



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

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Chehalem Meet at Newberg

by Claudia Daly

A cold foggy day, a beautiful new pool, and a hopeful new year intersected to produce a fast Chehalem SCY meet on January 27, 2019, at the new Aquatic and Fitness Center in Newberg, Oregon. The meet hadn't been held since 2016 while the pool, funded in a partnership by the city of Newberg and nearby George Fox University, was being transformed into a state of the art natatorium named for Jim McMaster, legendary water polo coach at Newberg High School. The meet got off to a late start, but once it began, folks dove right in and began breaking both National and Zone records.

The water temperature was perfect and the flush sides of the pool helped propel swimmers to fourteen new Zone records, which included two National records as well. Dan Kirkland and Willard Lamb were the National record-setters—both in the 1000 yard Free. Dan set his mark in the Men's 70-74 age-group, with an 11:52.71, breaking the old record of 12:09.40. Willard broke his old standard of 20:14.21 (set last year) by seven seconds, swimming a 20:07.46.

Dan didn't stop with his National record; he also set a new Zone record in the Men's 70-74 age-group, 200 yard Backstroke with a 2:26.36. Sue Calnek-Morris was busy in her freestyle events and set four new Zone records in the Women's 75-79 age-group: 100 yard Free, 1:27.29; 200 yard Free, 3:19.68; 500 yard Free, 8:16.44; and 1000 yard Free, 17:11.35. Four more swimmers followed in her wake with one new Zone mark each - Kurt Grote, Men's 45-49 age-group, 100 yard Free; Arlene Delmage, Women's 55-59 age-group, 50 yard Fly, 29.73; Colette Crabbe, Women's 60-64 age-group, 200 yard Fly, 2:38.97 and



No record-breaking 200 Medley Relay, but great fun! L to R Lauren Santamaria, Claudia Daly, Laura Worden and Christina Fox



Janet Gettling, Women's 70-74 age-group, 50 yard Breast, 40.79.

Three teams of relays also broke Zone Records. The relay team of Nancy Vincent, Colette Crabbe, Arlene Delmage and Karen Andrus-Hughes broke two records – the Woman's 55+ age-group, 400 yard Freestyle Relay, 4:28.68, and the Women's 55+ age-group, 800 yard Freestyle Relay, 9:57.27. Arlene and Karen then teamed up with Rick Howell and Brent Washburne to set another new mark in the Mixed 55+ age-group, 400 yard Medley Relay swimming to a 4:28.94.

The new pool got great reviews from the competitors, many of whom are looking forward to returning next year and garnering more fast times!

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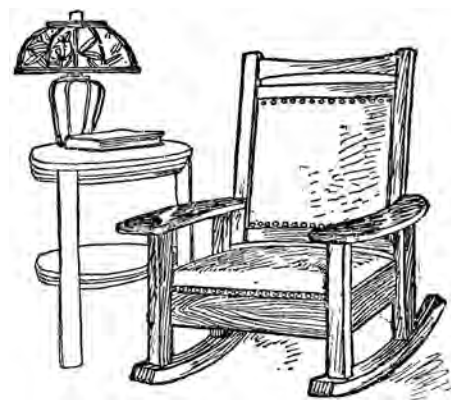
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Send address changes to Susie Young and all other membership questions to Christina Fox.

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Chair's Corner

Tim Waud
OMS Board Chairman



Greetings fellow Masters swimmers,

This year the OMS Association Championship meet will be held at the newly renovated Tualatin Hills Parks and Recreation Center May 17-19, 2019. Oregon Masters will be hosting our annual membership meeting along with our annual recognition and awards social on Saturday night.

The OMS Board of Directors cordially invites all of you to attend this annual event where we recognize our volunteers and swimmers, and share some of the achievements from the past year.

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.

Don't forget to submit your nominations for the several awards which recognize those who contribute to this amazing organization.

Annual OMS Awards

✓ **Connie Wilson Memorial 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 Spirit - Female 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 Spirit - Male Award**

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

✓ **Special Services 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.

How to submit your nomination(s):

- Read through the award descriptions above.
- Look through the list of [past OMS Award Recipients](#) to assure that the awards go to different nominees each year.
- 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.
- Email your nomination information by Friday, March 15, 2019 to:
Sara Shepherd (Awards Chair) ssobx5@yahoo.com

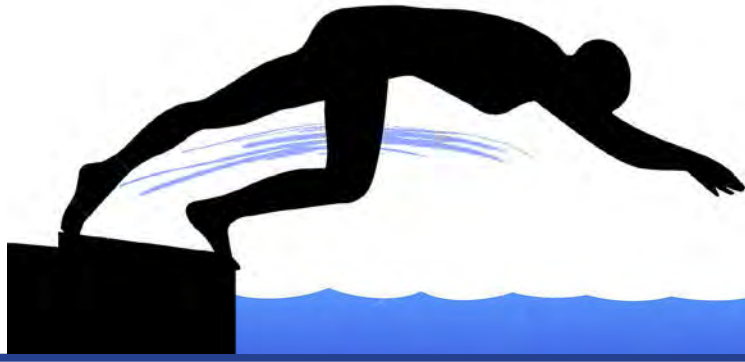
Nominees will be reviewed and voted on in March 2019, by the OMS Board and two persons from the general membership.

We plan on putting together a slide show highlighting all the pool and open water events, workout groups, and individuals who make Oregon Masters Swimming so much fun. Please submit your photos to: matt@flytrapcare.com.



Swimmingly,

Tim Waud/OMS Chair



Off the Block

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

Buster Crabbe

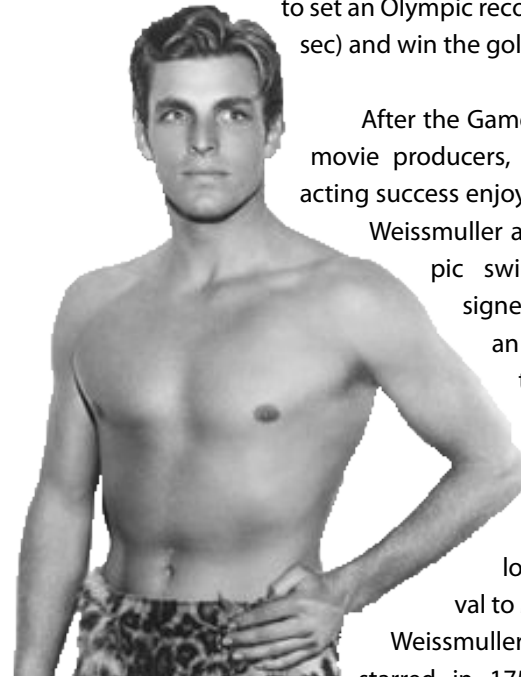
An open water swimmer before his time, Buster Crabbe lived in a mountain lodge at Lake Arrowhead, a mountain resort about 80 miles east of Los Angeles. According to Phil Cooper, (who is a retired engineer, Air Force veteran, and Masters swimmer from Long Beach, California), Buster swam throughout the year in Lake Arrowhead. *"Yes, he was swimming nearly every day. It was freezing, especially in winter. But he would be there...there's Buster swimming across the lake..."* he recalled.

Buster Crabbe, byname of **Clarence Lindon Crabbe**, was born in Oakland, California, on February 7, 1908. When he was 18 months old, his family moved to the Hawaiian Islands, where his father became overseer at a pineapple plantation. Buster learned to swim at the age of five. At Puna Hou High School in Honolulu, he was a 16-letter man. He won a letter every year in football, basketball, track and swimming.

He returned to the mainland to attend the University of Southern California in Los Angeles where he was the school's first All-American swimmer (1931), a 1931 NCAA freestyle titlist, and while a first year law student there, he won a place on the U.S. Olympic swimming team. He won only one NCAA title, but went on to win 18 AAU National swimming championships and set 16 world records. At the 1932 Olympics he was the only U.S. gold medalist in men's swimming. He won the 400 meter freestyle title.

He competed at the 1928 Olympics in Amsterdam, winning a bronze medal in the 1,500-meter freestyle and finishing in fourth place in the 400-meter freestyle. At the 1932 Olympics in Los Angeles, Crabbe faced World record holder Jean Taris of France, and Olympic record holder Takashi Yokoyama of Japan in the 400-meter freestyle finals. Taris led most of the race, but Crabbe pulled even with 25 meters to go and reached the wall one-tenth of a second ahead of Taris

to set an Olympic record (4 min 48.4 sec) and win the gold medal.



After the Games, Hollywood movie producers, aware of the acting success enjoyed by Johnny Weissmuller after his Olympic swimming gold, signed Crabbe to an acting contract. He was signed by Paramount Studios, who were looking for a rival to MGM's Johnny Weissmuller as Tarzan. He

starred in 175 movies, including the title roles in the *Flash Gordon* and *Buck Rogers* serials. He also appeared on television, authored fitness books, and owned a successful swimming pool company.

In 1946, Crabbe's continuous swimming paid off when he co-starred with his former swimming great, Johnny Weissmuller, in the movie *Swamp Fire*. At 42, Weissmuller was no longer in great shape, but the two performed a climatic underwater fight-to-the-death scene as their competitive juices never wavered, even in the ice cold water. Crabbe's cold water training in Lake Arrowhead helped him greatly, since the water was kept cold during filming in order to keep the alligators lethargic.

In 1965, he was inducted into the International Swimming Hall of Fame. In 1972 and 1973 Buster Crabbe swam

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Breaststroke: easy or maybe the hardest?

February was dubbed the fitness month. For the experienced swimmers and triathletes, it was the critical month to build your base endurance work for the season ahead. For the New Year resolution swimmers, it was the critical month to make it a permanent habit to keep going to the pool on a regular basis and enjoy it. By now, you may be worn out by those long freestyle sets. It might be the time to refocus on technique, and maybe experience another stroke.

In previous articles, I have addressed some basic points of technique in freestyle (Dec 2017), backstroke (March 2018) and butterfly (July 2018). In this article, I will try to give you some pointers for breaststroke.

For the longest time, breaststroke has been the staple of swimming. My parents or grandparents, if they could swim, could only do breaststroke, and it was the only stroke learned at school or swim lessons around the country. Why? Easy, you can swim breaststroke with your head up in an almost vertical position and without having to get your hair wet!!! When I swim at my local pool, there are still a few lap swimmers going back and forth slowly in that type of breaststroke for hours. This is fine, it keeps them fit and it certainly beats watching soap operas at home. However, if you have read my other articles about technique, you will know that the key element of better swimming is the horizontal position of your body on top of the water. Breaststroke and butterfly are short axis strokes (you need to bend at the level of the waist), so it is impossible to stay completely on top of the water. Breaststroke is giving you the extra challenge of recovering the arms under water, and a tricky kick which makes you drop your knees and put most of your weight on the back of your buoyancy center (your lungs). This also explains why it is the slowest but also hardest stroke to master well.

- **Horizontal position of the body.** This is by far the hardest to achieve in breaststroke, which means to get back into a streamline position close to the top of the water after each cycle of one-arm-one-kick. The kick is crucial and usually plays a dominant role. Most often you are a natural breaststroker or not. If you have a good and powerful breaststroke kick, you already know. If not, it is time to work on it to make it legal and more efficient. According to the rule book, the feet must be turned outwards during the propulsive part of the kick and all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movements. In other words, no scissors, no flutter and no downwards butterfly kick (except for one during the pullout). Easier said than done. Here are a few drills to get a better feel for what you are doing in the water: vertical kick in the deep end. Are you going up and down or are you going sideways? If you are really turning your feet outwards, you should have the sole of your feet turned to the bottom of the pool and the push should bring you straight up. If you are going sideways, you are not fast enough to turn your feet outwards and you are probably doing a dolphin kick. Once you are going up and down, watch where your knees are: can you see them in front of your body, are they very wide, way out of your body line? Time to get close to the wall on the deep end, put your belly button on the wall and your legs straight down, keeping your knees on the wall, draw your heel up to your butt then point your toes out and sweep down. You must feel the pressure on the inside of your foot. A good breaststroke kick is indeed narrow, quick and powerful to get in the best streamline position as soon as possible and enjoy the
- Continued on page 15



Coaches Chair

Coach Sara Shepherd
OMS Coaches Co-chair



Gear Check!

There are plenty of options out there for swimmers when it comes to using specific pieces of gear to help improve technique and training. Besides your suit and goggles, here are five more pieces of equipment I would recommend to have in your possession on the pool deck, along with some useful reasons why:

1. **Swimmer's Snorkel** – This front-mounted snorkel is particularly helpful for developing a more balanced and full stroke. Not breathing to your dominant side and being able to balance out the workload across both sides of your body avoids overloading one of your shoulders. The snorkel also encourages you to keep your face down in freestyle and can help correct the wandering head and reinforce a straight-line from the top of your head to your ankles.
2. **Band** – A simple little rubber band will add some serious power and torque to your pulling motion. It's not easy – it forces you to keep your arms moving at a balanced and even rate and it will make your legs sink, so you have to be much more cognizant of keeping your hips high in the water and your head in line with your spine. Swimming with a band around your ankles will help balance out your stroke, increase your stroke rate, and will be a stark reminder to keep your hips nice and high in the water.
3. **Paddles** – Training paddles help improve stroke technique and arm strength by evenly distributing water pressure. Using paddles will allow you to focus more heavily on your stroke, and properly enhance your feel for the water. When working on technique, it is impor-

tant to remember to keep your elbows high throughout your pull. Larger paddles are typically best for focusing on wrist and elbow placement, and they provide a great increase in resistance. Paddles add surface area to your hands, and place increased resistance on your muscles as they work to catch and pull the water – increasing arm and upper body strength.

4. **Tempo Trainer Pro** – Set your desired stroke rate into this small, waterproof device and do quality reps in the pool at your goal stroke tempo. It easily secures underneath your swim cap. This is race-simulation at its peak, and is the kind of mega high-grade training that will best prepare you for competition.
5. **Fins** – Probably my favorite piece of equipment for swimmers. Strapping on a pair of fins can do a few different things to make you a more efficient swimmer. They will help you develop more flexibility and range of motion in your ankles and feet, can help sensitize you to swimming at race pace or faster, and can teach you how to breathe properly and maintain proper technique while swimming at a high velocity. Fins also help swimmers feel the difference between kicking from the hips (correct form) compared to kicking from the knees (incorrect form). Using fins is something else too – a whole lot of fun!

Incorporating equipment into a workout not only helps to create results, but also adds the variety necessary for consistent motivation. Changing up a routine workout through the use of the swim gear mentioned above is a great way to keep trainings fresh and exciting.



Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman



Wrapping up the 2018 USMS Postal Championships (I know, I know, that was last year, but here's the report), the Oregon LMSC capped another year with a fair showing in the USMS 3000-yard and 6000-yard Postal National Championships. Once again, our participation was far below our usual sterling participation. Here's a quick summary:

3000-yard: 28 Oregon swimmers (11 women & 17 men) entered. Matt Miller and Dave Radcliff won national titles in their respective age groups. Eight Oregon Club Relay teams—including ALL men's and mixed relay teams--won their events! Oregon was second in the overall club scores (remember the halcyon days—not very long ago--when we won these two events every year?).

6000-yard: 10 Oregon swimmers (5 women & 5 men) entered. Matt Miller was our only national individual champion. Three of the four Oregon Club relay teams won their events. Oregon was second in the overall club scores, proving that ten swimmers does not a championship team make.

Congratulations to...

- Our 3 individual National Champions (USMS Long Distance All-Americans!);
- Matt Miller, our double National Champion;
- Our 11 relay team National Champions (USMS Long

Distance Relay All-Americans)—excellent strength, amazing considering our size of entry;

- Our 2 Oregon Individual Record breakers—Jeanna Summers and Matt Miller—both in the 6000.
- Those swimmers who accounted for 16 new listings on the All-Time Oregon Top Twelve in these events;
- Everyone who participated.

The Oregon LMSC generally does well in overall participation, which is ultimately the bottom line, but didn't do so well this year. Obviously, I'd like to see many, many more Oregon swimmers participating in these excellent fitness events.

Look for the full Oregon results in this *Aqua Master*.

(pages 12 & 13)

In the 2018 Oregon Postal Participation Series, twelve swimmers swam in at least three of the national championship postal events to earn the coveted patch for the annual challenge. Four of those swimmers—among 60 swimmers nationally—completed all five of the USMS Long Distance National Championship Postal swims to earn the USMS Postal Challenge Award. Well done, all of you!

Look for the summary report in this *Aqua Master*, (page 14) and full results on the OMS website www.swimoregon.org.



Recent Meets & Records

Records are for Oregon LMSC Swimmers Only

* = split

Chehalem Meet—SCY

January 27, 2019; Newberg, OR

Results: https://swimoregon.org/results_pdfs/2018-2019/ResultsChehalem_SCY_20190127_Splits.htm

Age Group	Event	Name	Age	Time	Record set
Women 55-59	50 Yard Butterfly	Delmage, Arlene	56	29.73	Oregon, Zone
Women 60-64	200 Yard Butterfly	Crabbe, Colette	62	2:38.97	Oregon, Zone
Women 70-74	50 Yard Breaststroke	Gettling, Janet	70	40.79	Oregon, Zone
Women 75-79	100 Yard Freestyle	Calnek-Morris, Sue	75	1:27.29	Oregon, Zone
Women 75-79	200 Yard Freestyle	Calnek-Morris, Sue	75	3:19.68	Oregon, Zone
Women 75-79	500 Yard Freestyle	Calnek-Morris, Sue	75	8:16.44	Oregon, Zone
Women 75-79	1000 Yard Freestyle	Calnek-Morris, Sue	75	17:11.35	Oregon, Zone
Men 45-49	100 Yard Freestyle	Grote, Kurt	45	49.06	Oregon, Zone
Men 70-74	1000 Yard Freestyle	Kirkland, Dan	70	11:52.71	Oregon, Zone, National
Men 70-74	200 Yard Backstroke	Kirkland, Dan	70	2:26.36	Oregon, Zone
Men 95-99	1000 Yard Freestyle	Lamb, Willard	96	20:07.46	Oregon, Zone, National

Relays

Women 55+	400 Yard Free Relay			4:28.68	Oregon, Zone
1) Vincent, Nancy	2) Crabbe, Colette	3) Delmage, Arlene	4) Andrus-Hughes, Karen		
Women 55+	800 Yard Free Relay			9:57.27	Oregon, Zone
1) Vincent, Nancy	2) Crabbe, Colette	3) Delmage, Arlene	4) Andrus-Hughes, Karen		
Mixed 55+	400 Yard Medley Relay			4:28.94	Oregon, Zone
1) Andrus-Hughes, Karen	2) Howell, Rick	3) Delmage, Arlene	4) Washburne, Brent		

Pentathlon Distance	Age Group	Name	Age	Time	Record set
Sprint distance	Men 70-74	Bob Bruce	70	3:28.74	Oregon
Long distance	Women 70-74	Ginger Pierson	72	23:42.43	Oregon

Swimmer Spotlight

by Arlene Delmage

Christy Quinn — Camas resident overcomes great odds to walk again

Christy Quinn has lived her life as an active adult and an athlete participating in multiple sporting events including marathons, bike races, and even the Ironman Triathlon (Wisconsin 2010). She was a member of LaCamas Swim and Sport Club, and has even competed in some Masters Swimming meets. Teammate Stephen Darnell recalls swimming a relay with Christy at a MAC Club swim meet in 2009. Coincidentally, she also happened to be his dental hygienist for sixteen years.

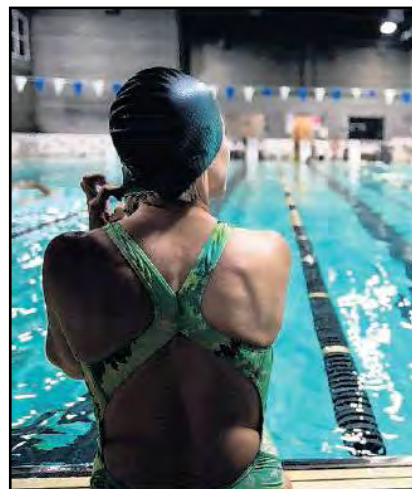
However, in the summer of 2012 her life changed in an instant. She and other riders from Camas participated in the six day Tour de Wyoming cycling event, a 360 mile organized bike ride. Traveling in a pace-line at 27mph on the third day of the ride, she hit some road debris which flew into her front wheel spoke. She was thrown from her bike flipping over the handle bars, stopping the fall first with her head and then her body.



The accident left her with a cervical spinal cord injury. "I woke up paralyzed from the sternum down including my arms and hands," says Christy. "I don't remember any of it, that is just what I was told."

Following a few weeks in ICU in Pocatello, Idaho, and then two months at RIO rehab in Portland, she came home adjusting to life as a quadriplegic. "My career was over as a dental hygienist, my competitive spirit and ability as a triathlete was done, and well, pretty much everything in my life changed, but I was alive! My faith, my husband, and my family carried me through this tumultuous time in my life. I began to gain some feeling in my toes, then legs, and eventually with a ton of physical therapy and determination I was

able to move out of my wheelchair to a walker. I progressed to arm crutches and today, seven years later, I can walk with a cane. The doctors couldn't say whether I would ever walk again, or what I could expect to regain, but I never gave up. I couldn't give up. These last years have been a journey, testing my faith, my patience and challenging me to re-focus and find a new identity."



Through it all, the one place where Christy feels at home is in the water. "I don't really have to balance in the water. Balance is the most difficult for me because I have about 70% muscle/nerve connection which makes walking difficult. Swimming is so relaxing and is the only activity that gets my heart rate up, unlike any amount of walking. My nerve pain also decreases some in the water. I almost feel normal. It's pretty much the only place I feel like that." Quinn swims regularly at Cascade Athletic Club in Vancouver. She uses a snorkel which allows her to swim without turning her neck. Not turning her neck helps her avoid pain and overuse of neck muscles. It is her main source of exercise and she credits it with helping her regain some of her mobility. "A walking quadriplegic, that's what they call me" says Christy.

Since her injury, Christy returned to college and completed a bachelor's degree in Leadership and Ministry at Multnomah University. "If I couldn't use the muscles in my body, I could at least use the muscles in my brain." She was able to continue work at her previous dental office using administrative skills, and she continues to volunteer at New Heights Dental Clinic. Participating in a spinal cord injury community while learning to live life with a disability also encourages her. "Connecting with others who have disabilities has been instrumental in my healing emotionally and physically. The need to share stories, lean on each other, and learn from each other has been something I have been longing for from the beginning of my injury. One of the biggest lessons for me in all of this is the importance of

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Behind the Scenes — OMS

Relays

by Brent Washburne

Have you ever been to a swim meet and watched the relay events when teams set Oregon, Northwest Zone, USMS or even FINA world records? They seem to have a lot of fun, with high-fives and group photos after their races. Have you wondered how they managed to set up relays, and if you might be able to be on a relay?

Many years ago, I used to watch four older men who were regular meet attendees. They would get together at meets and swim relays. They would set records in Freestyle and Medley relays, and repeat those relays in SCY, LCM and SCM meets throughout the year. I figured they had found a lucky combination and their combined age made it possible.

Out of curiosity, I checked out the relay times for my age group and found that if I could find three other swimmers in my age group with the same times as me, we'd come pretty close to some record times. Then I started looking through the heat sheets at swim meets looking at entry times for potential relay teams, but that took a lot of time and if I found one, it was usually too late to get a relay card submitted.

That's when I decided to use my computer skills to solve this problem. I wrote a program that downloads individual swimmer times from the USMS website, record times from SwimOregon.org, USMS and FINA websites, and meet rosters from the ClubAssistant website. Then, the program generates every possible relay team for the swimmers at a swim meet, arranges them by age group, sorts them and compares them to the records. With this tool, I've been able to find relay teams that have set Oregon, NW Zone, National and even World records! It even handled large numbers of swimmers like the 250+ from Oregon that we had at the 2016 Summer Nationals!

It has streamlined the process of finding relay teams so that it only takes about a half-hour to select a meet, download the latest info, generate teams for the usual 8 or 15 relay events at each meet, and select those relays that can set new records. I do this before every meet, as soon as the registration closes, and send out emails to the people on those relay teams.

The process isn't perfect, though. The program downloads the fastest times listed on the USMS site, though most people

aren't racing at top speed at every meet. If the swimmers don't have times for a course (SCY, LCM or SCM), then they won't be picked for a relay until I get estimated times from each swimmer that I can plug into the database.

And when it comes to the day of the swim meet, it's kind of like herding cats to get all the relay teams entered and to swim the events. Many times, swimmers don't want to swim relays because they are focused on their individual events, and a one-day meet doesn't give enough time to rest between events. Other times, swimmers are sick or injured and don't come to the meet, or have to leave early.

While my computer program can regenerate relay teams within a minute, after making changes for stroke times or availability, it usually means changing the team or going to a different age group. It's kind of like having a coach swap players during any other sports game.

With all the challenges of creating and entering relays at a meet, I am always excited to see the relay teams swim together and set new records. One of my big motivations is to see Oregon have more NW Zone records than our big rival to the north, Washington (PN), and to appear in USMS National and FINA World records. With the pool of swimmers we have in Oregon (pun intended), it's pretty easy to find record-setting relay teams.

In July, 2017, Stephen Darnell wrote an article in the *Aqua Master* about Oregon Masters Swimmers & National Relay Records. Stephen is the person who reviews the results from every swim meet with an Oregon swimmer and updates the LMSC and Zone records for the websites. He found that while Oregon has less than 2% of the registered USMS swimmers, we hold 4.6% of the National relay records! I like to think that it's because of my computer program, but it's really because of the excellent swimmers we have who like to swim on relay teams.

At the Hood River meet in November, there were 13 women and 16 men, or 29 total swimmers. These would create around 500 possible women's and men's freestyle relay teams, and around 4,300 mixed free relay teams across six age groups (120-159, 160-199, 200-239, 240-279, 280-319 and 320-359!). There were over 7,000 possible women's and men's medley teams, and over 60,000 possible mixed medley teams. Even though only two relays were entered, one set a Zone record and the other set a FINA World record in the women's 400 SCM

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Swim Bits

by Ralph Mohr

In 1974 Oregon Masters Swimming had its first State Championship. As far as I know there are three swimmers from that meet who are still involved in OMS: Ron Nakata, Alice Zabudsky, and myself. Karl VonTagen was also there, but I have not seen him at a meet for a while.

I bring this up as the *Aqua Master* archives only go back as far as 1981. What happened to the seven years of reports that the Old Barnacle wrote about the early history of OMS before 1981?

Is there someone out there who still has early *Aqua Master* articles on their computer; or you may have put them on a back-up drive that still works? If so, please check and send copies to Alice and our webmaster who can add them to our current website.

These records are invaluable for us who were there, and to anyone who might want to see what swimming was like so long ago. I take great delight that I swam in the same events as Lavelle Stoinoff and Jim Bigler, and in the first national championship held at Mt. Hood Community College.



2019 marks the 45th year that OMS has been officially in operation. Hopefully in 2024 some recognition of 50 years of swimming in Oregon could be made. It would help a great deal if we could find Old Barn's records of the first years of OMS swimming.

***** Put on your schedule for this coming summer to swim at Whiskeytown near Redding, September 8. Let's help the Redding area recover from their catastrophic fire.

USMS clinics taking place at the Kroc Center in Coeur d'Alene, ID, in March

March 30 - USMS Adult Learn to Swim Instructor Certification Course - registration link:
<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=80455>

March 31 - USMS Stroke Development Clinic - registration link:
<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=80457>

More information is on the Inland NW website at: <http://www.inlandnwmasters.org>

SWIMMER SPOTLIGHT

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community, which is a bit of a challenge for an introvert such as myself."

Although life is more challenging for Christy she notes that there are many joys too. Within the past year she has become a grandparent to two beautiful grand-babies. "I have the privilege of caring for these two precious babies frequently. Grand-par-

enting isn't what I had pictured before my accident, as I saw myself taking the kids on bike rides and doing a lot of running and physical activities. I can say now that I'm really good at crawling and they love that "Grammy" is often on the floor playing. It is just a different pace now, and I can't wait to take them swimming, with some help of course :)"

Author's note: The one thing that always stands out to me about Christy is her smile. It is beautiful and she is always wearing it.

3000-Yard ePostal National Championships Oregon LMSC Results 2018

Place numbers are national places

OR = Oregon Record; NR = National Record

* = Oregon All-Time Top Twelve Time

Women 30-34

3	Tosh, Megan	33	ORM	*39:33.97	826
8	Harris, Leah	33	SOMA	46:55.15	696

Women 45-49

2	Tomac, Jayna	46	SOMA	*38:15.09	886
4	Criscione, Anicia	45	CAT	42:39.60	794
8	Smidt, Cyndi	48	COMA	47:36.99	712
10	May, Kari	46	SOMA	48:51.89	694

Women 50-54

4	Salton, Gillian	50	COMA	*40:15.99	850
18	Gross, Michelle	54	COMA	50:23.95	679

Women 55-59

6	Hanson, Betsy	57	COMA	41:44.99	852
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Women 60-64

2	Crabbe, Colette	62	ORM	39:01.19	962
8	Summers, Jeanna	64	ORM	*44:55.56	835

Men 40-44

1	Miller, Matt	41	SOMA	33:48.41	900
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Men 45-49

3	Tujo, Christian	48	COMA	39:30.00	788
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Men 50-54

2	Lussier, Hardy	53	COMA	33:35.59	941
3	Sullivan, Scot	52	MACO	*33:43.59	938
6	Wursta, Steve	53	COMA	40:18.99	785
17	Kersey, Kyle	54	OR-un	1:08:19.85	463

Men 55-59

10	McNamara, Tank	55	COMA	46:25.00	701
11	Graeber, Doug	59	COMA	49:02.99	663

Men 60-64

5	Hopkins, Ben	63	COMA	48:44.99	696
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Men 65-69

3	Yensen, Kermit	65	COMA	*44:04.99	817
4	Larson, Alan	65	ORM	*46:06.09	781
5	Matt Henderson	69	COMA	47:22.99	760

Men 70-74

2	Bruce, Bob	70	COMA	*40:49.40	938
9	Foges, John	74	COMA	59:16.61	646

Men 75-79

2	Mohr, Ralph	78	COMA	49:08.77	801
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Men 80-84

1	Radcliff, David	84	THB	50:29.66	832
2	Fasbender, Barry	81	SOMA	53:19.12	788

Women 25+: 3 x 3000

6	OREG (May, Harris, Tosh)	2:15:20.01
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Women 45+: 3 x 3000

3	OREG (Criscione, Salton, Tomac)	2:01:10.68
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Women 55+: 3 x 3000

2	OREG (Summers, Hanson, Crabbe)	2:05:41.74
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Men 35+: 3 x 3000

1	OREG (Miller, Sullivan, Lussier)	1:41:07.59
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Men 45+: 3 x 3000

1	OREG (Henderson, Wursta, Tujo)	2:07:10.99
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Men 55+: 3 x 3000

1	OREG (Graeber, Hopkins, McNamara)	2:24:12.98
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Men 65+: 3 x 3000

1	OREG (Larson, Yensen, Bruce)	2:11:00.48
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Men 75+: 3 x 3000

1	OREG (Fasbender, Radcliff, Mohr)	2:32:57.55
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Mixed 25+: 4 x 3000

1	OREG (Criscione, Tosh, Tujo, Miller)	2:35:31.98
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Mixed 45+: 4 x 3000

1	OREG (Salton, Tomac, Sullivan, Lussier)	2:25:50.26
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Mixed 55+: 4 x 3000

1	OREG (Hanson, Crabbe, Yensen, Bruce)	2:45:40.57
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Combined National Club Scores:

Place	Club	# swimmers	Points
1	Palm Beach Masters	36	26,462
2	Oregon Masters	28	22,024
3	Chicago Swede Masters	23	14,930

Club scoring: Club point scoring is calculated based on Quality Points, which is the ratio of each individual time to the current USMS Record for the gender & age group and expressed as the three-digit number following each individual time in the results. The faster the swim the more Quality Points a swimmer earned. Club totals are the sum of the quality points of its swimmers. Since every swimmer receives quality points, every swimmer counts!

Top Twelve: To help settle the side wagers concerning who had the best 3000 swim—across gender and age group lines—here is the list of the top 12 swimmers by Quality Points:

Place	Name	Points
1	Colette Crabbe	962
2	Hardy Lussier	941
3t	Bob Bruce	938
3t	Scot Sullivan	938
5	Matt Miller	900
6	Jayna Tomac	886
7	Betsy Hanson	852
8	Gillian Salton	850
9	Jeanna Summers	835
10	Dave Radcliff	832
11	Megan Tosh	826
12	Kermit Yensen	817

6000-Yard ePostal National Championships Oregon LMSC Results 2018

Place numbers are national places

OR = Oregon Record; **NR** = National Record

* = Oregon All-Time Top Twelve Time

Women 30-34

2	Tosh, Megan	33	ORM	*1:21:12.99	830
5	Harris, Leah	33	SOMA	*1:36:33.69	699

Women 55-59

3	Roussain, Kerri	59	COMA	*1:25:05.99	867
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Women 60-64

6	Summers, Jeanna	64	ORM	* OR 1:38:28.72	767
13	Shuman, Connie	62	COMA	*2:11:54.99	573

Men 40-44

1	Miller, Matt	41	SOMA	* OR 1:09:06.94	892
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Men 50-54

2	Lussier, Hardy	53	COMA	1:07:25.99	965
8	Kersey, Kyle	54	OR-un	2:18:52.41	469

Men 70-74

2	Bruce, Bob	70	COMA	*1:23:58.14	952
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Men 75-79

2	Mohr, Ralph	78	COMA	*1:41:05.71	812
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Women 25+: 3 x 6000

2	OREG (Harris, Roussain, Tosh)	4:22:52.67
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Men 35+: 3 x 6000

1	OREG (Bruce, Miller, Lussier)	3:40:31.07
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Mixed 25+: 4 x 6000

1	OREG (Harris, Tosh, Miller, Lussier)	5:14:19.61
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Mixed 55+: 4 x 6000

1	OREG (Summers, Roussain, Mohr, Bruce)	6:08:38.56
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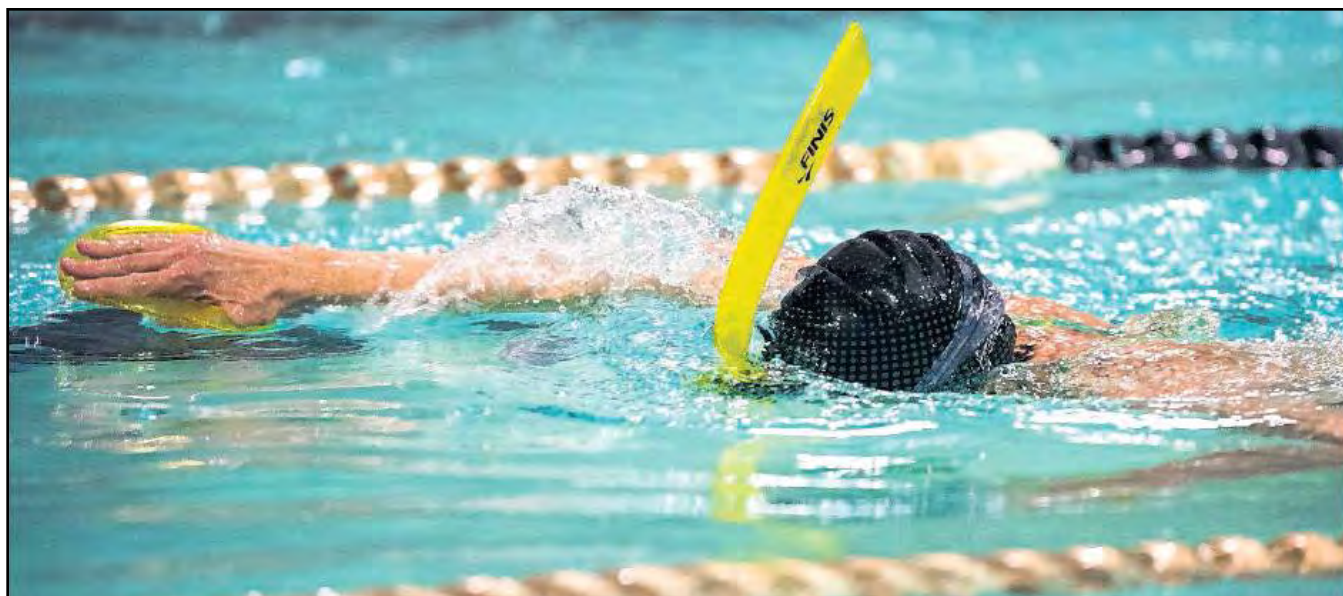
Combined National Club Scores:

Place	Club	# swimmers	Points
1	Palm Beach Masters	21	15,068
2	Oregon Masters	10	7,826
3	Davis Aquatic Masters	7	5,397

Club scoring: Club point scoring is calculated based on Quality Points, which is the ratio of each individual time to the current USMS Record for the gender & age group and expressed as the three-digit number following each individual time in the results. The faster the swim the more Quality Points a swimmer earned. Club totals are the sum of the quality points of its swimmers. Since every swimmer receives quality points, every swimmer counts!

Top Ten: To help settle the side wagers concerning who had the best 6000 swim—across gender and age group lines—here is the list of swimmers by Quality Points:

Place	Name	Points
1	Hardy Lussier	965
2	Bob Bruce	952
3	Matt Miller	892
4	Kerri Roussain	867
5	Megan Tosh	830
6	Ralph Mohr	812
7	Jeanna Summers	767
8	Leah Harris	699
9	Connie Shuman	573
10	Kyle Kersey	469



Christy Quinn swimming with the snorkel so she won't have to turn her head

Oregon ePostal Series 2018 Final Summary

1. Scoring through ten places: 11-9-8-7-6-5-4-3-2-1. All five events count.
2. Points advance with swimmer when moving up an age group (indicated by asterisk)
3. Oregon Postal Series: Swim and enter three events in the calendar year.
4. Oregon Participation Award: Swim and enter the One Hour Swim, 5 or 10-km Swim, and the 3000 or 6000-yard Swim in the calendar year.
5. USMS Participation Award: Swim and enter all five events in the calendar year.

Name	Team	1-hr.	5-km	10-km	3000-yd	6000-yd	Points	Swims	Place	OMS	USMS
F 30-34											
Tosh, Megan	ORM	11	11	11	11	11	55	5	1	x	x
F 50-54											
Salton, Gillian	COMA	7	11		11		29	3	1	x	
F 60-64											
Summers, Jeanna	ORM	9	11		9	11	40	4	1	x	
M 40-44											
Miller, Matt	SOMA	11	11	11	11	11	55	5	1	x	x
M 50-54											
Lussier, Hardy	COMA	11	11	11	11	11	55	5	1	x	x
Sullivan, Scot	MACO		9	9	9		27	3	2	x	
M 55-59											
McNamara, Tank	COMA	9	9		11		29	3	1	x	
M 65-69											
Yensen, Kermit	COMA	8		11	11		30	3	1	x	
M 70-75											
Bruce, Bob	COMA	11	11	11	11	11	55	5	1	x	x
Foges, John	COMA	7	9		9		25	3	2	x	
M 75-79											
Mohr, Ralph	COMA	11	11		11	11	44	4	1	x	
M 80-84											
Radcliff, Dave	THB	11	11		11		33	3	1	x	
		90	17	11	28	10	xx	155		12	4

SPECIAL ANNOUNCEMENT

A previously unscheduled LCM meet is being planned for June 15, at the Juniper Swim & Fitness Center in Bend. We need many swimmers to attend and make this meet a success. The more, the better!

Change your USMS registration information

Just go to <https://www.usms.org/reg/member/updateinfo.php>. Using this tool, you can update any of your personal information including your Workout Group. USMS will send your update request to Susie Young (OMS Registrar) and she will approve it.

OFF THE BLOCK

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a few Masters events, however, at that time Masters swimming was just being developed and was under the umbrella of AAU.

Crabbe remained in shape throughout his life. Crabbe was a life-long advocate of physical fitness, conducted televised physical fitness programs and had extensive business interests, including Buster Crabbe Swim Pools. From Tarzan to Flash Gordon, from Billy the Kid to Wyatt Earp, Crabbe continued to play a number of roles in television and film while staying in shape by swimming. Crabbe recalls the good versus evil theme of his over 45 movies in the 1940s in this genre. *"The plots [of the Westerns] were simple ones. Basically, there were four standard formats: cattle rustlers, land grabbers, outlaws stealing money or gold, or outlaws terrorizing a community."*

Since his early days swimming in Waikiki Beach where he grew up as a child, to his winter swimming in Lake Arrowhead later in his life, Crabbe was an aquatic icon.

RELAY TEAMS

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Medley Relay in the 240-279 age-group!

At the Chehalem meet in January, there were 37 women and 42 men, almost 80 swimmers total. This created around ten thousand possible women's and men's freestyle relay teams, 25,000 possible women's and men's medley teams and over one million possible mixed medley relay teams over six age groups (18+, 25+, 35+, 45+, 55+ and 65+). More relays were entered, and more Zone records were broken.

If you are someone who would like to swim on relays, there are lots of meets coming up in 2019, and I will be generating relay teams at most of them. Make sure you're registered with the OREG club. I'll be looking for those record-breaking relays; so check the list at the check-in table. and/or send me your email address. You don't need to wait for me, though. Any four women, four men, or two women plus two men can create a relay team. Remember to submit the relay card at the meet, and good luck!

FITNESS

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power of your legs!!! Now let's get back to reality, as most of us are not natural breaststrokers, and are no longer 25 years old. Our knees, ankles and hips have seen better days. We probably will never achieve that perfect powerful kick, but we should keep working on it. First: have your feet turned out and simultaneous to make it legal. Second: do not drop your knees, but bring your heels toward your butt to avoid the resistance of your thigh against the water. Third: to achieve a better horizontal position, narrow your kick as much as possible to make it quick, powerful and streamlined. Practice, practice, practice: with a kickboard, without a kickboard, practice with your hands on your side trying to touch your ankle, practice both on your front (breathe when you bring your legs up) and on your back (no knees out of the water). If you are not yet very streamlined, make sure you bring your legs slowly to avoid too much resistance and push very forcefully to get as much power as possible in your glide.

- **Efficiency of the arm movements.** Due to the nature of the kick, it is very hard to keep the horizontal position unless we are consciously keeping our hands and head forward to keep our center of balance towards the front. We need to swim extended up to our fingertips! Our arm movement will be short, quick and our eyes will be looking towards the bottom of the pool. It is crucial to start with an efficient sculling motion towards your power position (arms in a Y position, head still looking down). From there, you will have an explosive arm movement which will bring your forearm in a catch position (90 degree and elbows remaining at the top of the water), reach to the front as fast as possible to be able to breathe without lifting your head and avoid the resistance of the water. Of course, the more power you have in your arms and back muscles, the higher you will be able to go and the faster you will be able to get back in a streamline position. Most of us will never be able to achieve great height over the water, but we all should try to keep our arms extended to the front as long as possible, do a quick and small arm movement to keep our center of balance to the front and not having to lift our head to breathe. To help with the arm movements, practice sculling (are you going somewhere?), practice very small and quick circle arm movements keeping your elbow up and not going too far back. *continued on page 16*

FITNESS

continued from page 15

- **Coordination between arms and legs** In the short axis strokes (breast and fly), the timing between the arms and the legs is the key. In a nutshell, it is streamline, sculling with head down, then 3 things happening more or less at the same time: quick arms circle, breath, initiation of kick (bringing the legs up) then powerful kick to bring you over the water as much as possible and back into a streamline position. Note that most of us will not be able to use as much of the undulation and hip movement used by the very strong breaststroker. So, unless you are very powerful to go over the water, it is a mistake to use a too big undulation to go down under water as the resistance of the water will slow you down. Instead of up and down, think forward, forward and extension.

By far, breaststroke is one of the hardest strokes to master, and often you are or you are not a natural breaststroker. There are still a lot of very experienced swimmers who can swim everything except breaststroke, and you have very good breaststrokers who can only swim breaststroke. Why? It is a beast by itself. But it is a skill like any others, it just requires more practice than some, and most swimmers do not like to swim it in practice because it is slower. Who likes to be the slowest of the group?

On the other hand, if breaststroke is the only stroke you learned and can swim, keep at it, extend to the front, look down and stretch it out. Or why not give yourself a challenge and start learning freestyle?



The new, state-of-the-art Aquatic Center in Newberg where the Chehalem meet was held



Oregon Masters Swimming: Tentative Open Water Race Schedule for 2018 (as of 30 Sept. 2018), OR Series

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Status
Sun 16 June	1	Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	Sanctioned
Sat 29 June	1	Foster Lake Cable Swims Sprint Series	Sweet Home	COMA	Bob Bruce	1/4 mile cable 1 mile cable	Featured Featured	Sanctioned
Sun 7 July	1	Portland Bridge Swim in the Willamette River	Portland	PBS, LLC	Marisa Frieder	17-km downriver (Nat'l Champs)	Featured	Sanctioned 379-W001
Sat 13 July	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Todd Lantry	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter	Qualifying Qualifying Featured	Sanctioned 379-W002
Sun 14 July						1500-meter (Ass'n Champs) 3 x 500-meter Pursuit Relay	Featured Participation	
Fri 26 July	3	Cascade Lakes Swim Series	Bend	COMA	Bob Bruce	3000-meter	Qualifying	Sanctioned
Sat 27 July		& Festival at Elk Lake				500-meter	Qualifying	
Sun 28 July						1500-meter (NW Zone Champs) 5000-meter 1000-meter	Featured Featured Qualifying	
Sat 17 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	SOMA	Matt Miller	3000-meter 1500-meter	Featured Featured	Sanctioned
Sat 7 Sept	1	Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	1500-meter 3000-meter	Featured Featured	Sanctioned

Swimmers must participate at three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all swims. Featured and qualifying events score points by place; participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

Summary

Records & Results. . .

Chehalem Meet—SCY

Looking Ahead. . .

Registration for all events is found at <http://swimoregon.org/events/>

Pool Schedule

<u>Date</u>	<u>Course</u>	<u>Swim</u>	<u>Venue</u>	<u>Location</u>
March 9-10; Sat-Sun	SCM	Oregon City Spring Ahead Meet	Oregon City Pool	Oregon City
May 17-19; Fri-Sun	SCY	Association SCY Championships	Tualatin Hills Pool	Beaverton
June 15; Sat.	LCM	Juniper Swim & Fitness Center	Juniper Swim Center (JSFC)	Bend
August 23-25; Fri-Sun	LCM	NW Zone Champs/Gil Young Memorial	Mt. Hood C College	Gresham

Detailed Open Water Schedule (see page 17)

Quote for the month. . .

Swimming is all about good times