



Aqua Master

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Snow and Records Fall at Hood River

by Charlie Helm

Swimmers were welcomed to snow, a little ice in the Gorge, and some fast swims at the Hood River SCM meet on November 15th. Maybe we should call this the Winter Wonderland meet. Around 100 swimmers signed up for this meet and despite the snow and ice on the freeways to Hood River, most attended the meet.

The swimmers seemed to have warmed up plenty once in the pool, as there were seven Zone, four National, and three World SCM records set. Dan Kirkland and David Radcliff set world records in the 800 Free, while the women's relay of Joy Ward, Ginger Pierson, Arlene Delmage, and Jill Marie Asch broke the world record in the 400 Medley Relay. Wink Lamb broke the National record in the 200 Free but didn't quite get the World Record. There was a good turnout by the Central Washington University Masters team and their Men's 200 Free relay broke the zone record.

Meet Director Sandi Rousseau, the host team Columbia Gorge Masters, along with the volunteers and Officials gave us a good meet and made the trip worth the effort. See you all next time at the pool!



Snow covered Aquatic Center



Pat Allender and Peter Metzger



Women's relay action: Arlene Delmage and Jill Asch



Nancy & Dave Radcliff, Matt Miller, Bonnie B. Edwards

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Eric Guest

1929-2014



Past OMS Chair Swims to the Big Pool in the Sky

Eric G.P. Guest, age 85, of Prineville passed away on Thursday, December 4, 2014, at his home where he was surrounded by his family. He is survived by his wife Maureen Guest, two daughters Linda Lackey and Darcy Bassett, 5 Grandchildren and 10 Great Grandchildren.

Eric's story truly exemplifies overcoming difficult challenges and living life to its fullest. He was born on September 18, 1929, in Kowloon City, Hong Kong. As a child Eric's city fell into the hands of the Japanese during World War II where he was placed in an internment camp for over three years.

He repatriated shortly after the war to Australia and became involved in competitive swimming while finishing high school. He then moved back to Hong Kong to work for British Oversea Airways. While swimming, he met the US Olympic swimming team and was sponsored to immigrate to the USA. He then worked at Cal Eastern Airways and received a scholarship to University of California Berkeley.

At the outbreak of the Korean War, Eric enlisted in the United States Air Force as an Aircraft Mechanic in the 13th Air Force – Air Rescue Services. After 24 years of military service he retired as a Master Sergeant. He then went on to serve 20 years of Civil Service. Before he retired he worked for Pratt & Whitney conducting Quality Control as a nuclear inspector.

Eric enjoyed spending his free time doing the things he loved like swimming, fishing, cricket, tennis and soccer. Eric was Past Chair of Oregon Masters Swimming and was a mainstay at meets when he swam for Mt. Hood Masters. He was meet director for the 1998 NIKE World Masters Games at Mt. Hood Community College, contributed to OMS hosting USMS national championships in the 1980s and 1990s, and recruited his entire family to help as timers and runners at many swim meets.

Eric was a talented swimmer. He held 54 USMS Top Ten swims from ages 55-76 in both individual and relay events. He was on two national record setting relays in 1991, held numerous Oregon and Zone records, and is still listed for an Oregon and Zone record in the men's 280-319 400 SCM Free relay.

Among all of these incredible achievements, Eric was intensely devoted to his family and was a friend of many. He will be missed by all of us in the OMS family who knew him.

A service was held on December 8, 2014 in Prineville and the Band of Brothers presented the family with military honors. Donations can be made to the [Alzheimer's Association](#) in his name.



Off the Block

Chris Ritter has a degree in kinesiology and exercise science and he specializes in training athletes of diverse abilities, ranging from beginners to Olympians.

Comfort Drills

New or nervous swimmers, try these drills to increase your comfort level

Chris Ritter

Water is not our natural environment. Some swimmers are better at adapting to the aquatic world than others. When you don't feel comfortable, your body will never be able to realize its full potential in any environment, much less in the pool.

I've had the privilege of working with some of the best coaches in the sport of swimming: Milt Nelms and the late Richard Quick. Both were incredible teachers and they specifically were experts in helping swimmers become comfortable in the water, and therefore more efficient in their swimming.

Here are some of the best drills they used and that I recommend you try to gain more efficiency and security in your swimming.

Alligator Breathing

While holding on to the side of the pool with both hands and having either your feet on the bottom or securely on the wall, bring your face close to the surface. Open your mouth as big as possible and have the lower part underwater and the upper part of your mouth still above the surface. Calmly continue breathing with half of your mouth in the water and the other half above the surface. You may choke



or swallow a few gulps, but that's why you should be holding onto the side or standing on your feet. After a few tries, you will figure out how to breathe with water in your mouth.

Most swimmers' biggest technical problems revolve around breathing. If you can gain confidence breathing with water in your mouth, then you will become a more proficient breather because water almost always finds its way into your mouth when trying to breathe. Use this drill to teach your brain that you will survive if you get water in your mouth.

Dead Man's Float

This drill is also sometimes referred to as your "aquatic signature." The name pretty much sums up the drill, you float as if your limbs and body were lifeless. Your back should have a nice round curve. Let your legs and arms just dangle. When you need to breathe, simply lift your head quickly and sip some air as low to the water's surface as possible. When you do this, make sure that only your head moves and that nothing else—no arms or legs—assist in your breathing movement.

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Fit to Swim

The Traveling Workout

Coach Aubree Gustafson

Many of us will have to travel for work this year. It can be difficult to maintain our workout regimens while spending more time than usual on trains, planes and in automobiles. However, with a bit of planning, you'll be just as ready to stick to your workout schedule as you are to make your presentation at the Monday morning meeting.

As swimmers, we have a great resource right at our finger tips for finding places to swim while away from home. On the USMS website, under the Local Programs tab, select Places to Swim. Here you can search for a place to swim by zip code, address or LMSC. Once you've made your selection, the site pulls up a map and list of results that match your search criteria, and you can begin to narrow down your selection for what will work best for you. Many of the result options will have websites and additional information about who to contact for more info. One note of caution: call the facility or make contact ahead of your arrival. Some of the links have not been kept up over time and might not have the most up-to-date information. Regardless, it's nice to have a place to start.

Many of us also have gym memberships outside of our home teams. Even if you can't swim, there are endless possibilities for workouts if there is a gym nearby. What if your local gym doesn't have a location where you will be visiting? It's worth making a few phone calls to find out if your home gym has a partnership with a local company in or near the city where you will be working.

If staying for an extended period of time, they may even be able to temporarily transfer your membership. If you aren't the gym type, make sure you get to know your surroundings before working out out-of-doors in a new city. Avoiding running in the early morning and evening hours when it is dark, wear plenty of reflective gear regardless of when you are working out, carry your phone, and if at all possible, workout with someone else or at the very least tell someone where you are going and when you will get back from your workout.

Putting forth an effort to stay on top of your workouts while away from home will help you to combat the stress that will inevitably come with traveling for work and being away from home. It will help you sleep and eat better while on the road, as well as help you stay present and productive at work; I'm betting the boss will notice. Safe travels!

****It's time again for the annual kick off to the postal swim series! The 2015 Postal National Championships start with the 1- Hour Postal; swim as far as you can in 60 minutes. The postal can be completed between January 1st-31st, 2015, in a 25 SCY, 25 SCM, or 50 LCM pool; lots of options. All of the postal swims are now ePostals, meaning that paper entries will no longer be accepted. If you need help entering the postal, please reach out to your coach, lap counter, friends, family or myself for assistance. I will be happy to help. Good Luck!****





Shake and Swim with “Bake” Swim For Life It Hurts

Coach Dennis Baker

We have often talked about how good swimming is for you. Our OMS motto is “Swim for Life”, I wrote an article a couple of years ago changing that motto to “Swim for Your Life”. Let’s look at and revisit some of those points I made and what type of mindsets really help your swimming.

When you swim, especially for a team and are coached, your heart rate is going up and down for certain amounts of time each day. Swimming has a way of attacking your cardio system like no other sport in a good safe way. Safer because you’re not pounding your joints and the water protects our bodies from a lot of those types of injuries. The mind set here is just to make as many practices as you can, whatever that number is and stick to it. The hardest part of swimming for us is just getting there and getting in. If we do that the rest takes care of itself, and I have never heard anyone ever say “I shouldn’t have done that”, after a practice.

Swimming hurts, if you swim hard and fast or for long distances, that’s a fact. It’s a physical and mental pain. The good news is it goes away. Sure there are swimming injuries but they’re much less than any other sport you could be choosing to do at whatever age you are. The mind set here that is this is a good type of pain. The pain in swimming is so good for you. It literally is adding years to your life. It’s enriching your life by helping your body and mind stay fit. It’s worth it.

Lastly, while we have our share of injuries with shoulders and backs and legs, we heal up from those in time, and dive in again. When people come up to me and say how sore they are and how tired they are or they have an injury my response is “well it’s a good hurt”. Or “you will get better sooner than you think”. Let’s face facts here gang, would you rather be a permanent couch potato and risk very serious health issues, or be a happy healthy Masters swimmer with the pains and injuries that go along with it. Swim for Life it hurts.

Former Sandy HS Coach, Mark Smith, Returns

By David Ball of the “Sandy Post” (adapted)

For years, the Sandy Pool has been home to the swim team at Sandy High. The Sandy High School Pioneers are no longer the only team taking advantage of the facility.

Former Sandy High swimmer Grant Hayball, who went on from Sandy to swim at Linfield College and then BYU, has started an adult conditioning class. The goal of the team is to encourage adults of all ages and abilities to use swimming as a way to work out and live a healthy lifestyle.

Hayball recruited Sandy swimming icon Mark Smith to come out of retirement to coach the team. Smith began his tenure as Sandy Pool aquatic director and Sandy Highs head swimming coach in the summer of 1974. He held his post as aquatic director until retirement in 2001, but continued to coach the Pioneers for a few more years. While at Sandy, Smith was named district “Coach of the Year” 10 times. Under his tutelage, five boys’ teams finished 10th or better at the state level.

The team has workouts for triathletes, open-water swimmers, competitive and fitness swimmers.

They plan to compete in events throughout the Northwest, and a highlight promises to be the U.S. Masters Swimming Long Course Meters National Meet at the Mt. Hood Community College 50 meter pool in 2016.



Long Distance Swimming

Coach Bob Bruce

What is the One-Hour Swim? The basic question is how far can you swim in one hour? It's the first USMS postal swim each year, done only during the month of January. It's the largest stand-alone participation event on the USMS calendar, as more than 2500 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 post-holiday, early-in-the-year fitness event suitable for EVERYONE. I repeat: EVERYONE!

How have Oregon swimmers and the Oregon Club fared in the past? Oregon swimmers have done very well recently, winning several individual titles and many relays. But this is one of the few Overall (Extra-Large Team) club championships that we have never won before! But our club history shows good involvement and placement in previous years, including a second place in the Extra-Large Team category last year.

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. Despite good participation last year, we fell short. 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. You MUST be a member BEFORE you do the swim! And I invite those swimmers who have previously joined OMS/USMS as "unattached" to consider joining the Oregon Club, as unattached swimmers cannot participate in relays or team scoring!
- A commitment from EVERYONE to prepare for the swim. Spend time at practice during Decem-

ber and January to prepare for your swim and to improve your distance. Incidentally, swimming during the holidays has been shown to be good for you.

- 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 group or even individual sessions if possible so that nobody is excluded.
- 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. Every January, we have several dozen swimmers who do the swim (Yay!) but fail to enter (Boo!). 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 leave uncounted swims on the table.

Is a championship run feasible? In 2009, 2010, 2011, 2012, & 2014, the Oregon Club won the National

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Records & Results

Columbia Gorge SCM

November 15, 2014; Hood River, Oregon; Sanction # 374-S010

Results for this meet can be found at:

http://swimoregon.org/wp-content/uploads/2014/11/HoodRiver_SCM_20141115_Splits.htm

RECORDS SET

New Records Established: 5 Oregon, 7 Zone, 4 National, 3 World

Age Group	Event	Name	Age	Club	Time	Records Set
Women 25-29	50 SC Meter Breaststroke	Stacy, Jessica	25	OREG	37.77	Oregon
Women 40-44	100 SC Meter Butterfly	McClafferty, Christine	41	OREG	1:12.50	Oregon
Men 35-39	100 SC Meter IM	Gray, Trever	38	CWST	1:01.74	Zone
Men 50-54	50 SC Meter Breaststroke	Phillips, Dan	51	PSM	32.89	Zone
Men 65-69	800 SC Meter Freestyle	Kirkland, Dan	66	UC36	10:05.03	Zone, National, World
Men 80-84	800 SC Meter Freestyle	Radcliff, David	80	OREG	11:35.71	Oregon, Zone, National, World
Men 90-94	200 SC Meter Freestyle	Lamb, Willard	92	OREG	3:46.17	Oregon, Zone, National
Relays						
Women 240-279	400 SC Meter Medley Relay			OREG	5:34.38	Oregon, Zone, National, World
	1) Ward, Joy 72 (1:35.25 Bk)	2) Pierson, Ginger 68 (1:39.90 Br)				
	3) Delmage, Arlene 52 (1:13.10 Fl)	4) Asch, Jill Marie 48 (1:06.13 Fr)				
Men 72-99	200 SC Meter Free Relay			CWST	1:56.18	Zone
	1) Miller, Ryan 20 (32.02)	2) Man, Carson 22 (30.58)				
	3) King, Riley 18 (28.67)	4) Gray, Trever 38 (24.91)				

Southern Pacific Masters SCM

December 5-7, 2014; Commerce, California

Results for this meet can be found at:

http://www.swimphone.com/mobile/meets/meet_menu.cfm?smid=5792

RECORDS SET

New Records Established: 7 Oregon, 7 Zone

Women 25-29	50 Meter Freestyle	Stacy, Jessica	25	OREG	28.23	Oregon, Zone
Women 50-54	100 Meter Butterfly	Delmage, Arlene	52	OREG	1:13.54	Oregon, Zone
Women 50-54	200 Meter Butterfly	Delmage, Arlene	52	OREG	2:42.57	Oregon, Zone
Women 55-59	100 Meter Backstroke	Andrus-Hughes, Karen	57	OREG	1:13.14	Oregon, Zone
Men 65-69	50 Meter Breaststroke	Stark, Allen L	65	OREG	34.79	Oregon, Zone
Men 65-69	100 Meter Breaststroke	Stark, Allen L	65	OREG	1:17.39	Oregon, Zone
Men 65-69 200	Meter Breaststroke	Stark, Allen L	65	OREG	2:53.44	Oregon, Zone

Records & Results

COMA All-Around Challenge SCM

December 6, 2014; Bend, Oregon

Results for this meet can be found at:

http://swimoregon.org/wp-content/uploads/2014/12/ResultsCOMAPent_SCM_20141206_Splits.htm

SCM RECORDS SET

Men 55-59	100 Fly	Curt LaCount	OREG	1:08.68
Men 70-74	200 Breast	Tom Landis	OREG	3:47.08

PENTATHLON RECORDS SET

Sprint	Women 18-24	Meagan Larsen
Sprint	Women 65-69	Janet Gettling
Mid-Distance	Women 65-69	Ginger Pierson
Mid-Distance	Men 55-59	Patrick Allender
Long Distance	Men 70-74	Tom Landis

LONG DISTANCE SWIMMING

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Club Title in the 5-km, 10-km, 3000-yd, and 6000-yd Postal Championships. And we dominated these four events again in 2013, except for the 10-km event in which we placed a close second! What about the One-Hour Swim? We have the pools. We have the swimmers. We have the experience. Do we have the will?

Can we do it? Of course...if we want! We rallied to crush the rest of the nation when we hosted the Long Course Pool Championships in 2008, and we have dominated the other postal championships since then. 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 is less than half of our club membership. Together, we can do it...if we choose to do it!

As OMS Long Distance Chair, I plan to send information packets to each team before Christmas. These packets will include...

- An information letter to Coaches, Team Reps, and One-Hour Swim Captains;
- A copy of the event information;
- 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 five 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 tell me who you are (contact me at coachbob@bendbroadband.com). This would be an enormous help!

But a one hour swim is so long...: Balderdash! No whining or flimsy excuses! Your typical practice lasts for at least one hour, if not longer. Just consider that single continuous swim lasting one hour as your practice for that day.

Note to DUCK & NIKE swimmers: If swimmers representing these clubs—the other clubs in our Oregon LMSC—are feeling a bit left out in this effort, please don't be! Commit to the strategies listed above, and go for it this year!

Good luck and good swimming in your One-Hour Swim!

Swimmer Spotlight

Name/Age Tim Waud / 47
Local Team: Oregon City Tankers (OCT)

—submitted by Denise Stuntzner

I have lived in Oregon City, Oregon, for most of my life. My professional career includes being a State of Oregon Licensed Funeral Service Practitioner at Holman-Hankins-Bowker & Waud Funeral Service and owner of Waud's Wild Strawberry Florist & Gifts, both located in historic Oregon City. I also coach the Oregon City Tankers Masters Swim Team.

I started swimming at the age of 9 with Oregon City Swim Club. My fondest memories of age-group swimming are the team road trips. My parents and the Bishop family each transported swimmers in motor homes to away swim meets in Oregon, Washington and California. During these away swim meets we would camp as a team and enjoy summer water balloon fights which included our home-made water balloon catapults. At my first Far Western's swim meet, the California kids would trade their team pins for other team and meet pins. As an incentive program at Oregon City we were awarded team pins for achieving best times. I happened to have a handful of team pins and began my pin trading hobby. I continue to collect and trade swimming pins and have accumulated over 700 different swimming pins over the past 35 years. Each swimming pin has its own story, which makes my collection priceless.

I have been a member of Oregon City Swim Team since 1977. I continue to train with the Gold Group of USA Swimmers at Oregon City and have been coaching the Oregon City Tankers Masters Swim Team since 2011. My coaching career began at the University of Oregon with Dr. Donald VanRossen when I started the University of Oregon Club Sport Swimming Team in 1987. My role was a coach/athlete and I organized the annual swimming schedule, team travel and coaching. I also worked as a coach/counselor for the Oregon Swim Camps from 1987-1990. In 1991, I was hired as a coach/counselor for the Stanford International Swim Camp, hosting over 1,000 age group swimmers during the summer. In the fall of 1991, I was hired as an age-group swim coach with Oregon City Swim Team, I also coached the Oregon City High School Swim Team until I retired in 1997.

I have several volunteer roles with both USA Swimming and United States Masters Swimming. I have served as Vice-Chair for OMS and Souvenir Chair. I am currently

the NW Zone Chair for United States Masters Swimming and serve on the LMSC Development Committee. I chair the Education Sub-committee which is responsible for providing five workshops at the United States Aquatic Sports Convention annually. I am the Meet Director for Oregon City Swim Team and host two annual swimming competitions at the Oregon City Municipal Swimming Pool. My favorite is the March Dual Sanction USA Swimming/United States Masters Swimming event where age-group and Masters swimmers come together to compete. Last year, I had four swimmers travel from California to compete in our event. The age group swimmers enjoyed watching several USMS World and National records fall.

I have had the honor of coaching several Oregon Masters National Teams and most recently I was selected as the Head Coach for the 2014 USMS World Championship Team in Montreal. My role as Head Coach was to manage three assistant coaches and represent over 1500 US Masters Swimmers during the eight days of competition. The most exciting part of my Worlds experience was marching into the stadium with a few hundred US Masters swimmers during the Opening Ceremonies. Everyone was decked out in red, white, blue and we paraded around the Olympic Stadium with a giant US flag and USMS banners. All of the coaches wore red, white and blue "Uncle Sam" stove pipe hats and we must have posed for a hundred pictures with teams from several different countries. I met people from all over the world, shared stories and created friendships that will last a lifetime. We traded shirts, caps, hats and of course swimming pins. I had the time of my life in Montreal and consider my coaching Worlds as a once-in-a-lifetime experience.

I love everything about swimming, both the wet and dry side. I have met and worked with some of the most amazing people in the sport of swimming. I continue to learn, grow, travel and make new friends wherever I go in swimming. In 2012, on a pool deck at Mt Hood Community College, I reconnected with my childhood buddy and first crush, Jill Shrake, whom I grew up with in Oregon City. In an earnest attempt to secure a future date, I invited Jill's daughter's swim team to our 2012 Fall Open Meet in Oregon City. The rest is history in the making and next summer I will marry the love of my life and best friend Jill. I have to say, swimming has been very good to me.



Swim Bits

by Ralph Mohr

Central Oregon Masters Aquatics (COMA)

Meb Keflezighi is a 39 year old marathon runner who won the Boston Marathon in 2014. Originally a refugee from Eritrea, he is an American citizen who was 4th in the 2012 Olympic marathon. You might be interested in his workouts as they could be adjusted easily to swimming.

A typical first day in his workout cycle features a long "tempo" run at near-race pace. I'm guessing that "long" here means at least 6 miles, maybe at most 10, or about an hour of running at marathon pace.

In swimming we first have to figure out what our "marathon" pace would be. I'd recommend downloading the pace chart from USMS at <http://www.usms.org/longdist/pacechart.pdf>. Find the One Hour distance on it that you'd like to hit in January.

Use the "Pace per 100" next to it for your goal times in a series of 100s, 10-15" rest, or what your 100s should be in a controlled 500 yard swim. In other words, swim shorter distances at the same pace you want to swim the longer, continuous distance.

The next day Keflezighi might do a shorter interval workout such as high-speed one-mile "repeats." The repeats are both at race pace and slightly faster. For swimmers that means swimming the 50s, 100s or 200s of the previous day 3-10 seconds faster and with, perhaps, more rest.

One typical second day's workout for Keflezighi started with a one-mile warm-up run (at a 7-minute per mile pace) across grass. Then he changed into his racing shoes for a series of one-mile repeats. Keflezighi ripped off eight, mile repeats—the fastest at 4:32, the slowest at 4:49. Between each he rested for 2½ minutes.

Note that for a swimmer this would be like doing a set of 300s to 500s at 5K or 1650 race pace, but allowing the pulse rate to come down completely in between swims. Keflezighi then did a three-mile cool down at a 7-minute-mile pace. In swimming terms that's an easy swim of 20 minutes or so. Then he did about 15 minutes of high-knee sprints, sideways-walking squats and various forms of strength training.

On day three, Keflezighi might do an easier recovery

run, such as an hour-long 10-mile jaunt. Each cycle also includes one long run of at least 20 miles. Some afternoons, he slips in a 90-120-minute ride on his elliptical bike.

The third day for swimmers, then, could be an LSD day or the day to work on strokes other than freestyle. It could be a day where you combine swimming with another activity, walking, bicycling or weights.

We must keep in mind that we are talking about a world class marathoner so he has time and support for such lengthy workouts that we don't have. However, the idea of a cycle for training, whether weekly or over four to five days with a rest day somewhere, is certainly doable for most swimmers.

Set it up. A long, relatively easy first day, moderate intervals, perhaps, but nothing that kills you off. On the second day are the hard, fast intervals, and they should be 200 yards or more for distance swimmers.

Day three is again moderate but long, even over-distance, meaning 500 yards or more at a time. Day four could be your short rest interval day, 50s, 100s, 150s, stroke work, even sprint work. Follow that with a rest day or another moderate but over-distance day or work on other strokes, and then start over.

We have a tendency to organize our workouts on a weekly basis, for obvious reasons. That's how our lives are organized. Why not break it up into 4 or 5 day cycles instead? Or if that is not possible, choose specific days during the week for the long sets or hard intervals, and be sure to include a rest day or two in the cycle.

With the new year coming, now is the time to set up your workout cycle. If you are looking at long distance and/or open water swimming, you have two 10Ks ahead of you in 2015 - the ePostal 10K sometime during the summer and the 10K Open Water National Championship in California June 13. There will also be the Two Mile Cable National Championship at Foster Lake, June 27. Much to look forward to.

Like Meg Keflezighi, you have to set up your training smartly and efficiently, and good results will come.

And The Award Goes To...

OMS members prepare annually for the Association Championships where, not only is a team crowned #1, but a VOTE BY YOU selects individuals for various awards. The following are the annual awards for which you should nominate someone you feel worthy.

CONNIE WILSON MEMORIAL AWARD

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



OL'BARN AWARD

This award is given to the individual who has shown outstanding leadership, dedication, and devotion throughout the year, to OMS 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 or other Masters swimmers during the past year.



GIL YOUNG SPIRIT — MALE AWARD

This award is given to the male who has shown enthusiasm and spirit to his team 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 to OMS.



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) by March 28, and submit a picture with your nomination. Contact information: gingerpierson7857@comcast.net or 1302 NW 23rd Ave, Camas, WA 98607 or call (360)210-7446.

The Amazon

by Joe Oakes

OMS swimmer, Unattached

January 12-19, 2011. The volume of water flowing from the Amazon into the Atlantic Ocean is greater than the combined flow of all the other rivers of the world. It is so great that ships approaching from the ocean must adjust their ballast for the lower buoyancy of fresh water while they are still over 100 miles out to sea, and the color of the Atlantic takes on the brown color of the Amazon long before you are anywhere remotely within sight of land. It must have been very confusing for the Portuguese explorers in the early 1500's: fresh water and no shoreline in sight. From the eastern slopes of the Andes water travels well over 1,000 miles on the way to the Atlantic, often meandering along, like the peaceful Rio Negro, at times crashing down the Andes, as the Rio Urubamba near Machu Picchu. This immense river system drains the inland areas of several of Brazil's western and northern neighbors, a major portion of the South American continent.

During the dry season, it is quite hot and extremely humid throughout *Amazonia*. In the rainy season the water level may rise more than ten meters. It will climb high enough to force most of the people living near the river to seek higher ground, even for those living in homes raised up on stilts. I was there at the end of the dry, the cusp of the wet season. Most days were in the upper 80's, good cloud cover, and, surprisingly, not a lot of biting insects. (Maybe it was because of my daily DEET baths.) There are other biting things, though, not the kind that fly. More about that, later.

The City of Manaus lies at the juncture of the brown Salimoes River and the black Rio Negro, and at that wedding point they officially become the Amazon. It is significant that the Negro's black water and the brown water

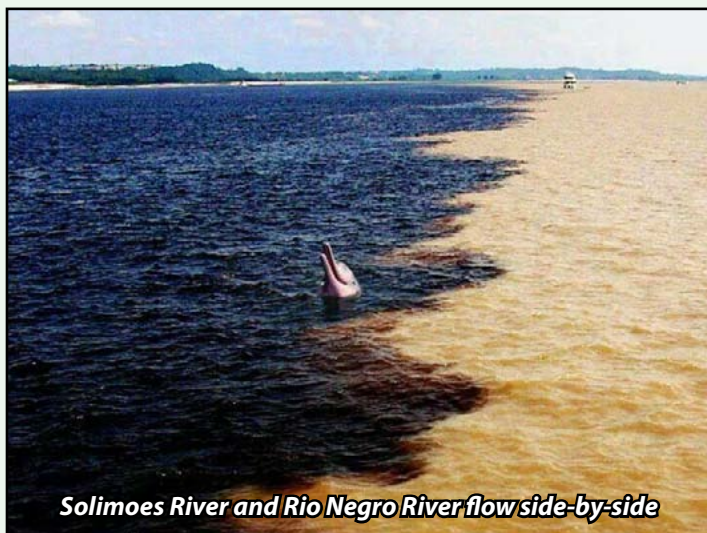
of the Solimoes flow separately, side by side, for several miles due to differences in temperature, density and acidity. Manaus is the capitol of the state of Amazonia, and it is located far, far away from any other sizeable city. At one time it was the wealthy home of a flourishing rubber industry, but after 70,000 seeds were secretly smuggled by the British to their colony in Malaya, the Brazilian rubber industry went into decline and took prosperous Manaus down with it.

I hired a fellow named Francisco, who told me that a good place to swim was in Lake January (*Lago Janeiro*). It was an hour in his boat up the Rio Negro from Manaus, a lake located on one of the hundreds of 'temporary' islands. His small boat pushed through the tall grass, much like the Sea of Grass in Florida's Everglades, until we came to an open area, the Lago. There were birds everywhere, large eagle-like caracaras, terns, woodpeckers, and a host of unfamiliar birds flitting about and chirping along with the frogs and crickets.



"*Qui 'stamos, amigo, ... this is the place,*" Francisco announced, "*Tem cuidado dos animaoes.*" He was telling me to beware of the animals. He must be talking about the mosquitoes. There was a mild current going out through the thick grass, flowing back towards the river. The temperature of the water was about 80 F, and it was clear. It was a gorgeous spot, totally remote, silent except for the sounds coming from the reeds. Goggles and Speedo in place, over the side of the dugout I went into welcoming water, maybe six feet deep: I was *home!* It was not my intention to do a real workout, just to satisfy my need for a swim. Across the Lago I went, with Francisco paddling by my side. He wore a combination of expressions on his craggy face: a big toothless grin, an occasional nod of encouragement, and something that I took for serious concern about my welfare.

My passion slaked, I climbed back into the dugout, dried off and relaxed as he took me back to the floating pier that passed for a restaurant, community meeting hall and church. The day was spent in relaxing, reading and making water color sketches of the jungles. After dark Francisco took me out in his dugout to see what the Lago looked like at night. He carried a big flashlight. When we got to the place where I had swum, he swept the beam of



the light across the water's edge into the reeds. The light was picked up and reflected back by pairs of red eyes, *animoes*, the animals he had warned me about, caymans, a South American alligator, some of which grow to over five meters in length. A devilishly red pair of eyes set about five inches apart, glared back at us, as if to say, "You got away with it once, but don't push your luck, gringo."



Alligator at Lake Janeiro

My swim in Lago Janeiro was not my first Amazon swim. Three days previously I visited an Indian village a few miles up a small river from the tiny riverside community of Boca de Valeria. A dozen or so houses stood on stilts above high water, and everybody in the village was a relative of Reynaldo, my host. In a small lagoon upstream from the village I had my first taste of Amazon swimming. The problem there was the depth of the water. Every stroke my hands dug into the muddy bottom. Not having much fun, I cut it short. When I climbed up the bank, I stepped in the wrong place and hundreds of fire ants decided that my right foot was fair game. *Damn, that hurt*, and I leaped back into the water. Reynaldo paddled us back to the main river and we fished for piranha. No sooner did we drop a baited hook into the water than we got a hit, this one ten inches long, with toothy jaws that would look good on a T-rex.



Piranha

A few years ago a Slovenian named Martin Strelj swam the entire length of the Amazon, from the headwaters in the Andes to the Atlantic. Swimming in 80-85° F water he wore a wetsuit the entire way to protect against the denizens of the river, and there are many. If the caymans don't get you, the piranhas might, and they are everywhere. Piranhas are all jaws, they attack in gangs, and can clean the carcass of a hog in minutes.

Then there is a wee (sic), little fishy, a distant relative of the catfish, called a *candiru*. These guys are the scariest of all. How can I put it delicately? A candiru can detect the tiniest trace of urine in the water, and will fol-

low it upstream. *All the way up*. Once inside your body orifice (take your choice) he spreads spiky appendages sidewise like opening an umbrella and lodges himself in place while he goes to work feasting on your flesh. If it is a female and she likes you enough, she might lay her eggs inside your whatzis. There is no removal of a candiru without major surgery of a kind that I do not want to even think about.

By the time Martin Strelj reached the Atlantic, after months in the Amazon, I am told that his crew thought that he had gone quite bonkers.

Not all of the wildlife in the Amazon are bad guys. There are over 3,000 species of fish that make up a major source of protein for the sparsely settled upper river. And if you are a dolphin fancier, there are a couple of species of fresh water dolphins once you get far enough upriver, including the rare pink dolphin. Amazonian dolphins are protected, but there are always people who will disregard the law. The meat is not to the taste of the natives, but they have been known to kill them and use them for bait.

Side note: If fate one day brings you to the Amazon, try to visit the small city of *Parintins*, not far from *Boca de Valeria*. It is famous for a festival that rivals, on a smaller scale, Carnival in Rio. The annual *Boi Bumba* extravaganza has all of the verve, feathers and swaying and gyrating *bumbas* that you will find in Rio, but on a more intimate scale here. One big difference is that the celebrants are, for the most part, local Indians.



Parintins



Boi Bumba extravaganza



Major Rules Changes for 2015

Summary of changes from Convention

Starts: At the referee's long whistle, a swimmer may take a position with one foot at the front of the block or deck but on the command "Take your mark" is required to place at least one foot at the front of the block or deck. (Article 101.1.1)

Warm-up: Backstroke starts are permitted only in designated lanes during warm-up at meets. (Article 102.4.2)

Entries: A swimmer shall enter a meet with the full name as it appears on the USMS registration card. (Article 102.7)

Qualification of Officials: The list of USMS-approved certifying bodies for officials has been moved from 103.3.1, 103.3.2, and 104.5.10B to Appendix B.

Meet Committee: The list of responsibilities has been expanded to include verifying proper certification of pool length and completing record applications. (Article 103.5)

USMS National Championship Meets: With the approval of the Championship Committee, dates other than August 1 - September 15 may be considered for a long course national championship meet. (Article 104.1.2)

Meet schedules for USMS national championship meets have been removed from the rule book. The Championship Committee will publish the meet schedule for each national championship meet at least six months before each meet. A schedule used at one national championship meet will not be repeated for at least two years. (104.5.2A)

The Championship Committee may choose one or more of the following entry limitations for the 800/1000 and/or the 1500/1650 freestyle:

- a) each swimmer may enter only one of those events,
- b) only swimmers who meet the qualifying times in both events may enter both events, and/or
- c) one of those events may be restricted to only those who meet the qualifying times. (104.5.3C[2])

The Championship Committee may establish an entry receipt deadline. The postmark deadline for entries has been deleted. (Article 104.5.4C[3]).

The meet host of a national championship meet shall appoint a meet referee, an administrative referee (definition added to glossary), a head starter, and a chief judge subject to standards established by the USMS Officials Committee. Minimum stroke and turn judges include: two turn judges at each end of each course (jurisdiction not to exceed 5 lanes per judge), one stroke judge on each side of a 50-meter course, and one official at the 15-meter mark of each course for all starts and turns except breaststroke. (104.5.10B)

Pool Measurement: A bulkhead placement confirmation measurement is required for USMS records set at events sanctioned or approved by USA Swimming. (Article 105.1.7E)

Water Conditions for Open Water

Events: Temperature and water quality guidelines are now in place for swimmer safety in open water swim events. (Article 302.2.2)

Drafting in Open Water Swim Events: In any swim in which individual escorts are required and motorized escorts are allowed, drafting of any kind is prohibited. (Articles 303.3.5 and 303.3.6)

Swimwear in Open Water Events: Body coverage of the swimsuit has been extended to more closely match FINA rules; see Article 303.7 for a complete description. Neoprene caps are not permitted when the water temperature exceeds 78 degrees Fahrenheit. Navigation devices and audio players are not permitted. (Article 303.7)

Independent Safety Monitors: An independent safety monitor is required at all USMS open water swims. (Article 308.3)

Emergency Rule Change Breaststroke

Modification in timing of breaststroke kick effective now

FINA changed the breaststroke kick rule November 29, 2014, at an extraordinary Congress in Doha, Qatar. USA Swimming automatically adopted that rule change November 30, 2014. USMS automatically adopted the breaststroke kick rule change in accordance with USMS 601.4.7B as of December 2, 2014. The amendment to the USMS breaststroke kick rule 101.2.3 is effective immediately.

Following is the text of the amended breaststroke kick rule:

“101.2.3 Kick-After the start and after each turn, at any time prior to the first breaststroke kick, a single butterfly (dolphin) kick is permitted, following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

“The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements, or downward butterfly (dolphin) kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly (dolphin) kick.”

What this rule change means for swimmers and officials:

A visible separation of the hands initiating the arm pull is no longer required before the single butterfly (dolphin) kick that may be taken after the start and after each turn. A single butterfly (dolphin) kick is permitted at any time after the start or after pushing off the wall on each turn and before the first breaststroke kick.



COMFORT DRILLS continued from page 4

This drill helps your body understand that you don't need to kick or pull in order to get air. Going back to the breathing problems many swimmers have, if you can teach your mind to rely on only your head and neck for air, more of your kicking and pulling power will go into making you faster. That effort can be put toward moving your farther down the pool rather than pushing up for air.

Starfish

Be sure that you have a clear lane to use when performing this drill. Swim any stroke. Somewhere in the middle of the lap, try to stop yourself as quickly as possible and come to a flat, floating position on the surface with your arms and legs spread out like a starfish.

It's harder than it sounds, but learning how to go from swimming speed to a sudden stop, in the shortest distance possible, is a great skill to learn. Once you have the hang of stopping, try starting from the starfish position as quickly as possible. See how long it takes to get back up to speed. Just like athletes on land benefit from learning to accelerate and decelerate their bodies quickly, the same is true for swimmers in the water.

Underwater Twist Kick*

Push off underwater. While staying in a streamline position begin to either dolphin or flutter kick while twisting and rotating all the way around. As you move, continue to kick down the length of the pool while staying underwater. If you can do the whole lap without breathing, that's great! If you can't, that's OK, too, just take a breath as quickly as possible and go back to the underwater twist kicking.

This drill builds new body awareness that can help you hone in on having a balanced kick. It also helps you navigate your ever-changing orientation to the surface, all while traveling down the pool. Alternate twisting clockwise and counter-clockwise. You may find that your kick is imbalanced, causing you to go off course when twisting in one direction or another. Is there a big difference in your effectiveness or speed when you turn one way or the other? This is a great drill for self-experimentation that can teach you how to change your kick to make it straighter and faster.

There are just a few drills that you can use to add variety to your training while teaching your body to be more comfortable and confident in the water. And as that increases, your performance will also improve.

* Always ensure that you have proper supervision when swimming, especially when doing drills underwater.

Summary . . .

Records For:
Columbia Gorge Meet — SCM
Southern Pacific Masters — SCM
COMA All-Around Challenge — SCM

Looking Ahead . . .



DATE	COURSE	MEET	LOCATION
January 31	SCY	Chehalem Meet	Newberg, OR
		https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=5847&test_mode=1	
March 7-8	SCM	Oregon City Spring Ahead	Oregon City, OR
April 10-12	SCY	OMS Association Championships	Corvallis, OR
April 23-26	SCY	National USMS Championship	San Antonio, TX



JUST
KEEP
SWIMMING

OMS Board Meetings

January 5, 2015
February 9, 2015
March 9, 2015

April 8, 2015
May 11, 2015
June 8, 2015

July 13, 2015
August 10, 2015

Let's Swim