



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

Volume 42, Number 3

Published 10 Times Yearly by OMS, Inc.

March 2015

Chehalem Starts the New Year

by Charlie Helm

As we started the new 2015 year, the Chehalem swim meet once again gave us our first competition of the year. Always a popular meet, nearly 100 swimmers signed up to spend the last day of January in Newberg. It was nice to see our younger Masters make an appearance in numbers again. The U of O Duck Masters sent a good group, as usual, to this event, and once again Central Washington University Masters sent their team south to Oregon after a prior good showing at the Hood River meet last November. As usual, I offered words of encouragement to our college swimmers prior to the start of the events—not trash-talk as some others might do, but encouragement.

More than a few swimmers decided that this would be a good time to have some early-season good swims as there was 5 Oregon, 2 PNA, 6 Zone, and 3 National records set. Dan Kirkland set 2 of the PNA, Zone, and National records doing the distance free events: 500 & 1000. The other OMS, Zone, and National record was set by Wink Lamb in the 200 Free. I'm going to take partial credit for Wink setting these records as we were next to each other in that heat and we stayed even with each other for the first 150 before Wink decided to put a move on me that I couldn't quite recover from by the finish. He set a National record, while I had my best 200 time in several years trying to stay with him! Personally, I think it's kind of cool a fit 92-year old could pull me to a good time. We also had a great mixed 800 Free relay that set a new OMS and Zone record that was fun to watch. Four cheers to Sonja Skinner, Matt Miller, Serena Johnson, and Scot Sullivan for a good effort in an event that's not raced very often.

One final thought, I recently realized that this issue marks my 4th anniversary as the front page writer for the Aqua Master. It's been a fun four years and I've appreciated the positive feedback I have received from everyone

at all the meets and events during this time, as well as putting up with my sometimes sneaky photo taking during the events. (Alice makes me do it!) Cheers to all and I'll see you next at Oregon City.



Part of the University of Oregon Duck Masters contingent



Sonja Skinner, Matt Miller, Serena Johnson, and Scot Sullivan set Oregon and Zone records in the 800 Free Relay. Nice swimming!

**Oregon Masters Swimming, Inc.
Board Members**

Chairman of the Board
Jeanne Teisher
jeanne.teisher@gmail.com 503-574-4557

Vice Chairman - Sanctions
Julie Andrade
radejulia@yahoo.com 503-649-3839

Secretary
Mechelle Jacobs-Brown
Goblin34.mjb@gmail.com 360-601-8132

Treasurer
Kermit Yensen
kermit.yensen@gmail.com 503-704-1382

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



Aqua Master Editor Alice Zabudsky
azabudsky@msn.com 503-630-7499

Awards (Annual) Ginger Pierson
gingerpierson7857@comcast.net 360-210-7446

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

Data Manager (swim meets) Gary Whitman
all5reds@comcast.net 360-896-6818

Fitness Chair Aubree Gustafson
aubree.gustafson@gmail.com .. 971-404-6968

HOST/Social Ginger Pierson
gingerpierson7857@comcast.net 360-210-7446

Long Distance Bob Bruce
coachbob@bendbroadband.com 541-317-4851

Membership
Database Christina Fox
foxkohnert@peak.org 541-929-5991
Promotion Jackie Parker
parkerjacqueline@yahoo.com. 503-774-3592

Officials (swim meets) Jacki Allender
seewun@proaxis.com 541-753-5681

OMS email Group Maintenance Susie Young
swim.pdx@gmail.com 503-475-8004

Program Development Marlys Cappaert
m.cappaert@comcast.net 541-760-0413

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

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

Souvenirs Jeanna Summers
jeanna.summers@optumhealth.com 503-313-8389

Sunshine Ellen Summers
ebisch123@aol.com 503- 819-6044

Team Reps
OREG Bruce Andrus-Hughes
blueheron83@comcast.net
DUCK Bridget Shepherd & Lindsay Miller
uoswim@uoregon.edu
NW Zone Tim Waud
northwest@usms.org 503-341-3152
USMS Sandi Rousseau
swim@gorge.net 541-354-2580

Top Ten MJ Caswell
mjcaswell@earthlink.net 541-478-0437

Web Master Bonnie Edwards
pdxbon@comcast.net 503-288-5140

Principal Founders of OMS:
Connie Wilson
Earl Walter

CONTENTS

- 3** Chair's Corner
- 4** Off the Block
- 5** Fit to Swim
- 6** Shake and Swim with "Bake"
- 7** Long Distance Swimming
Records/Results
- 8** Chehalem Meet —SCY
Articles/Announcements
- 9** Masters Swimming 101
- 10** Swimmer Spotlight
- 11** Swim Bits
- 12** Joe Wise
- 13** Miscellaneous
Schedule — Back Page

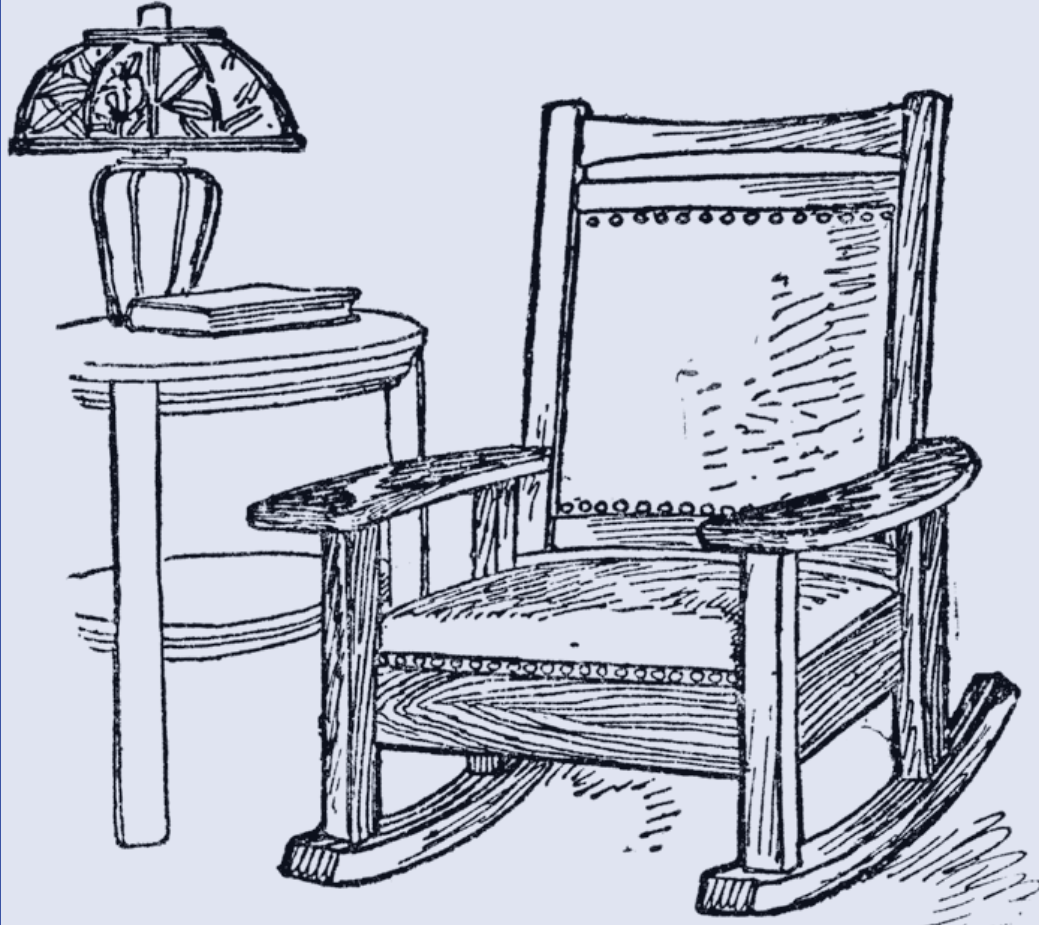
United States Masters Swimming Inc., can not and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc. or Oregon Masters Swimming.

Aqua-Master is the official publication of Oregon Masters Swimming. It is a source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. A subscription is part of membership in OMS. Contact Susie Young or Jackie Parker for membership information. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming, Inc. Information is also available on line at www.swimoregon.org.

Send address changes to Susie Young all other questions to Jackie Parker

Chair's Corner

Jeanne Teisher



OMS Program Developer At Work

One of USMS strategic goals is membership growth and retention of members. In 2010, USMS funded a pilot program for the primary purpose of assisting workout groups, clubs, and teams to develop their adult aquatic fitness programs. This was known as the Club Development program.

Fast forward to 2014. LMSCs around the country were adding a new volunteer position to their boards and OMS was no exception. The mission of the Program Developer was "to enhance the USMS membership experience for athletes and coaches by increasing and improving access to aquatic facilities."

Last summer the OMS board sent an email to the membership asking if anyone would be interested in volunteering for the newly created Program Developer position. The email stated "OMS is offering a wonderful opportunity for motivated volunteers interested in playing a pivotal role in the future development and direction of Masters swimming as a new OMS Program Developer, working as a member of the OMS Board of Directors in cooperation with USMS Club and Coach Services to increase and improve access to aquatic facilities for our members. After completion of formal training conducted by USMS Club and Coach Services personnel, the person(s) selected to fill this position will have the

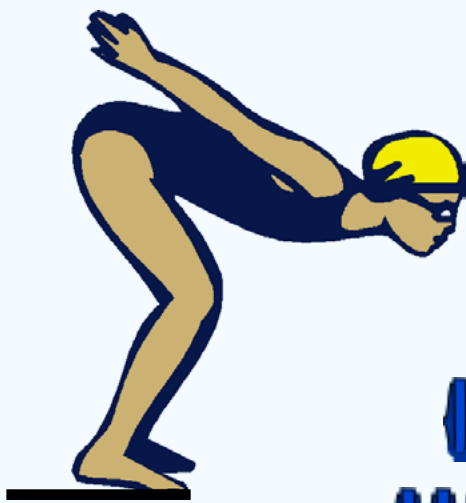
opportunity to become acquainted with and to interact with every club and workout group within OMS, influencing the future development and growth of each one and of Masters swimming as a whole. The Program Developer will work closely with USMS Club and Coach Services in a joint effort to promote stability, growth and retention of clubs and workout groups within the Oregon LMSC."

I received a couple of responses and the person the board unanimously appointed to the position was Marlys Cappaert. We were so impressed and excited with her response to our email (see below) that we knew she would be perfect for the job.

"I was intrigued at today's announcement for an OMS Program Developer. I have been looking for a way to give back. I have a passion for the water, and thrive on creating experiences for others to enjoy it. I have been involved with USMS for 20/30 years as a participant and would love to find a way to contribute. I have the USMS Level 3 coaching certification, the Red Cross Lifeguard certification, and I currently coach a group at Oregon State University.

"I know we have many good and vibrant programs in the Oregon LMCS and I would love to participate in

continued on page 14



Off the Block



Afraid to Try A Swim Meet?

It's easier than you think and lots of fun

[Dustin Poe](#)

Let's be honest: Masters Swimming is the best activity around. However, there are a lot of swimmers out there who don't take advantage of everything the sport has to offer. If you've never swum in a meet before, you're missing out on a huge part of the sport.

Whether you're nervous about swimming in front of people or are worried that you'll finish last in your race, you could be misinformed about what Masters meets are all about. Meets are surprisingly friendly and laid back, full of people just like you. Chances are many of them are about your speed, too, but if you never go, you'll never know. Here are a few reasons why you should consider checking out a Masters meet.

Competition doesn't have to be intense

If you're nervous about competing, don't think you'll be good enough, or are just simply embarrassed to swim in front of people, go to the next meet and just watch what unfolds. You'll see swimmers cheering for teammates, friends congratulating friends, and swimmers celebrating the accomplishments of people they don't know. Watch the meet, and see how accepting the environment is. You'll find it incredibly uplifting.

When I went to my first Masters meet, I was blown away by how people I'd never met before were coming up and talking to me and high-fiving me when I finished my races. If you go to a meet for any reason, go for the confidence boost. Most of



the swimmers on my team who choose not to compete are people who think they aren't good enough. And it's thanks to that thought process that people from other teams are winning their events. They're taking advantage of the fact that others don't think they are good enough. Here is the big secret: **You are good enough to swim in a meet, because it doesn't matter how good you are.** Fast or slow, you'll enjoy yourself and people will be friendly to you.

Use competition to test yourself

A lot of people are not aware that Masters meets are scored by age groups, so chances are, your smaller local meets won't have more than 10 people in your individual age group. This gives you a pretty good chance of doing well in at least one of your races. Last year I had an enthusiastic new swimmer who was afraid of swimming in a meet, so she came and cheered on her teammates. This not only lifted the atmosphere of our team, but she saw how Masters meets are not threatening at all. She ended up competing in the next meet and actually won one of her events.

Use meets to help you set goals

We all need goals or else we run the risk of the activity getting old and stale. Someone who only goes to

continued on page 6



Fit to Swim

Healthy Blood Pressure

Coach Aubree Gustafson

As a continuation of last month's article on *Stress*, I wanted to shed additional light on how to lower blood pressure and maintain healthy blood pressure levels. According to the Mayo Clinic, a normal blood pressure reading is 120/80. However, maintaining this normal level can be difficult because of stress. Stress is one of the recognized risk factors for increased blood pressure levels in most adults along with age, weight, diet and others. Frequent exercise, at least 30 minutes a day for the majority of the week, can help decrease stress and lower blood pressure. Even if you aren't actively working to decrease your blood pressure, regular work outs are helping you combat potential future issues. Below are nine other suggested ways to help maintain healthy blood pressure levels.

Another way to reduce blood pressure is to consume foods with higher levels of potassium. Potassium off-sets the effects of salt on the body. Adults should get at least 4,700 milligrams of potassium per day. Good sources of potassium are bananas (422 milligrams each), a baked potato with the skin (738 milligrams), orange juice (496 milligrams per cup) or yogurt, low-fat or non-fat varieties (531-579 milligrams per 8 ounces). As an added bonus, all the extra potassium should also help you combat cramping during or after workouts.

Avoid added salt. Increased sodium levels are found in processed foods. Stick to whole foods and check nutrition labels on grocery purchases to help maintain a healthy level of sodium in your diet. It is suggested that people with increased blood pressure levels keep their sodium intake under 600 milligrams per day.

Don't smoke and consume a reasonable amount of alcohol. Drinking too much alcohol can increase blood pressure; it is suggested to limit intake to two alcoholic beverages per day. If you do drink, having a drink with a meal may help reduce the effect of alcohol on blood pressure.

As you are continuing to work out, eating healthier and avoiding alcohol, you may also see a decrease in your waistline. Losing weight is another way to help reduce blood pressure. Excess weight makes your heart work harder and this extra strain can lead to hypertension. Losing weight can help reduce your cardiovascular work load and your risk.

Try yoga or meditation to help reduce stress and indirectly reduce blood pressure. These relaxation techniques include breathing exercises which have positive effects on the autonomic nervous system; the system that influences the function of internal organs and regulates heart rate, breathing and digestion.

Lastly, keep your caffeine consumption to a minimum. It is suggested that people with high blood pressure should limit their intake to two cups of coffee per day. Caffeine causes a temporary increase in blood pressure in healthy individuals. To determine if you are caffeine sensitive, take your blood pressure before consuming a caffeinated beverage, and then again after 30 minutes. If your blood pressure increases 5-10 points, you may be caffeine sensitive.

Some information adapted from health.com



Shake and Swim with “Bake” Anchor Arm Again

Coach Dennis Baker

I know I talk and write a lot about the “Anchor Arm” in Freestyle but it’s so important in maintaining a good stroke. It is definitely the number one topic I deal with when giving instruction. Let’s go over what the anchor arm is and ask ourselves some questions and talk about a few drills.

1. The anchor arm is the arm opposite whichever side you are breathing on.
2. The anchor arm holds you up in the water during your breath which is the instant that your body is in its worst position. If we didn’t have to breathe in freestyle we would be a lot faster.
3. Is your anchor arm still or moving when you breathe?
4. Is your anchor arm too low or near the surface of the water?
5. Have you had someone video your anchor arm to see if it’s moving?
6. Does your anchor arm stay up long enough for your

head to start coming back down into the water?

7. Is your hand grabbing onto the water?
8. Is your elbow higher than your hand or is it dropping too low?

Understand what the anchor arm is and ask yourself these questions and answer them honestly. Regarding drills for helping you with anchor arm position and feeling the grab of the water, here are a few I like to do.

- A) One-arm freestyle with anchor arm out front breathing every stroke.
- B) Closed fist swimming.
- C) Sculling.
- D) $\frac{3}{4}$ catch up stroke.

I can’t stress enough how important this is for your freestyle gang. It is unique to all the other strokes in swimming. Get to work on this and you will anchor yourself to a much better freestyle.

AFRAID TO TRY A SWIM MEET?

continued from page 4

swim practices isn’t getting everything she can out of the sport. Going to meets and seeing what other people your age are doing can help give you direction on how you want to swim. Have you ever experienced not being hungry and having someone walk into the room with a burger and fries? Hunger hits you right away. Going to a meet and competing with other Masters swimmers can have the same effect on your swimming. It has a way of inspiring and invigorating you.

Benefit from the social aspect

I have to brag about my swimmers here. They’re so good about cheering on their teammates. If any of my swimmers have just finished a race and are out of breath, invariably I will find that swimmer standing on the side of the pool with the rest of our team cheering on our next swimmer. To me, that’s what Masters Swimming is all about. Meets are such a good place for you to get to know your teammates and build lifelong friendships. This helps when you’re having a hard time finding the motivation to go to practice. It’s a lot easier to go if you know your friends will be there. I tell my swimmers, “Competition is a group of people striving together toward a common goal.” If you keep that in mind, swimming in a meet isn’t such a scary idea anymore. Be bold; give it a go! You won’t regret it.



Long Distance Swimming

Coach Bob Bruce

The highest distinction for a Masters long distance swimmer is to be named to the USMS Long Distance All-Star Team. To be considered for this honor, swimmers must participate in at least three of the eleven National Long Distance Championship events, including at least one open water and one postal event. Points are tabulated for placement in each event, much like our scoring in the Oregon Open Water Series. The top point-scorer in the nation in each age group—and only one from each age group—is named to the All-Star Team.

In 2014, eight Oregonians—that's right, eight—join eleven other outstanding swimmers in the nation in earning that honor. Think about this: Eight out of nineteen from one club! What an amazing feat! No other club in the nation had more than one Long Distance All-Star.

Bonnie Edwards (Oregon Reign Masters, Women's 40-44 age group) joins the All-Star team for the first time. Taking some time away from her position as OMS webmaster, Bonnie swam in one open water swim and all five postals, scoring enough points to top her age group.

Peggy Whiter (Central Oregon Masters Aquatics, Women's 70-74 age group) also joins the All-Star team for the first time. Peggy is a long-time OMS member who is having a renaissance in her swimming, winning the national 5-km open water, 10-km postal, and 3000-yd championships.

Matt Miller (Rogue Valley Masters, Men's 35-39 age group) has been named to the All-Star team for the third consecutive year. Despite a bad bike accident during the summer, Matt healed quickly and won the national 5-km postal, 10-km postal, 3000-yd postal, and 6000-yd postal championships.

Christian Tujo (Central Oregon Masters Aquatics, Men's 40-44 age group) joins the All-Star team for the first time. Chris swam in just one open water and two postal events but bested all comers in his age group, proving once again that they gotta show up to beat ya!

Hardy Lussier (Central Oregon Masters Aquatics, Men's 45-49 age group) joins the All-Star team for the second time. Taking a little time to get out from behind his grill, Hardy won the 5-km open water, 5-km postal, 10-km postal, and 3000-yd postal championships.

Bob Bruce (Central Oregon Masters Aquatics, Men's 65-69 age group) joins the All-Star team for the fifth time, having also been honored in 2007, 2009, 2010, and 2013. Bob swam in nine of the eleven championship races in 2014, winning the 2-mile cable, 10-km open water, and 10-km postal and placed second in four other championship events.

Ralph Mohr (Central Oregon Masters, Men's 70-74 age group) has been named to the All-Star team for the third time, having also been honored in 2011 and 2013. Ralph won the national one-mile title and scored lots of points by placing very high in all five postal championships. Ralph is the very active leader of the COMA coastal training group, and his swimmers are among the most active postal participants in the nation.

Dave Radcliff (Tualatin Hills Barracudas, Men's 80-84 age group) joins the All-Star team for the fourth time, having also been honored in 2009, 2011, and 2013. Dave won every USMS national championship event that he entered this year, including the 2.4-mile open water, 5-km open water, 1-hour postal, 3000-yd postal, and 6000-yd postal, all postals and cable swims in National Record time.

continued on page 14

Records & Results

Chehalem Meet —SCY

January 31, 2015; Newberg, Oregon
Sanction #375-S001

Results for this meet can be found at:

http://swimoregon.org/results_pdfs/2014-2015/ResultsChehalem_SCY_Splits.htm

NEW RECORDS ESTABLISHED: 5 OREGON, 2 PNA, 6 ZONE, 3 NATIONAL

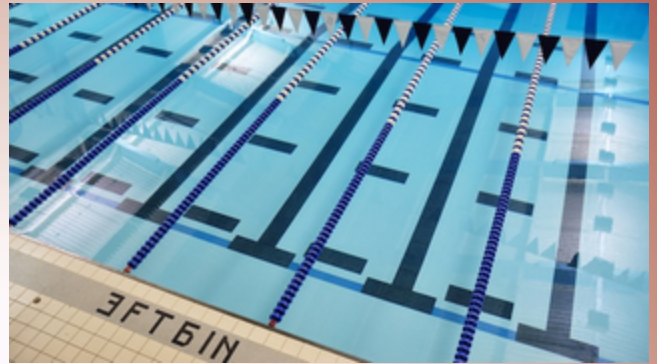
Individual

Men 55-59	100 Yard Butterfly	Lacount, Curt	56	OREG	59.55	Oregon
Men 65-69	500 Yard Freestyle	Kirkland, Dan	66	UC36	5:34.54	PNA, Zone, National
	1000 Yard Freestyle	Kirkland, Dan	66	UC36	11:25.42	PNA, Zone, National
Men 75-79	100 Yard IM	Nakata, Ronald	75	OREG	1:20.56	Oregon, Zone
	200 Yard IM	Nakata, Ronald	75	OREG	3:01.63	Oregon, Zone
Men 90-94	200 Yard Freestyle	Lamb, Willard	92	OREG	3:18.81	Oregon, Zone, National

Relay

Mixed 35+ 800 Yard Free Relay				OREG	8:14.22	Oregon, Zone
	1) Skinner, Sonja 38	2) Miller, Matt 37				
	3) Johnson, Serena 37	4) Sullivan, Scot 48				

Less than one-third of USMS swimmers identify themselves as “competitors” — but we all swim because we love swimming and want to be fit. Swimming is one of the most popular forms of aerobic exercise, and it is an excellent activity for anyone who wishes to get fit and stay fit. Below is the third of a series of articles to encourage fitness swimmers to try competition to see whether it “fits” you. You may be surprised!



Masters Swimming 101

Yards and Meters

Jim Harper*

Coaches will give instructions mainly in terms of distance (or yardage) and time. Most American pools are 25 yards in length and are known as **short course yards** pools or **SCY**. To understand the sets, you'll need to add by multiples of 25.

50 yards = 2 lengths of a 25-yard pool

100 yards = 4 lengths of a 25-yard pool

200 yards = 8 lengths of a 25-yard pool

500 yards = 20 lengths of a 25-yard pool

Olympic-sized

If the pool is 50 meters, you'll know it. These courses are also called **long course meters** or **LCM**. Now you'll add by multiples of 50.

50 meters = 1 length of a 50-meter pool

100 meters = 2 lengths of a 50-meter pool

200 meters = 4 lengths of a 50-meter pool

400 meters = 8 lengths of a 50-meter pool

Usually, the American system of yards prevails during the school year, and the international system of meters prevails during the summer. A third distance, 25 meters, also known as **short course meters** or **SCM**, is the least common. For pools that are set up for 25 meters, SCM meets usually occur in the winter.

*Jim Harper is an All-American Masters swimmer and coach in Miami who writes about health and nature.

Swimmer Spotlight

Name/Age **Mark McAllister / 50**
Local Team: **Lebanon Swim Club (Age Group)**

Hello!!! My name is Mark McAllister, and I reside in Lebanon, Oregon with my wife, Stacy, and my three children, Eddie (17), Natalie (17), and Masen (15). I have been a self-employed carpet cleaner since 2001. I am also a substitute school teacher. I enjoy playing the bass guitar and play in several bands, my favorite band to play in is with my son Eddie (he is a rockin' guitar player!!!)

I started swimming in 1969, when I was six years old, in Lebanon, OR. I was able to enjoy all of the great things that go along with the life of a young swimmer; making friends and learning discipline, as well as going on weekend swim meets, which meant traveling and camping out. (Awesome fun for a small town boy like me). I swam through high school and by the age of sixteen had earned seven Lebanon High School records and was the district champion in the 100 backstroke my junior and senior years. What an amazing eleven year career I had. I still enjoy looking through my scrapbooks and remembering the glory years.

OK. Fast forward from 1980 to 2012. Something has got to change!!!

After a 32 year break from swimming and after turning 49, my life had gotten to the point where I was overweight, could barely tie my own shoes and had a hard time getting through a day's worth of work. I would feel winded just by doing short small everyday tasks.

So for my birthday, in March of 2012, I bought myself a pool pass. I went to the pool to enjoy some lap swimming. I managed to swim 800 yards that first hour of my new hobby. I did not realize how out of shape I was until that moment. I knew it was bad, but really? I was not able to get back to the pool for a week because I was completely worn-out. But, the following week, I did manage to swim another hour and finished my work-out with 900 yards. Yay!!! Improvement!!! For the next two weeks I made it to the pool once a week and was able to swim 1200 yards during my swimming sessions.

Moving on.

April: — I was able to endure two workouts a week of 1200-1500 yards.

May: — I was able to swim three days a week and my

goal was 100 lengths (2500 yds.) per workout.

I finally made my goal in June.

Things are changing

I was able to redevelop a solid habit that I learned in my youth. Going to the swim pool became a part of my everyday life again. Sometimes when swimming at the pool I would see the club coach, Lorlee Engler (we swam on swim team together when we were kids), and she noticed I was getting into swimming shape and asked if I wanted to join the swim club. I didn't know I could, and Lebanon doesn't have a Masters' team, so I was pretty excited. I was able to join the Lebanon Swim Club, YAY!!!

Trying to keep up

Here we are into June of 2012. I was finally to the point where I could work all day and then go to swim practice and still have energy to do other things. Oh yeah, did I mention that I now weigh 205-210 lbs., when four months earlier I was 242 lbs. Thirty pounds gone!!! That is life-changing. I do have a brand new life. But, when I am swimming next to state champions and other very fast youth I am realizing the long road I still have ahead of me. I am learning all of the new swimming rules and stroke techniques and also, I am working on doing flip turns throughout the whole practice.

Time for some swim meets

August 2012. -- I signed up for a few events. My big challenge, the 500 free. I am not really sure what to expect since I haven't swam a competition since 1980. My goal was to finishing with 19 flip turns. Well I did finish, but only managing 13 flip turns and several open turns (to gasp for air), with a 7:03.79. At least now I have a starting point. In October, I swam the 100 free for the first time, thinking I could probably break a minute, I got 1:02.34, not bad for an old man, ha ha!!!

Setting new goals — I have to break a minute in the 100 free!!!!

November 2012: 1:02.52

January 2013: 1:01.14

continued on page 14



Swim Bits

Kicking—More Important Than You Think

by Ralph Mohr
Central Oregon Masters Aquatics (COMA)

This winter I was asked via email an interesting question by a 60 year old woman who is primarily a lap swimmer.

"A couple of us are having a debate on whether it is better to lap swim with or without fins for improvement in swimming. I know to use them for a limited part of your workout is usually what is recommended vs. the entire time. But I can't find the explanation online."

My answer: "I think you have to do both. Swim with arms without fins and kick with fins. That is what I do. I do no kicking without fins. Fins give most swimmers a false sense of ability if they use them all the time. Swimming, except for breaststroke, is an upper body exercise. Using fins turns it into a leg exercise."

I have found that kicking with a kickboard is not acceptable for me for three reasons. Swimmers use it as lazy time to talk with friends; it arched my back too much in one direction only; I was too blasted slow.

Kicking with fins (and lot of it underwater) allowed me to get more yardage in the same time; I could kick underwater both flutter and dolphin, especially off the wall; and it's impossible to talk to someone with my face in the water.

While kicking, my hands are locked together out in front (I grab one thumb or overlap my hands with my arms straight and body streamlined), and I try to have my feet past the backstroke flags before I surface after a turn. Swimmers should dolphin kick off every wall anyway. That's what Phelps and everyone else at his level are doing.

A friend of mine, a professional triathlete, chimed in on kicking. He said, "I'll tell y'all one thing, when I had my head injury and couldn't turn my head for 6 months, I did all my workouts kicking with fins. My legs have never been stronger. I still do some major kick sets with fins to this day, up to 2-3k as part of a larger workout (probably once a week)."

He continued, "If you're a pool competitor, think about vertical kick sets as well, especially for the sprinters. Triathletes, I would save major kick with fin sets for base season. They are too much during race season."

Last summer I was having trouble with a possible groin pull at the beginning of open water season. I couldn't figure out what was wrong. It hurt whenever I lifted my head to sight for directions.

My triathlete friend took care of that. He said, "You're not kicking enough." "What?" I replied. "I thought you weren't supposed to kick in long distance."

"Nope," he said. "You have to kick enough all the time to keep your legs up and so you don't arch your back. That's why your groin is hurting."

He's right. I started kicking more, in practice and even in a 10K, and no more groin problems.

So throw away that kick board. Get a pair of stiff fins. I use Churchill Boogie Fins, partly out of nostalgia (I want to swim with them again in Hawaii) and partly because they work my legs hard. Kick more in practice, and do kicking sets with fins.

For more information: http://www.usms.org/articles/articledisplay.php?aid=3061&utm_source=SLC+January+2015&utm_campaign=SLC-January+2015&utm_medium=email

Joe Wise

by Eric Owens

Joe Wise's death sentence came at an early age. In 2002, at the age of 9, Joe Wise was diagnosed with mitochondrial myopathy — a severe muscular disorder affecting his legs, hips, core muscles and lungs. Normal tasks that most people don't give a second thought to, like breathing, are a matter of life and death for Joe. At the early age of 9, doctors told him and his family he would not live to see the age of 15. However, instead of accepting this deadly prognosis, Joe Wise made the decision to live his life to the fullest.

In 8th grade, Joe was using a wheel chair, and having an extremely hard time walking. After doing a lot of leg exercises to strengthen his muscles, he was once again able to walk on his own. Joe now uses a life support volume ventilator every day which helps him breathe because his lungs are so weak. Wise attended Loyola University Maryland in Baltimore, Maryland where he was a member of the men's swimming team.

Unfortunately, as Joe's swimming achievements progressed, so did his disease. The prognosis is not good. Yet, Joe is not only alive, but he was a significant factor on the United States Paralympic Swim Team. In 2008, Joe was chosen to represent the United States in the Paralympic Games held in Beijing, China. However, this 19-time American record holder was not done yet. Joe, while attending Loyola Maryland University, and as a member of its NCAA Division I Men's Swim Team, was named to the 2012 U.S. Paralympic Team for London, England.

Joe's life has been a roller coaster ride with his disease, but the one thing that has always remained constant is his determination to reach his goals of competing in swimming events. He firmly believes that swimming has been, and continues to be, his lifeline. Doctors are stunned by Joe's achievements, and his utter defiance of their dire prognosis.

Quite simply, Joe's swimming appears to have significantly slowed the progression of his Mitochondrial Myopathy. Armed with an assiduous sense of contagious optimism, Joe approaches every single day as a gift and as an opportunity to make a difference. It is hard to be around him and not catch it. He never complains. He never feels sorry for himself. His plight and the palpable courage with which he battles for his life every day forces others to put into perspective the comparatively minor troubles they may face each day. Joe does make a difference.

Like most swimmers, Joe values the intense camaraderie he developed with his teammates. And, like most teenagers, hanging out with his swimming friends, eat-



ing, watching movies and playing video games were all part of his routine. But it is his time in the water, pacing against the clock, pushing himself to the limit every day in the pool, and relishing the challenge, that he credits with his survival. And so, he swims, always with optimism, a ready smile and a word of encouragement to those around him.

Ironically, his disease has presented unique opportunities that Wise fully embraces. He has traveled all over the world competing as a Paralympic athlete, Beijing, China; Rio De Janeiro, Brazil; Eindhoven, Netherlands; Canada; Puerto Rico, and soon London, England.

With future dreams firmly set, Joe refuses to give into this deadly disease. Although he relies on a volume ventilator (life support) and medication every day, Joe looks at the bigger picture. He considers his medical challenges an opportunity rather than an obstacle. Those who have been fortunate enough to know and train with Joe would say that his greatest achievement is the indelible, positive impact he leaves on all those around him. He simply elevates others to be the best they can be as he meets and beats seemingly insurmountable odds, with a most humble persona and hopeful outlook.

When Joe is not busy training and doing school work, he provides updates on his swimming and health on his Facebook Fan Page. With each post, he strives to motivate others, living by the motto "Never give up. Keep fighting".

On December 3, 2013, Wise announced his retirement from swimming due to health issues.



Thank you OMS Sponsors!

Julie Ahrendt
Jon Anderson
Elke Asleson
Peter Berghaus
Lou Boone
Robert Brasket
Michael Brinster
Martha Cannon
Tim Cespedes
Ned Chastaney
Linda Coffeen
Pat Cotter

Colette Crabbe
Stephen Darnell
Arlene Delmage
Earl Ellis
Christina Fox
Karen Gaffney
Jane Garrick
Dan Gipe
Kristi Gustafson
Sue Harrington
Michael Hauty
Charlie Helm

Stephen Kevan
Willard Lamb
Roy Lambert
Lori Lamoureux
Allen Larson
Craig Limoges
Michelle Macy
Jeanne Magmer
Steve Mann
Karl Mawson
Scott McKay
Jan Irene Miller

William Motter
Keith Peters
Susan Pettit
Mike Peyton
James Proffitt
John Raisin
Abbie Rankin
Sandi Rousseau
Jon Schieltz
Bonnie Speer
Scot Sullivan
Jeanna Summers

Charlie Swanson
Mike Tennant
George Thayer
Tyler Thessin
Nancy Vincent
Jeffrey Wannamaker
Dick Weick
Kermit Yensen

Note from Elfie Stevenin

I miss you all. I am less and less around anymore, due to nerve pain in both feet, but I will never forget any of you. Your swim friend, Elfie Stevenin

Announcing—the GEAR EXCHANGE

Jeanna Summers, OMS Souvenirs

Ever wondered what to do with that set of almost-new paddles that tweaks your shoulder every time you use them? Or how about that new suit that raises welts on your shoulders if you swim over 500 yards? Consider donating them to the new OMS Gear Exchange! The Gear Exchange is a simple plastic bin, ready to accept good usable swim apparel and equipment. (Not to be confused with a garbage bin please! If your item is well-worn or broken, please donate instead to a charity or even the trash) Now for the better part: items in the Gear Exchange bin are available for OMS members to take, as long as it is something they think they will use! Free shopping! You could take an item of interest, give it a whirl, and return it back to the bin if it doesn't work for you.

The Gear Exchange bin will make its first appearance on day 2 of the Oregon City meet on Sunday, March 8. It will be at the Souvenirs table. The next opportunity will be at the Association meet in Corvallis. Watch the Aqua Master and the OMS website for updates on the Gear Exchange. And take a look around to see what you may have to pass on. Your item might have a new life waiting with a grateful OMS swimmer!

Willard Lamb — New National Record USMS One-Hour Swim

January 29, 2015 — Steve Darnell timed for Willard Lamb as Willard swam the one-hour swim. Steve wrote this report.

The current National record in Willard's 90-94 age group is 2,330 yards, set in 2013.

Willard (now 92) crushed that National record by swimming 2,991 yards! (the lifeguard guessed that he was about 70 years old.)

If you see Willard at a swim meet, you might offer congratulations on his great one-hour swim!

Awards Nomination Needed

By Ginger Pierson

Be sure to get your nomination(s) in for the annual awards presentation. You probably have someone on your team that deserves one of these—the Connie Wilson Memorial Award; the Ol' Barn Award; the Hazel Bressie Spirit Award; the Gil Young Spirit Award; and the OMS Special Service Award. (Definitions are on the web site). Please honor your teammates with a nomination.

Please send nominations by March 28 to gingerpierson7857@comcast.net.

CHAIRS CORNER

continued from page 3

seeing it grow. I believe I have a lot of experience and credibility in problem solving which I think would be paramount to the creative solutions necessary for growing/starting programs."

Since Marlys started in the new position last Fall, she has attended an in-depth workshop conducted by USMS on program development, participated in the OMS board's retreat in October, traveled around the state visiting pools, emailing and/or calling pool administrators asking about their adult aquatic programs, talking to swim instructors and coaches, got the Oregon Governor to proclaim April as 'Adult Learn to Swim Month' and is working with the Washington Governor to do the same. OMS has recently registered two new workout groups - one in Mt Park and one in Sandy. Marlys will also attend a certification course in the Adult Learn to Swim (ALTS) curriculum and teach an ALTS class at Oregon State University this April.

We welcome suggestions for pools or people interested in forming workout groups. OMS and USMS is committed to helping new programs get started and can provide support in all aspects of program development. If you have any suggestions, comments, questions, etc., please feel free to contact Marlys or an OMS board member.

SWIMMER SPOTLIGHT

continued from page 10

March 2013: 1:00.53

June 2013: 1:00.45

FINALLY!!!! January 2014: 59.73

YAY!!!! My best to date is 59.29.

My goal now is to get national qualifying times in several events, I have two so far!!!

Looking back on these three years of swimming

It has been an awesome experience!!! It has saved my life!!! I can swim 5 days a week, I can keep up with the swimmers in my lane for a full workout. I do all my flip turns, even when swimming 1650s. I am almost to break 6:00 in the 500 free as well. Two of my children have started swimming with me. My son Eddie lettered his freshman and sophomore years and is doing well again this year, and Masen, my youngest, is a freshman and is enjoying swimming on the Lebanon High swim team. I look forward to seeing all of you in the pool soon. Keep up the good work everyone!!!

—submitted by Denise Stuntzner

LONG DISTANCE SWIMMING

continued from page 7

These eight swimmers are now listed among a distinguished group of nineteen Oregonians who have been named to the USMS Long Distance All-Star Team, an elite list of swimmers that includes Steve Johnson (2001, 2004, 2005, & 2008), Mary Sweat (2003, 2005, 2006, & 2008), Tom Landis (2008 & 2012), Lavelle Stoinoff (1995), Pam Himstreet (2001), Sara Quan (2001), Gina Dhom (2002), Ray Allen (2004), Doug Asbury (2007), Jackie Parker (2008), and Arlene Delmage (2010). Congratulations to all our All-Stars for their outstanding achievement!

Good luck and good swimming!

New Sports Medicine Blog!

from USMS

The members of the USMS Sports Medicine and Science Committee have created a new blog on the USMS Forums where they will be posting information of interest to Masters swimmers. In addition to sharing articles, studies, and research findings related to swimming and sports medicine, the committee will also be posting answers to some of the frequently asked questions they receive. To subscribe to the blog, go to:

http://forums.usms.org/blog.php?48740-Sports-Medicine-Blog&utm_source=SL+February+2015&utm_campaign=SL+Feb+2015&utm_medium=email.

You will receive email notifications when new items are posted.

Below is the first post by Jessica Seaton on Staying Young:

The New York Times reported on an article that appeared recently in *The Journal of Physiology* that looked at the influence that being physically active has on aging. The researchers evaluated 85 men and 41 women between the ages of 55 and 79 who bicycled regularly. The men had to be able to ride at least 62 miles in 6.5 hours and women 37 miles in 5.5 hours. The researchers compared the testing results against the data from previous studies on older people and against each other. Not surprisingly to Masters swimmers, the cyclists did not show their age in many parameters: level of balance, reflexes, metabolic health, and memory ability. Many of these are measures that reflect how well an individual will function in the world. With all this good news there are still some facets of aging that are inevitable: a decrease in aerobic capacity, endurance and strength with advancing age. However, the athletes still showed less decline than their sedentary counterparts.

Oregon Masters Swimming: TENTATIVE Open Water Race Schedule for 2015 (as of 25 Jan 2015)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Status
Sat 16 May	1	JFSC OW Clinic	Bend	COMA	Bob Bruce	Basic Open Water Clinic	xx	Unaffiliated
Sun 17 May	1	Lake Juniper (pool)				1200-meter	Featured	Unaffiliated
Sun 31 May	1	Hagg Lake	Forest Grove	PTriClub	Joie Matteo	2000-meter 800-meter 4000-meter	Featured Qualifying Featured	Unaffiliated
Sat 27 Jun	1	Foster Lake Cable Swims	Sweet Home	COMA	Bob Bruce	2-mile cable (Nat'l Champs) 1-mile cable	Featured Featured	Sanctioned 375-W001
Sun 12 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS,LLC	Marisa Frieder	17-km downriver	Featured	Unaffiliated
Sat 18 Jul	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Andy Gramley	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter 1500-meter 3 x 500-meter Pursuit Relay	Qualifying Qualifying Featured Featured Participation	Sanctioned 375-W004
Fri 31 Jul Sat 1 Aug Sun 2 Aug	3	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 500-meter 1500-meter (Ass'n Champs) 5000-meter 1000-meter	Qualifying Qualifying Featured Featured Qualifying	Sanctioned 375-W002
Sat 15 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	COMA	Bob Bruce	3000-meter 500-meter Predicted Time 1500-meter	Featured Participation Featured	Sanctioned 375-W003

Swimmers must participate at three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all swims. Featured and qualifying events score points by place. Participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

Aqua Master

March 2015

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

Place
Stamp
Here

Records For: Chehalem Meet —SCY

Looking Ahead . . .

OMS Board Meetings (contact a Board member for location)



March 9, 2015
April 11, 2015 Annual Meeting

May 11, 2015
June 8, 2015

July 13, 2015
August 10, 2015

DATE	COURSE	MEET	LOCATION
March 7-8	SCM	Oregon City Spring Ahead	Oregon City, OR
April 10-12	SCY	OMS Association Championships	Corvallis, OR
April 23-26	SCY	USMS Spring National Championship	San Antonio, TX
May 16-17	OW*	Lake Juniper (with OW Clinic)	Bend, OR
May 16	LCM	COMA meet	Bend, OR
May 31	OW*	Hagg Lake	Forest Grove, OR
June 6	LCM	THB Pentathlon	Tualatin Hills, OR
June 27	OW*	Forest Lake Cable Swims	Sweet Home, OR
July 12	OW*	Portland Bridge Swim	Portland, OR
July 18-19	OW*	Applegate Lake Swims	Ruch, OR
July 31-Aug 2	OW*	Cascade Lakes Swim Series	Bend, OR
Aug 15	OW*	Eel Lake Swims	Lakeside, OR
August 6-9	LCM	USMS Summer National Championship	Geneva, OH

*Open Water details on page 15

Summary . . .

**Records For:
Canby Animal Meet —SCY**

Looking Ahead . . .



DATE	COURSE	MEET	LOCATION
March 7-8	SCM	Oregon City Spring Ahead	Oregon City, OR
April 10-12	SCY	OMS Association Championships	Corvallis, OR
April 23-26	SCY	USMS Spring National Championship	San Antonio, TX
May 16-17	OW*	Lake Juniper (with OW Clinic)	Bend, OR
May 16	LCM	COMA meet	Bend, OR
May 31	OW*	Hagg Lake	Forest Grove, OR
June 6	LCM	THB Pentathlon	Tualatin Hills, OR
June 27	OW*	Forest Lake Cable Swims	Sweet Home, OR
July 12	OW*	Portland Bridge Swim	Portland, OR
July 18-19	OW*	Applegate Lake Swims	Ruch, OR
July 31-Aug 2	OW*	Cascade Lakes Swim Series	Bend, OR
Aug 15	OW*	Eel Lake Swims	Lakeside, OR
August 6-9	LCM	USMS Summer National Championship	Geneva, OH

*Open Water details on page 15



**JUST KEEP
SWIMMING**

OMS Board Meetings

(contact a Board member for location)

March 9, 2015
April 11, 2015 - Annual Meeting

May 11, 2015
June 8, 2015

July 13, 2015
August 10, 2015

Let's Swim