Three

Day three included more swim workouts and classroom sessions. The morning swim included a session with Dr. G., this time focusing on each swimmer's strength in the water. Measurements were taken while kicking, pulling and swimming. These numbers were compared with strength measurements collected the previous day on the swim bench. Each swimmer received a written report of the results.

Coaches then filmed each swimmer's dive start, turns in all four strokes and IM transitions, all of which were reviewed on the final day of camp. In the evening, the coaches held a discussion panel that included information on training and race preparation, shaving and tapering and open water swimming.

Nutrition

New for many attendees was the classroom discussion on nutrition, led by registered dietitian and nutritionist Jennifer Brunelli, seven-time swimming All-American at South Carolina and the wife of sprinter Nicholas Brunelli. She stressed the importance of whole foods over packaged food for daily nutrition and gave recommendations for pre-packaging whole

Continued on page 16

HIGH PERFORMANCE CAMP

Continued from page 16

food energy sources for use at all-day meets, such as cut-up fruit and chicken, rather than just relying on the standard energy bars or gels.

Pre-workout nutrition was also discussed as a way to improve recovery time after a grueling early morning swim practice. Grapes or crackers during the night can help maintain proper blood sugar in the morning. The importance of breakfast before a workout, and how it helps with recovery, was stressed. Kelly Parker-Palace, Masters national champion and camp participant shares, "My 'aha' moment was in nutrition class when I realized we need to eat before morning practice and during practice to have the best performance."

Day Four

The final afternoon consisted of six feedback stations where each swimmer spent 20 minutes reviewing information gathered previously during the four-day camp. The stations included the video review of each swimmer's IM, video review of starts and turns, flexibility and range of motion data, nutrition analysis, sports psychology, and training recommendations and race strategy.

The Final Analysis

All 15 campers and four coaches spent the last evening at a local pub discussing the events of the previous four days. The swimmers were all eager to get started with improved workouts and swim techniques as soon as they got home.

Participants described the coaching staff at the camp as "phenomenal," all in agreement that they were knowledgeable and motivational. Campers also appreciated the attentiveness of camp director Hill Carrow and his staff, who provided great meals, much needed snacks and hydration, and reliable transportation.

"My expectations of the camp were definitely surpassed in many ways," says Megan Lassen of Wisconsin Masters. Melinda Wolff of the Colonials 1776 characterized the camp as "a life changing experience."

The camp provided more than technique and new racing strategies. The new friendships forged and contacts made reminded participants that Masters swimming is not just about swimming fast. Sharing four fully packed days with Masters swimmers from around the country was one of the special highlights of an incredibly rich swimming experience.

2012 USMS Member Registration Starts November 1

USMS is once again offering sponsor discounts for those members who register from November 1 through December 31. Once a member registers they will receive coupon codes via email from the following sponsors.

blueseventy: 20%

Finis: 20%*

TYR: 20%

SBR/Triswim: 30%

SwimOutlet: 10%**

Hammer: \$5 off total purchase***

Speedo: 20%****

Aqua Sphere: 20%

**(does not include Turnmaster Pro and Swim Teaching Platform)*

*** (only Sporti and USMS logo'd items)*

**** (take advantage of already reduced sale pricing between Nov. 14 and Dec. 16)*

***** Offer not valid on previous purchases and excludes "Buy 2 and Save" promotions, full price Competition Swimwear styles (LZR Racer Elite, Fastskin FSII, and Aquablade), Speedo Aquabeat MP3 Players, Speedo Water Proof Digital Camera and on-line gift certificates. This offer cannot be combined with any other offer. One code use per user. No Cash Value. Void where prohibited by law.*



2012 Summer Nationals in Omaha, Nebraska July 5-8, 2012

In 2008, the USA Swimming Olympic Trials were contested in the Qwest Center in Omaha, Nebraska. Two 50-meter state of the art Myrtha Pools were erected and the 8-day Trials event was broadcast live every night on NBC. More than 160,000 fans attended. Omaha became "Swim Town USA."

In 2012, the USA Swimming Olympic Trials will once again return to Omaha and this time the USMS Summer Nationals will follow the USA Swimming Olympic Trials. All the pageantry from the Olympic Trials will be in place for the USMS Summer Nationals. Event heats will be broadcast live in the Qwest Center on the JumboTron. We will produce and broadcast our daily USMS SwimCenter from Omaha. Get your picture taken on the Olympic Trials podium.

The competition pool has ten 9-foot wide lanes. The warm-up pool has eight 50-meter lanes and an additional six 25-meter lanes. Masters swimmers will be racing in the very same pool using the very same blocks as Michael Phelps, Ryan Lochte, Natalie Coughlin, Dara Torres and all the Olympic hopefuls. Some past Olympians will enter our Nationals adding to the excitement.

The lower bowl of 3,500 stadium style seats is connected to the competition pool deck and will be open for teams to sit in. Teams with 20 or more registered will have reserved seating closest to the pool deck.

The energy for our Nationals will be electric. This is guaranteed to be the one Nationals you will not want to miss!

WHY COME TO OMAHA?

- Race in the Olympic Trials pool, THE FASTEST pool in the world
- Affordable travel and affordable 4-5 star hotels within ¼ mile of the venue
- Thursday through Sunday USMS Summer Nationals schedule
- Teams with 20 or more entered get guaranteed reserved seating near the pool

HOTELS

USMS has contracted exclusively with the

Omaha Sports Commission to provide hotel rooms for the Summer Nationals. All the hotels within a 4-block radius of the Qwest Center provide complimentary shuttle service to/from the Airport and when available to/from the Qwest Center. Please select your preferred hotel and book online. You will not need a rental car but if you do get a rental car, you may have to pay hotel parking fees and a Qwest Center parking fee.

To make a group or team reservation, please contact Mary Jane Hughes. Mary Jane is with the Omaha Sports Commission and is our liaison to all the hotels in the Omaha area. Mary Jane can be reached at 480-342-9925 or destphx@aol.com.

SWIMMING SAVES LIVES FOUNDATION

The cost to rent the Qwest Center and install a competition and warm up Myrtha Pool is in the millions. USA Swimming and the Omaha Sports Commission are responsible for operation and promotion of the USA Swimming Olympic Trials. The Olympic Team will practice the morning of July 3rd, and then USMS will be responsible for rent and operation of the warm up and competition pool areas.

Through contributions to the USMS Swimming Saves Lives Foundation, and our partnership with USA Swimming, Omaha Sports Commission and Myrtha Pools, we are able to make this truly unique experience available to USMS members at event entry prices similar to previous Nationals.

If you would like to learn more or support the Swimming Saves Lives Foundation, visit www.usms.org/giving

MORE INFORMATION

Tom Boak who has served as the Meet Director for four previous USMS Summer Nationals is our Meet Director. Please direct inquiries to Tom via email or phone at 713-503-0819.



All-Around Challenge: Short Course Meters Pentathlon & Brute Squad Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #370-11

Eligibility: Currently registered USMS swimmers, 18 years and older.

Hosted by: Central Oregon Masters Aquatics (COMA)
 Juniper Swim & Fitness Center
 800 NE 6th St., Bend, OR

DATE: Saturday, December 10, 2011

25 meters
 6-8 lanes competition-Colorado electronic timing system
 At least 4 lanes of continuous warm-up/down

WARM-UPS: NOON
MEET STARTS: 1PM

Meet director: Bob Bruce • Phone: 541-317-4851 • E-mail: coachbob@bendbroadband.com

Directions to the pool: From North or South, take Business Highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool. Park in the North Lot or adjacent streets.

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

ENTRY DEADLINE: RECEIVED BY Tuesday, NOVEMBER 29, 2011

FILL IN LOWER PORTION COMPLETELY *RETURN LOWER PORTION* *FILL IN LOWER PORTION COMPLETELY*

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

BIRTHDATE _____ AGE (AS OF 12-31-11) _____ SEX _____
 2011 OR 2012 USMS # _____
 USMS CLUB (OREG, SWMS, DUCK, ETC) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. RELAY AGE GROUPS: 72-99, 100-119, 120-159, ETC. **YOU MAY ENTER 5 INDIVIDUAL EVENTS AND ONE (1) RELAY (SAME SEX OR MIXED) PER RELAY EVENT.** ENTER RELAYS AT THE MEET. THE 400M AND 800M RELAYS WILL BE SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. **ENTRY DEADLINE FOR RELAYS IS BEFORE THE 1500 FREE. CHECK IN DEADLINE FOR THE 1500 FREE IS BEFORE THE 400 IM.** ALL EVENTS WILL BE SEEDED SLOW TO FAST.

*Regular OMS ribbons for places 1-3. Short pentathlon events include 50 fly, 50 back, 50 breast, 50 free & 100 IM (marked * below). Medium Pentathlon events include 100's of each stroke & 200 IM (marked ** below). Long Pentathlon events include 200's of each stroke & 400 IM (marked *** below). Brute Squad events are 200 fly, 400 IM, 1500 free (marked # below). The 1500 will be limited to one (1) heat unless there are more than 16 Brute Squad entrants; First priority goes to Brute Squad entrants and second priority is based on date of entry mailing.*

Saturday, December 10, 2011

- 200 FLY***# (1) _____ : _____ . _____
- 100 FLY** (2) _____ : _____ . _____
- 50 FLY* (3) _____ : _____ . _____
- 200 BACK*** (4) _____ : _____ . _____
- 100 BACK** (5) _____ : _____ . _____
- 50 BACK* (6) _____ : _____ . _____
- 200 BREAST*** (7) _____ : _____ . _____
- 100 BREAST** (8) _____ : _____ . _____
- 50 BREAST* (9) _____ : _____ . _____
- 200 FREE*** (10) _____ : _____ . _____
- 100 FREE** (11) _____ : _____ . _____
- 50 FREE* (12) _____ : _____ . _____

- 400 IM***# (13) _____ : _____ . _____
- 200 IM** (14) _____ : _____ . _____
- 100 IM* (15) _____ : _____ . _____
- 1500 FREE# (16) _____ : _____ . _____

(Two swimmers per lane, hand timed if necessary)

- 200 MEDLEY RELAY (17, 18, 19)
- 400 MEDLEY RELAY (20, 21, 22)
- 200 FREE RELAY (23, 24, 25)
- 400 FREE RELAY (26, 27, 28)
- 800 FREE RELAY (29, 30, 31)

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

2012 MEMBERSHIP APPLICATION

ALL MEMBERSHIPS EXPIRE ON DECEMBER 31, 2012



Renewal – my last USMS number was _____

New registration

I do not have access to a computer/email.



You can register online at:
<http://www.usms.org/reg/>

Register with the same name you will use for competition. Please print clearly.

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
Date of Birth (mm/dd/yy)	Age	Sex (circle) M F	E-mail address	

RELATED MEMBERSHIPS & CERTIFICATIONS

I am a: Masters Coach
 Certified Official

I am a member of: YMCA
 USA Triathlon
 USA Swimming

Today's Date (required) _____

Please circle **both** the Club and the Workout Group you plan to swim with:

Oregon Masters (OREG):

- AST: Allstar Triathlon Club
- AQDK Aquaducks Masters
- BASS: Baker Area Seasoned Swimmers
- BCAC: NW Blue Crush Aquatic Club
- BRSC Bearcat Swim Club
- COMA: Central Oregon Masters Aquatics
- CBAT: Circumnavigating Beavers Aquatic Team
- CGM: Columbia Gorge Masters
- CAT: Corvallis Aquatic Team Masters
- EA: Emerald Aquatics
- KAM: Salem Kroc Masters
- KBM: Klamath Basin Masters

- LOM: Lake Oswego Masters
- MAC: Multnomah Athletic Club Masters
- NCMS: North Clackamas Masters Swimming
- OCT: Oregon City Tankers
- OPEN: Oregon Pool-Less Elite Narwals
- ORM: Oregon Reign Masters
- PEND: Pendleton Masters Swim Club
- PCCM: Portland Community College Masters
- PSM: Portland State Masters
- RVM: Rogue Valley Masters
- SLSA: South Lane Swimmers Association
- SYD: Sherwood YMCA Dragons
- THB Tualatin Hills Barracudas
- WVAC: Willamette Valley Aquatic Club

University of Oregon Swim Club (DUCK):

- DUCK: University of Oregon Swim Club

Southwest Washington Masters Swimming (SWMS):

- LSWM: LaCamas Southwest Washington Masters Swimming
- SWMS: Southwest Washington Masters Swimming
- TOR: Tornadoes Masters
- VSC: Vancouver Swim Club

I am not joining a Club and will be swimming **Unattached** (I realize I cannot swim on Relays)

Full Year Registration Nov. 1, 2011 – Dec. 31, 2012:	Age 25–74 Years Old	Age 18–24 and 75+ Years Old
USMS full-year fee (\$31):	\$31	\$31
plus OMS LMSC (local governing body) fee (\$9):	\$9	\$0 <i>(OMS LMSC fee waived)</i>
plus DUCK, OREG, SWMS Club fee (\$5) (if applicable):	\$5	\$5
I wish to contribute this amount to the International Swimming Hall of Fame Foundation:		
I wish to contribute this amount to the USMS "Swimming Saves Lives" Fund:		
I wish to contribute this amount to Oregon Masters Swimming:		
Total:		

Benefits of Membership include a subscription to USMS's magazine, *SWIMMER*, during the length of the membership year (\$8.00 of the annual dues is designated for the magazine subscription).

USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

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, 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 (required): _____ **Date** _____

Please make check for total fee plus any donation amounts payable to: Oregon Masters Swimming

Mail check and completed form to: Susie Young, OMS Registrar, 14565 NW Salvia Ct., Portland, OR 97229

Questions? Contact Susie at swim.pdx@gmail.com





Meet Results: Multnomah Athletic Club

2011 Meet SCHEDULE 2012

(c)swimgraphics.com

Looking Ahead . . .

Board Meetings

November 9, 2011

Pool Meets 2011

<u>Date</u>	<u>Course</u>	<u>Meet</u>	<u>Location</u>
*December 10	SCM	COMA Brute Squad/Pentathlon	Bend, OR
https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=3325			

*Entry form in this issue

OMS Open Water Race Schedule for 2012 (as of 18 Oct 2011)

<u>Date</u>	<u>Location</u>	<u>Deadline</u>
May 12-13	Lake Juniper Basic OW Clinic & Pool OW Swim	May 8
June 3	Hagg Lake OW Swims - TENTATIVE	
June 17	Devil's Lake OW Swims - TENTATIVE	
June 30	Foster Lake Cable Swims (featuring USMS Two-mile Cable National Championships)	June 20
July 14-15	Applegate Lake OW Swims (featuring USMS 10-km OW National Championships)	
July 22	Willamette River Bridge Swim	
July 27-29	Cascade Lakes Swim Series & Festival at Elk Lake (featuring OMS Championships)	July 16
August 12	Cottage Grove Lake OW Swims	
August 18	Eel Lake OW Swims	
August 25	RiverFest Willamette River OW Swim - TENTATIVE	

