

THE WETSET

Pacific Northwest Association
of Masters Swimmers



A Look Inside PNA's Books

by Ron Rhinehart with Jeanne Ensign, PNA Treasurer

As members, we go to workouts and meets, participate in clinics, visit the PNA website for information, read The WetSet...but seldom give a moment's thought to the business side of our organization. Below, Jeanne Ensign (recently re-elected as PNA's Treasurer) shares some insights regarding PNA's finances and what she enjoys about Masters swimming.

WetSet: Jeanne, how much revenue does PNA expect to receive in 2011, and where does it all come from?

Ensign: We expect to receive \$38,000 in 2011 - about 75% of that from registration fees. Pool meets, open water events and clinics provide most of the remainder. Groups that host meets pay \$1.75 per swimmer to PNA after they make a baseline profit of \$6 per swimmer, and PNA sponsors some meets and clinics - although we intentionally subsidize some, to get a new idea off the ground or to offer support to a particular segment of our membership.

WetSet: What are PNA's biggest expense categories?

Ensign: Several items top the list, among them: Swimmer support (\$10k), Nationals support (\$6k), The WetSet (\$7k), USMS National Convention (\$7k), Clinics (\$10k) and Administration (\$7k).

WetSet: Where do you get the estimates - for revenue and expense - to build the budget?

Ensign: I always start with the history from the previous two years. Then I ask for general and specific input from the PNA Board. For some items, there is a particular person responsible for oversight within PNA, for example, Sarah Welch presented a proposed budget for clinics in 2011.

Some expense levels are steady from year to year. The WetSet expenses, for example, are pretty similar to 2010 but there has been a big decrease since the time we asked members to opt-in to receive a paper copy, rather than opt-out. It costs us less than half what it did just three years ago.

I consolidate all the input for our December meeting and the Board reviews every line item before approving the final budget.

One of the really exciting things about PNA is that new ideas and initiatives are constantly being proposed. The board is always willing to consider proposals for new items - both operational and financial. The idea must contribute to PNA goals for serving the membership and the cost must be reasonable
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Meet Your New PNA Officers!

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LEADING OFF



BY PAST
PRESIDENT
STEVE PETERSON

Just over 350 swimmers attended the combined Northwest Zone and PNA Short

Course Yard Champs at Federal Way last month. In addition to many great pool races, competition for both of our annual awards was especially good this year with several worthy nominees. Lisa Dahl presented Evergreen Masters' Ken Rice with PNA's Coach of the Year Award. I was pleased to present the Dawn Musselman Inspirational Award to Sarah Welch. See the full text of the Musselman Award on page 3. Thank you to all our nominators and congratulations to our nominees and award recipients for your commitment to our swimmers and Masters Swimming!

PNA Relay All Americans

Those who swim the fastest listed individual and relay times each season are declared All Americans in those events for the year (Rule Book Article 105.4). Alan

Bell, Charlotte Davis, Debbie Glassman and Donald Graham are our USMS Relay All Americans for 2010. They won the 200 Mixed Free Relay (55+) at Spring Nationals last May in Atlanta in 1:42.86, also breaking the previous record (1:43.00) set in 2009 by Tamalpais (CA) Masters. Congratulations!

End of the Line

Wow – can you believe it's been four years? Presiding over 37 board meetings and lots of excitement through two two-year terms, I now turn over the reins to our new President. I tried to opt out of my new position, mainly because Jeanne Ensign has been so good at it, but Immediate Past President appears to be neither elective nor appointive. PNA is fortunate that most of its guiding lights in recent years remain active and I intend to continue that trend. Please know that through the superb efforts of my Board and Coordinators you enjoy a dynamic organization that actively supports your fitness and competition needs. You've thanked me at meets for "doing what I do" but *they* are the ones who have kept PNA successful these past four years. Our membership has grown from just over 1200 to about 1500

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See Page 3 for a Welcome message from our newly-elected PNA President, Lisa Dahl.

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The WetSet

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Historian: Tom Foley

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Officiating: Kathy Casey/Jan Kavadas

Open Water/Long Distance: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Hugh Moore

Welcome From The New President of PNA

by Lisa Dahl, PNA President

Wow! What a cool honor, to be president of PNA (Pacific Northwest Association of Masters Swimmers). The second-largest regional team in the US, one of the best-run LMSCs (Local Masters Swim Committees), located (in my opinion) in one of the best areas of the country.

PNA is in great shape, due to the hard and diligent work of our Immediate Past President, Steve Peterson, and returning board members Jeanne Ensign and Herb Cook. The committee chairs have also been instrumental in handing over a dynamite LMSC.

If you have met me, you know I am passionate about swimming. Whether you were new to the sport at the New Swimmers Clinic or received a New Swimmer Goodie Bag, you were greeted with enthusiasm. What I am even more passionate about is people having an opportunity to live happy, healthy and fun lives through adult aquatic programs. This is what PNA is all about for me.

I want to help provide support for our local workout groups and coaches, to help you live out your dreams, goals, and aspirations in swimming. I get excited when I hear from coaches how their athletes are reaching their goals, what new swimmers they have brought to meets and what challenges these swimmers have overcome to be there. I meet monthly with coaches - I talk with them at swim meets and rely on them to be my eyes and ears. The

LMSC has been instrumental in providing opportunities for coaches to attend clinics, ASCA trainings and Swim Fest. Money has been spent to help them be better trained and educated, so they can serve the PNA community of swimmers.

If you are not on a coached team or if you are a member of a small team, your access to the PNA board is through our three At-Large Representatives. They are Scott Bonney, Michael Grimm, and Kathy Casey. Their role on the board is to be your eyes and ears.

PNA has 1,361 registered swimmers, and encompasses the second-largest regional club in the country, Pacific NW Aquatics. We have 65 registered workout groups and oversee 14 sanctioned events (meets, clinics or open water swims) annually. This year, we intend to add more open water events this summer, offer a regional ASCA training for coaches and develop fitness activities to serve all our members.

What are your ideas? What do you want to see? What are we missing? You have a voice. Talk to your coaches and At-Large Reps and give them feedback. Let me know through them - the Board can't do this alone. There are many ways to give back to the sport that gives so much.

Health, fun, joy and happiness through swimming - it's the best sport on Earth!

Lisa

Meet Your New PNA Officers!

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Leading Off *(continued from page 2)*

swimmers, due in no small part to our wonderful registrar.

So thank you to my fellow officers: Vice President Lisa Dahl, Secretary Herb Cook, Treasurer Jeanne Ensign and At Large Reps Tom Foley and Kathy Casey. Thank you to Committee Chairs and Coordinators who served during my terms: Lee Carlson, Kathy Casey, Cathy Cooley, Toby Coenen, Kelly Crandell, Lisa Dahl, Sally Dillon, Tom Foley, Paul Freeman, Jan Kavadas, Arni Litt, Jim McCleery, Mike McColly, Hugh Moore, Jane Moore, Jo Moore, Wendy Neely, Walt Reid, Ron Rhinehart, Rondamarie Smith, Jon Walker, Sarah Welch and Lynn Wells.

Remember, they are all volunteers. Thanks again for making me look good through your dedication and passion for our sport! Good luck to our incoming officers: Lisa Dahl, Rich Seibert*, Herb Cook and Jeanne Ensign and to At Large Reps Scott Bonney*, Michael Grimm* and Kathy Casey! (*new recruits!)

Swim in good health!

Steve

Sarah Welch Receives 2011 Dawn Musselman Inspirational Swimmer Award

Official text of the 2011 Award presentation

Sarah, your dedication to PNA and continuing active involvement serve as an inspiration to all PNA swimmers. You have contributed in so many ways toward the ongoing success of PNA and its members over many years. Your professional background in finance and personal interests in fitness and competition bring special benefits to our Masters swimming community.

As our clinics coordinator, you have worked tirelessly to bring us many high quality training opportunities. Your own brainchild, the "New Swimmer" clinic, has proven popular with fitness swimmers and novice competitors wanting to build their skills and develop the confidence to tackle pool competition. Following through, your efforts to acknowledge our first-time competitors through PNA's New Swimmer Goody Bag program have made them feel even more a part of the PNA family.

Lisa Dahl notes that you are consistently open and sharing with potential new swimmers, touting the benefits of swimming and encouraging new and veteran swimmers to get involved. She says you know so many members, often giving them inspiration even when you should be preparing to leave the blocks yourself!

Lee Carlson reminds us how you calmly go about making Masters fun while promoting growth and change in a very positive way. Your commitment to Masters Swimming is evidenced by your participation at both the local and national level, with a willingness to take on projects and extra duties even on short notice.

Sarah, for your inspiration to the entire membership of the Pacific Northwest Association of Masters Swimmers by your example of good sportsmanship, encouragement and commitment, the PNA is proud to recognize you as our Dawn Musselman Inspirational Swimmer for 2011.



Left to right: Past PNA President Steve Peterson, PNA President Lisa Dahl, Sarah Welch, and PNA Vice President Rich Seibert.

Inside PNA's Books

(Continued from page 1)

for the project and our level of income.

WetSet: How does this year's budget compare to those of previous years?

Ensign: The 2011 revenue is about 19% higher than the previous two years, due to membership growth and increased clinic and meet receipts. This year, the Board agreed to dip into our reserves, to supplement the increased revenue, to fund several new programs designed to build membership. Our budgeted expenses exceed planned revenues by about \$15k, but the Board felt it was important to invest in more fitness swimmer support, more coaches development, more clinics and meets, and continuing coaching support for our swimmers at Nationals.

WetSet: How long have you been doing this for PNA, and what is your 'day job'?

Ensign: Off and on for a long time! I was Treasurer from 1997 to 2001, and have been again since 2009. In other years, I've been President, Vice-President and (my favorite) Past President.

I am a tax accountant and work for a small public accounting firm in Seattle. I've been a CPA for more than 30 years, and am a tax person at heart.

WetSet: Where do you swim, and what is your favorite thing about Masters swimming?

Ensign: I swim with the Green Lake Aqua Ducks (GLAD) workout group. Our home pool is Evans pool at the Green Lake Community Center, and summer Saturdays you can find us at Colman Pool in Lincoln Park in West Seattle.

My favorite thing about Masters swimming is all the other swimmers - the swimming bond is strong and it extends beyond the edge of the pool. In a way, swimming is like my work - it can be solitary, but the people are what make it fun.

WetSet: Thanks, Jeanne, for sharing how the dollars and cents of PNA work, and for all your hard work keeping the books in order!

Meet Your New PNA Officers For 2011-2013

Lisa Dahl, President

PNA Vice President 2009-2010. USMS Club and Coach Development Services. Head Coach of Central Area Aquatics Team.

Rich Seibert, Vice President

PNA Vice President 2011-2012. Asst. Coach, Central Kitsap HS. Swims with Central Area Aquatics Team.

Jeanne Ensign, Treasurer (re-elected)

PNA Treasurer 1997-2001, 2009-Present. Swims with Green Lake Aqua Ducks.

Herb Cook, Secretary (re-elected)

PNA Secretary since 2008, PNA Board member since 2007. Swims at Sequim Aquatic Recreation Center.

Steve Peterson, Immediate Past President

PNA President 2007-2010. Enjoying retirement! Swims with Old Olympic Pool Swimmers at Bangor Sub Base.

Scott Bonney, At-Large Representative 2011-2012, Vashon Island Masters Coach, Director Whulgers Open Water Swimming

Michael Grimm, At-Large Representative 2011-2012. Swims with Pro Sports Club.

Kathy Casey, At-Large Representative 2009-2012, USMS Rules Chairperson. Swims with Ft. Steilacomm.

Blue Wave Aquatics - Building A Swimming Community

Hearing that a local Masters workout group has 150 consistent members conjures up visions of crowded practice lanes. Ordinarily that would be true, but then, ordinary groups don't make full use of four different practice facilities. Blue Wave Aquatics (formerly known as Federal Way Masters) has over 23 scheduled pool workouts every week, supplemented by a lesson program and open water swim practices. That breadth of programming tends to spread out the membership pretty well, keeping lane crowding under control.

Wendy Neely has been Head Coach at Blue Wave Aquatics for five years, after three years as an assistant, and she's justifiably proud of what they offer the community. That's the key word in a conversation about her program - community. "We're building a swimming community with no boundaries," she says. Doing so requires addressing the needs of competitive and fitness swimmers, pool and open water participants, long-time swimmers and aspiring triathletes alike.

In their efforts to serve the Seattle community (there's that word again), Blue Wave Aquatics targets two key segments - aspiring adult swimmers and triathletes needing swim technique improvement. According to Neely, both groups tend to have some anxiety about joining a 'competitive' Masters program, although "people get tired of not being a good swimmer - that frustration brings them to us." To minimize the anxiety level, the lesson program is separate from the Masters workouts, and emphasizes the "basics that can sometimes be forgotten, like breathing technique, alignment and engagement." Last year, the lesson program had approximately 60 participants and nearly one quarter of them eventually moved on to join the regular Masters workout group.

Pool workouts are held at the King County Aquatic Facility (morning, mid-morning and evening), the Evergreen pool in Burien (morning and evening), in Kent (morning only) and Fife (evenings), plus Federal Way Community Center Pool and the Tacoma YMCA (downtown). Open water practices are held at Five Mile Lake in Auburn and Angle Lake in Seatac, beginning in late April / early May and continuing through the summer months.

Neely notes that Blue Wave members are free to join any workout at any time. A large (and growing) membership, a varied program that appeals to multiple groups, and strong participation - that's a pretty good definition of a healthy swimming community!

PNA Swimmers Achieve USMS and World Top Ten Rankings!

Visit the Records page at www.swimpna.org for an updated listing of these achievements as well as a summary of PNA records and 2010 All Americans.

OPEN WATER SWIMMING IN PNA TAKES A HUGE LEAP!

by Sally Dillon, PNA Open Water/Long Distance Coordinator

There is good news for open water swimmers – the number of USMS sanctioned open water swim events has doubled since last year! Many of you have participated in our two long-standing open water swims at Lake Padden (Bellingham) and in Lake Washington (Madison Park). The Lake Padden swim will begin our summer of competition on Saturday, July 16, with 2.5K and 5K swims over a triangular course. Lake Padden is a calm lake, surrounded by a great trail for spectators to enjoy. Contact event director Lisa Kaufman at lbkauf@clearwire.net for entry information. The Fat Salmon swim in Lake Washington follows on Sunday, July 23, offering 1.25 and 3.24 mile swims on the west shore between I-90 and Hwy 520. Fat Salmon fills up every year, so enter early at www.fatsalmonswim.org. Entry forms for both of these July events are available in this issue of The WetSet.

A new event last year that is back for another run is the challenging AquaRun open water swim, to be held in Commencement Bay, Tacoma on Sunday, August 7. Zena Courtney and Blue Wave Aquatics will offer 2K and 4K swims. Wetsuits required unless an entrant can provide evidence that they have adequate experience in similar distances at similar temperatures. Contact Zena at zenacourtney@hotmail.com.

Two new sanctioned events will fill out our August calendar. South Sound Masters will host an event in Deep Lake at Millersylvania State Park in Olympia on Sunday, August 14. They will offer 1K and 5K swims in a calm water lake that (I understand) isn't really deep! Contact Joshua Trotter at coachtrotter@evergreenswimclub.org for entry information. On Saturday, August 20, the South Whidbey Parks and Aquatics will offer 1 & 3 mile swims in the Saratoga Passage at Seawall Park in Langley on Whidbey Island. Like the Tacoma event, wetsuits will be required unless an entrant can prove they have the appropriate experience. For this first year, the hosts will limit the event to 50 swimmers. Contact for this event is Jean Fankhauser at jfankhauser@swparksandaquatics.org.

The final USMS sanctioned event of the summer will be held at Angle Lake in Burien on Saturday, September 17. This new event is hosted by Blue Wave Aquatics and it will offer 1 & 2 mile swims and an opportunity to close out the open water season in style. Contact for this event is Paul Havick at fphavick@comcast.net. Entry forms for the August and September open water swims will be in the July/August issue of the WetSet.

If you'd like to do some open water training for these events, or just to get out of the pool once in a while, group training opportunities abound all over Western Washington. Starting in the north, here are some groups that you might want to contact.

Shannon Singer of Skagit Valley Y Masters conducts practices in Lake Padden regularly on Sundays. She separates her group into beginners (11-11:45 am), intermediates (11:45-12:45), and seasoned veterans (12:45-2 pm). Contact her directly if you'd like to join in. Additionally, Shannon and "friends" circumnavigate Mercer Island each year. She has scheduled the approximately 13-mile swim for Saturday, August 27. Everyone must have his/her own non-motorized boat escort. You can contact Shannon at SSinger70@ao.com.

North Whidbey Masters swim at Pass Lake (located in beautiful Deception Pass State Park) at noon on Tuesdays and Thursdays throughout the summer. Contact Craig Carlson at director@oakharborpool.com.

On South Whidbey, members of SWIM usually have 4-5 different open water swims each week. There are numerous lakes but they often meet at a private home on Deer Lake or at the public beach on Goss Lake. Distances are 1-2 miles and they are marked. The group also swims in the salt water in Holmes Harbor. They post the place, day, and time on www.downsoundracing.com.

In the Seattle area, Queen Anne SC Masters swim from Madison Park beach M-W-F evenings at 7 pm, heading for the tennis club (~1300 yds out) or Denny Blaine Park (~1.25 miles out), although shorter options exist. Some Mondays in June, full schedule in July. Contact Ed Artis at edmainlines@comcast.net.

Green Lake Aqua Ducks members have started a Google group to arrange meeting times and places for those who want to swim in Lake Washington. Locations vary, but include Madison Park, the Fat Salmon course or Madrona to Madison Park. Weekday start times are usually before 6 am; weekends usually start around 7 am. They have some informal rules, like re-grouping at certain spots and encouraging each other to wear BRIGHT caps. Go to <http://gladswim.wetpaint.com/page/Open+Water+Swimming> to get connected with this group.

Team Scores For PNA SCY Championships

The PNA SCY Championships were held April 9-10 at the Weyerhaeuser King County Aquatic Center in Federal Way, Washington.

Large Team

Blue Wave Aquatics	2320 points
Lake Washington Masters	1696 points

Medium Team

North End Otters	1138.5 points
South Sound Masters Swimmers	940 points
Skagit Valley Masters Swimming	822 points
Downtown/Bellevue Swim Team	774 points
Monroe YMCA Masters	596.5 points
YMCAPKC Sound Aquatic Swimmers	587 points
Bainbridge Aquatic Masters	394 points

Small Teams

Greenlake Aquaducks	392 points
Husky Masters	350 points
Gig Harbor Old Swimmers Team	337 points
Central Area Aquatics Team	325 points

Bellevue Club	282 points
Western Washington University	269 points
Ohana Swim Team	263 points
Issaquah Swim Team	227 points
Logger Masters	202 points
Mercer Island Redwoods	193 points
Gold's Eastside Masters	145 points
Old Olympic Peninsula Swimmers	128 points
Phinney Ridge Swim Club	126 points
Newport Hills Masters	116 points
Orca Swim Club	105 points
Columbia Athletic Masters-Pine	104 points
Seattle Athletic Club	93 points
Little Lebowski Urban Achiever	73 points
Samena Masters	64 points
West Seattle YMCA Dolphins	61 points
Pro Sports Club	61 points
Olympic Aquatic Club	41 points
Port Townsend Master Swimmers	34 points
Team Luna	26 points
North Whidbey Masters	26 points
Tigers	22 points
Thunderbird Aquatic Masters	9 points
Unattached PNA	599 points

Individual results and scores can be found on the PNA website at www.swimpna.org

The USMS One-Mile Cable Swim National Championship

July 2, 2011

hosted by Central Oregon Masters
at Foster Lake (just east of Sweet Home, OR)

A rare opportunity to compete in a national championship open water meet
in the Pacific Northwest.

Limited to 288 entrants!

Find complete event information at www.comaswim.org

or register at www.clubassistant.com/club/meet_information.cfm?c=1705&smid=2938.

Records Fall At PNA/Northwest Zone SCY Championships!

Information provided by Walt Reid, PNA Records Coordinator

Women 18-24					
Krissy Forelli	GOST	200 Free	1:59.42	Zone Record	
Jill Minehan	OST	50 Fly	26.77	Zone Record	
Jill Minehan	OST	100 Fly	58.91	Zone Record	
Women 30-34					
Melissa Chamberlin	DBST	100 Breast	1:09.78	PNA Record	
Melissa Chamberlin	DBST	200 Breast	2:25.83	Zone Record	
Women 40-44					
Haleigh Werner	SSMS	1650 Free	19:15.09	PNA Record	
Women 60-64					
Charlotte Davis	NEO	500 Free	6:05.56	Zone Record	
Charlotte Davis	NEO	50 Back	33.63	Zone Record	
Charlotte Davis	NEO	100 Back	1:11.90	Zone Record	
Women 65-69					
Suzanne Dills	BC	1000 Free	13:33.36	Zone Record	
Joy Ward	OREG	50 Back	36.56	Zone Record	
Ginger Pierson	OREG	50 Breast	39.80	Zone Record	
Ginger Pierson	OREG	100 Breast	1:26.18	Zone Record	
Ginger Pierson	OREG	200 Breast	3:11.22	Zone Record	
Women 75-79					
Peg Cloutier	SSMS	500 Free	9:52.87	Zone Record	
Men 18-24					
Bryson Chiu	MIR	200 Breast	2:08.41	Zone Record	
Chris Chapman	LWM	100 Fly	51.03	Zone Record	
Bryson Chiu	MIR	200 IM	1:59.34	Zone Record	
Men 30-34					
Brian Wisniewski	HMST	50 Back	25.31	PNA Record	
Men 40-44					
John Keppeler	BAM	50 Back	25.38	Zone Record	
John Keppeler	BAM	100 Back	54.04	Zone Record	
John Keppeler	BAM	200 Back	1:58.09	Zone Record	
Roy Berg	MIR	100 IM	55.24	PNA Record	
Men 50-54					
Ned Stack	LWM	50 Free	22.10	Zone Record	
Ned Stack	LWM	100 Free	49.67	PNA Record	
Doug Portelance	LWM	100 Back	1:00.09	PNA Record	
Men 55-59					
David Hannula	YPKC	50 Free	23.58	PNA Record	
Men 60-64					
Larry Wright	NHM	50 Fly	27.23	PNA Record	

Records Fall At PNA/Northwest Zone SCY Championships!

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Men 65-69

Mike McColly	NEO	500 Free	5:59.57	PNA Record
James McCleery	NWM	1000 Free	12:07.54	PNA Record*
Michael McColly	NEO	1000 Free	12:25.10	PNA Record*
James McCleery	NWM	1650 Free	19:58.60	PNA Record
Michael McColly	NEO	200 Back	2:30.30	Zone Record
Michael McColly	NEO	200 IM	2:31.66	PNA Record
Michael McColly	NEO	400 IM	5:23.91	PNA Record

* Note: McColly set the PNA record in the 1000 Free event. McCleery subsequently set a new PNA mark with his 1000 split during the 1650 Free event.

Relays - Mixed 25+

Tamara Coulter	CAAT	200 Medley	1:48.45	PNA Record
Justin Morin	CAAT			
Lisa Dahl	CAAT			
Richard Seibert	CAAT			



Photos by Steve Freeborn.

PNA / Zone SCY Champs



Left: PNA President Lisa Dahl presents Ken Rice with the 2011 Coach Of The Year award. Photo by Steve Freeborn.

Right: Courtney Smith sings the national anthem prior to the first event at the PNA / Northwest Zone SCY Championships. Photo by Steve Freeborn.



ACQUA Proudly Presents...

2011 Masters Olympian Clinic at the Fife Swim Center

Featuring....

Ian Crocker
and

Megan Jendrick!

July 9, 2011 | 9am - Noon

5410 20th Street East - Fife, WA

This is a Masters sanctioned event!

- * Backstroke * Butterfly * Breaststroke *
- * Freestyle * Motivation * Autographs *
- * Gift Bags * More! *



Our clinicians have won eight Olympic medals and set dozens of American and World records, including eight Masters World and 15 Masters National records!

Swimmer Name _____
 Age (18+) _____ Team _____
 Address _____
 E-Mail _____
 Phone _____



3 Olympic medals

Quantity: _____ July 9, Clinic (\$75)

Mail to:

ACQUA
PO Box 8844
Tacoma, WA 98419

www.ACQUASWIM.com

[See website for more details]



5 Olympic medals

**2nd
Annual**

H.O.P.E. Showdown Meet!

Saturday, May 21, 2011

3:00 PM – 6:00 PM

**Shoreline Pool
19030 1ST Ave NE
Shoreline, WA 9815**



Helping Other People Everywhere

We take it for granted, but clean water is a scarce resource in other parts of the world. This year, proceeds from our **2nd annual Showdown Meet** will go to help non-profit organization **Healing Waters International** provide a sustainable clean water system to a needy community in Haiti. We raised \$2,010 last year; let's come together, have fun and help those in need once more!

- Who:** Anyone can participate as long as they can successfully complete the events.
- What:** A 10-event meet including 7 individual events, 2 relays and ending with spontaneous challenge races!
- Donate:** Online at <http://www.healingwatersintl.org> (write "H.O.P.E. Showdown" in the note section) or in person at the meet.
- Sign-Up:** Email your name, event numbers and estimated time for each event to Coach Jordan at jordanrice@gmail.com
- Events:** 1. 100 Pull; 2. 100 Kick w/ Board; 3. 100 Medley Relay; 4. 50 Water Polo Race; 5. 10 & Up 25; 6. 50 Kick w/ Fins; 7. LOTR Relay Extravaganza; 8. 25 Underwater; 9. 50 Partner Innertube Race; 10. Challenge Races (Sign up onsite)
- Volunteer:** Email Kate at: katerby@yahoo.com
- More Info:** H.O.P.E. Showdown Meet website: <http://hopeshowdownmeet.shutterfly.com>
Haiti Water Project 100 Facebook page: <http://www.facebook.com/home.php?#!/group.php?gid=277484229319>
Healing Waters International website: <http://www.healingwatersintl.org>

Healing Waters International is a 501(c)3 nonprofit organization EIN 46-0472149. A tax-deductible receipt will be issued at the end of the year.

Welcome New PNA Swimmers *(listed by workout group)*

BlueWave Aquatics

Roger Sherwood

Julie Stein

Central Area Aquatic Team

Tyler Martin

Green Lake Aqua Ducks

Nicole Salisbury

Husky Masters Swim Team

Marijoie Jumawan

Monroe YMCA Masters

Michael Harai

Orca Swim Club

Collin Foulds

David Husch

Poulsbo Piranhas Swim Team

Tami Bowen

Port Townsend Masters Swimming

Gary Campen

Swim Seattle Redhawk Masters

Elise Hale-Case

Tanya Stockland

Thunderbird Aquatic Masters

Justen Berg

Unattached (see note below)

Jeremy Keddie

Shannon Lawrence

Richard McMillen

Ian Mosher

Carl Skinner

Brian Knittle

Note: Errors or corrections (and names of Unattached swimmers who wish to change their affiliation to a specific workout group) should be sent to

pnaRegistrar@usms.org

HELP WANTED!

PNA is looking for volunteers for the following positions:

Website data entry - a temporary role entering and updating information regarding facilities and workout times as part of our website redesign project. No specialized web design or administration skills required. Contact Sarah Welch at sarahwelch@comcast.net or 206-359-2588.

Meets Coordinator - help fill our competition calendar by acting as the liaison between meet directors and the PNA Board. Prior experience as a meet director is desirable but not required. Contact Sally Dillon at salswmr@comcast.net or 425-961-0023.

MASTERS CALENDAR

LOCAL EVENTS

June 18, 2011
Northwest Senior Games
 Juanita Aquatics Center
 Kirkland, WA
 Info:
www.northwestseniorgames.org

July 16, 2011
Lake Padden Open Water Swim
 Lake Padden
 Bellingham, WA
 Info: Lisa Kaufman,
lbkauf@clearwire.net,
 360-3936948

July 23, 2011
Fat Salmon Open Water Swim
 Lake Washington
 Seattle, WA
 Info: www.fatsalmonswim.org

August 7, 2011
AquaRun Open Water Swim
 Commencement Bay
 Tacoma, WA
 Info: Zena Courtney,
zenacourtney@hotmail.com,
 253-927-3695

August 14, 2011
Deep Lake Open Water Swim
 Deep Lake
 Olympia, WA
 Info: Joshua Trotter,
coachtrotter@evergreenswimclub.org, 360-458-7690

August 20, 2011
Saratoga Passage Open Water Swim
 Seawall Park
 Langley, WA
 Info: Jean Fankhauser,
jfankhauser@swparksandaquatics.org, 360-579-4438

September 17, 2011
Angle Lake Open Water Swim
 Angle Lake
 Burien, WA
 Info: Paul Havick,
fphavick@comcast.net,
 253-720-1201

NATIONAL EVENTS

April 28 - May 1, 2011
USMS Spring Nationals SCY
 Kino Aquatic Complex
 Mesa, AZ
 Info: www.usms.org/comp/

June 25, 2011
Summer National Senior Games
 University of Houston
 Houston, TX
 Info: www.nsga.com

July 2, 2011
USMS One-Mile Cable Swim Open Water Championship
 Foster Lake, OR
 Info: www.comaswim.org

CLINICS

May 20-22, 2011
Swim Fest II
 Atlanta, GA
 Contact: Lisa Dahl,
ldahl@usms.org

July 9, 2011
ACQUA Swim Camp - Megan Jendrick & Ian Crocker
 Fife Swim Center
 Fife, WA
 Contact: Megan Jendrick,
swimcamps@gmail.com

MEETINGS

May 17, 2011
PNA Board Meeting
6:45pm
 Jan Kavadas' condo
 Edmonds, WA
 Contact: Jan Kavadas,
 425-775-5814

June 28, 2011
PNA Board Meeting
6:45pm
 Hugh & Jane Moore's
 Tacoma, WA
 Contact:
swimmoore@comcast.net

11th Annual Lake Padden 2.5K and 5K Open Water Swim Saturday, July 16, 2011

Hosted by Bellingham Masters Swim Club

Sanctioned by Pacific Northwest Association of Masters Swimmers for USMS, Inc. - Sanction No. 361OW-01

Name: _____ USMS #¹ _____ - _____
 Street: _____ DOB (mm/dd/yy) _____
 City: _____ State: _____ Zip: _____
 Email: _____ Phone: _____
 Emergency contact: _____ Phone: _____

Event choice (circle): **2.5K** **5K** Gender: **M** **F**

Fee calculation:

Entry fee (prior to July 11): \$35
 Race Day Entry Surcharge \$5
 One-event USMS fee¹ (\$20) _____

Total remitted (US or CAN): _____

Make checks payable and mail to:

Bellingham Masters Swim Club
 Lisa Kaufman
 2200 D Street
 Bellingham, WA 98225
lkauf@clearwire.net

or REGISTER ON-LINE AT : <https://www.clubassistant.com>

**5K Entrants must complete the first 2.5K within 1-hour or they will be stopped.

Liability Release: "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 CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGE, 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, 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Must be signed and dated for acceptance.

Signed: _____ Date: _____

Events 2.5K & 5K open water swims will be conducted on a triangular course in freshwater Lake Padden. Both events start in the water and finish on the beach.

Schedule: 7:30 – 8:30 a.m. Check-in for all events
 8:45 a.m. Pre-race briefing
 9:00 a.m. Joint Start (2.5K & 5K)

Location: Lake Padden Park, Bellingham, WA. Restrooms, showers, and changing facilities are located at the start/finish area. Hiking, biking, running trails, a large barbecue, and a play area for the family are available. The park includes a first-rate municipal golf course (<http://www.lakepadden.com>).

Eligibility:

- USMS or Canadian Masters (CM) registered swimmer **or**
- \$15 "One Event USMS Registration" fee for non-USMS or CM
- 18 years of age and older as of August 2, 2008
- Non-PNA swimmers (CM or out of area USMS) – photocopy of current registration card required with entry.

Entry Fee: \$35 (US or Canadian). Fee includes official race swim cap, which must be worn during the swim. **Race Day Registration: \$40**

Entry Deadline: Advance registration must be received by July 11, 2011. Day-of registration is permitted.

Awards: Men and Women overall first through third place for 2.5K and 5K Wetsuit and Non-Wetsuit Divisions.

Rules: Current USMS rules will govern this event. Neoprene wetsuits are allowed.

Safety: Lifeguards and safety boats will monitor the entire race course. Swimmers must wear the swim cap provided and race number on hand and upper arm or leg.

Results: Results will be posted one hour after the final event and will be available on the BMSC (<http://www.b-m-s-c.org>) and PNA (<http://www.swimpna.org/>) web sites shortly after the event.

Directions: Southbound: I-5 exit 254, left at light onto Samish Way. Cross freeway, right at light (S. Samish Way), main entrance to park (not golf course) is 2.4 miles on right. Northbound: I-5 exit 246, left at stop sign (S. Samish Way), main entrance to the park is beyond the golf course entrance, 2.5 miles on left. Race start & finish is near the bathhouse adjacent to the main parking lot.

Notes: 1) USMS or Canadian Masters number required. Canadian or non-PNA USMS must enclose photocopy of current USMS to complete registration. Those without current registration must enclose \$20 for "One Event USMS Entry" to complete registration.

2011 Fat Salmon Open Water Swim – 1.2 & 3.2 Mile Events

Saturday, July 23, 2011 Lake Washington, Seattle, WA

Sponsored by Green Lake Aqua Ducks (GLAD)

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS – Sanction No. 361OW-02

EVENT: The fattest swim of the summer...

This is the 12th Fat Salmon Open Water Swim!

The 1.2-mile and 3.2-mile open water swims return once again to beautiful Lake Washington. The event has filled to capacity early four years in a row, so be sure to register EARLY!



RACE-DAY SCHEDULE (July 23, 2011):

MADISON PARK

6:15 - 7:15 am Pre-Race Check-in for *both* races

7:30 am **Mandatory** Competitors' Meeting for *ALL* swimmers

7:45 am 3.2 mile swimmers carpool to **Day Street Boat Ramp**.
1.2 mile swimmers can relax for a while, and then walk or carpool to **Denny Blaine Park**.

DAY STREET BOAT RAMP

8:30 AM **Estimated** start of 3.2-mile race

DENNY BLAINE PARK

9:15 am **Estimated** start of 1.2-mile race

LOCATION: The event runs between the I-90 and 520 floating bridges along Seattle's Lake Washington waterfront. The 3.2 Mile Race starts at Day Street Boat Ramp at the west end of the I-90 Bridge span, and ends at Madison Park in Seattle (E. Madison St. & E. Howe St). The 1.2 Mile Race starts at Denny Blaine Park, 200 Lake Washington Blvd. E, and also ends at Madison Park. **Check-In at Madison Park** where both races end. **Swimmers are responsible for transportation from the registration area to the race starts.** Parking at both start areas is extremely limited; carpooling is encouraged.

See race map at <http://www.fatsalmonswim.org>

RULES: Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire *is* allowed. Fins, pull buoys, snorkels, mp3 players are examples of things NOT allowed under USMS rules.

SAFETY: The course will be marked with large buoys. Motor boats, kayaks and lifeguards will be located along the course. Swimmers must wear the swim caps furnished at check-in. A mandatory safety meeting will be held before the event start. More at: <http://www.fatsalmonswim.org/safety.htm>

AWARDS: A whole salmon will be awarded to the fastest male and female swimmers in both the wetsuit and non-wetsuit divisions of the 3.2-Mile Race. For the 1.2-Mile Race one-half of a salmon will be awarded to the fastest male and female swimmers in both divisions. Ribbons will be available for the top three finishers in all 5-yr age groups, in both divisions.

ELIGIBILITY: 18 years of age or older, as of July 23, 2011 **and:**

- Currently registered with USMS, Canadian, or Foreign Masters, **OR...**
- **Additional** \$20 "One-Event USMS Registration" fee is required.
- Non-PNA USMS registered swimmers **must** submit a copy of their 2011 registration card to the race registrar.

ONLINE REGISTRATION ONLY – starting May 1st

TO REGISTER:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1726&smid=3064

FEES:

\$45.00 – Early entry *before* July 1

\$55.00 – July 1 thru July 19

\$20.00 – One-Event USMS registration (as needed, see eligibility)

REGISTRATION CLOSES at 11:59 pm Tuesday July 19th or **SOONER** if race has sold out

A note about that USMS One-Event Fee... Your \$20 lets you participate in *this* USMS-sanctioned event. For \$22 more, enjoy USMS membership for the remainder of 2011, including access to pool meets, clinics, coaches, open water swims and magazine subscription. Contact PNA registrar Arni Litt PNARegistrar@usms.org for more info or to join.

THERE WILL BE NO DAY-OF-RACE REGISTRATION!
No refunds given. Entries are non-transferrable.
No show slots will not be filled.

QUESTIONS? LOTS MORE INFORMATION at <http://www.fatsalmonswim.org>

OR contact Liz Rosen, Race Director

via **email:** fatsalmonswim@gmail.com

or **phone** 206.973.9075 (only between 5 and 8 pm, please)

DIRECTIONS:

From Northbound I-5: Take the Seneca Street exit (#165), merge onto Seneca; travel 0.1 miles; turn left onto 5th Avenue. Follow directions from 5th Avenue (see below).

From Southbound I-5: Take the Union Street exit (#165B), travel 0.1 miles; turn left onto 5th Avenue. From 5th Avenue: Travel 0.2 miles; turn left onto Spring Street, travel 0.1 miles; turn right onto 7th AVE, travel 0.2 miles; turn left onto Madison Street, travel 2.9 miles; Turn **SLIGHTLY RIGHT** on to East Howe Street, travel 0.1 miles; Turn **LEFT** onto 43RD Avenue East. Park.



Pacific Northwest Association of Masters Swimmers

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 and follow the instructions.

2011 Membership Application

New Swimmer Returning USMS Swimmer
(Permanent ID if available _____)

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
 Home Phone (____) _____ Work Phone (____) _____ Cell Phone (____) _____

CLUB Affiliation Pacific NW Aquatics (PNA) or Unattached to a Club
TEAM Affiliation _____ see team list on next page

Please check all that apply:
 Masters Coach , Certified Official , YMCA , USA Swimming , USA Triathlon

Choose a membership level A or B below for 11/01/2010 thru 12/31/2011.

A. Regular:	\$44	
B. Need-based or Seniors (65 & over):	\$35	
<i>Optional Donations:</i>		
Swimming Saves Live		\$
International Swimmers Hall of Fame		\$
Pacific Northwest Association (PNA)		\$
TOTAL		\$

Swimming Saves Lives
 Just \$1 from each of us has the potential to add \$55,000 annually to further adult swimming opportunities, sports, medicine research, education and outreach through grants. See <http://www.usms.org/giving/>

International Swimming Hall of Fame Fund
 Dedicated to the recognition of the famous swimmers, divers, water polo players, synchronized swimmers, and persons involved in life saving activities and education, throughout the world. <http://www.ishof.org/about/>

Pacific Northwest Association of Masters Swimmers
 This is your organization and supports clinics, education, The Wetset, and future projects. The Senior and Need-based discount is funded in part by donations.

Please consider making a tax-deductible donation to these funds.

Make check payable to: PNA
 Questions: (206) 849-1387 or pnaRegistrar@usms.org
 Mail check & form to: Arni Litt, Registrar
 PO Box 12172
 Seattle, WA 98102-0172

A link to the PNA newsletter, *The WetSet*, will be sent by email 10 times/year unless you check here to have *The WetSet* sent by U.S. Postal Mail.
 PNA is seeking volunteers to help with meets, clinics and committees. Check here to volunteer and someone will contact you about where you could make a difference."

2011 Annual Fee: Of your membership fee \$29 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication Swimmer Magazine. (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** _____

Pacific Northwest Association of Masters Swimmers 2011 Local Team Registration

To register your team for 2011, 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

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

Mail this form and check to:

Arni Litt, Registrar 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 2011 as of April 26, 2011.

<p>AQUA Aquatic Fanatics BAM: Bainbridge Aquatic Masters BADD: Bellevue Aquatic Divas & Dudes BC: Bellevue Club BMSC: Bellingham Masters Swim Club BTAC: Bremerton Tennis & Athletic Club BWAQ: Blue Wave Aquatics CAAT: Central Area Aquatics Team CAC: Columbia Athletic Masters (All) DBST: Downtown / Bellevue Swim Team EMS: Everett Masters Swimmers FAST: Foothills Aquatics Swim Team FSJ: Fins of the San Juans FTS: Ft. Steilacoom GHY: Gig Harbor YMCA GCMS: Gold Creek Masters (GCM) GAM: Gold's Aquatics Masters GEM: Gold's Eastside Masters GOST: Gig Harbor Old Swimmers GLAD: Green Lake Aqua Ducks HMST: Husky Masters IST: Issaquah Swim Team LLUA: Little Lebowski Urban Achievers LOGS: Logger Masters</p>	<p>LUNA: Team Luna LWM: Lake Washington Masters LWS: Lynnwood Sharks MICC: Mercer Island Country Club MIR: Mercer Island Redwoods MAMS: Middle Aged Marlins MYM: Monroe YMCA Masters NHM: Newport Hills Masters NEO: North End Otters NSYG: Northshore Y's Guys NWM: North Whidbey Masters OAC: Olympic Aquatic Club OOPS: Old Olympic Peninsula Swimmers ORCA: Orca Swim Club OST: Ohana Swim Team PAC: Poseidon Aquatic Club PPST: Poulsbo Piranhas Swim Team PSC: Phinney Ridge Swim Club PTMS: Port Townsend Master Swimmers PRO: Pro Sports Club QASC: Queen Anne Swim Club RAH: Redmond Aqua Hotshots SAMM: Samena Masters SAC: Seattle Athletic Club</p>	<p>SVMS: Skagit Valley Masters Swimming SSTM: South Sound Titans Masters SWIM: South Whidbey Island Masters SSMS: South Sound Masters Swim Includes ESC, TOSC SSRM: Swim Seattle Redhawk Masters TSC: Tacoma Swim Club TACM: Thunderbird Aquatic Masters TIG: Tigers TOSC: Thurston Olympians Swim Club UNAT: Unattached to a Team UPAC: University Place Aquatic Club VFC: Valley Fitness Center VAC: Vashon Aquatic Club VAVI: Vashon Vikings WAC: Washington Athletic Club WEST: West Coast Aquatics Masters WSAS: West Seattle All-Stars WSYD: West Seattle YMCA Dolphins WWUS: Western WA U Masters Swimming WCY: Whatcom County YMCA YPKC: YMCA Sound Aquatic Swimmers 04/26/2011</p>
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Pacific Northwest Association of Masters Swimmers
PO Box 12172
Seattle, WA 98102-0172

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