

Oklahoma Masters Swimming

Summer 2008 Newsletter

www.members.aol.com/okmstrswm
www.members.aol.com/tulsamsc

<http://math.ecok.edu/aw/Swimming>
www.members.aol.com/OkMstrSwmclub

Splash!

by Ash

It has been quite a swimming summer! Several Oklahoma swimmers went to the Bentonville meet (too bad the distance events were rained out Friday evening—ten of us were forced to go out for Italian food instead), and of course the Memorial meet in Tulsa is always fun. I know some people swam in other meets, also, and I hope everyone had great times, both in the pool and out.

The swimming highlight of my summer was a meet in which I did NOT swim, but was a fascinated spectator—the swimming Olympic Trials in Omaha. My mom, who took me to a bazillion age group meets back in the day, and I scored press passes for the Trials at the Quest Center. Our media credentials were the ultimate for swimming fans like us, getting us primo seating, access to press conferences, and meals in the press hospitality room.

The Myrtha pool in the Quest Center was stunning. We could not believe it was a temporary pool. It was like walking into Gallagher-Iba or the Ford Center and looking down to the floor/court and seeing a pool there. We were so excited about being there, that at the first evening session we attended, we were so early that we had our choice of the whole press section. We picked out the best seats and sat down, marveling at the pool and the whole atmosphere, and then I glanced across the aisle next to us and spotted Rowdy Gaines. I was as excited as a ten-year-old girl at a Hannah Montana concert. “Mom! Mom! Omigosh, look! It’s Rowdy Gaines! It’s him! It’s really him! He’s right there! I’m looking at him right now!” To make a long story short, I finally went over and talked to him. He was so friendly and nice! I mentioned that I am the editor for the Oklahoma Masters Swimming newsletter and wondered if I could take his picture for the newsletter. One of the NBC cameramen offered to take a picture of Rowdy and me together, and so of course, that’s what we did. Later on during the meet, I had the chance to talk to John Naber, Mel Stewart, and Matt Biondi. At first I think John Naber looked at me kind of warily, wondering if I might be some kind of swimming psycho stalker, but the minute I mentioned Masters Swimming to him, or to any of these former Olympians, they smiled and opened up and were happy to visit for a few minutes. I told them all I would put their pictures in our newsletter.

Andrea Kraemer for NBC interviewed swimmers on the pool deck right in front of our section. As soon as they got out of the pool, and before they left the deck, many swimmers stopped for an interview. We ran into Andrea in the press hospitality room before one of the evening sessions, and Mom talked to her for a while. She was very friendly and appreciative of the compliments and “attagirlz” from Mom.

It was the ultimate swimming experience for swim fans, and we were so lucky to have the opportunity. It was even more special that I got to do this with my mom. My husband and son are probably sick of hearing about it (no, strike the “probably”—they are definitely sick of hearing about it), but it was a totally awesome time. Hmmm. . . I wonder where the Trials will be in 2010?

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

Lane Lines by Dewey Smith

It has been an excellent year for Oklahoma Masters Swimming. We have had very good attendance at our four meets (Lighthouse, Rose State, Cinco de Mayo, and Long Course State). We added two new clubs, Extreme Aquatics and Conoco Phillips, and have plans to soon add an open water swim to our events schedule. Thanks to all who have participated and as always special thanks to our meet directors, Kathy Keffer-Sharpe, Janet Latham, Leslie Sauber and Dennis Wilson. Thanks also to all who volunteer your time and effort to keep OMS running. Even though we have had a good year, we are always looking for ways to do better. To this end, I have been doing some comparisons of OMS and the USMS membership. You may find this interesting. In birth years from 1930 to 1959, our percentage of OMS members is higher than that of the national USMS membership. In birth years from 1960 to 1989, the statistics are reversed.

As an LMSC we are a little older than the membership of USMS. A number of our members were born in the 1950-1959 time period (can you say “baby boom”?). On the other hand, registered USMS members are a little more evenly distributed in their birth decades with the peak in the 1960-1969 period. Perhaps we “lost” some of our younger swimmers, compared to the USMS membership. At least, I think that is one way to interpret it.

Of course, the assumption is that those younger swimmers were in Oklahoma in the first place! To check this out, I got the census data for Oklahoma and constructed a similar plot. The population of Oklahoma is more evenly distributed than our LMSC members. Apparently we were either extremely successful in attracting those born in the 50s, or we have lost some opportunities in attracting younger swimmers. Perhaps this is an opportunity. Your comments and ideas are always welcome.

Tulsa Masters Swim Club News by Denise Smart

Sorry I missed the spring newsletter. I will give an update of Tulsa news going back to January. My heart feels good when I see all the things TMSC has been involved in this year.

We've put a lot of energy in to promoting TMSC & masters swimming in general this year. We held our second 'Swimmers' Night Out' event on January 30. The first was held in October 2007. Those of us working out at different pools throughout the year enjoyed the opportunity to hang out together in a 'dry land' setting. We had at least 30 people attend each outing & a few new swimmers at both. Thanks to Dennis Wilson for the idea & for organizing each one for us. Jocelyn Wood, our expert graphic artist, designed very cool flyers to promote each outing. In fact, the Downtown YMCA almost didn't allow us to post the second flyer because it was so cool! We plan to do another outing this fall before the holiday season hits.

TMSC members Leslie Sauber, Tom Vinson, Dennis Wilson & I volunteered to help “officiate” at the Tulsa Public Schools High School Swim Meets this past season. SwimTulsa parents provide officials at these meets as part of their community service efforts. Sally Schultz, SwimTulsa volunteer coordinator, contacted us to assist as well. TMSC is indebted to Sally & the SwimTulsa parents who officiate at our masters meets. I believe this is a great way for TMSC to return the favor. I fully expect TMSC to assist again this coming season & I'd like to get more of you involved. Please watch for e-mails on the subject when the season begins.

February marked the first ever 'AM vs PM Duel' meet' at the Tulsa Downtown YMCA. There is a very dedicated group of swimmers at the Y made up of TMSC members, triathletes & fitness swimmers. Late last year, the group that swims together in the evening challenged the morning group to a dual meet, aka an AM vs PM duel! We finally agreed to Feb. 15th for the big day. TMSC member Scott Ostrem, triathlete, unicyclist & all around crazy man, devised a way to handicap each swimmer to make things more even. We swam 13 events consisting of individual events & many relays. All together 22 people participated, including 4 children. The Y's aquatic director, Bruce Peterson, served as the starter & kept things organized & moving. With his computer on deck, Scott was able to quickly tally the results. In the

end, the AM team won by 1 event! It was a fun night & a subtle way to introduce people to masters swimming. We hope to do an encore event again before our beloved Downtown YMCA closes for good sometime in 2009.

In March, several TMSC members traveled to the Rose State meet in Midwest City. Of note, Ted Candler participated in his first ever Masters Meet. Ted was recruited by Don Nelson, as the two sometimes swim together at the Aspen Athletic Club in Tulsa. Ted swam only the 800m free that day. It seems we may have 'hooked' Ted as he is delaying his vacation departure so he can participate in the McClure meet August 10.

April was the month of the 'Cinco de Abril' meet at Booker T. Washington HS in Tulsa. Due to a conflict with USMS Nationals, our traditionally May meet was moved to April. Most likely, this event will remain an April meet in 2009. Leslie Sauber directed another fabulous meet & hosted the social at her newly remodeled home. Leslie is giving up her duties as meet director after ?? years. Yours truly will take over in 2009.

Also in April, TMSC placed almost 300 flyers designed by Jocelyn in the participant packets of the Springfever Triathlon in Claremore, OK. The flyer advertised the upcoming summer swim workouts at McClure Park. I did receive many calls & e-mails as a result of the flyer. We've been swimming at McClure since June 2nd. Favorable weather conditions and a small leak in the pool kept the water temperature tolerable for the majority of the summer. We've had a great turnout, with over 20 people paying to swim for the entire summer. Sarah Schultz, an accomplished former SwimTulsa swimmer offered stroke instruction two nights a week. It has been a nice change of routine for me & an opportunity to swim with people I don't get to see during the winter months.

TMSC was invited to participate in the 54th Annual Swimaroo meet at McClure Park on June 30th. Swimaroo is sponsored by the Tulsa Parks Department with SwimTulsa acting as meet director. The meet is primarily an opportunity for the up & coming age group swimmers to gain meet experience. The event schedule consisted of a 50 m of each stroke, with swimmers able to swim all events if they chose. Awards were given to the top 8 places. The 13 TMSC swimmers that participated had a great time. Steve Johnson told me later that these were the first swimming ribbons he had ever won. Steve, now 53, learned to swim in his 30s, coached then by Cappy Doerr. TMSC swimmers weren't the only entrants in the 19 & over age group. Several parents of the age group swimmers also entered. Hopefully, those parents will find their way to Masters swimming.

One huge accomplishment this summer was getting TMSC swim caps. Again, my thanks go to the creative mind of Jocelyn Wood, who designed the new TMSC logo for us. It is so awesome to see a pool full of yellow caps with the TMSC logo and an even bigger impact when we go to swim meets. I still have caps available for \$5 each. Contact me & I will get one to you. I'd like to do t-shirts in the future, so watch for an e-mail. I will most likely require prepayment due to the expense.

The 28th Annual Oklahoma Memorial State Championship at McClure Pool will be history by the time you read this newsletter. We are expecting a site visit in August from two master coaches who are volunteering their time, with USMS support, to mentor small clubs like ours. We will plan another "Swimmers' Night Out" while they are here. They also want to visit some of the pools where TMSC members are swimming. Look for details from me in the very near future. I'm expecting them to arrive around August 18th or so.

Next up on the calendar is the 1s (hopefully annual) Tallchief Open Water Challenge, September 27th at Zink Ranch in Sand Springs, OK. After almost 20 years devoid of open water swim events in OK, TMSC will host this event consisting of a 1/2 mile, 1 mile or 2 mile event. Please watch for an announcement coming soon. We need swimmers, but we also need volunteers. Please contact me for more information.

As a final note, please let me know if you'd like to help me with the club. Right now, we only have two active officer positions: me as President and Jocelyn Wood as Treasurer. I will take over the meet director responsibilities from Leslie for our spring short course meters meet in 2009. I'm also taking on the open water event that hopefully will become an annual event. Dennis Wilson continues as the McClure meet director in the summer. I have a list of officer positions that could be filled, but some of

them really aren't relative any more, in my opinion. I'd like our club to promote the fitness aspect of masters swimming & could use a volunteer to help organize it. USMS offers many fitness type events that don't involve going to meets & diving off blocks! I think we can do a better job of telling swimmers about those events. I can't do a good job at any of it if I'm trying to do ALL of it. I'm open to any ideas. My e-mail is denises@webzone.net.

See you in the pool!

Top Ten and Records by Anita Walker

The Pool Length Certification Forms have been resubmitted for the following Oklahoma pools in which we have held Masters meets the last six years: Booker T Washington (25 meters), Claremore (25 yards), Claremore (25 meters), Lighthouse (25 yards), McClure (50 meters), and Rose State College (25 meters). Seems as if the six original forms for these pools were either lost in USMS files and/or were never recorded in the comprehensive list of certified pools. All were measured and submitted in 2002, 2003, and 2004. If a "new" pool is used in the future, then it must be certified before the times from that meet can be counted for anything. Please be sure to mail a copy of the form to Anita Walker at PO Box 696, Ada OK 74820.

Swimmers attending meets out of Oklahoma are responsible for letting Anita know how to locate the official meet information and the official results online. As an alternative, copies of these documents can be sent to Anita Walker at the above address. Such information should be sent immediately after the meet, as results are processed in chronological order for the updating of Oklahoma Citizen records.

Short Course Nationals Results

Two Tulsa swimmers, Matt **Powers**, 60-64, and **Steve Allen**, 70-74 competed in Short Course Nationals this past May in Austin, Texas. Matt placed third in both the 50 breast and the 100 breast. He was also twelfth in the 50 fly. Steve swam the 50 breast, 50 fly, and 100 I.M., placing fourth in each of those events. He placed fifth in the 100 free and sixth in the 50 free.

Olympic Trials Press Conferences by Ashley Nance

One of the greatest benefits of attending the Olympic Trials on a Press Pass was the access to press conferences. Downstairs in the official press conference room, we sat through several press conferences just like we were used to doing so all the time. I don't think my Sony Cyber-shot digital camera gave us away at all.

The very first one we attended was Michael Phelps and his coach Bob Bowman. They came walking in, smiling and talking to each other, and sat down at the table. The floor was opened to questions, and I would tell you what was said, but I can't read my notes. It seems that while my jaw was dropping and I was staring blatantly and shamelessly, I drooled on my notepad and didn't notice. The words are blurred. Sorry.

The press conference with Katie Hoff, her coach Paul Yetter, Allison Schmitt, and Caroline Burckle was next. Aaron Peirsol and Amanda Beard both had press conferences the next day. Later that day Jessica Hardy was asked about her unusual double-100 breast and 50 free—and she just shrugged her shoulders and said she thought she would try it. Lacy Nymeyer and Rebecca Soni talked about making the team in the 100 free and 200 breast, respectively.

In another Phelps and Bowman press conference, Michael said (and I'm reading clearly from my notes this time) "I can't control what other swimmers do. I can just control what I do." He said that he calls Dara Torres "my mom" and Bob Bowman said, "To see her stretching is amazing." Michael added, "It's

crazy.”

The last press conference we attended was Dara’s after her 100 free win. She said “It really, really, really, really hurt. I didn’t think it would hurt that bad!” She said that she had been looking at placing 3rd-6th and being content with a relay. After the race she couldn’t see her time right away. She laughed and said “They need to make those numbers bigger for people my age!”

As if all of those experiences weren’t enough of a swimming thrill for us, we attended two “Legends” press conferences. The first one was Matt Biondi, Mel Stewart, and Jenny Thompson. All three were articulate, poised, gracious, smart, and knowledgeable. After it was over, while I was hanging out, chilling, talking with Matt, you know, swimmer to swimmer, he said that he had donated his eleven Olympic medals to the National Italian Hall of Fame. I casually mentioned that another Olympic swimmer friend of mine, Al VanDeWeghe, Berlin, 1936, 100 back, silver medalist told me that he kept his medal in his sock drawer. I think the circle of reporters was impressed with my journalistic credentials and wealth of Olympic history. Then I gave the AP reporter my Sony Cyper-shot to take a picture of Matt and me.

The other “Legends” press conference was that of the one and only Mark Spitz. I think I still have the poster of him in his red, white, and blue Speedo and his seven gold medals spread across his chest. He gets asked a lot about Michael Phelps’ quest for eight Olympic gold medals, thus eclipsing Mark’s seven. When a reporter asked him at this press conference, he replied, “If Phelps gets eight or nine gold, it’s great. It doesn’t take anything away from me, and it’s good for swimming.” When asked about the new technological swim suits like the LZR Racer, he said that if the suit alone made you a good swimmer, then he’d go out and buy some Tiger Woods golf clubs and expect to be that good.” He mentioned three people who really pushed him in his career: Gary Hall, Sr., Jerry Heidenreich, and Roland Mattes from the then-GDR. He had to leave right away to go do another interview.

The media credentials, besides providing access to the Hospitality Room, which, by the way, had heapings of delicious food, gave us an opportunity that enriched our Olympic Trials experience. We got to see more than the average spectator gets to see. We got to go behind-the-scenes and get a little closer to the personal side of the swimmers, and for couple of swimming junkies, that made the difference between a great trip and a trip of a lifetime.

Check out These Websites!

I’ve found some excellent websites that swim fans will love. You can find swimming news, swimming features, swimming blogs, swimming videos. . .you could spend hours on the computer diving into these swimming sites.

*www.swimroom.com

*www.usaswimming.org

*www.swimnetwork.com

*www.mgoswim.org

* www.swimstars.org

*www.nbcolympics.com

*www.theswimaids.com

*<http://si.com/olympics>

*www.goswim.tv

Long Course Nationals by Dennis Wilson

Mt. Hood Community College, Portland, Oregon. Just got back last night from Portland. There were 1131 swimmers. I only swam 4 events, but 5 was the limit this year anyway. I was the only one there from Oklahoma. The Tulsa Masters Swim Club placed 83rd out of 110 men’s teams. The pool was redone 2 years ago, and was quite nice. I attended the Nationals there in 1982 with Al Vandeweghe. It was outside, but

they put a bubble over it and use it year round. Saw so many people I knew...Suzanne Robbins Bonitz, Betty Christian, Graham Johnston, Vinus Van Balen, Rob Copeland, and many friends from the past, from surrounding states, from all over. Penni and I, (my fiancée!), stayed at my son Daniels loft in the Pearl district downtown. We were able to squeeze in visits to the wine country south of town, and a trip up to Timberline Lodge on Mt. Hood, where we took the ski lift up and walked down. It was unusually warm for them, but wasn't too bad compared to what we go through here every summer. The quality of the athletes was awesome. With the qualifying times, trip expense, etc. a lot of average swimmers just don't go. I don't know how many world and national records there were, but they seemed like they were all in my events! Everyone was wearing those new fast suits, so I had to get one (Just a shortie) as well. My times were better than they have been for a while. While there, I inquired about Als old Olympic rival, Adolph Keifer, and was told that although he broke his hip during the Olympic trials, he was already back at work and doing well at 90 years. I was also told to apologize to the meet directors there for having our meet the week before theirs. I don't think so!

Tulsa Meet Report

by Dennis Wilson

We had another year with low turnout for our 28th Annual Memorial meet in Tulsa this year (Aug. 10th.) We had 32 entries with 28 actually showing up, with many of our local swimmers not entering the meet. We did have an entry from California, and one from New Jersey! Once again we had excellent weather, overcast, cool temp with just a hint of sun. The temp had dropped off for several days before the meet giving us a water temp of 81, not bad for August. Thanks to the Vickerys, Dolans, Craig, Sally, Dave, and everyone else from Swim Tulsa for their help, and timing equipt. We had plenty to eat and drink, and enough helpers to ease the workload. If we get we've got to give, so all of you be sure and volunteer your time with the kids swimming clubs.

Editor's Note: Due to extremely low technological capabilities of someone-who-shall-not-be-named, pictures from the Olympic Trials are not available in this newsletter. Perhaps someone-who-shall-not-be-named can figure things out by the next newsletter.