

Montana Masters Swimming Newsletter



Hebgen Lake, January 2024 – photo by Karen LeFebre

Welcome to Montana Masters Swimming newsletter and welcome to the new year. In this newsletter, you will find information on upcoming swimming events, results from past events, and stories of interest. We hope that you find these newsletters informational, inspiring, and fun.

If you would like to submit a lake or pool or swimming photo from around our state for our newsletter cover photo, please send it to Karen@bigskyendurancesports.com Likewise, if you have event results, inspirational or fun content to share with the membership, please contact me at the email address above.

Note: Please keep in mind that there are links embedded in this document that will take you to each webpage and these links are highlighted in blue.

New Website Format

Perhaps you have noticed a couple of changes to our Montana Masters Swimming website? We are continuing to make changes and hope to keep the website up to date so that it is easier to navigate. Please have patience as we slowly make those changes so that our membership can more easily find information. Our new Webmaster is Annie Kirklin, and she is helping our LMSC website become easier to navigate and better suited to our community. So, check out our website at [Montana Masters Swimming - Montana Masters Swimming \(swimmontana.org\)](http://MontanaMastersSwimming-MontanaMastersSwimming.swimmontana.org)

Still Seeking LMSC Logos

Happy new year! We are looking for Montana Masters Swimming logo ideas. Are you creative? Put your creative juices to the test and see if your logo wins. If you win, we cannot offer you a new car, but it will be for bragging rights and some USMS schwag. We encourage all USMS swimmers to submit a logo. So far, we have had no logos brought forward after our announcement in our October newsletter. We will present the results in the next quarterly newsletter. Please send the logos to Karen@bigskyendurancesports.com.

Coaches Corner – Swimming Technique for Correcting Shoulder Pain

by Alex Ewart

Since swimming relies so much on shoulder flexibility and strength, there are drills that you can do to avoid or improve symptomatic shoulder pain. What can you do with your freestyle to correct shoulder pain and improve your technique at the same time? Why freestyle? Typically, we workout with the most yardage being applied to freestyle. However, you may need to correct other strokes to reduce or eliminate shoulder pain. A coach or stroke clinic could help you with this process. Author, Alex Ewart, writes about a few ways to correct your freestyle to help decrease or alleviate shoulder pain. Follow the [article here](#) - USMS Magazine.

Past Events

October 14-15, 2023, Helena Lions Swim Team Jamie Turner Memorial Meet

For results for the Jamie Turner Memorial Swim Meet held in Butte, MT, please go to:

https://www.gomotionapp.com/mtms/UserFiles/Image/QuickUpload/2023-hlst-jamie-turner-memorial-complete-results-with-masters_002995.pdf

Upcoming Events

2024 Postal Mile for Lung Cancer – The Miracle Mile

Need a mid-winter challenge to break up the workout monotony? Or perhaps you need a challenge to get you motivated to stay fit? Why not enter the 2024 Postal Mile for Lung Cancer? The Miracle Mile raises money to help find a cure for lung cancer. See how you do against other swimmers in your age group nationally. All you do is swim a timed mile between Jan 1st and Feb 29th. Click here for more details:

https://www.clubassistant.com/club/meet_information.cfm?c=2430&smid=17741

2024 February Flurry

February 24th & 25th at the Kroc Center in Coeur d'Alene, Idaho. For more information click [here](#).

2024 Montana State Swim Meet Championship

Please stay tuned for more details regarding this event. The 2024 Montana State Swim Meet will be held at the Butte Family YMCA on the afternoon for April 6th and morning of April 7th. There is plenty of time to get ready!

2024 USMS SCY Nationals

U.S. Masters Swimming is excited to bring Spring Nationals to back to the IU Natatorium. The meet will take place during the final weekend of the U.S. Olympic Team Trials - Swimming, which are scheduled for June 15–23 at Lucas Oil Stadium in Indianapolis. Additionally, USMS members will have an exclusive opportunity to meet Olympians and swim in the Trials competition pool. For more information, please visit [USMS National Champs page](#).

Never too Old to Swim – “Never Give Up and Just Keep Going”

You are never too old to start swimming again. Perhaps, for some of us getting back into the pool is more daunting than expected and all it takes is a little help. Roger Roberts, a 97-year-old Royal Navy WWII veteran, went swimming for the first time since surviving his ship, the HMS Charybdis, being torpedoed in the English Channel in 1943. If you know someone who is procrastinating on their return to the pool, hopefully, they don't wait too long, but maybe a little encouragement may do the trick. Read Roger's Story [here](#).

Officially Awesome!

Recently, our Montana LMSC Official's Chair, Susan Huckleby, was recognized by USA-Swimming for her endless and tireless contributions to the sport. She has devoted countless hours to our LMSC through her officiating and directing swim meets and coordinating our USMS events with the USA-Swimming events in Montana and at the national level. As you know, we cannot have events without consistent volunteers to make them happen. Thank you, Susan!

If you find yourself at a swim meet, thank an official or a timer for their time devoted time to us.

Swim Workout Library – A Cure for the Winter Workout Blues

Winter in Montana often finds one driving long distances to find a reliable indoor swimming pool. Also, due to the lack of swimming pools and/or lack of reliable well-coached workouts, it is easy to find oneself swimming solo or with a few friends. Sometimes, these workouts can get dull or monotonous, all you need are some ideas to jazz up your repertoire of sets. If you find yourself or your swim circle in a rut, try perusing through the USMS website, [Swim Workout Library](#). They offer a variety of seven different workout types in addition to supporting different types of swimmers. There is even an explanation of how sets are written and how to write a workout. They make it easy!

What's New – The Club Current

Big Sky Montana Masters (BSMT) – by Bill Hughes

Despite limited facilities in the Helena area, we are seeing an uptick in new swimmers at our organized workouts. No doubt this is the work of Paul Landes and Peggy Stringer's swimming lessons for adults that have been routinely offered in the Helena area.

Libby Snelling, who is from the Hamilton Swim Club, will be attending our BSMT Board meetings. BSMT will now have representation from Billings, Polson, Hamilton, and Helena for the board meetings.

Charlotte Sanddal has been spotted swimming recently, although she has slowed down quite a bit. She is still complaining about the lack of swimmers in her age group. At 101 years young it is hard to find competition for Charlotte.

Montana Masters (MMMT) – by Brady Baughman

This workout group practices at the Missoula YMCA and at the University of Montana Grizzly Pool. The practices at Grizzly Pool will be running again after HS season, which is soon. Practices at the YMCA are Monday and Wednesday at 7:00-8:00 PM and Friday at 12:00-1:00 PM. If you are in town or passing through Missoula, please stop in and workout. If you have any questions, please contact Brady Baughman at brady.baughman27@gmail.com. Currently, Brady coaches the Missoula YMCA Swim Team and the local high school swim teams.

Poolside Chat

by Jeanne Ensign, Montana LMSC Chair

Enjoying your winter season? I trust you all have a warm, humid indoor pool setting for practice. Notwithstanding those of you who found a natural body of water to dip into on New Year's Day. Or did an extra special, or especially long, workout to ring in 2024. I hope you had a wonderful holiday season and have set your swimming goals for the new year.

Are you looking forward to the short course season, or farther ahead to long course and open water season? Now is the time to Build. That base. That base. How many times have we heard that? The years I tell myself I have plenty of time, I regret I didn't make a better effort sooner. The years I heed the call, I reap the rewards come event time or summer lake-time. No pressure – if we do our best getting to the pool as often as fits into our life, and give our best those days in the pool, you've got me on your side. That's success.

Happy Swimming!