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"Swimming for Life"

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Summer Nationals 2016

by Tim Waud

The 2016 U. S. Masters Swimming Summer National Championship was held August 17-21, 2016 at Mt Hood Community College in Gresham, Oregon. Mt Hood Aquatic Center played host to 1,287 swimmers from all over the United States and several swimmers came from around the World. This event ranks as the third largest Summer National Championship in U. S. Masters Swimming history and one of the fastest Nationals since the "tech suit" era. Unofficially, 35 individual and 9 relay FINA World Records, and over 60 individual, and 14 relay USMS National Records were set during the five-day event. This is the fifth time that Oregon Masters Swimming and Mt Hood Aquatic Center have played host to the Summer National Championship.

The Oregon Club had its share of records with the Oregon Women setting 28 Oregon, 15 NW Zone and 1 National Record. Congratulations to Rebecca Kay, who set a new National record in the Women's (70-74) age-group 50 meter Freestyle with a time of 33.95. The Oregon Men set 11 Oregon, and 5 NW Zone records. The Oregon Club also had several records set in the relay events. Oregon relays combined to set 17 Oregon, 13 NW Zone, 6 National, and 2 FINA World Records. Congratulations to the Mixed (200-239) 200 meter Medley Relay of Valerie Jenkins, Kurt Grote, Gabe Duus and Karen Andrus-Hughes who set a new World Record with a time of 2:01.98. And the Mixed (320-359) 200 meter Freestyle Relay of Rebecca Kay, Willard Lamb, Barbara Frid and David Radcliff who also set a new World Record with a time of 2:35.97.

The Oregon Club, with a combined team score, won the Regional Club division followed by Puget Sound Masters, and Colorado Masters Swimming. In the Local Club division, Swim Fort Lauderdale won its third consecutive Summer National

Championship followed by the Sarasota Y Sharks, and The Olympic Club.

Congratulations to the following Individual U. S. Masters Swimming Summer National Champions:

- Aurora R Gerhardt, Women (18-24) 50 Meter Backstroke
- Jesse Kaba Women (18-24) 50 Meter Breaststroke
- Jessica Stacy Women (25-29) 100 Meter Butterfly
- Sara Shepherd Women (30-34) 100 Meter Backstroke
- Abby Blank Women (30-34) 200 Meter Breaststroke
- Emily Melina Women (35-39) 400 Meter Freestyle

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Dennis Baker and Tim Waud — Co-meet directors

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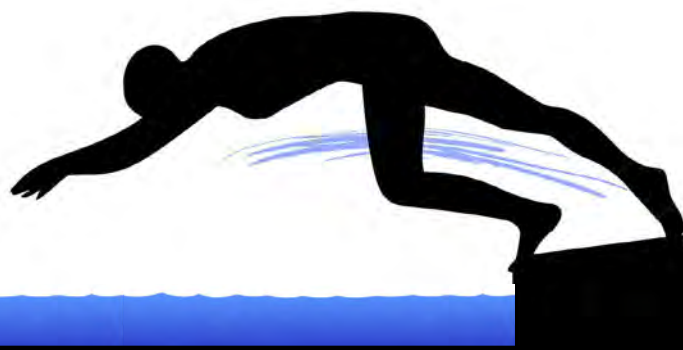
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Send address changes to Susie Young all other questions to Christina Fox
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Off the Block



Finding The Right Fins

Short? Medium? Long?

Scott Bay

Look at any swimmer's equipment bag and chances are you will find a pair of fins. They are great for all kinds of uses from helping to isolate a part of your stroke to strengthening the core and the kick. But there are so many options for types of fins on the market today, the question becomes: Which fin is the best type? There is no easy answer here, and finding the right fins for you depends on a few factors, including how you plan to use them.

Short Fins

Short fins are great for providing a little extra zip without so much resistance that it slows down your kicking rhythm. These are great for strong kickers, but don't do as much for sets where you are looking to use fins as a means of increasing speed.

Medium Fins

These are great all-around fins that can be used by swimmers of all abilities for both assisting speed and improving strength. Medium fins are also especially good for novice swimmers and swimmers who come from a running

background and may not have enough flexibility in their ankles to use a longer blade fin without pain or injury.

Long Fins

These are so much fun to swim long course with if you are a good kicker. Because they move a large volume of water, wearing long fins feel like you've strapped outboard motors on your feet. The caution here is that they slow down your kicking rhythm and, as mentioned above, may cause pain or injury for those swimmers who lack enough flexibility in their ankles.

How to Choose?

So what are the biggest factors in choosing fins? Fit, comfort, and purpose. The greatest fin that fits poorly is not a good fin. Fins that are uncomfortable tend to make that discomfort your focus rather than the work you're doing in the set. Lastly, you have to know why you are using the fins. Figuring out those factors will help you get the right fins for you!





Fit to Swim

Coach Aubree Gustafson
OMS Fitness Chairman

Fitness Chairman

OMS is looking for a Fitness Chairman. It is a Board position. If you would like to be on the OMS Board and write a Fitness article 10 times per year, this job is for you.

Responsibilities of the Fitness Chairman are to:

- ★ Inform OMS members about fitness and promote participation in fitness events through articles in the Newsletter.
- ★ Keep themselves informed on activities of the USMS Fitness Committee by e-mail, the Fitness section of the USMS website and the discussion forum on the USMS website. Communicate this information to OMS members.

A writer for the Aqua Master is also needed

The 'Front Page' of the Aqua Master needs a writer. That page usually consists of a summary of the last meet or open water swim that took place in Oregon. If you like to write, take pictures and attend meets, please email the Aqua Master at azabudsky@msn.com.

SUMMER NATIONALS

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Emily MelinaWomen (35-39) 800 Meter Freestyle
 Brianna ShowellWomen (35-39) 200 Meter Breaststroke
 Brianna ShowellWomen (35-39) 200 Meter Individual Medley
 Maisie VultaggioWomen (40-44) 100 Meter Backstroke
 Christine McClafferty Women (40-44) 200 Meter Butterfly
 Lynette Greco.....Women (45-49) 200 Meter Freestyle
 Jinxi CaddelWomen (45-49) 800 Meter Freestyle
 Gillian Salton.....Women (45-49) 200 Meter Backstroke
 Jill Asch.....Women (50-54) 100 Meter Freestyle
 Holly Vaughn-EdmondsWomen (50-54) 800 Meter Freestyle
 Valerie JenkinsWomen (50-54) 100 Meter Backstroke
 Jill Asch.....Women (50-54) 50 Meter Butterfly
 Arlene Delmage Women (50-54) 100 Meter Butterfly
 Arlene Delmage Women (50-54) 200 Meter Butterfly
 Janet GettlingWomen (65-69) 200 Meter Breaststroke
 Janet Gettling Women (65-69) 200 Meter Butterfly
 Rebecca Kay Women (70-74) 50 Meter Freestyle
 Ginger Pierson..... Women (70-74) 50 Meter Breaststroke

Bonnie Speer.....Women (80-84) 800 Meter Freestyle
 Bonnie Speer..... Women (80-84) 100 Meter Breaststroke
 Virginia Phipps..... Women (90-94) 50 Meter Freestyle
 Virginia Phipps..... Women (90-94) 100 Meter Freestyle
 Virginia Phipps..... Women (90-94) 200 Meter Freestyle
 Matthew Marceau Men (30-34) 800 Meter Freestyle
 Kevin Cleary.....Men (30-34) 200 Meter Butterfly
 Chip Polito.....Men (40-44) 1500 Meter Freestyle
 John Rasmussen Men (40-44) 200 Meter Breaststroke
 Mike SelfMen (45-49) 50 Meter Backstroke
 Mike Self Men (45-49) 100 Meter Backstroke
 David Hathaway..... Men (55-59) 800 Meter Freestyle
 Ronald NakataMen (75-79) 50 Meter Breaststroke
 David Radcliff.....Men (80-84) 50 Meter Freestyle
 David Radcliff..... Men (80-84) 100 Meter Freestyle
 David Radcliff..... Men (80-84) 200 Meter Freestyle
 David Radcliff..... Men (80-84) 400 Meter Freestyle
 David Radcliff.....Men (80-84) 1500 Meter Freestyle
 Willard LambMen (90-94) 50 Meter Freestyle
 Willard LambMen (90-94) 1500 Meter Freestyle

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Setting the Pace with Coach Tim

Coach Tim Waud
OMS Coaches Chairman

Back to the Basics



Now that Summer Nationals are over, it's time to get back into the water and get ready for a new year of swimming fast. After a couple of weeks out of the water, I like to start training with some basic swimming skills. Instead of ramping up the yardage, it's best to work on drills, improve swimming technique and then begin training hard. Remember to be **mindful** when you swim. **Mindfulness** is defined as the psychological process of bringing one's attention to the internal and external experiences occurring in the present moment, which can be developed through the practice of meditation and other training.

"No matter how strong and fit you are, if you don't have the proper technique, then you won't go fast." —Sanuj Srivastava

1. Breathing

An often overlooked basic skill in swimming is the ability to time your breaths. If you're not comfortable breathing while swimming, you'll struggle to make streamlined, coordinated movements. The basic idea involves breathing out through both nose and mouth when your head is underwater, then lift your head to the side, taking a full breath before plunging your face back down under the surface. In his book "Swimming: Steps to Success," David G. Thomas suggests practicing this motion while holding onto the side of the pool with your arms outstretched.

2. Gliding

Gliding through the water is a basic skill to master before you even consider kicking and paddling, according to swimming instructor Ian Cross, speaking to "The Guardian." Gliding helps you to get used to the sensation of moving through the water headfirst. Try gently pushing off the side wall of the pool with your arms stretched out in front of your head. Keep your head face-down in the water and glide until you slow down.

3. Enter the Water with Your Fingers First

Your hand should cut through the water first and then your elbow should follow. Many people don't bend their arm enough. This means the arm is straight when it enters the water, and therefore the hand and elbow enter the water at the same time. When your hand is straight, you are not able to pull the water efficiently.

4. Place Your Hand in the Center

Your hand should not cross the center-line and it should not be too much to the outside. In fact, it should be right in line with your shoulder. If your hand crosses the center-line, you will zigzag from left to right.

5. Reach as Far as You Can With Your Arm

When your hand enters the water, **you need to glide, stretch, and reach as far as you can.** You can gain a few inches for every stroke, which would make a huge difference over the course of a swimming race or triathlon.

6. Rotate Your Body

By rotating your body, you can reach much farther with your hands and you can use a lot more strength when pulling the water. By rotating, instead of only using your shoulder, **you also use your lats muscles, pectorals, and core.** It will also prevent many shoulder injuries.

7. Raise Your Elbows High

By raising your elbows high, **your hands will enter the water with the proper angle** and you will be able to pull water efficiently because your entire forearm will pull water. This also reduces the drag in the water.

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Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman

We enjoyed a mix of three sanctioned and two unsanctioned (let's call them "affiliated") venues this year. But we also had another sanctioned event cancelled this year due to lack of sufficient entry.

Let's recognize our season achievements and highlights:

- ◆ We hosted 16 swims at 5 venues this year, still maintaining good variety in courses, distances, and events.
- ◆ 223 Oregon swimmers from 20 Oregon local teams—along with 78 unattached swimmers—took part, totaling 624 swims. COMA again led local team participation by a wide margin with 52 swimmers having 187 swims.
- ◆ Visitors from other states joined us for 171 swims at our sanctioned events, most attracted by the Elk Lake festival (with the NW Zone 1500-meter championship) and the USMS 10-km National championship swim at Applegate Lake. More came to swim at our unsanctioned events, but I don't have statistics on out-of-state visitors for those events.
- ◆ 22 Oregon swimmers swam in three or more venues. These swimmers qualified for the Oregon Open Water Swim Series. COMA again led with 7 qualifiers.
- ◆ 1 Oregon swimmer (Lisa Gibson) swam at all 5 venues this year, and also led individual participation with 13 swims.
- ◆ The hospitality was again epic!
- ◆ We had fun!

Congratulations to...

- ◆ Our 8 USMS National Champions, 7 from the 10-km championships at Applegate Lake and 1 from the 2.7-mile championships at Donner Lake
- ◆ Our 12 OMS Individual Association Champions from the 1500-meter swim at Applegate Lake
- ◆ Central Oregon Masters and Rogue Valley Masters, the OMS Association Large and Small Team Open Water Champions respectively. The small team category was well contested again this year
- ◆ Our 19 Individual NW Zone Champions from the

1500-meter swim at Elk Lake

- ◆ Lisa Gibson and Pat Allender, our Oregon Open Water Series Grand Champions
- ◆ Sue Phillips and Steve Johnson, our deserving Mike Morehouse Award honorees
- ◆ Those many other Oregonians who ventured (and who plan to venture still) afield to find special open water challenges this year

Thanks to...

- ◆ The OMS Board, who again agreed to underwrite the fixed cost of the USMS sanction surcharge, thus making our smaller local events possible
- ◆ Our race directors, host teams, and myriad volunteers, to whom we owe a great deal
- ◆ Our sponsors, who made our swims financially and logistically possible
- ◆ Everyone who participated!

To whet your appetite for next year, COMA will host the **USMS 2-mile Cable Swim National Championships** at Foster Lake AND the **USMS 5-km Open Water National Championships** at Elk Lake. We are greatly honored, as this is the first time ever that one host has been selected to host two national championship events in the same year in a non-festival format on separate weekends. Of course, having local national championship events means more chances for local swimmers to grab national glory!

Enough about open water for now. Another ePostal challenge awaits as we start our new school and swim training year! Mid-September through mid-November is the season for **National 3000-yard & 6000-yard ePostal Championships**. These swims must be completed between September 15th and November 15th. These swims provide solid early-season training swims, great conditioning benchmarks, fun team-building

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Recent Meets & Records

USMS Summer Nationals—LC August 17-21; Mt. Hood Community College, Gresham, OR Results for Oregon swimmers can be found at:

* = split

Age Group	Event	Name	Age	Club	Time	Record
Women 18-24	50 Meter Breaststroke	Kaba, Jesse L	21	OREG	36.06	Oregon
Women 18-24	100 Meter Breaststroke	Kaba, Jesse L	21	OREG	1:20.10	Oregon
Women 25-29	50 Meter Freestyle	Bambusch, Hailey	26	OREG	*27.58	Oregon
Women 25-29	100 Meter Freestyle	Bambusch, Hailey	26	OREG	1:00.42	Oregon
Women 25-29	200 Meter Freestyle	Bambusch, Hailey	26	OREG	2:14.53	Oregon
Women 25-29	100 Meter Backstroke	Donohue, Lily E	26	OREG	1:12.60	Oregon
Women 25-29	50 Meter Breaststroke	Stacy, Jessica L	27	OREG	36.14	Oregon
Women 25-29	100 Meter Butterfly	Stacy, Jessica L	27	OREG	1:09.12	Oregon
Women 30-34	50 Meter Breaststroke	Shortt-Low, Caitlyn	30	OREG	35.98	Oregon, Zone
Women 30-34	100 Meter Breaststroke	Blank, Abby	31	OREG	1:21.32	Oregon, Zone
Women 30-34	200 Meter Breaststroke	Blank, Abby	31	OREG	2:51.38	Oregon, Zone
Women 35-39	400 Meter Freestyle	Melina, Emily R	36	OREG	4:45.23	Oregon, Zone
Women 35-39	800 Meter Freestyle	Melina, Emily R	36	OREG	9:53.17	Oregon, Zone
Women 35-39	50 Meter Breaststroke	Showell, Brianna E	37	OREG	35.74	Oregon, Zone
Women 35-39	100 Meter Breaststroke	Showell, Brianna E	37	OREG	1:19.45	Oregon, Zone
Women 40-44	100 Meter Freestyle	Wallace, Shannon A	41	OREG	1:03.51	Oregon, Zone
Women 40-44	200 Meter Freestyle	Nelson, Sara Q	44	OREG	2:22.82	Oregon
Women 50-54	50 Meter Freestyle	Asch, Jill M	50	OREG	*29.19	Oregon
Women 50-54	800 Meter Freestyle	Vaughn-Edmonds, Holly H	54	OREG	10:31.90	Oregon
Women 50-54	50 Meter Breaststroke	Asch, Jill M	50	OREG	39.32	Oregon
Women 50-54	50 Meter Butterfly	Asch, Jill M	50	OREG	32.10	Oregon
Women 50-54	200 Meter Butterfly	Delmage, Arlene	54	OREG	2:44.45	Oregon, Zone
Women 55-59	800 Meter Freestyle	Denney, Kris A	56	OREG	10:55.65	Oregon, Zone
Women 70-74	50 Meter Freestyle	Kay, Rebecca L	70	OREG	33.95	Oregon, Zone, National
Women 70-74	50 Meter Breaststroke	Pierson, Ginger L	70	OREG	46.18	Oregon, Zone
Women 75-79	200 Meter Freestyle	Nichols, A Jane	75	OREG	3:47.94	Oregon, Zone
Women 90-94	50 Meter Freestyle	Phipps, Virginia	92	OREG	1:25.97	Oregon, Zone
Women 90-94	100 Meter Freestyle	Phipps, Virginia	92	OREG	3:05.93	Oregon, Zone
Age Group	Event	Name	Age	Club	Time	Record
Men 40-44	1500 Meter Freestyle	Polito, Chip	40	OREG	18:15.05	Oregon
Men 40-44	50 Meter Backstroke	Woolard, Whitney J	41	OREG	*30.01	Oregon
Men 40-44	200 Meter Breaststroke	Rasmussen, John C	41	OREG	2:31.75	Oregon, Zone

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RECORDS

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Men 45-49	100 Meter Freestyle	Self, Mike	46	OREG	56.41	Oregon, Zone
Men 45-49	50 Meter Backstroke	Self, Mike	46	OREG	28.76	Oregon, Zone
Men 45-49	100 Meter Backstroke	Self, Mike	46	OREG	1:03.39	Oregon, Zone
Men 50-54	200 Meter Freestyle	Sullivan, Scot A	50	OREG	2:11.07	Oregon
Men 55-59	800 Meter Freestyle	Hathaway, David	56	OREG	10:17.89	Oregon
Men 65-69	200 Meter Butterfly	Stark, Allen L	67	OREG	3:09.06	Oregon
Men 75-79	50 Meter Breaststroke	Nakata, Ronald K	77	OREG	44.32	Oregon, Zone
Men 75-79	200 Meter IM	Nakata, Ronald K	77	OREG	3:33.61	Oregon

Women 100-119 200 Meter Medley Relay

OREG "A"2:07.53 Oregon, Zone

- 1) Donohue, Lily E F26
- 2) Showell, Brianna E F37
- 3) Stacy, Jessica L F27
- 4) Bambusch, Hailey F26

Women 120-159 200 Meter Freestyle Relay

OREG "A"1:52.53 Oregon, Zone

- 1) Asch, Jill M F50
- 2) Bambusch, Hailey F26
- 3) Moore, Maki F31
- 4) Skinner, Sonja F40

Women 120-159 200 Meter Medley Relay

OREG "A"2:09.74 Oregon, Zone

- 1) Jenkins, Valerie G F53
- 2) Blank, Abby F31
- 3) Skinner, Sonja F40
- 4) Moore, Maki F31

Women 280-319 200 Meter Freestyle Relay

OREG "A"2:45.84 Oregon, Zone

- 1) Kay, Rebecca L F70
- 2) Royle, Mary Anne F64
- 3) Gettling, Janet F68
- 4) Kawabata, Geraldine L F82

Women 280-319 200 Meter Medley Relay

OREG "A"2:53.85 Oregon, Zone, National

- 1) Ward, Joy F74
- 2) Gettling, Janet F68
- 3) Rousseau, Sandi F69
- 4) Kay, Rebecca L F70

Men 200-239 200 Meter Freestyle Relay

OREG "A"1:45.75 Oregon, Zone

- 1) Grote, Kurt M43
- 2) Mann, Steve A M64
- 3) Wan, Eric M50
- 4) Self, Mike M46

Men 280-319 200 Meter Medley Relay

OREG "A"2:23.01 Oregon, Zone

- 1) Smith, Robert S M73
- 2) Stark, Allen L M67
- 3) Stephens, Cliff C M61
- 4) Slawson, Dick M M80

Men 320-359 200 Meter Freestyle Relay

OREG "A"2:24.56 Oregon, Zone, National

- 1) Ferraz, Jose E M71
- 2) Lamb, Willard J M94
- 3) Philipps, Frank J M74
- 4) Radcliff, David A M82

Men 320-359 200 Meter Medley Relay

OREG "A"2:52.05 Oregon, Zone, National

- 1) Lamb, Willard J M94
- 2) Nakata, Ronald K M77
- 3) Dirksen, Mike M67
- 4) Radcliff, David A M82

Mixed 100-119 200 Meter Medley Relay

OREG "A"2:01.14 Oregon

- 1) Bambusch, Hailey F26
- 2) Asleson, Kris C M28
- 3) Stacy, Jessica L F27
- 4) Bonus, Ted M28

Mixed 120-159 200 Meter Freestyle Relay

OREG "A"1:45.78 Oregon, Zone

- 1) Bambusch, Hailey F26
- 2) Asleson, Kris C M28
- 3) Moore, Maki F31
- 4) Grote, Kurt M43

Mixed 120-159 200 Meter Medley Relay

OREG "A"2:02.52 Oregon

- 1) Self, Mike M46
- 2) Van Den Wymelenberg, Kevin M39
- 3) Skinner, Sonja F40
- 4) Moore, Maki F31

Mixed 200-239 200 Meter Medley Relay

OREG "A"2:01.98 Oregon, Zone, National, World

- 1) Jenkins, Valerie G F53
- 2) Grote, Kurt M43
- 3) Duus, Gabe G M46
- 4) Andrus-Hughes, Karen F59

Mixed 240-279 200 Meter Freestyle Relay

OREG "A"1:59.77 Oregon

- 1) Asch, Jill M F50
- 2) Stark, Allen L M67
- 3) Andrus-Hughes, Karen F59
- 4) Mann, Steve A M64

Mixed 240-279 200 Meter Medley Relay

OREG "A"2:16.35 Oregon

- 1) Asch, Jill M F50
- 2) Stark, Allen L M67
- 3) Delmage, Arlene F54
- 4) Ferraz, Jose E M71

Mixed 320-359 200 Meter Freestyle Relay

OREG "A"2:35.97 Oregon, Zone, National, World

- 1) Kay, Rebecca L F70
- 2) Lamb, Willard J M94
- 3) Frid, Barbara F74
- 4) Radcliff, David A M82

Mixed 320-359 200 Meter Medley Relay

OREG "A"3:15.08 Oregon, Zone, National

- 1) Lamb, Willard J M94
- 2) Pierson, Ginger L F70
- 3) Frid, Barbara F74
- 4) Radcliff, David A M82

Swimmer Spotlight

David Radcliff

Workout Group: Tualatin Hills Barracudas (THB)

by Tom Walker of The Walker International Masters (TWIM), a team which is part of the Puget Sound Masters club (PSM).
Used with permission

Man, this guy is Amazing!!!

So there's this 82 year old guy down in Oregon who has got to be the Most Amazing Swimmer alive today or at the very least a very close 2nd!

This charming and erudite individual is none other than the Legendary Dave Radcliff. Perhaps you've heard of him. He's got more USMS records than I feel comfortable talking about in public.

And in his spare time back in 1956 he represented the United States of America at the Olympics Down Under with his 2nd love- The 1500 M freestyle! I say 2nd love because his 1st Love is Nancy, his beautiful wife!

Then just for kicks these days he is tackling Mega Swims around the world—No biggie for Brother Radcliff!

I had an opportunity to converse with Mr. Radcliff recently to do this interview and that conversation has happily become a dialogue.

TW: So tell us how it all began Dave. What drew you to swimming?

DR: I went to San Diego High School. My first year as a Sophomore I played basketball, and while it was fun, it certainly was not my sport, plus I was way too short. So a friend and I decided to try swimming in our junior year. He was more assertive than I was and he tried out for the City swim team during the summer. He made the team and learned a lot about the sport. In the fall when school started, he took me to the City team with

him. The Coach, Bill Lucas, took one look at me and told me to come back and try out again when I was a better swimmer. He said their program was about to close down for the winter and there was not time for me to learn how to swim correctly. My

friend's Dad was in the Navy and my friend took me to a Navy pool and taught me the things he had learned during the summer. I still remember the first evening when everything clicked and I went 16 laps without stopping. I had finally gotten the breathing correctly. I made the High School team and joined the City Team and swimming became my life, my thing, my passion, my obsession. I had found myself in swimming. I was a small nerdy guy and swimming became my way of gaining acceptance and making many new friends, plus I just loved the training and everything about swimming.

TW: Yes indeed! Tell us about your early training and perhaps a foundational moment for you in the beginning.

DR: My early training was all under Bill Lucas, the Coach of the San Diego Swimming Association. Bill was an outstanding swimmer. Everyone said he would have been on the 1940 Olympic team except for WWII. Bill was a lifeguard for the City of San Diego. Part of his job was coaching the city team. We did not have to pay any fees for the team or for the use of the City pool. Money was very tight for our family and being able to swim for free in a quality program made swimming possible for me. I was very lucky. Probably the foundational moment for me was after my first or second swim meet. I climbed out of the pool and went up to Bill and asked how I had done. He looked at me and said, "Were you able to climb out of the pool

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Swim Bits

1650/1500

by Ralph Mohr
Central Oregon Masters Aquatics (COMA)



Recently I came across an article on-line that said the best distance to train for as a runner was neither the marathon nor a 1500, the Olympic triathlon distance. Instead what was recommended was the 5000. [Cf. <http://fivethirtyeight.com/features/the-5k-not-the-marathon-is-the-ideal-race/>] The article was very informative with several different workouts suggested.

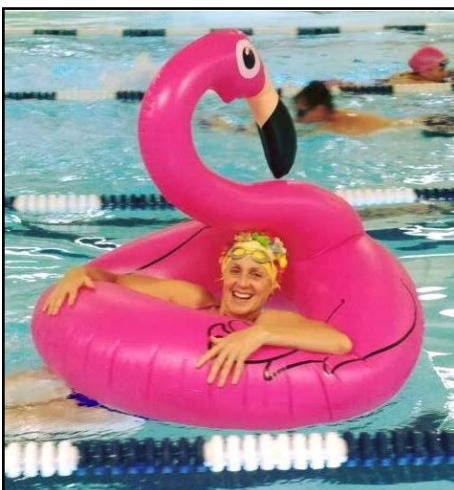
For swimmers, the question then comes up: what is the swimming equivalent of a runner's 5000? There is one easy way to find out: compare total times of effort for the distance. 5Ks on the track or road take anywhere between 14 to 20 minutes for very good runners. The 2012 Men's Olympic 5K was won, for instance, in 14:41.66 and the Women's 5K in 15:04.25. How far would that be in swimming? Easy to determine. The world records for 1500 meters free is 14:31.02 for Men and 15:25.48 for Women (Katie Ledecky of USA). Close enough.

Conclusion: if the 5K is the optimum distance to train for by runners, then the 1500 meters (or 1650 yards), would be optimum for swimmers. Question, then: why are we training in the water mostly in intervals, short stuff, controlling the rest; or LSD? If what you want to get into is good shape, focus on longer distances, what should you be doing? Answer: 1500/1650s, of course!

How do you translate that into your workouts? Go 500 meters without stopping or 550 yards in a 25 yard pool. Both are one-third of the goal distance. Go three in a workout. Put a shag 50 easy or even 100-200 kick in between. Add the three times together. Voila! A practice 1500 meters or 1650 yards. Or you can figure out what goal time for the 1500/1650 that you want to swim in next year's State Meet. Go to "Pace Charts" at <http://www.usms.org/longdist/ldchamps.php#swimmerinfo>. See what pace you need to do in shorter distances to hit that time. Do those times or better in your interval workouts.

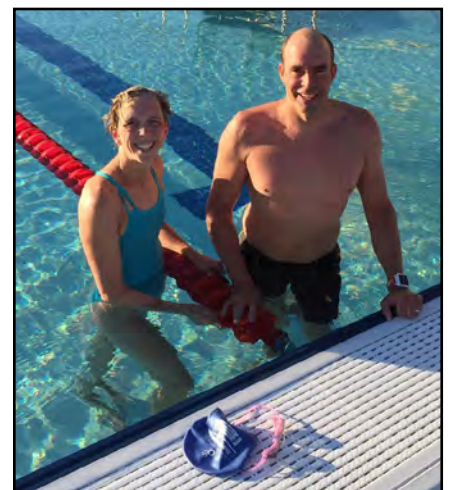
Good incentives for swimming 1650s or 1500s in the fall are that they are laying the base for next season and preparing you for the last two ePostals of the swimming year - 3000 and 6000. After a hectic summer focusing on the LC Nationals, a change of pace should be welcome.

Use the 1650/1500 focus to get ready for 2017.



Birthday celebration for Karen Andrus at TCSO. Watch her break a record for the flamingo race!

CGM -- Ah! Nothing beats going ePostal in the morning. Sara Cannon and Mark Frost after 5km ePostal: 1hr 11m and 1hr 19m respectively



USMS Nationals Highlights

August 17-21

Mt. Hood Community College; Gresham, OR

What a great time we had being outdoors, at the pool, and in the warmth of both the sun and friends for five full days! Nothing can beat a USMS National swim meet in your own backyard!

Thank you Dennis Baker and Tim Waud for being co-meet directors. They did a great job. And thanks to all the volunteers—many volunteers made things go smoothly.

Stats from USMS indicate that, in individual events, there were 1287 swimmers registered; 47 DQs; 387 scratches or no-shows. In relays, there were 20 DQs and 11 scratches or no-shows.

Oregon Masters was by far the largest club with 275 swimmers. Six other countries were represented.

Number of Records broken by club OREG swimmers:

Record	Oregon	Zone	National	World
Individual:	39	20	1	0
Relay:	17	13	6	2

The only individual National record was set by Rebecca Kay (70) in the 50 Meter Freestyle. She got a blistering :33.95. See page 6 for Oregon Records.

Oregon had 112 relays, thanks to Brent Washburne for making the relay combinations with a computer program he wrote. Thanks also to the relay coaches who implemented the relay combinations, and to the swimmers who were willing to participate in relays.

A **World** record was set in a Mixed 200-239 — 200 Meter Medley Relay, consisting of, Valerie Jenkins, Kurt Grote, Gabe Duus and Karen Andrus-Hughes; with a time of 2:01.98. They broke an 11-year-old record by 0.34 seconds.

Another **World** record was set in a Mixed 320-359 — 200 Meter Freestyle Relay, consisting of Rebecca Kay, Willard, Lamb, Barbara Frid, and David Radcliff with a time of 2:35.97; breaking the 10-year-old record by 1.13 seconds.

For Records, see pages 7 & 8.

SUMMER NATIONALS continued from page 4

Willard Lamb Men (90-94) 50 Meter Backstroke
 Willard Lamb Men (90-94) 100 Meter Backstroke
 Willard Lamb Men (90-94) 200 Meter Backstroke

Thank you to our Oregon Club Coaches! They were able to coordinate a number of very successful relays. It's quite an effort to put together relays with 275 Oregon Club competitors.

Head Coach Robert Maestre
 Head Relay Coach Brent Washburne
 Men's Relay Coach..... Allan Larson
 Women's Relay Coach..... Matt Miller
 Mixed Relay's Coach..... Al Capron

Thank You to all of our volunteers who made hosting this event possible!

Meet DirectorsDennis Baker and Tim Waud

Officials

Referee.....Jacki Allender
 Administrative Referee Herb Schwab
 Head Starter.....Teri White
 Team Lead Chief Judge..... Al Ness
 Pat Allender Linda Eaton Marie Lin
 Rick Biggs Judy Gillies Judy Miller
 Lisa Sandoval Dick Chapman Bob Keller
 Tina Strahan Sean Cho Cory Keller
 Ken Breiding Dan Gipe Julia Murphy
 Lisa Cardillo Steven Goldman Jim Teisher
 Sandy Drake Leo Lin JoAnne Wisniewski

USMS Championship Liaison

Jim Clemmons

USMS Officials Liaison

Al Ness

Announcers

Dave Wierdsma and Jon French

USMS National Office

Kyle Deery and Jay Eckert

Organizing Committee

Susan Albright, Jenn Pidkowicz, Jeanne Teisher Volunteer Coordinators
 Jacki Allender and Dennis Baker..... Officials Recruitment

continued on page 16

Photo Story of the USMS 2016 Summer Nationals



Warm-up time. This warm-up had plenty of room to swim compared to other warm-ups.



Marissa Frieder sports many watches as Head Timer



Bob Bruce, after a great effort in his race.



Mark Hageman, Rebecca Kay, and Matt Miller, (Rebecca's coaches) after she set a new National record for the Women's 50 Meter Freestyle :33.95 in the 70-74 age group. These three worked out together through the spring and summer at Superior Athletic Club in Medford.



Graham Johnston (above) and Judge Robert Beach (below), swam in the Lake Tahoe relay with Dave Radcliff. That relay was featured in the October, 2015, "Aqua Master", titled "The Old Men and the Sea". That "Aqua Master" is on the OMS web site:

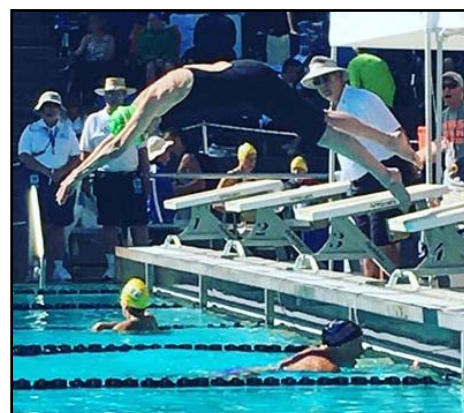
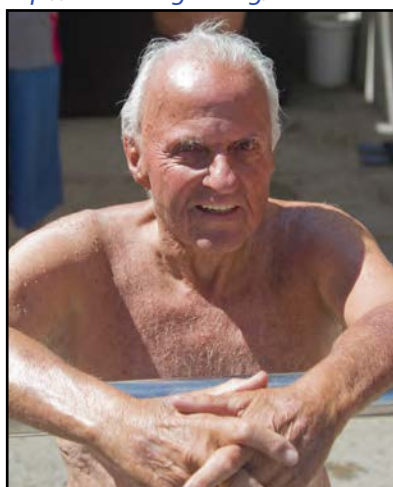
<http://swimoregon.org/newsletter/>.



David Radcliff after a hard swim. He "left it all in the pool", following his coach's instructions.



Surprises at Nationals



Jerri Kawabata (82) dives from the block for the 50 meter fly in the medley relay!



Matt Miller's 9 medals. Good work Matt!



Brent Washburne — the OMS Relay Guru. He combines record-breaking relays through a computer program he wrote. You can see that it works well because OMS had 112 relays at the National Championships, 17 of them set new records.



Fifth place in the 240-279 — 200 free-style relay (2:19.73) — Ann Goodman MJ Caswell, Sandi Rousseau, Karen Andrus Hughes — pictured are Ann and MJ



"Never underestamate an old man who loves swimming"



Rebecca Kay (70) displays her medals. She is a National Champion in 2 of her events, and set OR, Zone and National records in the 50 free.



Virginia Phipps (92, OCT) set Oregon and Zone records in 2 of her events



Veronica Hibben (UCLA Bruin Masters) with Tim Waud. Veronica, with her teammates, swam in the OCT Dual sanctioned meet in March. They were trying to set National records in SCM. Everyone enjoyed watching their events to see whether they would break a record.



Willard Lamb is keeping cool



L-R: Tessa Reeves, Brianna Showell, Stacey Kiefer, Kristine Cox (120-159—200 meter Free relay) with a time of 2:02.78



L-R: Cailee Caldwell, Olivia Schmidt, Suzanne Gerlach, Aubree Gustafson (120-159—200 meter Free relay) with a time of 2:08.73



L-R: Sue Phillips, Britta Daubersmith, Larissa Lodzinski, Laurie Kilbourn. (200-239—200 meter Free relay) with a time of 2:19.65



L-R: Ann Goodman, Carolyn Welty-Fick, MJ Caswell, Larissa Lodzinski (200-239—200 meter Medley relay) with a time of 2:36.56



L-R: Tyler Thessin, Ian Maginnis, Andrew Scott, Kris Simpson (200-239—200 meter Free relay) with a time of 2:02.28



L-R: Molly Clark, Christina Fox, Sarah Rogers, Shirlene Gonzalez (160-199—200 meter Free Relay) with a time of 2:23.27



L-R: Lori Lamoureux, Cheryl Morgen, Jennifer Faith and Michelle Jacobs-Brown (160-199—200 meter Free) with a time of 2:20.08



L-R: Frank Philipps, Jose Ferraz, Willard Lamb and Dave Radcliff (320-359 —200 meter Free relay) set Oregon, Zone and National Records with a time of 2:24.56.



Multomah Athletic Club Gals: L-R Hailey Bambusch, Lauren Binder, Jessica Stacy and Jill Marie Asch — Summer Nationals 2016



L-R: Francie Haffner, Marcie Adelman, Virginia Phipps (92), and Toni Hecksel (240 279—200 meter Free relay) with a time of 3:07.37



L-R: Ken Myers, Jim Jenkins, Dirk Muessig and Mark McAllister (200-239 200 meter Free Relay) with a time of 2:22.89



L-R: Ted Bonus, Hailey Bambusch, Jessica Stacy, Kris Asleson (100-119—200 meter Medley Relay set an Oregon record with a time of 2:01.14.



L-R: Karen Andrus-Hughes, Gabe Duus, Kurt Grote & Val Jenkins (200-239—200 meter Medley relay) with a time of 2:01.98. This relay set a new WORLD record which had stood for 11 years.



L-R: Mark Wren, Dave Sandin, Russel Scovel, David Hathaway (200-239—200 meter Free Relay) with a time of 1:56.26



L-R: Jill Marie, Hailey Bambusch, Sonja Skinner, Maki Moore (120-159—200 meter Free Relay) set an Oregon and Zone record with a time of 1:52.53.

SUMMER NATIONALS

continued from page 11

Tim Waud and Sandi Rousseau	Program Editor
Karen Andrus-Hughes and Arlene Delmage	Event Sponsors
Walt Reid, Mary Beth Windrath and Steve Darnell	Records and Splits
Tim Waud and Tam Jenkins.....	Awards
Kermit Yensen	Budget/Finance
Tim Waud.....	Communications/Publicity
Paul Windrath	Safety Marshalls
Joy Ward.....	EMT/Medical
Marisa Frieder	Shuttle
Donna Ryan	Signage
Tanya Richardson	Facility
Dennis Baker and Ellen Summers.....	Social
Tam Jenkins	Goody Bags
Sandi Rousseau	Solutions Desk
Jody Rash.....	Hospitality
Susan Albright	Logo Design
Tim Waud and Jeanna Summers.....	Souvenirs
Tim and Jill Waud.....	Tents
Seth Alley	Massage
Marisa Frieder	Timers
Roxanne Redwine Baker	Office Administration/Secretary
Matt Miller.....	Webmaster
Bonnie Edwards	Assistant Webmaster
Matt Miller.....	Program Ads
Ginger Pierson	On Site Check-in

There are countless volunteers in addition to the names above who made this National Championship meet possible. We are grateful to all of them!

Special Thanks to Dan Vandenberg, and the Mt. Hood Aquatic Center Lifeguards who kept us safe and maintained a super-fast venue for our competitors.



SETTING THE PACE WITH COACH TIM

continued from page 5

8. Keep Your Hand Loose

By keeping your hand loose, you maximize the area your hand takes in the water. **Don't keep your fingers tightly pressed together** because your arm will be contracted and you will lose energy.

9. Modify Your Kicking Cadence Depending on the Distance

For a sprint, such as 50m, 100m, or 200m, you should kick as much as you can because the event is short and you don't need to manage your energy. For a longer event, like a 5km or 10km open water swim or an Ironman, you should kick less because you need to conserve energy. In those cases, keep a two-beat kick, which means you do one kick for every stroke.

These 9 basic swimming skills were found in an article written by Sanuj Srivastava on the website: aboutswim.com.

LONG DISTANCE

continued from page 6

events, and are a must for aspiring distance swimmers. Why not use these swims to jump start your training?

As the OMS Long Distance Chair, I would like to see you participate, and would love to see the Oregon Club successfully defend the National Club Title in the 6000-yard event and reclaim it in the 3000-yard event. Let's not get complacent with our past record of success. See <http://www.usms.org/longdist/ldnats16/> for event & entry information, get your split sheet at http://www.usms.org/longdist/1hr_3000_6000_splits.pdf, and get to it! Remember that you can swim these events in a 25-meter pool by doing a 3000 or 6000-meter swim and converting the time to yards. I know, I know, you gotta swim a bit further, but it finally allows those who only have access to 25-meter pools to participate. Just do it!

Good luck and good swimming!

SWIMMER SPOTLIGHT

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after the race"? I said yes and then he said, "if you can climb out of a pool after a race then you have not given 100%". Did Bill actually expect me to swim until I was unconscious? I do not think so. However, he saw in me the ability to be a distance swimmer and he knew this required an attitude and a mind set to swim through pain. The 100% was a way of challenging me to swim harder and keep going. It worked. I started pushing myself and swimming harder.

TW: Looks like it worked! Who were your early influencers?

DR: Number 1 was Bill Lucas. The swimmer I became was because of his coaching and friendship. Number 2 was the group of friends I made on the high school team and Association Team. Being part of a team and having great friends was major. Number 3 was my parents. They were very supportive. My Dad was a Minister and at first I was not allowed to swim on Sunday (think Chariots of Fire movie). As I progressed and became a better swimmer I was needed on team relays. So my Dad gave me permission to swim Relays.

Then he turned the decision of Sunday swimming over to me. I decided that I wanted to swim on Sundays when there was an event. My parents supported this decision and my Mom attended and my Dad would show up after Church. This was special and a real learning situation for me. I know that maybe I had not made the initial decision they were hoping I would make but then they supported me in the decision I had made.

TW: I think I speak for all Masters Swimmers when I say I'm very glad you made that particular decision. What was the aquatic path that took you to the Olympics in 1956?

DR: Following my two years of swimming in High School, I knew that I wanted to swim in College. Swimming scholarships were few and far between back then. Because my Dad was a Minister, I received free tuition at a small college in Penn (Westminster). I went there my freshman year. I had a good year but it was too far from home. For financial reasons I had to travel by Greyhound bus. Three days to cross the country to get to college. My good friend Bill Spore was going to Cal Berkeley and he asked me to transfer and attend Cal. I thought that sounded great. My Mom and I drove to Cal and met with the Coach, George Schroth, during the summer. He arranged for Bill and I to get jobs "hashing" in a Sorority and in the fall, I

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SWIMMER SPOTLIGHT

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headed off to Cal for my sophomore year. I had to sit out actual competition that year because of the Transfer rule. I was allowed to workout with the team. I enjoyed the training and being with the team. I swam for Cal during my Junior and Senior year. I was All American in the 440 and 1500 meters both years. I did not compete in the NCAA's because Cal's swim season at that time was in the spring. At the end of my senior year (1955) I figured that my swimming days were over. Summer Nationals were in Los Angeles that year so I swam during the summer and competed in the Nationals. In September I was drafted into the Army. I said goodbye to swimming and headed off to be a soldier.

In my last week of basic training, I received a letter from the State Department and AAU. I had been selected to be a member of a Goodwill Swim Tour to Southeast Asia. This was all based on my performances at the Summer Nationals. The Army gave me TDY (Temporary Duty) and I began a great adventure to Southeast Asia. At the end of that trip I said goodbye to swimming again. I was now in Engineering Company and was soon put on Orders to Europe. Three days before I was due to leave I got called into the Captains Office and I was told that my Orders had been changed and I was being sent to Fort MacArthur in San Pedro, California to train for the Olympics. Hello Swimming, I am back again. I was part of the first group of Cold War athletes to be trained while in the Military Service. This was in response to what Russia was doing. There was no Army Coach just about a dozen former College Swimmers and we trained ourselves. One of the Swimmers, Don Sonia from North Carolina, wanted to become a coach. So soon he became our unofficial coach. In August we went to Detroit for the trials. I swam my best 1500 and qualified third. Back then they took 3 swimmers for each event. I was so lucky because now third place is the heartbreak place, as they only take two swimmers.

The big question at this point was, Now what is going to happen. The Olympics were in Melbourne, Australia, and that meant the Seasons were reversed. So the Summer Olympics were being held in late November and early December. Back then there was no concept of a National Team or a training camp. In Detroit we were told to go home and meet again in Los Angeles in November. The Army came through big time for me at this point. They kept Don Sonia as the coach and me as the swimmer at Fort MacArthur. I trained in the morning at the Army pool, and then in the afternoon, the Army provided a car and we drove to USC and the 1932 Olympic Swim Stadium for a

long course workout. Don was on the cutting edge of the new techniques about interval training and I had great workouts at both pools. I had no other responsibilities in the Army. I only trained for the Olympics.

TW: That's the way it really should be! Describe the training techniques you used in the beginning to those of today.

DR: In the beginning, under Bill Lucas, we trained with a lot of straight swims, kicks and pulls. Bill broke up our workouts with fun pursuit relays and stretch cords. He had cut up old inner tubes and we would tie these around our waist and try to swim to the other side of the pool. These swims and the relays were an early type of Interval training for me.

In College at Cal, it was more of the straight swims of half a mile to a mile. There were also a lot of straight kicks and pulls. At Cal we did not do Intervals but there were several other training techniques that in a way introduced the interval ideas. I did a lot of slow / fast swims. These swims varied from 1 lap slow / 1 lap fast to 25 slow / 25 fast and then 50 slow / 50 fast and up the ladder to 200 and back down. So in a way I was getting a type of Interval training. The other usual thing I did was swimming while tied to a rope around the Life guard tower. The theory here was that I was pressing against "dead" water and that would increase my strength.

My Army Olympic training introduced me to Interval training. My main memory of this was 30 x 50 on a minute in a LCM pool. In Melbourne I actually got to train a few times with "Doc" Councilman and George Breen. I do not remember the actual workouts but I know we did Intervals.

Today in Masters, my workouts with the Barracudas are built around Interval training.

TW: I think I might die if I showed up next to you in a workout there! So what important changes have you witnessed in Swimming?

DR: The training methods discussed in the last questions. To me the use of goggles has been one of the biggest changes. I do not miss those red, tearing, chlorine eyes from my early days of swimming. The number of people swimming and how young they are when they begin. The way the times have dropped is almost unbelievable. I cannot believe how fast swimmers are now going. I also think that swimming has always been a coed sport since my early days and has sup-

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SWIMMER SPOTLIGHT
continued from page 18

ported the growth of girls/women in sports. I had girls on my high school team that I coached. I was proud when some of these girls became the first to earn varsity letters in a so called boys sport.

TW: Yes! Tell us how you found out about Masters swimming.

DR: I was visiting a friend on the USC campus in the late 70s or early 80s and there was a Masters swim meet going on. I think that was the first time I had actually seen a meet with older swimmers. I did not start Masters at that time but the thought was in my mind. As I got ready to retire, I decided to get back in the pool and that swimming would be a wonderful retirement activity for me. A friend who played senior tennis told me how great it was to travel to tournaments and play with players from all over the World. Everyone had common interests, so there were great friendships and exercise. I thought if it worked well for tennis, that it would work well for me in swimming.

TW: And it does! What does Masters swimming mean to you and what has it done for you?

DR: Masters swimming has been the most important part of my retirement. The exercise has helped to keep me healthy and when I have hit those "road bumps" (i.e.: prostate cancer, and major heart attack) I have been in condition to fight through them. My wife and I have traveled to different parts of the World and USA for meets, and this has been very special. Besides the health factors, you have to put friendships right up there at the top also. We have met so many great people around the World and in our Country. Social contact and exercise have made for a great retirement.

TW: You'll have to pardon me on this one Dave- I can't imagine you ever retiring from anything! What motivates you on a daily basis to keep on swimming?

DR: I have always enjoyed the training aspect of swimming. I like feeling that I am in shape. I am not a couch potato. I do not enjoy just sitting around. I want to be doing something and swimming has given me the energy to stay active. I also look forward to the social give and take at the pool with all of my friends. It is fun!

TW: You have a huge amount of Masters Records. What is your most important goal for the future?

DR: One of my goals is to always see how close I can stay to my times from the previous year. It is my way of fighting old age. A new goal has been to just enjoy the experience and even if my times are not as fast as I want them to be, to just enjoy the whole experience. New experiences and or locations are also a goal. The whole process leading up to the Catalina Channel swim last year was neat. The cold water training, the night training, the Trans Tahoe Relay, and then we were successful. What more could you ask for.

My number one goal for the future is to just keep on swimming and loving it. Part of that Goal involves a trip this summer to Omaha for the Olympic Trials. Older Olympians from previous teams are invited back to watch the Trials. The 1956 Team that I was on is going to be one of the highlighted teams and will be introduced at the Trials. Sixty years later, the Olympics are still creating memories for me. How can you not love our Sport?

TW: Amen!

DR: Shortly after I returned from the Olympics my Mom said to me, "Treat your sport with the respect that it deserves". I thought about what she said to me a great deal during my coaching days and I think about it now during my Masters swimming days. I love the concept of respect for our Sport of Swimming. It is almost mystical to me how much swimming has done for me and how much it has influenced my life. Yes, this interview we are having now is about me but the real credit belongs to our Sport. Swimming is what has made it all possible for me. To me, to give back to swimming and to treat it with respect means that I should always be available to help swimmers and in that way to help Swimming.

I am not a casual swimmer. I am a very serious swimmer because the sport has given me so much. I am paying it back with my respect by always trying to do my best.

TW: Spoken like the True Champion that you are Dave. Thank you so much for sharing your incredible journey and your incredible attitude with us! I can predict without fear of contradiction that you will be setting many more world and national records!

—submitted by Denise Stuntzner

Summary...

Records And Meet Results

USMS Summer Nationals — LC

Looking Ahead...

Meet Schedule

<u>Date</u>	<u>Course</u>	<u>Meet</u>	<u>Location</u>
November 19	SCM	Fall Classic	Hood River, OR
December 10	SCM	COMA	Bend, OR

Quote for the month...

*I don't need therapy, I just need
to swim more*