

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.

Note: this newsletter is for April and May 2020.



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Same Club / New Logo

Despite our current inability to compete – let alone work out, TMSC is still moving forward, rejuvenating its logo to better represent Tulsa's new city flag adopted in October 2018, designed by Jordan Michael Winn.

With several designs, the new logo (created by **Jocelyn Wood, JW Designs**) was voted by the executive crew to be:



Cap orders have been received. All TMSC members will receive 1 free latex cap with the new logo (if allergic to latex, silicone) and silicone and latex caps will be available for purchase.

Swim Dates

Upcoming events are really up in the air at this point in time due to the COVID-19 pandemic.

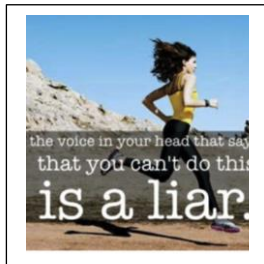
- May 2 **April Pools Meet ??**
(UNLIKELY – [info](#))
- May 30-31 **Last Chance SCY**
(Frisco, TX – [info](#))
- May 31 **Tulsa Ironman ??**
(Moved: 2021 [info](#))
- Jun 13 **LD OW Nats ??**
(Livermore, CA – [info](#))
- Jun 20 **Spring OW Nats ??**
(SantaBarb, CA – [info](#))
- Jun 28 **Graham Jnsn Invite**
(Houston – [info](#))
- Jul 10 **BZKR Ragnarok**
(Joplin, MO – [info](#))
- Jul 24 **So Central Zone**
(San Antonio – [info](#))
- Jul 25 **Okl Memorial**
(JTAC Pool – [info](#))
- Aug 12-16 **USMS Summer Nationals**
(Richmond, VA – [info](#))

...just keep swimming...

Helpful Links:

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

Cross-training: the run



Well, as we regular pool swimmers gravitate away from swimming for a while, we are looking at alternative ways to exercise – like running. Our triathlete buddies know it well; they do it well. So why should the rest of us not begin to cross-train with some running as a replacement exercise?

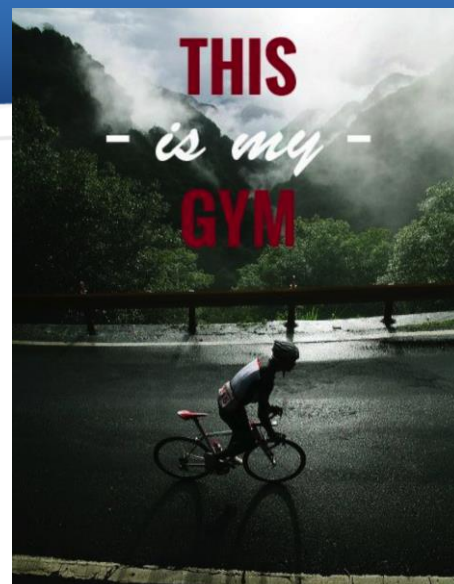
Here's [a good article to read](#) as you contemplate your transition from water to earth. Consider all aspects of

your new earth-bound challenge:

- **Running Attire** – care for the feet; wear something light or dress warm
- **Breathe Differently** – yes, we're used to *not* breathing as swimmers
- **Hydrate** – though we experience dehydration in the pool, the effects on land can be much more intense
- **Map the Route** – swimmers are used to counting in their heads to calculate distance, and they have only one lane; figure out where to run and how long it will take you
- **Proper Form** – just like swimming, watch your technique to avoid injury
- **Small Steps** – yes, pretend you've been out for the summer except you're starting a **new sport**
- **Warm Up** – just like the pool, warm up those legs before you begin

When in doubt, consult with someone who runs regularly. They're the expert, just as you are in the pool! Get out there and get some exercise if you can!

Some other reading materials: [SwimRun](#) | [How to Start Running](#) | [Tips for New Runners](#) | [Dos and Don'ts](#) | [Beginner's only](#) | [Swimmers and Runners](#) | [Swimmers Struggle to Run](#) | [YouTube \(running technique\)](#)



TMSC Swim Results

Sadly, we have no official or unofficial results to post with the COVID-19 crisis.

The next *possible* pool events will be in nearby cities:

Frisco, Texas – May 30-31 (SCY *Last Chance*)
Houston, Texas – June 28 (LCM)
Joplin, Missouri – July 10 (LCM)

Send your results if you are able to enter and participate. **But don't risk life and limb.**

Be safe!

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

From the JTAC:

JTAC Schedule for April and May 2020.

In communicating with Lisa Ruffin, Director of the JTAC, following a meeting of the JPS and JCE executive crew, they determined **there is no current reopen date scheduled for the JTAC**. They will rely upon state and city leaders to determine and announce when gyms can reopen without the further risk of community spread of COVID-19. At the point gyms are allowed to reopen, the JTAC will likely follow.

This is disappointing news to us all, but much in our life right now is disappointing given the pandemic we're experiencing. All I can add to this is that this is a good season to cross-train out of the pool, but only if you can do so in a safe and healthy manner to avoid risk of COVID-19: run, cycle, walk, hike *until we can all swim again*. See you back in the pool – soon.

David Herrold
TMSC President

COACH'S CORNER

On-Deck Coaching in April:

None

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