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"Swimming for Life"

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Erwins Win National Titles in Cable Championship

by Daniel Paulling (adapted)

On June 24 at Foster Lake in Sweet Home, OR, a 90 minute drive south of Portland, the 2017 U.S. Masters Swimming 2-Mile Cable Open Water National Championship was held. And Abbey Erwin was trying to hang on as the last push came at the end. Here is how it proceeded.

Abbey Erwin spent much of the race on Saturday with several people drafting off her. Nearing the finish, they came upon a group of swimmers being lapped. Abbey went to the left. Jeff Erwin and Hardy Lussier, who had been drafting right behind her, went to the right to set up the sprint to the finish. Fortunately for Abbey, she managed to hold on during that last-second sprint, to earn the overall win with a time of 41 minutes, 41.1 seconds.

"The last 200 was rough," says Abbey, who swims for Sawtooth Masters in Boise, Idaho. "I was definitely pushing it."

Abbey edged out her father, Jeff, by 1.1 seconds and Oregon Masters swimmer Hardy Lussier, who finished second on the men's side, by almost two seconds.

Jeff and Hardy both swam under the USMS record for the men's 50-54 age group. They broke a 13-year-old mark belonging to Ventura County Masters swimmer Jim McConica, who finished 16th overall and set a USMS record in the men's 65-69 age group.

Jeff, though, won't fret over losing to his daughter.

"That last 200, I was trying to keep up with Abbey, but half the time I was worried about Hardy," Jeff says. "I was just trying to drop him, but he was right on my feet. I was fine with Abbey beating me. She's faster than I am. I was happy to be close to her."



Abbey and Jeff Erwin

Jeff can take some credit for his daughter's win. He was Abbey's high school coach and serves as a volunteer on her club team, the Boise Y Swim Team.

Jeff, 53, brought her to Masters practices he coached while she was growing up, which led her to decide she wanted to join the club team so she could swim laps. He also took her to several Masters meets he competed in, including ones in Canada and Florida.

Although she's focusing on Junior Nationals in August and starts her University of Minnesota career this fall, Abbey, 18, decided to swim in Oregon for a number of reasons.

"I like swimming open water, and I think I need more practice with it," she says. "I've never done a cable swim, and it sounded like something that I would enjoy, so I wanted to try that. Plus, [my dad and I] got to race together, something we don't get to do a lot."

Saturday certainly ended better than a previous time the two raced against each other. Jeff vividly remembers when he

continued on page 10

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Alice Zabudsky • azabudsky@msn.com

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CONTENTS

Regular Articles

- 3** Chair's Corner
- 4** Off the Block
- 5** Fit to Swim
- 6** Coaches Chair

Articles & Announcements

- 7** Fred Wilmot Sprenger
- 8** Swim Bits
- 9** OMS & National Relay Records

Event Schedule — Back Page

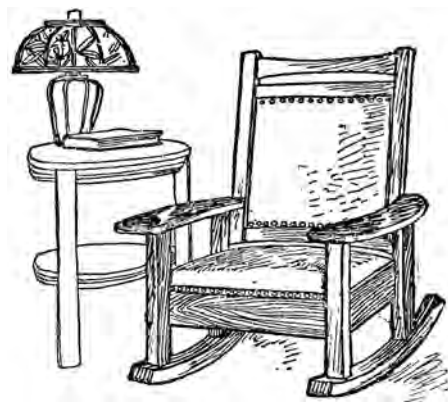
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Send address changes to Susie Young and all other membership questions to Christina Fox.

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Chair's Corner

Tim Waud
OMS Board Chirman



Greetings Fellow Swimmers,

I hope your summer training is going well and you are enjoying this beautiful weather. Last month, we had a committee work together to come up with a detailed report on how our membership works within the Oregon LMSC. I would like to share with you some of those details. OMS has an army of volunteers who work tirelessly to make your swimming experience a positive one. These are your local volunteers and the positions they hold:

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On the USMS National level, Oregon Masters has several volunteers who have worked tirelessly over the years to contribute their professional experience and knowledge to make U. S. Masters Swimming a fine-tuned and well-run organization.

Jacki Allender:

- USMS National Championship Meet Referee—10 Championships: 2001 Spring, 2001 Summer, 2007 Summer, 2008 Oregon, 2009 Spring, 2011 Summer, 2012 Summer, 2014 Spring, 2015 Spring, 2016 Oregon
- Assistant Administrative Referee: 2006 FINA World Masters Championship
- Administrative Referee: 2013 Pan American Masters Championship

Bob Bruce:

- Coaches Committee 2002-2008; Chair 2004-2006
- Fitness Committee 2002-2003
- Open Water Committee: 2010-Present; Chair 2016-Present
- Long Distance Committee.....2004-Present
- Open Water Task Force..... 2014-2015
- Head Coach, USMS Team at FINA World Champs: 2002 & 2004

MJ Caswell:

- Recognition and Awards Committee 2016-2017
- Records and Tabulation Committee...2015-Present; Vice-Chair 2016-Present
- Fitness Committee 2010-2013



continued on page 11



Off the Block

Since this column is called "Off the Block", whatever information is deemed of interest, by the editor, is presented.

Rick Colella: Olympian and Washington Masters Swimmer

Adapted from an interview done by P2LIFE

Rick swam with his Masters team in the recent USMS Spring National Championships in Riverside, California. He is an Olympic bronze medalist, known for his signature 200 meter breaststroke. Rick competed in the 1972 and 1976 Olympics and now swims with a team in Washington State that trains to compete in Masters meets year-round. He holds over 50 world records and was awarded the David Yorzyk Memorial Award* in 2008.

Rick started swimming when he was 8 years old on a small swim team in the summer, and then moved on to a year-round swim team. He kept improving throughout high school, where he became involved with heavy duty training. Heavy volume was the style of training, and it was an era when the volume just kept increasing.

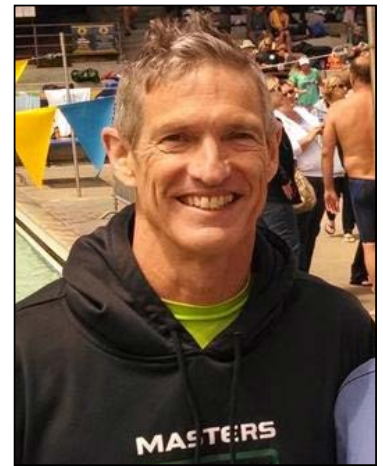
After high school, Rick went to college at the University of Washington and participated at the NCAA level of swimming. In his last year of college he swam the 200 meter breaststroke at the 1972 Olympics, but was disappointed when he placed 4th. Then, in 1976, he won the bronze medal at the Olympics.

What made him go to the 1976 Olympics, rather than quit after the 1972 Olympics? It was a desire to keep up with his sister, Lynn, who won a silver medal in the 1972 Olympics!

At that time, it was much harder to stay in the sport

after college. With no sponsors and no money, he had to live with his parents so he could swim. Then, at age 24, he was one of the oldest people on the team.

Rick retired from swimming for about 10 years after winning the Bronze medal in the 1976 Olympics, but still occasionally swam Masters. He was training only 1-2 hours a week and not swimming any meets. Then he started swimming Masters again in 1990, at Lake Washington Masters, where he now trains once a day, 6 days a week. The coach, Becca Watson, has the team doing heavy volume in fall and winter, then more quality and sprints in spring and summer. The quality work has helped Rick tremendously in the past few years.



*The David Yorzyk Award was created in 1985 by Mani Sanguily in honor of David Yorzyk, a young swimmer who tragically lost his life in 1984 at the age of 19. David Yorzyk was an up and coming swimmer whose expertise was the 400 IM. His father, Bill Yorzyk, was well known for his butterfly mechanics and performance at the 1956 Olympics.

The award was presented annually to the swimmer who performed the most outstanding 400 yard individual medley at the Short Course National Championships. This award was discontinued in 2010.

Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



On a road trip—how to have a meaningful workout in a tiny hotel pool

Summer time can be the best but also the worst time to try to maintain a somewhat even consistency in your exercise routine. Kids are out of school, vacation plans and road trips are booked, visitors are dropping in. It seems that a two months sabbatical is required but it does not have to be that way. Why let all your fitness go to waste over the summer. September is also a busy month and it is certainly not the easiest month to start from scratch.

So here are a few tips to have a meaningful workout in a tiny hotel pool.

This might be the best place to improve your kicking; the possibilities are endless.

First lie on your back and hold on to either the wall or the stairs, contract your abs and start kicking. Make sure you kick with your whole leg; the movement is starting from the hips and not from the knees. Your feet are in a pointed position. This is the best way to get rid of that famous “bicycle kick” which slows you down when you swim. Make sure you have a soft regular movement, all in alignment, no crossing of the feet, no knee getting out of the water. Once you have auto corrected your kick and you have a feel for it, you can turn on your tummy and kick holding the wall. The next step is the vertical kicking with your hands crossed on your shoulders, with your hands up or, for the real challenge, with your arms in a streamline position.

Vertical kicking is an excellent drill for learning dolphin kicking. Make sure you use a full body movement, staying vertical, using your abs. If you envision your head and your feet being the opposite points of a diamond which is

anchored, your butt is moving from one side to the other of that diamond. As you go faster, the amplitude of the diamond will decrease and the diamond shape will flatten. Experience with both the slow fat diamond (kick used when swimming) and the very fast flat diamond (kick used for the underwater streamline).

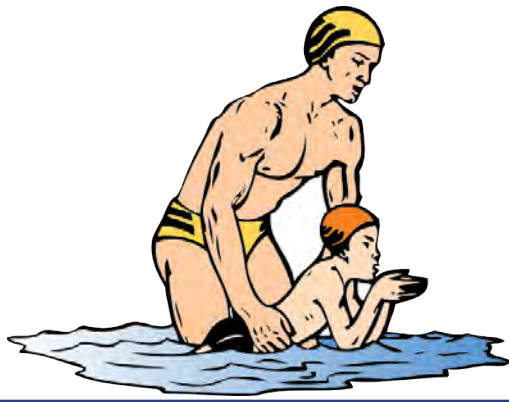
The wall is also an excellent place to improve your breaststroke kick. Every time you push, you must feel the pressure on the wall. If dropping your knees is your problem, do some breaststroke kick while being vertical along the wall. It will force you to bring your ankles towards your butt. If your problem is not turning your feet out, do some vertical kicking and make sure you are going up and down as you kick.

To improve your streamline, practice this very fun and challenging drill. In an area where the water comes to about your shoulders, drop down to the bottom of the pool and push up with all your might as high as you can in a streamline position with a small fast dolphin kick (real dolphins can do that very well); drop down again and keep doing it, until you are exhausted!!

A small crowded pool can also give you the opportunity to visualize your arm movements. With your feet on the bottom, practice and look at what a 90 degree catch looks like, but mostly feels like. With your arms extended in front of your shoulders, start putting your fingers towards the bottom of the pool, then your hand, then your whole forearm while keeping your elbow at the surface of the water. This is the most critical part of your stroke. In freestyle, the good swimmer will go directly into that 90 degrees catch as their arms are already entering in front of their

continued on page 10





Coaches Chair

Coach Matt Miller
OMS Co-Coaches Chair

Mindful Swimming

Most swimmers know that swimming fast requires excellent technique. Having good technique requires using your body in the correct manner to minimize drag and maximize propulsion, and to maintain speed off the blocks and walls. But in addition to controlling your body and being technically sound in the water, it is important to engage your mind to be aware of the relationship between your body and the water.

It's far too easy to get into a routine in swimming. Each day you jump into the water and repeat the same movements. You do them so often that your body can go on autopilot and you don't even think about each movement anymore. Instead, your mind is somewhere else entirely. When this happens, it's easy to not even think about your body interacting with the water and how that feels, or how effective your swimming technique is at that moment.

There is a lot to be gained by training your mind to be aware of the position and location of the parts of your body (known as proprioception), and to improve the ability to feel how moving your body parts creates an interaction with the water (known as kinesthesia). Elite-level swimmers have highly developed kinesthetic and proprioceptive abilities. These abilities allow them to better feel how the forces they apply against the resistance in the water allow them to move through the water more quickly and with less effort. Kinesthesia and proprioception account for the smooth and effortless-looking strokes of elite-level swimmers. These two abilities are often described as "having a good feel for the water."

So how do we develop these abilities in ourselves? Can a "feel for the water" be taught and learned, or is it a

genetic gift that only some people have? Some coaches aren't sure it can be taught, but most coaches do believe that it can be. Developing the "feel" starts with a foundational mind-set of being mentally present and aware while swimming, of bringing your attention to the present moment and getting an overall feel for your body in and with the water. In addition, specifically during your workout, the goal is to intermittently check back in, mindfully notice where your body parts are and what they are doing, adjust as needed, and then notice any resultant changes in speed and effort. Warm-up and cool-down can be especially good times to practice this process.

Examples of swimming technique areas to mindfully check into would include mid-stroke during the pull to ensure that your hand and arm are in the correct position (early vertical forearm) to gain the most power, and with the lower body to ensure that toes are pointed and hips are rotating properly.

Underwater video can also be an immensely useful aid for developing these abilities, especially when shown to a swimmer immediately after a set. It's often surprising to see what is actually happening with our bodies versus what we think we're doing with our bodies! Discovering this can sometimes be frustrating, too, so overall it's helpful to approach this process with open non-judgmental curiosity, and to allow ourselves the time and space for any changes we incorporate to become habit.

If you don't already, consider adding these mindful check-ins to your workout. Connecting your mind and body during swimming can improve both technique and overall enjoyment of swimming and interacting with the water.



Fred Wilmot Sprenger

April 3, 1931 – June 10, 2017



Gresham resident Fred Wilmot Sprenger, 86, died on June 10, 2017, at his home in Gresham, OR. Fred was born in Grandview, WA, to Howard and Elizabeth Sprenger. The family moved to Zillah, WA, before his first birthday. He graduated from Zillah High School in 1949, and received a bachelor's degree from Washington State College in 1953. He served in the U.S. Air Force from 1954 - 1956, being discharged as a 1st Lieutenant.

Following his military service, he married Carole Watson in Grandview, WA, on June 16, 1956. (They met as students at WSC.) He started his career with the U.S. Forest Service in Vancouver, WA, and from there they moved to Grants Pass, John Day, Steamboat Ranger Station, and eventually the Region 6 Timber Management office in Portland, where he retired from government service in 1989 after 34 years.

He has been a member of Covenant Presbyterian Church since 1968, where he served as a deacon, an elder, and in many other positions. He was a lifetime member of the Masonic Lodge, and joined the Pleasant Valley Golf Club in 1970. He was a very competitive swimmer, and was Northern Division Champion at Washington State College four years running. He continued to swim while representing the U.S. Air Force in the Far East Championships. He swam with U.S. Masters Swimming for over 35 years, and was a National Champion in 1986.

He was a familiar sight as a starter for Eastmont Aquanaut swimming meets and also the house starter for years at Centennial High School swim meets during the time that his sons swam competitively. He also enjoyed annual backpacking trips with his children and extended family, and eventually with his grandkids.

On November 17, 2009, he married Wendy Couch, with whom he got reacquainted at their 60th high school reunion. They spent a number of years traveling abroad, winters in Yuma, AZ, and were fishing partners during the summers in Alaska. Fred also had Wendy's 13 grandkids to hang out with, which he enjoyed very much.

He was preceded in death by his first wife, Carole, and his sons Douglas Lawrence Sprenger and John Charles Sprenger.

Records and Top Ten data for Fred W. Sprenger One USMS National Record

| Age Group | Event | Date | Time |
|-----------|-----------------|----------|---------|
| M55-59 | 1000 Free (SCY) | 5/4/1986 | 12:47.4 |

35 USMS Top 10 Swims by Fred W Sprenger

Below are all recorded individual Top 10 achievements for Fred W Sprenger since 1971. He swam for Club OREG

| Place | Event | Course | Year | Age | Time |
|-------|------------------|--------|------|-----|----------|
| 8 | M75-79 1500 Free | LCM | 2008 | 77 | 32:29.02 |
| 8 | M75-79 1000 Free | SCY | 2006 | 75 | 18:34.68 |
| 9 | M60-64 400 Free | SCM | 1991 | 60 | 6:18.91 |
| 4 | M60-64 800 Free | SCM | 1991 | 60 | 13:13.25 |
| 10 | M60-64 100 Back | SCM | 1991 | 60 | 1:38.73 |
| 3 | M60-64 200 Back | SCM | 1991 | 60 | 3:24.60 |
| 6 | M55-59 400 Free | SCM | 1987 | 55 | 5:39.23 |
| 3 | M55-59 1500 Free | SCM | 1987 | 55 | 23:12.61 |
| 3 | M55-59 100 Back | SCM | 1987 | 55 | 1:31.44 |
| 1 | M55-59 200 Back | SCM | 1987 | 55 | 3:10.75 |
| 9 | M55-59 500 Free | SCY | 1987 | 56 | 6:27.25 |
| 9 | M55-59 1000 Free | SCY | 1987 | 56 | 13:34.24 |
| 4 | M55-59 200 Free | LCM | 1986 | 55 | 2:38.62 |
| 5 | M55-59 400 Free | LCM | 1986 | 55 | 5:35.55 |
| 7 | M55-59 800 Free | LCM | 1986 | 55 | 11:49.56 |
| 6 | M55-59 1500 Free | LCM | 1986 | 55 | 22:59.91 |
| 6 | M55-59 200 Back | LCM | 1986 | 55 | 3:10.27 |
| 5 | M55-59 500 Free | SCY | 1986 | 55 | 6:15.22 |
| 1 | M55-59 1000 Free | SCY | 1986 | 55 | 12:47.45 |
| 10 | M55-59 1650 Free | SCY | 1986 | 55 | 22:26.16 |
| 5 | M50-54 1000 Free | SCY | 1985 | 53 | 12:25.38 |
| 1 | M50-54 200 Back | SCY | 1983 | 51 | 2:21.94 |
| 6 | M50-54 200 Free | LCM | 1982 | 51 | 2:37.36 |
| 5 | M50-54 400 Free | LCM | 1982 | 51 | 5:31.50 |
| 4 | M50-54 1500 Free | LCM | 1982 | 51 | 22:17.33 |
| 8 | M50-54 500 Free | SCY | 1982 | 50 | 6:09.12 |
| 8 | M50-54 1650 Free | SCY | 1982 | 50 | 21:48.74 |
| 8 | M50-54 200 Free | LCM | 1981 | 50 | 2:37.40 |
| 9 | M45-49 400 Free | LCM | 1978 | 47 | 5:39.82 |
| 6 | M45-49 1500 Free | LCM | 1978 | 47 | 22:39.76 |
| 10 | M45-49 200 Free | LCM | 1977 | 46 | 2:37.50 |
| 5 | M45-49 400 Free | LCM | 1977 | 46 | 5:31.10 |
| 5 | M45-49 1500 Free | LCM | 1977 | 46 | 22:00.23 |
| 10 | M45-49 400 Free | LCM | 1976 | 45 | 5:40.60 |
| 8 | M45-49 1500 Free | LCM | 1976 | 45 | 22:40.60 |

Swim Bits

by Ralph Mohr
COMA

We who swim open-water a lot forget what a first experience swimming in a lake might be for someone who has never tried it before. A friend of mine mentioned his unease to me after he tried to swim in Eel Lake in Coos County for the first time.

"There was no bottom. I couldn't see more than eight feet. I almost panicked," he said.

"Almost?" I asked carefully.

He smiled and then said, "Almost. I turned around and got out."

It is common for first time open-water swimmers to quickly become disoriented when there is no line on the bottom of the lake and no visual reference points except when the swimmer raises his or her head to sight for some point in the distance above the surface of the water.

That is only one problem that neophyte open-water swimmers encounter. Another is water temperature. There is a big difference between the 80-82 degree water of most swimming pools and the 65+ cooler water of most Oregon lakes.

Foster Lake, for instance, in June for the Two-Mile Cable National Championship was conveniently called 68 degrees. Eel Lake on the Oregon coast right now is 67-68 degrees. That's at least 12 degrees below most pools.

And in open-water swimmers cannot wear wet suits if they wish to be counted in National Championships.

So what to do? especially if there are few lakes available nearby to practice in, such as around Portland. Hagg and Blue Lake are about it in the north.

One solution is coming up at the end of July near Bend. There is another Open-water Championship available to Oregon swimmers at Elk Lake, July 28-30. Information for this is at <http://swimoregon.org/events/elk-lake-swims-usms-long-distance-open-water-national-championship/>. On-line entry deadline is July 22.

The national championship distance is 5K, a bit long for

a first time open-water swim. However, around the national championship are four other races where a brand-new open-water swimmer can be introduced to this new aspect of swimming.



Friday, July 28, is a 3K in the evening, and you get to eat Hardy Lussier's chicken wings afterward. Saturday, July 29, has the best entry swims.

First on Saturday is a 500-meter cable swim, away from and back to the beach, following a bright, yellow, poly-cable all the way, making navigation easy. Second is a 1500-meter, once around the triangular course set in Elk Lake. You swim towards the South Sister and make a left turn to the next course buoy.

The 1500-meter on Saturday sets the swimmer up for the 5K on Sunday, which will be three times around the basic course with a slight difference. The difference is that the first circuit is a 2000-meter diamond, not a 1500-meter triangle. You swim to a far buoy once and then do two more circuits around the 1500-meter triangle. Because Elk Lake is so scenic, it's like swimming to the South Sister three times.

The meet ends with a 1000-meter swim which is done in waves, groups of 10 to 15 swimmers at a time, paralleling the shore going out and then coming back outside the cable set up to mark the course. If you swim all five events, you get a "Survivors" award. In the past that was a priceless cobalt blue glass mug.

Frankly, I do not recommend a Masters swimmer, new to open-water, to do all five Elk Lake events the first time there. Do the "Sprint Series," the 500-meter, 1500-meter, and 1000-meter, and watch the other events.

Watch what experienced open-water swimmers do to get ready for a 5K. Watch how they go around the buoy turns. Ask what they eat and drink before and between races.

Enjoy the comradery of those on the beach in between and after races. That is the real virtue of open-water swimming. After finishing any event in a lake where there are no lane lines, no starting blocks, buoys way off in the distance, every swimmer is a winner.

Every swimmer is greeted enthusiastically, and then we ask, "How much time before the next event?"

Oregon Masters Swimmers & USMS National Relay Records

by Stephen Darnell
OMS Records



Oregon Masters swimmers have been a relative powerhouse in National relay records for more than a decade. In total, Oregon has less than 2% of registered USMS swimmers, but we currently hold 4.6% of the National relay records! Congratulate your fast teammates!

For this article, I am reviewing the numbers for the traditional pool relays: 200 Free, 400 Free, 800 Free, 200 Medley, 400 Medley. The longer distance Open Water and Postal relays are a different subject, which Level 57 Coach Bob Bruce often addresses in his Aqua Master articles.

There are a lot of different angles from which to view the record data. Think back to your high school math class, and envision the data as a 3-dimensional matrix. I can't show it that way on your 2-dimensional computer screen, so word summaries will have to do. The three main angles are: Course (SCY, LCM, SCM), Freestyle relays vs. Medley relays, and Gender (Women, Men, Mixed). "Mixed" does not mean "mixed up"; it means 2 women + 2 men on a relay.

Here come all the numbers !

With the primary sort of Course:

SCY: Oregon holds 3.7% of the records.
LCM: Oregon holds 6.2% of the records
SCM: Oregon holds 3.9% of the records

Digging one level deeper in the Course data:

SCY Freestyle: Oregon holds 1.5% of the records
SCY Medley: Oregon holds 6.8% of the records
LCM Freestyle: Oregon holds 3.8% of the records
LCM Medley: Oregon holds 9.6% of the records (best category)
SCM Freestyle: Oregon holds 2.6% of the records
SCM Medley: Oregon holds 6.0% of the records

With the primary sort of Freestyle relays vs. Medley relays:

Freestyle: Oregon holds 2.7% of the records
Medley: Oregon holds 7.5% of the records

Digging one level deeper in the Freestyle vs. Medley data:

Freestyle – Women: Oregon holds 1.4% of the records
Freestyle – Men: Oregon holds 3.9% of the records
Freestyle – Mixed: Oregon holds 2.6% of the records

Medley – Women: Oregon holds 13.0% of the records (best category)

Medley – Men: Oregon holds 2.0% of the records

Medley – Mixed: Oregon holds 8.0% of the records

With the primary sort of Gender data:

Women: Oregon holds 6.1% of the records

Men: Oregon holds 3.2% of the records

Mixed: Oregon holds 4.8% of the records

And Now... going 2 levels deep in the data, (if you are a numbers person, you may have already figured this out) Oregon's very best category is... (the envelope, please)...

Women's LCM Medley relays, where Oregon holds 3 of the 16 records, or 18.8%!

Conclusions? This is a Reader Participation Article (RPA). Send your conclusion ideas to the Aqua Master editor (Alice) by August 10. All submitted conclusions will be printed in the next issue of Aqua Master. The swimmer who submits the most insightful or entertaining conclusion will win free registration to the 2017 Northwest Zone SCM Championship meet in Hood River, Oregon on the November 11-12 weekend.

One more important list for the National Relay records subject. Here are all of the Oregon Masters swimmers who have set multiple National Relay records over the years. Listed by number of record-setting relays. (not all of these Relay records still stand.)

| | |
|------------------------|---------------------|
| 33 Robert Smith | 13 Allen Stark |
| 23 Bert Petersen | 13 Mike Tennant |
| 23 Karen Andrus-Hughes | 12 Colette Crabbe |
| 22 Joy Ward | 10 Arlene Delmage |
| 22 Earl Walter | 9 Willard Lamb |
| 21 David Radcliff | 9 Wes Edwards |
| 21 Tom Landis | 9 Hugh Richards |
| 21 Andrew Holden | 8 Janet Gettling |
| 21 Barbara Frid | 8 Valerie Jenkins |
| 19 Gerald Huestis | 7 Richard Boyd |
| 17 Gil Young | 6 Forbes Mack |
| 17 Ginger Pierson | 6 Herb Eisenschmidt |
| 15 Sandi Rousseau | 5 George Thayer |

continued on page 10

2-MILE CABLE CHAMPIONSHIP

Continued from page 1

stumbled while exiting the water to run to the finish line. . If he ever forgets, there's a photo of Abbey pointing and laughing at him to remind him.

Abbey hopes to do more open water swims once she finishes her career at Minnesota so she can have more time to focus on the discipline. Her father would love for more open water swims like the one Saturday.

"It's a fun swim, a beautiful swim," Jeff says. "I'd encourage people to do those things."

OMS & USMS RELAY RECORDS

Continued from page 9

| | |
|--------------------|---------------------|
| 5 Steve Johnson | 2 Lavelle Stoinoff |
| 5 Patrick Allender | 2 Doug Brockbank |
| 5 Bob Morrison | 2 Pauline Stangel |
| 4 Bob Bruce | 2 Norma Bernardi |
| 4 Rebecca Kay | 2 Margaret Wells |
| 4 Tom Fanning | 2 Don Schollander |
| 4 Allan DeLay | 2 Leroy Webster |
| 4 Ann Whitmyer | 2 Dick Weick |
| 3 Dennis Baker | 2 Vern Dasch |
| 3 Larry Philbrick | 2 Catherine Imwalle |
| 3 Petey Smith | 2 Karl von Tagen |
| 3 Anne Brown | 2 Steve Mann |
| 3 Mirjana Callahan | 2 Floyd Elliott |
| 3 Nancy Ross | 2 Eric Guest |
| 3 Harry Wedler | 2 Charles Staples |
| 2 Ronald Nakata | |

Aqua Master has an opening for a writer/s

Needed:

- One or more writers for the meet summary on the front page—both pool and open water swims.

If interested, contact: Alice at azabudsky@msn.com

FIT TO SWIM

Continued from page 5

shoulders (by the way, it is what Katie Ledecky is mastering so well). In butterfly and breaststroke, there will be a small sculling motion to get the hands to go to their power position, but then the 90 degrees catch will also take place. To practice the sculling motion, start with your hands together in front of you, turned slightly towards the outside (thumbs down). It should feel like you are opening the water in front of you.

This workout, although not being mileage, might improve your feel for the water and go a long way in helping you be a better swimmer.

Here are a few other tips to help you stay in shape over the summer.

- First and foremost, be flexible with your new routine.
- Workout early in the morning before the kids are even out of bed and before everybody demands your time. You will feel great, relieved that you have done your workout, and will have a ton of energy to keep up with the kids and visitors once they hit the ground running.
- Trade-off with your spouse, neighbors and/or visitors. You keep the kids while they workout and vice versa, have a planned schedule.
- Plan some family outings which involve physical activities: hiking, biking, kayaking, rafting...; a game of tag, frisbee, basketball, baseball...; use the neighborhood park as your jungle gym to perform step-ups, pulls ups, lunges, monkey bar...; take everybody to the pool with you.
- Do not underestimate the value of a swim workout in a tiny hotel pool. This is the best place to improve your technique (see above).

All in all, be creative, flexible, enjoy your summer and stay active.

Open Water Relay Challenge

Joe Oakes is putting together a 26 mile marathon relay down the Columbia River on September 7 to benefit Columbia River Keeper. If you are interested in joining a six-person relay team, contact Joe at alcatrazjoe@hotmail.com, or call him at 503.297.2202.

CHAIR'S CORNER

Continued from page 3

Barry Fasbender:

- Championship Committee.....2016-2017
- Rules2016-Present

Christina Fox:

- Rules Committee2016-Present

Ginger Pierson

- Records and Tabulation Committee1986-Present
- International Committee1996-2001
- Ad Hoc ISHOF Nominating Committee2001-2006;
Chair Convention New Delegate Orientation4 years total

Sandi Rousseau

- Championship Committee 1985 – Present; Chair 1994-2001
Vice Chair 2011-2012
- Officials Committee2011-2015
- Rules Committee2006-2009; Vice Chair 2007
- Recognition and Awards Committee2004-2007
- International Committee2003-2006 and 1991; Chair
2004-2005
- Sports Medicine and Science Committee1989-1993
- Safety Education Committee.....2000-2001
- Ad Hoc Professional Management Committee1998-2000
- Ad Hoc Computer Registration/Top Ten Committee.....1996-
1997
- Convention Committee.....1989
- National Board of Review2013-2016
- 2018 Pan American Bid Task Force Chair.....2015
- Task Force 2.02013

Mary Sweat

- Records and Tabulation Committee2006-2017; Vice Chair
2008

Mary Beth Windrath

- National Records Administrator2015-Present
- National Swims Administrator2015-Present

Paul Windrath

- Championship Committee2015-Present

Tim Waud

- Coaches Committee2016-Present
- LMSC Development Committee2012-2015
- Education Subcommittee Chair2012-2014
- Head Coach, USMS Team at FINA World Champs2014

Susie Young

- Registration Committee.....2010-2012
- Finance Committee.....2016 -Present

NW Zone Level:

- Tim Waud: Chair2012-2015
- Wes Edwards: Chair2009-2012
- Steve Darnell: Records2015-Present
- Bob Bruce: Open Water.....2003-2005

United States Masters Swimming hosts a convention and meetings of the House of Delegates in the fall of each year. During the convention, the yearly budgets are approved, elections of officers may take place, organizational rules and bylaws may be amended, and the general direction of the organization is set for the coming year. The USMS Convention is held as part of the annual US Aquatic Sports convention, together with USA Swimming, USA Diving, USA Synchronized Swimming, and USA Water Polo.

The Oregon LMSC is represented by several members at the annual USAS Convention, always requesting for the maximum number of Delegate-at-Large appointments to encourage members' exposure to national level operations and to encourage participation at the national committee level. On average, OMS is represented by a minimum of seven LMSC delegates.

If you have a chance, take a moment to thank these volunteers. OMS is very fortunate to have such an amazing group of dedicated volunteers and our presence on the local, zone, and national levels is well represented.

Swimmingly,
Tim Waud, OMS Chair



Summary

Looking Ahead. . .

Event Schedule

Date August 1; Saturday
Course Open Water
Venue Eel Lake Swims
Location Lakeside

Date August 25-27; Friday - Sunday
Course LCM
Venue Gil Young/NW Zone
Location Mt. Hood Community College; Gresham, OR
Enter: https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=9335!

Date September 23; Saturday
Course Open Water
Venue USMS National Championship (1 mile)
Location Angle Lake, SeaTac, WA
Enter: https://www.clubassistant.com/club/competitions/team_rosters.cfm?c=1449&smid=8976

Date November 11-12; Saturday-Sunday
Course SCM
Venue Northwest Zone Championship
Location Hood River Aquatic Center; Hood River, OR

Quote for the month. . .

Practice is 90% physical-10% mental.
Championship meets are 10% physical-90% mental.