

# THE WET SET

Pacific Northwest Association  
of Masters Swimmers



Volume 29 • Issue 4

Masters Swimmers in Western Washington

April 2009

## Orca Puts on Fun-Filled Competition at Seattle U, a New PNA Meet Venue

Orca sure knows how to run a fine meet!

Its most recent effort, a short course yards competition, took place on March 7 at Seattle University's Connolly Center, the first time PNA has held a meet in this venue.

Nearly 120 people signed up, and probably 105-110 showed up. That's fewer than last year's meet — held the same weekend — which drew 139 swimmers.

"We had a slightly smaller group of out-of-town swimmers this year compared to last year. Some of that was due to a meet in Victoria the same weekend," says Meet Director Mark Handel.

### Lots of People, Lots of Effort

Running a meet takes lots of people making lots of effort, and this one was no exception, says Mark. "Thanks, of course, to the PNA officials — without them, we wouldn't have had a meet. The meet was held partly to support SU's swim team, and nearly all the team's swimmers helped us, as timers, safety marshals, lifeguards, concessions, clerk of course, results, etc. They made my job as



From left: Orca's Geoff Huntington, Nick Klem, Joe Denton and George Gonzalez

meet director much easier.

"In addition, Hank Meuret and Thomas DeVera helped with the registration process. Also helping were Phil Brennan, Rob Sonoda and Scott Warner. Finally, our MC, Matthew Love, set a lively tone for the event."

### Hiccups and Lessons

Every meet, no matter how well run, delivers a few "hiccups," as Mark calls them. One was the 1650 Free. Mark was surprised by the level of interest in this event. "It took awhile to run four heats of it. But, it's an event people want. You want variety. Not everyone wants to swim 50 Frees."

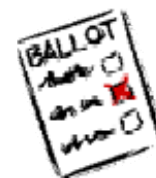
### Rethinking the 1650

In the future, a possible approach for the 1650, Mark sug-

gests, is to have two 1650 check-ins, one the day before the meet,

(Continued on page 5)

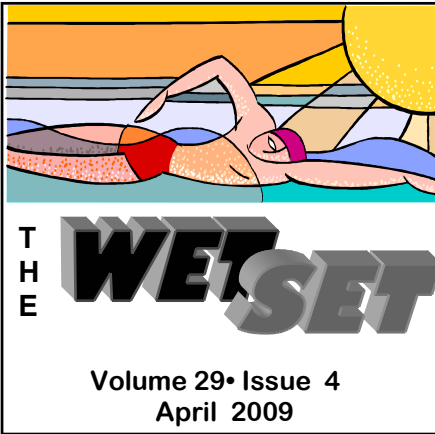
## We Need Your Vote for PNA Officers



On the inside back cover of this newsletter is a ballot for election of PNA officers for the next two years. Please fill out the ballot and mail it in as soon as possible.

Thanks in advance for taking the time to vote.

Orca meet photos by Grover Cleveland and Steve Peterson



**THE WET SET**  
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**Coaches:** Wendy Neely  
**Constitution & Bylaws:** Jane Moore  
**Fitness:** Sarah Welch  
**Historian:** Tom Foley  
**Meets:** Cathy Cooley/Mike McColly  
**Records/Top Ten:** Walt Reid  
**Officiating:** Kathy Casey/Jan Kavadas  
**Open Water:** Sally Dillon  
**Publicity:** Lynn Wells  
**Safety:** Kathy Casey  
**Webmaster/Computer Apps:**  
 Hugh Moore

**M**y home pool has been closed for a month for refurbishment, but I've had a great time preparing for Champs by working out with the OAC team. Results from the two March meets presented by Orca and Briggs tell me what I need to work on; I hope your preparations are going well!

Orca's second meet in recent years attracted more than 100 swimmers to a new venue, Seattle University. PNA has held clinics there but never a meet. The Orcas managed in fine style, right down to the always popular Pink Flamingo Relay. More about the meet in the front page article.

Brigg's Beat The Clock version 3.0 was equally well attended and the volunteers put on a great meet. Look for the Briggs write-up in the May-June issue.

**PNA New Swimmer Clinic**

Twenty PNA swimmers participated in PNA's first New Swimmer Clinic at Meadowbrook Pool on March 14. The clinic featured starts, turns, race strategy and a practice swim meet. Four local PNA coaches offered their combined skills, knowledge and tips and were rewarded with much enthusiasm. Check out the article and photos on page 6.

**Another Clinic in May**

Olympic breastroker Megan Jendrick returns with her second clinic, this time featuring not only freestyle but fellow Olympian Margaret Hoelzer demonstrating her world-class backstroke. Use the registration form on page 9 to sign up for either or both sessions on May 3 at Mount Rainier Pool in Des Moines.

**LEADING OFF**



**By Steve Peterson, PNA president**

**SwimFest '09**

This May 23-24 clinic in Shenandoah, Tex., is open to the first 100 USMS members who sign up. Presented by USMS, it's for everyone, competitor or not, wanting to improve their swimming. PNA has endorsed BAM Coach Lynn Wells as one of 15 volunteer coaches who will assist the seven national-caliber mentor Masters coaches on deck. Get specifics and register online at [www.usms.org/swimfest](http://www.usms.org/swimfest)

**PNA Election**

An election is in the works — you'll see a ballot for the 2009-2011 slate of PNA officers on the inside back cover. Please select or write in your candidates and mail it in. We're continuing to revise the PNA bylaws and hope to have these modernized and ready for your approval soon.

**Possible Pool Closures**

The downturn in the economy continues to affect pool viability. The North Kitsap Pool (Poulsbo) got a reprieve at least until the end of the year. But other pools on my side of the Sound are threatened. Lake Washington School District intended to close the Juanita High School/St. Edwards Pool by the end of March. Stay tuned

See you all at Champs.

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. "SCY" = Short Course Yards (25y); "SCM" = Short Course Meters (25m); "LCM" = Long Course Meters (50m). 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.*

□ April 4 & 5, 2009  
2009 Northwest Zone SCY  
Championships - Boise, ID  
Jill Wright, 208-571-4254,  
[swimjimw@aol.com](mailto:swimjimw@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 & Saturday  
morning.**  
**PNA Champs**  
**Weyerhaeuser King County**  
**Aquatic Center**  
**Federal Way, Wash.**

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

□ May 3, 2009  
**Freestyle and Breaststroke**  
**Clinic with Olympians Megan**  
**Jendrick and Margaret Hoelzer**  
**Des Moines, Wash.**  
**See registration form on page 9.**

□ May 7 to 10, 2009  
2009 USMS SCY Nationals  
Clovis North H.S., Fresno, Calif.  
[http://www.usms.org/comp/  
scnats09/](http://www.usms.org/comp/scnats09/)  
**Paper deadline: received by 4/2**  
**Online deadline: by 11:59 p.m.**  
**on 4/9**

□ 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)

□ May 26, 2009  
**PNA Board Meeting**  
**6:45 p.m.**

□ June 23, 2009  
**PNA Board Meeting**  
**6:45 p.m.**  
**Jan Kavadas' condo**  
**Edmonds, Wash.**

□ July 18, 2009  
**Fat Salmon**  
**1.2 & 3.2 mile open water swims**  
**in Lake Washington; Liz Rosen**  
**fatsalmonswim@gmail.com**



□ July 18, 2009  
Washington State Senior Games  
meet  
[www.pugetsoundgames.com](http://www.pugetsoundgames.com)  
Briggs Community YMCA  
Olympia, Wash.  
Gloria Tolaro, 360-273-6553,  
[19Gloria@sprintmail.com](mailto:19Gloria@sprintmail.com)

□ July 25, 2009  
**Lake Padden**  
**2.5K & 5K Open Water swims**  
**near Bellingham**  
**Lisa Kaufman**  
[lbkauf@clearwire.net](mailto:lbkauf@clearwire.net)

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

□ August 6 to 10, 2009  
2009 USMS LC Nationals (LCM)  
[http://www.usms.org/comp/  
scnats09](http://www.usms.org/comp/scnats09)  
IU Natatorium, Indianapolis, Ind.

□ September 12, 2009  
USMS 2009 3-6 Mile Open Water  
Championships (5 km) - Lake  
Michigan, Chicago, Ill.  
Chris Sheean,  
[bigshoulders2009@yahoo.com](mailto:bigshoulders2009@yahoo.com);  
[usms.org/longdist/ldnats09](http://usms.org/longdist/ldnats09)

## 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)

## Orca Short Course Yards Meet Seattle University's Connolly Center March 7, 2009



*Emily Valley came to cheer on her father, Eric Valley.*



*Doug and Michelle Hansen came to watch their son, Staten (Samena Club), compete in his second Masters meet.*



*ORCA member ready and fully equipped for the inner tube leg of the famed Pink Flamingo Relay*



*From left: Rich Seibert (OAC), Caroline Brown (PSC), Rick Ferrero (PSC) and Tom Schutte (GLAD)*



## Register Early: Last Year's Swim Sold Out

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## Volunteers Needed, Especially People with Boats and Kayaks



The 2009 Fat Salmon OWS will be on Saturday, July 18. Be warned: Last year the swim sold out early, and without any day-of-race registration or formal advertising! Our sanctioning allows for only 300 swimmers to participate in this great race. Online entry will be available in early May.

The GLAD swim team is the official host of the race. But if you're interested in helping organize Fat Salmon in the next few months, we'd love to hear from you too. Everyone's invited to pitch in any way they can.

Here's what we **really really really** need well ahead of time: motor-boat owners/drivers and kayak owners/paddlers to support the racers in the water. It's always a challenge to round up this posse. If you, or anyone you know, has a boat and is willing to join us for a Saturday morning party, **WE NEED YOU**. No boat support, no race. We also need a few committed NON-racing volunteers as day-of-race ground crew. Please let us know if you, or your friends and family, are interested in helping out. Thank you.

Contact [fatsalmonswim@gmail.com](mailto:fatsalmonswim@gmail.com) if you have questions and/or want to volunteer.

Happy Swimming,

Liz Rosen, on behalf of the Fat Salmon Open Water Swim

## Welcome New PNA Swimmers

Viviane Barry  
 William J Calarese  
 Grover Cleveland  
 Tamara J Cullen  
 Joshua F Dotson  
 Louiza Dudin  
 Nadine Foster  
 Jill H Gifford  
 Marianne Hauptman  
 Andy Hill  
 Eric M Hollis  
 Phoebe R Law  
 Thomas J Loranger  
 Chad Minnick  
 Klayton K Schauler  
 Randolph A Schemkes  
 Jonna E Skokan

## Learn from Olympians



**Freestyle and Backstroke Clinic with Olympians Megan Jendrick and Margaret Hoelzer. See page 9.**

(Continued from page 1)

### Orca Meet

one the morning of the meet. This approach would allow meet organizers to better adjust the timing of the meet, and let people know when they need to arrive if they're not swimming the 1650. Mark noted he left a message on his voicemail to alert people when the meet would continue after the 1650. "About five to ten people called me, so hopefully that was a

small improvement."

Another hiccup was learning the details of SU's facility and how to make it as comfortable as possible for swimmers and onlookers.

But these hiccups were minor, and if you were fortunate enough to swim at the meet, cheer on your favorite swimmers or watch the always-over-the-top Pink Flamingo Relay, you'll long remember the good time you had.

**RESULTS IN NEXT ISSUE.**



PNA Vice President Lisa Dahl (left) hands out goodie bag to Swim Seattle's Suzanne Elizer.

## PNA'S New Swimmer Clinic Generates Lots of Positive Feedback

By Sarah Welch

Where do you go for advice about competition when you're new to it? You go to PNA's first-ever new swimmer clinic.

The clinic, held March 14 at Seattle's Meadowbrook Pool, focused on starts, turns and race strategy. There even was a practice swim meet!

### Four Excellent PNA Coaches

Twenty PNA swimmers participated. The clinic coaches, Lisa Dahl, Lynn Wells, Shannon Singer and Erin Wallace, held mini-camps focusing on various aspects of swimming at a meet.

PNA organized the clinic as part of PNA's team development strategy to encourage swimmers to try new things, including competition.

Clinic coaches worked with small groups, providing individual attention. Several participants did



PNA Vice President Lisa Dahl (center with white shirt) surrounded by clinic participants with goodie bags; PNA Fitness Chair and clinic organizer Sarah Welch is in red shirt, second row

racing dives for the first time, others did their first flip turns. Many remarked that the skills they learned will help them in practice and in future swim meet opportunities.

### Participant Response

Here's what participants had to say:

*Erin Kittleman, who swims with GLAD:* "What I loved most about the clinic was the pep talk Lisa Dahl gave us about Masters

swimming, and how we are all wanted regardless of our ability. It took me four years to feel I was good enough to join a Masters team, and now, one month later, with the coaches' encouragement, I can see myself competing. Thank you all for your inspiration."

*Terrie Peterson who swims at the Y in Monroe:* "Shannon's help with turns, Lisa's help with starts — "aquatic posture" is an epiphany — Lisa's and Lynn's insight for retaining and maintaining energy and focus have all given me some new and motivating direction. It will get me back in the pool with plenty to work on and a fix on the PNA Championships in April."

*Francis Loziere, who swims with Husky Masters:* "So much has changed since I swam masters in the late 80s and 90s."

Francis was so excited about what he learned that he swam twice in each event of the practice meet, plus relays for a total of 10 racing swims. "Relays are fun," he says!

Participants received new PNA swimmer goodie bags created for members who swim their first meet in 2009.



Coach Shannon Singer from GLAD teaches the fine art of turns.



**YOU WILL NOT BE ALONE AT NATIONALS.**

**MORE THAN 50 PNA MEMBERS WILL BE THERE WITH YOU!!!**

**G**oing to SCY Nationals at Fresno, Calif. next month? You'll have plenty of PNA company. In addition to 50-plus PNA members, PNA will have a banner and *two* coaches to help, including setting up relays. These coaches will be chosen at the next PNA board meeting on March 24, after this issue of *TheWetSet* has gone to press.

For more information, check PNA's Web site ([www.swimpna.org](http://www.swimpna.org)).

We will be contacting you about relays.



## Record Number of PNA Swimmers Participate in 2009 One Hour Postal Championships

By Sally Dillon

**PNA** had 37 men and 37 women enter the 2009 USMS One Hour Postal National Championship. That's a PNA participation record since I've been involved! North Whidbey Afterburners won the "team challenge" by having the most PNA swimmers participate (12). Close behind were the Mercer Island Redwoods (11), South Whidbey Swells (11) and Skagit Valley Y (10). Twenty-three swimmers came from Whidbey island and 10 from Skagit Valley — nearly half this year's swimmers coming from "north of the big city"!

USMS-wide, 2,577 people participated this year, breaking the previous record of 2,276, set in 2004.

Preliminary results are posted on the USMS Web site. Full and final PNA results will be in the May-June issue. The Top 10 individuals and Top 6 relays receive medals; PNA swimmers achieving that honor are:

### MEN

Harvey Prosser (80)	2nd with 3,165 yds
Alan Bell (58)	3rd with 5,090 yds
Jim McCleery (63)	4th with 4,910 yds
Chris Tremonte (28)	4th with 5,250 yds
David Kays (41)	5th with 5,365 yds
Thomas Grandine (50)	10th with 4,810 yds

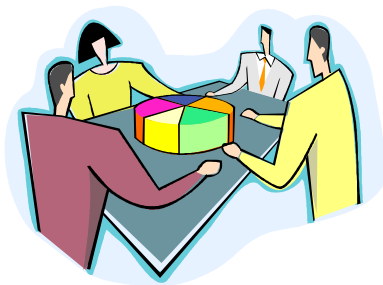
### WOMEN

Sally Dillon (62)	2nd with 4,005 yds
Stephanie Miller (26)	5th with 4,830 yds
Bernice Phillips (81)	6th with 2,190 yds
Janet Kavadas (77)	8th with 2,435 yds

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### RELAYS

Men 55+ (Bell, McCleery, John Dewit)	1st with 14,345 yds
Men 18+ (Tremonte, Jonathan Wagher, Hamber Pablo)	3rd with 12,770 yds
Men 65+ (Prosser, Tom Robertson, Don Ellingson)	6th with 9,030 yds
Women 55+ (Dillon, Elizabeth Rosanne, Joan Delgado)	4th with 10,850 yds
Mixed 55+ (Dillon, McCleery, Bell, Rosane)	3rd with 17,610 yds
Mixed 35+ Kays, Renee Quistorf, Marion Dorer, Richard Seibert)	5th with 18,110 yds



## Board Meeting Summary for January

**A**t the board meeting on January 21 the following decisions and actions took place:

- PNA will contribute \$100 to Whitman Home Health and Hospice in remembrance of Kathy Casey's mom.
- Hallie Truswell will have new swimmer goodie bags ready for the Anacortes meet. Sylvia's Swimwear is funding the mesh bags and T-shirts. PNA swim caps will be inserted.
- Jane Moore presented her current revision of the bylaws for discussion.
- President Steve Peterson and Vice President Lisa Dahl agreed to serve another term. The Nominating Committee seeks treasurer and secretary candidates.
- Membership currently stands at 1,074 members.
- Champs will offer both the 1650 and 1000 free (swimmers can select just one). The surcharge will be \$24.
- Sarah Welch is organizing a clinic for new swimmers.
- Jan Kavadas reported the Juanita HS/St. Edwards Pool is closing. The Snohomish pool is being built. Lynnwood is adding a recreational pool to its competitive pool.

# Rules to Swim By



By Kathy Casey  
USMS Rules Chair

### Scoring at Nationals

**Question:** I heard that scoring will be different at Nationals this year. How will it be done?

**Answer:** Scoring will be done in two categories; **regional clubs** and **local clubs**.

A **regional club** is made up of swimmers who compete for that club at Nationals but at meets in the LMSC they compete for a different entity or subgroup such as a workout group.

**Local clubs** are made up of swimmers who compete for that club at both Nationals and meets in the LMSC (and therefore do not qualify as **regional clubs**).

The USMS Championship Committee published a list of **regional clubs** by February 15. If a club objects to its designation, it can file an appeal with the chair of the Championship Committee at least 45 days prior to Nationals. (104.5.6B, page 34 of USMS 2009 Rule Book)

### Request for a Time Trial

**Question:** If I miss the first day of a two-day meet, can I ask during the meet for a time trial at the end of the meet to swim an event that I missed the day before?

**Answer:** No. The order of events as stated in the meet announcement cannot be changed. The announced arrangement of heats in any event cannot be added to or altered, except by the authority of the referee only to the extent of consolidating heats. (102.13.1, page 12 of USMS 2009 Rule Book)



### The WetSet Wants Your Stories and Ideas

If you've done something momentous or unusual connected with swimming, or have an idea for an article, we'd love to hear about it. Contact *The WetSet* with your article or article idea, and you will be amply rewarded in the hereafter.



**ACQUA Presents:**  
**MEGAN JENDRICK and MARGARET HOELZER**  
**SWIM CLINIC**  
**May 3<sup>rd</sup>, 2009**  
**Backstroke Clinic with Margaret 10-12**  
**Freestyle Clinic with Megan 1-3**  
**Mount Rainier Pool 22722 19<sup>th</sup> Ave. South Des Moines**

**General Information**

Eligibility: All registered Masters Swimmers! If you are not a registered masters swimmer you may pay a one day registration fee of \$15 and register at [www.swimpna.org](http://www.swimpna.org)

Registration: is limited and accepted in the order received. Payment must accompany each registration form and be **received by April 27<sup>th</sup>, 2009**.

Bring: Towel, suit, cap, goggles and water bottle.

Cost: \$70 per clinic. The first clinic (10am-12pm) is with 2008 three-time Olympic medalist and former world record holder Margaret Hoelzer. The second clinic (1pm-3pm) is with two-time Olympian and double-Olympic gold and silver medalist Megan Jendrick. Each clinic will include a presentation, question and answer session, in-depth stroke technique work and an autograph signing!

Clinic Extra's: Each registrant will receive a clinic goodie bag with Speedo and PowerBar products.

Registrants can also sign up to be filmed with our underwater camera which will be put on a DVD that will be mailed to you along with a written critique of your strokes by Megan Jendrick (\$40).

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**Want to get your hands on some Olympic Medals? Sign up and come see!**

**Registration form for Megan Jendrick and Margaret Hoelzer Swim Clinics – May 3rd, 2009**

Swimmer Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Swim Club \_\_\_\_\_ E-mail \_\_\_\_\_

Register for camp as follows:

- \$70 Margaret Hoelzer Backstroke clinic **10am-12 noon**
- \$70 Megan Jendrick Freestyle clinic **1pm-3pm**
- \$40 Underwater DVD with written critique
- \$15 Get Wet, Get Fit Book, by Megan Jendrick

Sign up for both clinics and receive a free Speedo T-shirt!  
Size: \_\_\_\_\_

\$ \_\_\_\_\_ **Total enclosed (Payment is final; refunds not available)**

Please send registration and payment (checks or money orders **made payable to ACQUA**) to:  
ACQUA Swim Clinic, Post Office Box 8844, Tacoma, WA 98419

For more information, or for questions please email [acquaswim@gmail.com](mailto:acquaswim@gmail.com)

Visit our website at **[www.acquaswim.com](http://www.acquaswim.com)**

United States Masters Swimming, Inc

## TWO WAYS TO BECOME A MEMBER

You may fill out the paper form below and mail it with a check or register online with a credit card at <https://www.clubassistant.com/club/USMS.cfm?l=36> or through the link for online registration at [www.swimpna.org](http://www.swimpna.org) and follow the instructions.

### 2009 Membership Application

New Swimmer

Returning USMS Swimmer

Pacific Northwest Association of Masters Swimmers

(Old Number if available \_\_\_\_\_)

**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

City State Zip+4 E-Mail: \_\_\_\_\_  
please print carefully

1<sup>st</sup> Phone: (\_\_\_\_) \_\_\_\_\_ cell, home, work **If you coach a Masters swim team check here**   
**I am interested helping the PNA committee**   
2<sup>nd</sup> Phone: (\_\_\_\_) \_\_\_\_\_ cell, home, work **Send The WetSet newsletter only by email**

**CLUB:**  Pacific NW Aquatics – 001 ( PNA) **AND Team:** \_\_\_\_\_  
or  Unattached or  Unattached

**Choose a membership level A or B below.**  
11/01/08 thru 12/31/09

**A. Regular:** \$40  
**B. Need-based or Seniors (65 & over):** \$30

Mail to: PNA Registrar, Arni H. Litt,  
P O Box 12172  
Seattle, WA 98102-0172

*Optional Donations:*

USMS Endowment Fund \$ \_\_\_\_\_  
International Swimmers Hall of Fame \$ \_\_\_\_\_  
**TOTAL** \$ \_\_\_\_\_

Questions: (206) 849-1387  
pnaRegistrar@usms.org

Make check payable to: **PNA**

**2009 Annual Fee:** Of your membership fee \$25 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.)

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](http://www.usms.org/admin/privacy.shtml)

Remember to check out your LMSC website at [www.swimpna.org](http://www.swimpna.org) and the USMS website at [www.usms.org](http://www.usms.org) for information, updates, and changes.

PLEASE VOTE!

As a current PNA swimmer, you are entitled to participate in the election of your next LMSC officers and representatives. Each officer serves for a term of two years and takes office after the PNA championships. The slate below was presented by a three member nominating committee appointed by the PNA Board. You may write in any 2009 registered member whose permission you have.

Also elected to the PNA Board at this time are the Representatives At-Large who represent the unattached swimmers and swimmers from teams of less than eight members. Members of larger teams are represented on the Board by their Team Representatives.

Please read the ballot, vote for your choice, fold the ballot so that the PNA Secretary's address is on the outside, tape closed, and mail. Your ballot must be postmarked on or before April 22, 2009. (Please write your membership number in the place provided. The number is found on The WetSet mailing label.)

PNA election policies can be found at [http://www.swimpna.org/pdf/misc/pna\\_team\\_handbook.pdf](http://www.swimpna.org/pdf/misc/pna_team_handbook.pdf)

**OFFICIAL BALLOT – 2009** 2009 USMS membership # \_\_\_\_\_ fold down

*The Pacific Northwest Association of Masters Swimmers*

All members should vote for each position

**OFFICERS:**

President (vote for one)

Steve Peterson   
\_\_\_\_\_  (write in)

Secretary (vote for one)

Herb Cook   
\_\_\_\_\_  (write in)

Vice President (vote for one)

Lisa Dahl   
\_\_\_\_\_  (write in)

Treasurer (vote for one)

Kelly Crandell   
\_\_\_\_\_  (write in)

**AT-LARGE REPRESENTATIVES:** (Vote for three) Candidates must be either unattached or from a team of less than 8 members.

Kathy Casey

Tom Foley

Toby Coenen

Write in for At-Large Representatives \_\_\_\_\_

Fold up

1<sup>st</sup> Class  
Postage

TO:  
PNA SECRETARY  
P. O. BOX 12172  
SEATTLE WA 98102-0172

**Ballot for electing  
PNA officers on  
inside back cover.**



**PLEASE VOTE**

**Inside this  
issue:**

- *Unbelievably interesting story about Orca meet, front page.*
- *Report on latest PNA clinic, page 6*
- *Important swimming rules, page 8.*

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**Pacific Northwest Association of Masters Swimmers  
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