

The WetSet



U.S. Masters Swimming in Western Washington

Pacific Northwest Association of Masters Swimmers

Volume 33, Issue 2

March/April 2013

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Leading Off

Who will you nominate?

By PNA President, Lisa Dahl

NOMINATE NOW!

It's that time of year again: the Pacific Northwest Association of Masters Swimmers is set to begin the selection process for the 2013 PNA Coach of the Year. This award is a way for your team to honor your coach, which starts by submitting a nomination for Coach of the Year. The guidelines for nominating the Coach of the Year, found in the PNA Standing Policies (available in full form at swimpna.org) are as follows:

A-9 The PNA Coach of the Year Award Committee shall accept nominations, choose the winner, and present the award. The award shall include a perpetual trophy and plaque for each individual to keep. Previous winners of the award shall be eligible to serve on the committee.

a. Timeline

Call for nominations will be made no later than the February issue of the Wet Set. Deadline for nominations will be three weeks prior to presentation. Award will be presented at PNA Championships.

b. Award

Award will be a personal plaque and perpetual trophy with recipient's name added. Trophy will stay with recipient until successor is selected.

c. Selection Criteria may include

- Improvement or enhancement of ongoing program or establishment of new program
- Sustained service over a long period of time
- Contributions to PNA
- Commitment to PNA
- Willingly shares coaching skills and information

- Loyalty of team members
- Coaching accomplishments
- Is an inspiration to others.

d. The selection committee shall be comprised of three members appointed by the PNA Chair.

Please submit the nomination form found on page 9 plus any corresponding letters of support to Lisa Dahl (ldahl@usms.org) no later than March 22, 2013.

Election of PNA Officers

It's time to elect the LMSC Board for the next two years: President, Vice President, Secretary, Treasurer and three At-Large Representatives. These volunteers from our membership will keep PNA a vibrant and thriving organization that promotes a healthy adult lifestyle.

Our nominees are:

President:	Lisa Dahl
Vice-President:	Michael Grimm
Secretary:	Sally Dillon
Treasurer:	Jeanne Ensign
At-Large Reps:	Kathy Casey and Herb Cook

We are still looking for one more At-Large Representative for 2013-15. If you would like give back to US Masters Swimming by attending PNA Board Meetings and giving voice to our unattached swimmers, members of unregistered teams and those on teams of less than eight, please contact Lisa Dahl, 206-251-1278, ldahl@usms.org

Because our ByLaws don't provide for electronic voting yet, you will be receiving the ballot for the 2013-2015 election in the mail. Please select your preferences and postmark your ballot by April 1. Thanks!

PNA Nominating Committee

Sally Dillon
Steve Peterson
Rich Seibert

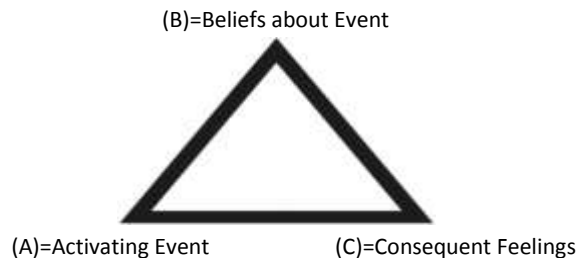
Amateur on Set!

REBT and the Competitive Swimmer

By The Wet Set Editor, Chericka Ashmann-Rice

We all talk to ourselves and the popular belief is that the way we talk to ourselves can make or break us. It seems logical; you say something positive to yourself and you get a positive outcome – or is self-talk really that black and white? American Cognitive Behavioral psychotherapist Albert Ellis created and developed the philosophically and empirically based Rational Emotive Behavioral Therapy (REBT) in order to manage thoughts and significantly decrease or eliminate a slew of maladaptive behaviors and ailments such as anxiety, addiction and depression. REBT happens to be my favorite therapy to practice with clients and introduce to friends and loved ones.

The basic premise of REBT is that our thoughts about events in our lives determine our feelings and, ultimately, our actions to follow such events. Allow me to introduce the ABC model of REBT.



Most people believe that when an activating event occurs it causes them feel a certain way (A=C); however, it is our beliefs, thoughts or self-talk (however you choose to label it) about an event that cause us to feel a certain way (A+B=C). For example: When asked (A) if I was going to compete in a meet last fall I thought (B) to myself, “I am so out of shape. I’m not ready. I will probably suck it up.” Consequently, (C) I felt overwhelmed and did not enter the meet. The idea behind REBT is to examine our self-talk and reframe the negative thoughts with more factual and flexible statements in order to facilitate positive feelings that will allow us to move forward in a more meaningful way.

I had not competed in a meet since USMS Spring Nationals in Greensboro NC back in April and over the summer I swam more leisurely in open water to escape the confines of my hectic work life. As the new swim season arrived, I began questioning whether I should compete at all this year. Before I knew it, the first deadline came and went, vacation happened, another meet slipped by. Missing the meets (A) caused me to think (B) that I was not living up to my role as editor and thus becoming some swimming poser. Thus, I began to feel (C) hopeless about getting back into shape in time to compete at Champs.

My lack of motivation was further impacted by my recollections of discussions (A) I’d overheard several peers discuss regarding the difficulty of being at the top of the age bracket. I attended my first meet only two years ago and hadn’t experienced that yet, but it sounded unpleasant. I began to think (B) to myself, “I should just wait to compete again until I age up so I can actually swim with the people in my age group,” and then I felt (C) angry with myself for making

excuses and not fully committing to my self-care. Then I caught myself.

REBT is both a science and an art; the more you apply the basic principles, the more efficient you become at achieving better results and the more creative you can be in your ability to reframe will be equally advantageous. Some people grow up nurtured with these skills without realizing it. Some people discover and master it as they age. Some people struggle with negative thinking patterns their entire lives. The first way to combat negative self-talk is to recognize it.

Once I recognized what I was doing it was easy to get myself back on track, but here’s where REBT can get tricky. The truth was that last fall and into December I was out of shape. So, how does one replace a thought when it’s actually true? This is where we examine the rigidity of our thoughts and replace them with something more flexible and factual. I was out of shape compared to the last time I competed AND this year my focus had shifted to improving my weaker strokes (breast and fly) to round out my race options, particularly the IM. Ah, how easily we forget our goals and where they might take us along the journey.

I couldn’t attend the Anacortes meet because of my own coaching responsibilities. So, I bolted down to Newburg, Oregon, the day before and competed in the Chehalem SCY Meet instead. In preparation for that first competition of the year I began the process of reframing my thoughts about my swimming abilities. I reminded myself that I had started swimming as a replacement for running and only discovered it was fun by competing! I can compare myself only to me because my times and swim experience are relevant only to me and, finally, my approach to training had changed AND this would be a good way to set benchmarks to see where adjustments to training need to be made as we approach Champs. My times weren’t horrible at Newburg; they were better at Beat the Clock in February and last weekend at Lake Washington I experienced some real success in my sprints.

I swam the 50 Fly twice in 2011 with a best time of 36.74 before vowing to never swim it again. To stay focused on my goal of improving my fly this year I signed up for the 50 at Lake Washington in hopes of swimming at least a 36. Needless to say, I was thrilled to see a 32.83 as I peered up at the clock at the finish. I also swam my fastest 50 Back to date with a time of 33.25. I’m certain I can improve both of those times as well as revisit the breast stroke which I feel much more confident about.

The best way to begin examining your self-talk is to think about situations in which you have felt especially negative and start jotting down your thoughts. Once you have your thoughts recorded on paper, start dissecting them. Begin by asking if the statement has any validity at all. If it does, add an “AND” and say something true and positive as well. See the examples below and on the following page:

Self Talk: I am overweight.

Reframe: I am overweight AND I am taking the necessary steps to take better care of myself by eating right and exercising.

Continued from page 2...

Original Self-Talk: Exercising is too hard for me.

Reframe: Exercising takes a lot of effort AND when I get in shape I am going to feel so much better.

I hope this brief introduction to REBT persuades you to explore your own self-talk and how it affects your moods and ability to move forward from crippling thoughts that might be stopping you from whatever it is you want to do! Search the internet; there's a ton of information concerning REBT and there are even tools available such as thought records.

In the rest of this issue, look for great articles about meets that have taken place over the past few months, places to swim, how to use the SwimPhone for your next meet, rule changes and nomination forms for both Coach of the Year and the Dawn Mussleman Inspirational Swimmer Award. Do you have a fantastic coach or know an inspirational swimmer that should be recognized for their contributions to the swim world? Let them know! Swim hard, swim fast and examine your thoughts around workouts and competition and I'll see you at Champs!

Victoria Masters 34th Annual LCM Swim Meet

PSM Represents!

By Dan Underbrink

PSM was represented by eight swimmers at the recent Long Course Meter Swim Meet in Victoria, BC. The meet was held on Saturday, January 19, 2013, at Saanich Commonwealth Pool, just north of downtown Victoria. This was a very fun swim meet in a beautiful facility, and a great time was had by all PSMers in attendance.

The most challenging part about a swim meet on Vancouver Island is getting there! With the Anacortes-Sidney BC Ferry out of service for the winter, there are really only four ways to get to an event in the Victoria area. One can fly, or take the Victoria Clipper passenger-only ferry from Seattle; but if you wish to take your car, as we did, there are two car ferry choices. One is Tsawwassen (just south of Vancouver, BC) to Swartz Bay (about 20 miles north of Victoria) on a BC Ferry. The other is from Port Angeles right to Victoria on the Blackball Ferry, M.V. Coho.

Recommendation: go onto the ferry Web sites a week or so prior to your trip and make reservations; otherwise, you may be spending some extra time in Canada. The fares are not cheap, but you can buddy up with friends and keep the costs reasonable. One could even do this trip without a car, as the Victoria bus system is excellent. Some of our group was able to get from downtown Victoria to the pool with no problem using the bus system. Don't forget about passports and don't forget to allow time for border crossings.

Those of us who took the Coho from Port Angeles spent most of the day before the meet sightseeing and shopping in Victoria. There are lots of great stores and historic buildings. We split up into ones and twos, and met up again for late lunch at The Bay Centre Shopping Mall (Hudson's Bay Company). After lunch we walked around town a bit more and then went to check in where everyone was staying, the Howard Johnson's Hotel, which is conveniently located about one block from the pool. The Lakes Grillhouse and Bar, right there in the hotel, provided us with several excellent meals during our stay.

Saanich Commonwealth Pool is a world-class swimming facility. It was built for the 1994 Commonwealth Games. Besides the 8-lane, 50-meter competition pool, there is a second 50-meter pool with a competition diving tank, a pool with a huge water slide, a wave pool and a kids' play area. A reader board near the diving blocks proclaims the pool records, which are held by the likes of Katie Hoff and Michael Phelps.

The PSM Team for this meet consisted of swimmer representatives from five different workout groups. We had Herb Cook, John Keller and Dani Keller from Sequim Masters, Gary Campen from Port Townsend Masters, Shannon Singer and Kerry Ness from Skagit Valley Masters, Mary Underbrink from Lake Washington Masters and Dan Underbrink from Monroe YMCA Masters. Among the eight of us we swam 31 individual events. Collectively, there were nine first place finishes, eight second place, five third place, seven fourth place and two fifth place finishes. The Underbrinks and the Kellers combined for a 200-meter Mixed Free Relay, but we had fierce competition and placed fourth in that event. Due to ferry schedules, most of the team stayed for an additional night, and headed for home after breakfast on Sunday morning. Some took the Coho back to Port Angeles; while others embarked from Swartz Bay on a huge, modern BC ferry docked at Tsawwassen, and then headed south to the International border.

This was truly a fun event, and we made a great PSM showing for our neighbors to the north. Meets on Vancouver Island take a little more planning and coordination than most, but it is greatly satisfying to "team up" with other PSM friends for swimming, meals and other fun activities. All of us who attended hope that the rest of you will consider traveling with us next year, making it an even more memorable event.

Continued next page....



PSM Team at Victoria Masters 34th Annual LCM Swim Meet, January 19

(L to R): Dani Keller, Herb Cook, Gary Campen, Shannon Singer, Kerry Ness, Mary Underbrink, Dan Underbrink, and John Keller

2013 One-Hour Postal Results

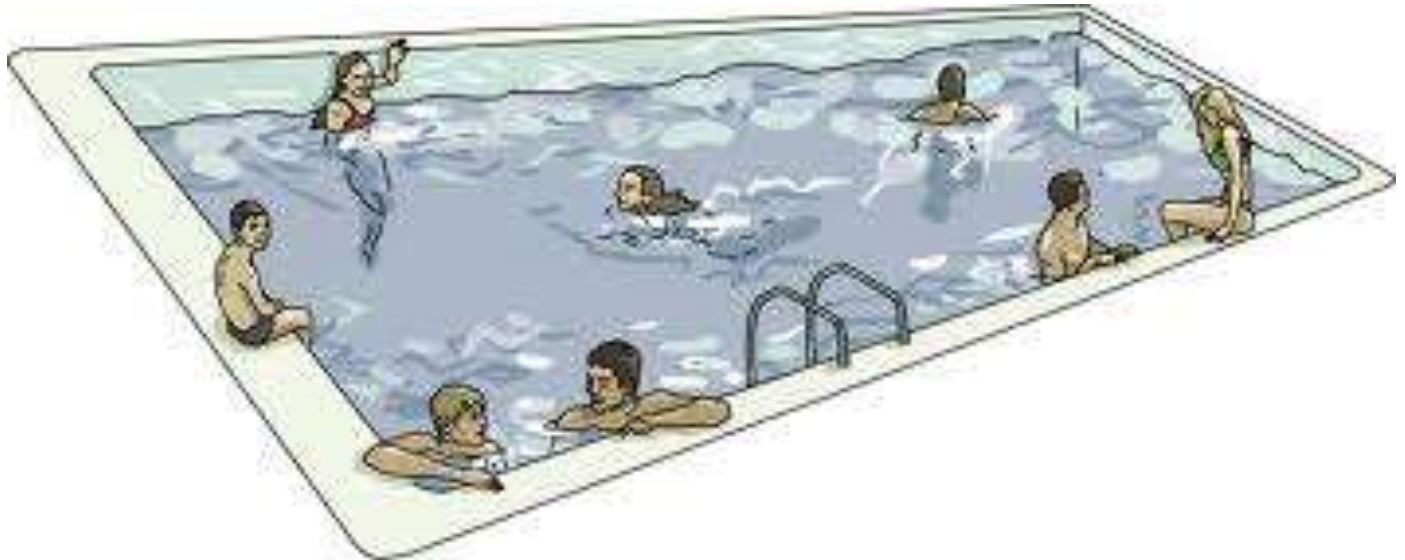
Doug Jelen Swims an extended IM?!

By Long Distance/Open Water Coordinator Sally Dillon

Puget Sound Masters was represented by 46 swimmers this year (down from 55 in 2012). Notable swims would include Doug Jelen's, where he swam the hour as an extended individual medley going 15 minutes of each stroke and finishing in 27th place. Doug swam 1050 yards fly, 1100 yards back, 950 yards breast and 1220 yards free for a grand total of 4320 yards! Bernice Phillips, age 85, has placed first in her age group with her 2000 yard swim. Bruce Deakyne, age 23, has won his age group with 5570 yards – that's averaging just under 1:05 per 100!

PSM fielded five women's relays and four each in the men's and mixed relay divisions. Our three 65+ women dominated the age group. We missed the top spot but finished 2nd-4th, in addition to breaking the existing national record for the event by 390 yards! The team members are Sue Dills (3960 yards), Sally Dillon (3940 yards) and Sarah Welch (3575 yards) for a total of 11,475 yards.

Blue Wave Aquatics had 9 swimmers entered this year after their great turnout in 2012 when they hosted the annual event. More results will be available for the next newsletter.



The Sharing Pool

From Masters Swimmer to Junior Triathlon Coach

By John Tacke

It's always interesting to look back at a sequence of events in your life that brought you to certain point – especially a point that you never would have predicted. It reminds of the old 70's PBS series called *Connections* where they traced the development of a current technology back to a series of seemingly unrelated events in the past.

Five years ago if you asked me what the chances were that I'd launch and coach a Junior Triathlon Club, I would give it about the same odds as me swimming (and surviving) a 400 IM, which is basically zero. Now, as we launch our second season, I see at all starting with Masters Swimming.

It wasn't until Masters Swimming under the awesome coaching of Wendy Neely when I actually started thinking about swimming technique and realized I could actually change and improve my stroke. My years of training as a mechanical engineer also instilled an obsessive need to do everything in the most efficient way possible, which I applied to swimming. This soon led to an interest in coaching developmental and age group athletes, with the conviction that a strong focus on technique on younger athletes will pay big dividends as they reach high school and beyond.

Around the same time, my daughters began participating in triathlons. They had some success and soon were loving the sport. To our great disappointment, we discovered that the sport of junior triathlon just didn't exist in the Northwest. It was going strong in nearly every other region of the country, but there was just nothing here even though we had a vibrant adult triathlon community.

So we decided to start the first junior triathlon team – something I never would have had the confidence to even consider if it wasn't for the confidence gained as a Masters swimmer and swim coach. That first year was spent just

figuring things out – logo, website, certifications, trying not to have a heart attack when an athlete crashed on their bike, helping a kid get over a phobia of millweed and sea creatures, etc.

So now in 2013 we really want to get the word out about the sport and the team. Our goal is for parents and athletes to recognize triathlon as a sport option and not just a novelty they try at the end of the summer. Triathlon is the perfect solution to the burned out swimmer or runner, soccer player, gymnast, etc. There are so many skills to learn and so many ways to train that it really ignites a passion in these kids who have had enough of another sport, or just felt they never quite fit into a single sport.

As Masters swimmers, there are a number of ways you can help to promote the sport for the youth:

- Spread the word to kids and parents who might be interested in joining the club. As Masters swimmers you know how much of a blessing it is to be able to participate in a sport that you can do your whole life.
- Donate equipment – specifically road bikes and wetsuits. As many of you may know, triathlon requires a high start-up cost, in which many parents are reluctant to invest if they're not sure their child will continue with the sport. *RockSteady* is building an inventory of equipment to loan to first year athletes which will eliminate this major roadblock. Upgrading in 2013? Don't bother with Craigslist!
- Sponsor the team – *RockSteady* is a non-profit organization and relies on the generous help of sponsors to help achieve our vision of pioneering the sport in the Northwest and becoming one of the country's best junior clubs.

Visit www.rocksteadytri.com for more information about the team, or email John Tacke, the head coach, directly at john@rocksteadytri.coa

MASTERS CALENDAR

LOCAL/REGIONAL POOL EVENTS

March 23, 2013

CLINIC:

[Fitter & Faster Swimming Tour](#)

WWU, Bellingham, WA

[Sign-up](#)

Noon - 1pm: Registration

1pm - 4pm Clinic

[More Info: Erica Quam](#)

March 22-24, 2013

MEET:

[NW Zone SCY](#)

Fairview, OR

[More info: Dennis Baker](#)

503-679-4601

[Aubree Gustafson](#)

971-404-6968

April 13-14, 2013

MEET:

[SCY PNA Championships](#)

WKCAC, Federal Way, WA

[More info: Steve Freeborn](#)

206-940-7442

April 27-28

MEET:

[OR Assn Champs, SCM](#)

Bend, OR

[More info: Bob Bruce](#)

541-317-4851

August 23-25

MEET:

[NW Zone - LCM](#)

Mt. Hood CC, Gresham, OR

NATIONAL EVENTS

May 9-12, 2013

MEET:

[USMS SCY Nat'l Champs](#)

IU Natatorium

Indianapolis, IN

July 20-25, 2013

MEET:

[Nat'l Sr Games \(50+\) SCY](#)

Cleveland, OH

Aug 7-11, 2013

MEET:

[USMS LCM Nat'l Champs](#)

Mission Viejo, CA

LOCAL/REGIONAL OPEN WATER

June 30, 2013

OPEN WATER:

[9th Annual Green Lake OW](#)

Green Lake Park, Seattle

Registration Opens March 12

Not PNA Sanctioned/Recognized

July 20, 2013

OPEN WATER:

[14th Annual Fat Salmon](#)

Lake Washington, Seattle

Registration Opens May 1

August 18, 2013

OPEN WATER:

[28th Ann. Emerald City OW](#)

Seward Park, Lake WA

Not PNA Sanctioned/Recognized

August 25, 2013

OPEN WATER:

Aqua Run for a Child #4

Les Davis Marine Park

Tacoma

INTERNATIONAL EVENTS

June 5-13

MEET & OW

[Pan American Championships](#)

Sarasota, FL

August 13-18

MEET & OW

[IGLA Championships](#)

WKCAC, Federal Way, WA

PNA Board Meetings

April 6, 2013

Board Meeting/Mini Retreat

9am - 1pm

Sally Dillon's, Issaquah

salswmr@comcast.net

May 21, 2013

PNA Board Meeting

6:45pm

Jan Kavadas', Edmonds

June 18, 2013

PNA Board Meeting

6:45pm

Hugh & Jane Moore's, Tacoma

August 27, 2013

PNA Board Meeting

6:45pm

Jeanne Ensign's, Seattle

PNA Board Meeting Minutes

Update as of December 2012

By PNA Secretary, Herb Cook

PNA's final Board meeting of 2012—also the Association's Annual Meeting—was held on December 4 at the home of Registrar Arni Litt in Seattle. Because a quorum was not present, official actions were deferred until the January meeting. After an excellent potluck dinner (Thanks, Arni!) the Board members in attendance:

- Received Registrar Arni's report that PNA membership stood at 1,642 as of October 31;
- Expressed agreement with Open Water Chair Sally Dillon's recommendation to change the dates of two OW swims in 2013: AquaRun to August 25, and Whidbey Adventure Swim to September 14.
- Recommended that a Nominating Committee composed of Vice President Rich Seibert (Chair), Immediate Past President Steve Peterson, and OW Chair Sally Dillon present a slate of candidates for PNA Officer and Director positions, and that ballots be mailed for return in mid-March and tabulation before the Champs Meet (April 14-15) as required by PNA's ByLaws.
- Reviewed the following tentative schedule of 2013 Board meetings: January 22 (Arni Litt's); February 26 (Arni's); April 6 (half-day retreat, Sally Dillon's); May 21 (Jan Kavadas's); June 18 (Hugh & Jane Moore's); August 27 (Jeanne Ensign's); October 26 (full-day retreat, Sally's); December 3 (Annual Meeting & Potluck, Arni's).
- Led by Treasurer Jeanne Ensign, reviewed PNA's proposed operating budget for 2013. After reaching consensus on several line-item changes, Board members agreed to support a budget including revenue of \$26,308, expenditures of \$39,170 and a projected operating deficit of \$12,862, to be absorbed by drawing down a portion of PNA's unencumbered cash balance of more than \$40,000.

Doug Jelen –

A Mile of Fly at the Y (with IM chasers)

By Steve Peterson

Doug Jelen, PNA's Top Ten Coordinator and PSM's current treasurer, likes to challenge himself. At the February 2 **Beat The Clock VII** meet (Briggs YMCA, Olympia), he not only entered the mile event but did it all butterfly! "How was it?" asked Cher Ashmann-Rice, seeing Doug sitting on deck just past the flags after the race. "It hurt." When asked would he do it again: "I don't think I'll do it again."

She especially liked seeing the reaction of other swimmers in that heat when they looked over at Doug and realized that he had been swimming butterfly the entire way. "A shame it'll be recorded as 'just' a regular 1650 Freestyle," thought Cher. Most likely Doug thought the same thing. He finished the day doing 50 Fly and the 100, 400 and 200 IMs for good measure.

Intrigued, I followed up with some questions for Doug:

SP: 1650 Fly – why? Your January One Hour Swim medley wasn't enough (fly)?

DJ: Following Omaha Nationals, I decided that for my next training cycle I would change things up and explore distance butterfly. I had tried employing three kicks per stroke in practice a little bit, and I seemed to be able to swim aerobic butterfly that way. So I decided to see where it would go with some training. I gained enough confidence to enter middle-distance free events and swim butterfly. The 1650 seemed like a natural goal to pursue so that I

could claim success at swimming distance butterfly. The gap between middle-distance butterfly and distance butterfly is entirely mental, as I found out. Now that I've conquered that hurdle once, I might not ever do it again.

SP: What led to doing the One Hour Postal as an individual medley – freestyle too boring? A bet with associates? Just the raw challenge?

DJ: One fun consequence of being able to swim distance fly is being able to swim distance IM. Twice I've swum the 800 IM in 800 free events and enjoyed it both times. I also swam IM for the 3000 Yard Postal last fall.... In January 2012, after doing one hour of backstroke, I had the idea of a one hour IM, and in the interim I had not come up with any better ideas so I gave it a shot. I swam each stroke for 15 minutes, resulting in 1050 butterfly, 1100 backstroke, 950 breaststroke, and 1220 freestyle. [4320 total, placing 27th of 92 in his age group – SP]

SP: Do you work out by yourself or have coaching at Gold's Gym? Are there others you regularly swim with?

DJ: I work out by myself but there are other regulars who I see often. Most of them swim for Lake Washington Masters. Gold's Eastside Masters doesn't really exist anymore. I think I'm the only
Continued next page...

Continued from page 7...

one who still signs up for meets using that team name. If I could pick "Puget Sound Masters" as my team, I would!

SP: How long have you competed in Masters? Age-group, high school, college experience?

DJ: I have been competing in Masters since 2006. My first meet was at the Bellevue Club in February of that year. As a kid I swam in USA Swimming, summer league, high school and college.

SP: You're a triathlete (based on a Google search) – still doing that? How and when do you fit in bike and run training?

DJ: I competed in triathlons from 2006-2008. I found Masters swimming far more fun and rewarding so that's what I stuck with. I still commute by bicycle, and I run about 5 miles a week for weight control.

SP: You're a prolific contributor to the USMS swimming forum(s). What drives that?

DJ: I'm active on the USMS forums, keeping up with the sport and chatting with friends from all over. And making fun of fellow swimmers on the Internet is its own reward...

SP: LinkedIn indicates you work for Microsoft – OK if I mention that?

DJ: As for my job, I've worked for Microsoft as a software tester for almost eighteen years.

SP: Any other thoughts you'd like to pass along?

DJ: Don't panic, and remember your towel!

WHAT THE HECK IS SwimPhone ?

- First of all, it is a WEBSITE, not a smart phone app. Its URL is www.swimphone.com, which you can access on your smart phone as well.
- **SwimPhone** is a subsidiary of Club Assistant (CA) – the third party service that manages meet entries for most Masters meets
- **SwimPhone** provides an EASY and FAST mechanism for meet hosts to upload meet results during or after a meet.
- If a meet host chooses to use the **SwimPhone** feature on CA (at no charge), meet entrants have access to psych sheets, heat sheets (if posted), online check-in for events and live final results on any device which can access the internet: smart phone, tablet or computer.

Meet Hosts:

- When your meet is set up on CA, the **SwimPhone** module is set up at the same time.
- Go to the tab 'Registration Review' and click on the (last)

link: **SwimPhone** Meet Administrator.

- The page at that link allows you to:
 - Upload entries (for psych sheet by event/age),
 - Display heat and lane (if you choose to)
 - Set up an event for online check-in
 - Upload results

Meet Entrants: When a meet you are attending is using **SwimPhone** you can:

- Access Psych Sheet/Entries online
- Access Heat and Lane (if uploaded by meet host)
- Check-in for positive check-in events (choice of meet host)
- Access results, usually immediately after your event

I was running the computer at the recent Lake Washington Masters meet and decided to give **SwimPhone** a try. Karin Wegner at CA was, as usual, very helpful and I easily uploaded the entries and Heat/Lane data.

Once at the meet, I was able to use the guest Wi-Fi at the Juanita HS pool to upload results – as well as the Heat/Lane data for the deck-seeded 500 Free.

The process boils down to this:

1. At the end of each event, create an Export file for Meet Manager merge of same meet. Since some Wi-Fi speeds are slow, I found that uploading just the most recently completed events saved a bit of time.
2. Save to a convenient place on the computer. I chose the Desktop.
3. Go to the **SwimPhone** page for your meet. I just left the browser open to this page.
4. Click *Upload Files / Choose File /* navigate to the file on your computer */ Upload.*

That's it! The entire process took less than a minute each time. I encourage all meet hosts to give **SwimPhone** a try. It was easy to use, hard to mess up, and greatly enhanced communication before, during and after the meet.

-- Linda Chapman,
PNA Meets Coordinator

2012 PNA Coach of the Year Nomination Information

PNA recognizes a coach annually for outstanding contributions to local Masters swimming programs. If you'd like to nominate a coach, submit either the attached nomination sheet (one page only) or a one-page letter of support addressing any or all of the following selection criteria: improvement or enhancement of ongoing program or establishment of a new program; sustained service over a long period of time; contributions to PNA; commitment to PNA; willingness to share coaching skills and information; loyalty of team members; coaching accomplishments; and/or inspiration to others. Use this word document.

Nominator's Name

Email Address

Cell Number

Candidate's Name

Workout Group

Number years coaching this team:

Candidate's coaching experience:

Candidate's coaching accomplishments:

Candidate's improvement/enhancement of program or development of a new program:

Candidate's contributions to PNA:

Evidence of candidate's coaching skills and knowledge:

Impact of coach's efforts on others:

2013 Steve Engle Memorial PNA Championship Meet

Saturday, April 13th and Sunday April 14th, 2013

Hosted by Blue Wave Aquatics

Sanctioned by PNA for USMS Inc. #363-S006

LOCATION: Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way, WA 98023 206-296-4444

FACILITY: 50-meter championship pool set up as two 25-yd courses, each with 9-ft wide lanes and a water depth range of 9'-10.5'. Continuous warm-up available in 7-lane, 25-yd dive tank.

TIMES: Saturday, Apr 13: Warm-up 11:00-11:50am, meet starts Noon
Sunday, Apr 14: Warm-up 8:00-8:50am, meet starts 9:00am

MEET DIRECTOR: Steve Freeborn, 206-940-7442,

pnachamps@bluewave-aquatics.com

CONCESSIONS: Vendor contracted with WKCAC, available in lobby.

RULES: Current USMS rules will govern the meet. Strictly forbidden: 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.

ELIGIBILITY: Open to all 2013 USMS or foreign registered swimmers 18 and above as of 04/14/2013. Age groups based on the swimmer's age as of 04/14/2013.

ENTRIES: Swimmers may enter up to 6 individual events, 5 individual events/day max. Entries must be **received** by Friday, April 5th 2013 or online by Saturday, April 6th, 2013 PM (Pacific) Midnight. **No entries will be accepted after these deadlines.**

SEEDING: Two courses will be used for the 400 IM, 500 Free, 1000 Free and 1650 Free. A single course will be used for all other events. All events slow to fast. Pre-seeding except for asterisked events, below.

CHECK-IN: 1000 Free – end of Event #6; 500 Free – 8:30am Sunday; 1650 Free – end of Event #18. Swimmers missing the check-in deadline may be scratched from the event.

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. Mixed relays require two men and two women. Check-In Events #9, #10, #11 by 1pm Saturday. Check-In Events #21, #22, #23 by 11am Sunday.

AWARDS: Ribbons for places 1 – 6. Medals may be purchased at meet.

ORDER OF EVENTS:

Saturday, April 13th		Sunday, April 14th	
1	400 Individual Medley	13	500 Free *
2	50 Free	14	200 Back
3	200 Fly	15	50 Breast
4	100 Back	16	100 Fly
5	100 Free	Special Awards Presentation	
6	50 Back	17	200 Free
7	200 Breast	18	100 Breast
8	100 Individual Medley	19	50 Fly
9	Women's 200 Medley Relay	20	200 Individual Medley
10	Men's 200 Medley Relay	21	Women's 200 Free Relay
11	200 Mixed Free Relay	22	Men's 200 Free Relay
12	1000 Free *	23	Mixed 200 Medley Relay
		24	1650 Free *
		PNA Team Awards	

ENTRY FEES: \$31 (US or Canadian; includes LMSC and timing surcharges) PLUS \$2 per individual event (optional for seniors and needs-based swimmers). No charge for relays. Fees include WA state sales tax.

ONLINE ENTRIES: Enter online at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&SMID=4481

PAPER ENTRIES: Use the Entry Form of the right side of this page.

DIRECTIONS: From North or South Bound I-5 take exit 142 B, which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

NOTES: Entry Confirmation: If entry confirmation is desired for a paper entry, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.



NAME: _____

_____ M F AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE _____

Email _____

BIRTHDATE: _____ USMS #: _____

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

LMSC (PNA, Oregon, Inland NW, etc.)	Club (PNA or BWAQ if registered in PNA)

TEAM - PNA teams must register with PNA by Friday, April 5, 2013.

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

Event #	Event Name	Entry Time

ENTRY FEE: Fees include WA State Sales Tax

SURCHARGE	\$31.00					
INDIVIDUAL EVENTS	+	\$2 Per Event. No charge for relays. No charge for seniors (65+) or need-basis				
T-SHIRTS@\$20 UNISEX SIZING	+	Small	Med	Lg	XL	XXL
WOMEN'S FIT	+	Small	Med	Lg	XL	XXL
	+	+ \$2 for XXL shirt				
TOTAL	\$	Make checks payable to BWAQ . Mail to: Blue Wave Aquatics, PO Box 24083 Federal Way, WA 98093				

Questions? Email Steve Freeborn at pnachamps@bluewave-aquatics.com
Paper entries must be **received** by Friday, April 5th 2013 or online by Saturday, April 6th, 2013 PM (Pacific) Midnight. All swimmers must have a valid 2013 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry. **NO LATE ENTRIES ACCEPTED.**

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the Masters Swimming Program or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages, including all claims for loss or damages caused by the negligence, active or passive, of the following: United States Masters Swimming, INC., the Local Masters Swimming Committees, the Clubs, Host Facilities, Meet Sponsors, Meet Committees, or any individuals officiating at the meets or supervising such activities. In addition, I agree to abide by and be governed by the rules of USMS.

Signature	Date
_____	_____
<input type="checkbox"/> This is my first Masters meet	

Dawn Musselman Inspirational Swimmer Award - 2013

CALL FOR NOMINATIONS



PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986). As a long-time PNA member, Dawn inspired others and encouraged them to do their best. While she still holds PNA records in the 65 to 74 age groups, competitive participation is not a criterion for this award.

Past recipients of the **Dawn Musselman Inspirational Swimmer Award** are:

1986 - Dawn Musselman	1995 - Tammi Keeler	2004 - Kathy Casey
1987 - Marlene Holmes	1996 - Ian Thompson	2005 - Gene Crossett
1988 - Maxine Carlson	1997 - Suzanne Dills	2006 - Jeanne Ensign
1989 - Jim Penfield	1998 - Clark Pace	2007 - Lee Carlson
1990 - Tom Foley	1999 - Dan Frost	2008 - June Van Leynseele
1991 - Karen Jost	2000 - Joan Davis	2009 - Steve LaHaie
1992 - Jan Kavadas	2001 - Paul Ikeda	2010 - Betsey Kassen
1993 - Robin O'Leary	2002 - Barb Gundred	2011 - Sarah Welch
1994 - Marion Mueller	2003 - Chaya Amiad	2012 - Kiko Kimura Van Zandt

Nominations are open to all PNA members. We're looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming

Don't you swim with someone who qualifies? Compose a few paragraphs telling why! The award, consisting of a personal plaque and the perpetual trophy with the recipient's name added, will be presented at the PNA Champs meet, April 13 and 14, at Weyerhaeuser King County Aquatic Center in Federal Way.

Send your nomination to:

Steve Peterson
speterson@bandwagon.net
360-692-1669
11165 Central Valley Road NW
Poulsbo WA 98370-7014

Please submit your nomination by Thursday, March 28, 2013.



Welcome New Swimmers

Aquatic Fanatics

Robert Carter
Craig Cupp
Barbara Emel
Alice Jackson
Andrew Peters
Tracy Zeringer

Bellevue Club

Danielle Palumbo

Blue Wave Aquatics

Mica Bailey
Desiree Ball
Tara Brinker-Cullen
Shawn Davis
Rachael Deaderick
Rosamond Edison
Timothy Erickson
Karen France
Nicki Garnett
Coty Hollifield
Andrea Hovey
Mike Joyal
Laurie Krueger
Ezekiel Lebbie
Frances Maas
Keith Moore
Kimberly Papp
Jonathan Schweiger
Sandra Simmons
Bryan Sundin
Tom Vertetis
John Brown
Cecelia Burnett
Kevin Conklin
Steve Courtney
Edna Cross
Dana Ellis
April Fenton
Krista Linden
David Lindsey
Eddie Lo
Peter Weiss

Central Area Aquatics Team

Amy Egger
Jan Frederick
Anna Krumpe
Darcy Leary-Bignayan
Martin McIntosh
Rasa Raisys
Karen Roetman
Erika Shaffer

Downtown Bellevue Swim Team

Kristen Austin
Trish Cox

Green Lake Aqua Ducks

Mike Wayte

Husky Masters

Shawn Bohnert
Hazel Dircksen
Katherine Gibson
Kris Gjylameti
Alyssa Hatsukami
Susan Ingham
Mackenzie Kitson
Man Yee Law
Laura Newcomb

Lake Washington Masters

Ann Dennison
Lisa Keith
Scott McClave

Lynnwood Sharks

Connor Tyler

Mercer Island Redwoods

Fredrick Kingston

Monroe YMCA Masters

Amanda Ruksznis
Phyllis Tubbs

North End Otters

Kathleen Dyer
David Sonnen

NHM

Durrell Rittenberg

Olympic Aquatic Club

Jennifer Ashmore
Renee Partsch

Orca Swim Team

Edward Ferguson
Patrick Klimczyk
Steven Landry
Kevin Zhai

Pro Sports Club

Elaine Hayes
Jennifer Perret
Mahmoud Saleh

Queen Anne Swim Club

Oscar Medel

Sequim Aquatic Recreation Center

Katherine Beirne

South Sound Masters Swimming

Jill Bremer
Toni Crowell
Jen Edwards
Amelia McKinney
Renee Rey

Skagit Valley Masters Swimming

Tim Bugbee
Bradly Methner
Joseph Tompkins

Thunderbird Aquatic Masters

Matt Castle
Robert Kamp
Steve Olsen

PSM Unattached

Ross Anderson
Scott Armstrong
Randal Bailey
Kimberly Bloor
David Brown
Jenny Brown
Nathan Clement
Don Cox
Lincoln Davis
Jessica Dubey
Art Eash
Terry Felts
Mike Fosberg
Abbe Jacobson
Mike Kenny
Andrew Kurtz
Gibson Mann
Shaun McIntyre
Bradley McNeill
Jeffrey Merrifield
Michael Neer
Michelle Reynaga
Kathryn Schaeffer
Matt Schmidt
Katrina Schwerin
Rachel Wagner
Kimberly Walters
Tom Williamson
Scott McKay
Christopher Olsen
Alayna Patzel

YMCAPKC

(YMCA of Pierce & Kitsap Counties)

Sea Dragons

Vivian Page
Megan Woodworth

Washington Athletic Club

Piper Abodeely
Andrew Zwiebel
Kathryn Zwiebel

Western Washington University Masters

Swimming

Angela Barnick
Conner Darlington
Meg Monsen

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



SWIM REVIEWS

CAAT & Husky Masters

By The WetSet Editor, Chericka Ashmann-Rice

CAAT: Central Area Aquatics Team has made a move to Seattle University and since that time has been steadily increasing its numbers. I was invited out for a trial week and decided to swim Monday, Wednesday and Friday in addition to keeping with my home team on Tuesdays and Thursdays. My Monday workout with CAAT consisted of a pleasant distance set. Wednesday I received an IM workout and Friday was a sprint competition. The lanes are organized by pace and filled with friendly faces. Practices are held Monday through Friday from 6:10-7:10 am. There was ample parking and the locker room facilities have plenty of shower space. Be careful though, Seattle University's Connolly facility is a maze with no windows and I found myself walking into the men's locker room on my third visit!

Husky Masters: I belong to the Seattle Swimming Meetup Group on Meetup.com and received an invite to an introductory Masters Clinic with the Husky Masters. I contacted the organizer and informed her that she could have advertised in *The WetSet* for free and that I was interested in writing about the clinic. I highly recommend this to new Masters swimmers. I wish I had known about it when I first started! It took me forever to figure out some of the terminology. Husky Masters Board Member Jaki Braggin provided a swim glossary to each swimmer and in-depth information regarding the ins and outs of Masters swimming. The lecture was followed by a mock workout to teach new swimmers about the clock, send-offs and sets. This isn't a workout, so to speak, but rather an unthreatening way to learn what it's like to join a team and survive a workout. For more information visit: www.huskymasters.org

Rules Corner

By Kathy Casey, USMS Rules Chair

Q: I am confused by the changes in the pool measurement rules. I want to be sure that my swimmers don't lose Top 10 or record times because of pool measurement mistakes. Could you clarify them for me?

A: Pool measurement rules remain the same for USMS sanctioned meets and for USMS swimmers who compete using their USMS registration numbers at dual sanctioned meets (Article 105.1.7E, last sentence) with two exceptions as of January 1, 2013:

1. Certification of pool length for pools on the USA Swimming list of certified pools will no longer be automatically accepted simply because the pool name is on the USA-S list. Some of the pools on the USA-S list have been renovated and have not been recertified for length or have been decommissioned. However, USA-S pool certification will be accepted if USA Swimming verifies that the pool currently meets all the USMS requirements for pool measurement. (Article 105.1.6B)
2. Certification of pool length for pools on the FINA Masters list of certified pools will be accepted by USMS. (Article 105.1.6A)

The bulkhead pool measurement rules have changed as of January 1, 2013, for meets sanctioned by USA Swimming that are automatically recognized by USMS as well as for FINA Masters meets that are held outside the United States as follows:

1. If a bulkhead is used and the initial pool length certification for all lanes is already on file with USMS or FINA, the measurement rules and policies of FINA will be accepted for events sanctioned by a FINA Masters member federation other than USMS. (Article 105.1.7D) That Federation's measurement rules and policies for bulkhead pools will be honored by USMS for Top 10 and records.
2. If a bulkhead is used and the initial pool length certification for all lanes is on file with USMS or FINA, the measurement rules and policies of USA Swimming will be accepted for USMS Top 10 for events sanctioned by USA-S and automatically recognized by USMS. USA-S's measurement rules and policies for bulkhead pools will be honored by USMS for Top 10 in this situation. However, USMS measurement rules and policies will still apply for USMS swimmers who compete as USMS members at dual sanctioned events and for USMS national records achieved at USA-S sanctioned meets that are recognized by USMS. (Article 105.1.7E)

All rule references are from the 2013 USMS Rule Book which can be viewed or downloaded at www.usms.org/admin/conv01/rulebook.pdf.

For any questions about rules, contact Kathy Casey, USMS Rules Chair, rules@usms.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

_____ E-Mail: _____
City State Zip+4

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

FIRST choose a CLUB Affiliation:

- Puget Sound Masters (PSM) [formerly PNA]
- Blue Wave Aquatics (BWAQ)
- Unattached to a Club (UNAT)

THEN choose a TEAM Affiliation (PSM only): _____

See team list on next page for team acronym.

Please check all that apply:

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

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

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

Make check payable to: PNA

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

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

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 entities.

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 how 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 _____

Pacific Northwest Association of Masters Swimmers 2013 Local Team Registration for Club PSM

To register your team for 2013, please fill out and return the form below. All team members competing in the meet must be currently registered with USMS.

To earn awards at PNA Champs for 2013, your team must be registered by Monday April 8th, 2013

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

Mail this form and check to:

Arni Litt, Registrar pnaregistrar@usms.org
PO Box 12172
Seattle, WA 98102-0172

Application fee: **\$12**
Make check payable to: **PNA**

Below are the acronyms currently in use; **Bolded** IDs are registered for 2013 as of March 8, 2013. Club **BWAQ** is registered.

<p>AQUA Aquatic Fanatics BAM Bainbridge Aquatic Masters BADD Bellevue Aquatic Divas & Dudes BC Bellevue Club BMSC Bellingham Masters Swim Club BTAC Bremerton Tennis & Athletic Club CAC See TCAC CAAT Central Area Aquatics Team DBST Downtown / Bellevue Swim Team EMS Everett Masters Swimmers FSJ Fins of the San Juans FTS Ft. Steilacoom GOST Gig Harbor Old Swimmers Team GCMS Gold Creek Masters (GCM) GAM Gold's Aquatics Masters GEM Gold's Eastside Masters GLAD Green Lake Aqua Ducks HMST Husky Masters IST Issaquah Swim Team LLUA Little Lebowski Urban Achievers LOGS Logger Masters LWM Lake Washington Masters LWS Lynnwood Sharks</p>	<p>MICC Mercer Island Country Club MIR Mercer Island Redwoods MAMS Middle Aged Marlins MYM Monroe YMCA Masters MUKY Mukilteo YMCA Masters NHM Newport Hills Masters NEO North End Otters NSYG Northshore Y's Guys NWM North Whidbey Masters OAC Olympic Aquatic Club OCAM Olympic Cascade Aquatic Masters OOPS Old Olympic Peninsula Swimmers ORCA Orca Swim Club OST Ohana Swim Team PAC Poseidon Aquatic Club PPST Poulsbo Piranhas Swim Team PSC Phinney Ridge Swim Club PTMS Port Townsend Master Swimmers PRO Pro Sports Club QASC Queen Anne Swim Club RAH Redmond Aqua Hotshots SAMM Samena Masters SAC Seattle Athletic Club</p>	<p>SARC Sequim Aquatic Recreation Center SPCC Sand Point Country Club SVMS Skagit Valley Masters Swimming SSTM South Sound Titans Masters SWIM South Whidbey Island Masters SSMS South Sound Masters Swim TSC Tacoma Swim Club TACM Thunderbird Aquatic Masters TCAC Team Columbia Athletic Clubs TIG Tigers UNAT Unattached to a Team UPAC University Place Aquatic Club VFC Valley Fitness Center VAC Vashon Aquatic Club VAVI Vashon Vikings WAC Washington Athletic Club WEST West Coast Aquatics Masters WSAS West Seattle All-Stars WSYD West Seattle YMCA Dolphins WWUS Western WA U Masters Swimming WCY Whatcom County YMCA YPKC YMCA of Pierce & Kitsap Counties</p>
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3/8/2013

The WetSet Editor

Chericka Ashmann-Rice
360.951.9278

[The WetSet Editor](#)

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kathycasey@comcast.net

Michael Grimm
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Vacant At-Large Position
[Rep needed!]

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pnaregistrar@usms.org

PNA's Coordinators**Awards**

Kerry Ness
a_qua_man@hotmail.com

Bylaws

Jane Moore
janemoore.jm@gmail.com

Coaches

(open!)

Fitness

Sarah Welch
sarahwelch@comcast.net

Historian

Tom Foley
lilmot@hotmail.com

Meets

Linda Chapman
chapman-family@comcast.net

Officiating

Kathy Casey/Jan Kavadas
kathyj.casey@comcast.net

Open Water/Long Distance

Sally Dillon
salswmr@comcast.net

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dougjelen@hotmail.com
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walt.reid@comcast.net

Safety

Kathy Casey
rules@usms.org

Webmaster/Database Support

Steve Peterson
360.692.1669
webmaster@swimpna.org
Jon Walker

Announcements

Who's inviting me

to come and swim with them next?!

Have a swimming story that needs to be told?

Email me: [The WetSet Editor](#)

Every story deserves to be told!

Are you a USMS registered coach with a PNA registered team?

Post contact info for private lessons and clinics here for free!!!

Support Your Local Pool

By Blue Wave Aquatics Coach, Wendy Neely

Evergreen Community Aquatic Center (ECAC) thanked Blue Wave Aquatics for raising \$3,500 during the facility's annual Swim-A-Thon fundraiser for the youth team housed there. Money is still coming in. The cool thing is many of the Blue Wave members who donated don't use ECAC; however, they do see the value in supporting local pools. I am pleased to share the following letter from Sarah Gengler Dahl of ECAC and hope that this story inspires other workout groups to support their local pool as well.

Dear Wendy and Blue Wave Aquatics,

Thank you so much for spreading the word about and swimming at the First Annual Evergreen Challenge in support of the ECAC! With your leadership in promoting the event and fantastic swimmer support, the Evergreen Challenge raised close to \$3,500. The ECAC is run and managed as a public/private partnership, so your financial support is crucial in providing the Burien and White Center communities with swim lessons, water safety, recreation, fitness swimming, competitive swimming and aquatic family fun.

Swimming 100 x 100's was not initially in my plan when I jumped into the water on Saturday (I was thinking more like 50 x 100), but the Blue Wave focus and spirit swept me up and pushed me to 100! It was a great group effort with shouts of encouragement from the coaches and swimmers on the way to 10,000 yards. It was an achievement I never would have done on my own, and it even impressed my 14-year-old swim team son... Now that is worth the entry fee!

Please thank the Blue Wave athletes who swam at the Evergreen Challenge on behalf of the ECAC Management Group and all of us who love to use the pool.

Sincerely,
Sarah Gengler Dahl

Coaches' Corner

Join Olympian **Peter Vanderkaay**
and World Champion and Open Water Swimmer
Ashley Twichell for the

Fitter and Faster Swim Tour

in Bellingham, Saturday, March 23, 2013

Registration: noon-1pm

Clinic: 1-4pm

Western Washington University, Wade King Student
Rec Center, 1880 Bill McDonald Parkway, Bellingham,
WA 98225

- Improve your stroke efficiency
- Learn drills to improve your technique
- Learn the tricks of training for open water while swimming in a pool
- Watch drills and demonstration on our 100 inch screen!
- Proper nutrition and recovery
- Participate in a FFT "Round Table" discussion with the Olympian clinicians
- Receive a special gift bag that contains gifts from SwimOutlet.com, UltraSwim, PowerBar, Swimming World Magazine and more!

SPECIAL: One registrant (and up to two friends) will win a free private clinic with an Olympian at the event's conclusion!

Inspired Swimmers are Dedicated Swimmers!

Sign up before tickets sell out.

<http://fitterandfaster.com/detail/bellingham-wa-masters-and-triathletes-clinic/>

Adult Learn-to-Swim Classes

Saturday, March 16

Blue Wave Aquatics is offering a FREE swim class for adults of all levels at the Evergreen Community Aquatic Center from 8-9 am and again at the Federal Way Community Center 9:30-10:30 am.

Our coaches and members volunteer to teach this class. Also available are paid adult beginning and intermediate lessons offered the following weeks. You can see the complete schedule at www.bluewave-aquatics.com under the **Lessons** tab.

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

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