

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, Oklahoma.

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Welcome to the *NEW* TMSC Newsletter

We're excited to bring you the first addition of TMSC's monthly newsletter, *Tulsa Masters Swim*. Our goal is to communicate regularly with all Club members to provide updates on activities, Swim Date reminders, event notices, and most importantly, to keep everyone in the Club connected. We have a great group to keep connected, too!

Each edition of *Tulsa Masters Swim* will contain a *Coach's Corner* article, Swim Date reminders, Club reference sites (such as OKswim and JCE links), and other articles of interest. Depending on content, some editions may be short, some may be long, and some in-between; but if you're interested in submitting an article or giving notice about something Club-related, feel free to send it in ([Click Here to Submit](#)).

Tell us how we can improve this newsletter; in fact, tell us how we can improve the Club in general! But importantly, *thanks* for being a part of the *strong* masters swimming community in Tulsa. *See you at the pool!*

David Herrold
President

Swim Dates

- Dec 7 2019** TMSC Annual Meeting (10am @ [Jenks Pool](#))
- Dec 21 2019** TMSC Christmas Party (6pm @ [Dos Bandidos downtown](#))
- Apr 23-26 2020** USMS Spring Nationals (@ San Antonio, TX - [info](#))
- May 2 2020** TMSC April Pools Meet (@ [Jenks Pool](#), [info](#))
- July 25 2020** TMSC Okla Memorial Meet (@ [Jenks Pool](#), [info](#))
- Aug 12-16 2020** USMS Fall Nationals (@ Richmond, VA)
- Sept 13 2020** Tallchief Open Water Challenge (@ Zink Ranch, [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

It's time to renew your USMS and TMSC memberships! [Renew](#) and then pick up your *free* TMSC swim cap at the pool!

We welcome our new Masters Coach, Adina Meilner!

This month we officially welcomed one of our longtime Club members, **Adina Meilner**, as the new **TMSC coach**!



Adina began competitively swimming at the age of 7 in Cherry Hill, New Jersey. She swam for a winter team (the *Jersey Wahoo's*) and a summer team (the *Old Orchard Otters*), and after five years, they moved back to Tulsa where she joined (then) Trojan Aquatic Club. Longtime coach, John Turner, then began to mold her into a great swimmer through High School and Club work. Adina's specialty events were: sprint Freestyle and Butterfly, which carried over into her college career.

Adina attended Drury College where she swam all four years and was part of its National Champion Freestyle and Medley Relays and received numerous plaques and ribbons. She later graduated having achieved the status of a 10x All-American Swimmer! Adina has been swimming competitively with masters swim since 2011. She has competed in numerous pool meets and open water competitions, most recently with the TMSC team at USMS Spring Nationals in Mesa and at our very own Tallchief Open Water Challenge.

Adina has two children, Taylor and Addison, both in college at OBU and OU. She has also begun Ninja Warrior training, which she finds compliments her swimming. Come meet Adina if you've never met her! ***Welcome!!!**



Join us at two important events in December 2019

The Club Annual Meeting is set for **December 7, 2019, 10am @ the Pool** (following Saturday practice). We invite the **ENTIRE TEAM to attend**, so we can hear from you and discuss TMSC, the good, any bad and any suggestions you have. This is *your opportunity* to give us feedback; please do.

The Club Christmas Party is **December 21st, 6pm @ Dos Bandidos** downtown. Please join us and other Club members to celebrate the holidays in style. Cost is minimal; RSVP to **Denise Smart**.

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 Become 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:

Swim your Workouts with Others!

The purpose of having a set workout is for you to do more than just swim laps. Style, technique, endurance – you name it. Why is it necessary to swim that workout with other, though?

In Master's swim – swimmers usually come on their own time to get laps in, get out and go home. Consider several reasons to why you might have a better workout if you swim it with others:

- **Accountability** – you become accountable not to skip sets and to finish the entire workout.
- **Effort** – having others in your lane, doing the sets often pushes you harder, making you stronger and faster.
- **Community** – working out together involves talking, laughter and a team-building experience.
- **Motivation** – once you catch-on, the motivation to come swim with the team exists.

These things are what helps build a team into a *great* team, so please come join the team swimming throughout the week!

A Big Thank-You!



What could one possibly say to adequately recognize a fellow swimmer who has dedicated herself to Tulsa Masters, serving not only as the Club President and leader *since 2007*, but also its meet setter-upper, enforcer, communications director, relay-organizer, meet-filler, Tallchief Savior, cheerleader, cap-orderer/keeper, fill-in coach, defender, workout-writer, liaison, organizer?

THANKS is simply not enough!

Denise, as you transition from your duties as an officer of TMSC, the

Club and all of its members express our heartfelt gratitude to you for all you have done for TMSC, all you have sacrificed for the Club and its members, your time, and your tireless efforts to make masters swimming in Tulsa what it is today! **YOU ARE MUCH APPRECIATED!** *See you at the pool!!*



Your Club Officers and JCE Contact

We are happy to announce the 2019-2020 slate of officers and other contacts of TMSC.

David Herrold – TMSC President. A masters swimmer since 2012, he's swum competitively since the age of 6, in High School and Jenks Club ('86 –'88). David is a regular competitor in pool meet and Nationals.

Howard Wolf – TMSC Treasurer and masters swimmer since the mid-1980s. He took up swimming to compliment his triathlon training as a young adult. Howard is a regular competitor in pool meets and open water events.

Adina Meilner, – TMSC Coach, above.

Jon Dees – TMSC Pool and Nationals Team Captain. Jon began swimming in 1963 at the age of 6, beginning with the Swim-A-Roo. He hopes to continue will into his 80s and 90s. Jon is a regular competitor in pool meets, Nationals and open water events.

Leslie Moon – TMSC Open Water Captain and our Tallchief Open Water Director. She has been involved in masters swimming for almost 6 years after having been out of the pool since before college. Leslie is a regular competitor in pool meets and open water events.

Lisa Ruffin is the Jenks Community Education (JCE) Facility Manager. She takes care of TMSC's pool access, monthly dues collection and is otherwise a 100% masters swim advocate.

Calling All Swimmers.....

San Antonio is only an 8-hour drive!

The USMS Spring Nationals event will be upon us before we know it, and we are getting our TMSC Spring Nationals Team together now! **Meet entries will begin to be taken in January 2020.**

If you're ready to compete – and even if you need time to get ready, consider being part of the 2020 Spg Nats team. In 2019, we assembled a team of 6 swimmers at Spg Nats in Mesa, who competed in 32 individual events + 4 relays! **We want to do more in 2020!**

Make plans now for April 23-26 to join the TMSC team in San Antonio. All meet information, including the *Order of Events*, can be located on the [USMS Site](#).

Contact Team Captain [Jon Dees](#) to let him know your interest, and we hope to make a

