



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

Volume 45 • Number 1

Published 10 Times Yearly by OMS, Inc.

January • 2018

Winter Pool Season Begins With New World Records at Hood River

by Claudia Daly

The winter pool season got off to a fast start at the 2017 Northwest Zone SCM Championships held November 11-12, in Hood River, Oregon. Six world records and fourteen zone records fell as 86 swimmers from eleven clubs settled into a new season of competition.

As usual, Willard Lamb led the way in National records and World records as he set 4 new marks in the Men's 95-99 category with records in the 200 M Freestyle, 3:57.47; 800 M Freestyle, 17:03.42; 50 M Backstroke, 1:00.03; and 100 M Backstroke, 2:04.72. Willard joined with teammates Joy Ward, David Radcliff and Margaret Toppel for a World record in the Mixed 320-359 400 M Freestyle Relay with a 6:00.74. Willard, Joy and David also teamed with Janet Gettling for another World record in the Mixed 400 M Medley Relay finishing in 6:59.56.

Zone records were felled as Kurt Grote set new standards in the Men's 40-44, 100 M Breaststroke with a 1:06.09 and 200 M Breaststroke, 2:23.61. In the next age group up, Men's 45-49, Mike Self had fun setting a zone record in the 200 M Freestyle, finishing in 2:03.97. Karen Andrus-Hughes broke the Women's 60-64 Zone record in the 200 M Backstroke with a 2:46.26 and 70-74 year age groupers Jane Nichols and Joy Ward went to task on four events; Joy set new Zone records in the 50 M Backstroke with a split of 46.67; 50 M Butterfly, 52.29 and 200 IM, 4:05.73 while Jane finished the 200 Freestyle with a new Zone mark of 3:43.16.

Good swims early in the season portend more fast swimming into 2018. It should be fun!



World record — Mixed 320-359; 400 SCM freestyle relay
Joy Ward, Margaret Toppel, Dave Radcliff, Willard Lamb



World record — Mixed 320-359; 400 SCM medley relay
Willard Lamb, Joy Ward, Janet Gettling, David Radcliff

Oregon Masters Swimming, Inc.
Board Members

CHAIRMAN OF THE BOARD

Tim Waud • timpwaud@gmail.com

VICE CHAIRMAN - SANCTIONS

Robbert van Andel • swimmer1974@gmail.com

SECRETARY

Michelle Jacobs-Brown • Goblin34.mjb@gmail.com

TREASURER

Kermit Yensen • kermit.yensen@gmail.com

REGISTRAR

Susie Young • Swim.pdx@gmail.com

AQUA MASTER EDITOR

Alice Zabudsky • azabudsky@msn.com

AWARDS — ANNUAL

Susan Albright • albright.becker@gmail.com

COACHES CO-CHAIR

Tim Waud • timpwaud@gmail.com
Matt Miller • matt@flytrapcare.com

DATA MANAGER — SWIM MEETS

Gary Whitman • all5reds@comcast.net

FITNESS CHAIR

Colette Crabbe • colettecrabbe@hotmail.com

HOST/SOCIAL

Michelle Jacobs-Brown • Goblin34.mjb@gmail.com

LONG DISTANCE CHAIR

Bob Bruce • coachbobbruce@gmail.com

MEMBERSHIP PROMOTION

Carolyn DeMarco • adairpete@msn.com

MEMBERSHIP

Christina Fox • foxkohnert@peak.org

OFFICIALS — SWIM MEETS

Jacki Allender • jacki.allender@gmail.com

OMS EMAIL GROUP MAINTENANCE

Susie Young • swim.pdx@gmail.com

PROGRAM DEVELOPMENT

Marlys Cappaert • m.cappaert@comcast.net

RECORDS

Stephen Darnell • inancialwizard2@comcast.net

SAFETY

Joy Ward • silenteclipse1210@hotmail.com

SOUVENIERS

Jeanna Summers • eanna.summers@optumhealth.com

SUNSHINE

Ellen Summers • ebisch123@aol.com

CLUB REPS

OREG

Nancy Vincent • nancy.vincent@hp.com

DUCK

Bridget Shepherd & Lindsay Miller • uoswim@uoregon.edu

USMS

Sandi Rousseau • swim@gorge.net

TOP TEN

MJ Caswell • mjcaswell@earthlink.net

WEB MASTER

Matt Miller • matt@flytrapcare.com

PRINCIPAL FOUNDER OF OMS

Connie Wilson

CONTENTS

Regular Articles

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

Records and Links to Meet Results

- 8** Northwest Zone Championships—SCM
- 8** Puget Sound Masters Chamionships—SCM
- 10** Southwest Zone & SPMS Chamionships—SCM

Articles & Announcements

- 11** Swimmer Spotlight
- 12** Swim Bits
- 13** Annual Award Nominations Deadline
- 14** Oregon Swimmers Shine at SPMS SCM Champs
- 15** Federal Way Photos
- 16** Hood River Photos

Event Schedule — Back Page

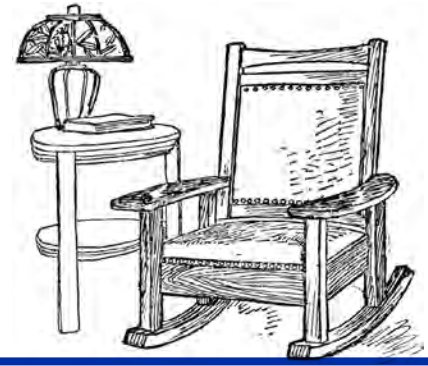
United States Masters Swimming, Inc. (USMS), can not and does not accept responsibility for the content of any information or material not authorized by USMS. All opinions stated in any such material are solely those of the author(s) and not necessarily those of USMS or Oregon Masters Swimming. *Aqua Master* is the official publication of Oregon Masters Swimming (OMS). OMS is a Local Masters Swimming Committee (LMSC) and part of USMS. Information is also available online at www.swimoregon.org.

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

Volume 45 • Number 1 • January 2018

Chair's Corner

Tim Waud
OMS Board Chirman



Greetings Fellow Masters Swimmers,

I would like to thank all the officials, coaches, volunteers, meet directors, race directors, safety directors, and swimmers for an amazing year of swimming and fellowship. It's a pleasure to work and swim with so many incredible people in the Oregon LMSC. We have something very special here in Oregon and I am grateful to be a small part of this organization.

There are several exciting events taking place in 2018. This spring we will be hosting our annual OMS Association Championship in Corvallis. This three-day event will take place April 20-22, at Osborn Aquatic Center. The OMS membership meeting will be held Saturday evening. This is a great opportunity to meet the board members and learn more about the dry side of Masters swimming. Following the membership meeting is our social and awards presentation. Come and mingle with your fellow swimmers and enjoy an evening together. There will be light appetizers available and a slideshow capturing the past year. You can sign up for these functions during the registration process online.

2018 also brings a unique event being billed as "My Oregon Swimcation." OMS will host three USMS National Championship swims in one week! The fun begins 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.

With the success of hosting the 2016 USMS Summer National Championship, OMS will be looking for an army of volunteers to help with all of these upcoming events. To get involved, please contact the event directors for more information.

I wish you success in all your endeavors whether they be on the deck, on the beach, or in the water. 2018 looks to be an exciting year for all of us!

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.

Claire Forrest graduated from Grinnell College with a degree in English, and is currently based in Minneapolis, Minnesota as a freelance writer. Claire went to her first swim meet at the age of eleven on a whim. She fell in love with the sport and never looked back. Classified an S6 disabled swimmer for US Paralympics, Claire specialized in mid-distance freestyle and backstroke and made national and world rankings throughout her career. She was a 2008 and 2012 Paralympic Trials participant. Claire is passionate about integrating disability swimming into the larger swim community, having swum for able-bodied club teams and her college’s DIII team. She enjoyed both Paralympic and prominent integrated able-bodied meets equally for the many commonalities they share. Over 13 years after her first meet, she owned more swim caps than she could count.

Ten Things Non-swimmers Say To Swimmers

Courtesy of Claire Forrest

As all swimmers know, no one outside the sport understands swimming. When it comes to a sport that is only appreciated every four years at the Olympic level, the only sport less understood than swimming is curling. Maybe I’m being dramatic, but the things that non-swimmers say to swimmers make me think otherwise.

1) “Don’t you get bored?”

Swimming isn’t a sport of constant play like volleyball or basketball, so it’s easy to understand why people who don’t swim think it might be boring. How do you count all those laps, they wonder? Factor in that we’re staring at a black line for two hours straight, and we’ve lost them. Just know this: a swim workout is never just plain old laps, and the time I spend staring at a black line are some of the most peaceful hours of my day. It’s anything but boring.

2) “I could join a swim team! I was really good at front crawl in lessons.”

Swimmers shouldn’t mock anyone who genuinely wants to get involved in the sport, because we all started somewhere. But what most non-swimmers fail to understand is that the best swimmers make it look like they aren’t working that hard. Their stroke looks gracefully effortless, but swimmers know there is more than meets the eye. Beyond every beautiful stroke is years of fine-tuning and intense physical training. They are working hard. Plus, non-swimmers swim “front crawl.” Swimmers swim “freestyle.”

3) “Don’t you get tired of being wet all the time?”

Jumping into a cold pool at six o’clock in the morning is something I wouldn’t even wish upon my enemies. But like all sports, swimming requires sacrifice. You have to love swimming more than you hate any of its other components. So yes, you’ll go through a family-sized bottle of shampoo in a week and you’ll jump into a pool for afternoon practice before your hair is even dry from morning practice. But it’s all worth it to a swimmer.

4) “You’re still swimming? When is your off-season?”

This is a valid question, since many sports can only occur in a specific season of the year. But swimmers do not know of this ‘off-season’ of which you speak. Consider that swimming is not limited by weather, since you can swim indoors and out. School swim teams have longer seasons for this reason. Then comes club swimming: short course season throughout the winter and spring, and then long course season in the summer. And in the fall, high school and college swimming begins again. Swimming never ends.

5) “Do you know Michael Phelps?”

Michael Phelps typically doesn’t enter to swim in the average swimmer’s club meet. Swimmers are grateful for the visibility Phelps has brought to the sport, but the average athlete probably doesn’t know the most famous figure in their sport.

6) “Swimming isn’t a team sport!”

To the untrained eye, swimming looks like an individual

Continued on page 17

Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



The Winter Fitness Challenge: a 30 Minute Swim

When you will read this article, it will be January again and time for goals and resolutions. One of the top resolutions has always been good health, especially as the result of exercise and proper nutrition. Swimming for fitness is one of the best ways to a healthy exercise routine.

With that in mind, the United State Master Swimming association (USMS) has just launched a new Series called the *2018 USMS Fitness Series*. It starts with a 30 minutes swim, done anywhere and any way you want between February 15 and 28. You can wear any and every piece of swim gear you want, you can swim it as a relay with your friends. Use your imagination and have fun at the pool. In my mind, the major purpose of the swim is to set your own benchmark to know where you are and to better be able to assess your improvements in the future. Some Masters swim teams are organizing an event around it and it is an excellent way to promote USMS, your local program and fitness all around.

In my mind, there are also two major benefits linked with the USMS Fitness Series.

The first one is a **six week swim workout training plan**, written by USMS-certified coaches and catering to three different skill levels: beginner (no prior training, looking for improved health and fitness), intermediate (some swimming experience, looking to get back in shape) and advanced (swimming regularly and looking to improve fitness level). If you are usually swimming by yourself, this is an **invaluable** resource which might be the key for you to get back in shape and stay with the program. By registering for the fitness series, you will also need to register for USMS, and therefore you will have access to all their resources,

including a whole variety of workouts, going from basic to advanced, and targeting either the pregnant women, the triathlete, the elite sprinters or long-distance swimmers.

The second one is the **fundraising component** for the USMS Swimming Saves Lives Foundation. By participating in the challenge, you will also automatically support the Swimming Saves Lives Foundation and maybe help a kid, or an adult learn how to swim and prevent the numerous drownings which happen each and every year.

The registration for the Winter Fitness Challenge is now open, and will cost \$10 between Nov 1 and January 31, and \$12 during the month of February. If you want to learn more about the Fitness Series, or register, please click [here](#).

Of course, the major benefit should always be your own health, and all the rewards coming from reaching your goal and getting fit. If you are able to commit to the six weeks swim program with a friend, your chance of success probably doubles, and if you are able to stick with the training plan for the whole six weeks, your chances of feeling the fitness rewards and of becoming a regular swimmer are pretty good. If you need more motivation or guidelines on how to set your 2018 goals, I would also recommend rereading the article "Resolutions, resolutions, goals" published in the February, 2017, *Aqua Master*.

The whole process is not on being the best, it is on being healthy and being better than you were yesterday.





Coaches Chair

Coach Matt Miller
OMS Co-Coaches Chair

More Drills, Please

The concept of a swimming “drill” might sound foreign or intimidating, but the reality is that drills are useful, approachable exercises that focus on a particular aspect of a swim stroke and can be very helpful. Whether it is teaching a new stroke or technique through a progression of drills, or using specific drills to correct some minor or major flaw in a stroke, there are a variety of drills that have been developed over the years to address a plethora of needs.

Swimming drills help to:

- Isolate and target a problem
- Correct a problem and improve technique
- Keep a problem corrected
- Minimize risk of injury by correcting poor technique
- Develop mindful swimming

While swimmers should try to be mindful at all times in the water, as I’ve noted before and [previously written about](#), the reality is that being mindful 100% of the time can be impossible. Because drills require intense focus, they naturally allow for the opportunity to dedicate part of the workout set to being mindful. Drills also help reinforce and strengthen pre-existing motor skills and pave new neural pathways in the brain so that flaws and issues can be corrected and proper technique can be trained into the brain. Later, when racing, this good technique becomes enacted as second nature because it has become a habit through focused repetition.

Repeated drill training is especially valuable at a Masters level, because as we age it gets harder and harder for the brain to learn new things. When learning something new or changing an old habit, new neural pathways have

to be formed in the brain, which takes much more repetition when we are older. One could say that when it comes to learning, younger brains are like wet concrete, and older brains are like dried concrete, requiring much more repetition to make a lasting impression.

Also, once a neural pathway has already formed, it can be difficult to change. Years of repeating the same stroke mechanics can make a new learning curve very long, steep, and frustrating. Drills can assist a new learning curve by providing focused and targeted repetition of one pinpointed stroke aspect. This process could be visualized as chiseling repeatedly at one specific area of the “dried concrete” grey matter, increasing the likelihood of leaving a lasting impression in the swimmer’s brain, rather than scratching around indiscriminately.

Interestingly, a relatively new training technique, called Ultra-Short Race-Pace Training (USRPT), dismisses drills as “harmful and irrelevant” (at least for elite swimmers). I am currently an ardent follower of the USRPT training methodology, practicing it twice a week when I’m in full training mode, and I believe it is one of the better ways to train to get faster. However, I disagree with their assertion that drills are harmful and irrelevant. In the types of situations that require correction and new learning of stroke techniques, I’ve found that drills are immensely valuable.

If you’re looking for some drills to incorporate in your workouts, a quick Google search will turn up countless swimming websites online to find ideas. And looking on Amazon, there are several published books on drills that garner good reviews and are likely to contain some great drills.

Continued on page 17



Long Distance Swimming

Coach Bob Bruce
OMS Long Distance Chairman



What is the One-Hour Swim? This event resolves the basic question of how far can you swim in one hour. It's the first USMS postal swim each year, done only during the months of January & February. It's the largest stand-alone participation event on the USMS calendar, as more than 2500 swimmers across the nation swim it every year. It's the oldest of the USMS postal swims, started in 1977. It's not only a spirited competition, but also an excellent post-holiday, early-in-the-year fitness event suitable for EVERYONE. I repeat: EVERYONE! Did everyone hear me say EVERYONE?

Two changes in the One-Hour Swim that happened last year but are worth knowing:

The time frame for swimming the event is two months! For many years, the swim had to be completed in January; now we have January and February to get this done. Enjoy!

The USMS birthday rule for postals (and open water swims too) now lists your age on December 31 as your age for the year, just like the rules governing pool meets held in metric pools. As a result, many of you will jump into a new age group for this swim. Enjoy!

Is a National Championship run feasible? We rallied to crush the rest of the nation when we hosted the Summer Pool Championships in 2008 and 2016, and we have dominated the other postal championships in the past ten years. But we've never won the One-Hour Swim Championships (we've been runners-up the past two years!). What about it? We have the pools. We have the swimmers. We have the experience. Do we have the will? Can we do it? Of course...if we want! But I estimate that it will take 400 swims to win this thing. That's right, 400! Sure, that's way more than we've ever had before, but think big—that's less than half of our club membership. Together, we can do it... if we choose to do it!

Bonus Benefit: The best build-up for a successful spring and summer season is to develop your aerobic swimming capacity so that you can do your race training on a solid base, and the One-Hour Swim is one of the best tools to develop and measure your aerobic capacity. This is particularly true as Oregon hosts the "My Oregon Swimcation" next summer—you'll need to be fit as you tackle THREE National Championship open water swims in one week in July. Use the One-Hour Swim to jump-start your training!

Another Bonus Benefit: Even if you simply swim for your own fitness and never compete in pool or open water races, this is still a wonderful fitness challenge for YOU. Join your teammates, test your fitness, and have some fun!

Oregon Club Participation: As OMS Long Distance Chair, I plan to send information packets to each team before Christmas. These packets will include...

An information letter to Coaches, Team Reps, and One-Hour Swim Captains;

- A copy of the event information;
- Instructions on how to run a successful group postal swim;
- Our current OMS One-Hour Swim Top Twelve; and
- A large-print copy of the "Top Ten Reasons to Do the One-Hour Swim", suitable for posting.

Organizing Locally—the Key to Success: The most powerful motivation for a big group effort is always local, with the folks that you swim with every day. I urge one swimmer from each local team to step forward to help your coach coordinate this effort and rally the troops. Coaches, get on board—this is a great team

Continued on page 17



Records & Links to Results

Records are for Oregon Swimmers Only

Northwest Zone Championships — SCM

November 11-12, 2017; Hood River, OR

Results: http://swimoregon.org/results_pdfs/2016-2017/ResultsHoodRiverZone_SCM_20171111_Splits.htm

* = split

Age Group	Event	Name	Age	Time	Record set
Women 35-39	400 SC Meter IM	Showell, Brianna	38	5:41.18	Oregon
Women 60-64	200 SC Meter Backstroke	Andrus-Hughes, Karen	60	2:46.26	Oregon, Zone
Women 65-69	50 SC Meter Backstroke	Toppel, Margaret	69	39.24	Oregon
Women 75-79	200 SC Meter Freestyle	Nichols, A Jane	76	3:43.16	Oregon, Zone
Women 75-79	50 SC Meter Backstroke	Ward, Joy	75	*46.67	Oregon, Zone
Women 75-79	50 SC Meter Butterfly	Ward, Joy	75	52.29	Oregon, Zone
Women 75-79	200 SC Meter IM	Ward, Joy	75	4:05.73	Oregon, Zone
Men 40-44	100 SC Meter Breaststroke	Grote, Kurt	44	1:06.09	Oregon, Zone
Men 40-44	200 SC Meter Breaststroke	Grote, Kurt	44	2:23.61	Oregon, Zone
Men 40-44	200 SC Meter IM	Grote, Kurt	44	2:12.75	Oregon
Men 45-49	200 SC Meter Freestyle	Self, Mike	47	2:03.97	Oregon, Zone
Men 55-59	200 SC Meter Freestyle	Hageman, Mark	55	2:14.55	Oregon
Men 95-99	200 SC Meter Freestyle	Lamb, Willard	95	3:57.47	Oregon, Zone, National, World
Men 95-99	800 SC Meter Freestyle	Lamb, Willard	95	17:03.42	Oregon, Zone, National, World
Men 95-99	50 SC Meter Backstroke	Lamb, Willard	95	1:00.03	Oregon, Zone, National, World
Men 95-99	100 SC Meter Backstroke	Lamb, Willard	95	*2:04.72	Oregon, Zone, National, World

RELAYS

Age Group	Event	Time	Record set
Mixed 320-359	400 SC Meter Free Relay	6:00.74	Oregon, Zone, National, World
1) Lamb, Willard 95	2) Ward, Joy 75	3) Radcliff, David 83	4) Toppel, Margaret 69
Mixed 320-359	400 SC Meter Medley Relay	6:59.56	Oregon, Zone, National, World
1) Lamb, Willard 95	2) Gettling, Janet 69	3) Ward, Joy 75	4) Radcliff, David 83

Puget Sound Masters Championship — SCM

November 18-19, 2017; Federal Way, WA; USMS Sanction #367-S008

Results: <http://www.usms.org/comp/meets/meet.php?MeetID=20171118PSMSCMS>

* = split

Age Group	Event	Name	Age	Time	Record set
Women 18-24	100 SC Meter Freestyle	Kaba, Jesse	22	1:02.37	Oregon, Zone
Women 18-24	50 SC Meter Breaststroke	Kaba, Jesse	22	34.01	Oregon, Zone
Women 18-24	100 SC Meter Breaststroke	Kaba, Jesse	22	1:13.97	Oregon, Zone

Continued on next page

Age Group	Event	Name	Age	Time	Record set
Women 18-24	200 SC Meter Breaststroke	Kaba, Jesse	22	2:45.64	Oregon
Women 40-44	50 SC Meter Butterfly	Skinner, Sonja	41	31.47	Oregon
Women 55-59	100 SC Meter Butterfly	Delmage, Arlene	55	1:12.97	Oregon, Zone
Women 55-59	200 SC Meter Butterfly	Delmage, Arlene	55	2:42.59	Oregon, Zone
Women 60-64	50 SC Meter Freestyle	Andrus-Hughes, Karen	60	29.88	Oregon, Zone
Women 60-64	100 SC Meter Freestyle	Andrus-Hughes, Karen	60	1:06.16	Oregon, Zone
Women 60-64	50 SC Meter Backstroke	Andrus-Hughes, Karen	60	33.75	Oregon, Zone
Women 60-64	100 SC Meter Backstroke	Andrus-Hughes, Karen	60	1:13.71	Oregon, Zone
Women 60-64	50 SC Meter Butterfly	Andrus-Hughes, Karen	60	33.92	Oregon
Women 65-69	50 SC Meter Freestyle	Toppel, Margaret	69	33.12	Oregon
Women 65-69	100 SC Meter Freestyle	Royle, Mary Anne	65	1:19.70	Oregon
Women 65-69	50 SC Meter Backstroke	Toppel, Margaret	69	38.83	Oregon
Women 65-69	50 SC Meter Breaststroke	Gettling, Janet	69	42.96	Oregon, Zone
Women 65-69	50 SC Meter Butterfly	Toppel, Margaret	69	36.24	Oregon
Women 65-69	100 SC Meter Butterfly	Gettling, Janet	69	1:35.05	Oregon
Women 65-69	100 SC Meter IM	Toppel, Margaret	69	1:24.16	Oregon
Women 75-79	50 SC Meter Freestyle	Ward, Joy	75	40.07	Oregon, Zone
Women 75-79	50 SC Meter Backstroke	Ward, Joy	75	*46.50	Oregon, Zone
Women 75-79	100 SC Meter Backstroke	Ward, Joy	75	1:43.70	Oregon, Zone
Women 75-79	200 SC Meter Backstroke	Ward, Joy	75	3:40.93	Oregon, Zone
Women 75-79	100 SC Meter Butterfly	Ward, Joy	75	1:53.31	Oregon, Zone
Women 75-79	100 SC Meter IM	Ward, Joy	75	1:47.88	Oregon, Zone
Men 40-44	1500 SC Meter Freestyle	Miller, Matt	40	18:05.72	Oregon
Men 80-84	200 SC Meter Butterfly	Fasbender, Barry	80	4:53.93	Oregon, Zone
Men 95-99	50 SC Meter Freestyle	Lamb, Willard	95	45.47	Oregon, Zone, National, World
Men 95-99	200 SC Meter Freestyle	Lamb, Willard	95	3:56.49	Oregon, Zone, National, World
Men 95-99	800 SC Meter Freestyle	Lamb, Willard	95	*16:56.22	Oregon, Zone, National, World
Men 95-99	1500 SC Meter Freestyle	Lamb, Willard	95	31:56.67	Oregon, Zone, National, World
Men 95-99	50 SC Meter Backstroke	Lamb, Willard	95	55.60	Oregon, Zone, National, World
Men 95-99	200 SC Meter Backstroke	Lamb, Willard	95	4:24.83	Oregon, Zone, National, World

RELAYS

Age Group	Event	Time	Record set
Women 200-239	200 SC Meter Freestyle Relay	2:00.81	Oregon
1) Delmage, Arlene	2) Skinner, Sonja	3) Andrus-Hughes, Karen	4) Asch, Jill
Women 280-319	200 SC Meter Freestyle Relay	2:27.71	Oregon, Zone, National
1) Gettling, Janet	2) Ward, Joy	3) Rousseau, Sandi	4) Toppel, Margaret
Women 280-319	200 SC Meter Medley Relay	2:44.72	Oregon, Zone, National, World
1) Ward, Joy	2) Gettling, Janet	3) Rousseau, Sandi	4) Toppel, Margaret
Mixed 120-159	400 SC Meter Freestyle Relay	4:15.38	Oregon
1) Skinner, Sonja	2) Miller, Matt	3) Tosh, Megan	4) Servant, Mike
Mixed 320-359	200 SC Meter Medley Relay	3:07.14	Oregon, Zone, National
1) Lamb, Willard	2) Gettling, Janet	3) Ward, Joy	4) Radcliff, David

Continued on next page

Southwest Zone & SPMS Championships — SCM

December 1-3, 2017; Long Beach, CA

Results: <http://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20171201SCMChaS>

* = split

Age Group	Event	Name	Age	Time	Record set
Women 60-64	100 Meter Butterfly	Crabbe, Colette M	61	1:14.21	Oregon, Zone
Women 60-64	100 Meter Individual Medley	Crabbe, Colette M	61	1:16.22	Oregon, Zone
Women 60-64	200 Meter Individual Medley	Crabbe, Colette M	61	2:43.04	Oregon, Zone
Women 60-64	400 Meter Individual Medley	Crabbe, Colette M	61	5:50.34	Oregon, Zone, National, World
Men 40-44	1500 Meter Freestyle	Miller, Matt	40	17:59.34	Oregon
Men 55-59	400 Meter Freestyle	Hathaway, David	57	4:48.60	Oregon
Men 55-59	800 Meter Freestyle	Hathaway, David	57	10:00.58	Oregon



Winning Isn't Normal

book written by Dr. Keith F. Bell

Dr. Bell is a Sports Psychologist / Coach / Swimmer

Having begun his career as a sports psychologist working with the University of Texas Longhorns and the Kenyon College Lords and Ladies, arguably two of the most successful collegiate athletic teams of all time in any sport, Dr. Keith Bell was a pioneer in Sports Psychology; the first full-time sports psychologist in private practice. Dr. Bell is considered the father of swimming psychology and is internationally recognized as one of the foremost experts on sports performance enhancement.

Dr. Bell has served as the Sports Psychologist for the

National and Olympic teams for the U.S., and several other countries.

Coach

Dr. Bell helmed the varsity women's team at the University of Texas as its first salaried Head Coach (it was previously a volunteer position) and went on to coach his wife – the first modern professional swimmer to continue competing on the world stage into her 30s and 40s – Sandy Neilson-Bell, who, upon returning to the sport 12 years after her three Olympic gold medals, finalled at Olympic Trials at age thirty-two and was top 20 in the world (FINA world rankings) in her event at age forty. Dr. Bell also earned a USMS National Coach of the Year honor.

Swimmer

Dr. Bell, 69, continues training every single day, maintaining a streak of over 10,000 days straight without a single missed calendar day of training. A 4-time All-American at Kenyon College, Dr. Bell was also the oldest swimmer ever to medal at a U.S. Swimming National Championships and is the only male swimmer ever to win 11 Gold Medals in a single USMS National championships.

Swimmer Spotlight

submitted by Arlene Delmage

Name: Abbas Karimi

Age: 20

Team: Oregon Reign Masters

Abbas Karimi is one of the newer members of Oregon Reign Masters swim team which trains at Mount Hood Community College in Gresham. It's hard not to notice Abbas when he is in the pool because, without a doubt, he is one of the better kickers on the team.

Abbas was born in Kabul, Afghanistan, a country that has been at war for decades. This would be a difficult existence for any human to endure but Abbas was born without arms. In an interview with KATU Abbas states "In Afghanistan they disrespect disabled people and see disabled people as hopeless. They think we cannot do anything and are just useless." Abbas knew he needed a better life and with the help of his older brother he made the excruciatingly difficult decision to leave his family behind and flee the only country he had ever known. He flew to Iran and then fled to Turkey illegally as a refugee. It was a dangerous journey to United Nations headquarters. "I did it to save my life," he says. "At home there were always bombs exploding and lots of people dying." Abbas left behind two older brothers, a younger brother, and his mother and father.

It was on Facebook three years later that he connected with Mike Ives, a former teacher and Lincoln High School wrestling coach. Mike saw a video of Abbas swimming on Facebook and reached out to him. Ives is now Karimi's host parent in Portland.

Abbas Karimi (both above and below photos)



Growing up, Karimi wrestled in Afghanistan pinning his opponents with his strong legs. At a young age, despite being told that "you cannot swim without arms", Abbas plunged into a pool wearing a life jacket. He was terrified of the water but a lifeguard encouraged him to keep swimming. Karimi trained by himself day after day until one day he left his life jacket behind and caught the eye of an Afghan swim coach. The coach saw something special in Karimi and began to teach him certain techniques. In 2012, Karimi



became a member of the Afghan national swimming team and won his first gold medal in Paralympic swimming in Turkey in 2013. "His efforts rewarded him with a gold medal, which is unprecedented in the history of Afghanistan and the region," said Sayed Ehsanullah Taheri, Head of the Afghanistan Swimming Federation following Karimi's win. At the US Indianapolis Para Swimming World Series in June, 2017, Abbas Karimi won two gold medals. His wins made him the first Afghan to qualify for the 2017 World Para Swimming Championships to be held in Mexico City later this year. The competition was originally scheduled for September, 2017, but had to be postponed due to the massive earthquake that struck just weeks before. The Championship meet took place between 27 November and 7 December. "I'm excited," he says. "I'm nervous, but I'm training hard, and it will pay off."

Despite all of this there is still something more important on the horizon for Karimi. "I'm trying to get my younger brother, Asgar Karimi, to come to America. I really want him to get over here," he says. "He's not in a safe place and I miss him so much."

The latest update on Asgar is that he has left Afghanistan and is now in a refugee camp in Turkey. With the help of Mike Ives they are trying to bring him to the United States.

Swim Bits

by Ralph Mohr — COMA

“The Micawber Effect”

In Charles Dickens’ *David Copperfield*, Mr. Micawber has a simple solution for happiness. “Annual income twenty pounds, annual expenditure nineteen [pounds] nineteen [shillings] and six [pence], result: happiness. Annual income twenty pounds, annual expenditure twenty pounds ought and six, result: misery.”

We who swim think the same way.

When I did the ePostal 3000 in October, I had artificially set up a goal of breaking 50 minutes. I knew I would not be fast due to some medical issues this fall, but that time seemed reasonable. When I was done, my announced time was 50:30.50. I was not miserable, as Mr. Micawber predicted, but I was not amused either. Drat.

I went home, and, as is my normal practice, I reviewed my splits. I’m usually pretty consistent, even when I’m slow, but my fifth 500 split was 48 seconds slower than all of the other 500s.

I started figuring each 50, since we did not have one of those watches that automatically figures splits for you, and discovered the split between 2250 and 2300 was 1:47.47. Voila! My timer had skipped a 50. I had swum 3050 yards. My actual time for the 3000 was 49:42.26. I was under 50 flat! Hoorah! I had a Micawber moment!

We swimmers do this all the time. We set an artificial goal time before a race, and if we make the time, we’re happy, and if

not, we are miserable, even when we win. Instead, we should adopt the credo of the ancient Roman philosopher, Robertus Brutus, est quid est; “it is what it is.”

I am all in favor of goal times, but we should never let them determine how well we swim a particular event. Finish is always first. Did you compete? Were you technically very good? Then, comes the time, and the time is only a measure of that race in that pool at that moment.

So when you swim the Hour Swim in 2018 (you are planning to do that, aren’t you?), don’t automatically set a goal time that will make you happy or sad. Work in these winter months to swim a smoothly paced race with even splits. Work on good, long turns in practice so you can do them for 60 minutes.

Trust your stroke even when it doesn’t feel right. That will get you through most difficulties.

Plan ahead on what you want to do regarding fluid stops, technique, counting problems and what you will do if the swim doesn’t feel well at any one moment. And trust me, somewhere in any swim over 1000 yards there will be moments of frustration or angst.

Remember, too, that Mr. Micawber was an optimist. He always felt that something good would happen in the end. In swimming, that is literally true in every race. You stop.



Mr. Micawber in David Copperfield



REMINDER REMINDER REMINDER REMINDER

Nominations for Annual OMS Awards must be submitted by January 15, 2018

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 asocial **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.



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.

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.



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.

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.



Oregon Swimmers Shine at SPMS SCM Champs

by Matt Miller

Held annually the first weekend in December in southern California, the SPMS SCM Championship Meet normally draws quite a crowd and is one of the largest SCM meets in the nation. This year, I believe it was the largest SCM meet. Because of its size and depth of competition (and likely because it's nice to go somewhere sunny and warm in December!), this meet normally draws a decent-sized group of swimmers from Oregon. For whatever reasons, this year there were only 6 of us from Oregon in attendance (Kevin Cleary, David Hathaway, Allen Stark, Carol Stark, Colette Crabbe and me - Matt Miller). However, we were able to outperform many larger teams, finishing 12th overall out of 66 teams.

Kevin Cleary was elated with his swim in the 100 breast. He dropped nearly a full second off of his lifetime best posting a time of 1:14.37. Kevin also posted a very good time in the 200 breast (2:49.18). He was pleased that both swims will likely hold up for 2017 national top 10 times in his age group (men 30-34).

Carol Stark swam the 100 (2:27.34) and 200 backstroke (5:21.31) and the 800 free (20:12.21), significantly besting her seed times in all three events. Allen Stark swam the 50 breast (35.96) and 100 breast (1:19.32), posting times that are currently the fastest in the nation for men aged 65-69 in 2017.

David Hathaway was very happy with his 400 (4:48.60) and 800-meter (10:00.58) freestyle swims, as he improved his own Oregon record for men 55-59 in both events. And thanks to David being on deck and helping me pace during my swim, I got under 18 minutes for the first time in the 1500 freestyle, posting the fastest time in the nation this year for men 40-44, and also improving the Oregon record for men 40-44 in the event. In the same final heat of the 1500 free, David Kays set a PNA record for men 50-54 with a 17:47.33, and Heidi George won the entire heat on her way to setting a new world record for women 40-44 with a 16:50.92! Wow!

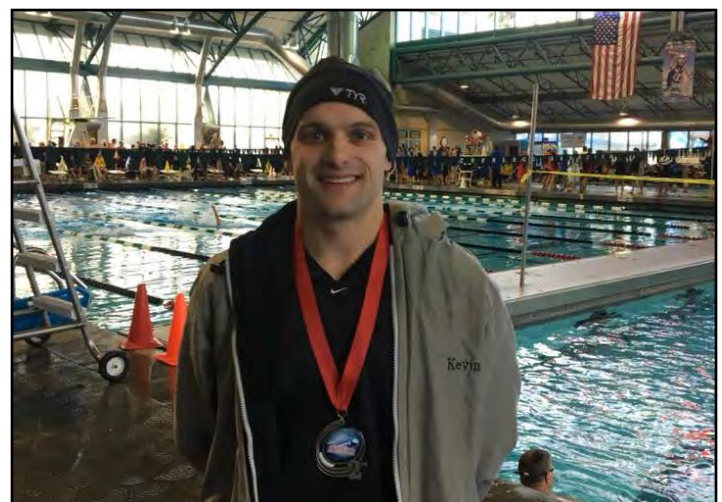
And Colette Crabbe had some of the most impressive swims of all. She set Oregon and Zone records in the 100 fly (1:14.21), 100 IM (1:16.22), and 200 IM (2:43.40). But the highlight of the meet for her was her world record in the 400 IM, going a 5:50.34 at the end of the day on Saturday. Colette's new World Record in the 400 SCM IM beat the existing world re-

cord set by Laura Val, who has been dominating the USMS and world swimming record books in her age group for decades! Congrats Colette!!!

Overall it was a fun weekend spent with old friends, and making new friends, in warm and sunny southern California. The fast swims by Oregon swimmers made it even more fun to attend!

EVENT 1	2:16 MIXED 1500 FREE		HEAT 13		
LANE	NAME	TEAM	SPLIT	TIME	PL
1	PARKER, EMILY	SOSM	34.73	17:52.58	7
2	KAYS, DAVID	PSM	34.69	17:47.33	6
3	NELLS, BARTON	UC3B	32.17	17:11.44	2
4	GEORGE, HEIDI	UC3B	32.36	16:50.92	1
5	WADLEY, WADLEY	WH20	32.32	17:41.04	5
6	DICKSON, KURT	GRA	31.23	17:13.95	3
7	SHAFFER, MIKE	VCM	31.36	17:15.15	4
8	MILLER, MATT	OREG	36.35	17:59.34	8

Scoreboard story! Matt Miller set an Oregon Record; David Kays set a PNA record and Heidi George beat all the guys by a big margin while setting a WORLD record in her 40-44 age group.



Kevin Cleary received a 2nd place medal for both the 100 breaststroke and the 200 breaststroke

Puget Sound Masters Meet Photos

The meet in Federal Way, Washington, which took place November 11-12, is an annual SCM Championship Meet held at the Weyerhaeuser King County Aquatic Center. Many Oregon swimmers attended this meet, and made the following records: 37 Oregon, 26 Zone, 9 National and 7 World. Congratulations Oregon swimmers!

Following are some pictures of the weekend event.



Photo by Brent Washburn

A great representation from Oregon!



The beautiful and fast Weyerhaeuser pool



Brent Washburne, Arlene Delmage, Mark Hageman, Jill Marie Asch



*Women 280-319; 200 SC Meter Medley Relay set Oregon, Zone, National, and World records.
Janet Gettling, Margaret Toppel, Joy Ward, and Sandi Rousseau*



*Mixed 120-159; 400 SC Meter Freestyle Relay set an Oregon record.
Matt Miller, Sonja Skinner, Megan Tosh, Mike Servant*

Photos at the Hood River Meet

photos taken by Clint Bogard



Margaret Toppel (69) swam a 1:13.96 for a 100 free in a relay.



Jodi Ready



David Radcliff (83) swam in 2 World record-breaking relays



Mark Frost



Marcie Wiley



Toni Hecksel



Sandi Rousseau



Willard Lamb (95) broke 5 individual World records and swam in 2 World record-breaking relays

OFF THE BLOCK

continued from page 4

sport. But anyone who's spent hours a day swimming with their lane mates, riding buses to meets together, cheering at the end of each other's lanes, or shared an earbud with a teammate for a pump-up song knows the truth. Swimming is the most team-oriented sport there is.

7) "Did you win your meet?"

There are numerous ways to "win" at a swim meet. You can get your personal best time. You can win your heat, and possibly, one swim team can score over the other at a championship meet. To save yourself from a swimmer's eye roll, the better question is, "How did you do at the meet?"

8) "Swimming must be such a great sport...because you never sweat!"

Actually, you sweat a ton during swim practice. You just never notice it because you're already submerged in water. And when you do sweat outside of the pool, you smell like chlorine. So, this is definitely not a plus.

9) "How can you stand Speedos?"

Honestly, swimmers are so used to seeing their teammates in Speedos that it seems weird to see them fully clothed. It's our uniform, simple as that.

10) "Can you hang out?"

And the swimmer's response is always, "Sorry, I can't! I have to go to swim practice."

Thanks to all the non-swimmers who cheer us on at meets. Even if they don't understand it, we couldn't do what we do without their support.

Event 2 Mixed 200 SC Meter Freestyle					
Lane	Name	Age	Team	Seed Time	Final Time
Heat 1 of 6 Finals					
1	Nichols, Jane	W76	Oregon-37	4:00.00	3:43.16
2	Foges, John	M73	Oregon-37	3:49.57	3:42.52
3	Jones, Janice L.	W58	Fire Mountain-35	3:39.00	
4	Bentley, Anne	W42	Oregon-37	3:46.00	3:27.85
5	Lamb, Willard J	M95	Oregon-37	3:57.88	3:57.47
6	Birdwell, Rob	M52	UC37-37	NT	

Scoreboard story during the Hood River Meet. Four people who swam in this heat were from Oregon! Jane Nichols set both Oregon and Zone records in this heat, and Willard Lamb set Oregon, Zone, National and World records in this heat.

COACHES CHAIR

continued from page 6

And, of course, don't hesitate to ask your coach for suggested drills to help correct anything that might need attention in your stroke(s). Most knowledgeable coaches have a number of drills in their arsenal to combat the most common stroke problems. So, don't hesitate to ask your coach for "More drills, please!"

LONG DISTANCE SWIMMING

continued from page 7

building opportunity including all of your swimmers! Please work it out within your team structure, then tell me who you are (contact me at coachbob@bendbroadband.com).

But a one hour swim is so long...: Balderdash! Your typical practice lasts for one hour, if not longer. Just consider a one-hour continuous swim as your practice for that day. No whining or flimsy excuses!

Note to swimmers from other clubs in Oregon: If swimmers representing these clubs—the other clubs in our Oregon LMSC—are feeling a bit left out in this effort, PLEASE DON'T BE! Commit to the event and the strategies listed above, and go for it this year! You reap the same benefits!

Good luck and good swimming in your One-Hour Swim!



Jessica Hudec and Clint Bogard

Summary

Records & Results

Northwest Zone Championships — SCM
Puget Sound Masters Championships — SCM
Southwest Zone & SPMS Championships — SCM

Looking Ahead. . .

Pool Schedule

<u>Date</u>	<u>Course</u>	<u>Swim</u>	<u>Venue</u>	<u>Location</u>
March 10-11; Sat.-Sun.	SCM	OCST-Dual Sanction Meet	Oregon City Pool	Oregon City
April 20-22; Fri.-Sun.	SCY	Association Meet	Osborn Aquatic Center	Corvallis
May 19-20; Sat.-Sun.	LCM	Wonderful Water Weekend	Juniper Aquatic Center	Bend
Aug. 24-26; Fri.-Sun.	LCM	Gil Young Meet	MHCC Pool	Gresham
Nov. 10; Sat.	SCM	Hood River Fall Meet	Hood River Pool	Hood River
Dec. 8; Sat. (tentative)	SCM	COMA All-Around Challenge	Juniper Aquatic Center	Bend
Dec. 16; Sun.	SCY	Animal Meet	Canby Pool	Canby,

Quote for the month. . .

Your only limit is you.