

# Oklahoma Masters Swimming Winter-Spring 2008 Newsletter

[www.members.aol.com/okmstrswm](http://www.members.aol.com/okmstrswm)  
[www.members.aol.com/tulsamsc](http://www.members.aol.com/tulsamsc)

<http://math.ecok.edu/aw/Swimming>  
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## **Splash!** **by Ash**

It seems like it has been a very long time since I've seen my swimming friends. I know there are some meets coming up, and I sure hope to see people and get caught up with everyone. I hope everyone is staying in shape over the winter season. To me, that is the hardest time to make myself go to the pool. I need some workout partners here in Stillwater to encourage me to keep at it. Did you know there is a new Masters team in Edmond that has coached workouts? Louise has information about it in this newsletter.

Turning fifty seemed like a good time to go to a national meet, and LC Nationals were nearby, so I went to The Woodlands in August. Jocelyn Wood and Matt Powers from Tulsa also competed there. What an awesome pool! SC Nationals are in Austin this May. Is anyone planning to go?

"From Block to Wall. . .Swim Them All" is the theme of the 2008 USMS Check-off Challenge. This is a postal event designed to motivate swimmers to complete as many of the eighteen pool events as possible during the 2008 calendar year. The events may be swum in practice or in meets, in yards or in meters, any time during 2008. For \$15 you can order a T-shirt and check off each event on your shirt as you swim it. For more information, or to enter, contact Raena Latina at (317) 876-3253 or [raenalex@hotmail.com](mailto:raenalex@hotmail.com) or visit [www.usms.org/fitness](http://www.usms.org/fitness).

There are several changes in Oklahoma Masters Swimming right now, so dive into the newsletter and see what's going on. On to the news. . .keep in touch, keep in shape, and keep on swimmin' . . .

## **Lane Lines** **by Dewey Smith**

As your new chairperson, I want to introduce myself to those who don't know me. My name is Dewey Smith and I swam Master's in Oklahoma in the 1980's. We moved from Ponca City to Austin, Texas, in 1989 and though I still swam for recreation, I didn't swim in meets until moving back to Oklahoma last year. One of the things I looked forward to doing when I moved back was to get involved with Oklahoma Masters Swimming again. It is just so much fun! It is so easy to send e-mails now, if you have ideas for improving our LMSC, or just want to say hello, please e-mail me at [leedewey@cox.net](mailto:leedewey@cox.net).

It is gratifying to see so many old friends who are still involved with Oklahoma Masters Swimming and to meet the "new" people who are volunteering their time and efforts to keep Master's Swimming running. Special thanks to our meet directors, Janet Latham, Leslie Sauber, Kathy Keffer-Sharpe, and Dennis Wilson for putting on the meets (and socials). Also, many of the officers of the club have been doing a great job for many years. They will be the first to tell you, however, that new volunteers and new ideas are always welcome.

John Kopsky has done an excellent job setting up and maintaining our website (<http://member.aol.com/okmstrswim/OMS.html>). There you will find the latest calendar of events, news and places to swim.

On the national level, it is now possible register with USMS on-line at their web-site ([www.usms.org](http://www.usms.org)). Just follow the links.

This year we welcome a new club to the LMSC – Edmond Extreme Aquatic Masters. This brings the total number of clubs in the state to four – Edmond, Lawton, Oklahoma City and Tulsa. We may soon be adding a fifth from the Bartlesville area. This is very encouraging and bodes well for the future of Master's Swimming in the state.

Finally, we need your smiling faces at our meets. If you know of lap swimmers or tri-athletes who may be interested, invite them to come to a meet (maybe we get a few deck entries). The pay off for staring at the black line on the bottom of the pool for hours is the fun and socializing of a meet!

### **Lines by Latham**

The torch has been passed from Janet Latham, now past-chair, to Dewey Smith, Chair of OMS. Please give Dewey your support and respond to his emails as he continues to improve Masters Swimming in the great state of Oklahoma. It takes a community to make this effort happen. One person cannot hold every office, communicate effectively, host every meet, and participate in anything without your help.

I would like to thank all the folks who held an office during my tenure as Chair of OMS. To John K, Anita W, Kathy, Louise, Sarah, Leslie, Denise, Ashley, Marnie, Loida, and even Dennis, I extend my thanks for not always making the job easy but trying to make sure the job was done correctly. I hope everyone will continue to assist Dewey in the promotion and support for OMS.

I have spent some time contacting the local swimming areas in OKC. As it stands right now there are many options for local swimmers. However, the only coached workouts I know about are in Edmond, Ok. Please read over your options listed below. It would seem a clearing house is needed to connect swimmers with pools and times so interested people could at least workout together. I am willing to do this if folks will email me and tell me where they are working out and what times they are swimming.

**Rose State College**, offers open swim/lap swim if you enroll in the college for only \$45.00 per semester. Contact the continuing Ed. Division at 733-7392 if you are interested.

**OCCC-Oklahoma City Community College**, Offers multiple swim times. The price is 6.00/swim or \$165.00 for an annual pass. Also they have punch cards available for \$40.00 for 4 months.

Obviously, there are several YMCA's throughout OKC and the surrounding areas. They all have various lap swim times.

I have been trying to find a **discount price for Masters swimmers** with the **Lighthouse Fitness Center**. As of today they have not provided me with that information. They do have a walk in rate of \$15.00/swim. It seems high but it is a nice facility.

I will continue to update this information as others email me. Please contact me at [janet.latham@okc.gov](mailto:janet.latham@okc.gov)

New Club in Edmond - Extreme Masters Aquatic Team  
by Louise Cleary

Since September 2007 the Extreme Aquatics Team (EAT) has offered coached workouts for Masters Swimmers Monday through Friday from 5:30 - 6:45 am at the University of Central Oklahoma (UCO) pool. The pool is 6 lanes by 25 yards. The cost is \$45 per month. We share the coach, David Estes, and the pool with the EAT Senior swimmers. Masters have a minimum of 2 lanes of the six available, sometimes more depending upon the number of senior swimmers at a particular workout. There are approximately 10 Masters swimmers training with the Extreme team with about 2-6 swimmers per workout. Dave designs workouts to be 2500-3000 yards. Check out the Extreme website at <http://www.extremeaquatics.org>.

The Extreme Aquatics board also decided to start a new Masters swim club this fall in addition to offering the coached workouts. You will see this club as a choice to join along with the longstanding clubs of OKMS and TMSA.

Dave welcomes swimmers that would like to give his program a try before joining. The UCO Pool is located in the Hamilton Field House just north of the Football Stadium. Detailed directions are on the Extreme website.

A bit about the coach

Coach Dave Estes has been coaching for 22 years. He has coached Senior National, Junior National, Top 16 and National Age Group record setters. He has coached in six different states: Oklahoma, Kansas, Texas, Missouri, Illinois and Indiana. He was the Head Coach of St. Louis University for 2 years.

As a Masters swimmer in the 30-34 age group, Dave was a National Champion in 1990 in the 200 Fly, 200 IM, 50 back and 400 IM. In 1991 he was 2nd in the world in the 200 Fly. He holds several State records in Oklahoma.

Dave grew up in Bartlesville where he participated age group swimming. At one time he had more than 30 Oklahoma State Age Group records. In 1972 he broke Billy Chao's National record in the 13 and 14 boys 400 IM. At 14, he was ranked top 5 in the country in 7 events. He was the youngest male swimmer at Hershey, Pennsylvania Nationals in 1972. He broke Mark Spitz's State record in Iowa for the 17 and 18 boys 200 Fly in 1976, and was in Sports Illustrated's Faces in the Crowd for that swim. He was Junior National Champion in the 200 Fly and also swam under the Olympic Trial standard that summer of 1976. He placed in the Consolation Finals at Senior Nationals in the 200 Fly and 400 IM. At Kansas he was also Big Eight Champion and a 3 time NCAA Qualifier.

Louise's opinions

The locker rooms at the UCO pool area rather primitive, so most swimmers elect to shower elsewhere. However, the luxury of having a coach well outweighs the lack of modern comforts. It's great to be part of a training group. I am so glad we have this opportunity in Edmond.

## **Web Master/Sanctions/Treasurer Report by John Kopsky**

### **Financial:**

2007 Year ending balance was: \$5,640.00 an \$120.00 increase to our 2006 opening balance of \$5,520.00. Our current balance is \$6,840.00 and I'm expecting an invoice from USMS for around \$1,400.00 for new registrations.

We used to have several web site addresses for OMS, and our two major clubs OKMS and TMSC, along with the one maintained by Anita and Bill Walker for our Meet Results, Top Ten, etc. While each of these sites still exist I have created a master home page where all the other sites may be entered from.

<http://www.members.aol.com/okmstrswm>

It has general information such as OMS Officers, Registration, Members Information, Swim Event Calendar, and Official Meet Results for all our meets, since I think 1998. Our Top Ten Results may be linked to our OMS site.

Our clubs sites may also be accessed from this master site where information related to each specific club may be obtained, such as Club Contact, Local Places to Swim, Events: Social and Special, Club-held meets which are a subset of our OMS Swim Event Calendar.

**Recent Changes:** Added Clubs links for EAMS and LYT, Club Registration Form, a link from our Clubs to our master OMS page.

**Future Concerns:** Our current web accessible registration form allows you to request, if any, your name and contact information or parts thereof to be published on our web site. It also allows you to request how you would like our newsletter, which you are now reading, and is published by Ashley Nance, delivered to you: Web, E-mail, or Snail Mail.

These two areas or not visible when you register on line at USMS and we as a state organization need to figure out how to handle this. My first thoughts are that the members information page will probably disappear. If you provide an e-mail address when you register then you will receive your news letter accordingly. On this last point I am a little confused. If you have e-mail then you have web access and therefor why not just go to the web and read and / or download the news letter.

Getting your news letter electronically has saved you, our members, several hundred dollars each year by deleting postage.

**Your Web Site:** Remember this web site is not mine but yours. I am only the conduit that publishes it and my extreme desire is to make the site very user friendly, easy to understand and quick to navigate, and to provide you the Oklahoma Masters Swimmers the information you need and desire. If something is missing, let's add it. If something is useless, not used, then let's delete it. If its not easily understood and / or navigable, then let's improve on it. To do this your desires need to be expressed and I'm here to listen and see what I can do to make them happen. Denise Smart has been my best critiquer and listener to your needs and while she whips me with wet noodles, her points are well taken and acted upon. I welcome more Denise Smarts in this process. Dewey Smith has joined the ranks of Denise. Thanks Dewey!

## **Long Course Nationals by Ashley Nance**

It had been a long time since I'd competed at Long Course Nationals. My first Nationals was at The Woodlands when I turned thirty. This one, my second one, was at The Woodlands when I

turned fifty.

The pool there is gorgeous! Of course, it is an outdoor 50meter pool. There is also a diving well for warm up and/or cool down and an indoor 25 yard pool. The weather was very, very hot, and meet officials were constantly reminding people about drinking plenty of fluids. Swimmers crowded into the clubhouse hallways just to get into some air conditioning.

One new experience for me was the use of “fly-over” starts. When one heat finished, those swimmers remained in the water, right next to the wall, and the next heat dove over them to start their race. Then the previous heat got out of the pool.

Soon on the first day, Jocelyn Wood from Tulsa introduced herself, and it was nice to see someone else from Oklahoma. Matt Powers, also from Tulsa was there, but he only swam one event. (What’s up with that, Matt?!) It was really good to see Suzanne Robbins-Bonitz again, Tom Woods was there, and of course, all the Masters swimmers were very friendly.

One fun thing about the meet was having race commentators/announcers. The commentators gave a play-by-play for each heat, and they were very knowledgeable about who was in the water. They would keep the spectators informed on who was in the lead, if any records were being challenged, and other bits of information about the participants. The announcers were informative, funny, and always entertaining.

Here are the results for the three Oklahoma swimmers:

Jocelyn Wood (30-34): **2<sup>nd</sup>**, 1500 free; **4<sup>th</sup>**, 400 free and 200 back; **5<sup>th</sup>**, 200 free; **6<sup>th</sup>**, 100 free and 100 back.

Ashley Nance (50-54): **9<sup>th</sup>**, 400 free; **10<sup>th</sup>**, 200 I.M.

Matt Powers (60-64): **9<sup>th</sup>** 50 back

Whether you go by yourself or with other people, you really should experience Nationals at least one time. Once you do, you won’t want to wait twenty years before you go again.

**In accordance to things as seen through the eyes of John:**

Their seems to be some confusion between State Officers and Club Officers and our form as provided by USMS does a great job of perpetuating this confusion. To my knowledge the following are the state and club officers:

**State Officers are:**

Chairman: Dewey Smith

Past Chairman: Janet Latham

Editor: Ashley Nance Registrar: Loida Delgado

Long Distance: Leslie Sauber

Officials Liaison: Dennis Wilson

Records and Top Ten/ Rules Interpreter: Anita Walker

Safety Coordinator: Kathy Keffer Sharpe

Sanctions/Treasurer/Web Master: John Kopsky

Secretary: Sarah Kopsky

Extreme Aquatic Master Swimming: Susan Bercaw

Lawton YMCA Tumbleweeds, Swim Club: Marnie Kern

Oklahoma Masters Swim Club: Janet Latham

Tulsa Masters Swim Club: Denise Smart

This listing is available on our web site at: <http://www.members.aol.com/okmstrswm/officers.html>

**Club Officers are:**

**Extreme Aquatic Master Swimming:**

President/Club Registrar: Susan Bercaw

Club Delegate to LMSC: Dave Estes

Safety Coordinator: Cindy Goddard

**Lawton YMCA Tumbleweeds, Swim Club:**

President: Marnie Kern

**Oklahoma Masters Swim Club:**

President/Treasurer: Janet Latham

**Tulsa Masters Swim Club:**

President: Denise Smart

Treasurer: Jocelyn Wood

I don't know how USMS comes up with the LMSC list of officers on their registration forms. For example both TMSC and OKMS have treasurers and a president. They have no need for another registrar, because the state organization takes care of that responsibility for all clubs and unattached swimmers. I believe that is also true for the Safety Coordinator. In other words Loida Delgado and Kathy Keffer Sharpe are the defacto registrar and safety coordinator for all clubs and unattached swimmers. On the other hand if a club such as EAMS has a need and desire to have their own club members fulfilling those positions, that is perfectly ok. In my mind each club should make up their officers in accordance with their needs. From the state and national standpoint we only need to know the clubs contact person. If not stated otherwise I have assumed that the president of the club is the contact person.

What instigated this writing of my view point is looking at the completed club registration forms again this year and they sort of look like the confusion I've seen for several years. Just could not keep my mouth shut any longer. I'm not recommending we change anything for this year. Maybe who ever goes to national convention would like to bring it up.

The main thing is keep on swimming.

**Convention report 2007-by Janet Latham,**

**OMS Chairwoman for one last time.**

The best words I can use to describe the USAS convention is **WOW!**As you know the annual United States Aquatic Sports convention was held in Anaheim, CA. this year from Sept. 26-30, 2007. There were over 1,000 people attending and we had approximately 230 Masters swimming delegates at convention. The convention

title was USMS made for you & me. A lot of time was spent talking about member services and how they could be improved. USMS now has a paid executive director named Todd Smith. He has been with United States Diving for 20 years. He seems very interested in learning about Masters swimming and wants to increase our numbers as well as many other items. It was also stated that there will be a dues increase in 2008. The zone calendar was firmed up with much notice being taken when meets are scheduled either a week before or the week after national swimming events. The rules committee passed legislation stating that no meet **should** occur one week before or one week after a national championship swimming event (this does not include open water events). This impacts the Tulsa Memorial meet. The meet date was discussed in our zone meeting for the Tulsa long course meet. I told the zone chair that the meet date is specific for the Memorial long course meet because they always hold it in August on the weekend the pool closes. It was suggested that Dennis Wilson send a letter to the national long course meet director this year stating these facts. They felt the letter would help explain why we are going ahead with the Tulsa meet. A new zone chair was selected her name is Jill Gellatly. Our past south central zone rep. Marcia Marcantonio is retiring after 6 years to become a full time realtor. She also is retiring from teaching this year. Dewey Smith is our newly elected chairman for Oklahoma Masters Swimming and I submitted his name to the new zone chair.

**Three rule changes were suggested.** One was defeated and two passed. I will briefly state them below, please check the website and rulebook for the complete interpretation: they are U1, U2, and U3. **U1 Purpose:** To clarify that the body must be on the breast from the time the feet leave the wall; to eliminate the inference that an upward butterfly kick is not permissible; to eliminate the inference that the body must be wholly submerged in order to take a single butterfly kick; and, to clarify that the allowed single butterfly kick must be during or at the end of the first arm pull. Basically they effect breaststroke and allow one dolphin kick after the pull or as the body comes off the wall. On backstroke it allows a continuous simultaneous double arm pull to initiate the turn. The rule that was defeated pertained to relays.

The online registration looks like it will become a reality this year. **Club Assistant** has been hired to create and build the online registration system to serve USMS Masters swimmers. The launch date is projected for year-end 2007. This program can do a lot of things for clubs and I am sure we will be hearing a lot more about it from our registrar in the very near future.

There are many opportunities for club development. There is also a push to train volunteers to become trained USMS leaders who can help other clubs with development. I have information on this and it also available on the usms.org website if anyone is interested.

Convention continues to be a phenomenal opportunity to learn more about USMS Masters swimming and to network with others. Learning the good and bad about what works and doesn't for individual groups is a key asset for any club. We have a long-standing group of clubs and need to work on uplifting our members to help support the great framework that has been built here in Oklahoma.

### **National Officers**

President: [Rob Copeland](#)

Vice President of Member Services: [Mark Gill](#)

Vice President of National Operations: [Leo Letendre](#)

Vice President of Local Operations: [Julie Heather](#)

Vice President of Community Service: [Michael Heather](#)

Secretary: [Meg Smath](#)

Treasurer: [Jeff Moxie](#)

## Meet Schedule

March 8	SCM	Rose State College Meet Midwest City, OK	Janet Latham <a href="mailto:janet.latham@okc.go">janet.latham@okc.go</a> v <a href="tel:(405)297-3612">(405) 297-3612 (w)</a>
March 28-30	SCY	South Central Zones San Antonio, TX	David Johnson <a href="mailto:djohns@neisd.net">djohns@neisd.net</a>
April 5	SCM	Cinco de April Tulsa, OK	Leslie Sauber <a href="tel:(918)808-4384">(918) 808-4384</a>
April 12	SCY	Senior Games San Antonio, TX	David Johnson <a href="mailto:djohns@neisd.net">djohns@neisd.net</a>
May 1-4	SCY	Short Course Nationals Austin, TX	Ann Nellis <a href="mailto:ann.nellis@austin.texas">ann.nellis@austin.texas</a>
June 13-14	LCM	NW Arkansas Invitational Bentonville, AR	Lori Terlouw <a href="tel:(501)277-3812">(501)277-3812 (w)</a> <a href="mailto:swimfans@juno.com">swimfans@juno.com</a>
July 19	LCM	Ft. Smith Invitational Ft. Smith, AR	Abby Weinsinger <a href="tel:(479)629-2230">(479) 629-2230</a> <a href="mailto:aweinsinger@yahoo.com">aweinsinger@yahoo.com</a>
July 26-27	LCM	South Central Zones The Woodlands, TX	Nancy Crecelius <a href="tel:(832)289-4267">(832)289-4267</a> <a href="mailto:nacrecelius@gmail.com">nacrecelius@gmail.com</a>
Aug. 14-17	LCM	Long Course Nationals Mt. Hood, OR	<a href="http://www.usms.org">www.usms.org</a>
Aug. 22-23	LCM	28 <sup>th</sup> Annual Oklahoma State LC Championships Tulsa, OK	Dennis Wilson <a href="tel:(918)584-7285">(918)584-7285 (w)</a> <a href="tel:(918)838-8574">(918) 838-8574 (h)</a> <a href="mailto:howardsbs@cs.com">howardsbs@cs.com</a>

