

# TULSA MASTERS SWIM

## Monthly Newsletter

A publication of Tulsa Masters Swimming

A monthly go-to resource for members of the Tulsa Masters Swim Club, in Jenks, OK.

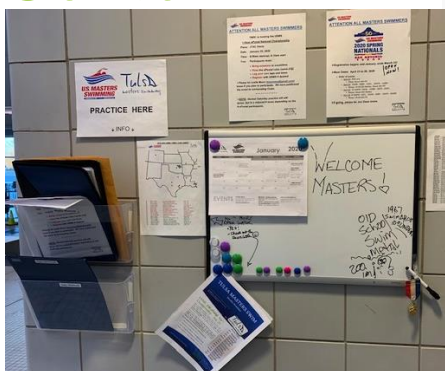
Page 1



## TMSC Info Center

Those around the pool have seen it. Others haven't. But we have a brand new **TMSC Info Center** at the JTAC Pool.

All the information you need is at your fingertips (*and if wet, your eye-level!*) on the wall in the entryway/hallway to the coaches' locker rooms.



**What's posted:** The Info Center has the week's worth of daily workouts, daily workouts, a 2-month calendar snapshot of events and pool closings, sign-up information about upcoming events and meets, and a copy of the monthly newsletter in case you haven't seen it.

Look for the Masters Practice signs located in the JTAC Pool area and they will guide you to more information! **#communicationiskey**

*See you at the pool!*

David Herrold



## Swim Dates

- Feb 14-15** **BZRK Heartbreaker**  
(Joplin, MO – [info](#))  
USA/USMS
- Feb 23** **The Block Party SCM**  
(Joplin, MO – [info](#))
- Feb 29** **DAM Spring SCY**  
(Dallas, TX – [info](#))
- Mar 8** **March Madness**  
(RiceU [Houston] – [info](#))
- Mar 28** **Open Water Swim**  
(Woodlands, TX – [info](#))
- Apr 3** **So Central Zone SCY**  
(Houston U – [info](#))
- Apr 4** **Woodforest Bank TRI**  
(Woodlands, TX – [info](#))
- Apr 23-26** **USMS Spring Nats**  
(San Antonio – [info](#))
- May 2** **April Pools Meet**  
(JTAC Pool – [info](#))
- May 31** **Tulsa Ironman**  
(Tulsa, OK – [info](#))
- Jun 13** **Long Dist OW Nats**  
(Livermore, CA – [info](#))
- Jun 20** **Spring Dist OW Nats**  
(SantaBarb, CA – [info](#))
- Jul 18** **Brogan Open Water**  
(Cleveland, OH – [info](#))
- Jul 24** **So Central Zone**  
(San Antonio – [info](#))
- Jul 25** **Okla Memorial State**  
(JTAC Pool – [info](#))

### Helpful Links:

- JCE – [Pool Schedules](#)
- JCE – [Pay Monthly Dues](#)
- [U.S. Masters Swimming](#)
- [Oklahoma Swim LMSC](#)
- [TMSC Facebook](#) page

**Renewal Overdue!**  
Renew your USMS membership. **Renew** and then pick up your **free** TMSC swim cap at the pool!

...just keep swimming...

## USMS Spring Nats are here!

Registration has opened for USMS Spring Nationals in San Antonio, April 23-26. [Register Here](#). We expect to field a team of at least 12, but we need 2 more women to join us!



Rounding out the TMSC '20 Spg Nats team are: (M) Don Nelson, Jon Dees, Howard Wolf, Doug Harris, David Herrold and Andrew Travis; (W) Denise Smart, Adina Meilner, Rebecca Camfield and Liz Cross.

Registration closes **March 23**, and we're making stay and travel arrangements now.

[Jon Dees](#)

*Meet & Nationals Captain*

## TMSC's 1-hour ePostal Results are In

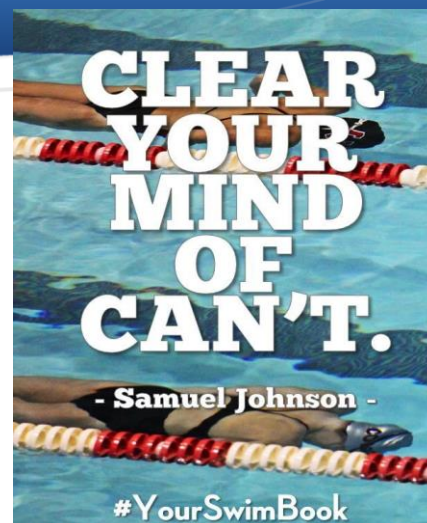
On January 25th, TMSC hosted the *1-hour ePostal* for USMS National 1-hour ePostal Championships. With 7 swimmers participating, results are in:

- Rebecca Camfield - 4,275 yards
- Jon Dees - 4,275 yards
- Denise Smart - 4,025 yards
- Max Harris - 3,850 yards
- John Ryker - 3,650 yards
- Bruce Dart - 3,300 yards
- Steve Johnson - 3,125 yards

**Congratulations** to those brave enough to take the hour challenge and to our volunteers who counted and timed!

**Leslie Moon**

*Open Water Captain*



## Recent TMSC Results

**Adina Meilner** and **Denise Smart** competed in the *Stars of Winter* meet in Bartlesville and SwimTulsa's *New Years Invite*. **Adina** broke 3 state records (50BR+50FR+100FR) and 5 citizens records (Same+100BK+100IM).

**Denise** broke 4 citizens and 4 state records (200FR+50FR+100FL+200FL). In Denise's 200 Fly, she bettered the existing 2009 record *by more than 30 seconds!*

**David Herrold** and **Andrew Travis** both competed in the Frisco, TX *Winter Sprinter*, with 100+ other master swimmers. **David** broke two citizens records (50BR+100BR) and placed 1st in both +50FR+25BR.

**Andrew** swam a PR in his 100BR *by 5 seconds* to place 2nd in the event!

*If you have Open Water, Triathlon or Meet results to report – email to: [Report Your Results](#).*

## COACH'S CORNER

### On-Deck Coaching in February:

- M-W-Th – 5:30–7:00 am
- T-Th – 6:15–7:45 pm
- Sat (15th & 29th) – 8:00–10:00 am

*Be involved in TMSC GroupMe for instant communications from Coach by sending your name and cell# to – [Coach Adina](#).*

## From the Coach:

*Masters is where you go to achieve your goals!*

I've heard many times from one who wants to join Masters but is waiting until they can swim 3,000 yds, get a little stronger, or to reach some sort of goal before they join. **You are in Masters to achieve those goals!** Think of it that way; join *to reach those goals!*

- **Become stronger** with endurance and speed
- Work on **techniques** with your coach
- Learn how to **read sets** and **hit intervals**
- **Prepare for a meet, open water event** or even **rehab** an injury by joining masters practice
- **Seek coaching** for tips and individual advice
- **Improve your swimming** by simply joining the workouts as a meet swimmer, lap swimmer or triathlete

Masters swimming with coaching assistance and organized swim practices as we have at TMSC is the place to go to be a greater version of you!

**Adina Meilner**  
*Masters Coach*