



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

Volume 43, Number 6

Published 10 Times Yearly by OMS, Inc.

July 2016

"Wonderful Water Weekend"

**by Rebecca Ducore—Oregon City Tankers*

Swimmers from across the Pacific Northwest convened in beautiful Bend, Oregon, for a weekend packed with events under the banner of a "Wonderful Water Weekend." Saturday's schedule included a morning open-water clinic at the Juniper Swim & Fitness Center, followed by a meet in the LCM outdoor pool, and continued on Sunday with an open-water style buoy swim at the pool, and a pancake brunch social event to close the activities.

Saturday started well, with beautiful, clear skies and temperatures in the upper 60s. Swimmers participating in the open-water clinic enjoyed the heated pool and fine weather. Coach Bob Bruce led the clinic, and covered instruction in the pool for straight-line swimming, how to swim in crowds, and navigating and rounding buoys.

A total of 67 swimmers signed up for the LCM meet, swimming 267 entries over the 25 events. Ages ranged from 25 to 94 years old, representing Nike, Oregon Masters, Puget Sound Masters, Swim Fort Lauderdale, Victoria Masters Swim Club, and Unattached swimmers from Oregon, San Diego-Imperial, and Snake River LMSCs. As warm-ups started for the LCM meet, the skies began to darken and storm clouds rolled in. Swimmers' spirits remained high, and warm-ups proceeded as planned up until 12:48 p.m., when lightning was sighted on the horizon. The pool and deck were quickly cleared, as swimmers and officials alike scrambled to gather their belongings and move to safety. Luckily, the Juniper pool deck was adjacent to the indoor fitness center and pool, with a window-lined hallway that looked out onto the LCM



Juniper Swim & Fitness Center

pool. Swimmers propped up their chairs and dumped their gear through the hallway and set up temporary camp as everyone waited for the weather to clear. Bob Bruce broke out the cookies and passed them around as swimmers chatted, keeping spirits high despite the bad weather. Thunder and lightning continued to plague the event, but eventually everyone was given the "all clear" a little after 2 p.m., and returned to the deck to get the meet underway.

The rest of the meet went off without a hitch, thanks to meet director Bob Bruce, referee Ken Hansen, clerk of course Barb Harris, announcer Kristen Brown, ET Audrey Robeson, officials Val Houghton, Kristin Winslow, and Judy Miller, and the volunteer timers. Many thanks for keeping operations moving smoothly and near on-schedule despite the hour+ weather delay! Swimmers enjoyed
continued on page 13

Oregon Masters Swimming, Inc.
Board Members

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

Vice Chairman - Sanctions
Robbert van Andel
swimmer1974@gmail.com 503-925-8085

Secretary
Michelle 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

CONTENTS

Regular Articles

- 3** Off the Block
- 4** Setting the Pace with Coach Tim

Records & Results

- 5** USMS Spring Nationals SCY
- 5** Road to Nationals LCM
- 5** Dual-Sanctioned Beaverton Meet LCM
- 5** Oregon Senior Games-SCY

Articles/Announcements

- 6** Team Life
- 9** Swimmer Spotlight
- 10** Swim Bits
- 11** Whitewater Showdown in Tournament Town
- 13** Association Meet Photos
- 15** Open Water Schedule
- 15** Miscellaneous Information

Event Schedule — Back Page

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

Awards (Annual).....

Coaches Chair Tim Waud
timpwaud@gmail.com 503-341-3152

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.....

Long Distance Chair Bob Bruce
coachbobbbruce@gmail.com 541-317-4851

Membership..... Christina Fox
foxxkohner@peak.org 541-929-5991

Officials (swim meets) Jacki Allender
jacki.allender@gmail.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

Club Reps
OREG
DUCK Bridget Shepherd & Lindsay Miller
uoswim@uoregon.edu
USMS Sandi Rousseau
swim@gorge.net 541-354-2580

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

Web Masters Bonnie Edwards & Matt Miller
pdxbon@comcast.net Bonnie 503-288-5140
matt@flytrapcare.com Matt

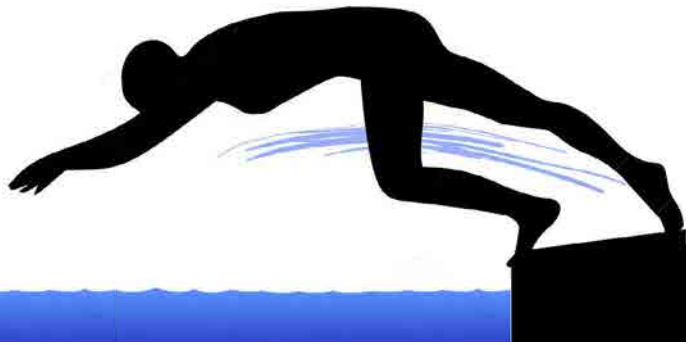
Principal Founders of OMS:
Connie Wilson
Earl Walter

United States Masters Swimming Inc., cannot 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. 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 Christina Fox
Volume 43, Number 6, July 2016

Off the Block



The Joy of Swimming

"There's something about the water that invites us to jump in. And when we do, we are immersed in fun, in joy, and in love."

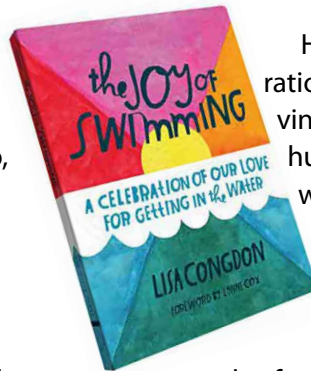
— Lynne Cox, from the foreword

A recent Masters Swimmer on the Willamette Valley Aquatic Club Masters team (they are no longer active) in Portland, OR, has published a book about swimming. Her name is Lisa Congdon and her book came out April 19th.

Lisa Congdon, bestselling author of *Whatever You Are, Be a Good One*, presents a colorfully illustrated tribute to our universal love for swimming: *The Joy of Swimming: A Celebration of our Love for Getting in the Water*. Congdon brings her personal passion as a lifelong



swimmer to this beautiful and thoughtful collection of words and imagery about one of the world's most treasured past-time and athletic endeavors.



Here you'll find hand-lettered inspirational quotes; illustrated collections of vintage swimsuits; a chart of the average human's swimming speed compared with other animals; great moments in Olympic swimming history; vintage pool signs; the rules for public swimming pools around the world; and much more. *The Joy of Swimming*

also features dozens of watercolor portraits paired with personal stories about swimmers both historic and everyday, from Gertrude Ederle, who in 1926 became the first woman to swim the English Channel; to Amanda Commodore, a 13-year-old Native American competitive swimmer; to 92-year-old Paul Cryan who

took up the sport when he retired 30 years ago and still swims three days a week.

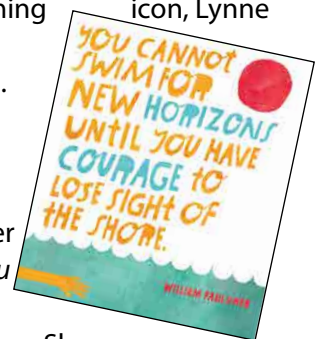


An emphasis on swimming as a way

of life makes this volume one that will speak to serious swimmers and vacation paddlers alike. The book's foreword is written by distance swimming icon, Lynne Cox, who has broken record after record in long-distance swimming.

About the Author

Lisa Congdon is an artist, illustrator, author, and avid swimmer whose books include *Whatever You Are Be a Good One*, *Fortune Favors the Brave*, and *Art Inc.*, among others. She lives in Portland, Oregon. Foreword writer Lynne Cox is a record-breaking long-distance swimmer and bestselling author who lives in Southern California.



More information: www.thejoyofswimmingbook.com

Setting the Pace with Coach Tim

Coach Tim Waud
OMS Coaches Chairman



Warm-up, Warm-down, and Recovery in Swimming

Warm-up

Warming up for practice and competition is vital to swimming performance. The hardest part of swimming is just getting into the pool. Warm-up is a physical and mental process that can vary immensely from person to person. Mentally we need to get into the right mind set and we need to prepare our physical being for the demands we will put our body through. Experiment with your warm-ups and find out what works best for you.

A warm-up is not defined by distance or minutes, but rather by what kind of swimming you do and, to a certain extent, how you feel. When your body is warmed up, you will be able to change swimming speeds effortlessly. Some days you will need far fewer laps to warm up than on other days, when you may swim for an hour and still feel sluggish trying to break into a sprint. The amount of swimming it takes to warm up depends on a number of variables, both internal and external: from where you are in your training cycle, to how much sleep you've been getting, to what you've eaten, to the water temperature, to the time of day. Age plays a role too. Masters swimmers tend to need a longer, more gradual warm-up.

Be on time for practice and competition. Getting to the pool on time for practice and competition is important, and not just because every lap of warm-up counts. Rushing around causes stress (both mental and physical) that can be detrimental to athletic performance. If you are running late, the best thing to do is accept it, relax, and just start swimming easy, as if you were on time.

Smooth Swim Perfect (SSP) swimming. Start every warm-up with some smooth swimming. There is a difference between smooth swimming and lazy swimming. Smooth swimming is mindful and has perfect technique,

while lazy swimming is mindless and sloppy. Once you've swum an appropriate distance, start swimming drills. Swimming drills and kick drills are a great way to rehearse technique and also work on warming up your legs. Kick sets are very important to warming up leg muscles because they consume a large amount of oxygen.

Warm down

Part of an effective and proper swim session, whether it's an early morning practice or an important meet, is restoring your body. Part of a total performance swimming plan is recovery and the cool down exercises that you do after working out. Warming down is also an important step in helping muscles clean out the lactate and other waste that has accumulated during rigorous exercise. When you swim at high intensities, metabolites like inorganic phosphate, lactate, ADP, and hydrogen ions build-up in your body and can compromise your next swimming performance. A proper warm down facilitates the removal of lactate after a race or intense swim session.

There are numerous studies that show swimmers having better performance with a proper warm down. Studies from the *Journal of Swimming Research* show that "an active recovery between events (which was essentially a cool down from the first race), resulted in improved performance versus the passive recovery." Warming down after each race is going to help you have better performance in the next race, so make it part of your routine.

Recovery

John Underwood, the founder of the *American Athletic Institute-Human Performance Project* and an interna-

continued on page 14

Recent Meets & Records

2016 U.S. Masters Swimming Spring National Championship

April 28 - May 1, 2016; SCY; Greensboro, North Carolina

Results for OREG for this meet can be found at:

<http://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20160428ramgsaY>

OREG Records established at this meet

| Age Group | Event | Name | Age | Time | Record |
|-------------|---------------------|-----------------|-----|----------|--------|
| Women 25-29 | 50 Yard Freestyle | Hailey Bambusch | 25 | 24.53 | Oregon |
| Men 55-59 | 1650 Yard Freestyle | David Hathaway | 55 | 19:22.47 | Oregon |

Road to Nationals — LCM

May 14, 2016; Bend, OR

Results for this meet can be found at:

<http://swimoregon.org/results/>

Oregon LCM Pentathlon records established at this meet

| Distance | Age Group | Name | Time |
|------------------------------|-------------|-------------------|----------|
| Sprint Distance (400 meters) | Women 45-49 | Shirlene Gonzalez | 6:52.13 |
| Mid Distance (600 meters) | Women 70-74 | Ginger Pierson | 12:02.37 |
| Long Distance (1200 meters) | Men 35-39 | Matt Miller | 17:32.53 |

Tualatin Hills Dual-Sanctioned Meet — LCM

June 3-5, 2016; Beaverton, OR

Results for this meet can be found at:

<http://swimoregon.org/results/>

OREG Records established at this meet

| Age Group | Event | Name | Age | Time | Record |
|-------------|--------------------|----------------|-----|---------|--------------|
| Women 30-34 | 100 LCM Backstroke | Sara Shepherd | 34 | 1:11.47 | Oregon |
| Women 60-64 | 400 LCM I.M. | Colette Crabbe | 60 | 5:56.40 | Oregon, Zone |

Oregon Senior Games — SCY

June 11, 2016; Bend, OR

Results for this meet can be found at:

http://swimoregon.org/results_pdfs/2015-2016/ResultsOregonSrGames_SCY_20160611_Splits.htm

NO new records established at this meet

Team Life

What in the World is a CBAT?

By Marlys Cappaert and Sandra Uesugi

Whenever we check in at swim events, there is always a little stumbling and mumbling over our long team name: "Circumnavigating Beaver Aquatic Team." We smile in response to the quizzical looks and just say, "CBATs for short." The story of how we got our name is about as long as the name itself.

Our origins stem from a M-W-F noon hour swim workout class within the Faculty Staff Fitness (FSF) program at Oregon State University. Celebrating its 30th anniversary this year, the FSF program was founded in 1986 by OSU men's swim coach Bill "Coach" Winkler. Coach was devoted to fitness, fellowship and a little friendly competition. He had a loyal and well-deserved following. In the early years of the program, one had to line up at 5 AM on registration day to get a coveted spot in the class.

Coach would often conjure up class activities to ensure our attendance, interest and participation. At the start of the 1991-92 school year, he announced we would be swimming the 2,385 miles from Newport, Oregon to Hawaii as a group, tallying up every swimmer's yardage from each workout like a virtual relay. Just before that school year was over, Coach announced that we had arrived in Honolulu Bay, Maui! However, our victory was short lived. Coach decided that we would continue on with the goal of swimming around the world. We started logging yards once again. An oceanographer in our group dutifully tracked our mileage and mapped our progress across the Pacific Ocean, Indian Ocean, through the Suez Canal, the Mediterranean Sea, the Atlantic Ocean, Caribbean Sea, through the Panama Canal, and back into the Pacific. It took just over 8 years to complete the 25,612-mile journey, finally arriving back in Newport in spring 1999. A couple years later when we formally registered as a USMS team, the choice of name was obvious: Circumnavigating Beaver Aquatic Team.

Though the CBAT has been swimming together for decades, we don't often show up in force at organized USMS events. You are much more likely to find us out in a lake, pond, ocean, river...or other large puddle. CBAT John Gabriel looks at any body of water and challenges, "I bet we could swim across that!" CBAT Jack Istok pulled out *The Oregon Atlas of Lakes* and decided we should swim across every lake in Oregon larger than 50 acres. There are over 200, and Jack has crossed more than half of them, recruiting many of us to join him on these adventures. These occasionally include some extra adventure, an inadvertent trespass, and always plenty of snacks. Waldo Lake is one of our favorites, a true Oregon gem.

We have also enjoyed many a warm summer night swim under a bright full moon, a popular annual tradition. Of course, safety is paramount. We recruit friends to be safety kayakers and wear glowing bracelets for visibility. Among the notable was a late night swim in Cottage Grove Lake. We took the requisite group picture and headed out across the lake. It was a beautiful warm night. When John arrived first back to the boat ramp, he was met by the Sheriff who said we could not swim there, concerned for our safety...well we already had. I think John may have framed the warning, but the best moment was when we looked later at the photos and right behind us in the group photo, the flash had picked up a large sign that read, "NO SWIMMING". Oops.



Coach Bill Winkler at Langton Pool

continued on page 7

TEAM LIFE

continued from page 6

Travel beyond Oregon has figured prominently in our swimming adventures. We've travelled to exciting competitions such as the Waikiki Rough Water, Chicago's Big Shoulders, Kitsilano Bay Challenge, Roy Webster Cross Channel, Swim Defiance, Alcatraz Sharkfest and fielded several relays at the Maui Channel and Trans Tahoe events. Some of us have also embraced the holiday swimming adventure. These have been with the English company Swim Trek who provides week-long trips at swim locations around the world. Destinations have included Greece, Croatia, Italy, the British Virgin Islands, Turkey, and a 2016 planned trip to Baja, Mexico.

We still spend most every M-W-F at noon in the waters of our home pool, recently named the Bill Winkler Pool to commemorate his great service to OSU after we lost him this past winter. But it's the clear, blue open waters we dream of, including Coach and his annual summer trips home to Michigan to backstroke in his favorite lake by his family cabin.



Jack Istok at the Kitslano Bay Challenge finish



On the sailboat in Greece between swims



Jumping off the boat in Croatia



Sandra Uesugi completes the Greece to Turkey crossing

Dinner seaside in Croatia



Outside the U-Boat tunnel from WW2 in Croatia—Hitler's Eyes



continued on page 8

TEAM LIFE

continued from page 7



Group at Croatia waterfall



Lunch break during Jack Waldo's 12 k birthday swim



First Maui Channel relay



CBATs perfect garbage bag fashion at the Roy Webster Cross Channel Swim



Croatia Group



The finish of Jack Waldo's 12 k birthday swim

Swimmer Spotlight

Virginia Phipps

Age 91; Oregon City Tankers

In the spring of 2015, at the age of 90, Virginia found herself in a role reversal. After countless years of taking her kids to swim practice, her son Tom was taking her to swim with the Oregon City Tankers. A year later, with two swim meets under her belt, she has set three zone and one state record in the W90-94 age group.

Virginia describes herself as a water baby. Whether it was swimming in the creek in Tumwater, in her brother's diaper tub in Independence, or learning to float in Lake Stevens she always was drawn to the water. When she was 11-years-old, she taught herself to swim by watching and mimicking the kids that were taking the swim lessons her parents could not afford.

In adult life, after she had started a family, she became acquainted with Virginia Van Rossen, who was deeply involved in Oregon aquatics – coaching and teaching at the University of Oregon. Virginia Van Rossen helped ignite Virginia's passion for the water and swimming even more. She became a certified Red Cross swimming instructor



and a senior swim meet official. Moves took her to Washington, California and Arizona, where she continued her involvement in swimming in a variety of positions. After retirement she began swimming with a group in Arizona, and six years ago she moved back to Oregon.

Oregon City Tankers' Coach, Tim Waud remembers that he and Virginia hit it off immediately. "We both share a long history with swimming that has deep roots. Virginia was best friends with Virginia and Don Van Rossen, and I credit these two individuals with my own passion for swimming, as they were my mentors in college and helped me develop my coaching and aquatics career," Tim explains. "She is always helping the teammates in her lane and giving them valuable feedback. I love having Virginia swim with the Tankers. She always has a smile and her lane mates enjoy the camaraderie she brings to the team. To have Master swimmers involved with kids on the USA Swim Team in Oregon City really brings things around full circle. The kids love seeing the Masters compete at the annual Dual-Sanctioned meet at Oregon City in March, and Virginia is a crowd favorite! To have a mother and two of her children, Tom and Tracy, swim on the team is what Masters swimming is all about. Virginia is the perfect example that "Swimming is for Life!"

—submitted by Karen Andrus-Hughes



Virginia, working with other swimmers during a workout

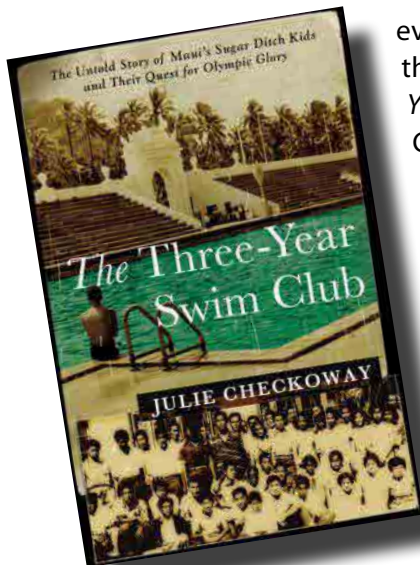


Swim Bits

“In the Doing of the Thing”

by Ralph Mohr

Central Oregon Masters Aquatics (COMA)



One swimming book everyone should read this summer is *The Three-Year Swim Club*, by Julie Checkoway. It is about swimmers on Maui before WWII who started training in a sugar field irrigation ditch. The coach, Soichi Sakamoto, wanted a three year commitment from the kids, thus the name of the team, and he got more than

that. He ended up with world records, individual and team national championships, and finally one Olympic gold medal winner in 1948.

Sakamoto was far ahead of his time in his workouts' length and focus. His swimmers beat almost everyone, but we have not heard much about Keo Nakama, Sakamoto's best swimmer, Halo Hirose, or Bill Smith, the Olympic champion, as there were no Olympic games in 1940, due to the war, and most of Sakamoto's teams' exploits were forgotten because of the war.

There is still a swim meet run in Hawaii named after Keo Nakama, and, as a personal note, I found online in the 1960 meet sheet, two Hawaiian swimmers I knew, Larry Oshiro and Mack Hirayama, who swam on the University of Oregon Swimming Team in the 1960s. Cf. <https://www.yumpu.com/en/document/view/46117102/1960-keo-nakama-invitational-hawaii-swimming>

Both Larry and Mack swam for Don Van Rossen. In the early 1960s Oregon had a plethora of Hawaiians and Australians on the swim team, including Bill Chambers, and Arthur Thompson, teammates of mine.

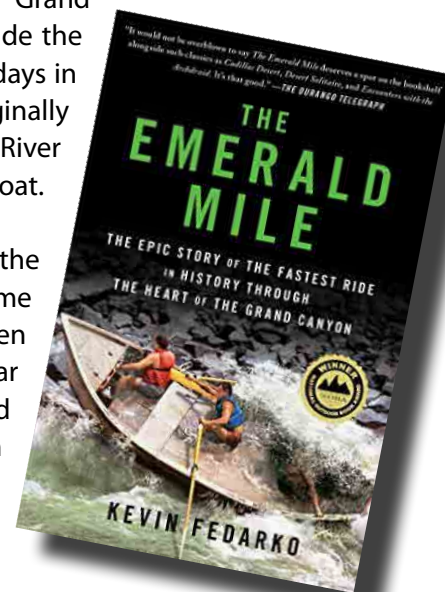
When I finished *The Three Year Swim Club* I browsed the

index, wondering if there was anyone there I knew. I was surprised and pleased to find Mac Nakano as one of Sakamoto's last swimmers. Mac coached the Eugene Swim and Tennis Club in the 1960s, and at an age group meet one Sunday between the heats and finals, he went to his motel to rest and never woke up.

The Columbia Basin League, a collection of age group teams in Oregon which no longer exists, always had a minute of silence in Mack's memory before meets and meetings. It was a nice memorial for Mac. Maybe we need to start it again.

Another book I can recommend immensely to water enthusiasts is *The Emerald Mile*, by Kevin Fedarko, subtitled "The Epic Story of the Fastest Ride in History Through the Heart of the Grand Canyon." It's the story of three guys who ran the Colorado in 1983 from the put-in below the Glen Canyon Dam to the Grand Wash Cliffs. They made the trip in less than two days in a dory, modeled originally after a McKenzie River white-water fishing boat.

The record set by the Emerald Mile, the name of the boat, has been twice broken this year in kayaks. You will find a good story on both record runs in the Spring 2016 issue of "Canoe and Kayak."



One of the inspirations for the runs was Buzz Holmstrom, a native of Coquille, who was the first person ever to run the Colorado single-handed from Green River to Hoover Dam. His story is told in *The Doing of the Thing*, by Vince Welch. It was a marvelous feat (not possible now with all of the dams on the Colorado), and the story is tragic as Holmstrom had trouble afterwards from the accolades he received.

Holmstrom's comment, though, as he was looking at Hoover Dam at the end of this first solo Colorado trip, is appropriate for anyone on or in the water. Looking ahead, he said, "I find I have already had my reward, in the doing of the thing."



Greensboro Aquatic Center - the calm before the storm

Whitewater Showdown in Tournament Town

by Matt Miller

The Greensboro Aquatic Center in Greensboro, North Carolina — known as “tournament town” due to its history of hosting a number of well-known championship sporting events — served as the venue for the 2016 USMS Spring Nationals which was held April 28 through May 1. This was the second time in the last 5 years that USMS Spring Nationals has been held at this facility, and after another well-organized and well-run event, it wouldn't be surprising to see Nationals hosted

here again. The facility was impressive, the pool fast, the seating sufficient — and pretty comfortable considering there were 1800 swimmers plus their ‘fan base’ — and the water was perfect racing temperature and crystalline.

There were 5 club OREG Swimmers, 4 men and 1 woman, who made the cross-country trip to compete: Hailey Bambush (Multnomah Athletic Club), David Hathaway (Oregon Reign Masters), Matt Miller (Rogue Valley Masters), George Thayer (Central Oregon Masters) and Austin Turner (Corvallis Aquatic Team). Though only 5 swimmers strong, OREG was well represented, placing 10th out of 19 teams in the Regional Club category. All 5 Oregon swimmers individually placed in the top 10, meaning he or she scored points and earned a medal, in at least one of their events.

There were 40 individual and 15 relay national records set at the meet! So there was no shortage of ‘whitewater’ and fast swimming to watch. Perhaps the most impressive swim and record set during the meet



GAC in action - Mens 100 Free

Continued on page 12



Hailey's game face



David and Hailey - new OMS record holders - out on the town

WHITewater SHOWDOWN

Continued from page 11

was the 200 fly swim by 90 year-old Thomas Maine of St. Louis Area Masters. The 90 year-old Maine swam the 200 fly in 4:44.76!

Another notable swim, particularly for me because I was in the adjacent lane, was Allison Arnold's record-breaking 1650 freestyle. Allison Arnold, swimming for The Olympic Club in the 18-24 age group, went a 17:27.91 to erase the last surviving women's short course yards record from the 1980s. The previous record of 17:31.70, held by open water and distance freestyle star Karen Burton, had stood since 1987! I have to say that Allison looking amazing as she lapped me...both the first and the SECOND time! She was gracious enough to stay in the water until I finished and had a chance to congratulate her.

Our 5 OREG swimmers were able to post two new OMS records. Hailey Bambusch (women 25-29) lowered the record in the 50 free to 24.53. And David Hathaway (men 55-59) went 19:22.47 in the 1650 to take nearly 10 seconds off the previous record!

For David Hathaway, this meet was a homecoming of sorts. David grew up in North Carolina and did his age group swimming there. Also at the meet was David's age group teammate and friend Chip Green. David had the



Chip, David and Chip's mom

opportunity to reconnect and swim with Chip and visit with Chip's mom, whom David hadn't seen in over 30 years!

I would be remiss not to make mention of the controversial House Bill 2 (known as HB2) which was signed into law in March, 2016. The law is considered by many to be discriminatory and, in fact, the department of justice has filed a federal civil rights lawsuit against the state of North Carolina, citing that HB2 violates the US. Civil Rights Act and Title IX. There were quite a few swimmers who organized to quietly protest the law by wearing rainbow-colored bracelets and T-shirts that read: "H2O NOT HB2. Swim for love. Not hate." And USMS issued the following statement before the meet:

"We've heard from several members of the USMS community who have concerns about legislation in North Carolina related to discrimination against gay, bisexual, and transgender persons.

USMS is an inclusive, non-discriminatory organization, which is reflected in our day-to-day operations and at USMS events and activities. As such, USMS, the City of Greensboro, our host committee, meet directors, and local volunteers and swimmers are eager to welcome all our event participants and visitors to the 2016 Nationwide USMS Spring Nationals.

We're in this for the swimming, the fun, the fitness, and the camaraderie, and we'll continue to provide a welcoming and respectful environment at all our events so that USMS members can pursue their passion for swimming."

And indeed, by all accounts, USMS did not disappoint in providing everything they promised in their above statement at Spring Nationals this year!

MEET SUMMARY

continued from page 1

the heated pool, as air temperatures dipped to the low 60s and rain drizzled on the open water, and swam some fast times. This meet gave the option to swim the "pentathlon" events: the Sprint pentathlon, with a 50 LCM in each of fly, back, breast, and free, plus a 200 IM, for a total of 400 meters; the Middle distance, with 100 LCM in each of fly, back, breast, and free, plus a 200 IM, for a total of 600 meters; and the Long distance, with 200 LCM in each of fly, back, breast, and free, plus a 400 IM, for a total of 1200 meters. The all-free Brute pentathlon involved swimming the 50, 100, 200, 400, and 800 LCM free events. A total of six swimmers completed the Brute pentathlon, one swimmer completed the Long, two completed the Middle, and four completed the Sprint. Three pentathlon records fell on Saturday: in the Sprint distance, Shirlene Gonzalez broke the previous record for women 45-49 with a cumulative time of 6:52.13. In the middle distance, Ginger Pierson broke the previous record for women 70-74 with her cumulative time of 12:02.37. The previous long distance record for men 35-39 fell as Matt Miller swam his cumulative time of 17:32.53. Congratulations, swimmers!

On Sunday, swimmers returned to the pool for the open-water style buoy swim. This was a 1200-meter

swim, with 12 loops around the 100-meter course, starting in the water in waves, to simulate an open-water event. A total of 11 women and 14 men, ages ranging from 26 to 74, swam the event, swimming counter-clockwise. Hardy Lussier (M 50-54) won first overall, and in the men's division, and now has the current record with his time of 17:13.20. Matt Miller (M 35-39) finished second overall and in the men's division, followed by Daniel Koller (M 30-34) in third overall and in men's, and Lisa Gibson (W 25-29) in fourth overall. Lisa Gibson also won first in the women's division, followed by Bonnie Edwards (W 40-44) in second, and Suzanne Schlosberg (W 45-49) in third. Congratulations swimmers!

The weekend's events closed with a pancake brunch, with pancakes, eggs, sausage, and other goodies, open to swimmers and their families on Sunday following the buoy swim.

Many thanks to Bob Bruce for running an eventful weekend so successfully and thanks to all the volunteers who helped coordinate all the activities.

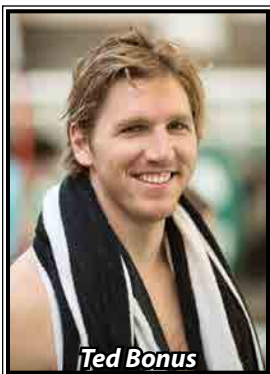
*Rebecca Ducore is a veterinary pathologist for Oregon Health & Science University and moved to Oregon from Washington D.C. by way of Boston. Rebecca joined OCT in late June, 2015, after a 13 year break from swimming.



Willard Lamb and Tim Waud

Association Meet Photos

by Brad Brachulis



Ted Bonus



MAC at the OMS Association Meet



Lauren Binder

SETTING THE PACE WITH COACH TIM

continued from page 4

tionally recognized human performance expert, tests this concept on a daily basis. From the United States Navy Seals to members of the National Basketball Association, to top NCAA and high school athletes, Underwood examines ways to improve one's athletic performance, which can be directly applied to swimming.

According to Underwood, when swimmers train hard through the whole season and finally reach their peaking phase, there are three possible outcomes:

- Your times will plateau.
- You will swim slower.
- You will get a personal best time.

The most significant factor in a personal best time is that you are well rested. Recovery is critical to your training and swimming performances.

Even though recovery is a highly influential aspect to performance, it is often misunderstood. "Recovery is the key to performance and is the most overlooked aspect to training," Underwood said. It is scientifically proven that some of the most significant pieces of recovery include post-nutrient intake and sleep. "The biggest [scientific] advancements have been in the areas of recovery," Underwood noted. "That's why on the international level you're seeing countries who never had swimmers all of a sudden produce medalists and finalists."

Post-Training Nutrient Intake

According to Underwood, "The number one recovery factor is post-training nutrient intake. [It] jumpstarts recovery by as much as 70 percent in the first hour. Anytime you go through a high intensity practice or competition, your muscles and other physiological systems incur damage. Taking in the proper nutrients after a workout is critical because you want your muscles to repair from that damage and get stronger." Underwood recommends drinking 12 to 16 ounces of Whey protein within the first ten minutes of a workout (which can stop up to 83 percent of muscle damage) along with 75 grams of carbohydrates.

Sleep

Sleep is the second most important factor in recovery after post-nutrient intake. In fact, proper sleep adds another 20 percent to the recovery timeline, meaning that you are now 90 percent recovered through nutrient uptake and sleep. When you sleep, your body is recovering both physically and mentally. Underwood recommends the "magic" sleep number is nine hours and 15 minutes for elite or growing athletes. During physical repair, human growth hormone is released, which helps repair any damage done to your body from stress.

Underwood and others working on the Human Performance Project, share some astounding results directly related to sleep and swimming performance through a study on members of the men and women's swim team at Stanford University. In the first two weeks of the study, they had participants stick to their normal sleeping pattern. Afterwards, they increased their sleep to ten hours per day. According to **Cheri Mah** of the Stanford Sleep Disorders Clinic and Research Lab, participants on average had a 0.15 second faster reaction time on their start, improved their turn speed by 0.10 seconds, and even went 0.51 seconds faster on a 15-meter sprint. Many of the participants set new personal best times and school and NCAA records during that same season. Long story short, the more you sleep, the better you will perform.

Eat, Sleep, Swim

Make sure you drink plenty of fluids before, during and after practice or competitions. Drinking water alone will help flush your system and help your muscles recover quicker. Eat or drink protein before, and immediately following practice or competing. Chocolate Milk and peanut butter are great sources of protein. Experiment and find something that works for you.

Get plenty of rest and be on time to practice and competitions. Mentally and physically, you want to have a clear mind before you place high demands on your body. Swimming will be much more enjoyable when you can embrace your swims.

When warming up, swim a minimum of 800 meters/yards. Break this distance down into the following components: 400 Swim Smooth Perfect, 150 Kick, 150 Drills and 4 x 50 Pace Work. When warming down, swim a minimum of 400 meters/yards Smooth Perfect.

continued on page 15

SETTING THE PACE WITH COACH TIM
continued from page 14

Make sure you wear warm clothing and footwear. It's important to keep your muscles warm. Avoid taking naps between races, you don't want lactic acid to pool up in your muscles. Following a weekend of racing or intense training, include a lactate clearance set into your workout. Swimming 20 x 50 @ 1:00 Smooth Swim Perfect will help you recover quicker and prepare you for your next set or training session.

Miscellaneous Information

Results for OMS swimmers in the 2016 U.S. Masters Swimming SCY National Championship, can be found at: <http://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20160428ramgsaY>



Scores of the pentathlon events and results from the Bend, "Road to Nationals" LCM meet can be found at: <http://swimoregon.org/results/>



The "Awards Booklets", for the last 3 years, have been uploaded to the web site, they are now available for everyone to download and peruse: <http://swimoregon.org/oms-awards-booklets/>



In the May-June 2016, issue of "Swimmer" Magazine there is a very nice article about OMS swimmer, Matt Miller, beginning on page 18, entitled "No Fly Zone". You will enjoy his 'hobby/business' and his accomplishments in the swimming world.

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2016 (as of 1 Jan 2016)

| Date(s) | Days | Event/Venue | OR Location | Host | Event Director | Swims | OR Series Category | USMS Status |
|----------------------------|------|--|-------------|----------|----------------|--|--|-------------|
| Sun 10 July | 1 | Portland Bridge Swim in the Willamette River | Portland | PBS, LLC | Marisa Frieder | 17-km downriver | Featured | ? |
| Sat 16 July | 2 | Southern Oregon Swims at Applegate Lake | Ruch | RVM | Andy Granley | 2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter (Nat'l Champs) 1500-meter (Ass'n Champs) | Qualifying Qualifying Featured Featured | Sanctioned |
| Sun 17 July | | | | | | 3 x 500-meter Pursuit Relay | Participation | |
| Fri 29 July Sat 30 July | 3 | Cascade Lakes Swim Series & Festival at Elk Lake | Bend | COMA | Bob Bruce | 3000-meter 500-meter 1500-meter (Zone Champs) 5000-meter 1000-meter | Qualifying Qualifying Featured Featured | Sanctioned |
| Sun 31 July | | | | | | | Qualifying | |

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, and participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

Summary...

Records And Meet Results

OREG at USMS Spring Nationals – SCY
Oregon Association Championship – LCM
'Road to Nationals' Pentathlon – LCM
Oregon Senior Games – SCY

Looking Ahead...

Meet Schedule

| <u>Date</u> | <u>Course</u> | <u>Meet</u> | <u>Location</u> |
|--------------|---------------|---|-----------------|
| July 10 | OW* | Portland Bridge Swim | Portland, OR |
| July 16-17 | OW* | Southern Oregon Applegate Lake Swims | Ruch, OR |
| July 29-31 | OW* | Cascade Lakes Swim Series & Festival @ Elk Lake | Bend, OR |
| August 17-21 | LCM | USMS Summer Nationals | Gresham, OR |

*For more details on Open Water events see page 15

Quote for the day...

You never regret a swim