



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

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USMS Convention News! Awards, Awards, Awards!

Oregon Masters Swimming volunteers received very impressive recognition at the USMS Convention held in September in Dallas, Texas. See page 9 for the Award winners and letters of recommendation. Congratulations to each winner! Their Awards are well-deserved.

- **MJ Caswell** received the **Dorothy Donnelly Service Award**
- **Shelly Rawding** received the **Kerry O'Brien Coaching Award**
- **Tim Waud** received the **Speedo USMS Coach of the Year Award**
- **OREG** received the **Regional Club of the Year Award**



OMS representatives at the USMS Convention in Dallas, Texas, pose with the banner which honors OREG

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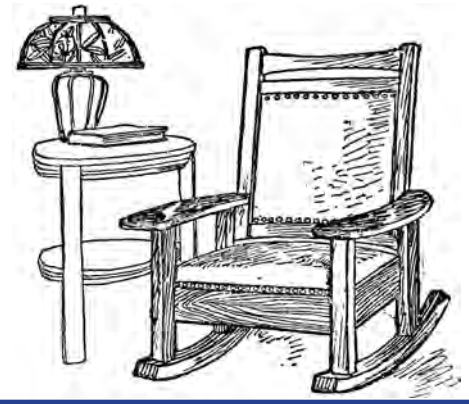
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Send address changes to Susie Young and all other membership questions to Christina Fox.

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Chair's Corner

Tim Waud
OMS Board Chirman



Greetings Fellow Oregon Masters Swimmers,

This was a great year for Oregon Masters Swimming. On the National level, Oregon Masters received several singular awards.

Speedo U.S. Masters Swimming Coach of the Year Award – Tim Waud

The 2017 Speedo U. S. Masters Swimming Coach of the Year award was presented to Tim Waud, Oregon Masters Swimming. Since 1986, the Speedo U.S. Masters Swimming Coach of the Year award has been presented at the U.S. Masters Swimming annual convention to a USMS registered coach who demonstrates excellence in five areas: club and individual accomplishments, publications, contributions to U.S. Masters Swimming and the LMSC, letters of support, and long-term contributions to Masters Swimming. In 2003, Bob Bruce of Central Oregon Masters Aquatics was awarded Coach of the Year honors.

Kerry O'Brien Coaching Award - Shelly Rawding

Shelly Rawding of Columbia Gorge Masters, was one of eight coaches who were presented this annual award. The USMS Coaches Committee recognizes coaches who are building USMS membership in communities throughout the country. The Kerry O'Brien Coaching Award is named to honor the Walnut Creek Masters (Pacific) coach who embodies the passion, dedication, and heart that these coaches bring to the pool deck.

U.S. Masters Swimming Dorothy Donnelly Service

Award - MJ Caswell

MJ Caswell of Columbia Gorge Masters, was recognized for her contributions to Oregon Masters Swimming and U. S. Masters Swimming. As a volunteer-driven organization, USMS is grateful to the hundreds of volunteers who give their time, talent, and expertise to help all phases of our programs. The Dorothy Donnelly Service Award is given to those volunteers whose service stands out in its scope and its impact on the program and the USMS members who have benefited from their efforts on the local, regional, and national level. The recipient must be a registered member of USMS.

Past Oregon Masters recipients include: Jacki Allender, Gary Whitman, Susie Young, Alice Zabudsky, Wes Edwards, Stephen Darnell, Tim Waud, Bob Bruce, Jeanne Teisher, Jody Welborn, Pam Himstreet, David Radcliff, Bill Volckening, Ginger Pierson, Roy Abromowitz, and Sandi Rousseau.

U.S. Masters Swimming Club of the Year Award – Oregon Masters

The Oregon Club was awarded the 2017 USMS Regional Club of the Year. Successful USMS clubs develop programs that draw people in, support their swimmers, and set standards for other clubs to follow. Initiated in 2006, this annual award recognizes the efforts of the great clubs that embody these attributes. The USMS Club of the Year award is given in two separate club categories: Regional and Local.

Congratulations to this years' award winners.

Swimmingly,
Tim Waud/OMS Chair





Off the Block

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

This is a quick and healthy pre-meet meal. Eat all you want. You can increase the recipe according to your crock pot size. Enjoy.

Crock-pot Pizza Potatoes

Prep: 20 minutes

Cook time: 6-8 hours on LOW

Serves:6-8

Ingredients

- 4 cups potatoes, thinly sliced (use a mandoline for best results)
- 2-3 cups pizza toppings
- 2 15 oz. cans fat-free pizza sauce or marinara sauce
- 1/4 cup water

Directions

Pizza Toppings might include:

sliced onion
sliced mushrooms
sliced bell peppers
sliced tomatoes
sliced water-packed artichoke hearts
sliced black olives
fresh spinach

Mix the water into the sauce and set aside. Place 2 cups of the potatoes in the bottom of the Crock-pot. Layer all of the toppings that you choose to include over the potatoes. Cover with half of the sauce. Layer on the remaining 2 cups of potatoes and finish with the sauce. Cover and cook on low for 6-8 hours*.

* Tip: the time and temperature setting will depend upon the age of your crock pot. Mine is very old, and on the low setting, this recipe wasn't completely done, in spite of having cooked overnight.



Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Freestyle: Find your balance in the water

Now you are back in the pool, committed to at least three times a week and you are thinking: “this is hard!!!” You are out of breath, fighting with the water and not moving very fast. What is wrong? Swimming is supposed to be easy and relaxing. Now trust me, if you improve your technique, it will be.

In that respect, OMS is organizing some stroke clinics for the fitness swimmers in October which I strongly recommend. However, as it might not be possible for everybody to attend, I will try, in this article, to give you some basic pointers about freestyle. It is not easy on paper! If you can take some swim lessons with an experienced swim instructor at your local pool or join a Masters swim team with coached swim practices, it will be a good investment.

First and foremost, we all know and certainly have experienced that the resistance of water is way stronger than the resistance of air. Secondly, our center of buoyancy is in our lungs but most of the weight of our body is below our chest. Based on those two facts, here are the three most critical areas you need to be working on and **address in this order**:

1. **Horizontal position of your body on top of the water.**

This is critical and is the first thing to improve. The three major mistakes of the novice swimmers are:

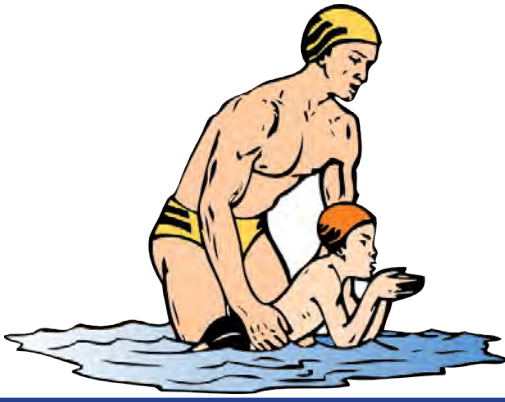
- a. Sinking legs due to an inefficient kick, or no kick at all. If this is your case, don't be afraid to wear fins (I personally recommend the longer fins as it will also help with the ankle flexibility which often is the problem. Use your whole leg with a small narrow motion starting from the hip (not the knee) to the ankle whip.
- b. Head position: you are lifting your head to breathe, or you are just looking ahead instead of down toward the bottom of the pool. Your head must remain in alignment with your body at all times, and rotate to the side while breathing (one goggle breath). The crown of your head should remain the leading point.
- c. Not keeping an extended arm in front of your body to keep your balance on the front end, and to compensate for the heavy weight you are carrying on the back end. You need to learn “front quadrant” swimming, keeping your front arm extended in alignment with your shoulder and close to the surface until your recovery arm passes your shoulder.

Here are a few drills to work on these issues:

Single arm freestyle (with or without a kickboard, with or without fins). To start, have both arms extended in front of your shoulders or hold the end of the kickboard. Kick with a steady narrow kick using your whole leg, and your face in the water looking towards the bottom of the pool. When you need to breathe, position your fingers towards the bottom of the pool, then get your forearm in alignment at a 90 degree angle with your elbow (keep your elbow close to the surface of the water) and accelerate your movement to push the water towards the back. Start breathing **early** (as soon as you start stroking). Breathe by rotating your head to the side (no lifting) and try to have your head back in the water when your hand is getting out of the water to recover.



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Coaches Chair

Coach Tim Waud
OMS Co-Coaches Chair

Sculling

Sculling is a great way to get a good feel for the water. I first learned the art of sculling while swimming in college and I continue to use sculling as part of my warm-up. This drill will also help you maintain better body balance and develop core strength.

In the beginning, use a small flutter kick or a pull buoy to help maintain the correct body position in the water. Once you have mastered the art of sculling, stop kicking or drop the pull buoy. You will soon realize you have a new tool to make your swimming faster.

The article below is a great introduction to the benefits of sculling while swimming. Olivier Poirier-Leroy has been swimming since the age of 6 and owns a website designed for high performance athletes.

“Sculling for Swimmers: The Sneaky Tool for Faster Swimming”, by Olivier Poirier-Leroy

Want to improve your feel for the water? Even help bullet-proof your shoulders from injury? Here’s why you should be doing more sculling during your swim practices.

- It looks easy, and it kind of is.
- Commonly swimmers cheat their way through it just to go faster and beat their teammates to the wall.
- Or not really give it the attention it deserves.

But when done slowly, and with focus, sculling is a Swiss Army knife for your swimming.

The Benefits of Sculling for Swimmers

- Sure, it might not look like it does much, but under the surface, as your hands jet back and forth quickly, there is a lot happening.
- Here are just some of the things that sculling can help do to help make you a better swimmer:
- Improves feel for the water. It’s not easy to describe, but you know it when you feel it—that mythical feel for the water. During moments where we have more of it than usual, we feel great in the pool. We skim across the surface of the water, our pull feels extra pully, and for those few and fleeting moments, we’ve conquered the water. Sculling teaches you how to hold and grip the water efficiently.
- Technique correction. Scull your way through the full pulling motion. From the catch, to having your hands perpendicular to your hips, all the way to the last part of the pulling motion. You’ll get a sense of where your “grip” of the water is strongest and where it is weakest. Anthony Ervin, sprint legend, spent a heap of time sculling in order to improve his catch when he first arrived at Cal, in order to help him grab more water.
- Early vertical forearm. For freestyle and butterfly stroke specialists: strap on a swim snorkel, put your face down, extend your arms above your head and scull with your elbow higher than your wrist, emulating the

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Records & Links to Results

2017 FINA World Masters Championships— LCM

August 14-20, 2017; Budapest, Hungary

Results: http://mastersbudapest2017.microplustiming.com/swimming/index_web.php?s=Q2hIY2tKc29uVG9Mb2FkKCdNQV-MnLCAnMDA5JywgJzAwNScslCcwMDEnLCAnJywgJycslCc1MG0gUmFuYSBGJywgJzUwbSBCcmVhc3RzdHJva2UgV29tZW4nL-CAnNTBtIEJyYXNzZScpOw==&cat=&page=&spec=&bat=&td=CAL_CIS_DAY&hg=&descIT=NTBtIFJhbmEgRg==&descEN=NTBtIEJyZWZzdHN0cm9rZSBXb21lbg==&descFR=NTBtIEJyYXNzZQ==&curCatSel_M_F=

Age Group	Event	Name	Age	Time	Record set
Women 45-49	50 Meter Breaststroke Finals	Jayna M Tomac	45	38.17	OREG

Swimmer Spotlight

Jan D. Hildebrandt

Age: 60

Occupation: Retired from 3M

Local Team: Superior Athletic Club; Medford, OR

— submitted by Karen Andrus-Hughes

It seems like water sports, and especially swimming, have always been a part of my life, due to starting swimming competitively at 4 years old. Apparently, while taking swimming lessons at the local YWCA in Little Rock, Arkansas, the coach at the time, Mary Lou Jaworski (later Director of the Little Rock YWCA) asked my mother if she would be interested in allowing me to compete, and that was the start. Recalling my first 20 yard free event and my first “participation” medal still makes me wonder if I really won it for a placement, or was it just participation? I loved the swimming and especially the competition. We swam AAU all year around, so there was always a meet to go to, new cities to visit, friends to see again from other teams, and general all around good times.

A couple of highlights of swimming as a child were winning gold in five events in the Philips 66 Invitational in Tulsa, Oklahoma, when I was 10, and swimming on a relay with eventual Olympic gold medalist Keena Rothhammer in the 8 and under age group at the Y (before she moved to California to further her swimming ambitions.)

I continued to swim through high school and then helped

start the women’s swimming team at Vanderbilt University, serving as the first team captain. Women’s sports scholarships were also developed during this time, and I was the proud recipient of a partial scholarship for swimming and diving (which I started doing in college under the direction of the men’s diving coach, Joe Suriano.) Even though diving took the majority of my training time, I still was able to swim a few sprints and relays.

Life and family happened after college, for I started working as an electrical engineer and eventually in new business development leadership roles with several companies, ending at 3M for the majority of my career. No swimming for 37 years with family commitments and work.



Jan Hildebrandt at the Roman baths in Bath, England.

With retirement on my horizon 3 ½ years ago, and our 4 children out of college and supporting themselves, I elected to have a full knee replacement (due to a college injury) after which it was logical to start swimming again as a method to rehabilitate my knee. One thing led to another, and my husband, Larry, who is also a swimmer, suggested that I might be able to compete again with Masters Swimming. With his support and diligent coaching, attending this year’s Long Course Nationals in Minnesota was a highlight. As we had lived in St. Paul, Minnesota for many years with my work at 3M, it was a great opportunity to swim and see old friends. And, as a surprise, I reconnected with 2 swimmers whom I knew in Little Rock, Arkansas, when swimming as a child: Trip Strauss and Doug Martin. Swimming on the Oregon

Women’s A medley relay was an extra special surprise since we took home the gold. I have to thank our Oregon team coach, Matt Miller for convincing me to swim with the Oregon team and for making the meet memorable in so many ways.

USMS Convention News!

OREG Regional Club of the Year



OMS representatives at the USMS Convention in Dallas, Texas, pose with the banner which honors OREG as the "Regional Club of the Year".

The Oregon Masters Swim Club (OREG) is one of 7 clubs within the Oregon LMSC. The OREG Club is composed of 30 workout groups spread out over the State of Oregon and SW Washington, and is within the Oregon LMSC and the NW Zone territory for US Masters Swimming. The OREG Club became a nonprofit corporation in August 2011, and has adopted Bylaws and Standing Rules which govern the organization. The OREG Club supplies qualified swimming coach(es) to assist all OREG-registered swimmers at each USMS National Championship meet, and provides a stipend and reimbursement for expenses to the coach(es) related to travel, lodging, and relay entries. The OREG Club also provides national team swim members with caps and T-shirts for Championship events.

Annual pool and open water events are hosted by several workout groups within the OREG Club.

Events include more than just swimming and open water events. Several workout groups host specialized events, such as the Tualatin Hills Barracudas "February Fitness Challenge," Central Oregon Masters "Beautiful Lake Juniper Swim," the Oregon City Tankers "Swim Across America Relays for Life" event, Columbia Gorge Masters "Adult Learn-to-Swim" program, and USMS ePostal events.

Columbia Gorge Masters has offered the USMS Adult Learn to Swim program in 2016 and 2017, and had over 50 registrants both years. Their goal was to reach out to the Hispanic community, and they were successful in doing this. In 2016 they had 42% Hispanic, 56% Caucasian, and 2% Asian individuals attend classes. Further, 71% attended 3 or more classes. Columbia Gorge Masters provided 25 volunteer instructors, and 6 instructors from the aquatic center staff also participated. Columbia Gorge Masters has also hosted LMSC meets and Northwest Zone championships.

Oregon City Tankers have hosted an annual Dual Sanction, US Masters Swimming and USA Swimming, competition every spring since 2011. This unique event allows the younger USA Swimmers to compete in the same meet with the US Masters swimmers. Several of the Oregon City Tankers have children who swim on the Oregon City Swim Team, and this meet provides an opportunity for parents and children to swim together. Competitors travel from all over the United States to compete in the Tankers' 25-meter, 6-lane competition pool. Masters swimmers come from California, Colorado, Florida, Idaho, and Washington State. Over 20 FINA World Records and US Masters Swimming National Records have been set in the Oregon City Pool during this annual competition. The Oregon City Tankers and Oregon City Swim Team also host two annual sock and underwear drives for school-aged children during their annual Fall Open, and Spring Ahead, competitions. The Oregon City Pool offered an Adult Learn-to-Swim lesson program for the first time during the April, 2016, Adult Learn-to-Swim month.

Rogue Valley Masters has been hosting an open water swim weekend in southern Oregon since 1989. For 28 years, the open water swim weekend has taken place with only one cancellation in 2015 due to low water levels. Most years the event has been held at Applegate Lake, but there were a few years that it was conducted at nearby Squaw Lake. The Rogue Valley Masters open water swim is believed to be the oldest currently running open water swim in the state of Oregon. In the years 2000, 2012, and 2016, the 10K swim served as the USMS Marathon Distance Open Water National Championship. It will serve this role again in 2018. Additionally, in 2004, a 3.5K swim at Applegate Lake served as the USMS Middle Distance Open Water National Championship. In addition to the annual open water weekend, Rogue Valley Masters has hosted two ePostal National Championships: the 3000/6000 yard ePostal National Championship in 2000, and the 5K/10K ePostal National Championship in 2014.

The Oregon Club accounts for approximately 85% of the membership of the Oregon LMSC. The Club's members are extremely motivated and active in contributing to the hosting of multiple pool USMS National Championships, Open Water National Championship events, and postal competitions. We are a cohesive group who work well together for the betterment of Masters swimming in Oregon and southern Washington. We have a highly participatory group of representatives at the national level, and all are from the Oregon Club.

MJ Caswell ***Dorothy Donnelly Award***

MJ Caswell has contributed both as a member of the Oregon LMSC Board of Directors and to USMS.

MJ has most recently served as the Oregon Top Ten Committee chair since 2013 and continues to be efficient in keeping the top ten swims database up to date. She pursues missing information when needed, and is quick to respond to swimmers' inquiries.

Prior to filling the Top Ten Chair position, she served as our webmaster in trying to herald a revamping of the site. She also maintains an all-time Oregon Top Twelve database. She participates in LMSC Board meetings and regularly contributes her opinions and expertise.

MJ has attended convention for several years, and currently serves on the Records and Tabulation Committee as Vice Chair. She is also on the Recognition and Awards Committee, and has served on the Fitness Committee in the past.

In addition to her volunteer service in the organization, MJ is a Masters coach who is always willing to share her stroke



others to have a good workout. She encourages others to swim at their potential and is always a cheerleader for teammates' swims at meets.

She is an inspiration to fellow teammates and a great asset to Columbia Gorge Masters. She definitely displays the spirit of Masters swimming, demonstrates what volunteerism is all about, and is a very deserving recipient for the Dot Donnelly USMS Service Award.

Contributed by Sandi Rousseau— Oregon LMSC Board Member



Shelly Rawding ***Kerry O'Brien Coaching Award***

Shelly Rawding is Head Coach of Columbia Gorge Masters and Head Coach of the Hood River Valley Swim Team.

Columbia Gorge Masters was formed in 2002 as a local workout group within the Oregon LMSC and Oregon Club. We are located in the heart of the Columbia River Gorge and serve several small local communities along the Columbia River, drawing members from both the Oregon and Washington sides of the river.

Our team grew in its early years and increased its membership gradually as we were able to offer more days of workouts, growing from two per week to seven per week. Shelly was always supportive of the increase in days as long as we had growth in our membership, and she would campaign with the aquatic center staff for more pool hours. While Shelly was also



Shelly Rawding and Sandi Rousseau.

the head coach for the kids team, she oversaw the Masters coaching schedule to make sure Masters always had a coach scheduled, and filled in herself periodically when needed. In the earlier years, Shelly was a consistent source of support and encouraged the team to host Masters meets. She encouraged Masters swimmers to participate on the joint Board overseeing both kids and Masters teams.

She was supportive of a 'Masters Swimming 101' class through the local community education. The idea was to cre-

Tim Waud *USMS Coach of the Year*

ate an environment that taught basic workout and competitive skills to those with no swimming experience in order to assure new swimmers that they too are 'good enough' to participate in Masters swimming. This was quite successful and resulted in adding several new Masters swimmers to our team.

In 2015, the main Masters coach had to step down and Shelly stepped up. She started coaching Masters three days per week on a regular basis, and recruited a dependable assistant coach as well as several substitute coaches. She trained these individuals, encouraged attendance at the USMS Coaches Certification classes, and developed a season and weekly plan to communicate to all for consistency and variety in workouts.

Shelly creates workouts that challenge swimmers of all abilities, including the 'I want to go the distance' swimmer, triathletes, novice swimmers, and competitive swimmers. She is skilled in stroke technique and in communicating that information to swimmers. Her workouts are creative, interesting, and challenging, and she brings an enthusiasm that is motivating to swimmers of all abilities.

She provides announcements about open water opportunities for river swimming with Masters, and has been able to retain triathletes in our program. Her appeal to all is evident on the deck. Also, Shelly is understanding and supportive when life's woes get in the way of a swimmer's focus on any given day.

On deck, Shelly is constantly walking from one workout group to the next, giving the sets and interacting with every swimmer in the water. There are only whiteboard workouts when the set's difficulty exceeds the Masters swimmers' mind capacity to remember the set. Her supportiveness can be summed up by one swimmer's statement: "I was having a heck of a time hitting the intervals and was seriously thinking of hanging on the wall for a 50, but I didn't quit because I knew she was standing there waiting at the wall with a, 'Good Job, Bill'. If she was that invested in me, I couldn't just quit. It's as simple sometimes as a coach who cares."

Overall, Shelly represents the great spirit of Masters swimming—participation is the key—which she brings home to the team with her positive attitude, by making workouts fun (well, most of the time!), and with her constant, personalized encouragement. For supporting our existing program and for creating new opportunities for our members, Shelly is a deserving recipient for this award.

Contributed by Columbia Gorge Masters



Tim indeed exemplifies the most valuable resource that USMS has with his dedication to coaching Masters swimmers and being involved with Masters swimming organizations as a volunteer.

Coach Tim has also been invaluable in helping with the operations of the Oregon City Swim Teams meets as head meet director over the last 6 years. These meets are big events

with hundreds of swimmers coming through the Oregon City Pool doors over the course of the weekend. There are a lot of moving parts and Coach Tim has been able to continuously coordinate great events! I think one very special achievement is being able to coordinate and plan one of the first dual-sanctioned meets in the nation. We've had teams contact us on how to make a dual sanctioned meet happen, as we've been able to run this meet and make it better each year over the last 3 or 4 years. It is great for young athletes to see what it really looks like to have swimming as a lifelong sport!

Tim has also become meet director for home meets that have become excellent annual fixtures on the Oregon meet calendar. Showing breadth of skill and interest, he has also been the safety director for five years for the Portland Bridge Swim in the Willamette River, Oregon's longest (17-km) and most complex-to-manage open water event.

In just six short years, Tim has transformed a loose group of around 8 to 10 swimmers into a strong competitive team of 60 Masters Swimmers, and the number of practices went from 2 a week up to 6 practices a week. He has done this despite the limitations of a 6 lane, 25 meter pool, and a 5:00 am workout time. Of those 60 swimmers, about half are competitive swimmers and half triathletes or fitness swimmers. Tim and his athletes have won both Regional and National awards.

His practices are always early in the morning, -- 5:00 AM to 6:00 AM Monday through Friday and 6:30 AM to 8:00 AM on Saturday, -- and very well attended. People drive as far as 30

miles, at 5:00 am, to swim with the Tankers largely because of Tim and his coaching style. Tim is actively involved with each swimmer at every workout, whether he or she is a national champion or newly learning their strokes. When he is on deck he gives each swimmer the best he has to offer and receives their best in return. He has a mastery of technique and is constantly searching for ideas and methods to communicate that understanding to his swimmers. The culture and group he has cultivated with the USMS team is special, and I am proud in the way the OC Tankers bond and support each other.

Tim has contributed not only to his local workout group, but has also made significant contributions to the Oregon LMSC. Within the Oregon LMSC, Tim has been recognized with our top two service awards as well as a Special Service Award. This last award is given to an individual who has gone beyond the usual volunteerism to contribute in some outstanding way to our organization. Tim was co-meet director of the 2016 U.S. Masters Swimming Summer Nationals held in Oregon in August, 2016. This was a two year commitment to plan and execute the National event.

Tim has an outstanding record of leadership at the LMSC level. I think that Tim always secretly wanted to be the LMSC Coaches Chair, but since this position was long filled by coaches such as Dennis Baker and Bob Bruce, he found many other ways to contribute. He served two terms/seven years as LMSC Vice Chair (the coordinator of the calendar and pool meets), four years as LMSC Souvenir Chair (in which he completely reinvented the position), and finally as Coaches Chair in 2015. He has assumed an active role in that position, and has written some impressive articles for our LMSC newsletter. Topping this curve, he has become the Chair of the LMSC in the past year. Tim has been recognized with all of the service awards awarded by the Oregon LMSC.

Beyond Tim's technical expertise, his dedication to the sport and the personal approach he takes with his swimmers, the thing that separates Tim from other coaches is his enduring enthusiasm. It is not by chance that the team has won the spirit award at our association meet every year Tim has coached the Tankers. The joy he feels for his swimmers and for swimming is infectious and apparent in everything he does, whether coaching a 92 year old or an 18 year old, whether swimming in a race or running a meet, whether at a pool or in the open water, and whether coaching on deck or serving on a committee.

Tim is dedicated to the idea of swimming for life. He makes sure his Masters swimmers are models for the children of the USA team as manifested by his coordinating the first dual-san-

tioned meet in our region. He also makes sure we reflect the values of humility, respect, and effort - characteristics that mark his own behavior.

He has the ability to interact with others in a leadership role, and to create enthusiasm in every volunteer. Tim is organized and talented at creating an environment that draws in other volunteers. He is meticulous in paying attention to details and following through with every task. He is an individual one can count on, and it is a pleasure to work with him. It has been a great experience working with Coach Tim and experiencing his passion for the sport of swimming. Whether it is helping out with a USA swimming practice, running his Masters practice, writing for the Oregon Masters newsletter, troubleshooting our troubled Colorado scoreboard, or head-coaching the USMS world championships, he always brings an enthusiasm for people and a love for swimming to each of his interactions!

Contributed by:

Coach Matthew Crum; Oregon City Head Coach
 Sandi Rousseau; Oregon LMSC
 Britta Daubersmith and Tom Phipps; OCT swimmers
 Coach Bob Bruce; Bend Coach and 2003 "Coach of the Year"



Awards given to the OREG volunteers.

A Breaststroke Clinic Hosted by Oregon Masters Swimming

**A Breaststroke Clinic on Sunday, November 5,
2017; 8:30 am–12:30 pm in Oregon City, Oregon**

This Breaststroke clinic, offered by Oregon Masters Swimming, will help fitness swimmers learn important swimming drills that will improve stroke technique. Learn how to be efficient in the water and enjoy your swimming experience. The registration for the clinic is limited to 36 swimmers.

Clinic location

Sunday, November 5, 2017
Oregon City Municipal Swimming Pool
1211 Jackson Street
Oregon City, OR 97045

Clinician: Dr. Allen Stark, MD

The Theory and Practice of Modern Breaststroke, Making YOU a better breaststroke swimmer.

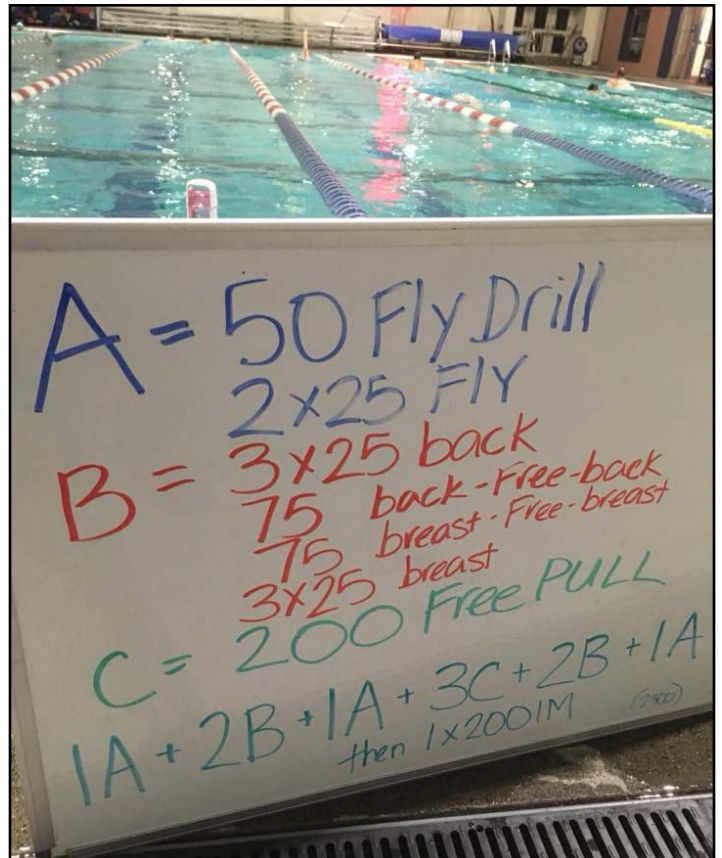
<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1352&cid=76035>



Correction!
OMS has five swimmers who are 95 and older.



Charles Bushey	96	RCCM
Rupert Fixott	95	ORM
Herb Hoeptner	95	RVM
Willard Lamb	95	ORM
Elfie Stevenin	96	THB



Shelly Rawding, the Kerry O'Brien Coaching Award recipient for 2017, gave this workout for CGM swimmers in Hood River recently. Quite creative! Try it! That will keep the brain engaged!

NEW & UNIQUE! The 2017 Postal Two-Mile Relay

- Hosted by the Tualatin Hills Barracudas, Beaverton, OR
- Sanctioned by Oregon LMSC for USMS, Inc.: #377-S005
- Swum between October 1st and November 30th, 2017, inclusive.
- Entry Deadline December 10, 2017.

We haven't seen an event like this offered in many years, a postal relay done as a sequential relay (you know, the kind we do in swim meets) rather than the cumulative relays that we usually put together for postal events. Looks like fun!

Here's how it will work:

- Swimmers must be USMS members and follow USMS & event rules.
- In local pools, swimmers will swim as a two, three, or four-member team in strict rotation for 3600 yards (or 3600 meters, to be converted), which is approximately two miles.
- Timers will take splits for every 100 (a special split sheet available in event info).
- After the swim, a team captain will enter the team in the event.
- See https://www.clubassistant.com/club/meet_information.cfm?c=2416&smid=9347 for details and entry.

As a coach, here's how I plan to run this event at home, using it to boost my team:

During several practices in the event time frame, I plan to run this relay event as a sprint practice. I'll drag in the watches, clipboards, split sheets, and timers and let it fly!

As all good coaches know, there's nothing like swimming fast (and practicing dives!) during practice. Depending on the number of swimmers on a team, the swim to rest time ratio will be about 1:1, 1:2, or 1:3, excellent for sprint training.

I'm willing to bet that practice will be more focused and intense than usual that day!

After the swims, I'll serve as team captain and enter these relays, going for the glory of high placement and maybe an event record or two. We'll have to be particularly good, as we almost always train in a 25-meter pool and thus will be at a slight disadvantage as our times must be converted.

Coaches & swimmers, I urge you strongly to try this out. Lift your practices to new heights!

Many thanks to Event Director Jim Teisher, who developed the concept and worked with me to bring it to reality.

Cheers,

Bob Bruce
Head Coach, Central Oregon Masters & USMS Coach-of-the-Year 2003
Chair, Oregon LMSC Long Distance Committee
Chair, USMS Open Water Committee



Call for Nominations for Annual OMS Awards

Every year we ask our members for nominees for the five OMS Awards described below. This is your opportunity to give recognition to a worthy individual, organization, business or group that has contributed outstanding service to a team or to OMS during 2017.

Awardees are announced and celebrated at the annual meeting held during the Association Championship meet. **The due date for submitting nominations is January 15, 2018.**

How to submit your nomination(s):

1. Read through the award descriptions below.
2. Look through the list of past OMS Award Recipients (<http://swimoregon.org/oms-award-recipients/>) to assure that the awards go to different nominees each year.
3. Submit the name of the award, the nominee's name and a brief explanation of why you think your nominee is deserving of the award. If you can, we would appreciate a photograph of the nominee for publication later.
4. Email/mail your nomination information **by Monday, January 15, 2018** to:
Susan Albright (OMS Awards Chair)
albright.becker@gmail.com
10750 SW Wedgewood St, Portland, OR 97225

Ballots will be prepared and emailed to the OMS Board, and the two designated non-board members, by January 20. Completed ballots will be due by January 31, 2018.

Annual OMS Awards are:

- Connie Wilson Award
- Ol'Barn Award'
- Hazel Bressie Award — Female
- Gil Young Award — Male
- Special Service Award



Connie Wilson Award: Given to an individual who has made an outstanding, long-term leadership contribution to OMS and to Masters swimming.

Ol' Barn Award: Given to the individual who has shown outstanding leadership, dedication, and devotion throughout the past year, to OMS and Masters swimming.



Hazel Bressie Award: Given to the female who has shown enthusiasm and spirit to her team and/or other Masters swimmers during the past year.

Gil Young Award: Given to the male who has shown enthusiasm and spirit to his team and/or other Masters swimmers during the past year.



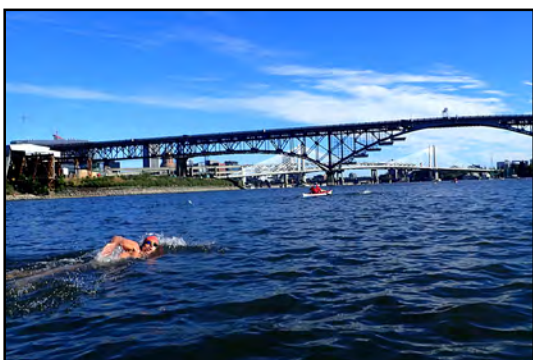
Special Service Award: Given to an individual, organization, business, or group that has gone the extra mile by contributing outstanding service to a club or to OMS.

“My Oregon Swimcation!”

2018 USMS National Open Water Championships in Oregon

In 2018, Oregon will host three USMS National Championship swims in one week! The fun starts on Sunday, July 8th, with the Portland Bridge Swim, continues with the 2-Mile Foster Lake Cable Swim on Thursday, July 12th, and finishes with the 10K at Applegate Lake on Saturday, July 14th. Event information and entry will be available for all three events on January 1, 2018, at <http://www.usms.org/longdist/ldnats18/>.

Spend the week with us swimming through the wonderfully diverse and beautiful state of Oregon!



Going into its 8th year under the guiding hand of founding Event Director Marisa Frieder, the **Portland Bridge Swim** is an 11-mile swim under all 12 bridges in Portland. It is the longest swimming race in the Pacific Northwest and has become a destination event for athletes across the country. 100 solo swimmers and relay teams will follow a scenic route through downtown, then face the mental challenge of continuing through the port while the next bridge mocks them from 5 miles away. This swim draws accomplished marathon swimmers who battle neck and neck for miles, as well as swimmers who train for months to meet the personal challenge. They all know that the Portland Bridge Swim is no sight-seeing tour, and that only the toughest will reach the beach at Cathedral

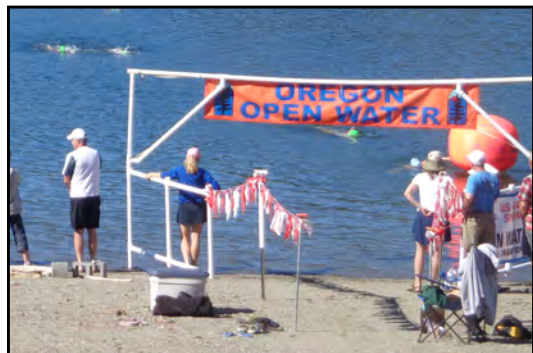
Park. This swim will have a strict entry cap due to the extensive event safety logistics, so no procrastinating.

Host team Central Oregon Masters and Event Director Bob Bruce will run the 8th annual **Foster Lake Cable Swims**—featuring the USMS Two-Mile Cable Swim National Championships—just off the I-5 corridor east of Sweet Home on the only permanent cable swim course in the nation west of Indiana. They will offer both one & two-mile swims on a surveyed course, so USMS records are in play in both swims; in the short history of this event, 22 USMS Individual Records & 39 USMS Relay Records have been set on this course!



The cable swim course is the nicest in the land, with a highly-visible surface cable, an in-water start, and an in-water international-style touch board finish. The venue at Lewis Creek Park is lovely & accessible, containing wide grass fields and plenty of shade under towering trees. There are two nearby campgrounds for RVs—Sunnyside (1.2 miles away) & River Bend (5 miles away)—and the special use permit allows for tent camping at the race venue on the night before the event.

Rogue Valley Masters and Event Director Matt Miller will host the oldest running open water swim in Oregon, the 29th annual **Applegate Lake Open Water Weekend**, featuring the USMS 10K National Championships on a four-loop course on Saturday, with simultaneous shorter 2.5K and 5K swims. Sunday features a 1500-meter swim & the popular 3 x 500-meter pick-up pursuit relay. Water temperature will be very comfortable in the mid-70s.



Located in beautiful southwestern Oregon, the pristine waters of Applegate Lake beckons you to swim in what is widely regarded as the best 10K swim event on the west coast. The Lake has a 10 MPH speed limit for boats, making for a very safe and smooth swim. The venue at Hart-Tish Park offers on-site camping, and there are several other nearby campgrounds to accommodate swimmers. Enjoy the wilderness of southwestern Oregon to the fullest and join us at Applegate Lake!

Postal Two-Mile Relay

Jim Teisher
Event Director

Are you tired of all those long distance postal swims? Do you need something that doesn't take an hour or two to finish? The Postal Two-Mile relay is just for you. You only have to swim 100 yards (or meters), ... 9 times if there are 4 swimmers on your team. The team members swim 100s in rotation until 3600 yards (or meters) is reached. The relay team can be 2, 3, or 4 swimmers. For a team of four they would each swim 9 x 100. A team of three would swim 12 x 100, and a team of two would swim 18 x 100. If you do the swim in a meter pool, your times will be converted to yard times. You can enter twice, once for same gender and once for mixed gender. You can go off the blocks and it is strongly suggested that you have a ladder close by if you do.

This is a USMS sanctioned event and this is the first year it is being held. For more information: https://www.clubassistant.com/club/meet_information.cfm?c=2416&smid=9347



A unique relay event that anyone who can swim 100 yards or 100 meters can do. Details are in the article above, in an article on page 14, and on the web site just below.

For more information: https://www.clubassistant.com/club/meet_information.cfm?c=2416&smid=9347

No Increase in Total 2018 Annual Dues for Oregon Masters Swimmers

Steve Darnell

At the annual OMS Board of Directors Retreat meeting on October 21, the Board voted to leave 2018 annual swimmer dues at the same level as 2017.

Here is the approved 2018 annual registration fee schedule:

Age group	USMS portion	OMS portion	Total
Age 18-24	\$43.00	\$1.00	\$44.00
Age 25-69	\$43.00	\$11.00	\$54.00
Age 70+	\$43.00	\$1.00	\$44.00

Swimmers in the 18-24 age group, and the 70+ age group, will continue to receive a \$10 discount.

Also, for OREG Club swimmers, there will once again be NO additional annual Club dues for 2018. All swimmers who are registered as 'Unattached' are invited to register with the OREG club for 2018. When registering you will need to change your affiliation from unattached to OREG, at no additional fee, and enjoy the opportunity to swim relays with your friends at our swim meets!

Current plans call for an increase in the number of Oregon swim meets in 2018, more swim clinics for both competitive swimmers and fitness swimmers, and additional benefits for fitness swimmers.

Online registration for 2018 will begin on November 1, 2017. So sign up early, before the end of 2017, and receive some discounts on USMS sponsor swim gear!



FIND YOUR BALANCE IN THE WATER

continued from page 5

Shark (with or without fins). Instead of having your two arms extended in front of your shoulders before stroking, you keep one arm extended ready to stroke and the other one forming a shark fin (bent arm with the elbow way up) and the hand at the level of your shoulder. Your shoulder should be out of the water, for your body (hip and shoulder) should be rotated between 30 and 45 degrees to that side. You should pose in that position for about eight kicks. Make sure you are looking down towards the bottom of the pool, and the extended arm on the other side remains in front of your shoulder, palms down, fingers slightly down, ready to stroke. It is essential to feel that position, for when you are swimming it is your clue to when your extended arm can start moving. When you stroke, make sure you immediately start putting your arm at a 90 degree angle with your elbow remaining close to the surface, and at the same time start turning your head to the side to breathe. You need to breathe early so you can turn your head back down towards the bottom when you are finished pulling, and therefore you do not lose the momentum of your pull.

- 2. Lateral movements of the body:** remain within the box. Once you are able to keep a horizontal position, you need to fine-tune to avoid any lateral movements. If you picture a rectangle formed by your arms extended in front of your shoulders down to your toes you have a long box, and all your movements should remain within the outline of that box. No hips, arms or feet sticking out of the box at any time. Your anchor arm should remain at the front corner of the box and your recovery arm should recover within the box, which means you would have to slightly rotate your body (from shoulder to hip) and have that shoulder out of the water for the arm to stay within the box. Your arm should land at the corner of the box and extend forward. If you enter towards the middle, your body will move sideways and your hips will automatically stick out of the box. Your kick should remain small and up and down. Make sure you are not crossing your legs, especially when breathing, or your feet will also escape from the box.
- 3. Efficiency of your arm movement under water.** If you are able to master the horizontal position and maintain a minimum of lateral movements, you are ready to have a very efficient freestyle pull since the stroke is very

straightforward. From your anchor arm at the front corner of the rectangle, start putting your fingers towards the bottom of the pool and positioning your forearm at 90 degrees of your elbow while keeping it close to the surface (early catch), push the water straight down the outside line of your box as far as your arm allows you (usually somewhere at your thigh). Keep your palm facing the end of the pool until the end and accelerate your movement once you have passed your shoulder to increase your speed and your momentum and to be able to glide while recovering your arm above water. Breathe early, which means turn your head towards the side as soon as your start stroking and have it back facing the bottom of the pool once you finish your pull which will help you keep the momentum forward.

Wow, it is hard to explain on paper. If you are completely a novice swimmer, you probably didn't understand much. In a nutshell, you first need to work on your horizontal position: **Kick** (small and steady and invest in a pair of fins), **Head** (look towards the bottom of the pool and do not lift your head to breathe). Keep an **arm in front** of your body at all times, for stability.

Those are the three hardest things to master and it will not happen in a day. Work on it every time you are at the pool, and get help from a swim instructor or a local Masters swim team if needed. Those will bring you the most rewards and feeling of improvements. Once you can maintain your horizontal balance in the water, everything will fall in place.

Congratulations! You are now officially a swimmer. You can now fine-tune your stroke to avoid lateral movements (staying within the box), and to have an efficient stroke (early breathing and early 90 degrees catch).



High elbow

SCULLING

continued from page 6

early vertical forearm you want during the first phase of the pulling motion. This is one of my favorite ways to hit reset on my freestyle when it's feeling a little sloppier than usual.

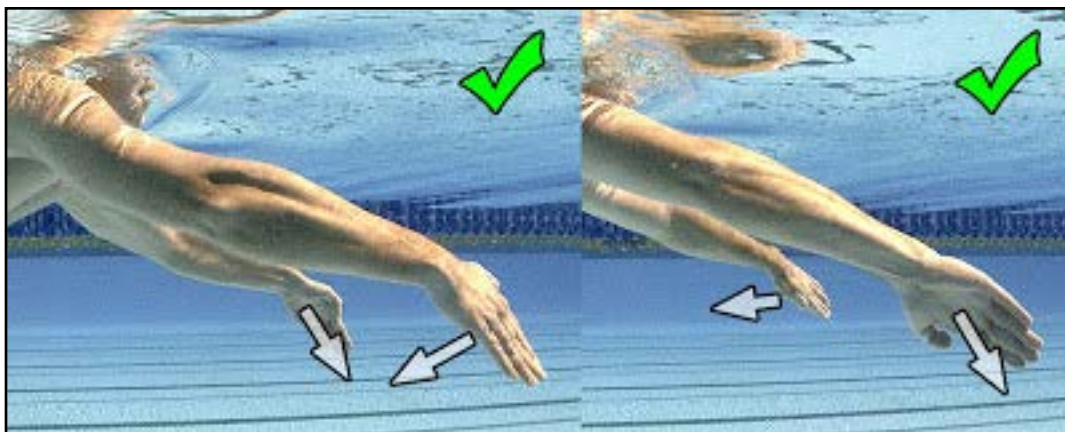
- Mega versatile. Want to spend more time working on your catch? Do some sculling where your hands would be initiating the catch. Not happy with the end of your pull? Spend some time back there doing some sculling. Left arm, right arm, palms, forearms—the sky is the limit. Use sculling strategically to precision strike the parts of your stroke that need some TLC.
- Shoulder injury prevention. This one might sound a little strange, but sculling is one of my favorite ways to help injury-proof my shoulders. The way that I do this is pretty basic—with a snorkel on my face, head down, I make sure that my shoulders are set back in their sockets, and that I have perfect posture in the water (this is absolutely key). Once my shoulders are “locked” back in their sockets, I like to do a quick sculling motion. At what angle my hands are sculling doesn't really matter. But it's gotta be quick—the quick hand movements will challenge your scapular stability, something that is essential for strong, injury-free shoulders.

Tips for Making the Most of Sculling:

1. Don't forget your forearms. Our hands get a lot of attention when it comes to cranking up our pull, and deservedly so. But don't forget those forearms. You don't need to have

Popeye-sized forearms to be able to use them for propulsion.

2. Mix it up with regular swimming. As with any kind of drill work, the whole point is to transfer over the lessons learned to your swimming so that you can improve your swimming technique and efficiency. Alternate sculling and swimming to take that newfound feel for the water and apply it to your stroke. One of my favorite ways to incorporate any kind of drill work (and sculling, essentially, is a drill) is to sprinkle and splatter it within regular swimming. Doing 50s as 25 scull, 25 swim build, for instance. Or doing 15m swim, 20m scull, 15m swim. You get the idea.
3. Use it to hit reset on your stroke and swim practice. We all have those swim workouts where we can't seem to find our stroke. The water slips right through our fingers, and our usually gorgeous technique feels sloppy, hopeless or lost. Sculling takes things back to basics, reinvigorating your feel for the water and helping you rediscover your technique.
4. Use a snorkel. There are about a kajillion reasons to use a swimmer's snorkel, from making a Darth Vader voice to helping balance out your stroke. Wearing a snorkel while sculling helps you stay focused on the movement of your hands instead of worrying about breathing or having your hips and head out of position.
5. Scull like you mean it. Sculling, by nature, isn't fast. For the particularly competitive of competitive swimmers taking it slow and properly requires a little added discipline not to kick and cheat. The rewards—a more efficient and faster-feeling stroke—however, are totally worth it.



Sculling

Summary

Records & Results

FINA Masters World Championships—LCM

Looking Ahead. . .

Event Schedule

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

<i>Date</i>	<i>December 9; Saturday</i>
<i>Course</i>	<i>SCM</i>
<i>Swim</i>	<i>COMA All-Around Meet</i>
<i>Venue</i>	<i>Juniper Aquatic Center</i>
<i>Location</i>	<i>Bend, OR</i>

Quote for the month. . .

“I’m trying to do the best I can. I’m not concerned with tomorrow, but with what goes on today. If you fail to prepare, you’re prepared to fail.”

—Mark Spitz (USA) Winner of seven gold medals from the 1972 Olympics