



Aqua Master

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Upcoming Events

March 11-12
Oregon City Spring Ahead Meet

April 27-30
USMS Spring Nationals/Irvine, CA

May 19-21
Oregon Association Champs

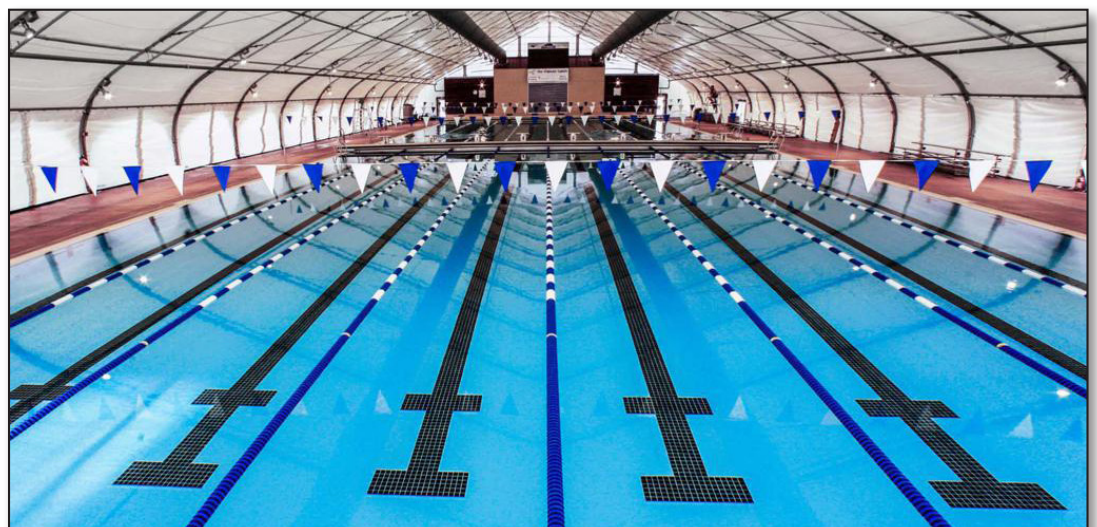
Oregon Association Champs - Save the Date!

Just a reminder that the Oregon Association Championship meet will be held in Bend, OR on May 19-21, hosted by the Central Oregon Masters Aquatics (COMA) at the Juniper Swim & Fitness Center in Bend.

Registration will open soon, and you can check the swimoregon.org/events webpage for the registration link once it is live: <https://swimoregon.org/events/>

This meet is for swimmers of all speeds and is always a good one for reconnecting with your fellow Oregon masters comrades. Be sure to save the date and start looking for a place to stay for the weekend.

Bonus points are given to those who show up a few days early in order to acclimate to the 3,623 foot elevation, which you WILL feel on race day!



Need More Motivation to Swim?

USMS recently posted an informative article on how swimming can boost your immune system during the winter cold and flu season. A recent study showed that participants who worked out a minimum of five days per week had a 43% lower risk of developing an upper respiratory tract infection during the 12-week study period when compared with sedentary participants who worked out less than once per week.

Read more about it here: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-swimming-can-help-you-boost-your-immune-system-during-cold-and-flu-season>



Fitness Center

How to Spice Up Your Training Routine

Coach Colette Crabbe
OMS Fitness Chair



The long dreary months of January and February are now behind us, and it is time to spice up your training routine either to

get ready for the competition season or just to add some more fun to those long boring sets during the winter.

1. Practice all the different strokes including the fifth one: the streamline underwater. Constantly mix and match. Swim your best stroke, swim your worst stroke, practice the individual medley, kick, pull, scull, experiment, invent new drills, have fun.

2. Watch the clock. Swimming up and down the pool at the same speed may become boring. Add some interval training with different send-offs. Note that send-offs are better than, for example, 15 seconds rest, as the send-off will definitely tell you when you are slowing down. Take more rest. Increase the intensity and the speed, especially if you are gearing up for a meet. Your body needs to be ready and used to going fast. Have fun.

3. Keep working on your technique in all four strokes. It keeps you thinking and focused. It is also very rewarding to

feel stronger and more efficient in the water. Practice, experiment, have fun.

4. Swim with others. Group therapy works wonders for your enjoyment. It will give you the drive to finish the hard set. Moreover, the therapy does not end at the pool. Our teammates are our best friends in and out of the pool. We share the same love of water and it is a wonderful support group. When prompted by a swim buddy, how can you refuse to go? Have fun.

5. Play with the toys: fins, kickboard, paddles, pull buoys, snorkel. Have you ever swum on top of your kickboard and practiced the correct arm movement in a complete horizontal position? Have you ever kicked with the kickboard in a vertical position for resistance or done a kicking war with a swim buddy. Do an all-out sprint with fins on, it gives you an exhilarating feeling of going so fast. Be a kid, do handstands, jump in the pool, do a cannon ball contest. Have fun.

Swimming is fun and is a lifelong sport, better enjoy it.

2023 USMS Spring Nationals

Entries are now open for the 2023 USMS Short Course National Championships that will be held in Irvine, California. Competition dates are April 27-30, and the pool will also be open for warm-up on Wednesday April 26, 2023.

The meet will be held at the William Woollett Jr. Aquatics Center, which was completed as a major renovation of the original Heritage Park Aquatics Complex – site of the 1980 USA National Championships, the 1990 Junior Nationals West Championships and the 1981 USMS Short Course National Championships. The newly renovated pool was completed in September of 2004. The center is an outdoors facility consisting of one constant depth (7 feet) competition pool (50 meter by 25 yard) and variable depth warm-up pool (50 meter x 25 yard). In addition, a 25 yard by 25 meter teaching pool will be available for additional warm-up space. Expansive locker room facilities for both men and women are adjacent to the warm-up pool.

For more information, please visit [the official USMS meet webpage](#).



Off the Block

Coos Bay Snowstorm Swimming

Photo submitted by Tim Nelson

Last week many of us were caught off guard by an unusually large snowstorm which dumped heavy snow on much of Northwest Oregon and Southwest Washington Wednesday afternoon and overnight into Thursday morning.

Oregon Masters swimmer Tim Nelson sent me the following note: On Thursday, 2/23, many were able to

swim from 5am - 10am before the pool closed for the day due to unsafe parking lot conditions. This is what it looked like then. Snow is rare in Coos Bay and Thursday's 5"+ was a once in a 10-15 year occurrence.

Anyone else have any snow pics from practice last week? Please share!



The Mingus Park swimming pool in Coos Bay



Swimmer Spotlight Nominations

We are STILL looking for swimmers to spotlight! If you would like to tell your swimming story in an issue of the Aqua Master or would like to nominate someone else, please send an email to Karen Andrus-Hughes at blueheron83@comcast.net and Arlene Delmage at swimvancouver@gmail.com.

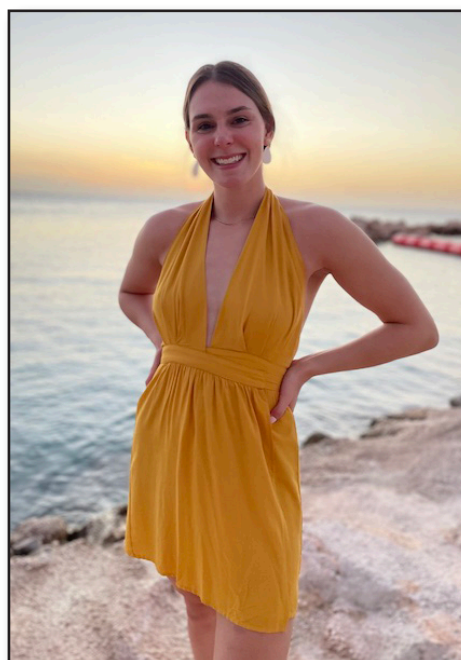
Being an OMS member & having a love for swimming is the only criteria!

Submitted by Karen Andrus-Hughes

Name: Madelyn (Maddy) Veith
Age: 27
Occupation: Founder of Marove Agency, part-time Masters Swim Coach at Multnomah Athletic Club
Team: Multnomah Athletic Club

I grew up in Hershey, Pennsylvania, aka Chocolatetown USA. I joined the swim team when I was 6 years old (mostly because my older brother did it and I had to do whatever my older brother was doing), although I quit for a year because I hated being cold and shivering in the water. I tried a few other sports in the meantime - tee ball, ballet, gymnastics, soccer - but, nothing quite stuck the same way, and once I learned that my best friend was swimming on the team and having a blast, I begged my parents to let me rejoin.

My team, Hershey Aquatic Club, was one of the best in the Mid-Atlantic region and produced top-tier talent year after year. The club team fed right into the high school team, so everyone who grew up swimming for HAC also swam for Hershey High School. Needless to say that my teammates and I had the closest of bonds; one doesn't experience years of school sandwiched between 6am weightlifting sessions and afternoon swim practices without developing friendships that border on a cult. It all paid off, though; our team won the State Championship my freshman, junior and senior years,



and we set multiple state records in relays and individual events.

I was recruited to swim in college as a sprint freestyler and committed to Princeton University in New Jersey. My best events had always toggled between the 50 and 100 free, and as college championship format demands a 3rd event, I begrudgingly added the 200 free to my repertoire my freshman year ("It's a distance event, it's literally 4 times as long as the 50!!"). I was

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Reporters Needed!

If you love to compete and attend swim meets and open water events around the world, please consider sharing your experiences with your fellow Oregon Masters Swimmers via the Aqua Master! We would love to receive meet and event reports no matter how long or short, as well as accompanying photos of the city you visited, people who attended, the venue, and anything else you'd care to share! Submit your stories to the AM editor at pdxbon@gmail.com. We look forward to reading about your swim adventures.

In addition, if you have any old photos from masters meets or other events that haven't previously been published, please [email](#) them to the editor so we can include them in future editions.



Long Distance

by Bob Bruce

OMS Long Distance Chair

The following is the Oregon participation summary for the 2023 USMS 1-Hour Virtual National Championship:

- 42 Oregon swimmers (22 women & 20 men) swam and entered, our lowest number in years.
- 7 Oregon clubs/local teams were represented.
- Club results were not available when I filed this report. Due to our small entry, the Oregon Club will not be a contender for win, place, or show, and will be down significantly from our third place overall last year and our second place in 2021.

Congratulations to...

- Our Two individual National Champions (USMS Long Distance All-American): Dan Kirkland and Barry Fasbender;
- Our ELEVEN other individual swimmers who made the national top ten;
- Our ONE National Record setter—Dan Kirkland, Men's 75-79 (4675 yds—brilliant!);
- Our FOUR relay team National Champions (USMS Long Distance Relay All-Americans):
 - Women's 55+ team of Jayette, Pettit, Arlene Delmage, & Valerie Jenkins (13,335 yards).
 - Men's 45+ team of Steve Wursta, Jim Josberger, & Hardy Lussier (14,445 yds).

- Men's 75+ team of Steve Johnson, Bob Bruce, & Dan Kirkland (12,565 yards).

- Mixed 55+ team of Arlene Delmage, Valerie Jenkins, Steve Wursta, & Hardy Lussier (18,655 yards).

- Our THREE other relay teams who made the top three;

- Our ONE relay team that broke the National (and Oregon) relay record—Steve Johnson, Bob Bruce, & Dan Kirkland (12,565 yards).

- Our FOUR swimmers—Valerie Jenkins, Jane Nichols, Hardy Lussier, and Dan Kirkland—who broke Oregon individual records;

- Our TWO swimmers, Valerie Jenkins (4630 yards) & Hardy Lussier (5285 yards), who topped the Oregon women's and men's categories respectively;

- Our THIRTEEN swimmers whose performances qualified or moved them up on the Oregon All-Time Top Twelve list for the 1-Hour Swim (<https://swimoregon.org/toptwelve/longdistance/OROneHrTop12.pdf>);

- Our THREE Oregon local teams whose participation was commendable:

- High Honors—20+: Central Oregon Masters (COMA) (21 swimmers)

- Honors—10+: none

- Merit—5+: Columbia Gorge

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Continued from Page 2, Swimmer Spotlight
(Maddy Veith, MAC)

elected team captain for my junior and senior seasons which kept me extra busy. When I wasn't in the pool, I was studying gender psychology and playing viola in a campus orchestra called Sinfonia.

My years as a college athlete were quite unusual and turbulent. My team was the focus of a national news story during my junior year when the men's swimming & diving team was suspended for creating offensive content that targeted the women's team, and there was major coaching turnover when our head coach of 33 years retired at the end of the 2016-17 season.

My class went through a lot in terms of team culture ruptures, which undeniably affected our ability to train and perform. By our senior season, we'd given up any hope of winning a title at Ivies 2018 (the league championship) and were simply grateful to have made it to the final meet of our collegiate careers. This attitude was the context for the most memorable swim of my career: The 400 free relay.

For the entire season, our team's time in the event had consistently ranked 4th in the league, with the top teams - Harvard, Yale and Brown - 3 seconds ahead and well out of reach. At Ivies, we were predictably seeded 4th. While my teammates and I were in the ready room for the relay (the final event on the final day of a 4-day meet), we joked about being happy to just be done with the meet. We truly had no hopes of jumping up in the ranks, let alone a top 2 finish. So it came as an unnerving surprise when I was standing on the block ready to dive in for the final leg and saw that my teammate was swimming towards the wall just a hair ahead of the field, and that I was about to swim against two other women whose best times were at least a second faster than me in the 100 free.

There's a reason I was going last on the relay - my coaches figured out early on that I thrive under the pressure of the anchor, and this time was no different: I had the fastest split of my life and touched first by .06. My teammates had all

split some of their fastest times, too, completely blowing away our seed time and shocking the crowd. Given the hardships we'd experienced in the years prior, winning this event quite literally against all odds was, for us, even more legendary than the famous 2008 USA vs. France relay.



The winning 400 free relay at the 2018 Ivy League



Some Masters national record holders! We set the record in the 200 free and 400 free SCM relay in our age bracket. (L to R) Lex Higlett, Jess Stacy, Ilsa Feierabend, Maddy Veith.

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Continued from Page 6, Swimmer Spotlight

(Maddy Veith, MAC)

I took some much needed time off of swimming after college, at which point I moved out to Portland. My first job out of college was coaching the Tigard Tualatin Swim Club age groupers, and I took on the role of Head Age Group Coach for a year and a half. I eventually pivoted into the digital marketing industry, and after 2 years as an independent contractor, I launched my own business in January 2022 to offer digital business development services to women-owned businesses. I am especially passionate about helping women create independent, powerful economic footholds through business ventures of their own volition, motivated in large part by my experience in college.

I found my way back to the pool (and specifically to the Multnomah Athletic Club) in November of 2021 by way of fellow Masters swimmer Scot Sullivan, who mentioned that the MAC was looking for some new coaches as they reopened their program. I applied and started coaching the Tuesday/Thursday lunchtime and Saturday morning sessions, and began swimming with the Monday/Wednesday evening groups.

Being a part of the MAC community has completely changed my life in Portland. I've made some really great friends there and I love being amongst people who nerd out about swimming as much as I do. Plus, I've had the chance to be a part of some national records with our women's relays which is something I'd never thought I'd say!

I love that coaching gets to be a part of my schedule. It's quite meaningful to be involved with the sport out of the water just as much as I'm in it - when I watch and analyze from a distance, I often learn new things about the way we move through the water, things I've never known even from being in the water for the better part of 18 years. On more than one happy occasion, I've found myself realizing that swimming is truly a form of art, and that each stroke creates its own fluid shape in the water; I feel incredibly lucky that I have the ability to experience this beautiful sport for my whole life.

Continued from Page 5, Long Distance

(Bob Bruce)

Masters (CGM) (9 swimmers)

- Everyone who participated! Well done!

Good luck and good swimming!

One-Hour Virtual National Championship Oregon LMSC Results 2023

Place numbers are national places

OR = Oregon Record; NR = National Record; * = made the Oregon All-Time Top Twelve

Women 40-44

28 Callahan, Amanda 41 NCMS 3580

Women 45-49

37 Kehe, Eryn 49 NCMS 2850

43 Frank, Marti 48 CGM 2485

Women 50-54

7 Martell, Beth 51 COMA 4275*

14 Sortor, Becky 51 COMA 4080

27 Ready, Jodi 52 CGM 3710

40 Cross, Suzanne 51 CGM 3075

45 Mears, Julianne 54 CGM 2630

52 Franklin, Christina 51 OCT 2375

Women 55-59

12 Pettit, Jayette 56 COMA 4275*

21 Salton, Gillian 55 COMA 4145*

25 Schultz, Steph 57 COMA 4040

32 Hochman, Juliet 56 CGM 3840

41 Schlosberg, Suzanne 55 COMA 3710

43 Wardell, Jennifer 55 CGM 3685

50 Fadlovich, Angela 57 OR-un 3495

54 Mack, Jaime 56 CGM 3360

71 Rowlen, Jennifer 56 CGM 2790

Women 60-64

2 Jenkins, Valerie 60 CCYM 4630*

OR

3 Delmage, Arlene 61 CCYM 4430*

Women 65-69

34 Goodwin, Tracy 66 COMA 3265

Women 80-84

2 Nichols, Jane 82 CGM 2720* OR

Men 50-54

4 Josberger, Jim 52 COMA 4850*

Men 55-59

2 Lussier, Eilhard 58 COMA 5285*

OR

16 Wursta, Steve 58 COMA 4310

20 Nelson, Tim 58 COMA 4255

43 Bogard, Clint 56 CGM 3585

47 Waud, Tim 56 OCT 3225

Men 65-69

9 Piette, Jeff 68 COMA 4295

20 Main, Rob 65 COMA 3935

23 Roach, David 68 COMA 3785

Men 70-74

6 Phipps, Tom 70 OCT 4010*

11 Yensen, Kermit 70 COMA 3715*

12 Henderson, Matt 74 COMA 3680

35 Carew, Mike 74 COMA 2865

Men 75-79

1 Kirkland, Dan 75 COMA 4675* NR

3 Bruce, Bob 75 COMA 4260*

8 Johnson, Steve 75 EA 3630*

23 Foges, John 79 COMA 2720

Men 80-84

5 Mohr, Ralph 81 COMA 3225

Men 85-89

1 Fassbender, Barry 86 SOMA 2645

Women 45+: 3 x One-hour

5 OREG (Sortor, Salton, Martell) 12,500

Women 55+: 3 x One-hour

1 OREG (Pettit, Delmage, Jenkins) 13,335

Men 45+: 3 x One-hour

1 OREG (Wursta, Josberger, Lussier) 14,445

Men 55+: 3 x One-hour

7 OREG (Yensen, Roach, Nelson) 11,755

Men 65+: 3 x One-hour

3 OREG (Main, Phipps, Piette) 12,240

Men 75+: 3 x One-hour

1 OREG (Johnson, Bruce, Kirkland) 12,565 NR

Mixed 45+: 4 x One-hour

3 OREG (Payette, Martell, Bruce, Josberger) 17,660

Mixed 55+: 4 x One-hour

1 OREG (Delmage, Jenkins, Wursta, Lussier) 18,655

Mixed 65+: 4 x One-hour

3 OREG (Nichols, Goodwin, Piette, Kirkland) 14,955

2023 National Club Placement (Overall Category):

Not available yet

Oregon Masters Swimming, Inc. Board Members

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SECRETARY

Kristina Franklin • kristina.l.franklin@gmail.com

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Kermit Yensen • kermit.yensen@gmail.com

AQUA MASTER EDITOR

Bonnie Edwards Myers • pdxbon@gmail.com

AWARDS — ANNUAL

Sara Shepherd • ssobx5@yahoo.com

COACHES CHAIR

Kevin Cleary • kcswimmin@hotmail.com

DATA MANAGER — SWIM MEETS

Gary Whitman • all5reds@comcast.net

FITNESS CHAIR

Colette Crabbe • colettecrabbe@hotmail.com

SOCIAL

Michelle Jacobs-Brown • goblin34.mjb@gmail.com

LONG DISTANCE CHAIR

Bob Bruce • coachbobbruce@gmail.com

MEMBERSHIP PROMOTION

Arlene Delmage • swimvancouver@gmail.com

MEMBERSHIP COORDINATOR

Christina Fox • foxkohnert@peak.org

OFFICIALS — SWIM MEETS

Jacki Allender • jacki.allender@gmail.com

OMS EMAIL GROUP MAINTENANCE

Susie Young • swim.pdx@gmail.com

PAYMENTS ADMINISTRATOR

Ginger Pierson • gingerpierson7857@comcast.net

ADULT LEARN TO SWIM (ALTS)

Marlys Cappaert • m.cappaert@comcast.net

RECORDS

Stephen Darnell • financialwizard2@comcast.net

SAFETY

Joy Ward • silenteclipse1210@hotmail.com

OREG CLUB REP

Nancy Vincent • ncsvincent@comcast.net

USMS REP

Sandi Rousseau • swim@gorge.net

TOP TEN

MJ Caswell • mjcaswell@earthlink.net

WEB MASTER

Matt Miller • matt@flytrapcare.com

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