

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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What's the 2021 Outlook for USMS Swimming Events?

If you're like me, a meet competitor, or an open water competitor or triathlete, in these COVID days, you're probably wondering when you can get back into competitions and what 2021 is going to look like. Without a crystal ball – we just don't know; but there are some optimistic signs.

2021 OW Nats are (*for now*) scheduled to begin in [May 2021 in Boerne, TX](#) (outside San Antonio), Texas on May 15 (sprint) and May 16 (long-distance). Those events are followed by [Ironman Tulsa on May 23](#), and one sanctioned OW event on [June 6 in Chattanooga, TN](#).

Triathlons are also being scheduled, regionally: March 21 ([St. Patrick's Day Tri, Keller, TX](#)), April 11 ([CaveMan Tri, Flower Mound, TX](#)), April 18 ([Cal Tri, Fort Worth, TX](#)), May 2 ([Texasman Tri, Valley View, TX](#)), May 15 ([Ordinary Mortals Tri, Pueblo, CO](#)), May 23 ([Sager Crk Tri, Siloam Spgs, AR](#)), July 11 ([Summer Roundup Tri, Joplin, MO](#)) Check out [this site](#) to search for more.

As for masters swim meets, **2021 Spg Nats and Sum Nats** are [currently scheduled](#) for April 29-May 2 in Greensboro, NC, and August 5-8 in Geneva, OH. Nothing else is on the books; and remember, the Nats meets are likely to give way due to COVID concerns.

That's why we planned our upcoming *Sprinter* for TMSC members only. Come join us in our upcoming *Sprinter* in December, where we will have sprints and at least one long event.

David Herrold, Club President

Jon Dees, Meet Captain

Swim Dates

December 5, 2020 TMSC *Socially-Distanced Sprinter*

Club members, we will have an intra-squad, informal, fun, "socially-distanced" swim meet on **December 5** at the JTAC Pool. BE THERE!

Order of Events:

1. 500 Free (up to 3 heats)
2. 50 Breast
3. 25 Fly
4. 50 Back
5. 100 Free
6. 100 Fins Kick (up to 3 heats)
7. 25 Free
8. 50 Fly
9. 25 Breast
10. 100 IM
11. 50 Free
12. 100 Pull buoy pull
13. Mixed Medley Relay
14. Mixed Free Relay

A Signup Genius e-mail will be sent to TMSC members and JCE lap swimmers about the event just to reserve a spot. Event signups will be [at the meet](#) if not on Signup Genius! Please come join us!

...just keep swimming...

Helpful Links:

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

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



Leslie Moon at SwimLabs' facility
 Jon Dees – “working” it (??)



Improve your Stroke with SwimLabs

We swimmers have a great new resource available to us – in an old liquor store. Swim Labs at 101st and Memorial opened in February 2020 and you know what happened 30 days later, it and the rest of the world had to shut down. Since reopening later in the spring, SwimLabs/Safe Splash has been offering swim lessons for beginners and training for competitive swimmers and triathletes at their facility in south Tulsa.

TMSC members **Leslie Moon** and **Jon Dees** tried out their endless pools in September. SwimLabs installed a camera system to capture strokes from the side and top. The video can then be played back to illustrate where your technique might need some adjustment. (*Leslie learned her hip dropped on the breaststroke kick and Jon saw his arm crossed over on freestyle – things to work on!*)

SwimLabs offers several options for using their equipment, they have “open swim” where you can just go swim and get some yards in, you can bring your coach to have a training session or you can use one of their coaches to give you feedback. They are just eager to support the sport of swimming! Check out their website at: www.swimlabs.com or give them a call at (918) 221-8522.

Leslie Moon – Open Water Captain

From the JTAC; Temporary Closing Notice

Hello Tulsa Masters: Can you believe we’ve been re-opened now almost as long as we were shut down? I know that these past few months have definitely gone by quicker than those closed months.

I wanted to take a moment to say thank you to all of the Tulsa Masters who choose to swim at the JTAC. Since we re-opened I’ve appreciated your patience as we constantly updated procedures and protocols for our facility. Your flexibility and understanding has made my job much easier, and for that thank you! **Construction alert for the JTAC! The competition pool will be closed from Oct. 9 – 18, 2020. We are doing a small welding repair and replacing missing tiles below the water line. There will be no practices during that week.** See you all at the pool!

Lisa Ruffin – Jenks Aquatics Center Director

From the Coach:

What is Masters Swimming to you?

I hear it all the time I’m not good enough or I need to get into better shape, before I do meets. I just come in and swim I do not use the work outs. I think we’ve forgotten to do the most important thing: TO HAVE FUN. With there being so many different levels, you fit in right where you are. Come join group practices. Don’t be afraid; no one’s judging, and we all want to get to know you! Mingle get to know people & try the workouts.

While I’d love to encourage you to compete, I also understand sometimes you just don’t want to. I train at a Ninja Warrior Gym. My goal is to keep getting better and better. They tell me to compete but I have no desire to, mostly because I am too competitive and I am afraid I will suck the fun out of it. So what do I do? I help in other ways: I get to test the courses, help them they make them, and I help run the competitions.

This can fit you too in Masters. I want to swim so I can stay in shape, or to get stronger and better, but don’t want to compete. That’s OK! Don’t let it keep you from workouts though, and there are many other ways you can be involved! Timing at meets, running the console, planning events... No matter what kind of masters swimmer you are, we want you to be part of the family and be involved!

Coach Adina

COACH'S CORNER

On-Deck Coaching in October:

- Wed – 6:00 – 7:45 pm
- Fri – 5:30 – 7:15 am
- 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](#)