

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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USMS 1-hr ePostal Nat'l Championship – Jan. 25

Each year USMS holds three “ePostal” events; one in the *winter* (1-hour swim), one in the *summer* (5K/10K swim), and one in the *fall* (3000y/6000y swim). Although they're deemed **USMS ePostal National Championships**, they are held for USMS/FINA registered swimmers at local pools.

The first of these (the 1-hour swim) will be hosted at the Jenks Trojan Aquatic Center (JTAC) on Saturday, Jan. 25, with warm-ups at 8:00am, and the event beginning at 8:15am. The objective is *to swim as far as possible*. *Your recorded distance determines your order of finish, nationwide, as event results will be sent in electronically.*

Here are logistics if you're interested in participating this year:

- *Show up at JTAC* January 25, 8:00 a.m.
- *Bring someone to count for you* and [take splits and distance](#).
- *Read* the [ePostal Rules and Register](#) to submit your results.
- *Email* our OpenWater Captain [Leslie Moon](#) with questions.

Swim Dates

Jan 11	Jesse Coon Invite (College Station – info)
Jan 12	Lawrence Invite SCY (@ Lawrence, KS – info)
Jan 25	USMS 1-hr ePostal (@ Jenks – see article)
Feb 1	Winter Sprinter Meet (Frisco, TX – info)
Feb 14-15	BZRK Heartbreaker (Joplin, MO – info) USA/USMS
Feb 23	The Block Party SCM (Joplin, MO – info)
Feb 29	DAM Spring SCY (Dallas, TX – info)
Mar 8	March Madness (RiceU [Houston] – info)
Mar 28	Open Water Swim (Woodlands, TX – info)
Apr 3	So Central Zone SCY (Houston U – info)
Apr 4	Woodforest Bank TRI (Woodlands, TX – info)
Apr 23-26	USMS Spring Nats (San Antonio – info)
May 2	April Pools [TMSC] (Jenks Pool – info)
May 31	Tulsa Ironman (Tulsa, OK – info)

...just keep swimming...

Helpful Links:

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

Renewal Time

Be sure to renew your USMS registration. **Renew** and then pick up your **free** TMSC swim cap at the pool!

Join the GroupMe TMSC Text!



Do you want to stay as current as possible on practice times, pool closures, upcoming events, and also have access to coaching practice tips, encouragement and connect with your fellow TMSC members all at the same time? Join the #GroupMe TMSC text group!

To join, simply send [Coach Adina](#) your name and cell#. There are privacy options available for you. Stay tuned in!



USMS Spring Nationals Registration Opens Mid-January!

As US Masters Swimming celebrates its 50th year in 2020, the Spring Nationals Championships (SCY) plans to be a huge event in San Antonio, TX. [Registration begins mid-January!](#)

We are putting together our travel team. Please contact Meet Captain [Jon Dees](#) if you would like to participate, because AirBNBs and other coordination is being planned for the team.

Upcoming Pool Closures

January and February are busy months at JTAC for *Oklahoma High School Swimming*, resulting in a number of changes to TMSC practice times.

Plan on the following changes during the next couple of months:

- Jan 7 – home (PM instructional pool)
- Jan 14 – home (PM – TBD)
- Jan 17 – home (noon/eve - TBD)
- Jan 17 – home (noon/eve - TBD)
- Feb 7-8 – Regionals (all-day, TBD)
- Feb 21-22 – State (all-day, TBD)

COACH'S CORNER

With each edition of Tulsa Masters Swim we will provide a perspective from the Club Coach, Adina Meilner. Topics will vary, but thought and effort won't.

To be involved in the new GroupMe (for more instant communications from the Coach), send your name and cell# to – [Coach Adina](#) (swimcoach72@gmail.com).

From the Coach:

Be Mindful of your Fellow Swimmers!

We all want to work out, and we all want our own lane (right!), but the reality is that often times we have to share lanes with other swimmers. To do so peaceably ☺ think about these things:

- **Ability Level** – try sharing lanes with other swimmers about your same ability level. This increases the possibility that you'll all swim together.
- **British Style** – remember to swim on the right side of the lane, up and back; *unless* you decide to split your lane with one other swimmer.
- **Wait to Push Off** – when you see a fellow swimmer coming into the wall on a turn, don't push off right in front of them.
- **Time is What you Need** – if you're faster than a fellow swimmer in the lane, don't push off right behind them. Give them time, or coordinate so you can swim ahead.

Yes - **the Golden Rule** applies even in the pool, so please come, enjoy your swim and ensure your fellow swimmers do too!