



The WetSet

U.S. Masters Swimming in Western Washington – Pacific Northwest Association of Masters Swimmers

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Leading Off...

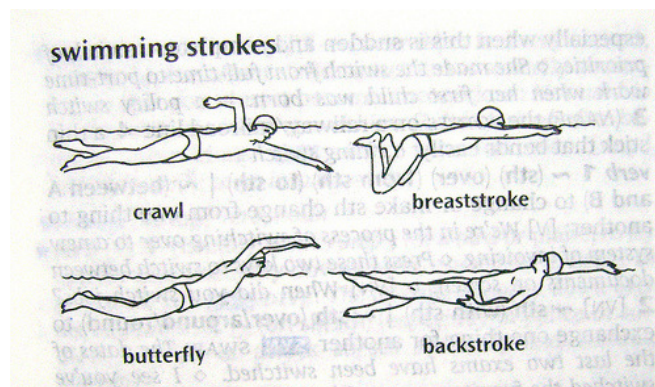
Stroke Trends

By: PNA President- Lisa Dahl

While volunteering at the 2012 NCAA Division I Swimming Championships, recently held at the Weyerhaeuser-King County Aquatic Center (WKCAC) in Federal Way, I was fortunate enough to witness two American records being set in the breaststroke events. It is so much fun to observe such fast swimming driven by unwavering team spirit. What is even more exciting is discovering changes in trends among elite swimmers; the coach in me watches for stroke innovations that I can take back and implement into my own program.

One of the best parts of coaching is having my creative mind sparked as I work, from trial and error, to teach my swimmers new skills. I make up drills from the

trends I've observed and develop language for those drills; some drills take and some do not, however the process is always fun. A big part of the creative process is being able to correctly assess my swimmer and how I can clearly communicate my ideas. For example, is the swimmer a visual, auditory or kinesthetic learner? Is the swimmer open to change? How does the swimmer handle feedback and suggestions? Every swimmer perceives information uniquely, even if what I am saying to each swimmer is exactly the same. In addition, each swimmer has their own style; I prefer finding ways to work with what is already working for my athletes rather than trying to put them all into the same box.



I admire swimmers who are willing to try something new in order to create their own personal, stroke style. Figuring out what does and does not work takes time and patience. As a coach I look for small successful movements that I can help the swimmer chain together to create a tailored stroke. If a

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swimmer has the ability to maneuver their body the way I've communicated it and the way their mind envisions it *and* they have the freedom to practice their new skills, change becomes inevitable. Over time the stroke becomes fixed and the swimmer becomes faster which creates a relationship between coach and swimmer built on trust, creativity and the courage to change. ت

2012 PNA Coach of the Year

By: PNA President- Lisa Dahl

Each year the Pacific Northwest Association (PNA) of Masters Swimmers recognizes an outstanding PNA coach who has worked diligently to be the finest coach they can be to their swimmers. We honor this deserving coach publicly at the annual PNA Championship meet with a plaque and a paid trip to the annual ASCA World Clinic.

We are pleased to announce Becca Watson, Lake Washington Masters coach, as the 2012 PNA Coach of the Year. Coach Becca exemplifies the award with her enthusiastic attitude towards all of her swimmers, PNA and the sport of swimming.

We would like to congratulate Becca and share what the Lake Washington Masters team members have to say about their beloved coach:

"The team has grown from 15 to 70 members in a two year period!" "She's an enthusiastic supporter!" "She makes practice a fun place to be." "She is always willing to help." "We have a social event every 3 months." "She is patient." "She is always excited about my improvement." "Her workouts meet the needs of all levels of swimmers." "I am lucky to be on her team." "She focuses on the positives." "Her work ethic and positive attitude attract great people." "Her supportive nature has brought our team closer together." "She builds community." "She is a stroke guru." "Her dedication and compassion make us one big happy family." "Becca makes swimming fun!"

Coach Becca's response to receiving Coach of the Year:

"We started the Lake Washington Masters team in November of 2009 when the original 13 swimmers were willing to give me a shot at coaching. Each day we had a

few new faces show up to practice and each month our little swimming family grew. Over time we got to know each other and started having the fun that you see us having day in and day out. What I didn't know back then was all that we would become, all that we would accomplish and all the fun that we would have. I would like to thank you for the nomination, all the kind words, continued support, your willingness to work hard, get competitive, and have some good old fashion fun every once in a while. Without each and every one of you-none of us would be here today." **Becca Watson ت**



Coach Becca's Team makes a tunnel for her walk of fame!



"There she is all smiles-just like at practice when she's getting ready to give us a really hard set! I love swimming for Becca; I met her at last year's national meet and knew I wanted to swim for her someday. I got my chance when a new job brought me to Seattle. Training with Becca is the worth the drive from West Seattle to Kirkland-EVERYDAY!"

~Photos & comments by Chericka Ashmann-Rice

2012 Dawn Musselman Inspirational Swimmer

Kiko Kimura Van Zandt

By: Selection Committee Chair Steve Peterson

The Pacific Northwest Association Local Masters Swimming Committee proudly presents the 2012 Dawn Musselman Inspirational Swimmer Award to Kiko Kimura Van Zandt. Kiko has built the Husky Masters team, served as PNA president guiding our then young organization, and devoted her life and career to helping others. Joanne Brislin, former UW coach now coaching at Dartmouth College, says, “Kiko has long been a source of inspiration for PNA Masters swimming and particularly for Husky Masters as a founding member. Starting with two swimmers in 1981, Husky Masters grew into a club that competed locally, regionally and nationally. Whether competing at Juanita Pool for a local meet, Mt. Hood for Regionals or Stanford for nationals, Kiko was a team leader. Encouraging teammates at workouts, cheering them on at meets and always ready to fill a spot on those relays. Kiko’s support extended to all PNA swimmers – she knew just about everyone on deck and encouraged one and all. Kiko epitomized the philosophy of Masters Swimming – Fun, Fitness and Fellowship.

Teammate Dennis Dacey adds, “I was shocked to see that Kiko Kimura was not a past winner. She epitomizes the virtues represented by the Dawn Musselman award. Kiko’s inspiration extends beyond Masters swimming. Drawing on her Husky Masters teammates, Kiko organized a swimming day for the disabled athletes she saw as patients at Children’s Hospital. That day laid the groundwork for a team of disabled athletes – Kiko has now been their volunteer coach for 20 years. She has organized local meets for her swimmers and taken them to regional, national and international meets, including the 2004 and 2008 Paralympic Games, serving on the USA Paralympics Swimming staff.” Dennis concludes, “Husky Masters has returned and I started swimming with them recently. And there was Kiko, now in a slower lane but quietly spending EVERY spare moment helping the older swimmers in the ‘slow’ lane improve their strokes. I was amazed – nothing has changed with Kiko, still helping everyone she meets in the pool.”

Kiko, 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 2012.

Odds & Ends

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Amateur on Set: My first newsletter!

By: *The WetSet* Editor Chericka Ashmann-Rice

I am thrilled to have been given the opportunity to volunteer my time as the new editor of *The WetSet* and I would like to properly introduce myself as we say farewell to Ron Rhinehart who is moving on to great adventures overseas. Ron has contributed a great deal to *The WetSet* and he will be missed! I chose to volunteer as editor for two reasons: writing is my passion and I know very little about swimming. The first reason makes sense and the second reason is probably confusing; please, allow me to explain.

I walked onto my first Masters team, as a newcomer to the sport of swimming, in September of 2010. I left behind a 30 year running career due to an injury in my right knee that resulted in a meniscus transplant. I share this because losing a knee at the age of 34 was a traumatic and life changing event. I could no longer do the one thing I was born to do. Heck, I couldn't even chase after my two boys! Having to limp away from the sport that saved me and made me in my younger years was depressing; I thought I would never recover. I don't mind sharing this with you because if you're reading this then you are an athlete; you can surely understand where I'm coming from. I began replacing my daily 5-8 mile runs with alcohol and cigarettes as a way to cope with my life and everything happening in it. I was drowning.

In August of 2010 I went to see a psychic because I was sure my life was over and I needed some answers. I had been through a divorce, moved myself and my boys out of our home and to a new city, I was overweight, underemployed and I didn't feel good. I was not the healthy, carefree person I was when I was running. The psychic told me that she had a vision of me swimming, and not only swimming, but swimming competitively. She also told me I would find my soul mate and I knew instantly she was crazy; however, I was desperate. I ignored the love crap and I began researching swimming in the Olympia area when I happened upon Evergreen Swim Club. I saw that their lap swim times would work with my schedule as a single parent and learned that there was a Master's team – open to any adult. I shot the club a quick email and received a nice reply informing me that I could swim four days a week for only \$40 a month and I would get a coach. Really? The next eight weeks were grueling; I was sore from my forehead to my toenails. I must have swallowed at least 5 gallons of water and sometimes at work water would shoot out of my nose without warning. I asked myself every day, "What are you trying to prove?!"

Here I am, almost two years later, just returning from my second national meet. I'm limited to walking and biking flat terrain and I *always* take the elevator to save what's left of my knees but I can swim my little heart out with no pain at all proving that *I am still alive!* My only goal this year was to qualify for nationals which I did in three events. I competed in a total of eight races including an "A" relay team with the "big dogs" and received my first national medal. I look forward to gaining more experience so I can place in the Top Ten on my own someday. I might be seventy by then but hey, that's the beauty of this sport! My health is improved (yes – I quit those nasty habits!) and my mindset is even better. I have met fantastic people and look forward to meeting many more. I'm considered a "baby" in this sport which is quite alright by me because the connection I feel here is like family welcoming me home. I have a lot of compassionate and experienced people helping me grow.

So, if at times my writing about swimming seems a little ignorant, that's exactly what it is because I'm still learning. I figure, since I eloped with my swim coach (the psychic wasn't crazy after all) this past week and he has Olympic coaching dreams, that I'd better jump in feet first and learn as much as I can about swimming because I've got two little boys that love being in the water with their new stepdad and who knows what their future holds. What better way to learn than to submerge myself in writing about swimming and really incredible people who have been doing it *forever*? I look forward to learning from all of you as well as sharing your stories!

PNA Kicks Off Open Water Swimming in July

By: PNA Open Water/Long Distance Coordinator Sally Dillon

I have sad news to report – the long-running *Lake Padden Open Water Swim* in Bellingham has been canceled for 2012. The event director hopes to be able to bring the popular event back next year so I hope you will encourage your friends from Bellingham Masters to help make that happen!

The 2012 season of PNA sanctioned open water swims will kick off with our largest open water event, which takes place in Lake Washington. The Annual *Fat Salmon* swims will be held on July 21 with the check-in and finish at Madison Park. The 3.2-mile event starts at Day Street Boat Launch (almost under the I-90 Bridge) and the 1.2-mile event at Denny Blaine Park. This popular event uses **online registration only**, which will open on **June 1**. In 2011 the races sold out in only 14 days – **DO NOT DELAY** if you want to enter! All entrants receive t-shirts and the host team, GLAD, and their sponsors provide lots of good eats and terrific salmon prizes to the top finishers. Entry details can be found in this issue of *The WetSet* or by going to <http://www.fatsalmonswim.com>. (See the “Register HERE” link at the top).

The next open water event is the 3rd annual *AquaRun Swim for a Child*. This charity event will take place on Sunday, August 12, at Commencement Bay in Tacoma. Water temperature for the 2K & 4K swims is expected to be 56-58 degrees and wetsuits will be required unless you can provide evidence that you have adequate experience in similar distances at similar temperatures. Blue Wave Aquatics is hosting the event. Race director Zena Courtney will organize practice swims in the weeks leading up to the event so competitors have a chance to acclimate to the cold temperatures. T-shirts to all competitors and special awards will be presented in a random drawing while awaiting results. Custom glass art awards are given top finishers in each event. For questions contact Zena at 253-927-3695 or zenacourtney@hotmail.com.

Back for a second year is the *Whidbey Adventure Swim*, which will be held Saturday, September 8, in the Saratoga Passage off the east side of Whidbey Island at the town of Langley. The 1.2-mile and 2.4-mile swims take place on a triangular course. The estimated water temperature is 58-60 degrees and like the swim in Commencement Bay, wetsuits will be required unless an entrant can provide evidence that they have adequate experience in similar distances at similar temperatures. All participants will receive a commemorative t-shirt and a raffle will take place during post-race festivities. The South Whidbey Island Masters team hosts this event; for questions contact race director Jean Fankhauser at jfankhauser@swparksandaquatics.org

The final USMS sanctioned event of the summer will be the *Last Gasp of Summer*, which will be held at Angle Lake Park in Seatac on Saturday, September 22. This second annual event is hosted by Blue Wave Aquatics and will offer 1- and 2-mile swims (wet suits/no wet suits) on a rectangular course to give an opportunity to close out the open water season in style. A family picnic and awards will follow the swim. Contact for this event is Paul Havick at fphavick@comcast.net. This event will use **online registration only**. The registration link is https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&smid=3205.

Find more information on these events in the next issue of *The WetSet* or on the PNA website at www.swimpna.org.

Spring Nationals – Super Success

PNA Places Second!!!

By: PNA National Coach Ken Rice

Team PNA (LMSC) was comprised of 38 strong athletes from the PNA Club and Blue Wave Aquatics who traveled cross-country to the Greensboro Aquatic Center in North Carolina to participate in the USMS Short Course Spring Nationals. Athletes traveled with individual flight plans while multitasking through countless layovers to finally arrive in North Carolina and began their first connections with the team; sharing rental cars, meeting at baggage claim carousels and heading for hotels. Excitement began replacing the exhaustion of redeye travel with entry into the sparkling new facility complete with USMS National flare. Banners, photographers, officials and athletes bustled about the place.

Four days of racing began with the 1000 and the 1650 Freestyle setting the pace for our team's success. At the close of day one, we were sitting comfortably in second place behind Team North Carolina – 495 members strong.

http://www.youtube.com/watch?v=pzjdtEHqUo&feature=player_embedded

Day two was exhilarating beginning with warm ups at 6:00 am. Those who had just arrived were able to see the pools and feel the buzz of 1800+ Masters Swimmers filing into the Olympic sized venue. Relays concluded day two of racing with PNA winning 3 out of 5 age groups and placing respectably with the additional entries, solidifying our second place standing. http://www.youtube.com/watch?v=JvA-ALIDyRw&feature=player_embedded

Day three was welcomed with a crowded pool deck and spectator seating reaching near capacity. Racing included the 50 free with an awesome spectacle of Olympic Gold Medalist Cullen Jones battling for first with American Record holder Josh Schneider. Both London hopefuls represent Team Elite, a professional squad of 16 who were on deck garnering support in their bid to make Team USA. Josh was the overall winner in the 50 free with a time of: 19.36, truly impressive sprinting. These two athletes joined their teammates in relay fashion to combine a time of 1:20.50 for the 200 Men's Freestyle Relay, likely inspired by PNA 65+ Women's A Team (Sarah Welch, Sally Dillon, Janet Getzendaner, Suzanne Dills) who broke the USMS record of 2:17.20 with a smashing 2:16.23 in the same event just a few heats prior. Congratulations, ladies! http://www.youtube.com/watch?v=PEWeT7WlupY&feature=player_embedded

The final day was a highlight of team camaraderie: PNA team members were more visible in support of athletes of every team, cheering in groups at the end of the pool with more enthusiasm than any other team. This support was returned with congratulations and celebration for all of our athletes on Team PNA as we received the second place award banner for regional teams. http://www.youtube.com/watch?v=DL7FN3ZJ6Tg&feature=player_embedded

April Cheadle and I conducted our responsibilities with great pride in representing such a talented group of athletes and professionals. The ease of working together in support of the tremendous race efforts and the wide range of conversations held throughout the weekend will continue to be highlights in our memory of the event and motivation to continue supporting PNA success. Thank you all for such a great meet and the lasting impressions you have made with Team PNA; let's continue to work together through the long course season and into next year. Please invite your fellow training partners, friends, and family to register and be a part of our team and participate in future meets.

View the meet results here: <http://www.usms.org/comp/scnats12/results/> and PNA's swimmers' results at: <https://www.clubassistant.com/c/D63FBF8/file/results/2012/PNAresultsSCNats2012.pdf>

Team PNA Shares the Experience

I had a great experience for my first trip to nationals. It was a blast to PR in all 6 events I swam. It was really fun to meet other PNA swimmers and know there are new friends to stay in contact with for future events. It was a treat for me to get to swim on relays; I come from a small team and have not had an opportunity to swim on relays since I started back. It was also very cool to watch the 50 freestyle with three swimmers in three different age groups break the 20 second mark. I have never had a chance to stand poolside and see a performance like that. Thanks to all my fellow athletes and special thanks to both April and Ken for supporting us through coaching. ~ Hanna Johansson

It is truly exhilarating to not only swim in the one of the premier pools in this country but to also meet and swim with new friends and fellow PNA teammates from across the country – especially in the relays! Nationals felt like a huge family reunion for me. Although I was happy with my swims, these memories will soon fade as I set new goals for the coming 12 months; I will continue to remember all my new found swimming friends fondly and cherish the reunions with swimmers I have met and swam with over the years. I loved cheering and counting for various swimmers, hearing about their swimming experiences and training, learning about their families and goals, and overall, sharing smiles and laughter in between the pre-race jitters. I hated to get out of the warm-down pool for the last time and take my suit off. I am looking forward to more rendezvous with this amazing group of people.
~Haleigh Werner

To all you young bucks and buckettes, there *is* at least one advantage to growing older – you move closer to the top for staying with the challenge! I managed to place all the way from 26th (dead last) on one relay to National Champion on another; four of my six individual races resulted in Top Ten finishes. Coincidentally, PNA placed in the Top Ten in all three 65-69 Breaststroke races – all three of us traveled from Kitsap County and shared a room! On-deck coaches April and Ken were so encouraging and enthusiastic and PNA placed second overall. This may well be my favorite Nationals experience yet; elite, novice or in between, you will enjoy the experience if you haven't already! ~Steve Peterson

I swam with SSCD and Cascade as an age grouper. I was out of the water for 20 years, with one brief exception and another shoulder injury, and got back in 9 months ago just hoping to find an exercise routine I could stick with. Going to nationals is my reward to myself for training hard, a challenge for me to swim faster than I ever thought I could, and an opportunity to be inspired by the amazing athletes competing there. It's been motivating to meet so many interesting, enthusiastic, FAST swimmers, and to become a part of the PNA community. Before the meet, I knew only a few of the other PNA swimmers and by the end of the weekend there was camaraderie among the team and a real sense of excitement about what we achieved together (2nd place regional team)! The best parts of the meet included witnessing Charlotte Davis set the national record in the 200 IM (2:31.45) AND Haleigh Werner's first place finishes in the 200 Free (1:59.91) and the 1650 (18:10.83), watching an 88-year-old race the 100 breaststroke, being mentored by amazing swimmers, and being coached by April and Ken. I plan to continue working hard to hit my high school times and set records when I'm 105! ~Susan Wetstone

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I'm Donald Graham and though I now live in Los Angeles, I've been competing for PNA for fourteen years. There are three things that really stand out for me about swimming with PNA; first, are the great relays that PNA puts together. This year I had the privilege of swimming on two Mixed 55+ National Champion relays. I got to say, winning a national championship is a wonderful thing! Second, the coaching staff this year was particularly helpful and organized. Competing for a team with organized coaches who reach out and communicate with us is wonderful. Thank you! Third, I really want to extend a tremendous thank you to Walt Reid who puts an enormous amount of time into making sure that Top Ten and Records are quickly recorded not only for PNA, but for USMS and FINA as well. His work is so greatly appreciated by us and he doesn't receive anywhere near the recognition and credit he deserves. Last night I was out with swimmers from Florida Gold Coast and Irvine Nova and we were talking about what a great service Walt Reid provides for Masters swimming and realizing how irreplaceable he is to Masters swimming. A great big "Thank You" to you, Walt from about 3000 masters swimmers who benefit and are motivated because of what you do!
~Donald Graham

It was so inspiring talking with Anne Dunivin, the 95 year old woman, who swam the 1000 free, 500 free, 200 free 50 free, 200 back and 100 back! We had a great conversation in the women's locker room. I was amazed to learn that she started swimming at the age of 65!! She's taught me that there are no limits. So don't limit yourself and keep on pursuing your dreams even at the age of 95.

Another highlight was placing 9th in the 1000 free and 7th in the 200 Breaststroke - my first time to race both events! My daughter was right; you never stop learning something about yourself and I was reminded not to doubt what I'm capable of. The two Nationals coaches, Ken Rice and April Cheadle, were incredible. They not only took splits and videotaped races but also kept us motivated and provided great feedback. I feel incredibly fortunate to have had their coaching support this past weekend.

The most meaningful highlight for me was talking with my dad on the phone after my races. He had been airlifted to Virgin Mason ER the Friday before I left and we weren't sure what the outcome was going to be. In fact, I almost did not go to Nationals as a result. However, in the hospital, dad told me he wanted me to go to Nationals. So, I swam for the two of us. And I'll never forget listening to how proud he was of me, not so much about how I was placing and the time improvements I was having but for being willing to put myself there regardless of the results. -- Kate Carr

This was my second National experience but I felt like I just discovered the magic of competing at this meet. April prepared me well and I felt so supported at the meet that the fear I felt in the past was replaced with confidence and eagerness to race. It was so wonderful to be part of a PNA team that was supportive of each other. Our coaches, April and Ken, are so incredibly smart about swimming and made themselves available for every team member, providing just the right encouragement for everyone's events. I can't wait for the next Nationals; I wouldn't miss it!
~Kate Carruthers

A Special Note on Nationals

By: PNA National Coach April Cheadle

What an exciting week at Short Course Nationals in North Carolina! As a coach, it was a privilege to have the opportunity to coach and connect with fellow professionals at my second Nationals meet. Furthermore, I'm thankful to the PNA athletes who were receptive and open to the coaching and coordinating that was involved in this National venture. Your feedback and responses make me a better coach. I truly enjoyed getting to know you all a bit more, and to share in your successes, and cheer on your efforts.

Congratulations to all the returning and faithful National team competitors, and a huge welcome to all the athletes who were competing in their first National meet. You are all a special group of athletes who took the experience of swimming at Nationals and really developed a sense of team. It was very evident that the more you gave to team PNA, the more you benefitted and received in the form of encouragement, inspiration, and joy. I know I came away from the weekend feeling very proud of the athletes who were known around the pool deck as being incredibly selfless, encouraging, super-fast, and united. Many teams were in awe of the way you all came from different workout groups but were all invested in doing your best not only for yourself, but for the team, too.

Thank you for allowing me to share my love of coaching swimming with you all. Hopefully we can keep the momentum of team swimming as we move into Long Course season, and encourage fellow teammates to join us. See you around the water soon!



TOP THREE NATIONAL PLACE FINISHERS REPRESENTING PNA & *BWAQ

1000 Free		500 Free		Men 200 Medley Relay	
David Kays (40-44)	1st 10:11.14	Susan Wetstone (35-39)	3rd 5:36.05	35+ Keppeler, Kays, Doherty, Rice	2nd 1:41.70
Pete Colbeck (50-54)	2nd 10:41.81	Suzanne Dills (65-69)	1st 6:41.28	65+ Nordby, Peterson, Stafford, McColly	3rd 2:13.72
Alan Bell (60-64)	2nd 11:25.43	David Kays (40-44)	2nd 4:56.93	50 Fly	
1650 Free		Pete Colbeck (50-54)	2nd 5:07.57	Lisa Dahl (50-54)	3rd 27.94
Haleigh Werner (40-44)	1st 18:10.83	Alan Bell (60-64)	2nd 5:31.05	Mary Lippold (55-59)	3rd 31.23
Suzanne Dills (65-69)	1st 23:13.80	100 IM		Charlotte Davis (60-64)	1st 29.79
David Kays (40-44)	1st 17:13.43	Charlotte Davis (60-64)	1st 1:09.34	Sarah Welch (65-69)	1st 35.72
Alan Bell (60-64)	2nd 19:06.89	200 Back		Donald Graham (55-59)	2nd 25.23
400 IM		Suzanne Dills ((65-69)	1st 2:54.57	200 Breast	
Charlotte Davis (60-64)	1st 5:32.00	Janet Getzendaner (70-74)	3rd 3:44.24	Haleigh Werner (40-44)	2nd 2:31.78
Sarah Welch (65-69)	1st 6:41.30	John Keppeler (40-44)	1st 1:57.17	Steve Peterson (65-69)	3rd 2:49.44
Michael Nordby (70-74)	3rd 6:47.79	Alan Bell (60-64)	2nd 2:17.68	50 Back	
100 Fly		100 Breast		Susan Wetstone (35-39)	3rd 29.08
Mary Lippold (55-59)	3rd 1:09.82	Haleigh Werner (40-44)	2nd 1:09.07	John Keppeler (40-44)	2nd 25.10
Charlotte Davis (60-64)	2nd 1:07.00	Sally Dillon (65-69)	3rd 1:34.92	Donald Graham (55-59)	2nd 27.95
Sarah Welch (65-69)	1st 1:24.14	Steve Peterson (65-69)	2nd 1:17.36	100 Free	
Donald Graham (55-59)	2nd 57.68	Walt Reid (70-74)	2nd 1:28.02	Mary Lippold (55-59)	2nd 1:01.62
200 Free		50 Free		Sally Dillon (65-69)	1st 1:10.96
Susan Wetstone (35-39)	3rd 2:03.91	Haleigh Werner (40-44)	3rd 24.72	John Keppeler (40-44)	3rd 49.09
Haleigh Werner (40-44)	1st 1:59.91	Lisa Dahl (50-54)	3rd 25.68	Pete Colbeck (50-54)	3rd 51.63
Suzanne Dills (65-69)	1st 2:32.10	Mary Lippold (55-59)	2nd 27.44	200 IM	
Sally Dillon (65-69)	2nd 2:39.42	Charlotte Davis (60-64)	1st 27.59	Susan Wetstone (35-39)	2nd 2:17.22
John Keppeler (40-44)	2nd 1:48.04	Sarah Welch (65-69)	1st 31.64	Charlotte Davis (60-64)	1st 2:31.45
Pete Colbeck (50-54)	2nd 1:51.92	200 Fly		Suzanne Dills (65-69)	1st 2:55.60
Alan Bell (60-64)	3rd 2:03.09	Sarah Welch (65-69)	1st 3:12.26	Sarah Welch (65-69)	2nd 3:05.80
50 Breast		Alan Bell (60-64)	1st 2:19.89	Donald Graham (55-59)	3rd 2:17.74
Haleigh Werner (40-44)	3rd 31.74	Mixed 200 Medley Relay		Mixed 200 Free Relay	
Lisa Dahl (50-54)	3rd 34.10	55 + Graham, Baker, Davis, Lippold	1st 1:57.71	55+ Graham, Bell, Lippold, Davis	1st 1:42.69
Sally Dillon (65-69)	2nd 43.10	65+ Nordby, Peterson, Welch, Dillon	1st 2:23.53	65+ Welch, Stafford, Dillon, McColly	1st 2:02.67
Walt Reid (70-74)	2nd 39.04	Women 200 Free Relay		*Blue Wave Aquatics	
Dominique Truong (70-74)	3rd 44.11	55+ Glassman, Lippold, Carruthers, Davis	1st 1:54.76	200 Fly	
100 Back		65+ Welch, Dillon, Getzendaner, Dills	1st 2:16.23	Scott Lautman (55-59)	2 nd 2:15.03
Susan Wetstone (35-39)	2nd 1:02.01	Women 200 Medley Relay			
Suzanne Dills (65-69)	2nd 1:23.69	55+ Davis, Carruthers, Glassman, Lippold	1st 2:12.50		
John Keppeler (40-44)	2nd 53.91	65+ Dills, Dillon, Welch, Getzendaner	1st 2:37.10		
Donald Graham (55-59)	3rd 1:01.80				

Announcements

(Coach) Kenneth Alexander Rice and (WetSet Editor) Chericka Lyn Ashmann wed before a magistrate at the Dare County Courthouse in Mateo, North Carolina, on April 25, 2012. Ken joins Chericka and her two sons, Elijah (8) and Isaac (6) Ashmann to form one awesome little family with hopes of growing in the future! ♥♥

WEST Coast Aquatics located in Mill Creek welcomes new Masters Coach Ken Rice to the team. For more information contact Ken at: ken@westswimteam.com

Welcome new PNA Team: *Aqua Fanatics* swimming at North Kitsap Community Pool. For more info contact: Coach Lynn Wells at swimlynn@usms.org or 206.371.6710

ATTENTION COACHES!!!

Invite me (Chericka) for a swim with your Masters group, waive the drop-in fee and I will do a write-up on the general specifics of your coaching skills and workout group.



THE WETSET

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REP FROM <98100 AREA NEEDED!)

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PNA VOLUNTEERS

REGISTRAR

ARNI LITT (206) 849-1387

PO Box 12172

Seattle WA 98102-0172

PNARegistrar@usms.org

Awards: Kerry Ness Coaches: <open>

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

Safety: Kathy Casey

Webmaster: Steve Peterson

Welcome New Swimmers

Blue Wave Aquatics

Roger Brown
Lucie Caslavska
Dana Chapman
Chris Cornell
Beth Crippen
Raymond Fernandez
Christopher Gibson
Rob Herriford
Diana Holman
Bob Jones
Barbara Kabassi
Linda Kent
Mark Komac
Bethany McGinn
Christopher Mercado
Zach Miley
David Olson
Aleksy Onishchenko
Sara Osburn
April Parker
Tyler Patterson
Chris Price
David Roholt
Gregory Simmons
Andy Stetzler
Sheri Wages Cornell
Platt Winetrout

Aqua Fanatics

Leslie Brown
Mary McCluskey
Jacque Watland

Bainbridge Aquatic Masters

Mike Derzon

Downtown Bellevue Swim Team

Troy Repas

Husky Masters

Amy Harris
Elizabeth Hernandez
Justin Loustau
Amanda Winans

Lake Washington Masters

Andy Chapman
Michelle Ohlson
Lindsey Oram
Sharon Sears

Middle Aged Marlins

Michael Lee

Mercer Island Country Club

Tim Tiscornia

Mukilteo YMCA

Laurie Cessna-Fisher
Nancy Ortega
Courtney Spaulding
Mike Stevens

North End Otters

Caleb Hyldahl

Newport Hills Masters

Tom Campbell

North Whidbey Masters

Jeremy Fontenot

Orca Swim Team

Faith Flugel
Dannica Lin

Sequim Aquatic Recreation Center

Erik Bernhoft
Charles Lamb
Andrea Lubeck
Taylor McDonald
Jean Monro-Lamb

South Sound Masters Swimming

Damion Calvert
Dusty Davis
Julianne Heryford
Richelle Little
Matthew Meacham
Amanda Mickelsen
Timothy Overbey

Seattle University Red Hawk Masters

Vanessa Ruedebusch
Beth Rutherford
Mark Szalwinski

YMCAPKC Sea Dragons

Koty Glick
Angela Pearson

Unattached

Gregory Bradley
Genevieve Patterson
David Worley
Jody Fritz
Andrew Hergert
David Kelly
Evan Ohs
Laura Rasmussen
Howie Ruddell
Cory Simonson
Mitchell Stern
Brett Weaver
Andrew Beaton
Pamela Kalas

Pacific Northwest Association of Masters Swimmers 2012 Local Team Registration for Club PNA

To register your team for 2012, 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 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 your 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**

You will find current team names and abbreviations in use on the following page. **Bolded** IDs are registered for 2012 as of May 4, 2012.

(Club **BWAQ** is registered as well.)

AQUA.....Aquatic Fanatics
BAMBainbridge Aquatic Masters
BADDBellevue Aquatic Divas & Dudes
BCBellevue Club
BMSC.....Bellingham Masters Swim Club
BTAC.....Bremerton Tennis & Athletic Club
CAATCentral Area Aquatics Team
DBST.....Downtown / Bellevue Swim Team
EMS.....Everett Masters Swimmers
FSJ.....Fins of the San Juans
FTS.....Ft. Steilacoom
GOSTGig Harbor Old Swimmers Team
GCMS.....Gold Creek Masters (GCM)
GAMGold's Aquatics Masters
GEMGold's Eastside Masters
GLADGreen Lake Aqua Ducks
HMSTHusky Masters
IST.....Issaquah Swim Team
LLUALittle Lebowski Urban Achievers
LOGSLogger Masters
LWM.....Lake Washington Masters
LWS.....Lynnwood Sharks
MICCMercer Island Country Club
MIR.....Mercer Island Redwoods
MAMSMiddle Aged Marlin's
MYM.....Monroe YMCA Masters
MUKY.....Mukilteo YMCA Masters
NHMNewport Hills Masters
NEO.....North End Otters
NSYGNorthshore Y's Guys
NWMNorth Whidbey Masters
OACOlympic Aquatic Club
OOPSOld Olympic Peninsula Swimmers
ORCA.....Orca Swim Club
OST.....Ohana Swim Team
PAC.....Poseidon Aquatic Club
PPSTPoulsbo Piranhas Swim Team
PSC.....Phinney Ridge Swim Club
PTMSPort Townsend Master Swimmers
PRO.....Pro Sports Club
QASC.....Queen Anne Swim Club
RAH.....Redmond Aqua Hotshots
SAMM.....Samena Masters
SAC.....Seattle Athletic Club
SARCSequim Aquatic Recreation Center
SVMSSkagit Valley Masters Swimming
SWIM.....South Whidbey Island Masters
SSMSSouth Sound Masters Swim
SSRMSeattle U. Redhawk Master Swims
TSCTacoma Swim Club
TACMThunderbird Aquatic Masters
TCACTeam Columbia Athletic Clubs
TIGTigers
UNAT.....Unattached to a Team
UPACUniversity Place Aquatic Club
VFCValley Fitness Center
VAC.....Vashon Aquatic Club
VAVIVashon 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
YPKCYMCA-Pierce/Kitsap Sea Dragons

as of 5/04/2012

Green Lake AquaDucks
Fat Salmon Open Water Swim
1.2 and 3.2 miles
Saturday, July 21, 2012
Sanctioned by PNA for USMS Inc. #362-W001

LOCATION: Lake Washington, Seattle, WA. Check-in and finish are at [Madison Park](#).

COURSE: Both courses are point to point. See [website](#) for [map](#) and details. Water temp ranges between 60 & 70 degrees. Portable toilets are at both starting lines; bathhouse is at the city park check-in and finish location.

TIME: Check In at 6:15 AM; Mandatory Competitor Meeting at 7:20 AM; 3.2-mile event starts at approx 8:15 AM; 1.2-mile event at approx 9 AM.

RACE DIRECTOR: Liz Rosen fatsalmonswim@gmail.com or call 206-973-9075 only between 5-8 PM, PDT.

ELIGIBILITY: Open to all 2012 registered USMS or MSC swimmers 18 and above as of 7/21/12. Swimmers not registered may sign up online for a \$20 One-Event USMS registration. Non-PNA swimmers must provide a copy of their Masters membership card.

RULES: Current USMS rules will govern this event. Neoprene wetsuits are allowed. 2-hour time limit enforced for 3.2-mile event.

SAFETY: Lifeguards and safety boats will monitor the entire course. Body marking required on both hands. Competitors must wear color-coded race caps to distinguish groups (provided).

AWARDS: T-shirts and caps to all competitors; special awards in each division; ribbons available for top 3 in each age group. See website and registration for more information.

ENTRY FEES: \$45 before 7/1, \$60 July 1-15. [Online entries only!](#) No race day or paper entries accepted.

ENTRY DEADLINE: Online registration opens 6/1 and closes 7/15, however race will likely fill up well ahead of close date. [Race sold out in 14 days in 2011!](#)

ONLINE ENTRY: Link to registration: <http://www.fatsalmonswim.org>
Online registration closes at 11:59 pm PDT July 15.

RESULTS: Preliminary results available on race day and final results posted on website after the event.

DIRECTIONS: See [Fat Salmon website](#)

LODGING: Dozens of options within 3 miles of Madison Park, which is on a direct bus line from downtown Seattle.

ADDITIONAL INFORMATION: A wealth of information is available on the race website at <http://www.fatsalmonswim.org>

USMS Spring Nationals, Greensboro NC – April 25 – 29, 2012



**Sarah Welch, Rick Stafford, Sally Dillon and Mike McColly
at the Greensboro Aquatic Center**



**Sarah Welch, Sue Dills, Janet Getzendaner, Sally Dillon
1st in 65+ 200 Free Relay (USMS Record!)
1st in 65+ 200 Medley Relay (Zone record)!**



Haleigh Werner



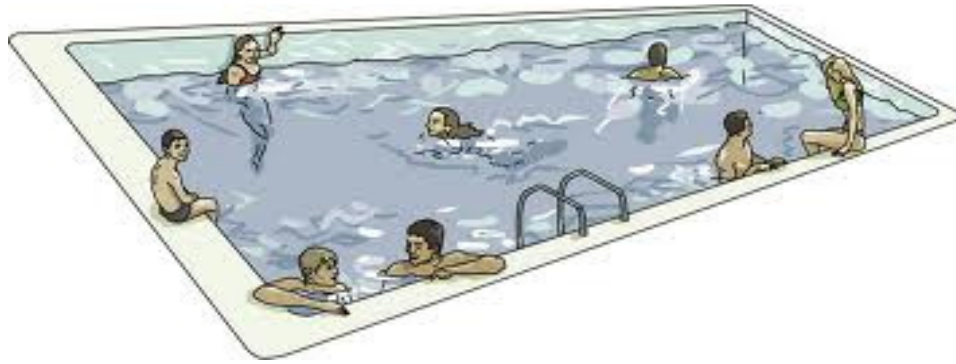
Haleigh Werner and Susan Wetstone



Donald Graham and Todd Doherty



Newlyweds Chericka Ashmann-Rice and Ken Rice



Sharing Pool

The most ridiculous thing I've done to get a swim in...

By: Angie Pendergrass, Phinney Ridge/Queen Anne Masters

Two years ago I spent three months traveling across the southern hemisphere. I worked on an oceanographic research boat for 38 days sailing from Tahiti to Chile, and then traveled around South America for 5 weeks. In Tahiti I swam and kayaked in warm, tropical water from December until March, enjoying the austral summer. While on the boat, surrounded by the ocean, I wasn't allowed to get in! Back in the 90s NOAA ships allowed for "swim calls" until a woman had her leg bitten off by a shark (just south of Easter Island, not far from where we were). Imagine being surrounded by water and not being allowed to swim; this was mighty frustrating.

Finally, I arrived in Valparaiso, Chile, and traveled down the coast to a surf town called Pichilemu. However, the water was far too cold and rough for a swim; all along the Chilean coast the Humboldt Current brings frigid water from the Southern Ocean. After almost 2 weeks in Chile, my travel buddy and I took a bus across the border to Bariloche, Argentina with the intention of going trekking in the northern Patagonian Andes.

Bariloche is situated on an alpine lake with lots of chocolate shops and while I was exploring the streets I came across a pool overlooking the lake. The pool was beautiful, inviting and empty! I ran back to the hostel to grab my bikini and goggles and arrived at the pool ready to swim when the Spanish speaking lifeguards told me I needed to go next door and get a physical first. I found this to be odd but I was impatient just the same. I went next door and found an old lady sitting behind a table. She asked me how old I was and then wrote something on a receipt that I was instructed to take back to the lifeguards at the pool. They took the receipt and said I could get in.

Having spent plenty of time swimming laps in empty pools in Miami that were surrounded by sunbathers, I thought nothing of the sunbathers and kids playing on this pool deck. I jumped in and nearly went into cold shock as the lifeguards giggled. The water was FRIGID! The temperature was definitely below 60 F and I started to go numb quickly but I was determined to get my swim in. I swam until I looked down and realized that my bikini top was completely undone and my breasts were exposed. I couldn't feel a thing so I hadn't noticed and at that point I decided it was time to go.

I asked around town and found out that the unheated pool is filled with water from the alpine lake adjacent to it. I went on my 3 day trek and came down with a cold. I walked by the pool when I arrived back in town and it had already been drained for the end of the season. I didn't shake the cold for the remaining 3 weeks of the trip but I did manage to get a swim in, in South America!

Important Changes to PNA Swim Club Coming

By: PNA LMSC Vice President Rich Seibert

- Club changes are required by US Masters Swimming
- Your workout group and workouts will **not** be impacted
- Regional programs and services will run continuously during the transition

Did you know there is a difference between PNA – the *Pacific Northwest Aquatics* Masters swim Club and PNA – the *Pacific Northwest Association* Local Masters Swim Committee (LMSC)? I personally had no idea until about one year ago when I became a board member of PNA – the LMSC. United States Masters Swimming (USMS) is requiring a reorganization of our club's roles and responsibilities in order to comply with IRS tax laws. Simply put, this means separating the Club PNA business (national and local relays, postal swim relays, club T-shirts and caps, etc.) from the PNA LMSC business (swim meets sanctions, *The WetSet*, coaching clinics, etc.). I think it's important to reinforce that workout groups, i.e., who you swim with and who you are coached by, etc. will not change at all due to this change; your workout group will not be impacted.

Currently, PNA – the LMSC – has two official clubs, Blue Wave Aquatics and Pacific Northwest Aquatics (Club PNA). If you are a member of Club PNA, there are a few differences that you may see in the future. First, you get to participate in bringing in a new Board of Directors to run the "Club formally known as PNA," which means you can get involved by running for a position on the new board or by nominating a friend for a position. Next, you'll get a chance to recommend and vote on a new name for Club PNA since the current name is too close to LMSC PNA, so a name change is in order. Everyone currently registered with Club PNA will get to vote on new Board Members. Finally, if you plan on taking advantage of the benefits from being part of a club, e.g., swimming on relays at meets, club T-Shirts and caps, etc., you will need to register with the "Club formerly known as PNA" for the 2013 swim season (Club PNA will no longer be an option).

The timeline below highlights key milestones in the club change:

- May - Propose club changes to LMSC Board
- June - Announce new officer candidates and revised club bylaws
- July - Announce new club name options
- August - Hold membership meeting to vote on candidates, bylaws, and new name
- November - Register with new club for 2013
- January - 2013 swim season begins

For additional information or to send questions and comments, email clubchange2013@gmail.com.

2012 PNA Event Calendar

	Saturday	Sunday		Saturday	Sunday		
May 2012	5	6	September 2012	1	2		
	12	13		8	Whidbey Adventure Swim	9	
	19	20		15		16	
	26	27		22	Last Gasp Of Summer	23	
				29	30		
June 2012	2	3	October 2012	6	11 th Annual Bamfest SCY Meet	7	
	9	PNW Senior Games SCY (H. Madison)		10		13	14
		Evergreen Summer Launch Pool Open Water Swim					
	16	17		20	SCM ZONES>>>	21	@ WKCAC
	23	24		27		28	
	30						
July 2012		1	November 2012	3	4		
	7	July 5-8 LCM NATL>>>		8	Omaha, NE	10	11
	14	15		17	18	Whidbey NWM/SCM	
	21	Fat Salmon		22	24	25	
	28	29					
August 2012	4	5	December 2012	1	Sand Point Outdoor SCY	2	
	11	Arms Around Bainbridge OW Swim		12	Aqua Run & Swim	8	9
	18	19		15	16		
	25	26		22	23		
				29	30		



PNA's Spring Nationals Team (30 of 38 swimmers shown)



PNA Spring Nationals Coaches **Ken Rice** and **April Cheadle**

Pacific Northwest Association of Masters Swimmers
PO Box 12172
Seattle, WA 98102-0172

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