



Aqua Master

Award-winning newsletter of Oregon Masters Swimming

"Swimming for Life"

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Swimming the Length of Lake Tahoe

*by Sara Shepherd
September 11, 2020*

Swimming the length of Lake Tahoe takes skill, determination and a good support team. Christian Tujo and Lee O'Connor had just that, plus some extra brownies and a persistent seagull that stuck with them for at least 8 miles! In all seriousness, this was one EPIC swim and I was so happy to be part of it.

The Lake Tahoe Length Swim is one of the hardest marathon swims due to the lake's elevation (~6,200ft.). The feat begins on the South Shore of the lake at Camp Richardson Beach (CA). After swimming 21.3 miles, Hyatt Beach at Incline Village (NV) marks the completion of the marathon swim.

Christian and Lee began their swim at 5:45am on Friday, September 11, 2020, as a special tribute to the heroes as well as those who lost their lives on that fateful day 19 years ago. The lake conditions couldn't have been more perfect that day. The wind was basically non-existent for most of the swim, and despite a little smoke in the air and on the horizon, the water was so pillowy soft and smooth, so gentle, like glass. The water was so blue – that Tahoe blue – and so crystal clear. I remember crossing the deepest part of the lake in my kayak, with the blue abyss falling away beneath me and I had difficulty distinguishing the water from the sky, the colors matched so closely. I felt like I was in another world – what an experience. Just 13.5 hours later, Christian and Lee were walking out of the water in sheer exhaustion,

but more importantly, unbelievably proud of their achievement. I was so excited for them, so proud of them, so happy to see them smiling. I still can't fathom the enormity of this swim, just incredible! But enough from me. I'd like you to hear from Christian and Lee. Here are their thoughts on their amazing accomplishment.

Christian Tujo

Last year I decided to honor the victims and heroes of 9/11 by swimming a long distance event each year on 9/11. In 2019, I contacted Tom Linthicum, famous Lake Tahoe guide boat Captain, who was inspired by the idea and agreed to be my guide for my Tahoe swims. In 2019, I did The Godfather swim, a 12-mile width from Cave Rock to The



Lee (left) & Christian (right) at the completion of the 21.3 mile swim (Incline Village, NV)!

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

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Off the Block

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

It's a Swimmer Thing

- That tight, nervous feeling you get in your stomach as you approach the blocks.
- When your goggles are so tight they give you a headache but they STILL leak. . .
- When you look slow because you swam the right amount of laps and everyone else didn't swim the last 50.
- The way people look at you when you walk outside in the middle of the cold winter with wet hair.
- Complaining about swimming, but defending it with your life when someone else disses it.
- When you stretch your arms over your head, you automatically go into streamline.
- I'll have you know that I swam the 400 IM and only cried for 399 yards.
- When 4 x 125; 25 kick; 50 drill, 50 swim, reverse IM order, makes perfect sense to you
- Coach: Did you finish warm-down
Me: Yes
Coach: So it only took you 3 minutes to go a 500?
Me: I guess I just set a world record.
- When non-swimmers wonder why you still have to drink water at practice
- Swimming for years and still needing your best friend help you with your cap
- Still smelling like chlorine even after you've taken a shower for the fifth time
- Having to go out in public with goggle marks
- Dropping a second means the world to you, but to people who don't swim it's just a second
- The only sport in which the coach yells at you for breathing
- When it's time for your worst stroke in practice, and you awkwardly move towards the back of the line
- Knowing that you missed the send-off anyway so you just flip turn and swim faster.
- Yes, I am skinny. Yes, I can probably eat more than you can.
- Having to explain what is written on your hand the next morning after a meet.
- How the pool feels at morning practice



Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Technique, Technique, Technique

Whatever your level in swimming currently is, this strange pandemic time offers you your best opportunity to improve your technique and go to the next level. Learning the proper technique will go a long way in improving your stamina, your speed, and your level of fitness.

In swimming, the resistance of the water is so strong that the first thing you want to achieve is minimizing drag. Anything that you can do to put yourself horizontally on top of the water will help. Generally, this is one of the hardest skills to master for the novice swimmer, and/or for lean and fit athletes who do not have any buoyancy. In that respect, women with more rounded hips have an advantage. To keep that slightly prone position on top of the water, you usually need to focus on three points:

1. **Head position:** keep it neutral, eyes looking down to the bottom of the pool, twisting your head instead of lifting it to breathe. This will help with keeping your hips at the surface.
2. **Kick:** small and quick, initiated at the hips with flexible ankles
3. **Front quadrant swimming:** in freestyle, always keep an arm extended in front of you, near your ear for balance and streamline until the other arm passes your shoulder and is ready to take the relay. This helps keep a very extended and aligned position on top of the water.

Now you are in a perfect position to pull the water towards the end of the pool. Start with your forearm, with your elbow staying close to the surface of the water, go to a 90 degree angle (the end of your fingers facing the bottom of the pool) or what we call the high elbow catch up. The sooner you can reach that position, the more water you will be able to push and the more power you will be able to apply. To achieve an effective pull, you usually need to focus on three points:

1. **Starting position:** our body and shoulders are engineered in such a way, that it is almost impossible to achieve an early and fast high elbow catch-up without starting from an extended position on top of the water with our hands **slightly wider than our shoulders and close to the top of the water (Superman position)**. Often a novice swimmer will have the tendency to extend towards the front center instead of towards the corner. By the way, this is true in all the strokes.
2. **Straight down the line:** once you have made that early catch and you are horizontal on top of the water; the freestyle pull is simple, straight down the line on each side of your body.
3. **Accelerate:** Increase your speed and power as you pull and quickly exit the water to recover. The speed of your exit will give you momentum for your recovery. So do not stop at the end of the pull but instead recover quickly and pause at the front end of your stroke.

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Swimmer Spotlight

— submitted by Karen Andrus-Hughes

Name: Rick Howell
Age: 61
Local Team: SOMA del Norte (aka SOMA Vancouver)
Occupation: Employee Value Proposition (EVP) for People and Performance, Business Consultant; and Professor at WSU Vancouver

Take the Plunge With Rick

There are so many great swimmers in our area: National Champions, World Record Holders, and Olympians! I enjoy meeting and swimming with them, but I was surprised when I was asked to be this month's Swimmer Spotlight. Then again, maybe because I'm just an average guy, my story will relate to more folks.

I was lucky to have swim lessons starting at 4 years old and from really good instructors. I grew up in Kelso, WA (yes, I'm a red neck), and when my hometown built a new high school, we had a regulation size pool. I started competing at 12 and continued to race through college, with moderate success at each level.

After college, I doubted I could find a pool whenever I wanted. But I knew I could find a road, so I started running and cycling. The summer I turned 22, I ran two marathons and four triathlons. OK, I was now over that nonsense! I committed to finding water to train. It was easy in grad school to find good pools and good people to swim with. After getting my MBA, I moved to LA for two years and pools and training partners were plentiful there as well.

I was able to swim each day through my twenties and early thirties and stayed in good shape. I swam a cross-channel swim from Molokai to Maui as part of a relay. I even swam in my first Masters meet for my old college coach, as a "ringer," raking in about 20 medals over a three-day weekend. But around 33, work, travel, and family consumed my days and swimming took a back seat. I fell out of shape. Just like Charles Barkley, I was a round, mound, trying to rebound.

When I turned 50, I went to the doctor for the first time in many, many, many years. After a *thorough* check-up, I was diagnosed "healthy." But those were not my numbers:



Rick Howell — Breaststroke Finals

cholesterol, blood pressure, pulse, weight, etc. were unacceptable in my book. The next day, I converted to a morning person, waking at 5:00 a.m. to begin swimming at 5:30 each morning. This was time that I could protect. Family, friends, and work would never ask for my time that early. The swimming routine had begun – 11 years and going strong!

After a while, I felt my willpower faltering and realized I needed a goal. I mean, swimming for the health of it should have been enough, but I needed something to galvanize my commitment. I needed a meet. I searched the USMS website looking for meets. I found a SCY meet in Bainbridge, WA – BAMFest! Wanting to get my money's worth, I entered the maximum 5 events. I submitted times that I thought were reasonable. I broke 1:00 in the 100 Breaststroke in college, certainly, I could do a 1:10 now. I learned several lessons that day. 1) I was good for only two events in a day. 2) I was way off my estimates, clocking a 1:15.31 – my slowest 100 Breast to date. 3) I was disappointed in how far I had let my body go. And 4) I was hooked on competing again!

Ten years later I was still getting faster by training with others; getting coaching from Tim, Matt, Dennis, and others; doing more HIIT sessions; and taking better care of myself. Then I started using the OR Top 12 Lists to motivate me. At first it was make a list in Breaststroke, then get higher on the list, then in each size pool. After a while, I got crazy and did races that don't make sense. I mean what sprinter does the 400 IM or 1500; and why does anyone do the 200 fly? But

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THANK YOU

Whenever you feel thankful for someone in OMS, write your Thanks to the *Aqua Master* Editor. Tell who you are thanking and what they have done to make you appreciate them. You can write a "Thank You" every month, to someone different! This will be an ongoing feature if there is enough interest. Write to azabudsky@msn.com. [Also give your name, for email addresses don't always give names.]

This month, John Foges, Lex Higlett and I have people to thank, and we still have some for future *Aqua Master* issues. Please send your "Thank You" to me ASAP.

I want to thank Scot Sullivan & Dan Jorgensen, for pushing me, giving me feet to chase, drafts to swim in & for swimming virtual events with me that they were not even entered in. -- Lex Higlett

I want to thank Jess Stacy for swimming next to me, wherever we go. Vancouver lake, The Willamette, Lake Oswego, Hagg Lake & in the lane next to me at Newberg. Jess makes every swim fun. -- Lex Higlett

After falling in love with flat open water swimming this summer; I realized the water would soon be getting COLD. Never having had a wetsuit on, much less swam in one, I put a call in to three experienced expert swimmers. Bob Bruce, Dave Radcliff and Ralph Mohr all shared their knowledge giving me the confidence to buy a wetsuit (or two) and plunge into the colder water. I wholeheartedly thank them. A new adventure. Yippee!! —John Foges

Thank you Sandi Rousseau for doing proofing, patiently answering my questions, and working with USMS to protect the interests of the Oregon LMSC. — Alice Zabudsky

I want to thank Meredith, Aly, Emily, Conor, Mitch, Hayley, Jordan, Eric, Sami, Mike, Lauren, Curtis, Karl & Karen, who have been friendly faces & company on one swim or another over the last few months. Swimming and being part of this community has been a bright spot in a pretty rubbish year. -- Lex Higlett

Another big thank you goes to the regular writers for the Aqua Master: Tim Waud, Colette Crabbe, Matt Miller, Bob Bruce, Karen Andrus Hughes, Arlene Delmage and Ralph Mohr.—Alice Zabudsky

One-Hour Swim--ePostal

by Alice Zabudsky

In 2019, not foreseeing the chaos that 2020 would bring, Bob Bruce, Long Distance Chair of Oregon Masters Swimming (OMS) working on behalf of the OMS Board, bid to host the One-Hour Swim ePostal National Championships in 2021. OMS was awarded the bid! Bob bid for the event specifically to generate revenue for OMS.

The One-Hour Swim is an ePostal National Championship that runs from January 1 to February 28 each year. It can be done in any standard size pool 25 yards or longer; your distance will be converted to yards if needed. Some-one times and counts lengths for each swimmer, writing the time per every two lengths on an official split sheet. Then the swimmer enters the ePostal online. Simple!

Why does OMS need to raise this additional revenue? To continue to subsidize programs and events for you! Funds earned by OMS from hosting national events has helped keep your USMS membership prices down, your meet entries lower, helped pay for other events like the Association Meet socials and subsidized every swim meet.

However, USMS has just adopted what they call a "Unified Fee." (see page 12). Next year USMS is changing the amount of the registration fee and the way registration fees are redistributed to the LMSCs. In 2021, fees will be \$60 per person across the nation, and USMS will divide these fees 80% to USMS and 20% to the LMSCs. For the first time ever, the cost of membership will be totally out of the hands of OMS. Due to the adoption of the Unified Fee, OMS revenue will drop. The OMS Board believes that hosting events is the best way of raising this shortfall so that OMS can continue its excellent programs, and is acting on their belief.

With the current situation in the swimming world, WE NEED YOUR HELP with this project more than ever before. We cannot overemphasize how important this is!

Participation is crucial for this project to succeed! Bob's goal for Oregon is for EVERY swimmer to swim and enter the One-Hour Swim in 2021. We MUST generate enough interest in this event so OMS can continue providing its traditional high level of programming. If we don't support ourselves, who will?

All swimmers means all swimmers! We realize that many of you have been mostly high and dry since March, but as you return to the pool, use this ePostal event as a goal or just as a strong training swim. Maybe our one-hour efforts might not be as strong as those in the recent past, but do it anyway.

A side benefit—you've heard this from Bob dozens of times by now—could be that the Oregon Club will be #1 in the country for the One-Hour Swim in the "Overall" scoring category, which we have never done before! If all other persuasion fails, use Oregon Pride as the reason to do the swim, and enter the event.

Please commit to swimming the One-Hour Swim in January or February, and to encouraging your Oregon teammates and out-of-Oregon swimming friends to participate too. Many thanks for your efforts.

10 Reasons to do the One-Hour Swim

10. Start your fitness year right
9. Feel confidently smug
8. Groove your beautiful stroke
7. Earn bragging rights with your sorry lane-mates
6. Enjoy a big dessert afterwards (or before, if you're so inclined)
5. Make your team stronger
4. Feel great when you're done
3. Improve your aerobic capacity
2. Qualify for the Oregon & USMS Series & Awards
1. Because it's there

USMS Volunteer Award Winners—2020

The Dot Donnelly Award

The Dot Donnelly award is presented annually to USMS registered individuals whose volunteer service has contributed to the growth, improvement, or success of U.S. Masters Swimming locally, regionally, and/or nationally. Dot Donnelly was a member of USMS at its inception. She tirelessly served as coach, meet director, and ambassador for our organization, and served as our elected Secretary, maintaining the national office from her home for many years. Individuals are selected based on their accomplishments that meet the USMS goals and objectives.



Joy Ward

Joy received this award for her contributions to OMS as the Safety Committee chair for the past sixteen years. Joy willingly took on this role and has been the 'go to' person for making sure that every meet director has all of the information he/she needs to run a safe meet.

She provides copies of the OMS safety guidelines, incident reports, and safety/no diving signs to use at the meets. She interacts with every meet director and delivers these materials plus safety marshal vests and stopwatches to every meet site. Joy is reliable and follows through to respond to all questions and to haul the Oregon Masters signs and materials home, dry them out, and then transport to the next meet.

Joy played an important role during the 2016 USMS Summer Nationals in Oregon. She helped coordinate and oversee the EMTs and aquatic center staff in reporting medical occurrences and filling out the appropriate forms for documentation.

Joy is an active LMSC Board member and contributes regularly to discussions and evaluation of meets. She is not a person who strives to be in the spotlight but certainly has contributed to keeping meets safe for all participants and the LMSC running smoothly with her long term commitment.

Joy has demonstrated what a volunteer can do for an organization and is very deserving of this USMS recognition.

Kermit Yensen



Kermit has been an Oregon Masters swimmer for many years and was active in the Tualatin Hills Barracudas and more recently Central Oregon Masters.

He has contributed over a period of many years to Oregon Masters.

He assumed the Treasurer position in 2013 and continues to fill that position. He prepares a yearly budget for the Board, updates the Board on monthly expenses, and generally keeps the organization on track financially. He played a huge oversight role when Oregon hosted the 2016 Summer Nationals and tracked all income and expenses related to that event. Kermit contributes to Board discussions, takes on other tasks related to the financial health of our organization, and communicates with the national office when necessary.

This past year with the changing climate and proposed financial changes at the USMS national office, Kermit spent hours analyzing OMS' financial situation to be sure we could adapt to a lower income stream. He reached out to the Oregon Club to assist them in their financial discussions as well. He also became a contributing member of the USMS Governance Committee.

Kermit is the 'always in the background' person who is quiet but has made significant contributions to our organization over many years now and is a deserving recipient for the Dot Donnelly Service Award recognizing that service.

SWIMMER SPOTLIGHT

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I reserved my room at the mental hospital and dove in. In the 50-54 age group I made 16 lists, getting as high as third. From 55-59, I earned my way onto 30 lists and share an Oregon Record with Allen Stark. In my new age group, I believe I can make 48 of the 53 lists. Or at least I'm going to try. The year I turned 60, I competed in 17 meets, including the FINA World Championships in South Korea. Yep, I'm hooked. But is that such a bad thing?



Rick Howell — Kelso High School Awards Banquet 1977

In the past 11 years, I've met great friends that I see at each meet. I train with Gabe Duus and we survived the pandemic swimming in his backyard pool on bungee cords; and any pool we could breach, any lake, river or mud puddle we could find. On hot days the Columbia River was a fun option. After hearing of Tim Waud's heroism we bought tow floats which made the Columbia less intimidating. I have friends across the northwest, all over the country, and now world-

wide friends who I look forward to seeing again at another FINA World Championship. South Korea was a great meet experience and I want to recapture that feeling. My wife is eyeing Budapest in 2027, and I have my sights on Doh, Qatar, in 2023. Maybe both? Maybe more?

In the meantime, I found a meet that wasn't canceled. It was the Oklahoma Senior Games in September. It was a small meet, but they were great hosts and it was good to compete again. I ran into Dan Kirkland who lives about 10 minutes from me. We only had to travel half a country away to see each other. We swam in a pool where Scot Sullivan was a lifeguard. Small world indeed. As pools begin to re-open, Gabe and I are getting back to the 16 x 100's, ladders, and sprints until we crack. Come on Oregon, get us a meet. Don't make me go to Iowa in December!!

Seriously, if you want to meet great people, have fun experiences, feel healthier, and maybe even get in a fun trip or two, Oregon Masters Swimming is the ticket. Whether you race the clock, or just want to feel the pride of completing races, I'm telling you it's worth it. And what hobby lengthens your lifespan? It's not Poker (another hobby of mine). I even did the Bridge Swim, which for me may top the list for stupid things I've done. What are you waiting for? Take the plunge and test yourself. You'll be glad you did.

LAKE TAHOE SWIM

continued from page 1

Godfather II movie mansion. Lake Tahoe proved to be one of the most beautiful lakes I've ever experienced. The most striking attribute of the lake being the clarity of the water, you can look down and see your toes, so crystal clear. After this amazing experience, I wanted to share it with another Oregon Masters Swimmer! In 2020, I put out an open invitation for one additional swimmer. Within one day, I received an indication of interest from Lee O'Connor. I remembered Lee from the Elk Lake Open Water Swims in 2019. Lee saved my swimming day by providing me with a Hot Shot that instantly relieved full body cramping after the 5,000 meter event. We then chugged a cider during the cider relays. I would never forget Lee!

The table was set, Lee and I decided to tackle another 12



Christian (black cap) & Lee (orange cap) swimming in that Tahoe blue water!

mile swim, but wait! I had another proposal for him, should we go for the length? Lee marinated on the idea, and later agreed that the 21.3 mile Length of Tahoe would be the swim for us. Lee and I spent the next 7 months training for the swim. We had memorable swims at Timothy Lake where Lee introduced me to our support crew, Sara Shepherd and

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Member News

Eel Lake

In early October, Pat Allender and his friends from Corvallis and Salem went to Eel Lake for a respite from the smoke, and to swim. Here are some pictures taken by Pat Allender.



The "creature from the black lagoon" is emerging from Eel Lake! That is Ralph Mohr. Ralph says: I came out of the water after finishing my swim, and Pat's crew was standing on shore, ready to get in. "Where did they come from?" I wondered That's what Eel looks like at 9 AM and overcast. It was a fun day.



Eel Lake -- Anicia Criscione, Sue Phillips, Marlys Cappaert and their combined 6 feet

LAKE TAHOE SWIM

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Trevor Williams. These two were an amazing support crew for us in Tahoe. They left nothing to the imagination, always executing each feed with minute detail. They kept us both calm when we felt overwhelmed by the magnificence of the swim. I recall getting to the 20,000 meter mark, and Lee and I looked at one another shaking our heads, are you kidding me we still have 15,000 meters to go!

After whining for a couple of feeds, I remembered what Bob Bruce always said during 10K Postal Swims, "put your head down and swim, Chris." So onward we went. Before long we had 10k left, and the lake decided to challenge us beyond belief. Tahoe can change on a dime, and of course we would not be given an easy finish. Lee and I would encourage each other through the pain, we would not be denied our opportunity to close out this epic day! Trevor

sighted our landing, we locked onto it, and picked up steam! With 1,000 meters to go the smiles emerged from beneath the water! Lee and I would make it together!!

Lee O'Connor

There were so many incredible memories from swimming Tahoe, picking one would be tragic...However, there is one memory that might just sum up our entire adventure.

About noon, we were 6 hours in, and in the middle of Lake Tahoe. The sun was directly overhead and the water was like glass. Sara was just to my right providing kayak support, Trevor was in the pilot boat with Tom keeping us on the GPS line, and Christian was on my left setting the pace. Breathe right for navigation, breathe left for pace. All I did was enjoy the moment. Absolutely perfect...

HUGE Congratulations, Christian and Lee! Well done!



The Crew (from left) - Tom Linthicum (boat Captain), Sara Shepherd (kayak support), Christian Tujo (EPIC SWIMMER), Lee O'Connor (EPIC SWIMMER) & Trevor Williams (kayak support)

FITNESS

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Those broad guidelines do apply in all four strokes:

In backstroke: make sure you are using your abs to keep your feet at the surface. Once your arm is on top of your shoulders make sure you drop your whole arm including your shoulder with your hand facing the side of the pool to be ready to get a 90 degree catch as soon as possible. Both arms need to work simultaneously and stay opposite of each other (like a windmill). Your head must stay still.

In breaststroke: make sure you extend to the front and keep your head looking down until you have sculled to the corner. This will keep you close to the surface and ready to get a quick high elbow catch up.

In butterfly: make sure you enter your hands slightly wider than your shoulders (not in front of you) and that your shoulders remain at the surface during your stroke. The undulation kick is initiated by your core and not by dropping your shoulders or arms.

To sum it up, here are the focus points given by Carly Phippen in one of her instruction videos. Carly is a well-

known swimmer with multiple world records in both pool and open water swimming.

1. Enter hands slightly wider than your shoulders
2. Keep your head neutral with eyes down and hips high
3. Always have a high elbow catch
4. Know where and how to apply power
5. Keep your kick small and quick
6. Learn to have a relaxed breathing (breathe on a regular basis and fully exhale in the water before taking your next breath)

As a lot of the swimmers currently do have to swim alone without access to a coach or swim instructor, I am ready to offer a free assessment of your stroke with some tips and drills if you are willing to send me a video of you swimming. I would need to have a video of you swimming (in any stroke you want) at least a length taken from the front, a length taken from the back and one length following you from the side, preferably from the side on which you are breathing. You can send your video to my email Colette-crabbe@hotmail.com. If you have some specific questions, please feel free to send them along and I will do my best to try to answer them. Do not forget to include your email address. You also need to be a US Masters swimmer to benefit from this free service.

USMS Launches Unified Membership Fee

by USMS

As approved by the House of Delegates (HOD) during the virtual 2020 Annual Meeting, USMS will launch its unified national fee structure for the 2021 registration year, which began, Thursday, Oct. 1, with club and workout group registration. The unified fee also applies to swimmer registration, which opens on Nov. 1.

Unified National Registration Fees

- USMS 2021 individual membership: \$60
- USMS 2021 club & workout registration: \$60
- USMS 2021 one-event membership (OEVT): \$15

Each LMSC will receive 20 percent of each of the unified fees, which will be distributed monthly:

- \$12 of the \$60 individual membership
- \$12 of the \$60 club & workout registration
- \$3 of the \$15 one-event membership (OEVT) -- LMSCs have the option to offer OEVTs at events sanctioned by their own LMSC.

We will continue to develop strategies to address what our clubs and coaches are facing as we build a road-map for 2021, and beyond.

Trivia Question

Does anyone know who the current OMS President is?*

The question was asked, Who were the past OMS presidents, in order, and when did they start and end their presidency. So, I looked in the past Aqua Master newsletters to find the information below. Some months there was no published Aqua Master, so if a new president took over during that time I had no way to tell. Also, October, 1981, was the first Aqua Master in the OMS archives.

I remember being in a meet at Reynolds HS on December 31, 1972, so you can see how many years went by before a newsletter was started by OMS. At that time Oregon was part of the Amateur Athletic Union (AAU). The internet says USMS was founded in 1970, but AAU was over Masters Swimming at that time; USMS didn't exist. We had to wait for the Masters National newsletter, put out by June Krauser, to get meet results.

See how many names you recognize in the list below.

*You can find the answer by looking at any recent Aqua Master, page 2.

#	Name	Start	End	Comments
1	Earl Walter	Oct-1981	Dec-1982	This was the first newsletter in the OMS archives
2	Arthur Smith	Jan-1983	Dec-1984	
3	Sandi Rousseau	Jan-1985	Nov-1986	
4	Bert Peterson	Dec-1986	Oct-1988	No November, 1988, Aqua Master
5	Kathleen Buck	Dec-1988	Nov-1990	
6	John Zell	Dec-1990	Dec-1992	
7	David Cobb	Feb-1993	Dec-1994	No January, 1993, Aqua Master
8	Eric Guest	Jan-1995	Dec-1998	
9	Suzanne Rague	Jan-1999	Oct-2000	
10	Jeanne Teisher	Nov-2000	Sep-2004	
11	Jeanne Teisher & Sandi Rousseau	Oct-2004	Dec-2004	
12	Jody Welborn	Jan-2005	Dec-2010	
13	Jeanne Teisher	Jan-2011	Dec-2016	
14	Tim Waud	Jan-2017	present	

Summary

Records & Results. . .

All meets have been cancelled, hence no results.

Looking Ahead. . .

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

Pool Schedule

NOTHING SCHEDULED

Open Water Schedule

Quote for the month. . .

A coach will impact more young people in a year than the average person does in a lifetime.

- Update your own USMS registration information—<https://www.usms.org/reg/member/updateinfo.php>
- Print Your Own USMS Membership Card—<https://www.usms.org/reg/getcard.php>
- If you swim in any meet outside of Oregon, and want your time considered for a record, you are the one who is responsible for notifying OMS Records-keeper, Steve Darnell, at financialwizard2@comcast.net.