



# Aqua Master

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Oregon swimmers at the Oregon City Spring Ahead Meet in March

## Upcoming Meets

**April 15-16**  
NW Zone SCY Champs at Federal Way

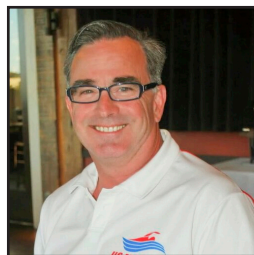
**April 27-30**  
USMS Spring Nationals/Irvine, CA

**May 19-21**  
Oregon Association Champs

## Chair's Corner

**Tim Waud**

*OMS Board Chairman*



Oregon City Swim Team and the Oregon City Tankers recently held a SCM competition March 11-12, at the Oregon City

Municipal Swimming Pool. Over 100 swimmers competed and traveled from as far away as North Carolina, Washington D.C., California, and Washington State. A ton of records were set including: 45 Oregon records, 29 Northwest Zone records, two U.S. National records, and two FINA World records.

**Dan Kirkland** - 1 National record, 1 World record, 3 Northwest Zone records, 3 Oregon records

**Janet Gettling** - 7 Northwest Zone records, 7 Oregon records

**Sara Shepherd** - 2 Northwest Zone records, 5 Oregon records

**Karen Andrus-Hughes** - 3 Northwest Zone records, 5 Oregon records

**Sara Shepherd** - 2 Northwest Zone records, 4 Oregon records

**Christine McClafferty** - 3 Northwest Zone records, 4 Oregon records

**Bob Bruce** - 2 Northwest Zone records, 3 Oregon records

**Leslie Kragt** - 2 Northwest Zone records, 2 Oregon Records

**Valerie Jenkins, Colette Crabbe, Arlene Delmage, and Francie Haffner** teamed up to set a new Oregon, Northwest Zone, National and World record in the 400-meter Medley Relay.

**Francie Hafner, Karen Andrus-Hughes, Arlene Delmage, and Valerie Jenkins** set a new Oregon and Northwest Zone record in the 400-meter Freestyle Relay.

*Continued on [page 4](#)*

## Two Upcoming Swim Clinics

**Starts & Underwater Streamline Clinic**  
Saturday April 22nd  
([see page 7](#))

**Breaststroke Swim Clinic with Jeff Commings**  
Saturday May 6th  
([see page 8](#))



# Fitness Center

## Time to gear up for the racing season

Coach Colette Crabbe  
OMS Fitness Chair



After 2 years of almost no competition due to the pandemic, 2023 is again offering a pretty nice racing

schedule. Our first big local competition just took place in Oregon City and drew about 100 swimmers from Oregon and Washington. It was fun to reconnect with some swimmers we had not seen for more than two years. April has a big competition schedule with the Pacific Northwest association meet in Federal Way on April 15 and 16, and the USMS Short Course National Championship in Irvine California the last weekend of April. Those are big meets which can be overwhelming if you are a novice swimmer and the National meet has time standard requirements.

However, whatever your level, you need to get ready for our Association Championship in Bend from May 19 to 21, 2023. It is our biggest meet of the year and it is the only one where you will represent your local workout group. There is friendly competition going on there and your team needs you. With all the different age groups, the different races, the numerous relays, almost everybody scores points for their team.

It is a really fun weekend with a social on Saturday night, an opportunity to make new friends and better know your teammates.

Now that you are motivated, the first thing to do is register. Now you are committed.

In the pool, you probably have about 6 more weeks to get ready. Until about two weeks before, keep your normal schedule, especially if you are new to swimming. You do not need to increase your swim load or mileage but you need to put more emphasis on technique, speed, starts and turns. How does it feel to sprint: faster tempo, faster kick to put you on top of the water. Practice your turns, mostly the nice push with your two feet on the wall, the streamline underwater, the flip-turns. Remember you do not have to dive or flip-turn, you can start from the water. A fast open turn with a good push-off from the wall might be better for you than a flip-turn.

Here are a few more tips for the novice swimmer:

1. At least once, practice the races you are going to swim at your first meet at a fast pace. Take your time and it might be good to enter that time as an

Continued on [page 5](#)

## NW Zone SCY Champs at Federal Way April 15 & 16

Blue Wave Aquatics Club is once again hosting the **NW Zone Championships** in concert with PNA's annual championship meet. The Weyerhaeuser King County Aquatic Center is an outstanding facility and home of numerous USMS National Championships! It recently hosted the Pac-12 Women's and Men's swimming championships.

Meet registration can be found here:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1449&smid=15780](https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=15780)





## 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](mailto:pdxbon@gmail.com). We look forward to reading about your swim adventures.

*Submitted by Arlene Delmage*

**Name:** Todd Lantry  
**Age:** 47  
**Occupation:** Application/Website Manager at Tessitura Network, a non-profit software co.  
**Team:** RVM Rogue Valley Masters (Ashland)

I am a water baby, born and raised in Seattle, and I had my first swim lesson at 6 months old (the classic “blow in his face and push him underwater to the other parent”). After “graduating” from all the Red Cross swim lessons the coach at the pool asked when I was going to join the swim team, and since I didn’t have a good reason not to, that’s what happened at 10 or 11 years old. That was for the Central Area Swim Team based at Medgar Evers Pool in Seattle. Later, in high school, I moved to Cascade Swim Club at Madison Pool. I also swam for my high school team, Seattle Preparatory School, and continued swimming in college at Norwich University (Vermont) and Linfield College (now University). I graduated from Linfield College and stayed in Oregon continuing on into Masters without really ever stopping...I just can’t stay out of the water!

I swim with Rogue Valley Masters, established in 1984, in Ashland, Oregon. We swim outdoors year-round in Daniel Meyer Pool, the city pool. I have a great group of team and lane mates; generally I swim with about 6 other people in a couple of lanes. Sometimes I float to other lanes to swim with



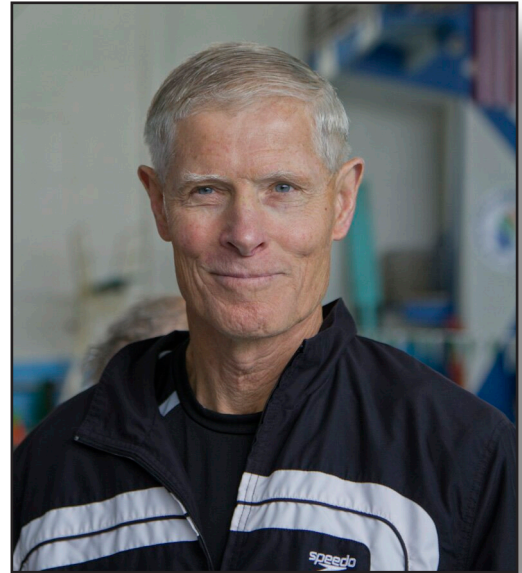
other teammates if I’m needing to take it a bit easier that day, or if our lanes are extra crowded I move to a different lane. We have a great team of almost 40 folks and with 6 practices a week I get to see them all at some point! We have four married couples, a swimmer and his two adult children (college water polo players both), and two college-age children of team members who swim with us when they are in town. Ashland is a small town and Masters can be a family affair so it’s not surprising we have so many family members swimming with us. We also feel that our team is our chosen Masters family! Anytime I have to train alone I end up not really training, so I feel very fortunate to have an active team in Ashland that I’ve been

*Continued on [page 6](#)*

*Continued from Page 1, Chair's Corner  
(Oregon City Spring Ahead Meet report)*

**DAN KIRKLAND has set 3 individual SCM M75-79 WORLD RECORDS in the past two months: 400 Free in Oregon City in March, and both the 800 and 1500 Freestyle at the Bellevue Club Mile meet in February. Big Congratulations to Dan!**

Next up, Oregon Masters Association Championship hosted by Central Oregon Masters Aquatics in Bend, Oregon. This short course yard will be held May 19-21, 2023 at the Juniper Swim and Fitness Center.



*Dan Kirkland*



*World Record 400 Medley Relay team (240+ age group) at Oregon City meet, left to right: Colette Crabbe, Francie Haffner, Valerie Jenkins and Arlene Delmage.*



*Zone Record 400 Free Relay team (240+ age group) at Oregon City meet, left to right: Francie Haffner, Karen Andrus-Hughes, Arlene Delmage and Valerie Jenkins*



*Colette Crabbe*

**Continued from page 2, Fitness Center**  
*(Time to Gear Up For the Racing Season)*

entry time on your registration. You will be surprised at how much faster you will go at a meet but this is a good benchmark.

2. Learn from that practice run and visualize your race. What felt good? How were the turns? Were the flip-turns too hard for me? Did I “die” in the middle of the race, or did I have too much energy at the end? If so, practice pacing or if a longer race, building up your speed.
3. Do I know the rules of the strokes and turns? If not, make sure to ask your coach or a teammate, way before the meet, so you can practice.
4. Enjoy the process and have fun with it. Do not stress out about performance or time. Whatever you do, it will be your own benchmark and an achievement in itself. It will just help you set up your next goals.
5. Be prepared to be a little stressed out on your first splash but I can assure you the nervousness will wane as the meet progresses. You might just be a little more tired and you probably will be pooped by the end, but you will be so proud of yourself.
6. The masters swimming community is very supportive. Both your coach and teammates will cheer you on, give you some tips on what to improve, and recognize your performance. Enjoy their company and have fun.

In my next article we will be about 2 weeks from the meet and I will share with you some more practical tips on what to bring, what to eat, and how to be mentally ready for your first splash!!!!



**Continued from Page 2, Swimmer Spotlight**  
(Todd Lantry, RVM)

swimming with since March of 2001. A handful of us also train in the local lakes in the summer for open water season.

Not many of us are interested in competition, most swim together for the fun and fitness aspect. Several competed in years past, both in pool and open water; we should have a small team at the OMS pool championship in May this year. Generally, more of us compete in open water than pool competition, especially the event we host at Applegate Lake in mid-July -- this year it's July 15 and 16, with the USMS 10K Open Water National Championship on the 15th!

I am lucky that my job is remote work and offers great flexibility. Tessitura is a non-profit software and services provider to non-profit arts and cultural organizations (theatres, ballets, operas, museums, zoos, and aquariums, etc.) around the world. We've been non-profit, mission-driven, and all remote workers since inception -- no office or headquarters exists. It's a great place to work supporting arts and cultural organizations in their critical work!

I competed in my first Masters meet when RVM hosted the OMS Association Championship, I think in 2002. My first open water competition was our Applegate swim in 2003, preparing to go to the Maui Channel Swim and Waikiki Roughwater in 2003, and since then I've competed once a year or so in the pool and usually do a few of the Oregon Open Water series each year. When on vacation I like to find an open water swim if I can. Some vacations have actually been swimming vacations with events in Vermont, Tennessee, California, Oregon, Washington, Hawaii, and a fun 1800 meter swim around Sandycove Island in Ireland.

My wife Celeste (also a swimmer all of her adult life) and I are headed to Mallorca for the second time this spring for the Best Fest, a week of open water events in the Mediterranean town of Colonia St. Jordi -- I recommend checking it out if you like travel and swimming! Closer to home, Phil White

hosts the Kingdom Swim Week in the Northeast Kingdom of Vermont; it's another week of open water swims every day in a different lake. Those have been some great open water experiences... can you tell my favorite thing is open water swimming? Most of my favorite hobbies include something to do with water like boating, water skiing, and traveling to find fun lakes and warm oceans to swim in. There are so many great places to swim!

Somehow I am now the race director for our Applegate event and so I'd like to extend an invitation to all the OMS swimmers to travel to Southern Oregon and go for a nice lake swim with us in July! Look for info on the OMS site soon!

## Do you want to get ready for our Association Championship?

US Masters Swimming in cooperation with Oregon Masters Swimming is sponsoring a

### Starts and Underwater Streamline Clinic Saturday April 22nd, 2023, 1:15 PM to 4 PM

The clinic will start with 45 minutes in a classroom reviewing the key points, followed by one and a half hours in the pool. Al Capron, USA as well as USMS level 3 coach will lead the clinic with the help of other experienced local swimmers and coaches. Al also has experience at the NCAA Division I and III levels.

**Location:** Clark County YMCA: 11324 NE 51 st Circle, Vancouver, WA 98682

**Cost:** \$25 per clinic for 2023 registered USMS member

This is a USMS sponsored event, every swimmer needs to be registered with USMS for 2023 to be able to register.

**Option #1:** (strongly recommended): register or renew for 2023 with USMS. The yearly membership will give you access to any USMS events, such as clinic, swim meets, fitness or virtual events as well as access to their website, newsletters, workout library and a multitude of technical tips and articles.

**Option #2:** register for a one-day event for \$20, to be paid for each clinic

**Equipment:** Please bring your suit, goggles, and a towel and maybe your fins for the underwater portion of the clinic. We plan on using an i-pad for video filming; please let us know beforehand if you prefer not to be filmed. If you want, you can also bring your own phone or tablet.

**Registration:** Online registration only through the Oregon Master Swimming website [www.swimoregon.org/events](http://www.swimoregon.org/events). Registration closes at midnight pacific time on Friday, April 21 st, 2023, or when the clinic enrollment reaches 20.

Register here:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1352&smid=16260](https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=16260)

**Questions:** contact Colette Crabbe: [colettecrabbe@hotmail.com](mailto:colettecrabbe@hotmail.com)

or

Al Capron: [coachal@ocst.net](mailto:coachal@ocst.net)

## Breaststroke Swim Clinic with Jeff Commings

US Masters Swimming in cooperation with Oregon Masters Swimming is sponsoring a Breaststroke Clinic for swimmers of all abilities to get ready for the Association Championships. Swimmers are expected to be knowledgeable and comfortable swimming breaststroke.

### Jeff Commings, Coach of the Dolphins of the Desert Swimming Academy

Co-Founder of [Dolphins of the Desert Swimming Academy, LLC](#)

U.S. Masters Swimming Certified Adult Learn-to-Swim Instructor

Three-time U.S. Olympic Swimming Trials competitor in 100 Breaststroke (1992, 1996, 2012)

Multiple Masters Swimming world and national records in backstroke, breaststroke and individual medley

FINA All-Time #1 World Rankings: 50 and 100 Breast, 100 IM, 100 Back; All-Time Top 10, multiple events



### Saturday, May 6, 2023

Session 1	Check-in	12:30-12:45 PM	Clinic	12:45-1:45 PM
Session 2	Check-in	1:45-2:00 PM	Clinic	2:00 PM-3:00 PM
Session 3	Check-in	3:00-3:15 PM	Clinic	3:15-4:15 PM

**Location:** [Parkrose Swim Center](#), Parkrose High School, 12003 NE Shaver Street, Portland, Oregon 97220

**Cost:** \$25 per clinic for registered USMS members.

This is a USMS sponsored event, every swimmer needs to be registered with USMS.

**Option #1** (strongly recommended): register or renew for 2023 with USMS. The yearly membership will give you access to any USMS events, such as clinic, swim meets, fitness or virtual events as well as access to their website, newsletters, workouts library and a multitude of technical tips and articles.

**Option #2:** register for a one-day event for \$20, to be paid for each clinic.

**Equipment:** Please bring your suit, goggles, towel, and a SNORKEL.

**Registration:** Online registration only thru the Oregon Master Swimming website [www.swimoregon.org/events](http://www.swimoregon.org/events). Registration closes when each session reaches 20 swimmers.

**Questions:** contact Tim Waud: [timpwaud@gmail.com](mailto:timpwaud@gmail.com)



# Meet Records

## Bellevue Club SCM Mile - 2/05/2023 - OREG swimmers

### Women 65-69 800 Meter Freestyle Time Trial

1 Crabbe, Colette M 67 OREG NT 11:19.71 Oregon

### Women 65-69 1500 Meter Freestyle Finals

1 Crabbe, Colette M 67 OREG 22:00.00 21:24.47 Oregon, Zone

### Women 75-79 200 Meter Freestyle Time Trial

1 Gettling, Janet 75 OREG NT 3:27.32 Oregon, Zone

### Women 75-79 400 Meter Freestyle Time Trial

1 Gettling, Janet 75 OREG NT 7:02.15 Oregon, Zone

### Women 75-79 800 Meter Freestyle Time Trial

1 Gettling, Janet 75 OREG NT 14:10.72 Oregon, Zone

### Women 75-79 1500 Meter Freestyle Finals

1 Gettling, Janet 75 OREG 27:21.00 26:36.25 Oregon, Zone

### Men 25-29 1500 Meter Freestyle Finals

1 Edwards, Evan 25 OREG 17:36.40 17:33.98 Oregon, Zone

### Men 50-54 800 Meter Freestyle Time Trial

1 Grote, Kurt 50 OREG NT 9:17.08 Oregon

### Men 50-54 1500 Meter Freestyle Finals

1 Grote, Kurt 50 OREG 18:21.48 17:22.68 Oregon

2 Tujo, Christian F 52 OREG 24:00.00 21:22.94

### Men 55-59 800 Meter Freestyle Time Trial

1 Jorgensen, Daniel P 55 OREG NT 9:26.32 Oregon, Zone

2 Sullivan, Scot A 57 OREG NT 9:56.97

### Men 55-59 1500 Meter Freestyle Finals

1 Jorgensen, Daniel P 55 OREG 18:07.50 18:27.79 Oregon

2 Sullivan, Scot A 57 OREG 18:57.51 18:49.34

### Men 75-79 800 Meter Freestyle Time Trial

1 Kirkland, Dan L 75 OREG NT 10:40.84 Oregon, Zone, National, World

2 Bruce, Bob A 75 OREG NT 12:02.98

### Men 75-79 1500 Meter Freestyle Finals

1 Kirkland, Dan L 75 OREG 20:19.51 20:18.58 Oregon, Zone, National, World

2 Bruce, Bob A 75 OREG 22:58.01 22:24.07

# Meet Records

## Oregon City, SCM meet - 3/12/2023

### New Records Established: 45 Oregon, 29 Zone, 2 National, 2 World

#### Women 40-44

50 SC Meter Backstroke					
1	Shepherd, Sara	41	OREG	31.31	Oregon
100 SC Meter Backstroke					
1	Shepherd, Sara	41	OREG	1:06.64	Oregon
200 SC Meter Backstroke					
1	Shepherd, Sara	41	OREG	2:25.04	Oregon, Zone
50 SC Meter Breaststroke					
1	Kragt, Leslie	41	OREG	37.07	Oregon, Zone
100 SC Meter Breaststroke					
1	Kragt, Leslie	41	OREG	1:20.48	Oregon, Zone
200 SC Meter Breaststroke					
1	Cowles, Shannon	42	OREG	2:58.22	Oregon
100 SC Meter IM					
1	Shepherd, Sara	41	OREG	1:11.63	Oregon
200 SC Meter IM					
1	Shepherd, Sara	41	OREG	2:30.35	Oregon, Zone

#### Women 50-54

200 SC Meter Freestyle					
1	Martell, Beth	51	OREG	2:21.36	Oregon
200 SC Meter Backstroke					
1	Martell, Beth	51	OREG	2:36.98	Oregon
100 SC Meter Breaststroke					
1	McClafferty, C.	50	OREG	1:24.30	Oregon
50 SC Meter Butterfly					
1	McClafferty, C.	50	OREG	30.84	Oregon, Zone
100 SC Meter Butterfly					
1	McClafferty, C.	50	OREG	1:08.15	Oregon, Zone
200 SC Meter Butterfly					
1	McClafferty, C.	50	OREG	2:36.89	Oregon, Zone
200 SC Meter IM					
1	Martell, Beth	51	OREG	2:39.60	Oregon

#### Women 65-69

50 SC Meter Freestyle					
1	Andrus-Hughes, Karen	66	OREG	32.14	Oregon
100 SC Meter Freestyle					
1	Andrus-Hughes, Karen	66	OREG	1:11.51	Oregon
50 SC Meter Backstroke					
1	Andrus-Hughes, Karen	66	OREG	37.06	Oregon, Zone
100 SC Meter Backstroke					
1	Andrus-Hughes, Karen	66	OREG	1:19.11	Oregon, Zone
200 SC Meter Backstroke					
1	Andrus-Hughes, Karen	66	OREG	2:55.98	Oregon, Zone
50 SC Meter Breaststroke					
1	Crabbe, Colette	67	OREG	41.47	Oregon

#### Women 75-79

50 SC Meter Breaststroke					
split	Gettling, Janet	75	OREG	53.42	Oregon, Zone
100 SC Meter Breaststroke					
1	Gettling, Janet	75	OREG	1:52.88	Oregon, Zone
50 SC Meter Butterfly					
1	Gettling, Janet	75	OREG	47.59	Oregon, Zone
100 SC Meter Butterfly					
1	Gettling, Janet	75	OREG	1:51.77	Oregon, Zone
200 SC Meter Butterfly					
1	Gettling, Janet	75	OREG	4:01.71	Oregon, Zone
100 SC Meter IM					
1	Gettling, Janet	75	OREG	1:42.25	Oregon, Zone
400 SC Meter IM					
1	Gettling, Janet	75	OREG	8:03.16	Oregon, Zone

## Meet Records - Oregon City, continued

### Women 80-84

#### 200 SC Meter Freestyle

1 Nichols, A Jane 82 OREG 3:54.77 Oregon, Zone

#### 100 SC Meter Butterfly

1 Ward, Joy 81 OREG 2:14.88 Oregon, Zone

### Men 18-24

#### 200 SC Meter Freestyle

1 Peng, Noah 19 UC37 2:04.20 Oregon

### Men 30-34

#### 200 SC Meter Backstroke

1 Morrell, Nicolas 31 OREG 2:16.92 Oregon, Zone

### Men 50-54

#### 100 SC Meter Freestyle

1 Grote, Kurt 50 OREG 57.97 Oregon

### Men 55-59

#### 200 SC Meter Freestyle

1 Jorgensen, Daniel 55 OREG 2:07.92 Oregon, Zone

#### 400 SC Meter Freestyle

1 Jorgensen, Daniel 55 OREG 4:33.64 Oregon, Zone

#### 100 SC Meter Butterfly

1 McComish, John 57 OREG 1:05.95 Oregon

### Men 70-74

#### 100 SC Meter Backstroke

1 Edwards, Wes 70 OREG 1:18.84 Oregon

### Men 75-79

#### 400 SC Meter Freestyle

1 Kirkland, Dan 75 OREG 5:09.95 Oregon, Zone, National, World

#### 100 SC Meter Backstroke

1 Kirkland, Dan 75 OREG 1:19.10 Oregon, Zone

#### 200 SC Meter Backstroke

1 Kirkland, Dan 75 OREG 2:48.38 Oregon, Zone

#### 100 SC Meter Breaststroke

1 Bruce, Bob 75 OREG 1:40.33 Oregon

#### 100 SC Meter Butterfly

1 Bruce, Bob 75 OREG 1:35.59 Oregon, Zone

#### 200 SC Meter IM

1 Bruce, Bob 75 OREG 3:17.46 Oregon, Zone

### Women 240-279 400 SC Meter Free Relay

1 OREG 4:39.52 Oregon, Zone

1) Haffner, Francie 56 2) Andrus-Hughes, Karen 66

3) Delmage, Arlene 61 4) Jenkins, Valerie 60

### Women 240-279 400 SC Meter Medley Relay

1 OREG 5:07.72 Oregon, Zone, National, World

1) Jenkins, Valerie 60 2) Crabbe, Colette 67

3) Delmage, Arlene 61 4) Haffner, Francie 56



# Oregon Masters Swimming, Inc. Board Members

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## TREASURER

Kermit Yensen • [kermit.yensen@gmail.com](mailto:kermit.yensen@gmail.com)

## AQUA MASTER EDITOR

Bonnie Edwards Myers • [pdxbon@gmail.com](mailto:pdxbon@gmail.com)

## AWARDS — ANNUAL

Sara Shepherd • [ssobx5@yahoo.com](mailto:ssobx5@yahoo.com)

## COACHES CHAIR

Kevin Cleary • [kcswimmin@hotmail.com](mailto:kcswimmin@hotmail.com)

## DATA MANAGER — SWIM MEETS

Gary Whitman • [all5reds@comcast.net](mailto:all5reds@comcast.net)

## FITNESS CHAIR

Colette Crabbe • [colettecrabbe@hotmail.com](mailto:colettecrabbe@hotmail.com)

## SOCIAL

Michelle Jacobs-Brown • [goblin34.mjb@gmail.com](mailto:goblin34.mjb@gmail.com)

## LONG DISTANCE CHAIR

Bob Bruce • [coachbobbruce@gmail.com](mailto:coachbobbruce@gmail.com)

## MEMBERSHIP PROMOTION

Arlene Delmage • [swimvancouver@gmail.com](mailto:swimvancouver@gmail.com)

## MEMBERSHIP COORDINATOR

Christina Fox • [foxkohnert@peak.org](mailto:foxkohnert@peak.org)

## OFFICIALS — SWIM MEETS

Jacki Allender • [jacki.allender@gmail.com](mailto:jacki.allender@gmail.com)

## OMS EMAIL GROUP MAINTENANCE

Susie Young • [swim.pdx@gmail.com](mailto:swim.pdx@gmail.com)

## PAYMENTS ADMINISTRATOR

Ginger Pierson • [gingerpierson7857@comcast.net](mailto:gingerpierson7857@comcast.net)

## ADULT LEARN TO SWIM (ALTS)

Marlys Cappaert • [m.cappaert@comcast.net](mailto:m.cappaert@comcast.net)

## RECORDS

Stephen Darnell • [financialwizard2@comcast.net](mailto:financialwizard2@comcast.net)

## SAFETY

Joy Ward • [silenteclipse1210@hotmail.com](mailto:silenteclipse1210@hotmail.com)

## OREG CLUB REP

Nancy Vincent • [ncsvincent@comcast.net](mailto:ncsvincent@comcast.net)

## USMS REP

Sandi Rousseau • [swim@gorge.net](mailto:swim@gorge.net)

## TOP TEN

MJ Caswell • [mjcaswell@earthlink.net](mailto:mjcaswell@earthlink.net)

## WEB MASTER

Matt Miller • [matt@flytrapcare.com](mailto:matt@flytrapcare.com)

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