

# MOVY MINUTE

A Newsletter of Missouri Valley Local Masters Swimming Clubs

## Upcoming Events

**\*7/11-12** - Iowa Summer Games Triathlon and Duathlon  
*Big Creek State Park - Beach, Polk City, IA*

**\*7/25** - Cornhusker State Games Open Water, *Branched Oak Lake, Ramond, NE*

**\*8/12-23** - 2020 Toyota USMS Virtual Champs <https://www.usms.org/events/virtual-championships>

**\*Through 9/15** - 5K/10K ePostal Natl. Championship - *any 50m pool*

## Fast Fitness :30 sec on :10 sec off

- jumping jacks
- wall sit
- push-ups
- abdominal crunch
- chair step-ups
- squats
- chair tricep dips
- plank
- high-knees running in place
- lunges
- push-ups with rotation
- side planks (:15 sec each side)

7 minutes and you're DONE!

## If He Can Do That, So Can I!

Laurie Benjamin, 82, began a fearful relationship with the water by nearly drowning in Lake Michigan at the age of 6. Two years later, the family moved to Los Angeles shortly after World War II where he was promptly enrolled in a swimming class with the legendary Crystal Scarborough (see LATimes article: Swimming Teacher for Celebrities <https://www.latimes.com/archives/la-xpm-1995-10-03-mn-52705-story.html> ). In two short weeks with Ms. Scarborough, Benjamin went from fearful to diving off the 3m board! After swimming in high school, Benjamin swam for Southern Illinois University, a Division II school where he held records and was 2nd in the nation in the 200 fly. He then followed his coach to University of Minnesota where it took him 3 years to earn a letter! From a big fish to a minnow, he graduated and walked away from the pool burned out and too busy to look back...until 3 years ago. Chatting with a fraternity buddy, Laurie found out that his friend was routinely swimming a half mile. That old spark of a competitive spirit motivated Benjamin to return to the local YMCA pool in Chillicothe, MO, thinking, "If he can do that, so can I!" With the encouragement of the aquatics director at Grand River YMCA and connections he made with



Laurie Benjamin, ChilliMasters



## In Memoriam



### Tom Hairabedian 1924-2020

Missouri Valley Swimming and Diving had the great honor and pleasure of benefitting from Tom Hairabedian and his life well lived. Many share stories of his encouragement, positive outlook, and engaging personality. From playing the National Anthem on his harmonica at local swim meets to wowing the crowds with dives well into his 90's, Tom was a legend in the aquatics world and we were blessed to call him one of our own. Please take time to visit [tomhairabedian.com](http://tomhairabedian.com) to read more and view footage of his incredible life and contributions to the diving world.

### Wanted: Submittals

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

MOVY/Gladstone, that first 25 yards after several decades out of the water led to his first meet: 2018 Spring Nationals in Indianapolis! Laurie swam 3 events, posted up some points, and brought home some bling. He's since competed in several meets. With pools opening back up after the CoVid-19 lockdowns, Benjamin is back to swimming every other day. When he is not doing his own workout, one can find him working at Grand River YMCA as a lifeguard, coaching the Master's Program he started a year and a half ago (Chilli Masters), or coaching the 8-15 year old children's swim team. Last September, Laurie earned his Level II Masters Coach qualification as well. It's never too late to come back to the pool, to compete, to start something new, or to gently challenge a buddy to get back in the game.

## Programs Post Lock-down Need Help

After several weeks of creatively addressing our lack of access to pools and even open water, many are having the opportunity to return to the water. All of us are likely having to make some major adjustments to business as usual in the water. We are now perhaps pre-registering for a lane for a limited amount of time with a limited number of people per lane. However, some programs are still not operational and team members are scrambling to find convenient or available places to swim. Many teams are going to need a financial boost to get up and running again. We can help with this endeavor by registering for the 2020 Toyota Virtual Championships mentioned in the Upcoming Events Section on page 1. Follow this [link](#) for more information to support the sport we enjoy.

## Good To Go - Creamy Date Shake

Refreshing - Better-for-you Beverage - Naturally Sweet - Protein too

1 C unsweetened almond milk or other nondairy milk

5 Medjool dates, pitted and halved

1 C ice

1/4 C hemp hearts

1 pinch each ground cinnamon & nutmeg

Process in a blender til smooth, about 1 minute. Dust w/ cinnamon