

# 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.*



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## “Socially-distanced” swims?

**Thank goodness swimming can be a socially-distant sport**, and open water swimming is even more so! Each summer, several masters swimmers and triathletes coordinate group open water swims, most often at Skiatook Lake. Please let me know ([moonosu@gmail.com](mailto:moonosu@gmail.com)) if you'd like to be put on the email distribution for the early Sunday morning swims at Skiatook. Announcements are also made in the GroupMe app. Even if you choose to swim elsewhere, here are some safety measures you should live by.

**Never swim alone.** Always have a swim buddy and ideally have another buddy willing to kayak for you. Not only will a kayaker make your swim group more visible to boaters, you can also hang on the kayak for a rest or be pulled to shore if needed.

**Have the right equipment.** Most TMSA swimmers don't start swimming at Skiatook until mid-June when the water temp is comfortable. With the shut-down however, it got several of us in the water earlier, so wetsuits were a must. Tinted goggles are strongly recommended, that sun can get crazy bright in the mornings. Also, brightly colored swim caps and a safety buoy make you more visible to boaters and your kayaker.

**Sight with alligator eyes.** In open water, you need to sight for landmarks to stay on track. Often, people lift their entire head out of the water. But when your head comes up, your hips drop in the water, which is a tiring and inefficient body position. It's more productive to look forward just enough so that you're holding your breath or exhaling, with only your eyes exiting the water.

**Know your surroundings.** Be aware of what's around you. Boats, swimmers, marine life, variable weather and water conditions can impact your swim. Stay vigilant and get out of the water if you feel uncomfortable.

**Above all, relax and enjoy!**

*Leslie Moon, OW Captain*

## Swim Dates

Currently, we know of no nearby meets or OW events being set let alone held. So, we unfortunately have nothing to report.

**However, be on the lookout** for the *possibility* of a non-sanctioned, super informal inter-squad meet we are looking at holding in late 2020 ... a few events but something to get our hearts racing and some socially-distanced but much needed camaraderie.

*Jon Dees, Meet Captain*

## NEW Evening Swim Info!

**Masters evening practices @JTAC** change to 6:00-7:45 pm effective August 3.

**All evening Masters lanes move** to the *south end* of the pool; enter through the back hall and classroom, effective August 3.

*Lisa Ruffin (JTAC)*

*...just keep swimming...*

### Helpful Links:

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

Renew your USMS membership. [Renew](#) and then pick up your **free** TMSA swim cap at the pool!



## Could it Be Safer in the pool?

At least the CDC doesn't believe COVID-19 can spread through pools. In its [FAQ online](#) about the Coronavirus disease, it states:

"There is no evidence that the virus...can be spread to people through the water in pools.... Additionally, proper operation of these aquatic venues and disinfection of the water (with chlorine or bromine) should inactivate the virus. However, chlorinated water alone should not be used as a surface disinfectant...."

[USMS](#) has also *highly touted* chlorine's effects on COVID-19, that "the virus is susceptible to the disinfecting power of chlorine. However, chlorine alone can't totally keep you safe. Follow all protocols before, at and after a swim!

## Swimming Rehab – the Right Way

With several of our club members recently dealing with injuries or surgical recovery, it's fitting to include a brief word about rehab for swimmers.

**Go slow.** There's nothing more disheartening after a multi-week rehab program than pushing it too soon and suffering a tendon re-tear, stress on healing bone or ear troubles. Heed the advice of your doctor and PT; anticipate a slow recovery. You're not going to even swim a 50FR race six mos. after surgery!

**Know Your Limits.** Being in shoulder recovery mode myself, I've learned to know – before I swim – what I can and can't do with my arm. Seek guidance from your doctor or PT about what movements you should hold back from doing if you plan to rehab in the pool. For some, it's no flip-turns; for others, it's kick-only; for some, it's swimming only with plugged ears; and for some it's slow, methodical arm movement and stroke-work.

**Keep your Doctor/PT Involved.** Nothing spells "trouble" more than an injured athlete rehabbing in ways not foreseen by her doctor or PT. Let them keep you in check and prescribe how far you can push the limits during recovery!

David Herrold, President

## Recent TMSC Results

Always reserved for our swimmers who compete in meets or triathlons.



## From the Coach:

### Coming Back To Swimming!

It's been quite the past few months, *right?* Many have returned to the pool since June, and others have needed to stay home. If it's safe for you – I suggest that now is the time to dive back in!

Jenks has done a great job providing a safe place to work out!! And what better time to come in and begin again... But, *don't be discouraged because it seems you're starting over.* This is the perfect time for you to break down your strokes, work on drills, and reinvent yourself as a swimmer. Let's take the opportunity without any competitions to start back at a new beginning point – and prepare to take your swimming to the next level.

Let's all be focusing on drills to build strength and endurance. Don't worry about yardage; focus on stroke. Take the time to drill correctly and ask me for drills you can do.

Coach Adina

## COACH'S CORNER

### On-Deck Coaching in August:

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

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