



MARCH 2021 NEWSLETTER FITNESS, COMPETITION, OPEN WATER ENCOURAGING ADULTS TO SWIM

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MESSAGE FROM THE PRESIDENT - BRUCE SCHROEDER

Living with Mask Mandates, Lane signups, limited pool hours, no showers, social distancing and more. These are some of the challenges that have made holding pool practices and events very difficult over the last 12 months. Many Utah swimmers are expanding their options by adding more Open Water Swimming to their schedule. This issue of the Utah LMSC Newsletter celebrates this trend by bringing information on why and how you might like to try lake swimming this summer. Be sure to check out the Utah State Park Open Water series planned for this summer.

HOW TO GET STARTED IN OPEN WATER (PART I)- KIMBERLY COOMBS

Been swimming for some time now in a pool and starting to wonder what else is out there? Or perhaps getting bored with your same old routine and looking for something new to spice it up? Luckily for you, I have some good news to share. Swimming does not just have to be confined to a pool setting. There are several bodies of waters that provide an exciting and unique venue for swimming. That's right, I am talking about taking your swimming to the great outdoors known as open water swimming.

Open water swimming provides many additional opportunities to the sport of swimming. Now, you may be thinking that I am a novice to swimming, I can't possibly go swim in some lake where I have no wall to rest on. Or perhaps you are a seasoned swimmer and fear some of the challenges or unknowns that come with open water swimming, such as not being able to see the bottom, limited visibility, aquatic life, waves, boats, and water temperature. I am here to tell you that I understand your concerns, I was once in the same mindset as yourself.

If you are a seasoned swimmer, your swimming career thus far may have been confined solely to a pool. Even if you are new to the sport of swimming, your likely first exposure to the sport and continued exposure has also been a pool. My experience was once just like this as well where I had spent countless years only ever enjoying the sport in an outdoor or indoor pool. I had always looked at open water swimmers as being somewhat of an anomaly and how could they put up with all the challenges open water swimming provides. I also was very concerned about not knowing what I would be swimming with and not being able to see the bottom. My



fear of the unknown kept me out of the open water unless I had others going into the ocean or lake with me, but even then, we only went in to have fun floating, not for swimming. One day though, an open water event was advertised near where I was living at the time in California. It was a Pier-to-Pier swim, roughly 2 miles in the open ocean. My initial thought was that this would be a challenge as I have not raced anything longer than a mile in the pool, but I was also terrified that something could happen to me while I was in the ocean as California is known to have sharks and stingrays. I made a decision that if I signed up for that event that I would not let fear plague my swimming, instead I adopted the mindset that if something would happen to me at least it happened while I was doing something I loved, so why not get out there and keep doing what I love. Now, that is not to say that I still do not have some fear about the unknown of open water swimming, but after having done my first race I fell in the love with this new way to enjoy the sport of swimming.

I hope some of you may be able to relate to my story if you have tried open water swimming or are perhaps apprehensive about it as I was.

HOW TO GET STARTED IN OPEN WATER (PART I CONTINUED)-

Regardless of where you are at in your swimming career, I suggest you strongly consider swimming in the open water. It truly provides a new experience to the sport and lets you revel in the freeing nature of no walls or lane lines you find in a pool setting.

How do you actually get started though? Sure, I just signed up for an event near my house for my first experience, but as COVID has made many swimming events difficult to conduct, where are you supposed to start? Luckily, Utah has many USMS teams that offer chances to conduct a team practice at an open water site. Start with consulting your local USMS team and figuring out when they may be headed to an open water site. If your local USMS team is not putting anything formal together at an open water site, then grab a few of your swim buddies and head out to an open water site and try it out. Have a kayaker or paddleboarder friend who is not a swimmer? A third option is to take them out to have them go along the route you plan to swim so that you have a buddy with you. One other option is to head to the

Utah Masters Swimming page at utahmasters.org. This page will provide information about all things going on in the state as well as provide contact information to people who may be able to further connect you with others looking to swim in the open water.

Regardless of the option you decide to pursue, an important note for open water swimming is to always swim with a buddy. Unlike a pool setting, open water sites typically do not have posted lifeguards; therefore, if something were to happen it is best to have a buddy there with you, whether that be on a kayak, paddleboard, boat, or in the water swimming right alongside you. The latter is my favorite as you both can revel in the hardships that open water will throw at you while you are out there. The hardest step to becoming an open water swimmer is doing your first open water swim, yet if you make a plan, it easily becomes one of the best decisions you will make in your swimming career.

What are you waiting for? Take your swimming to the next level by finding an open water site, grabbing a friend, and heading out there to swim. You will not regret it!

TO BE CONTINUED - PART II WILL BE PUBLISHED IN APRIL 2021.



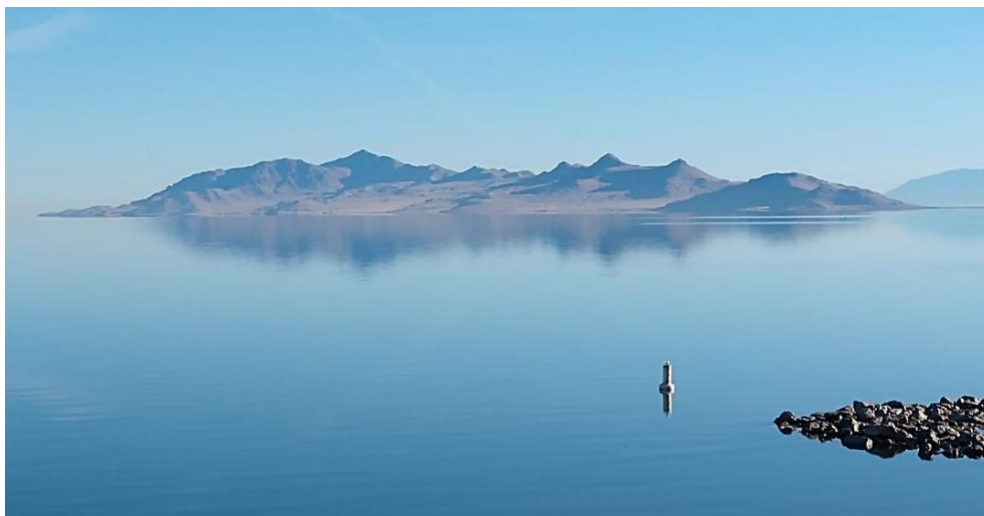
UPCOMING EVENTS

UTAH OPEN WATER SERIES 2021 - KIMBERLY COOMBS

I am excited to announce that we are presently putting together an open water swim series for this summer. The plan is to swim every Saturday at a different Utah State Park starting after Memorial Day through August across the state. This would be a great way to get involved in open water especially if you are new to the experience. For experienced swimmers this is a chance to experience different open water sites across Utah you may or may not have been to before. Plus, you will be swimming alongside swimmers that live all over Utah. What a fantastic way to meet other swimmers and enjoy doing such a fun activity together. Do not worry if you cannot make every Saturday. We understand that is a lot of Saturdays to commit to, but we would be happy to have you make it out to as many as you can. We also recognize that you may want to swim shorter or longer than what we have planned. Well go ahead and make the swim your own, we will not hold you to the distance we plan on doing that Saturday. We will just be happy to see you made it out and we hope that you will have a good time with fellow Utah Masters Swimmers. Below is the tentative schedule we have set presently. Hope to see you out there!

Order	Saturday	Location	City	Distance
1	5/29/21	Great Salt Lake	Magna	5k
2	6/5/21	Sand Hollow	Hurricane	3k
3	6/12/21	Rockport	Wanship	1.5k
4	6/19/21	Quail Creek	Hurricane	3k
5	6/26/21	Deer Creek	Midway	5k
6	7/3/21	Palisade	Sterling	3k
7	7/10/21	Steinaker	Vernal	1.5k
8	7/17/21	Huntington	Huntington	3k
9	7/24/21	Bear Lake	Garden City	5k
10	7/31/21	Escalante	Escalante	3k
11	8/7/21	Jordanelle	Heber	1.5k
12	8/14/21	Otter Creek	Antimony	3k
13	8/21/21	Scofield	Helper	5k

Note that this is a preliminary listing subject to change(s).



The [2021 TYR Last One Fast One](#) virtual event offers an opportunity to race in your favorite pool and open water events on the Swim.com app. Times can be submitted manually or via a smartwatch.

See where you stack up in your favorite event or get out of your comfort zone and try something new. The choice is yours!

Still not convinced? \$5 from every entry benefits [USMS Adult Learn-to-Swim grants](#) supported by the USA Swimming Foundation. By entering, you are helping someone else learn the sport we all love.

Best of all, you can race as many times as you'd like during the event. All swims will be recorded in your Swim.com feed, but only your fastest will appear on the leaderboard. [Make your last one, the fastest!](#)
<https://www.usms.org/events/2021-tyr-last-one-fast-one>

When: Friday, April 16 - Sunday, May 2, 2021. This is the timeframe [USMS Spring Nationals](#) is typically held (now [postponed to July 21-25](#)).

Where: Any 25-yard pool or open water venue. All standard 25-yard pool individual events and open water distances from 1 mile to 25K. No relays will be offered.

Who: All [USMS members](#) are encouraged to participate. Check out the [event roster](#). Not a member? You can fix that [here](#).

[Registration and SWAG](#)
[February - March 31: \\$15](#)
[April 1 - May 2: \\$20](#)



Pool Events

Freestyle: 50, 100, 200, 500, 1000, 1650
Butterfly: 50, 100, 200
Backstroke: 50, 100, 200
Breaststroke: 50, 100, 200
Individual medley: 100, 200, 400

Open Water Events

1 mile, 2 miles, 5K, 10K, 10 miles, 25K

How Do I Compete?

Let's recap what makes this event a no-brainer:

- You can safely race swimmers across the country
- Pool and open water events are offered
- Swim each event as many times as you like
- Manual and device times are allowed
- You get a medal, swim cap, sticker, and partner discounts
- \$5 of your [entry](#) helps adults learning to swim

For more info go to <https://www.usms.org/events/2021-tyr-last-one-fast-one>



Swim.com is a simple tool that uses your fitness device to track your pool and lake swims and compare stats with teammates and friends. You can upload your workouts to [Swim.com](#)'s app, which can be accessed on your iOS or Android device. You'll be able to gain valuable insights on your pace, stroke rate, and more through our partnership with Swim.com, the most advanced swim app on the market. Here are some other benefits of Swim.com:

1. Integrates with smartwatches (Apple Watch, Garmin, Android, and Samsung)
2. Easy-to-use mobile app
3. Club and national-level leaderboards
4. Connect with other swimmers
5. Enhanced workout analytics
6. Tracking your swimming progress over time
7. Partnership with USMS allows access to the USMS [Workout Library](#) where workouts can be sent from USMS to the app or your wearable
8. Ability to compete in the Utah Open Water Series & the TYR Virtual Meet.

Utah Masters is the governing body for the Masters swimming community in the state of Utah. When you become a member of US Masters Swimming, in addition to registering with a club, workout group, or as unattached, you also become a member of your Local Masters Swimming Committee. Your LMSC is a regional governing body that provides certain benefits to USMS members, including printed registration cards, event sanctions, newsletters about activities within the LMSC, websites, awards and recognition, and social activities. Your LMSC officers are local volunteers who attend the USMS annual meeting, sit on USMS national committees, and vote on policies that set the overall direction for USMS.



To Learn more about Masters swimming in Utah go to <http://utahmasters.org/>
You can find clubs, pools, and events.

**HOW DO YOU SHARE YOUR LOVE FOR SWIMMING??
QUESTIONS, COMMENTS, CONCERNS???** LET US KNOW