



“Roughing it” at the 2005 La Jolla Rough Water Swim in Sunny San Diego

By Jim Lasersohn

Last month several ORCA teammates and I joined over 2,000 swimmers of all ages to participate in the 75th Annual La Jolla Rough Water Swim (LJRWS) in the San Diego area. The event takes place in the scenic La Jolla Cove where swimmers swim amidst bright orange Garibaldi fish while spectators enjoy the beautiful sights of La Jolla and watch the swim from the bluff above. Water temperature of 65-70 degrees, together with southern California’s typically warm sunny weather, make September a perfect time for the event.

First LJRWS a Snap

My history with the LJRWS goes back five years when ORCA teammate Chip Waterbury encouraged me to sign up for the event. With little open water swim competition experience and none in the ocean, I signed up for the one-miler in 2000. It was a great day for the swim because it was warm and sunny and the water was calm. The swim was not much different than a lake swim and I really believed that maybe “rough water” in the event name was a misnomer!

Second LJRWS was Rough

We returned in 2001 to have the “rough water” earn its name. The winds on that day created rather large swells and occasional small wave breaks to swim upon. The shiny participation medals we earned for the swim were especially well deserved. I took a break from the LJRWS for a couple years and came back in 2004 where we had great weather and only mild

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ORCA’s Jim Laserhorn running through the water as he crosses the finish line.

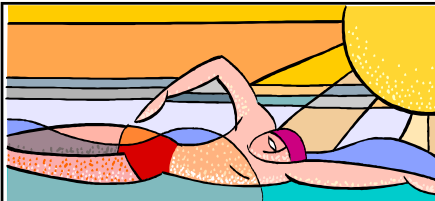
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Looking for Complete Swim Meet Results for the September Pentathlon and Other Meets? Go to www.swimpna.org





WET SET

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Each fall in *The WetSet*, and this issue is no exception, you will read about "convention" or the "USMS annual meeting." What is it? When we talk about convention we are referring to the USAS Convention, the annual meeting of a bunch of swimming organizations. Are you ready for a lot of acronyms? Here goes. I'll start at the top and work my way down to PNA.

FINA's Rules

The rules of Federation Internationale de Natation Amateur (FINA), the international federation responsible for the sports of swimming, diving, synchronized swimming and water polo, require that there be only one recognized member federation of FINA in each country throughout the world.

In our country that member federation is United States Aquatic Sports (USAS). USAS was formed to become the U.S. member of FINA in 1980, when the U.S. Amateur Sports Act took effect in the United States and required restructuring of many sports organizations.

USAS and NGBs

USAS deliberately plays a minimal role within the United States, leaving primary responsibility for the governance of each of the aquatic sports to its members, the national governing bodies or NGBs. These are USA Swimming, Inc.; United States Diving, Inc.; United States Synchronized Swimming, Inc.; United States Water Polo, Inc.; and United States Masters Swimming, Inc. (that's us).

LEADING OFF



By Jeanne Ensign,
PNA
President

USAS Convention

By choice the NGBs have delegated responsibility to USAS to conduct a national convention. The USAS Convention allows for economies of scale and permits the leadership and membership of the NGBs to get together to talk over common problems and concerns.

What's pretty cool is that while at the convention I see PNA swimmers who represent other disciplines; for example, Charlotte Davis, a member of Synchro Swimming Board of Directors, and Kiko VanZandt, chair of the USA-Swimming Disability Committee.

Some Masters swimmers do double-duty, such as PNA's Jan Kavadas, who is a member of two USMS committees and USA-Swimming Officials Committee, and Jane Moore, who serves on the Sports Medicine Committee for both USMS and USA-Swimming (among other positions).

How PNA Fits In

Where does PNA (Pacific Northwest Association of Masters Swimmers) fit into this picture? The USMS members that attend convention are all members of the

(Continued on page 6)

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



MASTERS 2005/2006 CALENDAR

**OPEN
POSTAL SWIMS
MEETS** **CLINICS**

*Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events.
PNA events, including PNA Board meetings, are listed in **bold**.*

January 1 to December 31, 2005

Fitness Check-Off Challenge

Mission: I.M. Possible

Hugh Moore

swimmoore@comcast.net

For forms see [http://](http://www.usms.org/fitness/fitnessevents.shtml)

[www.usms.org/fitness/](http://www.usms.org/fitness/fitnessevents.shtml)

[fitnessevents.shtml](http://www.usms.org/fitness/fitnessevents.shtml)

October 25, 2005

PNA Board Meeting

7: 00 p.m.

Seattle Parks & Recreation

November 19 and 20, 2005

Northwest Zone Short Course
Meters Championship

Portland, Ore.

Dennis Baker, (503) 679-4601

bakeswim@yahoo.com

No PNA Board Meeting In

November

December 6, 2005

PNA Board Meeting

7: 00 p.m.

Arni Litt's house

January 1 to January 31, 2006

2006 USMS One Hour Postal
Championships

Tom Spence, (440) 247-7145

talltom13@msn.com

Laura Kessler, (440) 526-9590

swimlaura@ameritech.net

January 21, 2006

SCY PNA Meet

Fidalgo Pool

Anacortes, Wash.

February 19, 2006

SCM Meet

Bellevue Club

Bellevue, Wash.

Cory Hildebrand

(425) 688-3127

cory@bellevueclub.com

April 8 & 9, 2006

SCY PNA Champs

Weyerhaeuser King County

Aquatic Center

Federal Way, Wash.

May 11 to May 14, 2006

USMS Short Course Nationals

Coral Springs, Fla.

Michael Lohberg, (954) 345-2121

mlohberg@aol.com

May 15 to September 15, 2006

USMS 5k and 10k Postal

Championships

PST-LD; Neil Salkind

(785) 841-0947

njs@sunflower.com

June 17, 2006

USMS 1-3 Mile Open Water

Championship (2.5 km), Hartwell

Lake, Clemson, S. C. OW; Jacque

Grossman, (864) 646-8836

jelq@innova.net; Sanctioned by SC

LMSC

July 15, 2006

USMS 2 Mile Cable

Championships, Chris Greene

Lake, Charlottesville, Va.

OW; Dave Holland, (804) 282-6224,

dholland@rmc.edu

Mark Gill (480) 874-7112

markgill@usms.org;

Sanctioned by Va. LMSC

7/29/2006

USMS 1 Mile Open Water

Championships, Lake Erie,

Cleveland, OH

OW; Tom Spence, (216) 299-3858

talltom13@msn.com

August 4 to August 10, 2006

2006 XI FINA World Masters

Championships, Palo Alto, Calif.

Web Guide

Check out these sites on the Internet for information on Masters swimming, news, events, workouts and more from throughout the Northwest!

PNA Masters Swimming
US Masters Swimming
USMS Northwest Zone
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

www.swimpna.org
www.usms.org
www.northwestzone.org
www.swimoregon.org
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

8th Annual Pentathlon Finds Three "Brutes" Among Participants

By Sally Dillon
Pentathlon Meet Director

Call it a kind of "triathlon." That's the best way to describe the new Brute division that was introduced at the 8th Annual Short Course Meters Pentathlon in Oak Harbor on September 24.

Instead of the customary four strokes and an IM, the Brute division consisted of three swims: 1500 free, 200 fly and 400 IM. Six hearty souls signed up to be Brutes, two more than signed up for the Animal division (200 each of fly, back, breast, free followed by a 400 IM).

Pressure Was On

But the pressure must have been too much because there were two no-shows for the Brute event and one DNF (did not finish). Kudos to those that did complete both the Brute and Animal divisions and demonstrated how truly tough Masters swimmers really are.

Brute Survivors

Surviving as Brutes were NWM's Harvey Prosser (age 77), Dan Smith (FWM 43) and Kelly Crandell (FTSW 25).

Animal Survivors

All four Animal entrants completed their event. They were Judy Hawksworth (BEST 46), who set PNA records in the 200 breast and 400 IM; John McManus (BC NAVY 51); Steve Ruiter (GLAD 40), who won all five of his events decisively and set a Zone record in the 200 fly; and Thomas Walker (CAC 58).

Speedy Kyle

Sprinters were well represented, and the big sprint winner had to be new Masters swimmer Kyle Ciminski (NWM 19). He smoked everyone on all five events in the Sprint division, setting a Zone record in the 50 breast and PNA records in the other four events.

Participation in the Pentathlon was off a bit this year. But the North Whidbey Masters enjoyed hosting those that did attend and will put on the event again next year, possibly on a Sunday instead of Saturday to avoid conflicts with other weekend activities.

The meet is a great way to start the new season and find a baseline to work on your season plan.

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Park and Rec Levy Passes by Significant Majority in Oak Harbor

North Whidbey Recreation and Park District successfully passed a six-year Maintenance and Operation levy to support the community swimming pool and other recreational activities. Many Masters swimmers participated in the effort by spreading the word, writing letters to the editor and distributing signs around town.

The final vote was 63% in favor of the levy. The levy amount starts at 18¢ per \$1,000 of assessed valuation but will decline over the six-year period as the tax base increases.

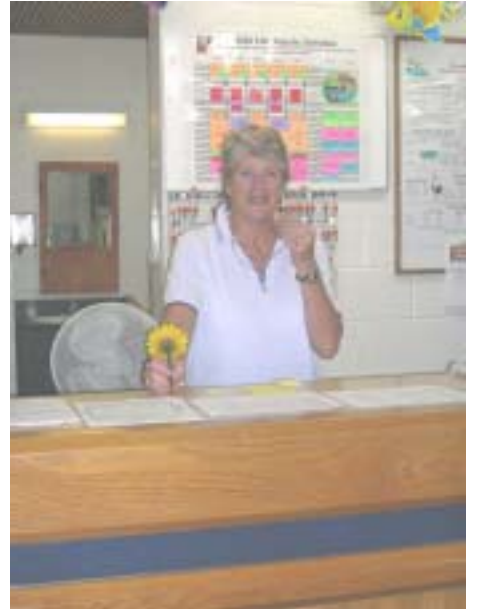


Photo by Sarah Welch

Pentathlon Meet Director Sally Dillon has everything under control.

Sally Dillon Finishes Four Years as USMS Secretary

Thank you to Sally Dillon for having completed four years as USMS Secretary and member of the Executive Committee. As secretary, Sally put in countless hours participating in and recording minutes for meetings of the Executive Committee, Board of Directors, House of Delegates, and corresponding and notifying and responding to individuals, groups and committees about more issues and topics than you can imagine. She set a pretty high standard for her successor.

During her term she gathered in one place all the meeting minutes of USMS meetings since 1971 that she could find.

Sally completed her second two-year term at convention last month. If you read between the lines, you will note that after two years she liked it so well she ran for a second term!



Bob Bruce and Barb Harris Put on Excellent Freestyle Clinic at Samena Swim and Recreation Club

By Kelly Crandell

For the second year in a row, Bob Bruce and Barb Harris of HarrisBruce presented a PNA-sponsored swim clinic at Bellevue's Samena Swim and Recreation Club.

Immediate Feedback

At the clinic, which focused on freestyle, participants were introduced to their own strokes through video recording. As swimmers watched themselves, they received personal feedback from either Bob or Barb.

Bob and Barb coach the Central Oregon Masters Aquatics (COMA) team in Bend, Ore. Bob also was USMS Coach of the Year in 2003. His and Barb's combination of technology and quality coaching produce a very effective stroke clinic.

Main Clinic

Two different clinics were held. The main, or "full" clinic, consisted of video taping each swimmer's stroke, reviewing the tape with feedback from the coaches, a presentation on Freestyle Points, a session of in-water drill-and-stroke technique and an Ask the Coach Q&A period.

Freestyle Mechanics

The freestyle points presentation gave an in depth look at the mechanics of freestyle, covering it from head to toe: proper hand position at entry (Shape A as a barge vs. Shape B as the hull of a boat), head position at all times, rotation from the hips and not the shoulders, all the way down to the angle and point of the feet.

The key to any part of the stroke, we learned at the clinic, is position. As Barb pointed out, "Position the paddle prior to pulling," or the 4-Ps. The paddle, being your hand, should be positioned using the high elbow technique before you pull. (Try doing it at practice for the next week and see how more efficiently you swim, and how much stronger you feel.)

Graduate Clinic

Saturday also had four morning sessions for "Graduate Clinic" participants. It was geared for those who had previously taken part in a full clinic. The graduate session began with videotaping each swimmer's updated freestyle form, followed by a review of the tape and critiquing. These sessions were briefer without the Freestyle Points presentation.

Several of this year's participants were local swimmers who heard about the clinic from other Masters swimmers. Everyone had a good time visiting, swimming and learning together. As an added bonus, Sarah Welch, Arni Litt and Kelly Crandell provided breakfast and lunch for the participants.

Thanks to all of you who got the word out and brought others with you. Look for the next HarrisBruce clinic in January or February!

Welcome New PNA Swimmers

Rachel Ann Bahl
 Todd Beyreuther
 Adam Braddock
 Laura Braddock
 Loly Carrillo
 James Castner
 Kyle Ciminski
 Todd Crooks
 Margaret A Diddams
 Sharon Dodge
 Todd Eggers
 Mark Fanning
 Alison Graig
 Katharine Hathaway
 Joel Holyan
 Wayland Hui
 Todd Hurley
 Nicholas Kerr
 Brian Kudlow
 Megan Reha
 Jan Ringo
 Adam Robinowitz
 Hermie Valdez
 Ron Wilson



Wanted: Your Stories and Your Story Ideas

The WetSet is always looking for stories and story ideas. So if you've done something interesting involving swimming or you know someone else who has, please write a story about it or pass the information along to *The WetSet* editor, whose gratitude will be boundless.

La Jolla Rough Water Swim

(Continued from page 1)

winds. It was then I felt inspired to try for the Gatorman 3-mile event for 2005.

Training for Gatorman

Over the past few years I had started attempting to do those events that some of us fear such as the 200 Fly, 400 IM, 1500 Free. So the Gatorman seemed like a logical follow-on. My training for the event included one-to-two mile summer lakeshore swims with fellow ORCA teammates and lap swims and workouts in 50 meter pools. Two weeks before the LJRWS, I used a 5K postal event at Seattle's Colman Pool to get one last long swim in before going to San Diego.

Upon arriving San Diego, I went for a short swim in the LaJolla cove to check the water temperature and loosen up for the race the next day. Much to my dismay, the weather was cloudy with a water temperature at about 66. I got cold rather quickly during this swim and began to pray for sunny weather the next day and quickly purchased a neoprene cap and body grease. Wetsuits are not allowed in the race so that wasn't an option.

Perfect Race Day

My wishes for sunny weather came true for the day of the race. It was a beautiful day and the wave/swell action was light to moderate. My swim felt good and I found it helpful to keep concentrating on making progress and streamlining through the swells rather than thinking of how far away the target buoy was. I completed the race, albeit with numb hands and feet, and earned the coveted Gatorman t-shirt and participation medal. It was well worth it and quite the feeling of accomplishment.

The LJRWS takes place every year the Sunday after Labor Day weekend. The event's web site

is www.ljrws.com. Mail your entry early to take advantage of lower entry fees and ensure a spot in the race.

Mark your calendars for next year and go to San Diego with some of your teammates for a great weekend of swimming and San Diego fun.

Leading Off

(Continued from page 2)

House of Delegates, a group of about 230 people from throughout the country. The HOD is made up of delegates from each of the 53 Local Masters Swim Committees (LMSCs), of which PNA is one.

Our size entitles us to three delegates, plus we send other PNA members that hold other national positions. See convention summary on this page for information about some of this year's accomplishments. (If you want to know more about the USMS organization, see Part 5 of the USMS Rule Book or go to www.usms.org/rules/.)

Banquet Time

After long days of meetings, one of the highlights is the Saturday night banquet which all the delegates from all the sports attend – about 1,200 in all. Each sport announces two awards. This year three-time Olympic gold medalist Aaron Peirsol was awarded USA-Swimming Athlete of the Year.

When announcing USMS's awards, the Capt. Ransom J. Arthur Award and Coach of the Year Award, some of the Masters swimmers traditionally put on a bit of a skit and engage in some good-natured joking from the podium which is generally enjoyed by all.

It's a great way to end the convention.

PNA Board Summary for September

The PNA Board met at the Bellevue Club on September 27. The primary emphasis of the meeting was on organizing clinics and meets for the next year as well as planning for the 2007 Short Course National Championships.

Approved meeting minutes of all PNA board meetings are posted on the PNA website: www.swimpna.org.

Summary of USMS Annual Meeting for PNA Members

By Hugh Moore

PNA was once again well represented at the recent USMS annual convention in Greensboro, N.C. Kathy Casey, Kelly Crandell, Sally Dillon, Jeanne Ensign, Jan Kavadas, Arni Litt, Hugh Moore, Jane Moore, Steve Peterson, Walt Reid and Sarah Welch attended the meetings September 14-18.

The following actions of the House of Delegates will have the most impact on PNA swimmers:

- PNA was awarded the 2007 Short Course National Championships. The meet will be held at the Weyerhaeuser King County Aquatic Center May 17-20. (See story on page 7.)
- The 2007 Long Course Championships will be held

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at The Woodlands, Tex., August 10-13.

- The XI FINA World Championships will be held at Stanford on August 4-17, 2006. (See story on page 8.)
- *The WetSet*, with Paul Freeman as editor, won the Newsletter of the Year award. (See story on page 8.)
- Lee Carlson and Jan Kavadas were presented Dorothy Donnelly USMS Service Awards. (See story on page 9.)
- New Executive Committee Officers and Board of Directors were elected.
- Authority for the Board to hire an executive director was granted.
- Jeanne Ensign was elected to the USMS Board of Directors.
- Jane Moore will be the new Northwest Zone Rep.
- Federal Way Masters will be hosting the 2006 Check-off Challenge.
- Swimmers are now allowed to dolphin kick on the start and turn during breaststroke events. (See story on page 9.)

Details, including meeting minutes for all committees, can be found at <http://www.usms.org/admin/conv05/>.



PNA Awarded 2007 National Short Course Championship

By Jane Moore

Time to start thinking about the 2007 USMS National Short Course Championship. That's because at the recent USMS annual Convention PNA was officially awarded this event. It will be held May 17 to 20, 2007 at the Weyerhaeuser King County Aquatic Center. I'll serve as meet director and Hugh Moore will chair the meet organizing committee.

Now the Work Begins

As many of you know from our past national meets, a lot of work goes into preparing and hosting a national championship meet. The USMS National Office will handle the pre-meet registration. And, fortunately, we have a great core of experienced volunteers to help with the rest.

Donna Keyser is our logo artist. Jeanne Ensign is treasurer. Sarah Welch is the volunteer coordinator. Arni Litt will work on souvenirs. The Reid/Casey/Crandell family also will be busy. Walt Reid will be in charge of records and splits along with pool length certification. Kathy Casey will be the meet organizing committee secretary and will staff the problem desk at the meet. Kelly Crandell will be the program editor and in charge of office administration during the meet.

Jan Kavadas and Lee Carlson will recruit officials. Holly Bork will be in charge of check-in at the meet. Sally Dillon will organize awards, and Tom Foley has volunteered to help with volunteer hospitality at the meet.

Your Help Needed

We still need lots more help. Our organizing committee has open spots for chairs of housing, market-

ing, meet newsletter, publicity, social/banquet, timers, and welcome/goodie bags for participants, officials and volunteers. If you're interested in any of these positions, please send me an email (swimmoore@comcast.net).

If you can't take on the responsibility of committee chair, we welcome help in any and all areas. Let me know what you are interested in helping with.

Looking for Sponsors

We will be looking for sponsors for the meet and for donations for goodie bags and hospitality. If you have any contacts at companies that might be interested in helping, let me know. We will have sponsor/donor information soon.

Teams who take on a particular task, such as recruiting and organizing timers, will be able to share the profit that PNA makes on the meet. Individuals who volunteer a certain amount of time will receive a special reward.

A national championship meet is lots of fun. You get to meet people from all over and watch some awesome swimming while you see how you measure up. Any one can enter up to three events without making qualifying times, so everyone should plan to enter. You'll have plenty of time in between your events to help run the meet.



The WetSet Wins 2005 TYR USMS Newsletter of the Year Award

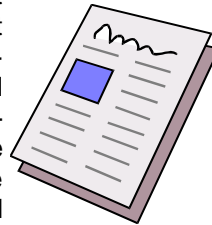
By Jeanne Ensign

Congratulations to Paul Freeman, editor of *The WetSet*, winner of the 2005 TYR USMS Newsletter of the Year Award. The award, announced at the recent USMS convention, is presented annually to the most outstanding LMSC or club newsletter. It is the twelfth time USMS has presented the award, but PNA is the only previous recipient ever to win the award twice.

In announcing the award, two members of the USMS Communications Committee, PNA's Kelly Crandell and *USMS Swimmer* editor Bill Volckening, noted that Paul "has enhanced the format of the newsletter by adopting a key element of its content... the membership and volunteer services. By reaching out to the membership through the newsletter, he has made the newsletter

interactive and proactive."

Kelly went on to say that "This is a newsletter of, by and for the membership, as more articles have been submitted by swimmers rather than relying solely on its editor for content."



Earlier this year, when I thought I didn't have another column in me, Paul stepped up and wrote a spot-on "Leading Off" column asking readers for submissions to *The WetSet* and extolling the virtues, and rewards, of volunteering for a job, small or large, for our LMSC.

Paul, on behalf of your many readers and the PNA board, congratulations again on winning this award.

A Note From Your Registrar, Arni Litt, About Registration Renewal

In late October, I will be mailing your membership renewal form for 2006. The form will be customized with your data. Please check it carefully for errors and correct them, include your check and mail the form back as soon as possible.

Although your 2005 membership is valid through December 31, 2005, it is never too early to renew. However, please wait for your 2006 form to come in the mail.

A SPECIAL NOTE FOR UNATTACHED SWIMMERS

You are invited to become part of the Club PNA (Pacific Northwest Aquatics). You do not

need to be a member of a workout team to be part of the Club PNA. There is no disadvantage to change from Unattached to Attached. There are no fees involved when you do it at the time of renewal.

For those of you planning to swim in the 2006 World Games taking place in August at Stanford, *you must be a member of a club*. You will not be able to complete the meet registration form if you have not been registered with a club. If you decide to change your club status just before the registration deadline for the Games, you may not be able to do it, especially if you have swum in a meet within 60 days of the change date. There

Start Planning for the 2006 FINA World Championships

By Jane Moore

The XI FINA Masters World Championships will be held at Stanford University on August 4 to 17, 2006. Events will include swimming, open water swimming, diving, synchronized swimming and water polo.

This is a great opportunity for each of us to set goals, work hard and have a great meet. You must meet qualifying times for each event you enter. However, the FINA qualifying times are much more liberal than those for USMS Nationals.

Swimming events will begin with the 800 meter freestyle on Friday, August 4, and finish with a three kilometer open water swim on Friday, August 11. Tuesday, August 8 will be a full day of relays. All of the relays will be swum on that day with no individual events.

There are a large variety of hotel rooms available for meet attendees, but they are filling up fast. So reserve your hotel room NOW!

Visit <http://www.2006finamasters.org/> for more information and to make your hotel reservation.

is no waiting period when you renew your membership

Coaches, friends of prospective members and prospective members, please let people know that any new swimmer that registers in November 2005 for 2006 will be considered a member in good standing for the rest of 2005 and all of 2006 (14 months for the price of 12).

Questions? Call me at (206) 849-1387.



USMS Changes Rules on Breaststroke and Backstroke

At the USMS Annual Meeting, the following changes were made for the breaststroke and backstroke.

Breaststroke:

The official interpretation for the changes to the breaststroke is that during, or at the end of the arm pull-down of the first stroke after the start and after each turn, a single downward butterfly kick is allowed, but not required, followed by a breaststroke kick. During the pull-down, if a downward butterfly kick is taken, it must be followed by a breaststroke kick. It is not permissible to take only a downward butterfly kick without then taking a normal breaststroke kick. The downward butterfly kick is not permissible prior to the arm pull-down. In addition, there is now a requirement for all movements of the legs to be "in the same horizontal plane and without alternating movement." This was previously not included in our rules. NOTE: This interpretation is subject to change based upon further consultations with FINA at a meeting scheduled for October.

Backstroke:

The official interpretation for the change to the backstroke rules is that the toes are no longer required to be under the surface of the water at the start. However, the toes are still not allowed to be above the lip of the gutter or curled over the lip of the gutter. The change was made so that when full-face pads are used (pads that extend above the gutter) there is no requirement to have the toes under the water. From a practical standpoint there is no change when using touch pads that hang on the pool gutter.

Two PNA Stalwarts, Jan Kavadas and Lee Carlson, Receive USMS Service Awards

At the USMS Annual Meeting, Jan Kavadas and Lee Carlson each received a Dorothy Donnelly USMS Service Award.

Jan's Service:

Jan's participation in USMS goes back so far we're not sure there is anyone who remembers her as a newcomer. Not only does she attend and officiate at local meets, in the blink of an eye she's in the water swimming a breaststroke event. She is active with the Local Swim Committee for USA Swimming and keeps us informed about potential officiating rule changes and how USA Swimming rules differ from ours.



Jan is a long time Convention attendee and a member of both the USMS Rules and Officials Committees. Rumor has it that she has never missed a morning swim practice at convention.

Jan was recently honored by a local school district for providing exceptional athletic service for officiating school swim meets AND district track and field.

Lee's Service:

Lee has actively contributed at the team, PNA and national levels. He has been assistant meet director for two national championship meets, meet director of an annual local meet and the driving force behind several coaching and swimmer clinics. He coordinated the first annual USMS 30-minute swim hosted by PNA. When 12 local pools were threatened with closure, he lobbied local government for continued funding.



In his current role as PNA Meets Chair, Lee has ensured a full and varied local meets schedule. He not only swims most of those meets, he also works as an on-deck official between the events he swims.

Lee has attended the USMS Convention as a PNA delegate for the last seven years and is an active member of the Coaches Committee, most recently administering the Snooper program.

It's Almost Time to Renew Your PNA Registration.



See page 8 for important information from PNA's registrar about the registration process.

Measuring Your Fitness and Swimming Success

Editor's Note: This article was written by Doug Garcia, Head Coach, WSU Masters, and appeared in the September 2005 issue of *Splashmaster*, the newsletter of Inland Northwest Masters Swimming.

Whether you're a competitive Masters swimmer or not, all swimmers have opportunities to measure their success. The most common of these measurements is the clock. For example, you swim the 50 freestyle in 25 seconds. However, there are a number other ways you can measure success.

Pool Markings

Most pools have flags, lane lines and markings on the bottom to help you navigate. These devices can also be used to aid in measuring your success. Look carefully at the elite swimmers and you will see picture perfect turns and breakouts every single time. These athletes break out way beyond the flags before they take their first breath or stroke. They're pushing the limits of the 15-meter mark on the underwater portion of Backstroke, as well as in the other strokes. When you go to the pool for workouts, focus on getting beyond the flags before you take the first breath. Effective breakouts lead to swimming efficiency — and opportunity for improved fitness.

The streamline position is also very important to monitor. With age comes a certain amount of inflexibility. The streamline position is a difficult stretch to maintain by even the most flexible people. By working on a consistently good streamline position on every turn, you start to become more flexible in your shoulders.

Remember the streamline position should be: hand over hand, wrist over wrist, with the thumb

wrapped around the pinky, with the head and spine in alignment. Anything wider than this position is compromising the streamline and your swimming effectiveness. Be careful not to drop your elbow (a common mistake) in the attempt to get into the streamline position.

Stroke Count

Whether a sprinter or a distance swimmer, stroke count is always a good measure of how well you're swimming. For the sprinter, knowing how many strokes it takes to complete an event can help you focus on efficiency during workouts. Distance swimmers can use stroke count in the same way, though it's not necessary or advisable to do a stroke count every length of the pool; an occasional sampling will give you a basis on which to judge technique. Use stroke count and the flags to help you measure your success — when does that first stroke occur, before or after the flags?

If you travel and swim in a small motel pool, you still can get in a workout. Figure out how many strokes it takes to get from one end to the other with a turn. It might be just two strokes after a good push to get to the other side, but you're focusing on getting the most out of your push-off and making your stroke count effective.

Breathing Patterns

Another way to measure effectiveness is to examine breathing patterns. Breathing too frequently can slow you down, not breathing enough could mean stalling and gasping when you do breathe. For anyone to obtain a high level of fitness, a variety of breathing patterns and speeds is critical. If you desire to race short events, plan your breathing. Getting more than



two breaths per 25 on a 50 yard freestyle race is generally not necessary. However, this must be practiced. If you never do two breaths per 25 in workouts, you should not expect to do so in a race situation. If you're a distant swimmer, work on a consistent breathing pattern while maintaining a consistent pace with the clock.

Feeling the Water

There are many ways to feel the water. The pull is the most common, but you should feel the water through kicking as well. Feel resistance in both the up and the down motion of the flutter kick. Be aware of the inward sweep on the breaststroke kick — it's a subtle feeling. Do you feel the second kick on the butterfly?

Sculling exercises are a good way to feel the water in a manner that is not done with normal swimming. Incorporate sculling as part of your warm up or cool down to heighten awareness of the propulsion in the forearms.

If you travel, sculling at the hotel pool and doing vertical kicking is better than no workout at all — and it gives you a different feel for the water.

Implement these concepts into your workout routine and your swimming successes and technique will improve — even if you do not compete.



2006 Membership Application
Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

(Old Number _____)

Please print clearly and fill out the entire form. Register with the same name you will use for competition. If your name has changed, please include old and new names.

Name: _____ Birth date: _____
Last First Initial Month Day Year
 Address: _____ Age: _____ Male Female (circle one)
Street or box number
 _____ E-Mail: _____
City State Zip+4 please print carefully

Telephone: (____) _____

If you coach a Masters swim team check here
If you are an Official please check here
I am interested helping the PNA Board

CLUB: Pacific NW Aquatics (PNA) **AND** **Team :** _____
 Or Unattached **OR** Unattached

2006 Annual Fee: Of your membership fee \$20 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication).

Choose a membership level A, B, or C below.

A. Regular: 11/01/05 thru 12/31/06	\$35	Make check payable to: PNA
B. Need-based or Seniors (65 & over):	\$25	Mail to: Arni H. Litt, Registrar
C. End of Year 09/01/06-12/31/06	\$20	1920 10th Ave E
Foreign address, add	\$10	Seattle, WA 98102-4253

Optional Donations:

USMS Endowment Fund \$ _____
 International Swimming Hall of Fame \$ _____
TOTAL \$ _____

Questions: (206) 323-4712, arni@qwest.net

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** _____

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TEAMS

- | | | |
|--|---|--|
| BAM: Bainbridge Area Masters | MMST: Meredith Mathews E Madison | SVY: Skagit Valley YMCA Chinooks |
| BC: Bellevue Club | YMCA Mudskippers | TACM: Thunderbird Aquatic Masters |
| BEST: Bellevue Eastside Masters | NEO: North End Otters | TACY: Tacoma Pierce County YMCA |
| BMSC: Bellingham Masters Swim Club | NHM: Newport Hills Masters | TIG: Tigers |
| CAC: Columbia Athletic Masters | NSYG: Northshore Y's Guys | TMS: Thorbecke's Masters Swimming |
| DSYM: Downtown Seattle YMCA Masters | NWM: North Whidbey Masters | TOSC: Thurston Olympians Swim Club |
| EM: Evergreen Masters | OOPS: Old Olympic Peninsula Swimmers | UNAT: Unattached to a Team |
| FSJ: Fins of the San Juans | ORCA: Orca Swim Club | UPAC: University Place Aquatic Club |
| FTSW: Ft. Steilacoom - WAKO | PAM: PAMS | VAM: Vashon Aquatic Masters |
| FWM: Federal Way Master | PRO: Pro Sports Club | VAST: Valley Aquatic Swim Team |
| GACM: Gateway Athletic Club | PSC: Phinney Ridge Swim Club | VFC: Valley Fitness Center |
| GCMS: Gold Creek Masters (GCM) | PTMS: Port Townsend Master Swimmers | WAC: Washington Athletic Club |
| GLAD: Greenlake Aquaducks | QASC: Queen Anne Swim Club | WCY: Whatcom County YMCA |
| HMST: Husky Masters | RAH: Redmond Aqua Hotshots | WEST: West coast Aquatics Masters |
| ISST: Issaquah Swim Team Masters | RTB: Raise the Bar | WIS: S Whidbey Island Swells |
| JAM: Juanita Aquatic Masters | SAC: Seattle Athletic Club | WSAS: West Seattle All-Stars |
| LUNA: Team Luna | SAMM: Samena Club | WSYD: West Seattle YMCA Dolphins |
| LWS: Lynnwood Sharks | SSEA: Swim Seattle | WWUD: Western WA U Masters Swimming |
| MIR: Mercer Island Redwoods | STRM: Storm Lake Aquatics | YNOT: Y Nauts |



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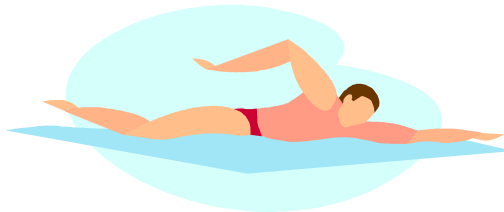
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