



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

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JULY 21-25 SHORT COURSE NATIONALS

AUGUST 21: LAKE TO LAKE TOUR

AUGUST 28: SOUTH DAVIS

OCTOBER 6-8, 2021: HUNTSMAN SENIOR GAMES

SWIMMING IN THE MEDIA

MESSAGE FROM THE PRESIDENT - BRUCE SCHROEDER



SUMMER OLYMPICS!!

Best Wishes to all Athletes!

Call for contributors: articles, photos, tech reviews,
and more are welcome! Email me for details

bruceschroeder@yahoo.com

USMS TRY MASTERS SWIMMING



Try Masters Swimming is a chance to introduce adults to the life-changing benefits of Masters Swimming. People are happier when they swim, and we want everyone to experience that feeling.

During the month of July, anyone can **try a FREE workout** at participating clubs nationwide. Why July? Because it's between the two biggest swimming events of the year: the U.S. Olympic Team swimming trials and the Tokyo Olympics. It's the big moment every four years—usually :)—when nearly everyone has an interest in the sport we love. Instead of just hearing people talk about swimming this year, let's get them to actually try it.

How You Can Help

The Olympic ads, live stream, video clips, and news articles will get the interest in swimming brewing and our USMS ads will help get some awareness and conversation going about adult swimming, but we know a personal touch is the most impactful. So we're asking you, our amazing members, to not only help spread the word in person to your friends, co-workers, and neighbors but to also share on social media. To help get the digital conversation going, we've [created graphics and sample text you can use](#). However, the biggest impact will come if you share something personal about what swimming means to you, whether in person or online.

Your story is amazing and unique, and your words can help get people in the water.

Don't know whether your club is participating in Try Masters Swimming? Ask your coach. As of June 2021, 5 Utah Clubs are participating; Heber Adult Swim Club (HASC), Queer Utah Aquatic Club (QUAC), Salt Lake Masters Club (SALT), South Davis Masters (SDM), & Southern Utah Aquatics Association (SUSA). But even if your club isn't signed up or you don't swim with a club, don't let that stop you from being part of the campaign and spreading the word.

Outside of getting everyone you know to try a FREE workout, you should be creating an **awesome on-deck and in-the-pool experience** for swimmers who are trying it. The impact you can make by greeting them, talking with them, and encouraging them is crucial. In addition to spreading the word to everyone you know, help plan a few special workouts for trial members. If your club can't accommodate it or you're not part of a club, amplifying USMS's message on social media can be very impactful, so please interact with our posts, share your swimming story, and help create a welcome online presence. Thank you for being a member of USMS and helping raise awareness for Try Masters Swimming. We couldn't do it without you.

<https://www.usms.org/join-usms/try-masters-swimming>

UPCOMING OPEN WATER EVENTS

Water & Weather Conditions have been good for the first four Utah Open Water Series (UOWS) this summer. You can search for participants in this and the Virtual Open Water Series on Swim.com App under “Clubs”. Go to the Club tab and enter Utah Open Water or Virtual Open Water and select the club which will list the participating swimmers. Listed below are additional events occurring the rest of the summer.

Event Information at [Utah OWS 2021](#)

Utah Parks Open Water Series Continues through August 28, 2021!

Order	Saturday	Location	City	Distance
5	7/3/21	Deer Creek	Midway	5k
6	7/10/21	Palisade	Sterling	3k
7	7/17/21	Steinaker	Vernal	1.5k
8	7/24/21	Huntington	Huntington	3k
9	7/31/21	Bear Lake	Garden City	5k
10	8/7/21	Escalante	Escalante	3k
11	8/14/21	Jordanelle	Heber	1.5k
12	8/21/21	Otter Creek	Antimony	3k
13	8/28/21	Scotfield	Helper	5k



Swimmers & Kayakers at Quail Creek Reservoir Hurricane, Utah. June 26, 2021

RECENT EVENTS & RESULTS

Wasatch Welcome Back (Short Course Yards)

June 5, 2021. Heber City Aquatic Center

Twenty three swimmers participated at the Heber City. [Complete results](#)

RECENT EVENTS & RESULTS (CONTINUED)

SUSA Mid Week Challenge (Short Course Yards). St. George Utah Submitted by Doug Estrich

Earlier this month in Southern Utah, we were able to brush away the pandemic cobwebs and compete in the first sanctioned SCY meet in Utah since everything was boarded up over a year ago. The two day SUSA Short Course Yards Masters Swim Meet was held in St George UT at the Sand Hollow Aquatic Center May 19/20. . I believe everyone who participated would say they were so grateful to be back in the racing saddle again and optimistic that the trend will continue. As a bonus the meet was held at the civilized hours of 11-1 both days so we could all rest up the night before and be ready for our events each day.



Doug Estrich

The swimmers ranged in age from the twenties to the eighties and represented northern and southern Utah swimming organizations. Some of the events were given two slots so that swimmers could pick and choose which slot would be better based on how many other events they were swimming and when.

Based on the response to this meet we'd expect many more to be popping up in 2021 as

the State of Utah, and local pools relax their pandemic restrictions. Hearty thanks are due to the Sand Hollow Aquatic Center staff, officials, financial backers, and meet organizers, and swimmers for a very well run event which was a long time coming, but once here, was great fun.

Hope to see you at a meet coming to your area soon!



Left to Right: Kyle Durieux, Carolyn Lyman, Lynne Lund, Jerry Treiman, Bruce Schroeder, Doug Estrich, Ulrich Scholz, Linda Wright, & Cindy Gilmore

UPCOMING POOL EVENTS

South Davis Masters (Short Course Yards) August 28, 2021 Save the Date: Details coming soon.

SWIMMING IN THE MEDIA



Swimming: July 24-August 1



Swimming: August 25- September 3.

SWIMMING ON THE ROAD



**HOW DO YOU SHARE YOUR PASSION FOR SWIMMING??
WE ARE ACTIVELY LOOKING FOR CONTRIBUTORS
QUESTIONS, COMMENTS, CONCERNS???** LET US KNOW

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.