

MOVY MINUTE

A Newsletter of Missouri Valley Local Masters Swimming Clubs

Upcoming Events

***1/1-2/28 - "Call of the Water" Virtual Relay Competition** - register by 2/21

***1/1-2/28 "USMS 1 Hour Swim Postal National Championship"** - donations go to Swimming Saves Lives Foundation

***2/20 – Olympic Fundraising T-Shirt Orders Due** (see ->)

2/1-28 - Postal Sprint Pentathlon

Rules and registration at usms.org

You Can Help Power Siphewe's Olympic Dream



Click the link below to learn more about Siphewe Baleka's journey and the opportunity to realize a dream at the age of 50 and to make Olympic history!

[GO FUND ME Campaign Link](#)



MOVY's Own to Represent at the 2021 OLYMPICS!

Few of you may realize, but the MOVY Masters team, in the singular presence of Siphewe Baleka, will be competing in the upcoming Summer Olympics in Tokyo. To help our teammate represent his bloodline country of Guinea-Bissau, we are creating a special tie dye in support of his

effort. It will be in the 3 basic colors of their flag, shown above. It will be printed with the following:

GUINEA-BISSAU



OLYMPIC SWIMMING
POWERED BY MOVY

Shirts cost \$40, and you may choose short sleeve or long. All proceeds above cost will go to defray the "team's" cost.

Please place your order with our team tie dye guy, Bill Sherman, at bsherm81@gmail.com by February 20. Specify size and sleeve length. Delivery sometime during March. (Bill Sherman, contributing editor)

More information on Siphewe's story and other ways you can contribute in addition to sporting a Team Guinea-Bissau tie-dye can be found at the following links:

[Sports Illustrated Feature Article](#)

[My Swim Pro Ambassador Feature Video](#)



Good to Go - Post Workout Nutrition

Rice cakes + nut butter + a banana is a great recovery snack after a good workout...and easy to grab and go! Healthy fuel is important for a healthy body.

2020 USMS Top Tens

LCM - 6 Individual MOVY Top Ten swims were posted solely by Anthony Thompson!

Many MOVY swimmers grabbed 12 Top Tens for SCY Relays!

SCY - 37 Individual Top Tens were distributed amongst the following MOVY swimmers:

Kelsey Liu (4), Paige Miller (3), Amy Hearst (1), Heather Huettner (1), Nan Bohl (5), Daniel Maynard (1), Jack Merrywell (1), Siphewe Baleka (2), Anthony Thompson (1), Bill Sherman (4), Chip Glidden (1), Dave Nobel (12), and Laurie Benjamin (1).

Congratulations Team MOVY!

Wanted: Submittals

What's happening in your neck of the woods? Do you have an event or a person we could feature? Please submit ideas to heather.huettner@yahoo.com

Nationals Tentatively Pushed Back

Short Course Yards ("Spring") Nationals has been pushed to July 21-25 in Greensboro, NC and Long Course Meters ("Summer") Nationals is set for October 6-10 in Geneva, OH. More time to get your training on!

12/20 Back in Action Meet Re-Cap

When USMS gave the go-ahead for sanctioned swim meets to begin again in late fall 2020, many MOVY Board members worked hard to write Covid-Era competition protocols and submit them for approval, secure a facility, starters and judges, etc. thereby paving the way for future opportunities to compete. We had 14 swimmers sign up for the December meet, with 13 actual competitors. Among all the great swims, John Riley, Dave Noble, and Heather Huettner snagged a few MOVY records at this meet, and with so few meets across the country, many of this meet's competitors can find themselves currently ranked in the top ten in the nation. It's the advantage of getting back in action! Way to go MOVY! Thank you to everyone who worked behind the scenes to make this happen and those who showed up to make a splash.

Fun with a Purpose - ePostals

November 7th and December 19th, Gladstone Community Center opened their pool for a nominal drop in fee so that swimmers could compete virtually in various ePostal events. These are events 'hosted' by different clubs and used as fundraisers for local masters swimming clubs (LMSCs) or causes. Competitors sign up and then have a window of time in which to complete whatever event is offered. Once the event is completed, a time is submitted and then compared with others in one's age-group for a final ranking. There were 5 options to cheer in these together-but-independent events and results and rankings can be found at usms.org

*USMS 3000 ePostal Swim - Sara Banner, Amy Hearst, and Anthony Thompson registered, while still others took on the challenge without formally signing up for the event (sorry I can't recall all, so I won't try) But way to go long haulers!

*USMS 6000 ePostal Swim - No MOVY swimmers registered for this challenge

*Davis Aquatic Master's 12th Annual Ross Yancher Brute Squad - 200 Fly + 400 I.M. + 1650 Free back-to-back - Sara Banner registered. Bridget Kelly and Lori Terzopoulos Danner swam it just for posterity! Way to go women!

*Brute Squad Lite - 100 Fly + 200 I.M. + 500 Free back-to-back - Kate Adams, Sara Banner, Heather Huettner, & Teresa McGiverin contributed to this event while others took on the challenge anonymously. Good effort gals!

*Pacific LMSC's 9th Annual 400 KFT - Kick for Time - a few MOVY kickers participated in this event, though results are still outstanding.

*The USMS/SmartyPants Fitness Series, a 30-minute swim, 2K Swim and 1 Mile Swim scattered throughout the year are motivational and beneficial as they help fund Adult-Learn-to-Swim events around the nation. All these events are great ways to build camaraderie while supporting the sport we love. Check out [ePostal Events](#) or [Fitness Challenges](#) at those links. Join the fun. Feel good about supporting a cause. Use it as motivation to get in the water.

