

Jan/Feb/Mar  
2022



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### UPCOMING POOL EVENTS

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\*2/5 **Keep It Short**, Elkhorn,  
NE

\*2/13 **Cardinal Classic**, Sun  
Prairie, WI

\*3/6 **Spring Classic**,  
Bloomington, IL

\*3/19-20 **MN Masters**, Eden  
Prairie, MN

\*3/26 **Iowa Masters**, Marion,  
IA

Check out all options at  
[www.usms.org/events](http://www.usms.org/events)

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### OPEN WATER EVENTS

*For the cold water crowd...*

9/10 **Big Shoulders**,  
Chicago, IL  
<https://www.bigshouldersswim.com/>

**Registration opens 3/1** &  
sells out in 1-2 days. 2.5K or  
5K on Lake Michigan.

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# MOVY MINUTE

A Newsletter of Missouri Valley Masters Swimming Clubs

Welcome back MOVY Community! The past two years have had us meeting and swimming somewhat sporadically, but there is much to report from the 2021 seasons and much to look forward to in 2022!

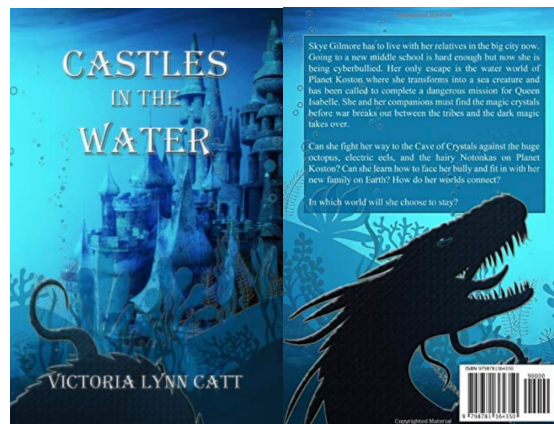
## Swimmer and Author, Vicki Catt, In Her Own Words

I've been swimming Masters for over ten years and realized there are not many books with competitive swimming or books with swimming and magic. So, through my experience of swimming in a pool, lake and ocean I wanted to show what it feels like, using all those senses in a story. As a child I learned to swim at Muzzy Lake in Ohio. I became a breaststroker because some days the water was so choppy and I had to get my head up high to catch the air. In high school I joined a swim team and competed in meets.

My book, *Castles in the Water* by Victoria Lynn Catt is published on Amazon under children's books. Available in paperback, hardback and eBook for middle age group readers, 9-12 years old.

*Castles in the Water* is a story of two worlds. After eleven-year-old Skye loses her mother, she joins a swim team, and deals with cyberbullying in her middle school. Overwhelmed with difficulties, she escapes through a magical crystal to an underwater world of talking creatures, castles, and a dangerous quest.

I've been a custodian in an elementary school for twenty years. Even though kids are taught by the counselor on what bullying is and how to deal with it, there's still a problem. I hope and pray this story can help kids that are dealing with depression and anger because of the bullying on social media sites.



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For the warm water crowd...  
9/10 Florida Keys,  
<https://www.swimalligatorlight.com/> 8mi (4 out and back)  
to Alligator Lighthouse. Solo  
or 2, 3, or 4 person teams.  
Relay members follow in  
Kayaks and take turns  
swimming. **Registration is  
already open.** Rob  
Poste [rposte@gmail.com](mailto:rposte@gmail.com) will  
be happy to help coordinate  
teams for those who are  
interested.

Another out of town option:  
10/9 **Swim the Loop**,  
Wilmington, NC  
<https://runsignup.com/Race/NC/Wilmington/SwimtheLoop?remMeAttempt=> 1.3mi and  
3.5mi options

Local Triathlons:  
5/22 **Kansas City Triathlon**,  
Longview  
Lake <https://www.sportkc.org/kctriathlon>

7/10 **Shawnee Mission  
Triathlon** Shawnee Mission  
Park <https://runsignup.com/Race/KS/Lenexa/2021ShawneeMissionTriathlonandDuathlon>

CONGRATULATIONS TO  
CURRENT MOVY/USMS  
TOP TENS 2021/2022  
SEASON – THUS FAR...

Chelsea Spottswood, Karen  
Shenoy, Jennifer Attig, Tarrin  
Fisher, Anthony Thompson,  
Brad Wells, Bob Welchlin,  
Bob Spears, Robert Wright,  
Dave Noble, Bridget Kelly,  
Ana Nixon, Heather Huettner,  
John Riley, Robert Lewis,  
Bob Lyon



## MOVY Records Tumble in 2021

Between Short Course Yards, Short Course Meters, and Long Course Meters, in a limited competition schedule, MOVY Masters managed to pull down a total of 87 records during those seasons. For all the details, you can visit [www.movymasters.com](http://www.movymasters.com) and select “Records” on the pull-down tab. Here’s a shout out to those swimmers in no particular order who snagged a record or multiple records: Katharine Ross, Beth Eldridge, Heather Huettner, Lori Terzopoulos, Teresa McGiverin (who took down at least 18 records alone!), Cal Biesecker, Bob Lyon, Robert Wright (one of these was a World Record!), Chip Glidden, Dave Noble, Brad Wells, Jennifer Attig, Michele Avery, Alexis Perdomo, Bob Spears, Rick Rangel, Laurie Benjamin, and Keith Richey. Congratulations!

## Meet Your MOVY Board Members



Left front to back: Susan Orwick Website/Social Media, Sofia Liu, Sanctions, Rob Poste, Open Water, Doug Hayden, Chairman, Bob Welchlin, ad hoc Head of Table, Bill Sherman, Top Ten/Record Keeper and MOVY merch manager  
Right side front to back: Dave Orwick, Website/Social Media, Paige Miller Manes, Registrar, Rick Rangel, Vice Chair, Anthony Thompson, Secretary, Jeff Leonard, Treasurer  
Not Pictured: Chip Glidden, Coaches, Heather Huettner, Newsletter Editor

## USMS National Top Tens

At the conclusion of the 2020 seasons, MOVY swimmers finished with 29 SCM, 6 LCM, and 37 SCY top ten finishes in the country. That’s 72 slots where Missouri Valley is represented nationally in the top ten for pool events. Three cheers for showing up and getting it done! As the 2021-22 season continues, there’s still time to jump in and put your training to the test. So far, MOVY swimmers are occupying 27 top ten spots for LCM and 33 spots for SCY. There are still meets on the spring calendar plus SCY Nationals in San Antonio, TX in April. Check out [www.usms.org](http://www.usms.org) >Events>Results for details.