

THE WETSET

Pacific Northwest Association
of Masters Swimmers



Avoiding Swimmer's Shoulder

by Jeff Banowetz

As a low-impact sport, swimming isn't known for its injuries. In fact, many athletes take up swimming to maintain fitness while rehabbing from weight-bearing sports. But that doesn't mean a swimmer is immune to repetitive-motion injuries.

One of the most common is swimmer's shoulder, which is typically defined as overstretched rotator cuff muscles that lead to inflammation of the shoulder tendons. Considering that your shoulder rotates 1,200 to 1,500 times a mile while swimming, you can see how the 17 muscles that hold the shoulder joint in place can wear out.

The most common cause of the injury is an incorrect stroke. The shoulder isn't designed to do the pulling," said Terry Laughlin, the swimming coach and author behind the Total Immersion program, www.totalimmersion.net. "The core of the body should do most of the work."

In addition to working on correct stroke technique, you can add some out-of-water exercises to strengthen those shoulder muscles and avoid muscle imbalances that contribute to the injury. Use light weights or resistance bands, completing 10 to 15 reps for each exercise. Just five to 10 minutes three times a week should make a difference.

Lie on your side, with your upper elbow bent at 90 degrees and your hand resting next to your stomach with the weight. Slowly lift the weight up towards the ceiling while keeping your elbow at a 90-degree angle.

Stand up straight with your arms at your side with a dumbbell in each hand. Roll the shoulder up to the ear, first clockwise, then counterclockwise, emphasizing the range of motion. You shouldn't feel any pain. Repeat with the second arm.

From a standing position, hold a dumbbell in each hand. Keep your arms straight and gradually raise the dumbbells - keeping your arms straight - until your arms are parallel to the floor. Your body should form the shape of a "T."

Vary your stroke. Many swimmers, especially triathletes, swim freestyle almost exclusively. Adding some variety to your swimming routine, with backstroke, breaststroke and butterfly, will help develop the rotator cuff muscles and avoid overuse injuries.

This article is reprinted with the permission of Competitor magazine. The original article was published in the August 2011 issue, which may be found at www.competitor-digital.com.

LEADING OFF



BY PNA EDITOR RON RHINEHART

[A slight change of pace this month - I'm taking a turn at the Leading Off column, while Lisa should be back in Leading Off next issue, sharing her thoughts and experiences as our new PNA President.]

We often talk of the swimming 'community', usually referring to our fellow Masters swimmers, but there is a larger community involved in swimming. Many of us participate in workout groups utilizing publicly-owned and -operated pool facilities, which also provide a broad spectrum of aquatic activities to other parts of the local community. From water aerobics to swim lessons to open swim sessions, tens of thousands of our neighbors maintain or improve their health (without our intense focus on the black line). As a result, our neighbors are healthier and our communities are more vibrant.

Last year, The WetSet published an article about threatened pool closures in the Seattle area. Pool operating costs were targeted as a means to solve a budget deficit, with little regard for the impact on quality of life in surrounding neighborhoods. This year, I'm experiencing that threat in a much more personal way, up here on the north end of Whidbey Island. The North Whidbey Park & Recreation District receives more than half its annual budget from a property tax levy, providing a stable financial foundation and subsidizing programs to make them affordable for all participants. The levy spreads the cost across the whole community - costing a mere \$42 annually for a typical household - and enables the District to deliver benefits back to that same community.

Every six years, the tax levy has to be renewed by voters, and the current levy expires December 31 of this year. As a District commissioner, I've seen the campaign process up-close and it hasn't been pretty. In August, 56% of voters in the August election supported a renewal of the levy, falling short of the 60% super-majority requirement. We'll give it another try in November, but if it falls short again, the pool is likely to close its doors.

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U.S. 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, U.S. 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 U.S. Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.

The WetSet

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Bylaws: Jane Moore

Fitness: Sarah Welch

Historian: Tom Foley

Meets: Linda Chapman

Records/Top Ten: Walt Reid

Officiating: Kathy Casey/Jan Kavadas
Open Water/Long Distance: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Hugh Moore

Leading Off

(continued from page 2)

Why didn't it pass? It could be evidence of the broader political climate this year, where any tax is a bad tax, or a lack of information about the consequences of a failed levy or low voter turnout, since less than 7,000 of the nearly 19,000 registered voters bothered to mail in their ballot. The bottom line is that the District – specifically the pool used extensively by the community – did not get community support.

What does this mean for us as swimmers, as part of the broader swimming community? We need to be evangelists for the benefits of community pools, to children and seniors, to families and students. We need to be informed about the economic details of our pools – how they are funded and what monies flow back into the community in the form of jobs and visitors. Finally, we need to get involved when necessary – simply mailing in a ballot, or handing out flyers at an information booth.

I'm proud to be a part of the swimming community. I'm confident our levy will pass in November, but anything short of 100% approval means there are still some people who haven't had the chance to experience what we do every week, in the pool with our friends and neighbors.

Ron

PNA Board Minutes - June 29, 2011

Compiled by Herb Cook, PNA Secretary

I Warm Up

A. Call to Order & Introductions. President Lisa Dahl called the meeting to order at 7:00PM in the meeting room of Hugh & Jane Moore's home in Tacoma. Present were Kathy Casey, Herb Cook, Lisa Dahl, Sally Dillon, Jeanne Ensign, Michael Grimm, Arni Litt, Hugh Moore, Jane Moore, Wendy Neely, Walt Reid, Rich Seibert and Sarah Welch.

B. President's Report. None.

C. Minutes. Minutes of the May 17 Board meeting were approved as corrected.

D. Treasurer's Report. Jeanne Ensign presented PNA financial statements through May, noting that PNA remains in strong financial condition with net year-to-date income of about \$11,000, cash assets of about \$52,000 and no liabilities. **MSA: To approve Financial Statements as submitted.**

E. Membership. Membership Chair Arni Litt reported PNA membership was 1,463 as of June 29.

III Sprint Set (Committee Reports) Moved up on Agenda

A. Meets. Sally Dillon presented a revised Meet Sanction Application form and a revised Meet Sanction Information document (both appended by reference to these Minutes). After discussion and further revision, it was **MSA: To approve the Meet Sanction Application form**; and **MSA: To approve the Meet Sanction Information document.**

B. Open Water. Sally Dillon reported evaluators are needed for the AquaRun swim (Tacoma, August 7), the Saratoga Passage Swim (Whidbey Island, August 20) and the Last Gasp of Summer swim (Angle Lake, SeaTac, September 17). Sally also reported on preparations and entry procedures for the USMS National Championship 5k/10k Postal Swims, July 24 at King County Aquatic Center, Federal Way.

C. Coaches. Lisa Dahl reported that three PNA coaches may attend the ASCA World Clinic, September 6-11 in San Diego.

Lisa requested that the Board authorize the Coaches Committee to explore bringing an ASCA Regional Clinic to Seattle October 21-22, conducted by a visiting coach and by Lisa as a USMS Club Development staff member. Lisa noted that although USMS receives the revenue from a Regional Clinic, the host LMSC must pay for the venue. After discussion, it was **MSA: To authorize an overbudget expense up to \$2,000 (Coach & Club Development) for an ASCA Regional Clinic.**

After further discussion, it was **MSA: To change the date of PNA's annual Board Retreat from October 22 to October 29, to avoid a conflict with the proposed ASCA Regional Clinic.**

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PNA Board Minutes - June 29, 2011

(continued from page 4)

II Main Set (Current Action Items)

A. Website Update. Sarah Welch reported the target date to “go live” with the redesigned PNA website is September 1. After discussion of alternatives for managing the site, Lisa agreed to talk with Steve Peterson about Steve’s interest in becoming Webmaster.

B. Corporate Calendar. After explaining the uses of the proposed PNA Corporate Calendar for tracking recurring events, tasks and responsibilities, Rich Seibert agreed to coordinate the Calendar and solicited additional Board input.

C. Strategic Plan & Standing Agreements. Deferred for consideration at a future meeting.

D. Northwest Zone Update. None.

E. PNA LMSC v PNA Club. Sarah Welch reported that Jane Moore had located the By-laws and most recent Minutes for Pacific Northwest Aquatics (the Club). Jeanne Ensign is listed as President, Jane Moore as Secretary-Treasurer and Arni Litt as a Director. Sarah reported that Oregon Masters has a work plan for separating the finances and governance of the Club from those of the LMSC, as required by USMS. In order for the Club and the LMSC to have separate budgets and revenues in 2012, separation planning should be completed by September, 2011.

Hugh Moore expressed his opinion that it should not be the responsibility of the LMSC to revive and restructure the Club: “Aquatics needs to fix Aquatics.” It was noted that Blue Wave Aquatics (formerly Federal Way Masters) may seek recognition as a Club by the end of 2011. Arni Litt asked how annual dues and fees might be assessed by or assigned to the LMSC and the Club, respectively. Herb Cook suggested that the Club might exist as a “shadow” entity, separate from the LMSC in name only. Sarah opposed that idea, saying the two entities should be “really separate” before 2012 budgets are approved. Sally Dillon agreed with Sarah.

When it became clear that Board members would not reach consensus, Lisa moved to table the matter for consideration at a future meeting.

F. USMS Convention Delegate List. PNA attendees will include Rich Seibert, Wendy Neely, Lisa Dahl and Arni Litt (all appointed by PNA); Walt Reid (at large, liaison to the International Swimming Hall of Fame); Hugh Moore, Jane Moore, Sally Dillon, Sarah Welch and Kathy Casey (by virtue of their USMS offices).

IV Warmdown (Next Meetings)

August 23: 6:45PM at Jeanne Ensign’s in Seattle

October 29: 9AM-4PM at Sally Dillon’s in Issaquah

December 8: 6PM at Arni Litt’s in Seattle

The Meeting was adjourned at 9:05 PM.

In Our Next Issue

Look for a recap of this season’s open water events, with results and participant feedback!

Lake Padden - Fat Salmon - Whidbey Adventure Swim -
Last Gasp Of Summer - & More!

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

Bellevue Club	North End Otters
Tom Sundsboe	Sharon Branson
Bellingham Masters Swim Club	Olympic Athletic Club
Michele Blumenshine	Belinda Rider
Jeanette Crooks	ORCA Swim Club
David Jessup	Beth Alexakos
Blue Wave Aquatics	Jackson Maris
Loretta Gilbert	Steven Vittner
Asako Go	South Sound Masters Swimming
Marla Hill	Alana Gabo
Karen Howard	Heather Shields
Alicia Kors	Swim Seattle Redhawk Masters
Rosana Letourneau	Laurie Fairman
Kevin Maskell	Unattached (see note)
Cort O'Connor	Gary Benson
Dwight Otto	William Chemnick
Dorothy Schedvin	Stephanie Cooper
Jacki Sensenbrenner	Bruce Dickson
Laurie Southard	Kathy Hewitt
Ming Ming Su-Brown	Thomas Himmelberger
Abby Tillotson	Carol Rae Keenholtz
Downtown/Bellevue Swim Team	Dalin Kors
Kimberly Linder	Jennifer Nino
Green Lake Aqua Ducks	Ken Roach
Catherine Smith	Megan Robinson
Mercer Island Redwoods	
Alicia Finn	
Monroe YMCA Masters	
Eloise Arnold	

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

Have A Story To Share? The WetSet is always searching for inspiring and entertaining experiences related to Masters swimming. Contact our editor (ron@creative-island.net) for information on sharing your story with the PNA community.

Read Something You Think Your Friends Should See? Most publications are willing to allow PNA to reprint their articles. Just let us know what you read, and in what publication you read it - we'll take it from there!

MASTERS CALENDAR

LOCAL EVENTS

September 10, 2011
Swim Across America Open Water Swims
Lake Washington
Seattle, WA
Info: www.swimacrossamerica.org/seattle

September 17, 2011
Last Gasp of Summer Open Water Swims
Angle Lake
Seatac, WA
Info: Paul Havick, fphavick@comcast.net,
253-720-1201

October 8, 2011
10th Annual BAMFest SCY Meet
Bainbridge Island Aquatic Center
Bainbridge Island, WA
Info: Jay Stremmler, (360) 930-8670,
stremmlers@gmail.com

November 13, 2011
North Whidbey SCM Meet
John Vanderzicht Memorial Pool
Oak Harbor, WA
Info: Jim McCleery, jim.mccleery@skagit.edu

OTHER EVENTS

October 22, 2011
North Shore Swim Meet (SCM)
Harry Jerome Recreation Centre
123 East 23rd Street
North Vancouver, BC
Info: Khosro Mansuri, khosro_38@yahoo.com,
604-983-6429

October 30, 2011
Fright-Fest Swim Meet (SCM)
H2O Adventure & Fitness Centre
4075 Gordon Drive
Kelowna, BC
Info: Laura Garrett, gls@shaw.ca, 250-766-1102

CLINICS

MEETINGS

October 29, 2011
PNA Board Retreat
Sally Dillon's home
Issaquah, WA
Info: Sally Dillon, salswmr@comcast.net,
425-961-0023

SWIM ACROSS AMERICA

MAKING WAVES TO FIGHT CANCER

SEATTLE SWIM LAKE WASHINGTON SEPTEMBER 10, 2011

REGISTER TODAY
www.swimacrossamerica.org/seattle

2 Mile Swim • 1/2 Mile Swim • Kids' Splash

- » Swim with former Olympians
- » Pancake breakfast, live DJ and prizes after the Swim
- » Awards to top Fundraising Teams and Individuals
- » Fastest swimmers recognized
- » Commemorative towel and cap for each swimmer
- » Form a team for the most fun!

REGISTER TODAY



swimacrossamerica.org/seattle
SEATTLE • SEPTEMBER 10, 2011
★ Register • Swim • Donate • Volunteer ★
for information, contact:
infoseattle@swimacrossamerica.org

Proceeds benefit cancer research at Seattle Cancer Care Alliance



Fred Hutchinson Cancer Research Center
UW Medicine
Seattle Children's

Presented by



2011 Last Gasp of Summer Open Water Swim – 1 & 2 Mile Events

Saturday, Sept 17, 2011 - Angle Lake, Seatac, WA

Sponsored by Blue Wave Aquatics (BWAQ)

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS – Sanction No. 361OW-05

EVENT: The last open water swim of the 2011 season...

Swim one or two miles in Angle Lake, located near Seatac Airport. You may wear a wetsuit or not. The lake temperature averages in the high 60's in mid-September.

RACE-DAY SCHEDULE (Sept 17, 2011):

- 8:30 – 9:30 am Pre-Race Check-in for both races
- 9:30 am **Mandatory Meeting** for ALL swimmers
- 10:00 am Start of 2 Mile Race
- 10:30 am Start of 1 Mile Race
- 11:30 am Awards
- 12:00 noon Picnic Lunch



LOCATION: Angle Lake Park – 19408 International Blvd
Seatac, WA 98148

Angle Lake is an L shaped community lake in the heart of Seatac, about 1 mile south of Seatac Airport. The park has a large beach and picnic area. Restrooms and changing areas are available.

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.LastGaspofSummer.com/safety.aspx>

AWARDS: Participation gift to all swimmers. 1st place award to top men and women finishers in each age group in each event (1 mile no wetsuit, 1 mile wetsuit, 2 mile no wetsuit and 2 mile wetsuit).

LUNCH: Picnic lunch will be free to all swimmers after the race. Family members and friends are welcome, donations accepted.

ELIGIBILITY: 18 years of age or older, as of Sept 17, 2011 **and:**

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

ONLINE REGISTRATION ONLY – starting June 1st

TO REGISTER:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&smid=3205

FEES:

- \$40.00 – Early entry before Sept 1
 - \$50.00 – Sept 1 thru Sept 15
 - \$20.00 – One-Event USMS registration (see eligibility)
- REGISTRATION CLOSÉS** at 11:59 pm Thursday Sept 15th or **SOONER** if race has sold out. *Maximum 300 swimmers.*

A note about the USMS One-Event Fee... Your \$20 lets you participate in this USMS-sanctioned event. For \$24 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.

Online open water registrations are non-refundable and non-transferable

QUESTIONS? <http://www.LastGaspofSummer.com>

Meet Director: Paul Havick 253.720.1201
MeetDirector@BlueWave-Aquatics.com

Registrar: Judy Williams 206.242.7802
Registrar@BlueWave-Aquatics.com

DIRECTIONS:

From I-5: Take the South 188th St exit (#152); drive west 1 mile; turn left onto International Blvd (aka Pacific Highway South); drive south .5 miles; turn left on South 195th St into the park. Plenty of free parking.

10th Annual BAMFest SCY Swim Meet- Sanction #361-07
Hosted by Bainbridge Aquatic Masters (BAM), Referee Teri White
Sanctioned by PNA Local Masters Swim Committee for USMS, Inc.

ORDER OF EVENTS	
#	EVENT
1 & 2	200 MEDLEY RELAY W/M
3	200 FREE
4	50 BACK
5	200 IM
6	50 FREE
7	15 minute Break
8	100 FLY
9	50 BREAST
10	100 FREE
11	100 IM
12 & 13	200 FREE RELAY W/M
14	100 BACK
15	50 FLY
16	100 BREAST
17	200 Mixed Fantasy Relay

DATE & TIME: Saturday, October 8, 2011
 Warm-up: 9:00 AM Meet starts: 10:00 AM
 Check-in with Clerk of Course upon arrival and positive check-in required for the 500FR prior to the break.

LOCATION: Bainbridge Island Aquatic Center: 8521 Madison Ave, Bainbridge Island WA 98110; pool phone: 206-842-2302. 25-yard course with six lanes used for competition and one lane for continuous warm-up and cool down in a separate pool. The hot tub, sauna, and steam room will be available during the meet for competitors only. Electronic timing will be used.

DIRECTIONS:

From Seattle: Take the 7:55 AM ferry to Bainbridge Island. Proceed on SR305 exactly one mile to NE High School Road. Turn left (west) on High School Rd. Turn right (north) at traffic circle onto Madison Ave. Take first left for driveway entrance to pool.

From West sound: Take SR305 to Madison Ave. N and turn right (south). Proceed 0.6 miles to the pool entrance on the right.

ELIGIBILITY: Open to all 2011 USMS registered swimmers age 18 and above on 10/08/11. Age groups determined by the swimmer's age on 10/09/10.

RULES: Current USMS rules will govern meet.

AGE GROUPS (individual events): 18-24, 25-29, and 5-year age groups as high as necessary.

RELAYS: Deck-enter relays at the meet. Age groups 18+, 25+, 35+, and 10-year increments as high as necessary. Age of the youngest relay swimmer determines the age group of the relay. Fantasy relay instructions will be announced at the meet. (NOTE: the relay often utilizes inner tubes, backwards swimming, water polo balls, sculling, flower caps, and/or other exciting and goofy challenges).

SEEDING: Slow to fast. Check-in with the clerk of course.

MEET DIRECTOR: Jay Stemmler, (360)930-8670 stemmlers@gmail.com

Allan Thorpe, (206)999-8122 alanthorpe@comcast.net

WEBSITE: For more information, visit the PNA website (www.swimpna.org), or BAM website www.bainbridgeaquaticmasters.org

SAFETY FIRST

No diving during warm-up/warm-down except into designated sprint lanes.

MEET ENTRY FORM: October 8th, 2011 10th Annual BAMFest
Hosted by Bainbridge Aquatic Masters (BAM) - Sanction # 361-07

NAME: _____ Male Female
 AGE (on 10/08/11) _____ Team or Unattached _____
 ADDRESS: _____

E-MAIL: _____ PHONE: _____

BIRTHDATE: _____ USMS# _____

Include a copy of your current Masters Registration card if you are not a PNA member.

EMERGENCY CONTACT: _____ PHONE: _____

ENTRY LIMIT: Five individual events, plus relays. Circle if your first Masters meet: Y

EVENT #	EVENT NAME	SEED TIME (Short Course Yards)

ENTRY FEES: \$ 16.00 Surcharge (Includes LMSC & electronic timing fees)

Individual Events: \$ _____ \$1.00 per event. No charge for relays.

TOTAL \$ _____ Optional for age 65 and over, or if needs based.

Mail this entry form and fees to: BAM Please make checks payable to: BAM

PO Box 10934

Bainbridge Island, WA 98110

Entries must be postmarked by Oct. 1st or received by Oct. 3rd, 2011.

Late entries are encouraged and must be completed by Oct. 6, 2011.

https://www.clubassistant.com/club/meet_information.cfm?c=1550&smid=3243

Your credit card will be charged by ClubAssistant.com Event Billing' for this swim meet.

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, 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: _____



U.S. MASTERS SWIMMING

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 End of Year Membership Application

New Swimmer Returning USMS

(If you membership number starts with 361 you are already registered through 12/31/2011)

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: _____
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

New Membership 09/01/2011 – 12/31/2011

A. Regular end of year:	\$29	
<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 (Jan-Dec 2011).
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 \$24 is sent to USMS and \$5 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 FSJ: Fins of the San Juans FTS: Ft. Steilacoom 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 LUNA: Team Luna</p>	<p>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 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 SOWI: Seattle Open Water Irregulars</p>	<p>SVMS: Skagit Valley Masters Swimming SSTM: South Sound Titans Masters SWIM: South Whidbey Island Masters SSMS: South Sound Masters Swim 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: YPKC Sound Aquatic Swimmers</p> <p style="text-align: right;">09/7/2011</p>
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