



## Determined to Swim on a Masters Team, Blanche Bybee Organizes the Fins of the San Juans

What do you do if you want to swim with a Masters team but live on an island that doesn't have one? Well, if you're Blanche Bybee, who lives on San Juan Island, you go ahead and form your own team.

Which is why PNA now has a team named the Fins of the San Juans that is coached by – you



guessed it – Blanche. “By default, I’m the coach,” she says. “And as the coach I’m learning a lot and it’s really been fun.”

Blanche started swimming regularly in graduate school, when some fellow students that were accomplished swimmers taught her

the different strokes. As a San Juan Island resident, Blanche had a place to swim, the pool at the San Juan Fitness Center. But she eventually decided she wanted to compete in meets, something she had never done, and swim with a Masters group, which her island didn't have.

### Calling All Competitors

In the fall of 2003 Blanche posted a notice at the fitness center asking any swimmers interested in competing in meets to contact her. A few swimmers replied and they and Blanche began swimming together on an informal basis. They also competed in January 2004 at the Anacortes short course yards meet. After the meet, the group agreed to practice on a regular basis and the Fins of the San Juans was born.

“Six of us formed the team’s initial core,” says Blanche. The team now has a roster of about 20 people, with about 10 to 12 showing up consistently for practice. The practices occur on Monday and Friday mornings and Tuesday afternoons. They can get a bit crowded since the team is confined to two lanes at the pool.

As the team’s “default” coach, Blanche, who has attended

*(Continued on page 4)*

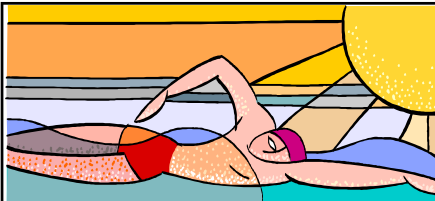
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*Looking for meet results,  
places to swim, past  
newsletters or other  
information about PNA?  
Check out our Web site at  
[www.swimpna.org](http://www.swimpna.org).*



# WET SET

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**Open Water:** Sally Dillon

**Publicity:** Lynn Wells

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Did you ever wonder why we swim for team awards at PNA Champs? I asked this question of Tom Foley, one of the original PNA members.

Tom recalls the summer of 1972 when Steve Engel, PNA's co-founder and its first president, came to Tom with the idea to host a swim meet. Steve had wanted to start in the Northwest what had begun nationally.

## First Meet

Tom remembers that first meet, how they all wondered if anyone would show up. But the swimmers came – all twenty of them. Imagine if you will, a meet with that few swimmers and how quickly it would be time for your next event!

## Team Points

With Steve and his unstoppable enthusiasm leading the way, Steve, Tom and others continued to hold meets. The best way they could think of to boost participation was to score team points. So team points were scored at every meet and, of course, everyone wanted to be the high-point team.

Tom describes the rivalry of teams recruiting anyone they could to swim more relays ("rabid" was his word). And people weren't above recruiting from someone else's team. Finally, the frenzy became too much. A decision was made: swim for team points once a year at the association championships or PNA Champs as we've come to know it.

## Many Changes

Since those early days, PNA

# LEADING OFF



By Jeanne Ensign,  
PNA President

Champs has changed in many ways. We have far more swimmers participating. We have small, medium and large team categories. In 1986 Dawn Musselman was honored with the inspirational award named after her. And every year since then a PNA swimmer has been honored with that award.

Starting in 1990 we had the opportunity to swim at the Weyerhaeuser King County Aquatic Center, built for the 1990 Goodwill Games. We've held a number of Champs meets there since and some years in combination with the Northwest Zone SCY meet like this year. We also now have a Coach-of-the-Year award.

I wanted to write more about PNA history but no one can remember. . . Aw shucks, I just couldn't resist.

Keep posted in future months for more snippets of PNA history.



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 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](mailto:swimmoore@comcast.net)

For forms see <http://www.usms.org/fitness/finessevents.shtml>

**April 26, 2005**

**PNA Board Meeting**

**Seattle Parks & Recreation**

**7:00 p.m.**

**May 15 to September 30, 2005**

**2005 USMS 5 & 10K Postal Championships**

Christine Swanson

(813) 254-4514 (phone or fax)

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

Livia Zien

(727) 821-8113

[livia.zien@att.net](mailto:livia.zien@att.net)

**May 19 to May 22, 2005**

**USMS Short Course Nationals**

Ft. Lauderdale, FL

Stu Marvin

(954) 828-4580

[smarvin@fortlauderdale.gov](mailto:smarvin@fortlauderdale.gov)

**May 24, 2005**

**PNA Board Meeting**

**Edmonds**

**7:00 p.m.**

**June 28, 2005**

**PNA Board Meeting**

**Seattle Parks & Recreation**

**7:00 p.m.**

**July 16**

**Fat Salmon Open Water Swim**

**1 and 3 miles**

**Lake Washington**

**July 22 to July 31, 2005**

**World Masters Games SCM**

Edmonton, Alberta, Canada

[www.2005worldmasters.com](http://www.2005worldmasters.com)

**July 29**

**Lake Padden Open Water Swim**

**Barb Gundred**

**July 29, 2005**

**2005 USMS 1-Mile Open Water**

**National Championships - Elk Lake**

Bend, OR

Bob Bruce

[bobbruce13@attglobal.net](mailto:bobbruce13@attglobal.net)

Pam Himstreet

[himstreet@bendnet.com](mailto:himstreet@bendnet.com)

Sanctioned by OR LMSC

**August 6, 2005**

**Long Bridge Open Water Swim**

Sandpoint, Idaho

[www.longbridgeswim.org](http://www.longbridgeswim.org)

**August 7, 2005**

**2005 USMS 5-Mi Open Water**

**National Championships-La Jolla Bay, San Diego, CA**

David Lamott; (619) 222-3436

[JLamott@pacbell.net](mailto:JLamott@pacbell.net)

Steve Dockstader

[stevedocks@san.rr.com](mailto:stevedocks@san.rr.com)

**August 11 to August 15, 2005**

**2005 LCM National Championships**

Mission Viejo, CA

Mark Moore (949) 233-6521

[coachmark@mastersmvnswim.org](mailto:coachmark@mastersmvnswim.org);

[www.mastersmvnswim.org](http://www.mastersmvnswim.org);

**August 13, 2005**

**Puget Sound Crossing for Kids**

[www.crossingforkids.org](http://www.crossingforkids.org)

**August 22, 2005**

**Dorena Lake, Ore.**

**NW Zone OW Championships**

**September 11, 2005**

**Patriot Games, A Metric Pentathlon**

Grass Valley Aquatic Center

Camas, WA

Bert Petersen

[Petersen@exchangenet.net](mailto:Petersen@exchangenet.net)

**September 24, 2005**

**8th Annual Short Course Meters**

**Pentathlon Meet**

**Oak Harbor, WA**

Sally Dillon (360) 679-5038

[salswmr@earthlink.net](mailto:salswmr@earthlink.net)

## 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](http://www.swimpna.org)  
[www.usms.org](http://www.usms.org)  
[www.northwestzone.org](http://www.northwestzone.org)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.akmswim.org](http://www.akmswim.org)  
[www.utahmasters.org](http://www.utahmasters.org)  
[www.mastersswimming.bc.ca](http://www.mastersswimming.bc.ca)



## ERIN DUNN: FULL-TIME SWIM COACH, PART-TIME LIMO DRIVER

**E**rin Dunn is a busy guy. In addition to coaching the Swim Seattle Masters team, he coaches swimmers on the Swim Seattle age group team. Plus, he's assistant swim coach for the boys' and girls' swim teams at Burien's Kennedy High School.

### Driving Limos

Though coaching swimmers is Erin's principal occupation, he also drives part time for Towne Point Limousine. He's the only driver that's been with the company since it began in 1999. "I'm the fill-in driver," says Erin. "Most of my runs are to and from the airport, although I also do private runs, like taking people to ball games and bachelor parties."

### Swimming Experience

Like most Masters coaches, before Erin was a coach he was swimmer. Born and raised in Southern California, Erin started swimming competitively at the age of six with a team that practiced in a pool that was part of the housing community where Erin's family lived. Later, he swam in high school and also at Ohio State University. His high school and college swimming events included the 100 Fly, 200 IM and 100, 200 and 500 freestyle.

### Coaching Experience

After graduating from Ohio State in 1993 with a degree in history, Erin stayed around Columbus, where the school is located, for about two years working at different jobs. He moved to the Seattle area because he wanted to become a swim coach and was able to land a job as coach of the Husky Swim Team, an age group team that was later absorbed into the Swim Seattle age group team.

### Coaching Masters

The Swim Seattle Masters team meets five days a week at Seattle University's Connolly Center, where the team swims from 6:00 a.m. to 7:00 a.m. Erin is on deck from Monday through Thursday; an assistant coach runs the Friday practice.

According to Erin, the team currently has a roster of about 35 people, with anywhere from eight to 24 showing up each morning.

"It's a lot different than coaching the age group team, where I'm way more demanding on certain



things," says Erin. "With the Masters group, I give them some guidelines and let them go on their own."

When not coaching swimming or driving people around in a Towne Point limo, Erin spends time doing maintenance work at a condo he owns and rents out. "It's something of a fixer-upper," he says. "Recently, a number of things have broken and I've had to repair them. It's been fun and a challenge."

(Continued from page 1)

### Blanche Bybee

swimming clinics, creates the workouts and usually swims with her teammates. "However, if a workout is really technique-based, I'll stay on deck," she says.

Reflecting on the team's development, Blanche describes it as cyclic. "At first people were really jazzed, but then interest tapered off the first summer and last fall it was tough getting going again."

However, the Fins of the San Juans recently added three new members, and Blanche is hopeful the addition will generate momentum that will carry interest in the team through the coming summer and into the fall.

It's possible, Blanche says, that the team eventually could have a roster of 25 with 15 coming regularly to practice. "I don't see us as being a team of 50 people but you never know."

Whatever the ultimate size of the Fins of the San Juans, Blanche says forming and coaching the team has been an incredibly rewarding experience. "I've really enjoyed getting to know people in the group, and watching the team gain a life of its own."

### Attention Coaches

**T**he American Swim Coaches Association is hosting its 2005 World Clinic in Fort Lauderdale from September 6-11, 2005. This event includes a Masters Coaching School, led by USMS Coaches Committee Chairman Bob Bruce, on September 11. USMS will pay the ASCA member World Clinic fee, a \$179 value, for a limited number of Masters Coaches, with each LMSC entitled to submit the registration of one coach. Coaches, if you're interested, please contact Jeanne Ensign, (206) 324-1354; Jeanne@raincity.com.

## Meet Rondamarie Smith: PNA's New Webmaster

It took only one announcement in *The WetSet* last month that PNA needed a new Webmaster before we had one.

Her name is Rondamarie Smith. She and her husband own a small ISP/computer sales and service/web design business in Morton, Wash. So Rondamarie has the experience and technology resources required for the Webmaster job.

Rondamarie also is a swimmer. When she was a student at the University of Puget Sound, she competed on the school's swim team, swimming mostly IM, freestyle and breaststroke.

Currently, Rondamarie is signed up with Thorbecke's Mas-



ters Swimming in Centralia, although she trains with an age group team, Hydrowarrior Swim Team. Plus, she coaches the girls' swim team at Eatonville High School.

Thanks, Rondamarie, for taking on the job of Webmaster!

## Swimming a Relay at Nationals?

If you plan to go to Short Course Nationals in Fort Lauderdale, Fla., on May 19 to 22, please notify Sarah Welch at [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net). She and GLAD Coach Lisa Wilson will be coordinating the PNA relays at Nationals.

Please consider swimming on a PNA relay at Nationals. To do that, you'll need to submit to Sarah your 50-yard short course times for any event you would consider entering. Don't be shy. PNA has had many successful relays at nationals with contributions from swimmers of all abilities.

If you have questions, call Sarah at (206) 723-1814.

## Welcome New PNA Swimmers

Gaaren Anderson  
Cindy Ayers  
Noah Barfield  
Bonnie Brumbaugh  
Deidre Cantrell  
Luis Cardenas  
David Carnahan  
Robert Davis  
Tracy DeLorn  
Ned Frisk  
Erin Giddings  
Lori Horan  
Woodleigh Hubbard  
Mark Jaeger  
Dawn Jaeger  
Francois Larrivee  
Jill Ogden  
Gray Patrick  
Christiane Re kai  
Marcus Rose  
Rebecca Ryan  
Julie Sickles  
Rick Zangrillo

## Summary of PNA Board Actions Taken at January, February and March Meetings

The following is a summary of announcements and actions taken by the PNA board at regular monthly meetings on January 25, February 22 and March 22.

- The board nominated Sally Dillon for the 2005 Ransom Arthur Award.
- The Nominating Committee presented the current officers and at-large representatives as the slate of candidates for the 2005 elections. (The ballot was printed in February's *The WetSet*.)
- Jane Moore is coordinating a PNA bid for 2007 USMS Short Course Nationals.
- Lee Carlson presented several ideas to increase meet host participation and to expand the geographic distribution of meets throughout the region.
- The Anacortes and Bellevue Club meets were both great successes with 127 and 182 entries respectively.
- The board expressed its appreciation for the efforts of Jim Williams who retired as PNA Webmaster after serving for the past few years.
- The board approved Rondamarie Smith as the new Webmaster. Applications for USMS convention delegates will be distributed at the April board meeting and delegates will be selected at the May meeting.

## The Flu or Performance Anxiety

*Editor's Note: This article by David Grilli appeared in the February 2005 issue of Splashmaster, the newsletter of Inland Northwest Masters Swimming. David swims for New England Masters and is the husband of USMS National Office Coordinator, Tracy Grilli.*

**H**ave you ever wondered why you feel like the flu is coming on just before a meet or an important event? I have known swimmers who can actually will themselves to feel sick days before a meet.

Many of the high school kids I coach are convinced they are about to die prior to the 100 fly. Similarly, I have felt a sudden sapping of strength as I approach the starting blocks. I try to tell my swimmers that this ill feeling is temporary and due to anxiety. Typically teenagers, who listen as well as house cats, are only concerned with the here and now and will not look beyond the moment at hand.

My advice is always the same, "the instant you hit the water, the feeling will vanish." It is amazing but true. As soon as your dreaded race is underway, shazam! you're all better.

What causes this and how do we avoid it? Performance Anxiety can hit us at the worst times. We can feel nervous, scared, insecure, and weak. Not to mention sick. It affects some worse than others but I have seen it turn people to jello.

The best way to handle Performance Anxiety is to have done the prerequisite preparation for your meet. That would be the workouts. If you are confident your training has been honest, that will take care of the fear.

Eliminating the insecurity is accomplished by practicing racing. In your preparation for the meet, check your goggles, Are they tight

so as not to fall off on your dive? Have you checked out the backstroke flags? Practiced your turns?

Eliminating the sick feeling is the difficult task. You just have to get your mind off of the meet. Read a book, listen to music, play a game. I have seen swimmers do these things with great effect. Don't get too relaxed. I have also seen people miss their events.

Nervousness is the key. You actually want to be a little nervous before a race. The slightly heightened pulse rare will help your body prepare for the upcoming burst of energy.

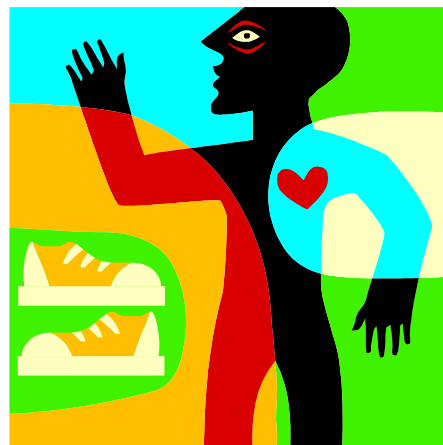
If you are getting ready for a sprint you want your fast twitch muscle fibers stimulated and ready. If your impending race is a distance event, your slightly higher pulse rate will have your body ready to feed the muscles the energy they need.

I always ask my high school swimmers if they are nervous before a race. They will look at me with that "deer in the headlights look" and reply with a curt "ya."

I will say "good, you are ready." Nine times out of ten they do just fine.

Avoid the extremes however. Too nervous is not good. Your body may actually start to shut down and your performance will suffer. Too calm will make you too slow.

So, when you're approaching your next big event, whether it is a swim meet, a presentation at work, or any other type of situation when you need to perform at your best-just remember, it's OK to feel a little nervous.



## Yes, Gary Chase did Set a World Record at February's Bellevue Meet

**L**ast month *The WetSet* reported that Gary Chase set a new world record at the Bellevue meet in February in the 200 meter backstroke (65-69 age group). But we incorrectly listed Gary's time as 2:46.56. The correct time was 2:45.56.

Sorry, Gary, for the mistake. And congratulations on setting that world record.

## In Memoriam

**L**ong-time PNA swimmer Joan Davis died March 13. A GLAD swimmer, Joan was the recipient in 2000 of the Dawn Muselman Inspirational Swimmer Award.

## Wanted: Your Story Ideas

**T**he *WetSet* is always looking for story ideas. So if you've done something interesting involving swimming or you know someone else who has, please pass along the information to *The WetSet* editor.



**2005 Membership Application**  
**Pacific Northwest Association of Masters Swimmers**

**New Swimmer**

**Returning USMS Swimmer**  
 (Old Number if available) \_\_\_\_\_

**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 committee**

**CLUB:**  Pacific NW Aquatics (PNA) **AND** **Team :** \_\_\_\_\_ ,or  
 OR  Unattached  Unattached

**2005 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 below.*

Regular: 11/01/04 thru 12/31/05	\$35	Make check payable to: <b>PNA</b>
Need-based or Seniors (65 & over):	\$25	Mail to: Arni H. Litt, Registrar
Foreign address, add	US\$10	1920 10th Ave E
<i>Optional Donations:</i>		Seattle, WA 98102-4253
USMS Endowment Fund	\$ _____	
<b>TOTAL</b>	\$ _____	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** \_\_\_\_\_

The United States Masters Swimming Policy on the privacy of member information is at: [www.usms.org/admin/privacy.shtml](http://www.usms.org/admin/privacy.shtml)

When the option becomes available, I would like to receive the PNA newsletter, *The WetSet*, by electronic mail (e-mail) or be informed by email that it is available on the PNA website **YES NO Maybe (Circle one)**

**TEAMS**

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





## WetSet Subscription/Change of Address Form

*The WetSet* is PNA's official newsletter. Produced ten times a year, it is delivered free of charge to PNA members. Non-members may purchase an annual subscription to *The WetSet* for \$12, payable to "PNA Masters Swimmers." To subscribe, please send this completed form to Arni Litt, PNA Registrar, 1920 10th Ave E, Seattle, WA 98102-4253.

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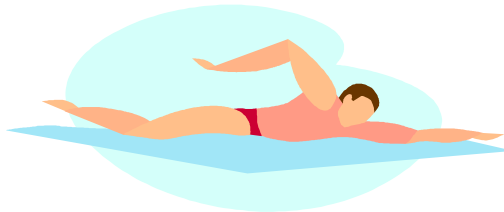
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April 2005 Issue



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