

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's Spg Nats Team

On April 23-26, **11 TMSC members** (so far) will swim at the [USMS Spring Nationals](#) in San Antonio. This year's team will be the largest ever sent to a *USMS Nationals* event from Tulsa – be proud!

Rounding out our *Women's Team* are: *Denise Smart, Liz Fullbright, Adina Meilner* (coach) and *Rebecca Camfield*. Our *Men's Team* is comprised of: *Jon Dees* (captain), *Don Nelson, Howard Wolf, Doug Harris, Bruce Dart, David Herrold* and *Andrew Travis*.

Relays are on the menu this year – 10 of them given the current count. **But: if we have 2 more women and 1 more man join, we could field as many as 17 relays!** Currently we will field 2 teams for the *mixed* 400FR, 200FR and 200Med relays, and 1 team per M/W team for the others.

Team accommodations have been set at the [Hyatt Place S.A. NW Medical Center](#), with a Group Rate (use block code: **G-TMSC** under corporate group or rate) of \$114+tax/night, incl. breakfast. Rooms are doubles; reserve and pay individually.

Remember: [meet registration](#) ends **March 23 at 11:59 PST**. *Don't wait to register!*

David Herrold



Swim Dates

- Mar 8** **March Madness**
(RiceU [Houston] – [info](#))
- Mar 21** **Last Chance Meet**
(San Antonio – [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 18** **Swim-Across Amer.**
(Houston – [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](#))
- Jun 28** **Graham Jnsn Invite**
(Houston – [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...

Fins Make Kick Sets More Productive

If you're like many swimmers, you probably *hate* kick sets. We understand; but here's why you shouldn't. Kick sets are valuable because they help:

- Build leg strength and increase speed
- Improve body position in the water and give shoulders a break
- Develop cardiovascular fitness

How can we achieve these goals if we can't get through the first round of the simplest kick sets? *Fins*. When? *As often as desired!* Although some look at fins as cheating, the reality is quite the opposite. If we look at the goals above, there isn't a single one that isn't vastly improved by using fins.

Triathlon and Open Water Training

Many of our club members are heavily involved in OW (*open water*) events including triathlons. As a club, we want to be sure OW swimmers are recognized and encouraged in TMSC's offerings. This article touches on several OW drills our OW and triathlete swimmers may want to try.

Swimming-Straight Drill. In a 50m pool or open water, swim with head-down for 20-30 strokes and stop to see where you are in relation to where you started. Work on straightening out your trajectory through several attempts.

Eyes-Closed Drill. Practice swimming in the pool with your eyes closed to get the feel of murky water. See how many strokes you can take and stay in proper position in the lane with your eyes closed. (*Be careful of others!*)

Head's Up Drill. Including "alligator eyes," swim 10-20 strokes with your head out of the water for sighting. The goal is to decrease the number of head-up strokes taken over all, turning more into just (*alligator*) eyes-up only.

Pick-Up Drills. To improve concentration and your ability to change speeds during a race (like going around a group of swimmers or finishing), start by taking 25 strokes easy then take 25 strokes fast. Practice several times, and change it up by distance slow/fast. (Article credit: [USMS](#))



Recent TMSC Results

Rebecca Camfield, Don Nelson and Denise Smart competed at *The Block Party* meet hosted by Missouri-Valley Masters in Joplin on February 23rd.

Although official results are not yet out, we hear that *Don* set new citizens records for his 80-84 age group events. *Rebecca* swam her first meet since college days in 2006 (!) and qualified for Spring Nationals in at least one event. *Denise* met the qualifying time for the 400 IM for Spring Nationals and set a new citizens record in that event.

Congratulations to all of our Tulsa Masters representatives!

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

From the Coach:

The "Comfort Zone" – Masters is where you go to come out of your shell and discover.

As adults, we can most definitely get stuck in our own ways. We usually don't like to deviate from that – it's called our "comfort zone." While it's great to have that place for some things in life...in the swim world, let's try to escape it.

But how? Try different types of workouts, swim strokes you're not very good at; dive off the blocks; if you're a triathlete, *do that backstroke or breaststroke* every once in a while. Get that *you can't teach an old dog new tricks* mentality out of your mind! I've seen many people come out of their shells and shine just from taking the leap into the "Uncomfortable Zone."

- Baby steps into the unknown.
- Pick a set you'd normally skip.
- Swim your worst stroke – or triathletes – *backstroke*.
- Trust that in the end it'll make you a better swimmer!

Adina Meilner

COACH'S CORNER

On-Deck Coaching in March:

- W & F – 5:30–7:00 am
- T & TH – 6:15–7:45 pm
- Sat – 8:00–10:00 am

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

