



## Successful PNA Board Retreat Creates Action Items to Benefit Members

by Newsletter Editor  
Paul Freeman

Retreats can be dreadful events that consume time but generate little or no payoff. However, the PNA board's retreat on November 15 at a restaurant on Seattle's Rainier Avenue was a highly successful event, with the 10 board members present developing a number of action items that should greatly benefit members.

### Retreat was Needed

Why the retreat? For one thing, many board members felt that board meetings could be more efficient and productive. Also, there's so much to accomplish at board meetings that there never seems to be time for the board to collectively sit back and consider the long term.

### Better Communication, Strategic Actions for the Future

The meeting was facilitated by Ethan Smith, an HR specialist with a local bank, who did a bang-up job. At the morning session, he had board members explore how



Retreat attendees, from left: facilitator Ethan Smith and board members Arni Litt, Herb Cook, Sally Dillon, Lisa Dahl, Sarah Welch, Hugh Moore, Jeanne Ensign and Jane Moore. Missing, because he took the photo, is PNA President Steve Peterson; also missing is Paul Freeman, who could attend only part of the retreat.

they could better communicate with each other and improve board meetings. The afternoon session focused on what strategic actions should be taken in 2009 and beyond by PNA.

Here's a brief summary of those actions:

#### Create a team/club development program

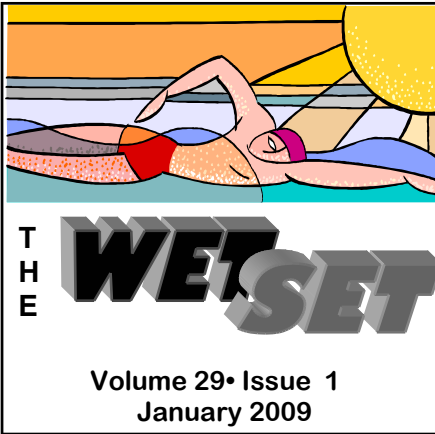
The USMS' new emphasis on club development resonated with the PNA board at the retreat. Strategies for developing a PNA team/club program include reaching out to team coaches to make sure they know about existing PNA/USMS resources; creating opportunities for teams and coaches such as a coaches'

clinic; and contacting teams to see how PNA can meet their needs.

#### Develop relationships with directors of facilities to negotiate rates, program and pool times

Masters swimmers in the Northwest need more access to pool time at reasonable rates. Several years ago PNA led the effort to prevent the closing of King County pools. Using a similar strategy, PNA will build relationships with directors of pool facilities so they can see the benefits of adding Masters swimming to their programs. Once a director has that

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**Open Water:** Sally Dillon  
**Publicity:** Lynn Wells  
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 Hugh Moore

**Y**ou spend all day in one room, only to end up with sheets of wallpaper splattered with grandiose ideas. That's usually been my experience at retreats.

But your PNA leadership team decided that a professionally-guided retreat was just the thing needed to improve our board's efficiency and efficacy and to do some long-range planning. So we hired a facilitator, rented space in a funky but tasty restaurant and came away with a truly useful set of guidelines and actionable items. Read the details on the front cover of this issue.

I thank board member Sarah Welch in particular for marshaling this idea from concept to completion.

### Meet Hosts Needed

For many of us, Masters swimming means competition. And competitions need host organizations and individuals to put on pool meets and open water swims. But finding hosts is becoming more difficult not only at the local level but also nationally and even internationally.

Costs and financial risk are one impediment — fees at KCAC were a concern for our 2007 Nationals and continue to limit the length of our Champs meets. City of Seattle pool fees, after a three-year plateau, will increase in January. Perhaps the key factor, though, is finding the individual or group enthusiastic enough to take on the challenge of hosting a meet.

Speaking of meets, I'm sorry to say that Cory Hilderbrand has left his job as Bellevue Club's aquatics director, with the negative effect that the long-running Bellevue Club short course meters meet in February will not be held in

# LEADING OFF



**By Steve Peterson, PNA president**

2009. Myke Lund and his Anacortes team, however, have their meet ready to go January 31. The Orca team will host a meet at Seattle University March 7, and ever-enthusiastic Coach Mel Smith will lead his Briggs Y team in again presenting its "Beat The Clock" meet in Olympia March 28.

### Clinic for New Competitors

Competitions serve many purposes — goal-setting, personal achievement, fundraising, camaraderie — but for some potential participants, they can be intimidating. If you haven't tried a swim meet before, PNA has created an opportunity for you to learn the basics without the pressure: an all-age swim competition clinic on March 14, put on by several PNA coaches. They will guide you through the intricacies of whistle blows, starting techniques, rules considerations and just plain stomach-butterflies management. See page 7 for details and a registration form.

### Passing of Russ Knudsen

A Bainbridge Island member, Russ passed away on November 11 at age 86. An enthusiastic outdoorsman and avid Masters

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United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always have 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 2009 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**. Unless otherwise noted, all PNA board meetings are at Yesler Community Center, 917 E. Yesler Way, Seattle.*

□ January 1 to 31, 2009  
USMS 2009 One Hour Postal Championships  
Jane Moore (253) 759-4956,  
[swimmooore@comcast.net](mailto:swimmooore@comcast.net); Janae McCullough, (253) 228-5947  
[u2jem@u2.com](mailto:u2jem@u2.com)

□ January 24, 2009  
Tukwila's 100th Birthday Swim  
100 lengths (2500 yards)  
Tukwila Pool, Tukwila, Wash.

□ **January 27, 2009**  
**PNA Board Meeting**  
6:45 p.m.

□ **January 31, 2009**  
**Anacortes SCY Meet**  
**Fidalgo Pool, Anacortes, Wash.**  
**Myke Lund**  
[h2obug101@yahoo.com](mailto:h2obug101@yahoo.com)  
See page 9 for entry form.

□ **February 24, 2009**  
**PNA Board Meeting**  
6:45 p.m.

□ **March 7, 2009**  
**Orca Short Course Yards Meet**  
**Seattle University Connolly Center Pool, Seattle**  
**Mark Handel; (734) 516-6907;**  
[meet@orcasswimteam.org](mailto:meet@orcasswimteam.org);  
[handel@gmail.com](mailto:handel@gmail.com)

□ **March 14, 2009**  
**PNA Clinic and Practice Meet for "New" Competitive Swimmers**  
**Saturday, March 14, Noon-5 p.m.**  
**Helene Madison Pool, 13401 Meridian N., Seattle**  
See page 7 for more information and registration form.

□ **March 24, 2009**  
**PNA Board Meeting**  
6:45 p.m.

□ **March 28, 2009**  
**SCY Beat the Clock Meet**  
**Briggs YMCA**  
**Olympia, Wash.**

□ April 4 & 5, 2009  
2009 Northwest Zone SCY Championships - Boise, ID  
Jill Wright, 208-571-4254,  
[swimjmw@aol.com](mailto:swimjmw@aol.com); Kristi Lee, 208-895-0481, [kristidlee@aol.com](mailto:kristidlee@aol.com);  
[www.sawtoothmasters.org](http://www.sawtoothmasters.org);

□ **April 10 & 11, 2009**  
**Friday evening & Sat.**  
**PNA Champs**  
**Weyerhaeuser King County Aquatic Center**  
**Federal Way, Wash.**

□ **April 28, 2009**  
**PNA Board Meeting**  
6:45 p.m.

□ May 7 to 10, 2009  
2009 USMS Short Course Yards Nationals  
Clovis North High School, Fresno, Calif.

□ May 11, 2009  
USMS 1 Mile Open Water Championships  
Millerton Lake, Clovis, Calif.  
Clovis Swim Club  
Dowain Wright, (559) 285-0489,  
[rightswim@sbcglobal.net](mailto:rightswim@sbcglobal.net)

□ May 15 to September 15, 2009  
USMS 2009 5 and 10 Km Postal Championships (50 meter pools only)  
Susan Sotir, (339) 222-3165 (cell), (781) 257-5102 (home)  
[spsotir@rcn.com](mailto:spsotir@rcn.com); Rich Axtell, [rich@minutemanmasters.com](mailto:rich@minutemanmasters.com);  
[usms.org/longdist/ldnats09](http://usms.org/longdist/ldnats09)

□ **June 24, 2009**  
**PNA Board Meeting**  
6:45 p.m.  
**Jan Kavadas' condo, Edmonds, 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](http://www.swimpna.org)  
[www.usms.org](http://www.usms.org)  
[www.northwestzone.org](http://www.northwestzone.org)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.akmswim.org](http://www.akmswim.org)  
[www.utahmasters.org](http://www.utahmasters.org)  
[www.mastersswimming.bc.ca](http://www.mastersswimming.bc.ca)

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### **PNA Board Retreat**

understanding, it should be easier to leverage more pool time and better rates.

#### **Hold annual banquet**

Annual banquets build camaraderie and honor Masters swimmers who contribute to our sport. PNA hasn't hosted such an event in many years. The board will explore the benefits of a banquet, which probably would be held around our Champs meet. If you have any suggestions for staging this event, please let the PNA leadership know.

#### **Market to triathletes and seniors**

"PNA wants to communicate to triathletes and seniors what Masters swimming and PNA offers them."

Masters groups typically target fitness swimmers, competitive swimmers and swimmers who want a social experience. But the Northwest also is home to a number of triathletes. Some use Masters swimming to become more fit and improve their strokes. Yet many triathletes view Masters swimming as an activity only for single-sport competitive swimmers. The board wants to communicate to this group what Masters swimming and PNA can offer them. In the process, PNA will grow our membership.

Seniors are a growing segment of the population. They have free time and want fitness activities, and thus are a potential source of new members. Many seniors don't think of Masters swimming as an activity for them. PNA wants to change this. So the board will work at determining what seniors need and how PNA can best meet those needs, which

might include a seniors' orientation program to Masters swimming, mid-day workouts and a wider variety of lane speeds.

#### **Include fitness column in newsletter**

The board decided that PNA members would benefit from a regular fitness column in *The WetSet*. You'll find the first of these columns on page 6. (Note: This regular column will not replace the quarterly health/fitness articles by PNA board member and physician Jane Moore.)

#### **Build volunteer base**

The board can't by itself accomplish the above projects. The board needs volunteers to help implement a team development program, stage open water events, put on clinics and work with facility directors to get more pool time and better rates. The board will develop a program to attract volunteers, including those willing to serve on the board.

Every PNA member benefits from new faces and input. Please become a PNA volunteer. *We need you and your ideas to keep PNA fresh and functioning.*

## **Welcome New Swimmers**

Dennis Colgan  
Michael G Dee  
Jeannie M Dodd  
Cindy L S Farr  
Staten T Hansen  
Krista Horton  
Ronald Mason  
Amy A Merten  
Kara G Pratt  
Stephanie Rosenboom  
Scot Sanborn  
Brandon W Seaton  
Wade A Taylor  
Jose A Tello  
James M White  
Peter S Wiant

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### **Leading Off**

swimmer, Russ served proudly as a Navy officer during WWII aboard the aircraft carriers Hornet and Yorktown in the Pacific theater, retiring in 1974 as a reserve captain. He joined Boeing in 1947, had a long career as an aeronautical engineer and raised nine children with his wife Charolette.

### **Buying from Amazon Means \$\$\$ for USMS**

If you shop online, remember that a percentage of your Amazon purchases will accrue to USMS. Simply go to Amazon through the link on the lower right corner of the USMS home page.

Happy New Swim Year!



### **Volunteer Needed to Design Short Marketing Survey**

**D**o you have marketing/survey experience? Then you could be a real help to PNA. We plan to create a support system for teams and coaches. Our goal is have it up and running this spring. To make the system as effective as possible, we want to conduct a short, simple survey, and we're seeking a volunteer to help design the survey. It won't take much time. If you can volunteer, please call Sarah Welch at (206) 359-2588 or email her at [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net).

## Olympian Megan Quann Jendrick Puts on Breaststroke Clinic for 30 Masters Swimmers

By Tina Alkezweeny

Most Masters swimmers will never swim with an Olympian. But on Sunday, November 9, I was one of about 30 swimmers who gathered at the Tukwila City Pool for a two-hour breaststroke clinic given by two-time Olympian Megan Quann Jendrick.

The clinic began with Megan talking about how she got started in swimming. We were surprised to



*Megan on Tukwila City Pool's diving board illustrating breaststroke*

learn she failed her level at swimming lessons three times and was finally asked not to come back.

### A Touch of Gold

Megan passed around one of her gold medals for the group to



*Megan and PNA Registrar Arni Litt*

look at and related how writing down her goals and making a plan to achieve them helped her get to the Olympics. After taking some questions from the group, it was time for us to hop into the pool.

Megan broke up the breaststroke into its components and went over each one, using demonstrations both in the water and on deck.

First, she reviewed the three parts of the kick: knees close together; feet pointed out; and a good hard kick, bringing the bottoms of the feet together.

Next was the catch. She told us to move our arms out into a "Y" shape; rotate the arms while keeping pressure on hands and forearms; and not pull back further than our face.

The final point she emphasized was head position. Keep the head low, she told us, explaining that if you put your fist on your chest and then rest your chin on the fist, your head will be in the right position.

After each demonstration by Megan, the group swam a couple of 25s to try out Megan's tips under her watchful eye.

The clinic ended with a raffle, with the winners walking away with swimmer-related gifts. And everyone at the clinic went home with goodie bags and an autographed picture of Megan and a signed copy of her book, "Get Wet Get Fit."

## Turning 40, Sean Carver Swims Gibraltar, Bermuda and Alcatraz, and Summits Denali

Turning 40, PNA member and Microsoft employee Sean Carver decided to make this milestone birthday one to remember. His blog explains: "Too many people get hung up on the life's little issues: work, age, permission, etc., and forget there's a world outside their picket fence. So for my mid-life crisis/therapy I'm spending more time living, and less time sitting on the couch."



*Sean at the Bermuda 10K*

To avoid being "hung up," in 2008 Sean swam across the Strait of Gibraltar on September 16, becoming the 317<sup>th</sup> person and the 29<sup>th</sup> American to successfully make the swim.

One of the tough things about going to Spain for the swim, Sean's blog explains, is being in Spain. "You start dinner at 11 p.m.,

*(Continued on page 6)*

# Fitness Focus

## The Benefits of Training for and Swimming the One Hour Swim

*Editor's Note: The WetSet is instituting a regular fitness column. The decision to do this emerged from a recent PNA board retreat. See this month's lead article for more details. This first fitness column was written by PNA Open Water Chair Sally Dillon.*

**S**wimming for **ONE ENTIRE HOUR** – yikes! What a grueling thing to attempt in a pool! How boring, watching that lane line for lap after lap after lap. Why would anyone want to do this?

Well, there are many reasons, such as personal challenge, competitiveness, peer pressure, even a chance to go out to lunch with teammates and pig out without guilt! But one of the most important reasons is that a one-hour swim is a great measure of your FITNESS! That's why USMS has sponsored this event every January for 32 years. Thousands of Masters swimmers participate and most use their results as a gauge to their fitness.

If you're fortunate to have a coach, you have probably swum a 30-minute swim in practice. This set is used to determine your base time for 100 yards (meters). This base time helps the coach select intervals for you so he/she can give you challenging swim sets. The 30-minute swim is often repeated two to three times a year, and the swims compared to see if you have improved your conditioning (or fitness) level over time.

The annual USMS One

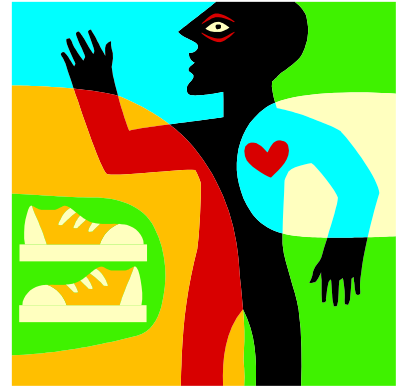
Hour Postal Swim is the perfect event for checking your fitness level each year. And training for the swim can motivate you to put in the "base" distance needed to get ready for late winter and spring racing. If you worked up to the one hour swim with 10-, 20- and 30-minute swims during December, the hour will seem less daunting.

Now that it's January, talk to your coaches and teammates and organize a time when you can run a couple of "heats" of one hour each. Be sure to allow some warm-up and warm-down time. Then you can take turns swimming and timing, encouraging each other along the way. And don't forget to allow time for that "pig-out" post-event meal!

### Are You Ready to Take on the NWM Challenge?



**T**he North Whidbey Afterburners challenge all other PNA teams to see who can enter the most swimmers in this year's One Hour Postal Swim. In 2008 we led the way with 12 entrants. Can you beat us this year? Results will be posted in *The*



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### Sean Carver

you enjoy cocktails until 6 or 7 a.m., you wake up woozy and sleep it off in the sun. Not the optimal way to prepare for a marathon swim, but far be it from me to disregard the local customs."

As for the swim Sean started out harder than planned, as hard or even harder than he would for a 1k swim at home. Still, things went reasonably well until the final mile, one of the "most painful things I have ever done," he says.

"You never really know where the finish is because you're always drifting due to the tide, current and waves. So in a sense you're always drifting away from the finish.

"Second, you can never be sure of what part of the coast you'll hit until you get there. ... Finally, after many hours of crashing through waves and swallowing salt water I started to feel pretty sick. ... In the end it all worked out well ... tough but very fun and rewarding."

Last year, Sean also climbed Mt. Denali (Mt. McKinley), North America's highest mountain (July 4), swam both the Escape (Swim) from Alcatraz (August 9) and the Bermuda 'Round the Sound' 10k swim (October 19). Not bad for guy who's hit 40! For more about Sean go to <http://www.40isnothing.com/>.

## Want a Stress-Free Experience for Your First Swim Meet?

### Sign Up for PNA's Clinic and Practice Meet for "New" Competitive Swimmers

PNA is sponsoring a clinic to prepare new competitors for their first swim meet. The clinic will focus on starts and turns and race strategy; that is, how to swim a race. The clinic will conclude with a practice meet that will be fun for all. You *can* swim a meet like a veteran and we'll show you how.

Four local coaches: Lynn Wells, head coach, Bainbridge Aquatics Masters; Shannon Singer, coach Skagit Valley Y; Lisa Dahl, experienced age-group coach; and Erin Walsh, coach, Milfoil Masters, will be coaches on deck. The clinic will offer four clinic stations where each swimmer will have the opportunity for instruction and feedback. The coaches will provide instruction in basic swimming turns, covering different strokes and IM. They will coach you on starting techniques (from the blocks, the deck or in the water) with video feedback. The coaches will also give you strategies on how to swim your individual race, how to pace yourself during a race and how to practice for the events you have chosen. The clinic will conclude with a practice meet with 50 and 100 yard events and fun relays. Come to this clinic to get ready to swim at a PNA meet and enjoy a sport that keeps us young and healthy.

**Clinic date, schedule and fees:** Saturday, March 14, Noon-5 p.m. Location: Helene Madison Pool, 13401 Meridian N. Seattle. Pool information: (206) 684-4979. The clinic will run five hours. Registrations will be limited to 40 swimmers. If the clinic is oversubscribed, the date your registration is received by PNA will determine your enrollment. PNA will confirm registrations by phone or email. Please make sure your contact information is current.

- **Clinic fee: \$40 per 2009 USMS registered swimmer.** If you are not registered with USMS/PNA you are still welcome to attend upon purchase of a USMS "one-event registration," which costs \$15.
- **What to bring:** suit, towel, sweats, etc., so you're comfortable in and out of the water.

#### Clinic Schedule

.5 hour	Registration, introductions and presentation on technique
2.5 hour	Change clothes, pool session for skills & drills. Four practice stations: Starting Blocks, Two turns stations and a race strategy station rotating on a 35-minute cycle.
1.5 hour	Practice swim meet
.5 hour	Wrap up and closing

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#### Registration Form (Please mail form with your check made out to PNA)

First Name				Last Name				
Address--Street			City/State			Zip		
USMS Registration Number				email address				
Phone Number(s)		(home)		(work)		(cell)		
What Do You Hope to Learn from this Clinic?								

**Checks payable to PNA:** Mail to Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144. For information call (206) 359-2588 or contact [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net)

## COMING IN JANUARY TO YOUR LOCAL POOL!

### 32nd Annual - USMS National Championship ONE HOUR POSTAL SWIM

#### INDIVIDUAL SWIM – details

- You'll find the entry form in the November/December issue of *USMS Swimmer* and on the PNA Web site (swimpna.org). Read the directions carefully.
- Swim the event at a pool of your choice and MAIL in your results; hence the name "Postal."
- Swim for one continuous hour any time during the month of January — last chance is January 31.
- Swim with no more than two swimmers per lane — circle swimming and drafting are NOT allowed.
- Have someone time you, count your laps and record your official splits. The form requires their signature.
- Mail your entry form and individual \$6 fee to the event host — Ohana Swim Team (see entry form).
- Mail a copy of your entry form to PNA's relay coordinator (see below).

#### RELAY EVENT — details

#### ***PNA WILL ENTER YOU IN A RELAY TEAM EVENT AT NO ADDITIONAL COST TO YOU.***

- Unlike more traditional relays, "Postal" relays combine your results with those of other PNA swimmers.
- The PNA relay team coordinator will form the best teams possible and make every effort to include you.
- Teams are formed by age group (18+, 25+, etc.), sex (male, female — 3 each), and mixed (2+2).
- Mail a copy of your entry form to the PNA Postal Relay coordinator:  
Sally Dillon  
PO Box 845  
Oak Harbor, WA 98277

#### FINAL REMINDERS

- Your swim **can only** take place in the **month of January**.
- **A copy of your entry form must be in the relay coordinator's hands by THURSDAY, FEBRUARY 5.**
- \* PNA relay teams will only be formed with swimmers whose "club" is PNA (check your registration card if you are unsure). Unattached swimmers are not eligible for relay teams.
- You must have 2009 USMS registration so register today if you haven't done so already.

#### QUESTIONS?

Contact Sally at: (360) 679-5038 or [salswmr@verizon.net](mailto:salswmr@verizon.net)

TALK TO YOUR COACHES AND ORGANIZE YOUR TEAMMATES TO SET ASIDE A DAY OR TWO THIS MONTH TO DO THE ANNUAL ONE HOUR SWIM. LET'S HAVE A GREAT PNA TURNOUT!





# Pacific Northwest Association of Masters Swimmers

## 2009 Local Team Registration

To register your team for 2009, please fill out and return the form below. (Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held each April. All team members competing in the meet must be currently registered with USMS.) **As of 2009, the definition of a team is a group of four (4) or more swimmers. If you do not expect our team to have four swimmers, please contact me.**

PNA will provide each team with a USMS Rule Book, which contains rules for Swimming, Competition, Long distance Swimming, Athletes' Rights, and Organization and Bylaws. Please indicate who should receive the USMS Rule Book

<b>Team Name:</b>	<b>Abbreviation (4 letters max):</b>	
<b>Team Rep</b>	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
<b>Team Coach</b>	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
<b>Workout Pools</b>	Pool name:	
	Address:	
<b>Website</b>		
<b>Workout Times</b>		
<b>Rule Book</b>	Please send to:	

Mail this form and check to:

Arni Litt, Registrar     [pnaRegistrar@usms.org](mailto:pnaRegistrar@usms.org)  
 PO Box 12172  
 Seattle, WA 98102-0172

Application fee: \$12  
 Make check payable to: **PNA**

Below are the abbreviations currently in use; Bolded IDs are registered for 2009

- |   |  |   |
|---|--|---|
| BAM: Bainbridge Area Masters<br>BADD: Bellevue Aquatic Divas & Dudes<br>BC: Bellevue Club<br>BEST: Bellevue Eastside Masters<br>BMSC: Bellingham Masters Swim Club<br><b>BTAC:</b> Bremerton Tennis & Athletic Club<br>BYMS: Briggs YMCA Masters Swim<br>CAC: Columbia Athletic Masters (All)<br>DSYM: Downtown Seattle YMCA Masters<br>EMS: Everett Masters Swimmers<br>ESC: Evergreen Swim Club Masters<br>FAST: Foothills Aquatics Swim Team<br>FWM: Federal Way Master<br>FSJ: Fins of the San Juans<br>FTS: Ft. Steilacoom<br><b>GHY:</b> Gig Harbor YMCA<br>GCMS: Gold Creek Masters (GCM)<br>GAM: Gold's Aquatics Masters<br>GGRM: Gold's Gym Redmond Masters<br>GLAD: Green Lake Aqua Ducks<br><b>HMST:</b> Husky Masters<br>IST: Issaquah Swim Team<br>LLUA: Little Lebowski Urban Achievers<br>LOGS: Logger Masters | LUNA: Team Luna<br>LWS: Lynnwood Sharks<br><b>MSVL:</b> Marysville YMCA Masters<br>MICC: Mercer Island Country Club<br>MIR: Mercer Island Redwoods<br>MAMS: Middle Aged Marlins<br>MMM: Mighty Marlins Masters<br><b>FOIL:</b> Milfoil Masters Swimmers<br>MYM: Monroe YMCA Masters<br>NHM: Newport Hills Masters<br>NEO: North End Otters<br>NSYG: Northshore Y's Guys<br><b>NWM:</b> North Whidbey Masters<br>OAC: Olympic Aquatic Club<br>OOPS: Old Olympic Peninsula Swimmers<br>ORCA: Orca Swim Club<br>OST: Ohana Swim Team<br>PAC: Poseidon Aquatic Club<br><b>PSC:</b> Phinney Ridge Swim Club<br>PTMS: Port Townsend Master Swimmers<br>PRO: Pro Sports Club<br>QASC: Queen Anne Swim Club<br>RAH: Redmond Aqua Hotshots<br><b>SAMM:</b> Samena Masters | SAC: Seattle Athletic Club<br><b>SVY:</b> Skagit Valley YMCA<br>SSTM: South Sound Titans Masters<br>SWIM: South Whidbey Island Masters<br>SSRM: Swim Seattle Redhawk Masters<br>TACY: Tacoma Pierce County YMCA<br><b>TACM:</b> Thunderbird Aquatic Masters<br>TIG: Tigers<br>TVAC: Tumwater Valley Athletic Club<br>UNAT: Unattached to a Team<br>UPAC: University Place Aquatic Club<br>VFC: Valley Fitness Center<br>WAC: Washington Athletic Club<br><b>WEST:</b> West Coast Aquatics Masters<br>WSAS: West Seattle All-Stars<br>WSYD: West Seattle YMCA Dolphins<br>WWUS: Western WA U Masters Swimming<br>WCY: Whatcom County YMCA<br>YNOT: Y Nauts |
|---|--|---|

Don't see your team? Have your coach or Team Rep, fill out and mail the form.



## Inside this issue:



- ◆ *PNA board retreat leads to several action items that will benefit YOU!!!*
  - ◆ *See page 1.*
- ◆ *Olympian Megan Quann Jendrick Holds Breaststroke Clinic in Tukwila. See page 5.*
- *First new Fitness Focus Column: Benefits of One Hour Postal Swim. See page 6.*



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