

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.



TMSC'S Tallchief Open Water Challenge – It Is Coming in September!

One of the region's signature open water events, sponsored by Tulsa Masters, is coming to a lake near you very soon! The 13th Annual Tallchief Open Water Challenge is set for **September 19, 2021** at Tallchief Lake northeast of Tulsa in the beautiful Zink Ranch.

For those who have not participated in this event, it is purely an open water event with five allowed swim distances: ¼ mile – ½ mile – 1 mile – 2 mile – 3 mile. From the start, all participants will swim along a buoyed course in Tallchief Lake for whichever distance they are racing. Swimmers (age 9 and up) may wear swim buoys; caps will be provided. Awards and hot pancakes always follow the event.

Event information and registration can be found at the [Tallchief Open Water Challenge site](#), and entries will be accepted up to 160 swimmers or September 15. TMSC is well into planning and preparation phases and looking forward to success!

Please join us as a participant – *or as a volunteer*, as **we will need dozens of volunteers** to make this event as successful as it has been in the past. It is a well-attended event, and we have had participants from both coasts come compete with other local and regional swimmers at our very own Tallchief Lake.

Any questions about the event, please give me, [Leslie Moon](#), a shout. We look forward to a great competition this year, the 13th year we have hosted the event!

Leslie Moon, Open Water Captain

Swim Dates

Upcoming Events for all of our TMSC swimmers, triathletes and open water swimmers to consider:

Sep 3-5	Bentonville Trifest for MS 3 days of different TRI events (Bentonville, AR)
Sep 12	DeGray Lake Triathlon (Arkadelphia, AR)
Sep 19	Tallchief OW Challenge (Zink Ranch)
Oct 2	Las Vegas Triathlon Various races (Las Vegas, NV)
Oct 6-10	USMS LCM Nationals (Geneva, OH)
Oct 23	Palm Springs, CA Triathlon 4 separate distances (Palm Springs, CA)
Nov 6	ePostal 3000/6000 (JTAC Pool, Jenks)

Note: *TMSC's Oklahoma Memorial LCM Meet originally scheduled August 14, 2021, has been canceled this year.*

We look forward to the 2022 season and a return to normalcy for our pool meets, open water events and triathlons!

...just keep swimming...

TMSC Swimmers Crushed it at SC Zones in May!

This year, the South Central Zone within USMS (Oklahoma, Arkansas and Texas) split up the SC Zone SCY Championships which are usually held in the Houston area each spring. TMSC was part of the Oklahoma/Arkansas meet May 8, 2021, in which a number of our swimmers participated. Thanks for coming out for TMSC and doing a great job!

Swimming for Team Tulsa:

- **Hayley Meyers** (100FR, 50BK, 100BK, 200BK, 100IM)
- **Rebecca Camfield** (1000FR, 100BK, 200BK)
- **Denise Smart** (100FR, 500FR, 50FL)
- **Nathan Stewart** (50FR, 100FR, 50BK, 50FL, 100FL)
- **Andrew Travis** (50FR, 50BR, 100BR, 200BR)
- **Jon Dees** (50FR, 100FR)
- **Phil Hengen** (100FR, 500FR, 1650FR, 50FL, 400IM)
- **Don Nelson** (50FR, 100FR, 500FR, 50BK, 50BR)

Congratulations to all who participated!

Jon Dees, Meet Captain

TMSC Caps/Merchandise

Remember, you can still order TMSC-branded merchandise at any time. Just check out the website: www.Swimquik.com/collections/Tulsa-Masters

Also, if you have renewed for 2021 with USMS, get your *free annual TMSC Cap* at the JTAC Pool!

Triathlete Corner.

So, lots of triathletes come to realize pretty quickly when they get to training that the **swim** is the toughest part of the event they're getting ready for. Training for the swim is – therefore – important, and technique and body positioning should be foremost in the triathlete's head during training sessions. So, while you swim, keep these simple pointers in mind to help train your body to improve your technique for race-day:

- **Arms and Pull.** Use your arms to pull your hands *past your hips*. Many triathletes stop at the ribcage – but you're not done. Push your hands past your hips to get a full push of the water.
- **Kick.** Remember that your kick is not critical to training, although it will help you in the event. Use a minimal kick during most of your training simply as a way to keep you buoyant in the water.
- **Hand Entry.** Slapping the water is not a good stroke! Hand entry into the water is key to reducing friction; slice that hand into the water at the goggle line and drive it forward at an angle.
- **Head Position.** Keep your head facing straight down as you swim, of course with some "alligator eyes" every once in a while to look ahead. Try not to move your head with the rest of your body as it rotates through the water.

These few tips can help you be more efficient in the water and get a better training session for the swimming portion of the big event.

Max Harris, Triathlon Captain

Calling all Members!

We are looking for a few good volunteers to help with all we do to keep TMSC running. We have a great crew already, but we could always use more thoughtful minds helping out. If you would like to be involved with Masters Swimming in Tulsa, please contact [David Herrold](#).



Dedicated to *Jon Dees* who never quits sprinting...

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!