

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

We Came, We Sprinted... We Social-distanced...

Despite the many meets, OW events, and Triathlons our members could have competed at in 2020, on December 5th we managed to arrange a mini-meet and have a good time sprinting. TMSC's first-ever (*hopefully last!*) "Socially-Distanced Sprinter" was held with about 20 members, Jenks coaches and college swimmers, competing in mostly 25s and 50s, a couple of 100s, a 500 FR and some other events and relays.

Our meet started out with **500FR**, swum by [Nick White](#), [Don Nelson](#), [Max Harris](#) and [Leslie Moon](#). Nick (Ozarks College) swam a 5:43, Max a 6:47, Leslie a 7:58 and Don a 10:56. **50BR** followed, with [Marne W.](#) (Baylor) going a 0:30, followed by coaches [Morgan Patrick](#) at 0:35 and [Kathy Bliss](#) at 0:36. Then **25FL** followed, [Rylee Ainge](#) coming in at 0:14, followed by [Jon Dees](#) at 0:14.5, and [Ariana White](#) at 0:14.8. **50BK** followed, [Marne](#) at 0:28.1, [Nick](#) at 0:29.7, and [Austin Kelley](#) at 0:32.6. Then our **100FR**, Meet Captain [Dees](#) taking first at 1:02, followed by [Rylee](#) at 1:04 and [Ariana](#) at 1:06. [Kyle Ainge](#) took **25FR** with a 0:10.2, followed by [Morgan](#) at 0:11.9, [Austin](#) at 0:12.09, and [Jon](#) at 0:12.4. **50FL** was taken by [Marne](#) at 0:26.15, followed by [Kyle](#) at 0:27.6, [Denise Smart](#) at 0:34.3, and [Austin](#) at 0:35.5. Then **25BR** went to [Marne](#) at 0:13.8, [Morgan](#) at 0:15.9, and [Jon](#) at 0:17.8. Then **50FR** went to a [Morgan/Austin](#) "relay" (0:24.3), then [Kyle](#) (0:24), then [Jon](#) (0:28.4). Finally, **100IM** went to [Marne](#) at 1:03.75, a [Kyle/Rylee](#) "relay" at 1:03.80, and [Nick](#) at 1:04.70.

Other events, like 100 Fins Kick and 100FL w/Fins and relays were held as well. All in all, a decent end to an otherwise unexciting and competition-less 2020. We were thankful to get our blood pumping! Some were grateful to fully experience and exercise newfound --*Masters Prerogatives*-- as well...

David Herrold, President

Swim Dates

We will list 2021 events as they appear on USMS and other competition sites. Be advised, due to COVID, they may not be held, although TRI and OW events seem to be okay:

Jan 23-24	Winter Iowa Games SCY
Jan/Feb TBD	USMS 1-Hr ePostal (@JTAC)
Mar 21	St. Patrick's TRI (Keller, TX)
Apr TBD	April Pools SCY (@JTAC)
Apr 11	CaveMan TRI (Flower Md, TX)
Apr 29-May 2	USMS Spring Nats SCY (Greensboro, NC)
May 15-16	USMS OW Nats (Boerne, TX)
May 15	Ordinary Mortals TRI (Pueblo, CO)
May 23	Ironman North Am (Tulsa)
May 23	Sager Creek TRI (Siloam Sps, AR)
Jul 17	Summer Roundup TRI (Joplin, MO)
Aug 5-8	USMS Summer Nats LCM (Geneva, OH)
Aug TBD	Okla. Mem. Meet (JTAC)
Sep 12	Tallchief OW Challenge (Zink Ranch)

****REMEMBER TO RENEW YOUR USMS MEMBERSHIP - DESIGNATE TMSC (TUL) YOUR HOME TEAM****

...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!

Welcome to our New Triathlon Captain – Max Harris

After our Annual Meeting, TMSC officers added another captain to the Club – exclusively for triathlons and triathletes, and **Max Harris** stepped up to fill the position! Professionally, Max is an engineer, but athletically, he is a former runner who began focusing on his swimming and has gravitated into triathlons. He was a former high school cross-country and track athlete who, after college, added swimming to his repertoire. He intended to compete in the 2020 Ironman Tulsa and the Boulder half Ironman, but the rest of that story belongs to COVID... He'll be participating this year!

Max is passionate about engaging masters swimming with area USA-T (Tulsa Area Triathletes) members. Open Water Coach, **Leslie Moon**, already engages with them in our Tallchief OW Challenge each year, and Max hopes to be able to further develop synergies between the groups, perhaps for training and TRI competition purposes. He would like to see our practices offer a triathlete angle to them as well.

Please be sure to welcome Max to the position when you see him! We are excited at the energy he brings to the job.

David Herrold, President

TMSC Caps and Other Merchandise

In 2020, the officers determined that at the beginning of each calendar year, the Club would give each new or returning member a free latest cap with the new TMSC Logo on it. If any member had a latex allergy, then a silicone cap would be given. If you've renewed with USMS for 2021, please be sure you get your free cap. Caps are still for sale - \$5 latex, \$10 silicone.

Coach Adina is also exploring the opportunity to get our TMSC Logo capable of being put onto other swim merchandise such as shirts, pullovers, towels, swim bags and the like. We'll announce her findings and how you can order merchandise later in the year!

USMS Spring Nationals - Is Planned!

According to USMS' *Swimmer* Jan-21 magazine, [Spring Nationals](#) IS currently planned to go forward on April 29 - May 2, 2021 in Greensboro, North Carolina. **If you are interested in forming a team, let Jon Dees (Meet Captain) or Coach Adina know of your interest.** Obviously, things may change with COVID, so stay tuned. Registration opens in February.

Jon Dees, Meet Captain



TMSC 2021 Officers:

TMSC officers for the 2021 Calendar Year are:

- David Herrold (President)
- Adina Meilner (Coach)
- Howard Wolf (Treasurer)
- Leslie Moon (Open Water Captain)
- Jon Dees (Meet Captain)
- Max Harris (Triathlon Captain)

From the Coach:

New Year, New You!

Every year this is what so many people say. January has the highest rate of people joining gyms. But after a few weeks they fall off and stop going. This is also true with swimming. We get all gung-ho to get into the pool and take charge of it. But life gets back in the way and we find other things to come first. *What can you do to keep to a plan? What can you do to start a plan and keep on it?*

- **Step one** join a masters program; don't wait for a better time or better shape.
- **Step two**, come to have fun, meet others, and just simply enjoy your time in the water.
- **Step three**, utilize your coach. Tell them what you want to accomplish and let them help keep you on track.
- **Step four**, try to follow the work outs even if you modify it (uh, Masters Prerogative...); this always helps you to have a purpose to be there other than just swim laps.
- **Step five** do everything one step at a time. Being overwhelmed is not where we want you to be so taking it slow is the best move.

Masters is not a place to feel out of place but for encouragement and to make lifelong friends. Happy 2021 Lets all begin with a bang!

Coach Adina Meilner

COACH'S CORNER

On-Deck Coaching in January 2021:

- Mon/Wed – 6:00 – 7:45 pm
- Wed – 5:30 – 7:15 am
- Sat – 8:30–10:30 am



Get involved in TMSC's *GROUPME* for instant communications from TMSC by sending your name/cell# to – [Coach Adina](#)