

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

Benefits of Your USMS Membership

We don't do this enough, but we wanted to take a moment to highlight some of the benefits all TMSC members have through their USMS membership.

- **Articles and Videos on Drills.** Looking for a drill for your freestyle? Working to make that 100FL faster? Trying to improve your BR pullout? Check out [USMS's articles and videos on drills](#).
- **Club Finder.** So, you're traveling and would like to swim one morning where you'll be? Search the [area online for a local club](#).
- **Find a Swimmer or Results.** Ever wondered what you went in that 200FL (⊗) back at that Texas meet in 2012? Curious about what your upcoming competition swam in the 1,000FR coming up at the next meet? Look no farther than the [USMS Meet Results Database](#).
- **My USMS.** Did you know you can set up "[My USMS](#)" online to establish a profile, read this month's *Swimmer* magazine, log fitness, and check up on forums?
- **Member Discounts.** You remembered seeing that when you join USMS you're entitled to USMS-partner discounts – like swim gear. Check out the [discounts page](#).

Make the most of your USMS membership. Take some time - explore the USMS website and set up your My USMS page. You pay for it, so take full advantage of it.

Swim Dates

"Socially-Distanced" Meet Coming Soon!

Yes, you read that correctly! We are planning an "intra-squad" meet (likely in November) for all TMSC members.

It will not be sanctioned, no timers, no officials, no early sign-ups, and possibly even no blocks! But a chance for us all to get together and get our hearts racing a bit this Fall.

Expect to see all 50s, 100s (including IM) along with 500FR for distance and triathletes. Also, with as many "recovering" swimmers as we have on the team, we may have an event or two that are for them or a bit *out of the ordinary!*

Be on the lookout for the date to be announced through TMSC and JCE. Since COVID required us to skip our regular meets, look for this one to *kind of* make up for that lost time!

Jon Dees, Meet Captain

...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!



It May Be Cold... But it's open – and Thanks!

A quick word of thanks to all of the folks at Jenks Community Education for their great work these past few months for opening and keeping open our workout facility – the JTAC pool.

It was only six months ago that COVID took away our workout facility. But, Lisa Ruffin at JCE championed our cause (and that of Trojan Aquatics) and developed the plan for safely reopening June 8 so masters and youth swimmers could come back to the JTAC pool. Since then, at least from TMSC's standpoint, it's been smooth-sailing, and on behalf of the Club, I want to give Lisa, David, and all their crew a big *Thank You* for all they've done to keep the pool (a) safe, and (b) open! **You are much appreciated!**

David Herrold, Club President

Back In the Groove.

Since June, TMSC masters swimmers have gotten back in the groove in the pool in a number of ways. We have a pool. We have more swim slots and times than we did before. We have a coach with instruction. We have workouts. We have a team that participates. In fact, on August 29th, I think we experienced the largest gathering of our Saturday masters swimmers since the old pre-COVID days: around 13-14 in all, on deck and in the pool, for a 3,800 yard workout!

We welcome all our members back to the JTAC, provided they can remain safe given the safe swimming environment JTAC has set up. That means, we need to remain vigilant in complying with JTAC rules for lane sign-ups, social-distancing, mask-wearing, and safe etiquette while in the pool working out.

We look forward to continuing the good trend here and protecting our valuable asset. Many other pools around the country remain closed – we are grateful for what we have!

Recent TMSC Results

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

REMINDER:

Pick up your free TMSC Cap if you haven't already! Ask Coach Adina or the JTAC Check-In Desk.

From the Coach:

Enjoy your Long Swims in the Lakes

To our triathletes, the outdoor swim season is beginning to slow down for you with temperatures cooling by October, meaning you likely have *three to five* more weekends to swim without wetsuits in area lakes. I encourage you to enjoy that time and the outdoors while you can!

Outdoor triathlons are being planned and held, and you should be aware of them. Take a look at www.trifind.com or <https://www.raceplace.com/category/triathlon> or <https://www.active.com/triathlon> for starters. USMS currently has nothing on its site for you, but some of these open water events are COVID-friendly and still being held.

Also, come join our Socially-Distanced Meet and swim your best 500 FR.

Coach Adina

COACH'S CORNER

On-Deck Coaching in August:

- M & W – 5:30–7:00 am
- T & TH – 6:00–7:45 pm
- F – 5:30 – 7:00 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](#).