

The WetSet



U.S. Masters Swimming in Western Washington

Pacific Northwest Association of Masters Swimmers

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Leading Off



Here's a partial transcript Jeff Commings' interview of PNA President Lisa Dahl on *Swimming World TV's* October 22 *The Morning Swim Show*:

JC: ... Joining us now via Skype is Lisa Dahl... How are things going in Seattle?

LD: Things are going really well. We have a large team of kids ready to swim and wanting to pursue their dream in swimming.

JC: You've been the head coach of [CAAT] since 2010. How has the team grown since you became head coach?

LD: We were a small team, mostly a recreational and fitness team of less than eighty. We are now over 200. We will be going to Junior Nationals this year... We're swimming fast and having a lot of fun and growing very quickly.

JC: What was the impetus that got these kids from being rec swimmers to now qualifying for Junior Nationals?

LD: Putting a sense of purpose behind their swimming and opening up ideas that they could possibly swim fast and achieve big goals in swimming. So they didn't really know what swimming was about prior to me getting there and just giving them a dream, something they could believe in and

want to pursue. And teaching them how to work hard – that was a big deal because they had learned a different approach to swimming, more just coming in when you want to and maybe getting a little tired. After they've had the opportunity to get in the water and really work hard and then achieve the results ... that has opened up just huge opportunities for them that they're now pursuing and coming in every day to achieve.

JC: It sounds like you enjoy this challenge instead of coming in and saying "... how am I going to get these kids from point A to point B?"

LD: Yeah, I love a challenge.

JC: I met you at the Diversity Conference at the Aquatic Sports Convention in California last month. Very interesting to talk with you and learn more about your program. ... How diverse is your team as far as ethnic background?

LD: Not diverse enough. But we've certainly made big gains We are trying to create opportunities for access into competitive swimming and I found from my personal experience when I adopted two children of Hopi Indian culture that swimming is really under-represented in many cultures. So I've brought my passion to creating access in swimming. When I came to the central area, on purpose because that's [an area of] large diversity, I wanted to create some kind of access. So we have programs within the swim team that are generating that opportunity. We're moving in that direction. I'd say our 10-and-unders are more diverse. Our older kids not as much. But we're certainly gaining

JC: So you put yourself in the middle of where you actually want to bring these kids in. I think a lot of the teams that say they want to be more diverse ... seem to be in the suburbs and finding a challenge of getting these inner city kids to go out to the suburbs to go swim with them. So you're actually in the heart of Seattle ... seeing these kids every day on the street.

(continued next page)

LD: Correct. I put myself there on purpose, that's where they are. We're making nice inroads in a certain very diverse population. It's really fun. They're coming; they spread the word and want other kids in their communities to get what they are [getting].

JC: Tell us about some of the things you've been doing specifically to entice kids to come in and swim or at least find out more about the sport.

LD: Every summer we run what's called "Get Wet" – just something to entice kids to come in and get wet. We started it three years ago, where it's free to anybody who walks in the door. They need to have some ability to swim although we do at times give swimming lessons. It's specifically to generate access for kids from lessons or just play in the pool onto a competitive swim team. We run it for three weeks; it's coached by my assistant coaches. CAAT pays for the pool time and the coaches. The first year we had 40 kids walk in off the street for our competitively coached practice. Last year it was 50 and this year we had 60. It's just purely word of mouth; we don't advertise it in any way. They come in, they get wet, they have fun and through that we really target and ask and recruit those kids to join our swim team.

JC: On average, what's the percent of kids who participate in "Get Wet" and actually join the team?

LD: Our biggest year was 15; this year was 10 and last year I believe 7. Our limitation is money. CAAT has a yearly fundraiser; 100% of that goes to creating financial assistance for these kids. We could bring more in if we had more money. But we are very aggressive – we raised \$58,000 this year,

\$49,000 last year and I think \$23,000 the year before. So in three years we have \$130,000 available to bring kids into the water. It's substantial and yet the need is greater than we actually have money for.

JC: I'm sure it is. Obviously ... money is a big factor in these kids deciding to become part of this sport. What other challenges do the swimmers or parents say that prevents them from continuing on in the sport?

LD: Transportation. Communication. Often times there's a language barrier. There are constant obstacles. We provide swim suits and equipment they need to swim. We try to break those obstacles down but often don't know what they are until they happen. Every day there's something new. Just trying to keep the communication open, keep them in the water. Generally, the ones that are there who have made it through the year will help the next group coming in...

JC: In the middle of all this, being a full-time coach and trying to get more kids into the sport, you're a full time Masters swimmer and Masters water polo player. How do you fit it all in?

LD: Wow. I'm struggling, really struggling. I find that my own personal training time has taken a back seat to this in my passion to diversify swimming the best that I can...

JC: Well, the sport is always going to be there for you...

View the remaining six minutes and hear about Lisa's swimmers challenging her to races, working with Anthony Ervin as his age group coach, and responses to Jeff's *Final Five Questions* at [www.youtube.com/watch?v=PVVdRfuona8!](http://www.youtube.com/watch?v=PVVdRfuona8)

Fat Salmon 2013



It was an overcast day, but with warm and perfectly calm conditions for the start of the 3.2 mile event at the I-90 bridge (Bellevue to the east).



Event Director **Liz Rosen** presents the Fat Salmon to overall winner **Steve Sholdra** (19, unat, Renton), who set a new course record (sans wetsuit, no less!) of 1:01.01.

SINK OR SWIM

Confessions of a newbie Masters swimmer

By Skagit Valley Masters Swim Club Member Greta Perales

September 2013

Why do I volunteer? Do you want the short or long version?

Long it is then. It all started a few years back when our Masters swim coach suggested I participate in a diving clinic that she was putting on at the local Y. Naturally, I agreed with an open mind and heart. Well, she became sick or played hooky, not sure which, and we had a substitute diving coach. (Don't worry, Kerry, I won't tell anyone it was you.)

The substitute diving coach lined us up like ducklings (or pigs to the slaughter) and we proceeded to dive off the starting blocks. I felt magnificent. I imagined myself flying through the air like a sleek young dolphin, shimmering above the waves, for all to see and admire. And then I heard the snort.

Who snorted? Someone must have a cold or at the very least choked on their gum. But no, wait, it was the instructor. He was bent over, holding his thighs, tears streaming down his increasingly red face and looking at me.

What the hell? I am a dolphin. Did he not see my shimmer? I approached him with some concern – was he choking, was he having a stroke? No, he was not. Instead, he stated for all to hear, “You have to DIVE into the water, not walk in like you are taking a shower.”

I was crushed. I tried again; more laughter. Thus my dreams of Olympic glory or at the very least swim meet competition domination was over. Yes, my coach convinced me to do one meet and to start in the water (the same coach that was playing hooky, I mean was sick, possibly on her death bed).

Let me tell you, it is not the same starting in the water. During my inaugural 200 freestyle at a local meet, the other swimmers were launching themselves halfway down the pool as I pushed off the wall. Bastards. There was no way I could catch up. And to add insult to injury, my pull buoy was not allowed.

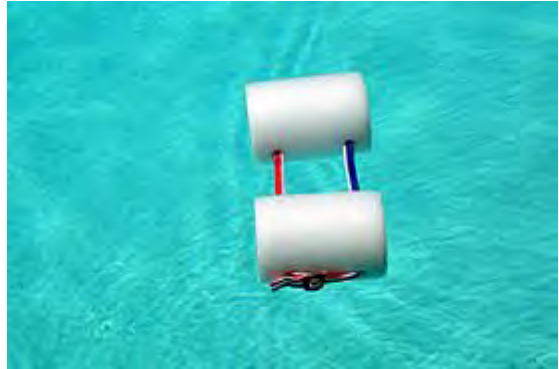
What the hell was I supposed to do? By the time I pushed off the wall and flapped my useless legs around in the water, the other swimmers were flip turning with abandon and shooting back down their lanes. But I digress...

Now, instead of embarrassing myself and abandoning my ever faithful pool buoy, I try to volunteer at one swim meet a year. Do I do this to help my coach and fellow swimmers? Hell no! I do this for leverage, credit in the bank.

When I accidentally yell obscenities in the pool, I casually mention the hours I slaved at the last swim meet. When I accidentally forget to circle swim and cause a mid-lane pile-up, I casually mention that I can and will change meet results if anyone complains. When my coach offers to buy me dinner after the meet, I say no and pretend that I do not want her to spend her own money. Hah, more credit in the bank for me for when she catches me glaring at her in the pre-dawn hours of practice.

So be warned: mess with me during practice and your reaction time off the block is going to look like you sat down and ate a sandwich.

Greta “volunteer of the year” Perales



Scott Lautman completes *Triple Crown*

Congratulations to Scott, who completed his Catalina Channel crossing in tandem with Marcy MacDonald (Andover CT) in a time of 12 hours, 9 minutes, on June 25. With this swim, both Marcy and Scott completed the third tier of their Triple Crown.

The Triple Crown of Open Water Swimming is the sport's equivalent of the Triple Crown of Thoroughbred Racing. Members of this elite club have successfully completed three marathon swims: the [English Channel](#) (21 miles) between England and France; the [Catalina Channel](#) (22 miles) between Santa Catalina Island and the Southern California mainland in the United States and the [Manhattan Island Marathon Swim](#), a 28.5-mile circumnavigation of New York City. Scott is the first northwest swimmer to complete the big three.

View more images at the [Catalina Channel Swimming Federation](#).

Holy catfish, Scott! Is the [Oceans Seven](#) next on your list? (Yes!) *Only* three more channels to complete:

1. ✓ [Catalina Channel](#)
2. ✓ [English Channel](#)
3. ✓ [Strait of Gibraltar](#) between Europe and Africa
4. ✓ [Molokai Channel](#) between Oahu and Molokai Islands in Hawaii
5. [Cook Strait](#) between the North and South Islands of New Zealand
6. [North Channel](#) between Ireland and Scotland
7. [Tsugaru Channel](#) between the islands of Honshu and Hokkaido in Japan

Scott was among 40 swimmers *considering* the first [Bering Strait swim](#) in late July. (Did you realize there's an [International Ice Swimming Association](#)!?) Read Scott's story about his (almost) Bering Strait adventure on the next page.

My (almost) Bering Strait Adventure and Other Swims

By Scott Lautman

I did not go on the Bering Strait adventure. It was a just a little bit too chaotic at the end and complicated somewhat by my work demands, etc. For those who did go, it was quite the adventure, an adventure of a lifetime. They spent the better part of ten days on the boat, running into a merciless current that nearly denied them an approach to the Alaskan Coast at Wales. Ultimately they succeeded. I provided some assistance to the group as they arrived in Nome with hotel and air arrangements out of there. Certainly one of the most notable efforts of the open water season worldwide. I am sorry to have missed the trip but am thrilled they were the first to successfully cross the Bering Straits. The Bering Straits and Diana Nyad's Cuba to Key West crossings have got to be this year's open water swim highlights.

I got to end my summer swims with a trip back to one of my favorite spots, Dover, England. I went to over to crew for and swim with my good friend Marcy MacDonald on her third double crossing of the English Channel. Marcy and I did the Catalina Channel this summer in June together. Great fun. After this summer's successful double, Marcy is now tied with Peter Jurizinski, also of Connecticut, for the most crossings by an American: 14 for each of them. Marcy will go over again next year and get the record 15th. Peter is evidently retired due to medical issues.

The double crossing is a tough one, made increasingly difficult by the need to swim through the night when the cold is merciless. It was hard to watch the six to seven hours of suffering with the water temp about 58-60°F as Marcy swam during the moonless night. Her swim was an interesting mix of rough and nasty water conditions for the first six hours, then fairly flat swimming for the next eight, followed by rough seas for the last ten hours, making her really work for the double. I got to swim some of the double with her, but was happy to be only the occasional pace swimmer. That was enough!

While in Dover we stayed in an apartment owned by Kevin Murphy (aka King of the Channel), who holds the record for Channel crossings by a male: 34. The apartment is right on the harbor, a two minute walk to the swimming beach where the Channel swimmers train. While there, Kevin and I went for a late evening swim. We had just climbed up the beach to our towels and gear (very steep and rocky, see photo →).

Waiting there was Phil Rush, a good friend of Kevin's. Phil, from New Zealand, is the holder of the fastest triple crossing of the English Channel (yes, *three* times), in 28 hours. It was great fun to meet him and hear the stories that each can and do tell. (Photo below of Kevin and Phil on the beach.)



I was tempted to have my picture taken with the two of them and then add the caption "Between the three of us we have 45 crossings: Murphy 34, Rush 10, and me... 1." I was and am content to be in the presence of toughness, take their pictures, and enjoy the memories!

Fun Stuff! We should put a Channel Relay together to give some NW swimmers a taste of what the English Channel is like!

Scott



Shadow Seals Escape to Lake Washington!

By Scott Lautman

On Saturday September 8 the first ever *Shadow Seals* open water event was staged at Madison Park Beach in Seattle. The *Shadow Seals* are a local swim team for athletes with physical disabilities coached by (past PNA President, Husky Masters founding member and 2012 Inspirational Swimmer) Kiko VanZandt, Justin Fleming and Guillermo Romano.

This event grew out of *Shadow Seal* swimmer Chris Junk's goal and dream to swim across Lake Washington. Scott Lautman (Blue Wave Aquatics) and Chris Lautman (Lake Washington Masters) organized this event with the help from the local Masters swimming community - Lake Washington Masters (LWM), Blue Wave Aquatics (BWAQ), Green Lake Aqua Ducks (GLAD) and the North End Otters (NEO).

The goal was to introduce the *Shadow Seals* swimmers to open water swimming and have them come away with a safe and positive open water experience. The event was a roaring success! We had 7 swimmers complete the open water event. The conditions were near perfect with unusually warm air temperatures of 64°F when the event kicked off at 9:00 am. The water was a pleasant 71°F and calm with the exception of the occasional boat waves.

The morning started with a safety briefing and "chalk talk" for swimmers, kayakers, and companion swimmers that included pointing out the potential water hazards, acclimatization to cold water, rescue information and some instructions on sighting. Each swimmer was required to wear a brightly colored cap of their choice and was paired up with an experienced open water swimmer for the session.

Shadow Seals

Madison Park Open Water Event

September 8, 2013

Row 1: Kayla Wheeler (on the ground), Katy Shimabukuro (wheelchair).

Row 2: Josh Anderson (wheelchair), Henri Coronado-Volta (kneeling).

Row 3: Guillermo Romano, Justin Fleming, John Clos, Olivia Lautman, Claire Lautman, Tim Rood, Dan Robinson, Matthew Volta.

Row 4: Kirby Lautman, Chris Junk, Dawn Jaeger, Sue Bailey.

Row 5: Mary Lippold, Chris Lautman, Michael Scott, Scott Lautman, Julie Voss, Cory Cote

Based on their comfort level, each athlete swam in the main swim area or swam around the apartments towards the Seattle Tennis Club. When finished, each swimmer selected a rock from the beach to commemorate their first open water experience. Nearly all the swimmers were reluctant to get out of the water, another sign of a successful event and a great experience.

Finally, a walk and a roll up to the Madison Park Bakery to celebrate the morning's accomplishments. Sitting in the sunshine devouring baked goods was the perfect end to a fun morning! The *Shadow Seals* learned that stopping by the local bakery after a good swim is another ritual that all open water swimmers recognize and embrace!

Thanks to all the volunteers and *Shadow Seals* coaches who, together, made this a safe and fun open water swimming experience.

Shadow Seals now rock in the open water!

Shadow Seals swimmers: Chris Junk, Olivia Lautman, Henri Coronado-Volta, Katy Shimabukuro, Kayla Wheeler, John Klos and Joshua Anderson.

Companion swimmers: Tim Rood, Sue Bailey (LWM), Mary Lippold (NEO), Dawn Jaeger (LWM), Dan Robinson (GLAD), Julie Voss (LWM), Michael Scott (LWM) and Claire Lautman (Wave Aquatics).

Kayakers: Kirby Lautman, Klaus Voss, Cory Cote

Shadow Seals Coaches: Kiko VanZandt, Justin Fleming, Guillermo Romano



MASTERS CALENDAR

LOCAL/REGIONAL POOL EVENTS	LOCAL/REGIONAL POOL EVENTS	INTERNATIONAL EVENTS
<p>November 16, 2013 MEET: Turkey Trifecta SCY Meet Moscow, ID Meet info/entry link</p>	<p>March 15, 2014 MEET: Sand Point CC Ides of March Meet Seattle, WA More info: Bob Moore</p>	<p>August 3 - 9, 2014 MEET: 15th FINA World Masters Swimming Championships Montreal, Canada</p>
<p>January 19, 2014 MEET: Thunderbird Masters Meet Anacortes, WA More info: Jason Hunter</p>	<p>April 12 - 13, 2014 MEET: PNA Champs Federal Way, WA More info: Steve Freeborn</p>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>LOCAL/REGIONAL OPEN WATER</p> </div>
<p>February 1, 2014 MEET: Beat the Clock Meet Olympia, WA More info: Mel Smith</p>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>NATIONAL EVENTS</p> </div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>PNA BOARD MEETINGS</p> </div>
<p>February 23, 2014 MEET: Lake WA Masters Meet Kirkland, WA More info: Linda Chapman</p>	<p>May 1 - 4, 2014 MEET: USMS Spring Nationals (SCY) Santa Clara, CA</p>	<p>December 3, 2013 PNA Board Meeting & Potluck 6 pm <i>Arni Litt's, Seattle</i></p>
	<p>Aug 14 - 17, 2014 MEET: USMS Summer Nationals (LCM) Univ of MD, College Park, MD</p>	<p>January 21, 2014 PNA Board Meeting 6:45 pm <i>TBA</i></p>

Workout Group National Registration

At September's annual meeting, USMS instituted changes affecting workout groups (which we call 'teams' within PNA). The changes are meant to enhance the workout groups by providing more services to them.

PNA has routinely registered its workout groups locally, charging a \$12 fee for which PNA provided a Rule Book and used to offset team award costs at our "Champs" meet each April.

Beginning immediately, your workout group *may* register directly with USMS for \$25, the same fee charged to register our two clubs (PSM and BWAQ). This registration is entirely optional to your workout group/team. Registering with USMS affords your workout group the same benefits that registered clubs receive.

Workout groups that do not register will not be listed on the revamped Online Registration System. They and their members cannot be tracked easily.

Benefits of registering your workout group:

- It will appear in the member online registration pull-down list under Club PSM
- It will receive a club welcome kit (\$20 value)
- It may request a USMS Rule Book cost free (\$10 value)
- It may order a no-cost, co-branded banner with its logo on it (\$50 value)
- Its designated contact may elect to receive email notification every time a member registers

As a result of this change at the national level, PNA will no longer charge our workout groups the \$12 fee nor will we continue to send you a Rule Book, since you will receive one from USMS.

Instructions on how to register your Workout Group on line will be sent to each Team Rep. (Go to *Member Services / Registration* on the PNA website.)

Please encourage your workout group to register with USMS.

BLUE WAVE AQUATICS NAMED USMS LOCAL CLUB OF THE YEAR

by BWAQ Board Member Pat Duggan

At the recent USMS annual convention in Anaheim, California, Blue Wave Aquatics was honored as *local club of the year*. In making the presentation, Ray Novitske, vice chair of the USMS Recognition and Awards Committee, said the judges were impressed by BWAQ's commitment to the community:

It offers free swimming lessons to adults during the year. Its members are found volunteering manpower at local triathlons and other local swim events. It runs a series of swim clinics for adults that break the act of swimming down into simple, specific, easily taught pieces -- a swim improvement and lesson program that its members developed themselves.... These programs not only serve the local community by promoting adult swimming, but they also introduce more people to Masters Swimming.

Although Blue Wave is a newer club by USMS standards, our origins date back to 1984 when fifteen swimmers banded together to form Federal Way Masters. Membership bumped up in 1990 with the opening of the prestigious Weyerhaeuser King County Aquatic Center. By 2010, the team had grown to 150 members with practice venues in five cities. Geographical expansion meant that "Federal Way Masters" no longer seemed a good fit so the name was changed to "Blue Wave Aquatics."

Due to the sheer size of the team and potential for even more growth, the board also decided this was the time to break away from the regional PNA club and register with USMS as a new local club. Today, our ranks have swelled to almost 300 swimmers, ages 18 to 65+. Two of the original founders are still swimming with us.

Current BWAQ members range from world-class athlete Scott Lautman who just completed the Triple Crown of open water swimming (English Channel, Manhattan Island and this summer, Catalina Channel) to recent graduates of our Tri Time adult swim program. Thanks to a grant from *USMS Swimming Saves Lives*, Blue Wave will now develop an adaptive sports program to bring the joys of swimming to an even wider audience.

For this ambitious club, it's not all about hosting yet another swim meet, grinding out a long workout, or setting a personal best. As BWAQ Treasurer Judy Williams puts it, "Blue Wave Aquatics is fun."

Judy, who has been with the team for 15 years, appreciates the camaraderie. "Team members are supportive of each other," she says. "While there are 'friendly' competitions in the pool, we like to socialize after practice and meets. Good sportsmanship, healthy lifestyles and fitness are always encouraged."

BWAQ President Mike Murphy agrees and points out that many people are responsible for Blue Wave's enduring success, including Jane and Hugh Moore, two of the founders, who represented the club at this year's national convention.

Mike also has high praise for the coaching staff of Rachel Lambert, Anne Bettencourt, Jenn Mesler, Sharon Wright, Kate Allen, Hailey MacConaghy, and Malcolm Neely.

"You guys make swimming a blast. We're blessed to have you all," he says and gives special recognition to Head Coach Wendy Neely. "If our teammates are the body of BWAQ, she's the heart and soul."



Hugh and Jane Moore accept the banner at Convention

Great clubs provide strength to United States Masters Swimming. The Club of the Year Award seeks to recognize clubs that exemplify the core objectives of USMS: to Serve, Educate, and Build the membership.



BWAQ members gather at the **Last Gasp of Summer**.

2013 OPEN WATER SWIMMING RECAP

Sally Dillon, PNA Open Water Coordinator

Open water swimmers in the northwest enjoyed an absolutely spectacular season! We not only had the best summer weather and warmest water temperatures in most of our memories, but we also had FIVE sanctioned swims to participate in. Congratulations to all of the teams and race directors for providing so many wonderful opportunities for open water enthusiasts in our LMSC (and beyond)!

The very popular **Fat Salmon** 3.2-mile started the season with a bang. Having dropped the 1.2-mile event from its schedule this year, the race did NOT fill up within just a few days as it has in past years but did eventually reach its 350 swimmer limit. On race day we were treated to cloudy skies, cool air temperatures, but glassy and flat water that hovered around 71 degrees. As expected, race director Liz Rosen and the dozens of GLAD team volunteers conducted a very safe and well-organized event. (See photos on page 2.)

PNA's second sanctioned event for the season was hosted by the ORCA team and directed by Meghan Meinerz. This event was part of the weeklong **IGLA International** competition that ORCA hosted in July. Megan's team conducted 1-mile and 2-mile swims at Luther Burbank Park on the northeast side of Mercer Island. While well over 100 swimmers participated, most were from out of the area. By all accounts, the race was very well run on a sunny, calm day in water that was 73 degrees. Hopefully the ORCA team will consider running the race again in 2014 because it was a great addition to our summer schedule.

The next two OW swims took place in the Puget Sound (brrr)! Both events require wetsuits but the water temps were higher than in years past so swimmers were very pleased. The **Aqua Run and Swim for a Child** was directed by Zena Courtney and supported by club BWAQ. The event takes place in Commencement Bay (Tacoma). The water was a "toasty" 58 degrees and once again, it was a beautiful sunny day. This is the fourth year for this event, which offered 2K and 4K options and rumor has it that a few participants decided to leave their wetsuits on the shore [true! – ed.], although the results didn't indicate that.

In mid-September the South Whidbey Island Masters hosted 1.2-mile and 2.4-mile events in the **Saratoga Passage**, along the shore of Langley. Third-time director Jean Fankhauser led his group of volunteers. The water

temp was 61 degrees – wow! Unfortunately, it was a windy day and the waves were a bit too much for a few swimmers who were forced to drop out. All swimmers wore wetsuits; 21 finished the 1.2-mile swim and 12 finished the longer event.

The appropriately titled **Last Gasp of Summer** took place on September 21 and was a fitting last day of summer for our spectacular season! The event was held at Angle Lake in SeaTac. It's a lovely lake with a nice park and lots of parking. The weather report was grim for that morning but much to the surprise of all, the clouds parted much of the time to bring sun onto the swim course. The water was a pleasant 69 degrees and by the time all was said and done, the air temp was up to 70. Director Mike Murphy and his team of volunteers from BWAQ ran an excellent event and provided a tasty lunch as well. At this event, Masters swimmers were joined by younger age-group swimmers from PNS, who ranged in age from 9 to 18. It was fun sharing the lake with them!

BAM! Gals Cross Guemes Channel



Bad Ass Mermaids and PNA member Katie McMullen (left) and Hope Dean (right) swam the Guemes Channel from Anacortes to Guemes Island WA on September 28!

PNA High Point Awards for Open Water Swimming – Sally Dillon

For the first time ever, PNA recognized swimmers who accumulated the most points in their age group by swimming in multiple open water swims this past summer. To be eligible, swimmers must (1) be a member of PNA and (2) complete at least two of the five events on PNA's 2013 Open Water schedule.

Points for each eligible swimmer's official finish place (wetsuit and non-wetsuit divisions scored separately) were assigned as follows:

Place	Points
1	22
2	18
3	16
4	14
5	12
6	10
7	8
8	6
9	4
10	2

Special swim caps will be sent to the 1st and 2nd place finishers in each age group. Congratulations to the following PNA swimmers who will be honored this year.

(The total number of points scored is shown in parentheses.)

MEN

25-29
 Andrew Malinak (44 points)
 Ryan Robertson (28)

30-34
 Johnny van Velthuyzen (40)

35-39
 Brook Brayman (82)
 Mahmoud Saleh (54)

40-44
 Chad Hagedorn (66)
 Aurelio Bonavia (28)

45-49
 Eric Dolven (22)
 Daniel Benson (6)

50-54
 David Thomson (106) **
 Bob Schlemmer (82) **

55-59
 Doug Portelance (44)
 Stephen Freeborn (40)

60-64
 Alan Bell (66)
 William Penn (44)

65-69
 Steve Peterson (66)
 Jeff Jacobsen (44)

WOMEN

18-24
 Mackenzie Marrs (44)

25-29
 Miranda Cox (40)
 Kelly Darrah (36)

30-34
 Janna Hagensick (44)

35-39
 Michelle McRae (36)
 Allison Deem (26)

40-44
 Haleigh Werner (44)
 Francesca Leonetti (42)

45-49
 Wendy Van de Sompele (100) **
 Susan Marrs (56)

50-54
 Zena Courtney (88)
 Jessie Hickel (56)

60-64
 Pat Duggan (106) **

65-69
 Sally Dillon (44)

The four swimmers with ** by their names competed in ALL FIVE of this year's OW events!!

At least two events were swum by 21 women and 35 men this year. Hopefully the PNA **OW High Point Award** program will encourage more PNA swimmers to participate in multiple events in 2014.

POSTAL SWIMMING IN THE NORTHWEST!

By Open Water/Long Distance Coordinator Sally Dillon

Congratulations to the hearty souls from PNA who swam the summer's postal swim in West Seattle's historic Colman outdoor 50-meter pool on August 31. Rumor has it that the friends and family counting laps were pretty cold that morning but the swimmers were very comfortable and generated plenty of their own heat as they swam 5K and 10K distances.

Dan Robinson, Michelle McRae, and Johnny van Velthuyzen completed 10K swims while Kimbra Wellock, Kirk Nelson, and Naomi Mason completed the 5K. Johnny had also swum the 5K elsewhere so he was able to enter both the 5K and 10K USMS National Championships.

Kimbra was the lone participant for BWAQ this year. PSM was able to enter one relay – a men's 25+ 3X5K – because Dan submitted his 5K split time to enter just

the 5K Championship. The team of Johnny, Kirk, and Dan swam a combined time of 3:29:34.74.

PNA provides funds each year to help with pool rental for this postal event. As most of you realize, we have very few pools that are 50 meters in length and the demand for time in these pools is costly.

We were able to secure pool time at Colman through the generosity of PNA and especially the GLAD team, who opened up lanes for our swimmers during their Saturday workout.

Thanks also go to Arni Litt, who volunteered to be the on deck supervisor for the swim once GLAD's workout was over and the 5K swimmers hit the pool.

Final results for PNA's entries in the 5 and 10 Kilometer Championships are:

Entrant	Event	Place	Time	Relay
Johnny van Velthuyzen (34)	10K	2	2:29:18.83	
Michelle McRae (37)	10K	3	2:31:40.98	
Kimbra Wellock	5K	8	1:34:10.99	
Naomi Mason (52)	5K	18	1:40:34.99	
Johnny van Velthuyzen (34)	5K	2	1:10:29.00	↓
Kirk Nelson (43)	5K	2	1:05:16.35	↓
Dan Robinson (56)	5K	4	1:13:49.39	↓
PSM men's 25+ relay	3X5K	1	3:29:34.74	←

MORE POSTAL SWIMMING NEWS

USMS holds National Championship Postal swims three times a year. **The fall postal events are the 3000/6000 yard swims.** Their "window of time" to swim began on September 15 and concludes on November 15. These events can be swum in 25-yard or 25-meter pools (only) so all PNA swimmers should be able to find some water time to participate if so desired. The link for more information about this postal event is: <http://www.usms.org/longdist/ldnats13/>. Scroll to the bottom of the page to find the entry details, split forms, etc. The 3000 event would be a good tune-up for those of us looking to do the "granddaddy of all postal swims" – the **One Hour Swim**, which takes place during the month of **January**.

As with all postal swims, clubs can organize relays using those swimmers who enter the championship event, combining their official times (or distances in the One Hour event). PSM and BWAQ swimmers are encouraged to participate in the postal National Championships. It's an easy way to bring recognition to our local clubs without having to travel across country for a national meet!

Welcome New Swimmers!

Aquatic Fanatics (AQUA)

Katie Burton
Lisa Macht

Blue Wave Aquatics

Julia Carnell
John Conwell
Marvin D'Angelo
Juan Guerin
Daniel Haegele
Cory McNeil
Kristie Oxford
Jay Palma
Connie Palma
Robin Sarnier
Yamong Som
Charlie Som
Jay van der Net
Ryan Wiley
Stuart Zurn

Bainbridge Aquatic Masters

Debbie Allbritton
Demi Allen
George Bates
Ehren Brav
John Howard
Sandy Schubac
Karen Segerson
Mariann Tonder

Central Area Aquatics Team

Zoran Brkanac
Andy Trees

Green Lake Aqua Ducks

Kayla Robertson
Supriya Sharma
Gretchen Sorenson

Husky Masters Swim Team

David Carrell
Benjamin Fortson
Kasey Johnsen
Jill Kripps
Alicia Walker

Mercer Island Redwoods

Elly Winer

North End Otters

Christi Flynn
Arni Samuels

Orca Swim Team

Michael Chang
Kevin Goyena
Kyle Helm
Karen Pavlidis
Thomas Thorogood

Port Townsend Masters Swimming

Serena Vilage

Skagit Valley Masters Swimming

Elise Ceretto
Jane Vilders

Washington Athletic Club

Naomi Mason

PSM Unattached

Jacob Hinz
Jeremy Hudson
Melinda Hudson
Christopher Jennings
Brenna Kajikawa
Mike Lund
Kristina Olson
Douglas Shank
David VanBolt

Unattached

Emily Haney

NOTE: Please email error corrections (and names of unattached swimmers who want to change their affiliation to a specific workout group) to Arni Litt: pnaregistrar@usms.org

Announcements

What a deal!

Coaches, friends of prospective members and prospective members! Remember that first-timers registering November 1 or later will become active members for the rest of 2013 and all of 2014 for the 2014 registration fee, \$50. That's two months free for new swimmers! New swimmers – don't wait to register, just be sure to write in your Workout Group/Team. We want you in the water! (More registration details on pages 13 - 15.)

PNA Board Meeting Minutes Posted

Find the final approved minutes of all PNA Board Meetings on www.swimpna.org under *About PNA / About PNA / Meeting Minutes Archive*.

PNA Leadership Changes

Blue Wave Aquatics member **Jim Davidson** has stepped forward to replace **Sally Dillon** as *Open Water/Long Distance Coordinator*. Sally's done a great job over many years in that position; she continues to serve PNA as our *Secretary*. Welcome, Jim!

Jeanne Ensign has served as *Vice President, President*, and several terms as our *Treasurer*. Jeanne's moving to Missoula MT, but has graciously agreed to continue as treasurer just until her replacement is selected. (A position description detailing this job is available [here](#) or through the main page of PNA's website.) Thank you for your service to PNA, Jeanne!

The WetSet Editor

Chericka Ashmann
360.951.9278

thenameiscash@gmail.com

Steve Peterson sitting in!

President

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206.251.1278
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ldahl@usms.org

Vice President

Michael Grimm
swim2@live.com

Treasurer

Jeanne Ensign moving!
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Jeanne@raincity.com

Secretary

Sally Dillon
salswmr@comcast.net

Immediate Past President

Steve Peterson
360.692.1669
speterson@bandwagon.net

Board Members At-Large

Kathy Casey
253.588.4879
kathycasey@comcast.net

Herb Cook
360.797.7097
herbcook@att.net

Vacant At-Large Position

Rep needed!

Registrar

Arni Litt
206.849.1387
PO Box 12172
Seattle WA 98102-0172
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
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Historian

Tom Foley
lilmot@hotmail.com

Meets

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Officiating

Kathy Casey
kathyj.casey@comcast.net

Jan Kavadas
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Open Water/Long Distance

Jim Davidson new!
jedavidson98001@yahoo.com

Records/Top Ten

Doug Jelen
dougjelen@hotmail.com

Safety

Kathy Casey
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Webmaster

Steve Peterson
360.692.1669
webmaster@swimpna.org

Database Support

Jon Walker

Membership Renewal Time 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 2014. Renewal starts November 1. However, I suggest that you wait a week or two until receiving your notice from the National Office containing your personalized renewal link.

As always, your 2013 membership is valid through December 31 but it is always good to renew early.

The 2014 membership fee is \$50 (\$35 to USMS and \$15 to PNA). Please note that PNA will maintain this fee through 2015, absorbing that year's USMS \$2 increase. (USMS approved continuation of the \$2/year increases through 2019.)

What's new? USMS' revamped online registration system requires our Workout Groups (what we otherwise call 'teams') to register for acknowledgement under club Puget Sound Masters. Soooo, if your workout group does not appear in the dropdown list, be sure to **write it in** where you're asked "The workout group with which I swim is _____." Once your workout group registers, I will transcribe the information.

Two Ways to Renew

Online registration continues to grow as the favorite renewal method. If you didn't use it last year, give it a try! Mid-November you will receive a reminder and link to your online membership renewal form. If you do not have email or requested that we not use your email, you will receive a paper renewal form by the end of November. Either way – paper with a check or online with a credit card – please renew before the end of the year to enjoy uninterrupted membership benefits. Come January 1, Coaches will not let you swim without a valid membership.

Once you receive the link, please **check all the data carefully** and fix any typos and errors. (Do not worry if you don't remember your ID number.)

If you want to change your CLUB (not your workout group), that is the first step, so read carefully. If the club entry is not correct, just finish your registration and then write to me and I will correct it for you.

After you renew your membership, you can print your card online and/or choose to have one sent by mail.

After November 20, if you don't want to wait or did not receive the link, you can go to www.usms.org/reg/register.php or through the online registration link at www.swimpna.org and follow the instructions.

If you are using paper registration and don't want to wait for your personalized form, be sure to use the **2014** version (next page). (Note that we **cannot** accept another year's form.)

Seniors (65 years +) will automatically receive the reduced Senior rate. This discount is a PNA offer which we must set as an all-or-nothing option in the online system. If you do not want the discount, just donate it back to the PNA or one of the other charities listed.

The Needs Based discount is also offered by PNA not USMS, but cannot be requested online. Therefore you will have to use the paper registration form to apply for the reduced fee.

You can still make your donation to the *USMS Swimming Saves Lives*, the *International Masters Swimming Hall of Fame*, or your LMSC (PNA) on line or by check. Any size donation to these funds is always appreciated. More information about these funds can be found at www.usms.org/admin/lmschb/lmsc_hb_endowment.pdf and www.ishof.org/

This *USMS Registration Committee* note describes a late October change in how we designate members who wish to join U.S. Masters Swimming as **unattached** members. This change updates the actions taken at the USMS convention in September.

Recently, FINA indicated that including competitors in our meets who are designated as unattached was counter to their interpretation of the FINA rules. We have now received a clarification which will require USMS to change how we designate the affiliation of these swimmers. Our original solution would not have caused any change to the way these swimmers register and what is presented on their registration card. We will, however, need to change our original solution.

For swimmers wishing to not affiliate with a club when registering for the 2014 registration year, their club designation will consist of the letters UC followed by their LMSC number. (The LMSC number is the first two digits of your registration number.) Currently, the club designation is UNAT. The "club" name and abbreviation will be the same. For example, an unattached swimmer in the Ozark LMSC would have a club abbreviation and club name designation of UC22.

These changes do not alter the competitive status of these otherwise unattached swimmers. These swimmers will continue to be **ineligible** for relay competition or to compete for team points.

We anticipate questions about this change and hope that this explanation is sufficient. We would also ask that you help educate key people in your LMSC including your meet directors and top ten chairmen.

If you have any questions please feel free to contact me. Leo Letendre, Chair.



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 <http://www.usms.org/reg/register.php>

2014 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: _____

Primary Phone (_____) _____ Contact via text? Secondary Phone (_____) _____ Contact via text?

FIRST choose a CLUB Affiliation

- Puget Sound Masters (PSM)
- Blue Wave Aquatics (BWAQ)
- Unattached to either Club

THEN choose a TEAM Affiliation (PSM only)

See team list on next page or www.swimpna.org for team acronyms.

USMS Registered swimmers are covered with secondary accident insurance in:

- 1) practices supervised by a USMS member where all swimmers are USMS registered.
- 2) USMS sanctioned meets where all competitors are USMS registered.

Choose a membership level A or B below for 11/01/2013 thru 12/31/2014.

A. Regular:	\$50	
B. Need-based or Seniors (65 & over):	\$40	
<i>Optional Donations or payments:</i>		
Recognized Masters Coach designation (See www.usms.org for details)	\$30	
USMS Swimming Saves Lives		\$
International Swimmers Hall of Fame		\$
Pacific NW Association (PNA) Support		\$
TOTAL		\$

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 \$59,000 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)
Dedicated to the recognition of 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*, open water and pool events, and future projects. The Senior and Need-Based discount is funded in part by donations.

Please consider making a tax-deductible donation.

Make check payable to: PNA

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

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

A link to the PNA newsletter, *The WetSet*, will be sent by email 6 times per 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.
 Check if you are a Masters Coach. Are you a Certified Coach? Yes

2014 Annual Fee: Of your membership fee \$35 is sent to USMS and \$15 remains with PNA to support our programs. 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, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITES. In addition, I agree to abide by and be governed by the rules of USMS.

➔ Signature _____ Date _____

Pacific Northwest Association of Masters Swimmers (PNA) Information Page

Remember to check out PNA LMSC's website at www.swimpna.org and the U.S. Masters Swimming website at 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 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-DDDDD. AA = LMSC number = 36 = PNA; B = 4 = 2014, C = a computer-generated authentication number/letter, and DDDDD = 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 or 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 are part of club Puget Sound Masters. You can be a member of club Puget Sound Masters and be Unattached to a Team. 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> and follow the instructions.

TEAMS or Workout Groups that are part of Club PUGET SOUND MASTERS (PSM)

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

10/21/2013

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

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