

# The WetSet



U.S. Masters Swimming in Western Washington

Pacific Northwest Association of Masters Swimmers

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## Leading Off

*"Time is precious..."*

By PNA President Coach Lisa Dahl

Not being a writer by choice, I always find it difficult to write Leading Off; however it's a duty I perform as President of PNA. I asked a true writer how they choose their topics and gleaned the response, "write what you are passionate about." That's simple; I am very passionate about my health and the training that I want to do to sustain it. Then why do I put so many things ahead of that? I keep running out of time to get to the gym or pool at least that is what I have been telling myself. I have been allowing my commitments to everyone else take priority over what I want to do. The result is I'm not happy about how I feel and it's time for change.

How do I change, what do I change and how do I make it happen? I am learning it is not time that I don't have; it is the lack of direction I have for my time. Time is precious; I can't buy it, steal or borrow it and most of all I can't get it back.

John Maxwell's *Using Time or Abusing It* is teaching me how to use time more effectively:

1. Do things that advance their overall purpose in life = growth
2. Do things that underscore their values = fulfillment
3. Do things that maximize their strength = effective
4. Do things that make them happy = health
5. Do things that equip others = productivity
6. Do things that add value to others = influence

When I apply these six principles to my life it's easy to understand how my coaching position takes all my time because it fulfills all of these principles. How do I prioritize my fitness then?! My job does bring me happiness and so does a high level of fitness. Can I do both at the levels I want?

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I need to consciously plan each day. It's easy for me to set a schedule. Implement that schedule? Not easy. Following a schedule becomes difficult because of all the unexpected day-to-day issues that arise that require my assistance. Everyone has needs and my resolving them at the moment becomes my problem, ultimately, taking me away from what I need to be doing at the moment, which is working out.



How do I say no? How do I make sure my needs are met? If I can be "selfish" with my time and not let others make their needs more important than mine during my scheduled workout time, maybe I can make some headway. I fear they may not understand me saying no. Can I live with that and not give in? Will all the work be done? Can I stay on track without using my workout time? All these questions I will be working on with hindsight, evaluating as I go and adjusting as I do it. I'm determined to make this work and I will get back on track with my training.

Perhaps in reading this you can relate. My hopes in sharing my struggles with utilizing my time effectively and staying fit are to encourage not only myself, but others as well, to reevaluate what's important. Take care!



## Amateur on Set!

*"Since becoming unemployed..."*

By WetSet Editor Chericka Ashmann-Rice

It's quite ironic that I have worked in the field of social work for nearly two decades serving low-income families and now my family is left to survive on meager earnings due to me recently becoming unemployed. Fortunately, along the way in this crazy thing called life I have built a strong foundation on faith and I married a man who has all the faith in the world in me. Something good is going to happen. It starts with, *now*, having the freedom to find myself again and take care of me.

I was averaging 60 hours a week while taking care of two children, one of which is gifted with special needs (ADD). I parented on my own for 6 years before remarrying and it was tough, to say the least. Being on both sides of the fence as a stay-at-home mother when my children were babies and then having to work full-time while parenting on my own has brought me to the conclusion that parents were not made to *do all of this!* Not in the traditional sense, anyway. I now have time to study for my licensure exam that I have failed 3 times over the past 6 years by 1, 2 and 5 points, consecutively, simply because I did not have the time to study. If I pass my exam I can practice on my own. Maybe I'll work with elite athletes who have sustained serious injuries that change their chosen path? Hmmm.

Since becoming unemployed, I have been back in the pool everyday rediscovering my love for the water. Work had become this monster that took over everything. I was forced to choose between getting enough sleep or waking up at the crack of dawn or driving incredible distances to shove in a swim quickly before it was time to start grinding my gears again. And grinding my gears is exactly what I did. I am 15 seconds off my best times compared to last year. I don't care. At least it feels good to be back in the water. I missed Zones this past weekend because I have to watch my spending and I didn't feel as if I would benefit from competition at this time. Luckily, we still have an entire season ahead of us. I'm just sorry to have missed the hosting team: Orca Swim Club. They put on a great show a few years ago at one of my early meet experiences. I hope to hear from some of you readers about the Zones meet.

With that said, I was fortunate enough to join the Sand Point Country Club Masters (SPCC) Swim Group this weekend for a swim with Coach Bob Moore and the rest of the team. My husband also joined us and we happily and playfully swam in the same lane. Bob directed an IM workout that was easily understood and easily modified (by myself) as I get back into shape. The group meets every weekday morning at 6 am and Saturdays at 9 am; however, it's a closed group due to being operated under the country club. Personal invitations by members are the only way to get into this exclusive group which formed approximately one year ago. Apparently, there is a 3 year waiting list to become a member of the club.

Bob shared that the pool traditionally operated during the spring and summer months and that he and Rod Diefendorf urged the board to allow the pool to remain open the entire year. Exciting, especially since the pool is

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located outdoors. The water was cozy and it was a luxury to sit on the poolside after workout to let the cool, crisp October air cool my body. What's even more exciting is that Moore and Diefendorf took things a step further and conceived of a meet. That's right, SPCC is hosting their first SCY Swim Meet: The *Pneumonia Open*, December 1, 2012! Unfortunately, my family and I will be vacationing in Kauai (thankfully, paid for before losing my job!) or Ken and I would be signed up now. If someone would like to pay for our tickets to be changed you can count on us being there!



Coach Bob Moore of SPCC and WetSet Editor Chericka Ashmann-Rice pictured at Sand Point Country Club Pool on a beautiful October day.

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December 1<sup>st</sup> you ask yourself?! Not to worry, Bob reported that there will be tents and heaters poolside for athletes to stay warm and I'm telling you, you're more likely to want to stay in the water than get out. So, be prepared with your parkas and towels! This is going to be fun. How do I know? The members of the group had such an enthusiastic and friendly manner that I can't imagine this meet will be anything short of spectacular. While discussing the meet details the weather was brought up and the members began stating simultaneously that the weather on December 1<sup>st</sup> is going to be perfect. With that attitude, I doubt that rain, sleet and snow would stop anyone from having a good time! I urge you all to support the LSMC and its member teams and enjoy this pool and this group by placing your entry into The Pneumonia Open now! See you all on the flipside!

# Introducing Puget Sound Masters

By PNA Vice President Rich Seibert

Over 250 members cast their votes in a recent online survey to establish a new club name and approve new bylaws and board members. Thanks to everyone that took the time to contribute by casting a vote.

## ***New Club Name***

The new club name, ***Puget Sound Masters*** (PSM), received the majority of votes. The new club name will help clear up the confusion between PNA the Local Masters Swimming Committee (LMSC) and PSM the Club.

## ***New ByLaws***

The new PSM Bylaws were approved by 100% of the voters. You can expect the new club to provide direct support to its members through coach and swimmer development as well as putting together swim teams and relays for National Meets.

## ***New Officers***

All four officers were overwhelmingly approved by the members; congratulations to the new PSM Officers:

**Sarah Welch – President**

**Terry Rathbun – Vice-President**

**Doug Jelen – Treasurer**

**Howard Jess – Secretary**

PNA the LMSC and PSM the Club are volunteer run organizations, thanks again to all the volunteers that take the time to contribute to Masters Swimming.

With the voting over and the PSM name, Bylaws and Officers approved, you will be able to register as part of the PSM Club for the 2013 year. If you have any questions, you can email [ClubChange2013@gmail.com](mailto:ClubChange2013@gmail.com)

## Fitness

### “Shoulder Problems?”

By WetSet Fitness Contributor Sarah Welch

Swimming has the advantage over many other sports for being relatively injury free, but when injuries do occur, the shoulder is the most common area for the swimmer to experience pain. Freestyle is the most common stroke to generate shoulder pain due to the nature of the stroke and its popularity among swimmers.

I'm not one for much stretching in the early morning hours before practice. However, I have found that stretching and strength training for my rotator cuff will reduce and often eliminate my shoulder pain. Swimmer Magazine ran an article on stretching to prevent shoulder injuries (2010) which is available in PDF form at the following USMS website link:

[http://www.usmsswimmer.com/201001/swimmer\\_stretching.pdf](http://www.usmsswimmer.com/201001/swimmer_stretching.pdf)

So, what about other preventative measures? To reduce pain and prevent further injuries it's important to work your stroke technique and drop those habits that aggravate the shoulder. My recommendation is for you to find a coach to observe your stroke or ask your present coach to do so. Get someone to film you, if possible, and watch the video carefully for irregular movements. Share the video with your coach and gain tips on how to improve. Some technique issues that may lead to shoulder pain or problems include:

- Reaching too far and over-rotating
- Crossing over in freestyle when pulling
- Dropping your elbow at your catch
- 'Pushing' from the surface, toward the bottom of the pool until you reach your 'catch' (instead of pushing back...propelling yourself forward)



- Hunching or shrugging your shoulder
- Not relaxing your forearm on recovery, being stiff, and pushing through the recovery
- Breathing to one side (practice bi-lateral breathing for balance)

If you begin experiencing shoulder pain, look for changes in your training technique that could be a cause, such as:

- Sudden increase in training distance or intensity (ease into change)
- The use of pull buoys and hand paddles (either/both of these increase probability of shoulder pain)
- Swimming only freestyle at every workout (mix it up, cross train, do other strokes)

My final recommendation? *NEVER* “swim through the pain"! Listen to your shoulder; seek professional help such as a sports medicine doctor who specializes in sports medicine, physical therapist, chiropractor, massage therapist or all of the above if you're experiencing chronic pain. These specialists can guide you in strength conditioning and rehabilitation to get you back in the water.

See also [http://www.youtube.com/watch?v=tP7fV\\_d7cDQ](http://www.youtube.com/watch?v=tP7fV_d7cDQ)

# Welcome New Swimmers

## ***Aquafanatics***

Sheenah Hellmers  
Andrew Neuwirth

## ***Blue Wave Aquatics***

Samuel Altman  
Randy Cupp  
Candace Faber  
Heather Forbes  
David Hoag  
Michael Krulc  
Anthony Lieggi  
Jason Nelson  
Benton Peugh  
Jennifer Southwell  
Kathryn Zollman

## ***Bainbridge Aquatic Masters***

Jessica Aubin  
Cestjon McFarland  
Candace Morgan  
Erin Thomasson  
Keith Uyekawa

## ***Green Lake Aqua Ducks***

Lisa Scheurer

## ***Husky Masters***

Melinda Early  
Melanie Wu

## ***Lake Washington Masters***

Bruce Deakyne  
Valerie McHenry  
Vaughan Robson  
Ryan Shimabukuro

## ***Monroe YMCA Masters***

Kirsten Behla

## ***Mukilteo YMCA***

Setsuko Hansen

## ***Olympic Aquatic Club***

Matthew Crowell  
Margaret Orn  
Geri Widell

## ***Orca Swim Team***

Ezra Ahn  
Steve Bull  
Safia Cheeney  
Josh Montgomery  
Guillermo Rueda  
Brian Salvador

## ***Sand Point Country Club Masters***

Craig Birgfeld

## ***South Sound Masters Swimming***

Kris Hansen

## ***Seattle University Redhawk Swimming***

Matilda Schroeter  
Matt Young

## ***PNA Unattached***

Kramer Arendt  
Leah Batty-Hibbs  
Bertha Carrales  
Donna Chamberlin  
Cassie Cottrell  
Leonardo Del Riego  
James Harriott  
Kieran Jacobson  
Jessie Klauder  
Chris Longston  
Alejandro Matute Gonzalez  
Alexey Panteyev  
John Rossman  
David Shoultz  
Kailey Sparks  
Liz Wilson

## ***Western Washington University Masters Swimming***

Dane Hendricks  
Maia Jenkins  
Alex McKiernan  
Sam Seid

## ***YMCAPKC***

***(YMCA of Pierce & Kitsap  
Counties)***

***Sea Dragons***  
Larissa Ferber

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](mailto:pnaregistrar@usms.org)

## Time to Renew your Membership Approaches

*Please read to the end.*

By PNA Registrar Arni Litt

Yes, it's that time of year again - time to renew your USMS membership for 2013. Renewal starts November 1, 2012. As always, your 2012 membership is valid through December 31 of this year, but it is always good to renew early. The 2013 membership fee will be \$46; the USMS portion - \$33 and the PNA uses \$13.

What's new! There is a new name to our largest Club – Puget Sound Masters (PSM) formerly called Pacific Northwest Aquatics (PNA). You have been reading about this change for a while. For 2013 we have two clubs – Blue Wave Aquatics (BWAQ) and PSM. Remember, this is just a name change, not a new club.

### Two Ways to Renew

Online registration continues to be the favorite method for renewing. If you did not use it last year, give it a try this year. In the beginning of November, I will email you a reminder and a link to your personalized online membership renewal form. For those of you that do not have email or have requested that we do not use your email, you will receive a paper renewal form. Either way, paper with a check or online with a credit card, please renew before the end of the year so that you may continue to swim uninterrupted. Coaches will not let you swim without a valid membership if your pool requires it.

Once you receive the link that goes directly to your personal membership information, please check all the data carefully and fix any typos and errors. (Do not worry if you don't remember your number.) Selecting your club is the first step, so read carefully. If you realize that you did not select the right club, just finish your registration and then write to me and I will correct it. After you renew your membership, you can print your card online and/or choose to have one sent by mail.

If after November 1, you do not receive the link, you can go to <https://www.clubassistant.com/club/USMS.cfm?l=36> or through the link for online registration at [www.swimpna.org](http://www.swimpna.org) and follow the instructions. For those of you using a paper registration form and don't want to wait for your customized form, be sure that you use the **2013** form. We cannot accept another year's form.

Seniors (65 years + ) will automatically receive the reduced senior rate. The reduction is offered by PNA, but we must set it as an all or nothing option for the online registration. If you do not want the discount, please donate it back to the PNA or one of the other charities listed.

A needs based discount is also offered by PNA not USMS, but cannot be offered online. Therefore you will have to use the paper registration form to get the reduced fee.

You can make donations to the USMS Swimming Saves Lives foundation, The International Swimming Hall of Fame, or your local masters organization (LMSC / PNA) online or by check. Any size donation to these funds is always appreciated. More information about these funds can be found at [http://www.usms.org/admin/lmschb/lmsc\\_hb\\_endowment.pdf](http://www.usms.org/admin/lmschb/lmsc_hb_endowment.pdf) and <http://www.ishof.org/>





# Pacific Northwest Association of Masters Swimmers (PNA)

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>

## 2013 Membership Application

New Swimmer  Returning USMS Swimmer, ID if available \_\_\_\_\_

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_  
Last First Initial Month Day Year

Address: \_\_\_\_\_ Age: \_\_\_\_\_  Male  Female  
Street or box number

City State Zip+4 E-Mail: \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_

### FIRST choose a CLUB Affiliation

- Puget Sound Masters (PSM) formally (PNA)
- Blue Wave Aquatics (BWAQ)
- Unattached to a Club

### THEN choose a TEAM Affiliation (PMS only) \_\_\_\_\_

See team list on page 23 for team initials

### Please check all that apply:

- Masters Coach
- Certified Official
- YMCA
- USA Swimming
- USA Triathlon

Choose a membership level A or B below for 11/01/2012 thru 12/31/2013.

<b>A. Regular:</b>	<b>\$46</b>	
<b>B. Need-based or Seniors (65 &amp; over):</b>	<b>\$37</b>	
<i>Optional Donations:</i>		
USMS Swimming Saves Lives		\$
International Swimmers Hall of Fame		\$
Pacific NW Association (PNA) Support		\$
<b>TOTAL</b>		<b>\$</b>

Make check payable to: PNA

Questions: (206) 849-1387 or [pnaRegistrar@usms.org](mailto:pnaRegistrar@usms.org)

Mail check & form to: Arni Litt, Registrar  
PO Box 12172  
Seattle, WA 98102-0172

### Swimming Saves Lives Foundation

Focuses its resources on the vital lifesaving and lifetime benefits of swimming. 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 (ISHOF)

Is 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

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.**

A link to the PNA newsletter, *The WetSet*, will be sent by email 6 times/year unless you check here  to have *The WetSet* sent by U.S. Postal Mail.

PNA always needs volunteers to help with meets, clinics, committees and much more.

Check here to volunteer and someone will contact you about where you could make a difference.

**2013 Annual Fee:** Of your membership fee \$33 is sent to USMS and \$13 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 \_\_\_\_\_

## **PNA Board Meeting Minutes**

*Update as of August 28, 2012*

By PNA Secretary Herb Cook

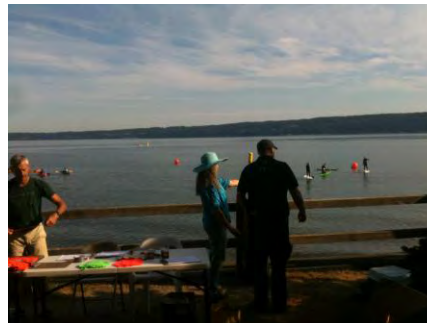
Here's a summary of significant items from the PNA Board meeting on August 28, 2012:

- Treasurer Jeanne Ensign reported that the association recorded a budget surplus of about \$2,000 through July, with 95 percent of projected 2012 registration revenue collected and a bank balance of about \$47,800.
- Lisa Dahl, Sally Dillon, Rich Seibert and Steve Peterson volunteered to coordinate planning for a PNA retreat on November 3 (Note date change from October 27).
- After a report by the Club Separation Task Force (Sarah Welch, Sally Dillon, Rich Seibert and Arni Litt), the Board by majority vote approved a one-time allocation of \$10,000, prorated according to Club membership and payable at the beginning of 2013 to the two Clubs in PNA's territory, Puget Sound Masters (formerly known as Pacific Northwest Aquatics), and Blue Wave Aquatics. The Board also approved an ongoing allocation of \$5 per swimmer to each Club, prorated by membership and payable as registration fees are collected throughout 2013. Clubs will maintain their own finances and governance structures and will be responsible for expenses associated with Club activities, including supporting Club teams at national meets.
- The Board unanimously approved an increase in PNA fees for 2013, from \$45 to \$46. The increase will offset \$1 of a \$2 increase in USMS national fees. PNA will use existing funds to absorb the remainder of the USMS increase.

### **What a deal!**

**Coaches, friends of prospective members and prospective members! Remember that first timers, registering November 1st or after will become active members for the rest of 2012 and all of 2013 for the 2013 registration fee, \$46. That's two months free for new swimmers!**

## Whidbey Adventure Swim – September 8, 2012 – Langley, WA



Pictured above: Race Director Jean Fankhauser

Paddlers getting ready; new yellow PNA buoys

The second annual Adventure swim attracted an enthusiastic group of swimmers with 13 finishers in the 1.2-mile event and 14 in the 2.4-mile event. Water temperature for the event held in Saratoga Passage off Whidbey Island ranged from 57°-60° F. Bridget Sipher (39/Olympia) set a new women's course record in the shorter distance with her swim of 31:51. Zena Courtney (53/Tacoma) set a new women's record in the longer distance with her swim of 1:00:12 and Scott Lautman (59/Seattle) set a men's and overall course record in the 2.4-mile in a time of 51:40. Wetsuits were required for this event due to the below 60° temps.

Conditions were excellent with calm water and an air temp ranging from 70°-75° F. Noted Scott Lautman, "It was a perfect day for a swim; flat and calm with a challenging current to make the swim interesting".

## Last Gasp of Summer – September 22<sup>nd</sup> 2012 – Angle Lake, Seatac, WA

The Last Gasp of Summer 2<sup>nd</sup> annual event was a huge success! This year Blue Wave Aquatics and Valley Aquatics Swim Team co-hosted the event opening it up to United States Master Swimmers and USA Swimmers. It was exciting to see families registering for 1-mile, 2-mile or 500-meter events. Eighty-five Masters swimmers and 25 youth swimmers participated.

The organization and safety committee went beyond expectations to make sure that all rules and regulations were followed with USMS and USA Swimming. Residents and members of the Angle Lake Shore Club were gracious again this year donating their time, boats, and kayaks. As you can see, our officials were escorted around the course in style with a TIKI themed boat!

Top finishers were Lyset Cadena (30/Seattle) who bested all in the 1-mile wetsuit division with a time of 22:36.5; Shannon Casey (34/Auburn) the overall winner in the 1-mile non-wetsuit division in 24:32.1; William Penn (60/Olympia) – the overall winner in the 2-mile wetsuit division in 40:40.6, and Doug Portelance (54/Redmond) – the overall winner in the 2-mile non-wetsuit division in 43:20.0. Complete results are available at [www.lastgaspofsummer.com](http://www.lastgaspofsummer.com)



## Rules Corner

### *For Coaches #31*

By USMS Rules Chair, Kathy Casey

#### **How to lose a record in ten easy steps:**

1. Compete in a short pool or a pool that hasn't been measured, including pools with bulkheads that need to be measured before each meet and after each session (many people don't realize that a 50-meter course may have bulkheads at each end of the course).
2. Measure the pool with a fiberglass tape.
3. Enter an event named "Open" or "Choice".
4. Expect a world record from a recognized meet (not allowed).
5. Forget to request your split times if a split time is a record.
6. Leave a recognized meet without a record application form signed by the referee and the timing tape or card for the USMS-record-breaking swim.
7. Compete in a meet that has no timers behind the blocks (unless the secondary timing system is a fully integrated, overhead video camera system).
8. Compete in a meet where the primary timing system is two semiautomatic buttons or two watches (three semi-automatic buttons or three watches are required for USMS records).
9. Combine timing systems (e.g., 2 semiautomatic buttons and one watch) to get 3 times.
10. Forget to send a copy of your birth certificate or passport to the USMS records administrator.

For any questions about rules contact Kathy Casey, USMS Rules Chair,  
[rules@usms.org](mailto:rules@usms.org)

## **2012 United States Aquatic Sports Convention (USAS)**

*A Network of Volunteerism*

By Coach Ken Rice

I was totally fascinated as a first time delegate attending the USAS Convention; similar to visiting a National Park for the first time after having seen pictures or heard stories, the environment provided vigor for seeing and doing more. This year's Convention, which hosts the separate annual business meetings for the five aquatic national governing bodies U.S. Masters Swimming, USA Swimming, USA Diving, US Synchronized Swimming and US Water Polo, was held in Greensboro, North Carolina. The coordination of the individual governing bodies serves the purpose of identifying complimentary schedules for national competitions, identifying current trends that affect all athletes [i.e., safety, insurance and unified representation within the Federation Internationale de Natation (FINA), the governing body for all international competition] and conducting business on a variety of issues which are voted on by the independent entities.

There are the keystone volunteers who have attended the annual convention for 30 years, served on every committee and created the canopy of leadership for the layers of support they receive. At roll call and with networking introductions it soon became clear that the teams of Chair and Vice-Chair, Secretaries, and Members of governance are All-Star rosters of the teams you compete against or read about. It is a truly welcoming experience to recognize that these fellow athletes, who have been examples of sportsmanship, humbly and happily shape our sport through their volunteer efforts. Throughout the convention, first time delegates were identified and encouraged to dig right into the operations in process. It is fully recognized that "succession planning" is a healthy outlook for the future of our sport. There is a call for new volunteers; there is a call for new ideas.

As a Local Masters Swimming Committee, we are recognized throughout the nation for the commitment and achievements of our volunteers. As an athlete you are recognized and invited to participate at all PNA Board Meetings and contribute to *The WetSet*. Look for the posted meeting dates and calls for submissions for *The WetSet* and come volunteer with us!

### **BAMFest Turns 11**

*High Turnout on a Great Day*

By Immediate Past PNA President, Steve Peterson

The summer weather outside was as beautiful as it was unusual – on this 75th day of an 80-day Pacific Northwest record of less than 0.03" of rain since July 23. BAMFest 11 took place October 6th at Ray Williamson Memorial Pool at the Bainbridge Island Aquatic Center. One-hundred twenty-five swimmers entered the event, continuing the high turnout trend of recent years. The complete list of swimmers represented two dozen teams, generally ranging from one to six members each from such places as Federal Way, Olympia, Monroe, Seattle, Tacoma, Oregon and Arizona. The largest group, of course, was BAM (Bainbridge Aquatic Masters) with over 30 participants; remarkably, the next-largest team was the Central Washington University Masters (CWU) with 16 of their 25 registered members in attendance from Ellensburg! CWU is part of the Hydropower Masters Swim Club of the Inland Northwest Masters LMSC.

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Surely, part of BAMFest's popularity is the modified high-school format that contributes to its uniqueness; omitted from the typical individual Masters events are the 200 Back, Breast and Fly, the 400 IM. The longest Freestyle event is the 500. I know at least one swimmer substituted another stroke in the 200 Free. I didn't get the name of the competitor who I noticed doing either an IM or all Fly – in the 500! The first ten meets in this annual series concluded with the famed "Fantasy Relay" (using apparel or accessories or unusual methods to swim the prescribed leg lengths, occasionally with novel trophies); it was replaced this year with the two Mixed relays (Free and Medley) to keep the meet to a manageable length.

The day's most senior competitors were Jack Fritz (79) of Arizona and BAM's own Bernice Phillips (85), who said to me, "I'm 85 and a half; this will be my last meet!" Despite that, I know that Coach April and her teammates will encourage Bernice to continue.

Twenty-two of the registered entrants were first-time competitors, most of whom picked up their "new swimmer" goodie bags. CWU had the most (7), followed by BAM (6) and Poulso's Aquatic Fanatics' entire contingent (4). The most popular new-swimmer events included the 50 Free (19% of the event entrants) and the 100 Free and IM (24% each).

Many BAM volunteers contribute to BAMFest's success. Thanks to Meet Director Allan Thorpe, announcer Rick Stafford, and National Anthem singer Terry Thiele! I'd also like to thank our volunteer officials, who Allan notes were instrumental in keeping the meet right on its predicted timeline: Mike Murphy (referee), Bernadette Witty and Jim Davidson (starters) and Paul Adelman and Rob Huber (stroke & turn). Find the official results for BAMFest 11 on the PNA website under *Member Services / Results*.



Sixteen swimmers represented CWU (Ellensburg) well. Coach Eric Williamson notes that half this year's team were first-timers. CWU attended two years ago but didn't come last year.



Stroke and Turn officials Rob Huber and Paul Adelman monitor the 500 Free.



Starter Bernadette Witty, BAM Coach April Cheadle and BAM swimmer Lisa Claesson-Gordon watch the action.

***Meet, Open Water and Clinic Hosts: Reserve Your 2013 Date***

The first step in hosting a meet, open water or clinic event is reserving your date on the PNA 2013 calendar.

Even if you missed a date request by the the original late October deadline, events may still be added to the calendar barring conflicts with previously approved 2013 dates.

Event hosts can access the 2013 Event Date Request Form on the PNA Website → [Hosting an Event.](#)





# COMPETITION ENTRY INSTRUCTIONS

## Pacific Northwest Association (PNA) Sanctioned Swimming Competitions

### AGE GROUPS

**Entrants must be at least 18 years old to compete.**

Individual Events: 18-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

Short Course (yards) Relays: 18+, 25+ and subsequent ten-year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

Short Course (meters) and Long Course Relays: 72-99, 100-119, 120-159, 160-199, and 40 year increments as high as necessary. The aggregate age of the four relay members shall determine the age group.

### ONLINE ENTRIES – EASIEST and BEST Method!

PNA encourages online entries for all of its sanctioned competitions via Club Assistant. The link for each meet's online entry can be found within the description of the meet found elsewhere in this newsletter and also via the Calendar section at [www.swimpna.org](http://www.swimpna.org).

### PAPER ENTRIES

Read the following instructions before using the Consolidated Entry Form at the bottom of the page to "paper" enter PNA sanctioned meets. For specific information on each competition, see elsewhere in this newsletter. The link for online entries will be located with the meet specifics found elsewhere in the WetSet. Current USMS and PNA rules govern all swim meets.

Entry Procedures: Read the specific info for each competition. Swimmers not registered with PNA must include a photocopy of their Masters Swimming registration card. Individual event information must be completed in the designated area on the form.

Check-in Requirements: Swimmers may need to check in at meets and in accordance with meet specifics.

### POOL COMPETITIONS

Relays shall be entered at the meet using cards provided by the meet host.

Strictly forbidden: **Entering more than five individual events per day;** Using hand paddles in warm-up areas; Diving in warm-up areas unless in designated sprint lanes; Smoking in any area where swimmers may be present.

### OPEN WATER COMPETITIONS (OW)

Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of using soft hand paddles or fins for prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing a highly visible cap is mandatory. Each course is patrolled by safety craft and unless specifically stated, individual escorts are not allowed. A cut-off time will be enforced. If awards are given, swimmers using non-porous neoprene swimsuits, wetsuits, or other non-porous attire will compete in separate divisions from those wearing traditional swimsuits.

### ALL COMPETITIONS

----- Cut Here -----

## GENERIC ENTRY FORM • PACIFIC NORTHWEST ASSOCIATION

Name: \_\_\_\_\_ Sex: M F Birthday: \_\_/\_\_/\_\_\_\_ Age: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_  
 Email: \_\_\_\_\_ Phone: \_\_\_\_\_ USMS #: \_\_\_\_\_  
 Local team: \_\_\_\_\_ or UNAT: \_\_\_\_\_ USMS Club: \_\_\_\_\_ Club abbr: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ T-shirt size (OW): \_\_\_\_\_

Event #	Distance/Stroke	Entry time	Event #	Distance/Stroke	Entry time
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

"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. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

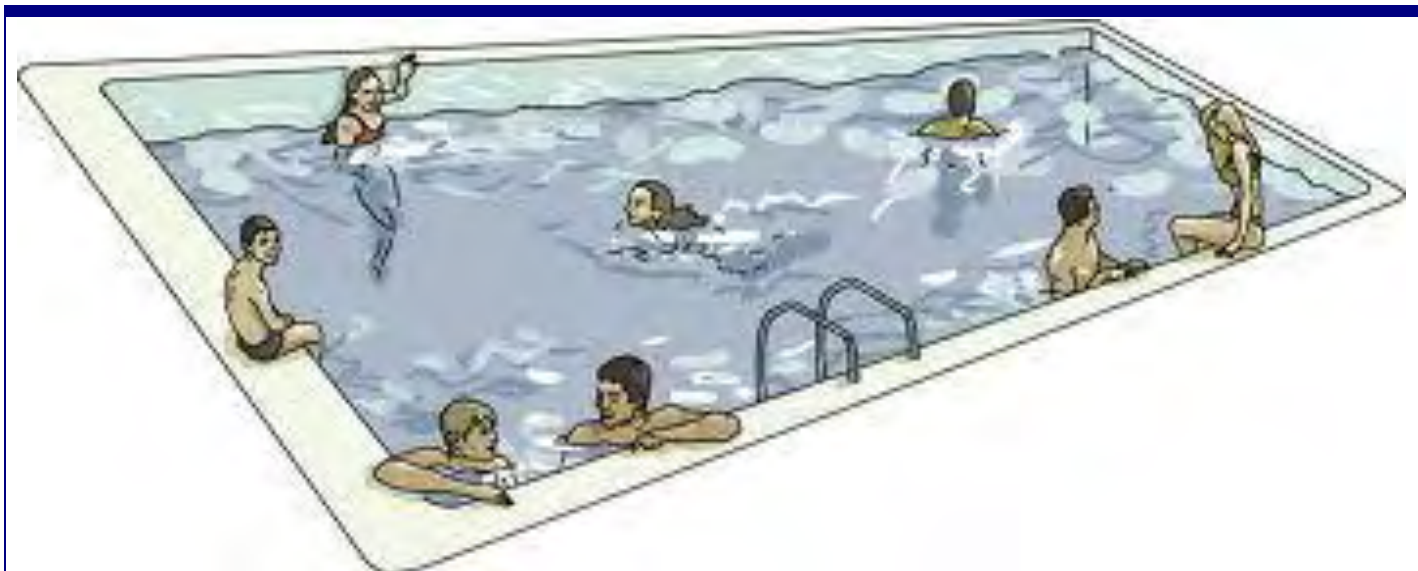
<b>Name of Meet</b>	<b>Date of Meet</b>	<b>Signature</b>	<b>Date</b>
_____	_____	_____	_____

REMAINING PNA MEET SCHEDULE - 2012		
	Saturday	Sunday
Nov 2012	3	4
	10	11
	17	18
	24	25
Dec 2012	1	2
	Pneumonia Open Sand Point Comm. Club	
	8	9
	15	16
	22	23
	29	30

Team/workout group renewal forms will be mailed to each team coach and rep.

The blank form can be found at:

<http://www.swimpna.org/w/PNA/registration/> Scroll down to the 2013 team registration form.



## The Sharing Pool *Adriatic in Slovenia*

By SK & Gig Harbor Masters Swimmer, Robert Pilger

I was not surprised to see a small crowd gathered around tables adorned with trophies and ribbons after walking out of our hotel in Piran, Slovenia on Sunday, September 16th. After all, town squares are a common gathering place for music, theater, politics, and sporting events in every European town on any given weekend each summer. In my travels to Slovenia I have learned the locals, known as Slovenians, to be “hardcore sports nuts” in their outdoor pursuits. From mountaineering to sailboat racing to triathlons, Slovenians go for it all.

The day prior to encountering this small crowd I had finished a four day (63 km) trek in Triglav, Slovenia, the only national park in the Julian Alps. Much of the hike was at 2000m altitude. I spent a few days in Istria, the small coastal village located 47km away on the Adriatic Sea which Slovenia was allotted in the signing of the London Memorandum of 1954 between USA, Italy and Yugoslavia. I was looking forward to a swim to help myself recover from the hiking experience. With the water a clear turquoise color and a temperature of about 27 degrees Celsius, I was looking forward to a little swimming to help ease the soreness in my legs and feet.

I was not expecting a Slovenian open water 1500m swim along the timeworn seawall dating from the middle ages. Sadly, I arrived at the harbor about a minute after the start of the race. Being an “old” PNA swimmer I would have loved to enter and compete, but I spoke no Slovenian. Besides that, I was pretty “gassed” from the hiking, along with not having swum much in the past year. I had to have rotator cuff surgery shortly after the 2010 Emerald City Open Water swim when I was unable to lift my left arm above mid chest. I am only now able to do some easy workouts. I watched as approximately 100 Slovenians, and probably a few Italians and Croatians, had a great swim. The two leaders finished in less than 18 minutes by touching a buoy about 0.1 sec apart. This is an annual event in Piran, an ancient port town of about 6000, where Slovenians make the most of their small coastline on the Adriatic.

## LOCAL SWIMMERS SHINE IN ANNUAL 5K/10K POSTAL CHAMPIONSHIPS

Congrats to swimmers from the PNA LMSC on their efforts during this year's USMS National Championship 5K & 10K Postal swims. Preliminary results indicate all seven are ranked in the top 10 of their age groups and three have placed in the top three. Overall winner from our LMSC was Haleigh Werner who won the women's 40-44 age group.

Thanks so much to Coach Becca Watson (Lake Washington Masters) for arranging for pool time at Colman Pool. By all accounts, it was a beautiful day to do the event, making it pleasant not only for the swimmers but for the dedicated friends on the deck who did all the timing and counting.

### Preliminary Results

#### 5K swimmers:

Jane Cardoso (30) 2<sup>nd</sup> 1:16:56.56  
Dan Robinson (55) 9<sup>th</sup> 1:14:17.72  
Scott Lautman (59) 7<sup>th</sup> 1:13:38.99

#### 10K swimmers:

Doug Portelance (53) 5<sup>th</sup> 2:28:00.26  
Joshua Scott (56) 7<sup>th</sup> 2:45:21:00  
Haleigh Werner (43) 1<sup>st</sup> 2:23:07.99  
Johnny van Velthuyzen (33) 3<sup>rd</sup> 2:29:10.93

**Relay team** – PNA was able to field one relay – a men's 10K team of Doug, Joshua, and Johnny in the 25+ age division. Their total entry time was 7:42:32.19 but preliminary results were not available by the press deadline.

## ANOTHER POSTAL EVENT IS TAKING PLACE NOW!

The last postal swim for 2012 is taking place right now. This is the 3000/6000 event that can be swum through November 15. This competition can be swum in either a 25 yard or a 25 meter pool, which should make it pretty easy for just about anyone to participate. This event is not as popular as the "mother of all postal swims" - the One Hour Swim - which receives upward of 3000 entries each year but it is still fun to swim if you like a challenge.

Go to <http://www.swimpna.org/w/PNA/open-water-postal/> to download the official entry form.

## START THINKING ABOUT THE ONE HOUR SWIM

Coming in January to your own pool, or one near you, is the BIGGEST postal event of the year. The One Hour postal swim must be swum during the month of January and you must also be a USMS member to participate. Please be sure to get (re)registered ASAP. Pools must be 25 yards or longer and as for all postal swims, participants need to have someone count their laps and record split times.

NEW THIS YEAR: our individual clubs (PSM and BWAQ) will need to organize their own swimmers for relays; the LMSC leadership no longer provides this service.

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Bylaws: Jane Moore

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Meets: Linda Chapman

Records/Top Ten: Walt Reid

Officiating:  
Kathy Casey/Jan Kavadas

Open Water/Long Distance:  
Sally Dillon

Safety: Kathy Casey

Webmaster/Computer Apps:  
Steve Peterson

# Announcements:

No one has any  
announcements  
to make?

Come on!

Coaches' Corner

## Private Coaching

Individual or Group:

Pool & Open Water

Contact: Ken Rice

360.790.0537

[swimkenswim@yahoo.com](mailto:swimkenswim@yahoo.com)

West Coast Aquatics

15622 Country Club Drive

Mill Creek, Washington 98012

425.379.8806

*Who's inviting me to come  
and swim with them next?!*

**Are you a USMS registered  
coach with a PNA registered  
team? Post contact info for  
private lessons and clinics  
here for free!!!**

*Questions, comments,  
suggestions?*

Email me: [The WetSet Editor](#)

**What's your story?**

**Email it to me @**

**[The WetSet Editor](#)**

# Pacific Northwest Association of Masters Swimmers (PNA) Information page

Remember to check out PNA LMSC's website at [www.swimpna.org](http://www.swimpna.org) and the U.S. Masters Swimming website at [www.usms.org](http://www.usms.org) for information, updates, and changes.

## **The WetSet Newsletter**

Six (6) times a year you will receive an email link to *The WetSet*. All the newsletters are archived at <http://www.swimpna.org/> and you can read back issues anytime. If you DO NOT HAVE EMAIL or cannot easily access the online version, we will send you a paper copy. Be sure to check the appropriate box on the registration form.

## **What does your Membership number represent?**

The format of your ID is AABC-DDDDDD. AA=LMSC number =36=PNA; B=3=2013, C=a computer generated authentication number/letter, and DDDDDD=your personal 5 digit *permanent* ID number. Membership IDs never contain the letters O, I, L, or Q; these characters will always be the numbers zero or one.

## **Organizational Hierarchy:**

**USMS** United States Masters Swimming

**Zone** Northwest Zone

**LMSC** Local Masters Swim Committee = **PNA & PN** (Pacific Northwest Association of Master Swimmers)

**Club** **PSM** (Puget Sound Masters), **BWAQ** (Blue Wave Aquatics) or Unattached to a Club  
**Team or Workout Groups** (see below)

At this time, all members of any Team/Workout group except Blue Wave Aquatics are part of club Puget Sound Masters. You can be a member of club Puget Sound Masters and be Unattached to a Team. In 2013, Blue Wave Aquatics (BWAQ) is a Club, not a Team. At this time there are no Teams/Workout Groups within Club BWAQ.

If you lose your membership card, you can print a new one at <https://www.usms.org/reg>

## **TEAMS or Workout Groups that are part of the PUGET SOUND MASTERS (PSM)**

AQUA: Aquatic Fanatics	LWS: Lynnwood Sharks	SAC: Seattle Athletic Club
BAM: Bainbridge Aquatic Masters	MICC: Mercer Island Country Club	SPCC: Sand Point Country Club
BADD: Bellevue Aquatic Divas & Dudes	MIR: Mercer Island Redwoods	SARC: Sequim Aquatic Recreation Center
BC: Bellevue Club	MAMS Middle Aged Marlins	SOWI: Seattle Open Water Irregulars
BMSC: Bellingham Masters Swim Club	MYM: Monroe YMCA Masters	SVMS: Skagit Valley Masters Swimming
BWAQ: Blue Wave Aquatic Masters CLUB	MUKY: Mukilteo YMCA	SWIM: South Whidbey Island Masters
BTAC: Bremerton Tennis & Athletic Club	NHM: Newport Hills Masters	SSMS: South Sound Masters Swim
CAAT: Central Area Aquatics Team	NEO: North End Otters	SSRM: Seattle University Redhawk Masters
DBST: Downtown / Bellevue Swim Team	NSYG: Northshore Y's Guys	TACY: Tacoma Pierce County Masters
EMS: Everett Masters Swimmers	NWM: North Whidbey Masters	TCAC: Team Columbia Athletic Clubs
FSJ: Fins of the San Juans	OAC: Olympic Aquatic Club	TACM: Thunderbird Aquatic Masters
FTS: Ft. Steilacoom	OOPS: Old Olympic Peninsula Swimmers	UNAT: Unattached to a Team
GCMS: Gold Creek Masters (GCM)	ORCA: Orca Swim Club	UPAC: University Place Aquatic Club
GAM: Gold's Aquatics Masters	OST: Ohana Swim Team	VFC: Valley Fitness Center
GEM: Gold's Eastside Masters	PAC: Poseidon Aquatic Club	VAC: Vashon Aquatic Club
GOST: Gig Harbor Old Swimmers	PSC: Phinney Ridge Swim Club	VAVI: Vashon Vikings
GLAD: Green Lake Aqua Ducks	PTMS: Port Townsend Master Swimmers	WAC: Washington Athletic Club
HMST: Husky Masters	PRO: Pro Sports Club	WEST: West Coast Aquatics Masters
IST: Issaquah Swim Team	QASC: Queen Anne Swim Club	WSYD: West Seattle YMCA Dolphins
LOGS: Logger Masters	RAH: Redmond Aqua Hotshots	WWUS: Western WA U Masters Swimming
LOTU: Lords of the Underworld	SAMM: Samena Masters	YPKC: YMCAPKC Sound Aquatic Swimmers 9/21/2012
LUNA: Team Luna		
LWM: Lake Washington Masters		



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