

THE WET SET

Pacific Northwest Association
of Masters Swimmers



Volume 26 • Issue 4

Masters Swimmers in Western Washington

April 2006

Bainbridge Island Masters Put on Another Successful Meet

The Bainbridge Area Masters (BAM) always put on an excellent meet, and their most recent effort, The Island Meet, was no exception. Held on March 11 at the Bainbridge Island Aquatic Center, the short course yards event attracted about 100 competitors representing some 30 different Masters teams.



Many thanks to meet director Brian Russell and to the many BAM volunteers that staffed the event.

This was a sprint meet, so ten individual events were offered – four 50s, four 100s, a 100 IM and a 200 free – plus, four relays: mixed 200 free, mixed 200 medley, men's and women's 200 medleys.

In contrast to recent PNA-sanctioned meets, where many records were set, The Island Meet had only two. BAM's Bernice Phillips (75-79) set a Zone record of 53.45 in the 50 yard backstroke, while PNA Vice President and OOPS team member Steve Peterson (55-59) clocked in at 33.23 in

the 50 yard breaststroke, a new PNA record in that event.

In past years, the sprint meet right before Champs (held previously on Mercer Island) has drawn a number of swimmers to their first PNA meet. The same was true this year. These new competitors included Stephanie Wong (PAC), Fran Eide (unattached) Megan Reha (BAM), Cloantha Copass (BAM), Karen Curry (BAM), Tamara Tulou (BAM) and Jason Hesla (PAC).

Oops, I Goofed

Even the most experienced swimmers can make a mistake. Consider what happened at the meet to Blanche Bybee, founder and coach of the Fins of the San Juans. After starting the 100 breaststroke event, Blanche suddenly stopped swimming and came up smiling. The reason? She had just executed her first stroke – a beautiful butterfly!

Post-Meet Fun

Many competitors took advantage of the hot tub at the Aquatic Center, a reflection of the competition pool area, which seemed a bit chilly despite the sunny late winter day. After the competition, a sizeable number of competitors treated themselves to food, drink and conversation at the nearby Harbour Public House.

ON THE INSIDE



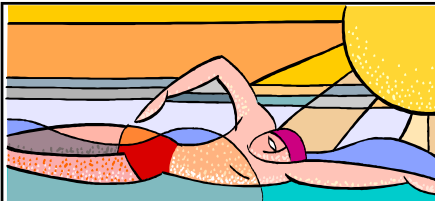
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Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our Web site at www.swimpna.org.

Looking to swim in a relay at Worlds?

Relay entries must be submitted by June 3, so please notify Lisa Dahl. You can reach her at (206) 251-1278 or lisaisswimming@hotmail.com.



WET SET

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April 2006

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Have you taken time lately to appreciate the fact that you swim? That you can swim? That you get to swim? That you LOVE to swim?

Ouch, That Hurts

One of my coworkers injured his shoulder recently and had shoulder replacement surgery. He's used to a swim after work a few nights a week. This week he is trying to learn the simple motion of moving his shoulder and swinging his arm when he walks. Doesn't seem like a big deal until you can't do it. He's really missing his swims.

And while I'm talking about missing swims, many of you know that I'm a tax accountant. Because of my long hours during the busy tax season, I don't get to the pool as often as I like.

Swimming is Heaven

I can't begin to tell you how good it feels when I do make it to workout. Well, not all the workouts, but that first length down the pool is pure heaven to a body that spends hours a day at a desk. It's sort of like that first 25 yards in a race – no lack of breath (yet), no muscles failing to respond, the "free" part of the race. I love that feeling. And sometimes I do feel good the whole workout.

Are you're feeling tired, overworked or in any other way put upon? Then get yourself to a pool ASAP. If you're not keeping to a regular schedule at the pool, you know what you're missing, so rearrange your life and go.

However, if you're feeling great, swimming on a regular basis will guarantee that you continue to feel that way. I know that many of

LEADING OFF



By Jeanne Ensign,
PNA
President

you are dedicated to regular workouts in the weeks and months leading up to PNA Champs. Having a meet or some other swim event to look forward to is a terrific motivator.

Upcoming Events

Check out the calendar of events on page 3 of this issue. Several great events are scheduled both locally and away, from Short Course Nationals in Coral Springs, Fla., to several Northwest open water events. My immediate swimming horizon stretches out through the IX FINA World Masters at Stanford in August. Mostly I'm looking forward to the lake warming up enough to get in plenty of outdoor swimming.

From time to time I am overcome when I realize how lucky I am to be a swimmer, that I can swim, that I get to swim, and that I LOVE to swim. There's the feel-good part, the health benefits plus all the good friends I've made that just happen to be swimmers, too.



United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



MASTERS 2006 CALENDAR

**OPEN
POSTAL SWIMS
MEETS** **CLINICS**

*Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events. PNA events, including PNA Board meetings, are listed in **bold**.*

□ April 21-23, 2006
Masters Swimming Association of
British Columbia
2006 Provincial Championships
Athens Pool, Kelowna, B.C.
www.okanaganmastersswimclub.com/swimchampionship2006.htm

□ **April 25, 2006**
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

□ April 28 to April 30, 2006
Northwest Zone Short Course
Championships - Boise, ID
SCY; Kristi Lee, (208) 895-0481,
kristidlee@aol.com; Shannon
Hamrick, (208) 855-2212,
sawtoothmasters@cablone.net;

□ May 11 to May 14, 2006
USMS Short Course Nationals
Coral Springs, Fla.
Michael Lohberg, (954) 345-2121
mlohberg@aol.com

□ May 15 to September 15, 2006
USMS 5k and 10k Postal
Championships
PST-LD; Neil Salkind
(785) 841-0947
njs@sunflower.com

□ **May 23, 2006**
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

□ June 17, 2006
USMS 1-3 Mile Open Water
Championship (2.5 km), Hartwell
Lake, Clemson, S.C. OW
Jacque Grossman, (864) 646-8836
jelg@innova.net

□ **June 27, 2006**
PNA Board Meeting
Time to be Announced
Jan Kavadas' condo, Edmonds

□ **July 8, 2006**
LCM Meet
South Kitsap High School
Port Orchard, Wash.

□ **July 15, 2006**
Fat Salmon Open Water Swim
1 and 3 miles
Lake Washington
www.fatsalmon.org

□ July 15, 2006
USMS 2 Mile Cable
Championships, Chris Greene
Lake, Charlottesville, Va.
OW; Dave Holland, (804) 282-6224,
dholland@rmc.edu
Mark Gill (480) 874-7112

markgill@usms.org;

□ **July 22, 2006**
Lake Padden Open Water Swim,
2.5K and 5K
Lake Padden Park, Bellingham,
Wash.
Cory Chapin;
happychaps@comcast.net

□ July 29, 2006
USMS 1 Mile Open Water
Championships, Lake Erie,
Cleveland, OH
OW; Tom Spence, (216) 299-3858
talltom13@msn.com

□ August 4 to August 10, 2006
2006 XI FINA World Masters
Championships, Palo Alto, Calif.
LCM
www.2006finamasters.org

□ **September 8 & 9, 2006**
Orcas Island Open Water
Challenge
Orcas Island, Wash.
(See article on page 5.)

□ **September 23, 2006**
9th Annual Short Course Meters
Pentathlon Meet
Oak Harbor, Wash.

Web Guide

Check out these sites on the Internet for information on Masters swimming, news, events, workouts and more from throughout the Northwest!

PNA Masters Swimming
US Masters Swimming
USMS Northwest Zone
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

www.swimpna.org
www.usms.org
www.northwestzone.org
www.swimoregon.org
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

SPLASH is Here, And Wants a New Pool Built in Bellevue

If you haven't heard of SPLASH, don't be surprised. This nonprofit organization – the letters stand for “Swimming Pools for Leisure, Active Sports and Health” – is in the process of being organized. Its mission: to foster the long-range development of aquatics facilities to meet the needs of the Puget Sound region.

Pool-Starved Bellevue

SPLASH's initial focus is on Bellevue, which has only one public pool, the Bellevue Aquatic Pool. Built in 1970 on the Olde Middle School campus by King County, this pool has been operated since 1995

by the City of Bellevue. Despite recent improvements, the pool is too shallow for high school sports teams. In addition, the facility is fully utilized; there are waiting

lists for swim lesson programs; and there are frequent conflicts between rental patrons and lesson programs leaving little time for open recreational usage.

National Park standards call for one public pool for every 20,000 people. Given Bellevue's population



– more than 112,000 – the city should have *five* public swimming pools by these standards.

SPLASH's Vision for Bellevue

SPLASH isn't advocating five new pools, but it would like to see a major aquatics facility built in Bellevue. According to SPLASH, that facility would include a 25-yard instructional, fitness and lap pool; a warm water area for therapy and young children; and a 50-meter by 25-yard deep water training and competition pool.

At a recent PNA board meeting, the board members present unanimously endorsed SPLASH's proposal for a new Bellevue pool.

What You Can Do

SPLASH's first step towards this new Bellevue aquatics facility will be a membership drive. That will be followed by a fundraising effort.

If you're interested in becoming a SPLASH member – the cost is only \$10 and is tax-deductible – contact Sharon Simas at (425) 644-5441 for a membership form and more information.

Welcome New PNA Swimmers

Erica Bartlett
Rachel Bittner
Christopher Clingan
Jonathan Clingan
Andrea Cox
David Ducolon
Francine Eide
Amanda Evans
Jill Fritz
Jack Fritz
Emily Ghilarducci
Ellen Gish
Heidi Grimm
Jason Hesla
Kimara Higbee
Helene Kale
Sok Khieng
Blaine Leick

Ann Marmesh
Meghan McCarthy
Michael McCloud
M. L. Miles
James Nelson
Beth O'Connor
John Reader
Kenneth Rice
Heather Romero
Rod Sonoda
Valerie Stumvoll
Stephen Sugg
Tyson Sullivan
Ken Telloian
David Turner
Karl Weiss
Brian White
Kristen Winn

Group Health Cooperative to Sponsor 2007 Short Course Nationals

By Jane Moore

Thanks to Lynn Gross, Federal Way Masters; Dennis Sawyer, Bainbridge Aquatic Masters; and Mel Goldstein, USMS National Sponsor Liaison, Group Health Cooperative has agreed to sponsor the 2007 United States Masters Swimming National Short Course Championship, which will be held at the Weyerhaeuser King County Aquatic Center on May 17-20.

New members of the meet organizing committee include Steve Freeborn, assistant meet director; Paul Freeman, meet newsletter; and AnnaMarie Terhaar, publicity coordinator. We still need a marketing coordinator and a banquet



First meeting of the 2007 Nationals Organizing Committee. From left: Holly Bork, Kathy Casey, Walt Reid, Arni Litt, Hugh Moore, Steve Peterson, Jane Moore, Tom Foley and Kelly Crandell

coordinator.

The meet logo should be finalized soon. We plan to create special T-shirts with the logo for PNA swimmers to wear during the next year to publicize the meet. Watch for more information soon.

More Details on Inaugural Orcas Island OW Swim

As reported in last month's *WetSet*, a two-day Orcas Open Water Challenge will be held Saturday and Sunday, September 8 and 9, in pristine Cascade Lake at beautiful Moral State Park on Orcas Island.

The challenge will include a 1/2 mile 4-person relay, a 1/2 mile individual swim and a one mile individual swim.

To register and for more information about the challenge events, go to <http://www.islandathleticsevents.com/water-challenge/index.html>.

(Continued from page 6)

One Hour Swim

Daniel Smith and David Kays) - 14,665 yards.

Complete results for the One Hour Swim can be found at www.usms.org/longdist.

April 15 and 16 PNA-Sponsored Stroke Clinic "Focus on Fundamentals"

Visiting Expert Coach—Bob Bruce, Head of the USMS Coaches Committee, former USMS Coach of the Year and Head Coach for the COMA Team in Bend, Ore.

Location: Samena Club in Bellevue

Each clinic will consist of a review of fundamentals, video taping and individualized feedback (and personalized video tape returned by mail) for each swimmer then drills and feedback on stroke technique

Saturday, April 15 th	Freestyle/ Backstroke	10 am – 4 pm
Sunday, April 16 th	Breaststroke/ Butterfly	9 am – 3 pm

Registration Fee: One Day Only: \$50
Two Days: \$80

Coaches who want to observe and help with on deck coaching: no fee
For information and to obtain the registration form contact Sarah Welch at sarahwelch@comcast.net or phone at (206) 723-1814
Registration will be first come, first served.

Clinic registration form available at www.swimpna.org.
(See Home Page/registration forms and meet information/April 15/16 Stroke Clinic in Bellevue)

PNA Swimmers in 2005 Top Ten FINA World Short Course Meters

Women 25-29

400 IM
RENEE HUKKANEN 28 # 7 5:21.41

Women 40-44

50 FREE
LISA DAHL 44 # 3 27.97
50 FLY
LISA DAHL 44 # 4 30.27
100 IM
LISA DAHL 44 # 9 1:11.23

Women 80-84

100 BREAST
MURIEL FLYNN 82 # 3 2:21.49
200 BREAST
MURIEL FLYNN 82 # 2 5:03.70
100 IM
MURIEL FLYNN 82 # 5 2:22.36

Women 85-89

50 FLY
PAT MATTHIESSEN 89 # 2 1:58.65

Men 50-54

800 FREE
SCOTT LAUTMAN 53 # 3 9:39.59
100 Fly
SCOTT LAUTMAN 53 # 3 1:01.64
200 Fly
SCOTT LAUTMAN 53 # 1 2:20.02

Men 55-59

1500 Free
JAMES MCCLEERY 59 # 4 19:06.39

Men 60-64

800 FREE
MICHAEL MCCOLLY 60 # 5 10:36.58
200 BACK
MICHAEL MCCOLLY 60 # 4 2:43.60
200 IM
MICHAEL MCCOLLY 60 # 6 2:46.24
400 IM
MICHAEL MCCOLLY 60 # 3 5:57.05

Men 65-69

50 BACK
GARY CHASE 65 # 1 33.90
200 BACK
GARY CHASE 65 # 1 2:45.56
50 BREAST
GARY CHASE 65 # 7 38.33

Men 75-79

400 FREE
HARVEY PROSSER 77 # 7 6:53.68
1500 Free
HARVEY PROSSER 77 # 5 26:58.23

200 FLY
HARVEY PROSSER 77 # 5 4:53.77
400 IM
HARVEY PROSSER 77 # 5 8:44.58

Men 90-94

50 FREE
GENE CROSSETT 92 # 8 1:02.83
100 FREE
GENE CROSSETT 92 # 5 2:28.23
200 FREE
GENE CROSSETT 92 # 4 5:17.33
400 FREE
GENE CROSSETT 92 # 2 10:56.26

PNA Swimmers in 2005 Top Ten FINA World Long Course Meters

WOMEN 40-44

50 M. FREE
LISA DAHL 4 # 5 8.48
50 M. FLY
LISA DAHL 44 # 9 31.24

WOMEN 50-54

50 M. FLY
DEBBIE GLASSMAN 52 # 10 34.08
100 M. FLY
DEBBIE GLASSMAN 52 # 8 1:19.16
200 M. FLY
DEBBIE GLASSMAN 52 # 5 3:01.21

WOMEN 55-59

1500 M. FREE
KATHRINE CASEY 57 # 6 23:27.74

MEN 40-44

1500 M. FREE
JOSEPH LANG 42 # 10 18:35.95

MEN 50-54

50 M. BACK
DONALD GRAHAM 51 # 3 31.56
100 M. BACK
DONALD GRAHAM 51 # 9 1:11.37
50 M. BRST
CHRIS LAUTMAN 51 # 9 34.02
50 M. FLY
DONALD GRAHAM 51 # 10 28.60

MEN 55-59

800 M. FREE
JAMES MCCLEERY 59 # 6 10:28.00
1500 M. FREE
JAMES MCCLEERY 59 # 3 19:48.17

PNA Results for 2006 One-Hour Swim

By Sally Dillon

Over 1,900 swimmers worldwide participated in this year's National Championship One-Hour Swim. Forty-nine were from PNA, which achieved ninth place overall in the Large Club division.

Thanks to swimmers that notified the relay chair of their entry in the event, PNA was able to form 17 relay teams. Four of these placed in the top three and in the medals.

PNA swimmers also set two national records. The first was set by Jim McCleery (60), who swam 4,920 yards, smashing the previous record of 4,695 yards. The second was set by the 55+ relay team of Jim, Kathy Casey (57), Sally Dillon (59) and Alan Bell (55). This team swam 17,825 yards, easily eclipsing the previous record of 17,435 yards.

In addition to Jim McCleery's first-place finish in his age group, five other individuals medaled by placing in the top ten as follows:

Kathy Casey (57) 6th with 3,975 yards

Sally Dillon (59) 10th with 3,880 yards

Marion Chadwick (84) 3rd with 1,580 yards

Alan Bell (55) 2nd with 5,050 yards (also broke the previous record)

Harvey Prosser (77) 3rd with 3,395 yards

The other relays medaling were:

Women's 55+ A – 3rd (Kathy Casey, Sally Dillon and Sarah Welch) - 11,570 yards

Men's 19+ – 3rd (Grant Ogburn, Ross Drangsholt and Peter Roach) – 12,375 yards

Men's 35+ A - 3rd (Brian Russell,

(Continued on page 5)



2006 Membership Application
Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer
 (Old Number _____)

Please print clearly and fill out the entire form. Register with the same name you will use for competition. If your name has changed, please include old and new names.

Name: _____ Birth date: _____
Last First Initial Month Day Year
 Address: _____ Age: _____ Male Female (circle one)
Street or box number
 _____ E-Mail: _____
City State Zip+4 please print carefully

Telephone: (____) _____

If you coach a Masters swim team check here
If you are an Official please check here
I am interested helping the PNA committee

CLUB: Pacific NW Aquatics (PNA) **AND** **Team :** _____
 Or Unattached **OR** Unattached

2006 Annual Fee: Of your membership fee \$20 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication).

Choose a membership level A, B, or C below.

A. Regular: 11/01/05 thru 12/31/06	\$35	Make check payable to: PNA
B. Need-based or Seniors (65 & over):	\$25	Mail to: Arni H. Litt, Registrar
C. End of Year 09/01/06-12/31/06	\$20	1920 10th Ave E
Foreign address, add	\$10	Seattle, WA 98102-4253

Optional Donations:

USMS Endowment Fund \$ _____
 International Swimmers Hall of Fame \$ _____
TOTAL \$ _____

Questions: (206) 323-4712, arni@qwest.net

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

➔ **Signature** _____

Date _____

The United States Masters Swimming Policy on the privacy of member information is at: www.usms.org/admin/privacy.shtml

TEAMS

- | | | |
|--|---|--|
| BAM: Bainbridge Area Masters | MIR: Mercer Island Redwoods | SVY: Skagit Valley YMCA |
| BC: Bellevue Club | MMST: Meredith Mathews E Madison | SWIM: South Whidbey Island Masters |
| BEST: Bellevue Eastside Masters | YMCA Mudskippers | TACM: Thunderbird Aquatic Masters |
| BBST: Bellingham Bay Swim Team | NEO: North End Otters | TACY: Tacoma Pierce County YMCA |
| BMSC: Bellingham Masters Swim Club | NHM: Newport Hills Masters | TIG: Tigers |
| BS: Brooks Swimming | NSYG: Northshore Y's Guys | TSC: Tacoma Swim Club |
| CAC: Columbia Athletic Masters | NWM: North Whidbey Masters | TMS: Thorbecke's Masters Swimming |
| DSYM: Downtown Seattle YMCA Masters | OOPS: Old Olympic Peninsula Swimmers | UNAT: Unattached to a Team |
| ESCM: Evergreen Swim Club Masters | ORCA: Orca Swim Club | UPAC: University Place Aquatic Club |
| FSJ: Fins of the San Juans | PAC: Poseidon Aquatic Club | VAM: Vashon Aquatic Masters |
| FTSW: Ft. Steilacoom - WAKO | PAM: PAMS | VAST: Valley Aquatic Swim Team |
| FWM: Federal Way Master | PRO: Pro Sports Club | VFC: Valley Fitness Center |
| GACM: Gateway Athletic Club | PTMS: Port Townsend Master Swimmers | WAC: Washington Athletic Club |
| GCMS: Gold Creek Masters (GCM) | QASC: Queen Anne Swim Club | WCY: Whatcom County YMCA |
| GLAD: Greenlake Aquaducks | RAH: Redmond Aqua Hotshots | WEST: West coast Aquatics Masters |
| HMST: Husky Masters | RTB: Raise the Bar | WSAS: West Seattle All-Stars |
| ISST: Issaquah Swim Team | SAC: Seattle Athletic Club | WSYD: West Seattle YMCA Dolphins |
| JAM: Juanita Aquatic Masters | SAMM: Samena Club | WWUS: Western WA U Masters Swimming |
| LUNA: Team Luna | SSEA: Swim Seattle | YNOT: Y Nauts |
| LWS: Lynnwood Sharks | STRM: Storm Lake Aquatics | |



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Address _____

City / State / Zip Code _____

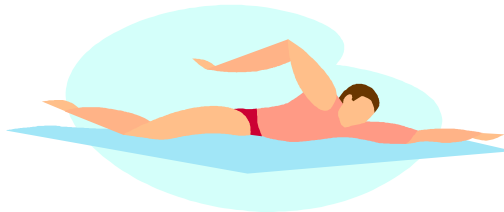
Phone _____ USMS # _____

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April 2006 Issue



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