



Oklahoma Masters Swimming Fall 2009 Newsletter

<http://www.oklahomamastersswimming.com>

www.usms.org

Splash!

by Ash

It has been awhile since we've put out a newsletter. Hmm . . . let me re-phrase that: It has been awhile since **I've** put out a newsletter. However, we've made some changes, and I think that we are back on track. So thanks, everyone, for understanding and for accommodating my abysmal lack of technological skills.

During Homecoming Weekend at OSU, October 17-18, all former OSU swimmers are invited to a team reunion. Did you know that the school year 1977-1978 was the last year that OSU had a team? For information, history, and pictures, you can go to www.osuswimteam.com.

Another website that is interesting is www.swimnetwork.com. It's regularly updated with new interviews and news stories from the world of swimming.

Both the Oklahoma Memorial State Championships and the Tallchief Open Water Challenge were great events that I hope a lot of you attended. I thought it was fun having the SwimTulsa kids at Tallchief. Oh, to be young again! On a different note, my husband caught more fish last year than he did this year at Tallchief!

We have several meets on the fall schedule, so check it out and come to a meet!

On to the news . . . keep in touch, keep in shape, and keep on swimmin'!

2009 Convention Notes

by Dewey Smith

First, I hope everyone had a good summer and got to come out and socialize at one of our summer events. I attended the 2009 USA Aquatics convention in Chicago Sep 16 -20. I want to use my space in the newsletter to summarize what I learned and my impressions of where USMS is headed. USA Aquatics is an umbrella organization composed of USMS, USA Swimming, USA Diving and Synchro USA. The first two groups were by far the largest at the convention. Each group had its own meetings (and I suppose own issues). USMS registered its 50,000th

swimmer earlier this year. Because of the growth of Masters Swimming, USMS now has full time staff (5-6?) headquartered in a leased 2000 sq ft building in Sarasota, FL. The building used to be the Chamber of Commerce headquarters. The formation of this full time staff will centralize how USMS functions. This was an underlying, if not official, theme at this convention.

One example of this trend is the roll-out of a program called “end to end event management”. The program has been in the planning stages for a couple of years and is being tested in about ½ of the LMSC’s. It is a web-based program and once we have it, my understanding is we can do the following on line: apply for a meet sanction, meet directors can post meet entry forms, swimmers can enter a meet, meet directors can post results and top ten times will be generated automatically. We can even go back and look at our times at other meets we have entered. I think this will be a great service to our hardworking volunteers and to our members – one stop shopping. I tried to get a “roll-out” date, but the group working on this didn’t have a hard date yet. Stay tuned.

The most controversial issue for USMS was the approval of a set of minimum and suggested standards for LMSC’s. I can imagine that this issue arose when the staff ask themselves “what is our product?” Well, it is service and the service apparently differs from one LMSC to another. The standards are in the area of 1) Leadership (which officers do we need), 2) Bylaws and Administration (we should have them), 3) Registration (What process we follow and when), 4) Communications (Keep our members informed of what is going on), 5) Finance (Fraud is discouraged), 6) Officials (USMS rule book should be followed, and 6) Events, Sanctions and Registration (procedures for obtaining meet sanctions). Our LMSC generally meets the “minimum” requirements now and even most of the “suggested” ones. I don’t think that these standards will be a burden for us. The staff however spent a lot of time reassuring the delegates that the goal was not to punish the LMSC that do not immediately meet the minimums, but to help them do so. To this end an LMSC development committee will be formed. I kept thinking about the McDonald’s model. All McDonalds are alike, but corporate office still wants them all to sell hamburgers.

In the past, USMS has operated with numerous committees of volunteers. Though this will continue, some of these committees are being disbanded and their function transferred to the national staff. I think this will be transparent to most members, but is example of the greater role the permanent staff wants to assume.

Most of the committee meetings I attended were directed to specific function like registration, committee chairs, etc. Since I am trying to report what I think is of more general interest, I will skip the details of most of those. However there were a few things from these committee meetings that you may find of interest. . .

Insurance – the greatest number of claims come from heart attack and stroke. It is a good idea to have worked out a “what if” scenario at your pool (who will call 911 etc.). Pool drain hazards are a very minor problem with very major press coverage. For USMS coverage to be in effect during practice, a USMS registered person or USA coach must be on deck and watching practice. If you work out alone, no USMS insurance coverage. We need to do a better job on this one. Also, if non-USMS swimmers are separated from USMS swimmers by a lane line during practice, that is OK. Just being in the pool with non-USMS swimmers doesn’t void the insurance coverage for USMS swimmers.

Sports Medicine – Need a reason to get in the pool? Check out www.nspf.org/HealthBenefits.html. Also an effort is being made to reach health professionals regarding exercise and health. The program is called “Exercise is Medicine’ Of course if you are

reading this, you already know this. If you want to know more check out www.exerciseismedicine.org.

High-Buoyancy Swim Suits – The legality for competition of high tech swim suits (read high dollar) will finally be settled by FINA in October. USMS will follow FINA's lead. A notice will be sent out to all swimmers when FINA makes its decision.

Finally, as I noted, the conference was composed of members of USMS, USA Swimming, USA Diving and Synchro USA. The last three groups are in the "your-scholarship-is-on-the-line" phase of the sport. The first group smile a lot more.

Tulsa Masters Swim Club News

by Denise Smart, President

WOW! We've had a lot going on this year. Most importantly, we've seen a huge growth in our membership numbers and most specifically in TMSC membership. I think it is a factor of us doing a better job advertising that we exist, partnering with the triathlete community, and offering things that people want- a place to swim, coached workouts, and events.

A very big passion of mine is to find a 'HOME' pool for TMSC. I want to be able to tell people who contact me about swimming that they can go to 'X' pool at '0:00' where there will be a pool full of swimmers with an active, engaged coach on deck assisting swimmers of all abilities. McClure Park Pool is kind of our 'summer home'. And this summer was very successful. Our membership numbers jumped significantly and we had a total of 35 swimmers come to at least 1 McClure workout, with 24 of those swimmers being VERY consistent all summer long. Scott Zuege was our coach on deck 3 nights each week. The weather played in our favor this year as we never did have a prolonged heat spell or hot water. I want to thank my workout buddies: Mike, Angela, Darrell, Howard & Norman for making it a great summer for me. I'm still adjusting to the short, dark, indoor, pool!

Many of us are motivated to find a 'new' pool by the inevitable close of the Downtown YMCA facility in December of 2009. A group of D'Town Y swimmers got together in March at Colin Drysdale's house to discuss ideas, the pros & cons of various sites, costs, coaching, etc. Steve Johnson & I are in discussion with the facility manager of the University of Tulsa pool. TU is definitely interested in our group, we've just got a few details to work through. Maybe by January....

Also on the horizon is the new Jenks pool that will be completed in approximately 2 years. Lloyd Landreth is representing TMSC interests in this project. This could become our 'new' home pool when it is completed, or it may become the home pool to those that live in south Tulsa. Who knows! The point is, there is a lot of good happening in the Tulsa swimming world & I hope to take full advantage of it!

On to another subject, Colin Drysdale has volunteered to take over the TMSC website from John Kopsky. We hope to make the transition as soon as Colin returns from his world travels. I'll keep you posted. Thanks to John for all his work for the past ? years keeping us on the internet!

Volunteers: During the past 2 high school swim seasons, TMSC members have assisted our friends at Swim Tulsa in officiating at the TPS meets. This is a great way for us to help the group that willingly officiates all of our Tulsa events. I'll be sending out the schedule for the new season soon. I encourage all Tulsa area masters swimmers to give your time to at least one meet

this season. Thanks to Dennis, Dewey, Leslie, & Don for your help this past season. (I hope I didn't forget anyone.)

TMSC was asked at the last minute to assist with the Tulsa Park & Rec Kids Triathlon at McClure Park in July. Thanks to Don, Steve & Scott for volunteering. It was a very fun event, the kids are so cute! I hope to get more of us involved next year.

Congrats to Dennis & Steve Allen who did great at the Senior Games in California. I think Dennis is a national champion! I'm sorry I don't have their complete results to report.

TMSC EVENTS:

APRIL POOLS: our annual spring meet was renamed & moved to April (permanently for now!). We had 48 swimmers, the biggest meet in several years. The post event party was equally special this year as we celebrated Glenn Storey's 60th birthday! The 2010 event is tentatively scheduled for April 17. Easter falls the first weekend of April, and the Zone meet is scheduled the 2nd weekend. PLEASE SAVE THE DATE, bring a friend, and lets make the 2010 event even more successful.

SWIM-A-ROO: 11 TMSC members participated in the 58th annual Swim-a-Roo meet at McClure Park in July. Kathleen & Edith swam in their first swim meet ever! Steve Allen came from Muskogee to swim! This event is sponsored by the Tulsa Park & Rec Department & hosted by Swim Tulsa. It is open to all swimmers, old & young. The events consist of 50 meters in each stroke. Swim 1 event or all 4! We met several new adult swimmers from Tahlequah and hope they will start coming to our meets. It was a fun night, even if it happened to be one of the hottest nights of the summer!

29th Annual OKLAHOMA MEMORIAL STATE CHAMPIONSHIPS @ McClure: Dennis directed another great meet at McClure this year. We had 32 swimmers with several attending from Texas and one from New Mexico! We couldn't complain about the weather or the pool temperature! The post event pool party included the water slide, which everyone enjoyed. Thanks to the Vickery's and to Swim Tulsa for providing the officials and several timers. We can't do either of our meets without their assistance.

2ND ANNUAL TALLCHIEF OPEN WATER CHALLENGE: This event exceeded expectations. The inaugural 2008 event had 29 swimmers. The 2009 event had 85 swimmers! We partnered with Swim Tulsa to open the event to the age group kids. We fully expect the event to grow in 2010 when the other age group clubs in the state join the fun. We had cool t-shirts, great weather, an awesome lake to swim in, kick boards for awards, and grilled hamburgers afterwards. Thanks to all of you who swam, volunteered or BOTH. This event cannot happen without you. I cannot stay sane without you! I'm definitely going to need more help next year as the event grows. Please don't hang up on me when I call!

Next up for TMSC through the end of the year: volunteering at the TPS meets, the Lighthouse Meet in November, and the Holiday Party in December! Are there any volunteers to host the holiday party??? Please contact me if you want to help! Keep Swimming!

OKMS News
by Janet Latham

Oklahoma Masters have a wonderful opportunity to finally be a part of a coached Masters workout. Rose State College is opening up their pool to Masters from 7:30-8:30pm on Mondays and Wednesdays starting in January. This will be a coached workout. People who are interested in participating need to sign up through Rose State College Continuing Ed.

Cost is \$65.00 for the entire spring semester. Also included in this cost is working out at the college any time the pool has an open swim. ID and parking pass will also be required (about \$5.00).

For more information contact Janet Latham, (405) 297-3612.

OMS Annual Meeting Minutes August 15, 2009 by Sarah Kopsky

Attended by (Official): Dewey Smith – Chair OMS; Dennis Wilson – Official’s Liaison; John Kopsky – Web Master/Sanctions/Treasurer; Ashley Nance – Newsletter Editor; Kathy Keffer-Sharpe – Safety Coordinator & OKMS Club representative; Louise Cleary – EAMS Club Representative; Denise Smart – TULS Club President; Sarah Kopsky – OMS Secretary

Officials not in attendance: Cindy Bowling – Top Ten; Anita Walker - Rules; Loida Delgado - Registrar; Leslie Sauber - Long Distance

Unofficial: Matt Powers, Don Nelson, Steve Johnson, Glenn Storey, Jim Amick - Team Ridglea, Ft. Worth, Barbara Ferguson, Colin Drysdale, Angela Mareschel, Monika Friedman, Kelly Childers, Glen Elliott

Dewey Smith chaired the meeting.

- 1.) Per Dewey’s agenda for the meeting, roll call, attendees signed the attendance sheet.
- 2.) Approval of last year’s minutes as posted on the web site. The motion was made, seconded and approved.
- 3.) Reports of officers:
 - a. Dennis, Officials - no report
 - b. Kathy Keffer-Sharpe, Safety: Asked if we wanted to continue safety as an officers position. Dewey replied if we want it, it’s there. Kathy will retain her Safety position. ????
 - c. Ashley Nance, Newsletter Editor: The problem with the newsletter is distribution. When e-mailing and mailed, it may come back as undeliverable. It was decided that the procedure for the newsletter distribution would be as follows: After the newsletter is completed, it should be sent to John for posting on the website. After posting John will send Loida the link to the newsletter for e-mail distribution. Loida will distribute the link to the membership. Any e-mail that is not deliverable will be discarded. It is up to the membership to keep their information current. Side note: John stated that in sending e-mails that a link to a site’s web page is much more efficient than adding an attachment, particularly for the receiver of the e-mail. If possible, please use links instead of attachments.
 - d. John Kopsky, Sanctions, Treasurer, Web Master--Yield to Denise to give the current registration numbers in Loida’s absence. We have 133 members registered, 76 are TMSC. This is our best in 10 years. Sanctions: Nothing to report, same as usual. Treasurer: Current balance is

\$7,700 the years beginning balance was \$7,200. The treasury is behaving as typical to previous years. The IRS now requires us to report annually that we are a nonprofit organization making less than \$23,000 per year. Web: See side note under c. above.

4.) Business carried forward from last year

a. By-Laws: The proposed By-Laws are on our website. Members of House of Delegates have to approve the proposed changes. It was motioned, seconded and approved that voting be acceptable via e-mail.

b. Long Distance Officer - After a discussion on this position, it was motioned, seconded and approved to delete this position on our OMS slate of officers.

c. Slate of Officers:

i. Secretary: Sarah Kopsky would like to be replaced as Secretary. We are looking for volunteers.

ii. Cindy Bowling is the Top Ten official.

iii. Records software has been received from USMS and Dewey has it up and running. We would like for someone to take over this task. Kathy is considering doing this and will work out details with Dewey.

iv. Nominations will be listed and voted upon by email.

v. Nominations:

Chairperson - Dewey

Rules - Anita

Secretary - open

Registrar - Loida

Officials - Dennis

Safety - Kathy

Records - Kathy

Sanction - John

Treasurer - John

Webmaster - John

5.) New Business

a. Convention in Chicago September 16 - 19. Dewey announced that that a \$500 grant was received from USMS to supplement expenses. Dewey will attend.

b. LMSC is representing spirit of outstanding swimmer award. One does not have to be a swimmer to receive it. A motion was made and seconded that it be awarded annually. The motion passed. The nature of the award is that it is to be non-traveling.

6.) Summary of Resolutions

a. Posting of newsletter on Web. E-mail to John Kopsky and he will post it. Loida will send out a mass email.

b. Tallchief Lake swim is August 29.

c. Still need nominations for Records and Secretary.

d. OMS approved a motion to provide \$350 to Tulsa for Tallchief Lake Swim. The loan is to be paid back out of profit to OMS up to \$350 after the lake swim.

A motion was made and seconded to adjourn the meeting.

Respectfully submitted by
Sarah Kopsky – Secretary OMS

Internet and Website Tips by John Kopsky

The following are some suggestions that may help our membership. These points are provided because of various problems that have occurred during the past year.

E-Mails:

Links vs Attachments:

There are several ways of sending information via e-mail. You can attach to the e-mail, past it into the e-mail or if the information you wish to convey is on the web you may insert its web address as a link.

If possible, I recommend linking rather than attaching.

Why:

Inserting a link into an e-mail is more efficient than using attachments. This is particularly true for the receiver.

If one gets an attachment one must download it to observe its contents this takes time. On the other hand if the information is on the web then inserting a hyperlink to that site's page is a matter of clicking on the link which should be a multiple degree faster than the download. Also if one is sending out the information multiple times the receiver does not know if the attachment is the same as previously received or has changed. This requires the receiver to download again to be sure they have the latest one. On the other hand linking to a site's page brings up the latest for immediate review.

How:

I think the best way to insert a link in an e-mail is to go to the page to be interested in using your browser then copy its address from the address window and paste it into the e-mail. This eliminates typing errors.

Web Pages:

OMS, OKMS, & TMSC Web Pages:

Change dates:

When viewing our web pages you will see a date in parentheses (mm/ dd /yy). This date is the date that this link's contents has changed.

The purpose of providing this date is to save the viewer his valuable time by alerting him as to whether this link's contents has changed since his last viewing. If not he need not proceed any further.

How to distinguish links:

As a general rule the following has been applied throughout the OMS, OKMS and TMSC web page links.

- 1) The first time you visit the site the link is blue with a blue underscore and its immediate background color is gray.
- 2) When passing your cursor over a link its background color changes, from a gray to a lighter color gray, and the link color changes, from blue to yellow.
- 3) When you click on the link its color changes from yellow to red. This indicates that this is your current or last visited link on this page.
- 4) Once you click on another link this red color change goes with it. The last or current link is red.
- 5) The previous red color link (from step 3) now changes (step 4 completion) to a violet color. This is to indicate to the user that he has previously visited that site. So violet means that the viewer has previously visited that site.

- 6) When going from previously viewed sites, violet, to another previously vied site the last one clicked goes to red again. Again the last or current link is red.
- 7) If one closes a site and later comes back to it there will be no red link and all previously visited links will be violet. An exception to this is if your cache has been cleaned then the links will appear as in step one.

Cache Cleaning:

Cache is sort of an historical memory, so when you come back to a page it shows you its last viewed condition. This can be good or bad. The good is that it does what was previously stated. The bad is you may in fact be looking at that page that was previously viewed from that computer and not the lasted page actually on the web server. When this happens one is recalling the page from cache. There is a way around these mirrors called Control Refresh. From this point on we are speaking about a Windows Operating System and / or Internet Explore and probably not all of those. In any case there should be something similar available on whatever operating system and browser you are using.

Control Refresh:

There is a key on your keyboard called control and is usually labeled **Ctrl**. At the top of your browser is a refresh button on your tool bar. A typical label for this button is a couple of arrow rotating in a clockwise direction. To insure that you are looking at the latest web page from the web server press a hold the Ctrl key while left clicking on the refresh button.

There are several ways to access Refresh besides as stated above:

- 1. From the tool bar click on View and then Refresh. Next to the refresh text you may note a function key, like F5. If so while holding down the Ctrl key and depressing the F5 key will also accomplish this task.
- 2. Right click on a blank space on the page and then on Refresh.

The Ctrl key needs to be depressed when left clicking on Refresh and only then.

There are several applications that will clean cache like Window Washer, Spy Sweeper, etc. but there is another provided in your operating system.

Sequentially Left Click through the following starting at Start in your status bar usually located at the bottom of your screen.

Start/Programs/Accessories/System Tools/Disk Cleanup

The clean up process will take a while, maybe an hour, and will vary depending on the size of your Hard Drive.

Cleaning your hard drives cache will result in your viewing web pages as if this was the first time you visited the site and you will not be looking at any mirrors of that site.

Problems:

The web pages are checked with validators when they are available to insure that browsers should be able to interpret the pages correctly and they are viewed with Internet Explore prior to publishing. With al this, sometime things still don't work as intended. There is probably not any browser that meets the World Wide Web Consortium (W3C) standards. Therefore all browsers do not work the same and I don't have nor the time to check all popular browsers. So if you come across a problem please advise and I will work to correct it.

Upcoming Oklahoma Meets!

November 7 th	Lighthouse Meet	Kathy Keffer-Sharpe (405) 495-0662	25 yards
March 13 th	Rose State	Janet Latham (405) 297-3612	25 meters

(405) 640-3759

Be sure to check www.usms.org for the complete national and international calendar of events.